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BURTON'S

ANATOMY OF MELANCHOLY.
Forgotten quite,
All former scenes of dear delight.
Communal love... parental joy...
No sympathy like these his soul employs,
But all in dark within...

— PERCY BYSSHE SHELLEY
THE ANATOMY OF MELANCHOLY

What it is, with all the kinds, causes, symptoms, prognostics, & several cures of it.
In three Parutions, with their several Sections, numbers, & subsections.
Philosophically, Medically, Historically opened & cut up.

BY

Democritus Junior.

With a Satyrical Preface conducing to the following Discourse.
The Sixth Edition corrected and augmented by the Author.

Omne tult punctum qui miscuit utile dulci.

London.
Printed & are to be sold by
Hew. Cruse & J. Locke, at their shop in Poperhead Alley.
1672.
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WITH
A SATIRICAL PREFACE, CONDUCING TO THE FOLLOWING DISCOURSE.

A New Edition.
CORRECTED, AND ENRICHED BY TRANSLATIONS OF THE NUMEROUS CLASSICAL EXTRACTS.

BY DEMOCRITUS MINOR.

LONDON: WILLIAM TEGG.
HONORATISSIMO DOMINO,
NON MINUS VIRTUTE SUA, QUAM GENERIS SPLENDORE,
ILLUSTRISSIMO,
GEORGIO BERKLEIO,
MILITI DE BALNEO, BARONI DE BERKLEY, MOBREY, SEGRAVE,
D. DE BRUSE,
DOMINO SUO MULTIS NOMINIBUS OBSERVANDO,
HANC SUAM
MELANCHOLIAE ANATOMEN,
JAM SEXTO REVISAM, D.D.
DEMACRITUS JUNIOR.
The work now restored to public notice has had an extraordinary fate. At the time of its original publication it obtained a great celebrity, which continued more than half a century. During that period few books were more read, or more deservedly applauded. It was the delight of the learned, the solace of the indolent, and the refuge of the uninformed. It passed through at least eight editions, by which the bookseller, as Wood records, got an estate; and, notwithstanding the objection sometimes opposed against it, of a quaint style, and too great an accumulation of authorities, the fascination of its wit, fancy, and sterling sense, have borne down all censures, and extorted praise from the first writers in the English language. The grave Johnson has praised it in the warmest terms, and the ludicrous Sterne has interwoven many parts of it into his own popular performance. Milton did not disdain to build two of his finest poems on it; and a host of inferior writers have embellished their works with beauties not their own, culled from a performance which they had not the justice even to mention. Change of times, and the frivolity of fashion, suspended, in some degree, that fame which had lasted near a century; and the succeeding generation affected indifference towards an author, who at length was only looked into by the plunderers of literature, the poachers in obscure volumes. The plagiarisms of Tristram Shandy, so successfully brought to light by Dr. Ferriar, at length drew the attention of the public towards a writer, who, though then little known, might, without impeach-
ment of modesty, lay claim to every mark of respect; and inquiry proved, beyond a doubt, that the calls of justice had been little attended to by others, as well as the facetious Yorick. Wood observed, more than a century ago, that several authors had unmercifully stolen matter from Burton without any acknowledgment. The time, however, at length arrived, when the merits of the Anatomy of Melancholy were to receive their due praise. The book was again sought for and read, and again it became an applauded performance. Its excellencies once more stood confessed, in the increased price which every copy offered for sale produced; and the increased demand pointed out the necessity of a new edition. This is now presented to the public in a manner not disgraceful to the memory of the author; and the publisher relies with confidence, that so valuable a repository of amusement and information, will continue to hold the rank to which it has been restored, firmly supported by its own merit, and safe from the influence and blight of any future caprices of fashion. To open its valuable mysteries to those who have not had the advantage of a classical education, translations of the countless quotations from ancient writers which occur in the work, are now for the first time given, and obsolete orthography is in all instances modernised.
MEMOIR
OF THE
AUTHOR.

ROBERT BURTON was the son of Ralph Burton, of an ancient and genteel family at Lindley, in Leicestershire, and was born there on the 8th of February, 1576.* He received the first rudiments of learning at the free school of Sutton Coldfield, in Warwickshire,† from whence he was, at the age of seventeen, in the long vacation, 1593, sent to Brazen Nose College, in the condition of a commoner, where he made a considerable progress in logic and philosophy. In 1599 he was elected student of Christ Church, and, for form sake, was put under the tuition of Dr. John Bancroft, afterwards Bishop of Oxford. In 1614 he was admitted to the reading of the Sentences, and on the 29th of November, 1616, had the vicarage of St. Thomas, in the west suburb of Oxford, conferred on him by the dean and canons of Christ Church, which, with the rectory of Segrave, in Leicestershire, given to him in the year 1636, by George, Lord Berkeley, he kept, to use the words of the Oxford antiquary, with much ado to his dying day. He seems to have been first beneficed at Walsby, in Lincolnshire, through the munificence of his noble patroness, Frances, Countess Dowager of Exeter, but resigned the same, as he tells us, for some special reasons. At his vicarage he is remarked to have always given the sacrament in wafers. Wood's character of him is, that "he was an exact mathematician, a curious calculator of nativities, a general read scholar, a thorough-paced philologist, and one that understood the surveying of lands well. As he was by many accounted a severe student, a devourer of authors, a melancholy and humorous person; so by others, who knew him well, a person of great honesty, plain dealing and charity. I have heard some of the ancients of Christ Church often say, that his company was very merry, facetè, and

* His elder brother was William Burton, the Leicestershire antiquary, born 24th August, 1675; educated at Sutton Coldfield, admitted commoner, or gentleman commoner, of Brazen Nose College, 1691; at the Inner Temple, 26th May, 1693; B.A. 22nd June, 1694; and afterwards a barrister and reporter in the Court of Common Pleas. "But his natural genius," says Wood, "leading him to the studies of heraldry, genealogies, and antiquities, he became excellent in those obscure and intricate matters; and, look upon him as a gentleman, was accounted, by all that knew him, to be the best of his time for those studies, as may appear by his 'Description of Leicestershire.'" His weak constitution not permitting him to follow business, he retired into the country, and his greatest work, "The Description of Leicestershire," was published in folio, 1623. He died at Falcroft, after suffering much in the civil war, 6th April, 1646, and was buried in the parish church belonging thereto, called Hanbury.

† This is Wood's account. His will says, Nuneaton; but a passage in this work [vol. 1. p. 395.] mentions Sutton Coldfield: probably he may have been at both schools.
juvenile; and no man in his time did surpass him for his ready and dexterous interlarding his common discourses among them with verses from the poets, or sentences from classic authors; which being then all the fashion in the University, made his company the more acceptable." He appears to have been a universal reader of all kinds of books, and availed himself of his multifarious studies in a very extraordinary manner. From the information of Hearne, we learn that John Rouse, the Bodleian librarian, furnished him with choice books for the prosecution of his work. The subject of his labour and amusement, seems to have been adopted from the infirmities of his own habit and constitution. Mr. Granger says, "He composed this book with a view of relieving his own melancholy, but increased it to such a degree, that nothing could make him laugh, but going to the bridge-foot and hearing the ribaldry of the bargemen, which rarely failed to throw him into a violent fit of laughter. Before he was overcome with this horrid disorder, he, in the intervals of his vapours, was esteemed one of the most facetious companions in the University."

His residence was chiefly at Oxford; where, in his chamber in Christ Church College, he departed this life, at or very near the time which he had some years before foretold, from the calculation of his own nativity, and which, says Wood, "being exact, several of the students did not forbear to whisper among themselves, that rather than there should be a mistake in the calculation, he sent up his soul to heaven through a slip about his neck." Whether this suggestion is founded in truth, we have no other evidence than an obscure hint in the epitaph hereafter inserted, which was written by the author himself, a short time before his death. His body, with due solemnity, was buried near that of Dr. Robert Weston, in the north aisle which joins next to the choir of the Cathedral of Christ Church, on the 27th of January, 1639-40. Over his grave was soon after erected a comely monument, on the upper pillar of the said aisle, with his bust, painted to the life. On the right hand is the following calculation of his nativity:

![Calculation of Nativity](image-url)
and under the bust, this inscription of his own composition:—

Paulus notus, paucioribus ignotus,
Hic jacet Democritus junior
Cui vitam dedit et mortem
Melancholia.
Ob. 8 Id. Jan. A. C. MDXXXI

Arms:—Azure on a bend O. between three dogs' heads O. a crescent G.

A few months before his death, he made his will, of which the following is a copy:

Extracted from the Registry of the Prerogative Court of Canterbury.

In Nomine Dei Amen. August 15th One thousand six hundred thirty nine because there be so many casualties to which our life is subject besides quarrelling and contention which happen to our Successors after our Death by reason of unsettled Estates I Robert Burton Student of Christchurch Oxon, though my means be but small have thought good by this my last Will and Testament to dispose of that little which I have and being at this present I thank God in perfect health of Bodie and Mind and if this Testament be not so formal according to the nice and strict terms of Law and other Circumstances peradventure required of which I am ignorant I desire howsoever this my Will may be accepted and stand good according to my true Intent and meaning First I bequeath Animam Deo Corpus Terræ whenceover it shall please God to call me I give my Land in Higham which my good Father Ralphe Burton of Lindly in the County of Leicester Esquire gave me by Deed of Gift and that which I have annexed to that Farm by purchase since, now leased for thirty eight pounds per Ann. to mine Elder Brother William Burton of Lindly Esquire during his life and after him to his Heirs I make my said Brother William likewise mine Executor as well as paying such Annuities and Legacies out of my Lands and Goods as are hereafter specified I give to my nephew Cassibilian Burton twenty pounds Annuity per Ann. out of my Land in Higham during his life to be paid at two equal payments at our Lady Day in Lent and Michælmas or if he be not paid within fourteen Days after the said Feasts to distrain on any part of the Ground on or of any of my Lands of Inheritance Item I give to my sister Katherine Jackson during her life eight pounds per Ann. Annuity to be paid at the two Feasts equally as above said or else to distrain on the Ground if she be not paid after fourteen days at Lindly as the other some is out of the said Land Item I give to my Servant John Upton the Annuity of Forty Shillings out of my said Farme during his life (if till then my Servant) to be paid on Michælmas day in Lindley each year or else after fourteen days to distrain Now for my goods I thus dispose them First I give an Oth pounds to Christ Church in Oxford where I have so long lived to buy five pounds Lands per Ann. to be Yearly bestowed on Books for the Library Item I give an hundredth pound to the University Library of Oxford to be bestowed to purchase five pound Land per Ann. to be paid out Yearly on Books as Mrs. Brooks formerly gave an hundred pounds to buy Land to the same purpose and the Rent to the same use I give to my Brother George Burton twenty pounds and my watch I give to my Brother Ralph Burton five pounds Item I give to the Parish of Seagrave in Leicestershire where I am now Rector ten pounds to be given to certain Pecoffees to the perpetual good of the said Parish Oxon* Item I give to my Niece Eugenia Burton one hundredth pounds Item I give to my Nephew Richard Burton now Prisoner in London an hundredth pound to redeem him Item I give to the Poor of Higham Forty Shillings where my Land is to the Poor of Nuneaton where I was once a Grammar Scholar three pound to my Cousin Purvey of Wadlake [Wadley] my Cousin Purvey of Calcott my Cousin Hales of Coventry my Nephew Bradshaw of Orton twenty shillings a piece for a small remembrance to Mr. Whitehall Rector of Cherkyby my own Chamber Fellow twenty shillings I desire my Brother George and my Cosen Purvey of Calcott to be the Overseers of this part of my Will I give moreover five pounds to make a small Monument for my Mother where she is buried in London to my Brother Jackson forty shillings to my Servant John Upton forty shillings besides his former Annuity if he be my Servant till I die if he be till then my Servant†—ROBERT BURTON—Charles Russell Witness
—John Pepper Witness.

* So in the Register.
† So in the Register.
ACCOUNT OF THE AUTHOR.

An Appendix to this my Will if I die in Oxford or whilst I am of Christ Church and with good Mr. Paynes August the Fifteenth 1639.

I Give to Mr. Doctor Fell Dean of Christ Church Forty Shillings to the Eight Canons twenty Shillings a piece as a small remembrance to the poor of St. Thomas parish Twenty Shillings to Brasonose Library five pounds to Mr. Rowse of Oriell College twenty Shillings to Mr. Heywood ares. to Dr. Metcalfe ares. to Mr. Sherley ares. If I have any Books the University Library hath not, let them take them If I have any Books our own Library hath not, let them take them I give to Mrs. Fell all my English Books of Husbandry one excepted to her Daughter Mrs. Katherine Fell my Six Pieces of Silver Plate and six Silver Spoons to Mrs Iles my Gerards Herbball to Mrs. Morris my Country Farme Translated out of French 4, and all my English Physick Books to Mr. Whistler the Recorder of Oxford I give twenty shillings to all my fellow Students M's of Arts a Book in fol. or two a piece as Master Morris Treasurer or Mr Dean shall appoint whom I request to be the Overseer of this Appendix and give him for his pains Atlas Geografar and Ortelius Theatrum Mond' I give to John Fell the Dean's Son Student my Mathematical Instruments except my two Crosse Staves which I give to my Lord of Domnl if he be then of the House To Thomas Iles Doctor Iles his Son Student Saluntch on Paurnella and Lucian's Works in 4 Tomes If any books be left let my Executors dispose of them with all such Books as are written with my own hands and half my Melancholy Copy for Crips hath the other half To Mr. Jones Chaplin and Chanter my Surveying Books and Instruments To the Servants of the House Forty Shillings ROB. BURTON—Charles Russell Witness—John Pepper Witness—This Will was shewed to me by the Testator and acknowledged by him some few days before his death to be his last Will Ia Testor John Morris S Th D. Prebendari' Eccl Chri' Oxon Feb. 3, 1639.


The only work our author executed was that now reprinted, which probably was the principal employment of his life. Dr. Ferriar says, it was originally published in the year 1617; but this is evidently a mistake;* the first edition was that printed in 4to, 1621, a copy of which is at present in the collection of John Nichols, Esq., the indefatigable illustrator of the History of Leicestershire; to whom, and to Isaac Reed, Esq., of Staple Inn, this account is greatly indebted for its accuracy. The other impressions of it were in 1624, 1628, 1632, 1638, 1651-2, 1660, and 1676, which last, in the title-page, is called the eighth edition.

The copy from which the present is re-printed, is that of 1651-2: at the conclusion of which is the following address:

"To THE READER.

"Be pleased to know (Courteous Reader) that since the last Impression of this Book, the ingenuous Author of it is deceased, leaving a Copy of it exactly corrected, with several considerable Additions by his own hand; this Copy he committed to my care and custody, with directions to have those Additions inserted in the next Edition; which in order to his command, and the Publicke Good, is faithfully performed in this last Impression."

H. C. (i.e. HEN. CRIPPS.)

* Originating, perhaps, in a note, p. 445, 6th edit. (p. 504 of the present), in which a book is quoted as having been "printed at Paris 1624, seven years after Burton's first edition." As, however, the editions after that of 1621, are regularly marked in succession to the eighth, printed in 1676, there seems very little reason to doubt that, in the note above alluded to, either 1624 has been a misprint for 1628, or seven years for three years. The numerous typographical errors in other parts of the work strongly aid this latter supposition.
The following testimonies of various authors will serve to show the estimation in which this work has been held:

"The Anatomy of Melancholy, wherein the author hath piled up variety of much excellent learning. Scarce any book of philology in our land hath, in so short a time, passed so many editions."—Fuller's Worthies, fol. 16.

"Tis a book so full of variety of reading, that gentlemen who have lost their time, and are put to a push for invention, may furnish themselves with matter for common or scholastical discourse and writing."—Wood's Athenæ Oxoniensis, vol. i. p. 628. 2d edit.

"If you never saw Burton upon Melancholy, printed 1676, I pray look into it, and read the ninth page of his Preface, 'Democritus to the Reader.' There is something there which touches the point we are upon; but I mention the author to you, as the pleasantest, the most learned, and the most full of sterling sense. The wisps of Queen Anne's reign, and the beginning of George the First, were not a little beholding to him."—Archbishop Herring's Letters, 12mo, 1777. p. 149.

"Burton's Anatomy of Melancholy, he (Dr. Johnson) said, was the only book that ever took him out of bed two hours sooner than he wished to rise."—Boswell's Life of Johnson, vol. i. p. 580. 8vo. edit.

"Burton’s Anatomy of Melancholy is a valuable book," said Dr. Johnson. "It is, perhaps, overloaded with quotation. But there is great spirit and great power in what Burton says when he writes from his own mind."—Ibid. vol. ii. p. 325.

"It will be no detraction from the powers of Milton's original genius and invention, to remark, that he seems to have borrowed the subject of L'Allegro and II Penseroso together with some particular thoughts, expressions, and rhymes, more especially the idea of a contrast between these two dispositions, from a forgotten poem prefixed to the first edition of Burton's Anatomy of Melancholy, entitled, 'The Author's Abstract of Melancholy; or, A Dialogue between Pleasure and Pain.' Here pain is melancholy. It was written, as I conjecture, about the year 1600. I will make no apology for abstracting and citing as much of this poem as will be sufficient to prove, to a discerning reader, how far it had taken possession of Milton's mind. The measure will appear to be the same; and that our author was at least an attentive reader of Burton's book, may be already concluded from the traces of resemblance which I have incidentally noticed in passing through the L'Allegro and II Penseroso."—After extracting the lines, Mr. Warton adds, "as to the very elaborate work to which these visionary verses are no unsuitable introduction, the writer's variety of learning, his quotations from scarce and curious books, his pedantry sparkling with rude wit and shapeless elegance, miscellaneous matter, intermixture of agreeable tales and illustrations, and, perhaps, above all, the singularities of his feelings, clothed in an uncommon quaintness of style, have contributed to render it, even to modern readers, a valuable repository of amusement and information."—Warton's Milton. 2d. edit. p. 94.

"The Anatomy of Melancholy is a book which has been universally read and admired. This work is, for the most part, what the author himself styles it, 'a cento,' but it is a very ingenious one. His quotations, which abound in every page, are pertinent; but if he had made more use of his invention and less of his commonplace-book, his work would perhaps have been more valuable than it is. He is generally free from the affected language and ridiculous metaphors which disgrace most of the books of his time."—Granger's Biographical History.

"Burton's Anatomy of Melancholy, a book once the favourite of the learned and the witty, and a source of surreptitious learning, though written on a regular plan, consists chiefly of quotations: the author has honestly termed it a cento. He collects, under every division, the opinions of a multitude of writers, without regard to chronological order, and has too often the modesty to decline the interposition of his own sentiments. Indeed the bulk of his materials generally overwhelms him. In the course of his folio he has contrived to treat a great variety of topics, that seem very loosely connected with the general subject; and, like Bayle, when he starts a favourite train of quotations, he does not scruple to let the digression outrun the principal question. Thus, from the doctrines of religion to military discipline, from inland navigation to the morality of dancing-schools, every thing is discussed and determined."—Ferrier's Illustrations of Sterne, p. 58.
"The archness which Burton displays occasionally, and his indulgence of playful digressions from the most serious discussions, often give his style an air of familiar conversation, notwithstanding the laborious collections which supply his text. He was capable of writing excellent poetry, but he seems to have cultivated this talent too little. The English verses prefixed to his book, which possess beautiful imagery, and great sweetness of versification, have been frequently published. His Latin elegiac verses addressed to his book, shew a very agreeable turn for raillery."—Ibid. p. 63.

"When the force of the subject opens his own vein of prose, we discover valuable sense and brilliant expression. Such is his account of the first feelings of melancholy persons, written, probably, from his own experience." [See p. 161, of the present edition.]—Ibid. p. 60.

"During a pedantic age, like that in which Burton's production appeared, it must have been eminently serviceable to writers of many descriptions. Hence the unlearned might furnish themselves with appropriate scraps of Greek and Latin, whilst men of letters would find their inquiries shortened, by knowing where they might look for what both ancients and moderns have advanced on the subject of human passions. I confess my inability to point out any other English author who has so largely dealt in apt and original quotation."—Manuscript note of the late George Steevens, Esq., in his copy of The Anatomy of Melancholy.
DEMOCRITUS JUNIOR AD LIBRUM SUUM.

Vade liber, qualis, non ausim dicere, felix,
Te nisi fulcæm fecerit Alma dies,
Vade tamen quocunque lubet, quascunque per oras
Et Genium Domini fac imittere tuæ.
I blandas inter Charites, mystæmque saluta
Musarum quemvis, si tibi lector erit.
Rura colas, urbem, subæave palatia regum
Submissæ, placidæ, te sine dente geras.
Nobilis, aut si quis te foræ inspexerit heros,
Da te morigerum, perlegat usque lubet.
Est quod Nobilitas, est quod desideret heros,
Gratior hsec forsan charta placere potest.
Si quis morosus Cato, tetricusque Senator,
Hunc etiam librum forte videre velit,
Sive magistratus, tum te reverenter babeto;
Sed nullus; muscas non capiunt Aquile.
Non vacat his tempus fugitivum impenderc
Nee tales cupio; par mihi lector erit.
Si matrona gravis casu diverterit istuc,
Illustris domina, aut te Comitissa legat:
Est quod displiceat, placeat quod forsitan illis,
Ingerere his noli te modo, pande tamen.
At si virgo tuas dignabitur inclyta chartas
Tangere, sive schedis hereat illa tuæ:
Da modo te faciæm, et quædam folia esse memento
Convenient oculis que magis apta suis.
Si genærosa ancilla tuæ aut alma puella
Visura est ludos, annue, pæde lubens.
Die utinam nunc ipse meus* (nam diligit ista)
In præsensor esse conspiiciendus herus,
Ignonis notuæve mihi de gente togatæ
Sive aget in ludis, pulpitæ sive colet,
Sive in Lycoeo, et nugæ evolverit istas,
Si quædam mendæs viderit inspicisciens,
Da veniam Authori, dices; nam plurima vellat
Expungi, que jam displicuisse sciat.
Sive Melancholicus quisquam, seu blandus Amator,
Aulicus aut Civis, seu bene comptus Eques
Ego appellat, age et tutæ te crede legenti,
Multa istic forsæn non male nata leget,
Quod fugiat, caveat, quodque amplexabitur, ista
Pagina fortæsæ præmeræ multæ potest.
At si quæ Medicus coram te stiset, amice
Fac circumspectæ, et te sine labe geras:
Inveniet namque ipse meis quoque plurima scriptis
Non leve subsidium que sibi forsæn erunt.
Si quis Causídicas charías impingat in istas,
Nil mihi vogiscum, pessima turba vale;
Sit nisi vir bonus, et juris sine fraudæ peritus,
Tum legat, et forsæn doctior inde siet.

* Hæc comœdæ dicta care ne malæ capias.
Si quis cordatus, facilis, lectorque benignus
Huc oculos vertat, quae velit ipse legat;
Candidus ignoscet, metuas nil, pande libenter,
Offensas mendis non erit ille tuis,
Laudabit nonnulla. Venit si Rhetor ineptus,
Limata et tersa, et qui benè cocta petit,
Claude citus librum; nulla hic nisi ferrea verba,
Offendent stomachum qua minus apta suum.
At si quis non eximius de plebe poeta,
Annum; namque isto plurima ficta leget.
Nos sumus è numero, nullus mihi spirat Apollo,
Grandiloquus Vates quilibet esse nequit.
Si Criticus Lector, tumidus Censorque molestus,
Zoillis et Momus, si rabiosa cohora:
Ringe, fremet, et noli tum pandere, turba malignis
Si occurrat sannis invidiosa suis;
Lac fugias; si nulla tibi sit copia eundi,
Contemnes, tacitè scommata queque fereas.
Frendeat, allatret, vacus gannitibus auras
Implet, haud cures; bis placuisse nefas.
Verum age si forsae divertat purior hospes,
Cuique sales, ludi, displeaseantque joci,
Obiciatque tibi sordes, lascividae; dices,
Lasciva est Domino et Musa jocosa tuo,
Nec lasciva tamen, si penset omne; sed esto;
Sit lasciva licet pagina, vita proba est.
Barbarus, indectusque rudis spectator in istam
Si messem intrudat, fuste fugabis eum,
Fungum pelle procul (jubeo) nam quid mihi fungo?
Coveniunt stomacho non minus ista suo.
Sed nec pelle tamen; Iusto omnes acipe vultu,
Quos, quas, vel quales, inde vel unde viros.
Gratus erit quicumque venit, gratissimus hospes
Quisquis erit, facilis difficilisque mihi,
Nam si culpāt, quedam culpasse juvabit,
Culpando facti et meliora sequi.
Sed si laudārit, neque laudibus offeras ullis,
Sit satis hisce malis opposuisse bonum.
Ille sunt quae nostro placuit mandare libello,
Et quae dimittens dicere tussit Hera.
Go forth my book into the open day;
Happy, if made so by its garish eye.
O'er earth's wide surface take thy vagrant way.
To imitate thy master's genius try.
The graces three, the Muses nine salute,
Should those who love them try to con thy lore.
The country, city seek, grand thrones to book,
With gentle courtesy humbly bow before.
Should nobles gallant, soldiers frank and brave
Seek thy acquaintance, hail their first advance;
To imitate thy master's genius try.
The graces three, the Muses nine salute,
Should those who love them try to con thy lore.
The country, city seek, grand thrones to boot,
With gentle courtesy humbly bow before.
Should nobles gallant, soldiers frank and brave
Seek thy acquaintance, hail their first advance:
From twitch of care thy pleasant vein may save,
May laughter cause or wisdom give perchance.
Some surly Cato, Senator austere,
Haply may wish to peep into thy book:
Seem very nothing—tremble and revere:
May laughter cause or wisdom give perchance.
Thou may'st be searched for polish'd words and verse;
By flippant spouter, emptiest of praters:
Tell him to seek them in some mawkish verse;
My periods all are rough as nutmeg graters.
The doggrel poet, wishing thee to read,
Reject not; let him glean thy jests and stories.
His brother I, of lowly semibling breed;
Apollo grants to few Parnassian glories.
Menace'd by critic with sour furrowed brow,
Momus or Trollus or Scotch reviewer:
Ruffle your heckle, grin and growl and vow:
Ill-natured foes you thus will find the fewer.
When foul-mouth'd senseless railers cry thee down,
Reply not; fly, and show the rogues thy stern:
They are not worthy even of a frown:
Good taste or breeding they can never learn;
Or let them clamour, turn a callous ear,
As though in dread of some harsh donkey's bray,
If chid by censor, friendly though severe,
To such explain and turn thee not away.
Thy vein, says he per chance, is all too free;
Thy smutty language suits not learned pen:
Reply, Good Sir, throughout the context see;
Thought chastens thought; so prithee judge again.
Besides, although my master's pen may wander
Through devious paths, by which it ought not stray;
His life is pure, beyond the breath of slander;
So pardon grant; 'tis merely but his way.
Some rugged ruffian makes a hideous rout—
Brandish thy cudgel, threaten him to baste;
The filthy fungus far from thee cast out;
Such noxious banquets never suit my taste.
Yet, calm and cautious moderate thy ire,
Be ever courteous should the case allow—
Sweet malt is ever made by gentle fire:
Warm to thy friends, give all a civil bow.
Even censure sometimes teaches to improve,
Slight frosts have often cured too rank a crop,
So, candid blame my spleen shall never move,
For skilful gard'ners wayward branches lop.
Go then, my book, and bear my words in mind;
Guides safe at once, and pleasant them you'll find.
THE ARGUMENT OF THE FRONTISPICE.*

Ten distinct Squares here seen apart,
Are joined in one by Cutter's art.

I.
Old Democritus under a tree,
Sits on a stone with book on knee;
About him hang there many features,
Of Cats, Dogs and such like creatures,
Of which he makes anatomy,
The seat of black choler to see,
Over his head appears the sky,
And Saturn Lord of melancholy.

II.
To the left a landscape of Jealousy,
Presents itself unto thine eye.
A Kingfisher, a Swan, an Horn,
Two fighting-cocks you may discern,
Two roaring Bulls each other lie,
To assault concerning venery.
Symbols are these; I say no more,
Conceive the rest by that's afore.

III.
The next of solitary,
A Portraiture doth well express,
By sleeping dog, cat: Buck and Doe,
Hares, Conies in the desert go:
Bats, Owls the shady bower over,
In melancholy darkness hover.
Mark well: If't be not sat should be,
Blame the bad Cutter, and not me.

IV.
I' th' under column there doth stand
Inamorato with folded hand;
Down hangs his head, terse and polite,
Some ditty sure he doth indite.
His lute and books about him lie,
As symptoms of his vanity.
If this do not enough disclose,
To paint him, take thyself by th' nose.

V.
Hypocondriacus leans on his arm,
Wind in his side doth him much harm,
And troubles him full sore, God knows,
Much pain he hath and many woes.
About him pots and glasses lie,
Newly brought from Apothecary.
This Saturn's aspects signify,
You see them portray'd in the sky.

VI.
Beneath them kneeling on his knee,
A superstitious man you see;
He fasts, prays, on his Idol fixt,
Tortur'd hope and fear betwixt:
For hell perhaps he takes more pain,
Than thou dost heaven itself to gain.
Alas poor soul, I pity thee,
What stars incline thee so to be?

VII.
But see the madman rage downright
With furious looks, a ghastly sight,
Naked in chains bound doth he lie,
And roars amain he knows not why!
Observe him; for as in a glass,
Thine angry portraiture it was.
His picture keeps still in thy presence;
'Twixt him and thee, there's no difference.

VIII, IX.
Borage and Hellebor fill two scenes,
Sovereign plants to purge the veins
Of melancholy, and cheer the heart,
Of those black fumes which make it smart;
To clear the brain of misty fogs,
Which dull our senses, and Soul clogs.
The best medicine that e'er God made
For this malady, if well assay'd.

IX.
Now last of all to fill a place,
Presented is the Author's face;
And in that habit which he wears,
His image to the world appears.
His mind no art can well express,
That by his writings you may guess.
It was not pride, nor yet vain glory,
(Though others do it commonly.)
Made him do this: if you must know,
The Printer would needs have it so.
Then do not frown or scoff at it,
Deride not, or detract a whit.
For surely as thou dost by him,
He will do the same again.
Then look upon't, behold and see,
As thou lik'st it, so it likes thee.
And I for it will stand in view,
Thine to command, Reader, adieu.

* These verses refer to the Frontispiece, which is divided into ten compartments that are here severally explained. The Author's portrait, mentioned in the tenth stanza, is copied in page ix.
When I go musing all alone,
Thinking of divers things fore-known,
When I build castles in the air,
Void of sorrow and void of fear,
Pleasing myself with phantasm sweet,
Methinks the time runs very fleet.
All my joys to this are folly,
Naught so sweet as melancholy.
When I lie waking all alone,
Raconting what I have ill done,
My thoughts on me then tyrannise,
Fear and sorrow me surprise,
Whether I tarry still or go,
Methinks the time moves very slow.
All my griefs to this are jolly,
Naught so sad as melancholy.
When to myself I act and smile,
With pleasing thoughts the time beguile,
By a brook side or wood so green,
Unheard, unsought for, or unseen,
A thousand pleasures do me bless,
And crown my soul with happiness.
All my joys besides are folly,
Naught so sweet as melancholy.
When I lie, sit, or walk alone,
I sigh, I grieve, making great none,
In a dark grove, or irksome den,
With discontents and Furies then,
A thousand miseries at once
Mine heavy heart and soul ensnare,
All my griefs to this are jolly,
None so sour as melancholy.
Methinks I hear, methinks I see,
Sweet music, wondrous melody,
Towns, palaces, and cities fine;
Here now, then there; the world is mine,
Rare beauties, gallant ladies shine,
What'er is lovely or divine.
All other joys to this are folly,
None so sweet as melancholy.
Methinks I hear, methinks I see
Ghosts, goblins, fiends; my fancy
Presents a thousand ugly shapes,
Headless bears, black men, and apes,
Doleful outcries, and fearful sights,
My sad and dismal soul affrights.
All my griefs to this are jolly,
None so damn'd as melancholy.

Methinks I court, methinks I kiss,
Methinks I now embrace my mistress.
O blessed days, O sweet content,
In Paradise my time is spent.
Such thoughts may still my fancy move,
So may I ever be in love.
All my joys to this are folly,
Naught so sweet as melancholy.
When I recount love's many frights,
My sighs and tears, my waking nights,
My jealous fits; O mine hard fate
I now repent, but 'tis too late,
No torment is so bad as love,
So bitter to my soul can prove.
All my griefs to this are jolly,
Naught so harsh as melancholy.
Friends and companions get you gone,
'Tis my desire to be alone;
Ne'er well but when my thoughts and I
Do domineer in privacy.
No Gem, no treasure like to this,
'Tis my delight, my crown, my bliss.
All my joys to this are folly,
Naught so sweet as melancholy.
'Tis my sole plague to be alone,
I am a beast, a monster grown,
I will no light nor company,
I find it now my misery.
The scene is turn'd, my joys are gone,
Fear, discontent, and sorrows come.
All my joys to this are jolly,
Naught so fierce as melancholy.
I'll not change life with any King,
I ravish't am: can the world bring
More joy, than still to laugh and smile,
In pleasant toys time to beguile?
Do not, O do not trouble me,
So sweet content I feel and see.
All my joys to this are folly,
None so divine as melancholy.
I'll change my state with any wretch,
Thou canst from gaol or dunghill fetch;
My pain's past cure, another hell,
I may not in this torment dwell.
Now desperate I hate my life,
Lend me a halter or a knife;
All my griefs to this are jolly,
Naught so damn'd as melancholy.
GENTLE Reader, I presume thou wilt be very inquisitive to know what antic or personate actor this is, that so insolently intrudes upon this common theatre, to the world's view, arrogating another man's name; whence he is, why he doth it, and what he hath to say; although, as he said, Primum si noluerero, non respondebo, quis coacturus est? I am a free man born, and may choose whether I will tell; who can compel me? If I be urged, I will as readily reply as that Egyptian in fPlutarch, when a curious fellow would needs know what he had in his basket, Quum vides velatam, quid inquiris in rem abscenditam? It was therefore covered, because he should not know what was in it. Seek not after that which is hid; if the contents please thee, "and be for thy use, suppose the Man in the Moon, or whom thou wilt to be the Author;" I would not willingly be known. Yet in some sort to give thee satisfaction, which is more than I need, I will show a reason, both of this usurped name, title, and subject. And first of the name of Democritus; lest any man, by reason of it, should be deceived, expecting a pasquil, a satire, some ridiculous treatise (as I myself should have done), some prodigious tenet, or paradox of the earth's motion, of infinite worlds, in infinito vacuo, ea fortius atomorum collisione, in an infinite waste, so caused by an accidental collision of motes in the sun, all which Democritus held, Epicurus and their master Lucippos of old maintained, and are lately revived by Copernicus, Bruno, and some others. Besides, it hath been always an ordinary custom, as 2Gellius observes, "for later writers and impostors, to broach many absurd and insolent fictions, under the name of so noble a philosopher as Democritus, to get themselves credit, and by that means the more to be respected," as artificers usually do, Novo qui marmori ascribunt Praxatilen suô. "Tis not so with me.

- Non hic Centaurus, non Gorgoneus, Harpyaegus.
- Invenies, hominem pagina nostra sapit.

Thou thyself art the subject of my discourse.

- Quoquid agent homines, votum, timor, ira, voluptas, Gaudi, discessus, nostri sarrago libelli.
- Whatsoever men doe, vows, fears, in ire, in sport, Joys, wandrings, are the sum of my report.

My intent is no otherwise to use his name, than Mercurius Gallobelgicus, Mercurius Britannicus, use the name of Mercury, 3Democritus Christianus, &c.; although there be some other circumstances for which I have masked myself under this vizard, and some peculiar respect which I cannot do well express, until I have set down a brief character of this our Democritus, what he was, with an Epitome of his life.

Democritus, as he is described by 4Hippocrates and 5Laertius, was a little wearis old man, very melancholy by nature, averse from company in his latter days, 6and much given to solitariness, a famous philosopher in his age, 7coecus

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with Socrates, wholly addicted to his studies at the last, and to a private life: wrote many excellent works, a great divine, according to the divinity of those times, an expert physician, a politician, an excellent mathematician, as "Diacosmus and the rest of his works do witness. He was much delighted with the studies of husbandry, saith "Columella, and often I find him cited by "Constantinus and others treating of that subject. He knew the natures, differences of all beasts, plants, fishes, birds; and, as some say, could understand the tunes and voices of them. In a word, he was omnifacièrement doctus, a general scholar, a great student; and to the intent he might better contemplate, "I find it related by some, that he put out his eyes, and was in his old age voluntarily blind, yet saw more than all Greece besides, and "writ of every subject, Nihil in toto op'ctio naturae, de quo non scripsit." A man of an excellent wit, profound conceit: and to attain knowledge the better in his younger years he travelled to Egypt and "Athens, to confer with learned men, "admired of some, despised of others." After a wandering life, he settled at Abdera, a town in Thrace, and was sent for thither to be their law-maker, Recorder, or town-clerk as some will; or as others, he was there bred and born. Howsoever it was, there he lived at last in a garden in the suburbs, wholly betaking himself to his studies and a private life, "saving that sometimes he would walk down to the haven, and laugh heartily at such variety of ridiculous objects, which there he saw." Such a one was Democritus.

But in the mean time, how doth this concern me, or upon what reference do I usurp this habit? I confess, indeed, that to compare myself unto him for aught I have yet said, were both impudence and arrogancy. I do not presume to make any parallel, Antistat mihi millibus trecentis, "parvus sum, nullus sum, altum nec spiro, nec sporo. Yet thus much I will say of myself, and that I hope without all suspicion of pride, or self-conceit, I have lived assilent, sedentary, solitary, private life, mihi et musis in the University, as long almost as Xenocrates in Athens, ad senecam ferè to learn wisdom as he did, penned up most part in my study. For I have been brought up a student in the most flourishing college of Europe, "augustissimo collegio, and can brag with "Jovius, almost, in ed. luce dominill Vaticani, totius orbis celeberrimi, per 37 annos nullus opportuane didici." for thirty years I have continued (having the use of as good "libraries as ever he had) a scholar, and would be therefore loth, either by living as a drone, to be an unprofitable or unworthy member of so learned and noble a society, or to write that which should be any way dishonourable to such a royal and ample foundation. Something I have done, though by my profession a divine, yet turbine raptus ingenti, as "he said, out of a running wit, an unconstant, unsettled mind, I had a great desire (not able to attain to a superficial skill in any) to have some smattering in all, to be aliquid in omnibus, nullus in singulis", which "Plato commends, out of him. "Lipsius approves and further, "as fit to be imprinted in all curious wits, not to be a slave of one science, or dwell together in one subject, as most do, but to rove abroad, centum puer artium, to have an ear in every man's boat, to "taste of every dish, and sip of every cup," which, saith "Montaigne, was well performed by Aristotle, and his learned countryman Adrian Turnebus. This roving humour

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(though not with like success) I have ever had, and like a ranging spaniel, that barks at every bird he sees, leaving his game, I have followed all, saving that which I should, and may justly complain, and truly, qui ubique est, nusquam est, which Gesner did in modesty, that I have read many books, but to little purpose, for want of good method; I have confusedly tumbled over divers authors in our libraries, with small profit for want of art, order, memory, judgment. I never travelled but in map or card, in which my unconfined thoughts have freely expatiated, as having ever been especially delighted with the study of Cosmography. Saturn was lord of my geniture, culminating, &c., and Mars principal significator of manners, in partile conjunction with my ascendant; both fortunate in their houses, &c., I am not poor, I am not rich; nihil est, nihil deest, I have little, I want nothing: all my treasure is in Minerva's tower. Greater preferment as I could never get, so am I not in debt for it, I have a competence (laus Deo) from my noble and munificent patrons, though I live still a collegiate student, as Democritus in his garden, and lead a monastic life, ipsa mili theatrum, sequestered from those tumults and troubles of the world, Et tanquam in specula positus, (as he said) in some high place above you all, like Stoicus Sapiens, omnia secuta, preterita presentiisque videns, uno velut intuitus, I hear and see what is done abroad, how others run, ride, turmoil, and macerate themselves in court and country, far from those wrangling lawsuits, quae vanitatem, for ambitionem, ridere necum sedo: I laugh at all, only secure lest my suit go amiss, my ships perish, corn and cattle miscarry, trade decay, I have no wife nor children good or bad to provide for. A mere spectator of other men's fortunes and adventures, and how they act their parts, which methinks are diversely presented unto me as from a common theatre or scene. I hear new news every day, and those ordinary rumours of war, plagues, fires, inundations, thefts, murders, massacres, meteors, comets, spectra, prodigies, apparitions, of towns taken, cities besieged in France, Germany, Turkey, Persia, Poland, &c., daily musters and preparations, and such like, which these tempestuous times afford, battles fought so many men slain, monomachies, shipwrecks, piracies, and sea-fights; peace, leagues, stratagems, and fresh alarms. A vast confusion of vows, wishes, actions, edicts, petitions, lawsuits, pleas, laws, proclaimed, complaints, grievances, are daily brought to our ears. New books every day, pamphlets, currantes stories, whole catalogues of volumes of all sorts, new paradoxes, opinions, schisms, heresies, controversies in philosophy, religion, &c. Now come tidings of weddings, maskings, mummeries, entertainments, jubilees, embassies, tilts and tournaments, trophies, triumphs, revels, sports, plays: then again, as in a new shifted scene, treasons, cheating tricks, robberies, enormous villainies in all kinds, funerals, burials, deaths of princes, new discoveries, expeditions, now comical, then tragical matters. To-day we hear of new lords and officers created, to-morrow of some great men deposed, and then again of fresh honours conferred; one is let loose, another imprisoned; one purchaseth, another breaketh: he thrives, his neighbour turns bankrupt: now plenty, then again dearth and famine; one runs, another rides, wrangles, laughs, weeps, &c. Thus I daily hear, and such like, both private and public news, amidst the gallantry and misery of the world; jollity, pride, perplexities and cares, simplicity and villany; subtility, knavery, candour and integrity, mutually mixed and offering themselves; I rub on privus privatus; as I have still lived, so I now continue, status quo prius, left to a solitary life, and mine own domestic discontentes: saving that sometimes, ne quid mentiar, as Diogenes

\footnote{He that is everywhere is nowhere. \footnote{Praefat. bibliothec. \footnote{Ambo fortes et fortunati, Mars idem magistrum dominus justa primiti Leovltli regalam. \footnote{Hensius. \footnote{Calida amantes, solicite litigantes, aut miserato e-cidentes, voces, streptum, contentiones, &c. \footnote{Cyp. ad Donat. Unice secures. ne exsidam in foro, aut in mari Indico bonis elut, de dote filiae, patrimonio filli non sum sollicitus.}
Democritus to the Reader.

went into the city, and Democritus to the haven to see fashions, I did for my recreation now and then walk abroad, look into the world, and could not choose but make some little observation, non tam sagax observator, ac simplex voci-
tator, not as they did, to scoff or laugh at all, but with a mixed passion.

"Bilem sapē, hocum vestri movēre tumultus."
Ye wretched mimics, whose fond heats have been,
How oft! the objects of my mirth and spleen.

I did sometime laugh and scoff with Lucian, and satirically tax with Menippus, lament with Heraclitus, sometimes again I was *petulanti splene chachinnos, and then again, *urere bilis fecer, I was much moved to see that abuse which I could not mend. In which passion howsoever I may sympathize with him or them, 'tis for no such respect I shroud myself under his name; but either in an unknown habit to assume a little more liberty and freedom of speech, or if you will needs know, for that reason and only respect which Hippocrates relates at large in his Epistle to Damocetus, wherein he doth express, how coming to visit him one day, he found Democritus in his garden at Abdera, in the suburbs, *under a shady bower, *with a book on his knees, busy at his study, sometimes writing, sometimes walking. The subject of his book was melancholy and madness; about him lay the carcasses of many several beasts, newly by him cut up and anatomised; not that he did contemn God's creatures, as he told Hippocrates, but to find out the seat of this *atra bilis, or melancholy, whence it proceeds, and how it was engendered in men's bodies, to the intent he might better cure it in himself, and by his writings and observa-
tions 'teach others how to prevent and avoid it. Which good intent of his, Hippocrates highly commended: Democritus Junior is therefore bold to imitate, and because he left it imperfect, and it is now lost, quasi succen-
tuator Democriti, to revive again, prosecute, and finish in this treatise.

You have had a reason of the name. If the title and inscription offend your gravity, were it a sufficient justification to accuse others, I could produce many sober treatises, even sermons themselves, which in their frontis carry more fantastical names. Howsoever, it is a kind of policy in these days, to prefix a fantastical title to a book which is to be sold; for, as larks come down to a day-net, many vain readers will tarry and stand gazing like silly passengers at an antic picture in a painter's shop, that will not look at a judicious piece. And, indeed, as *Scaliger observes, "nothing more invites a reader than an argument unlocked for, unthought of, and sells better than a surricle pamphlet," *tum maxime cum novitas excitat *palatum. "Many men," saith Gellius, "are very conceited in their inscriptions," "and able (as *Pliny quotes out of Seneca) to make him loiter by the way that went in haste to fetch a midwife for his daughter, now ready to lie down." For my part, I have honourable *precedents for this which I have done: I will cite one for all, Anthony Zara, Pap. Episc., his Anatomy of Wit, in four sections, mem-
bers, subsections, &c., to be read in our libraries.

If any man except against the matter or manner of treating of this my subject, and will demand a reason of it, I can allege more than one; I write of melancholy, by being busy to avoid melancholy. There is no greater cause of melancholy than idleness, "no better cure than business," "as *Rhasia

*Not so sagacious an observer as simple a narrator. 
*Per. A languer with a petulant spleen.

*Hor. lib. 1. sat. 9. 
*Secundum inania locus erat frondosia populus opacum, 
*vitubusque sponte natis, tenuis properta aqua defluent, placida murmurans, ubi sedile et domus Democriti complèctebatur.

*Ipse composite considerat, super genus volumen habebat, et utrinque, alia patentia
*parata, disseque animalia cumulata strata, quorum viscera rhinabatur.

*Cum mundus extra se sit, et mente captus sit, et nesciat se languere, ut medelam adhibeat.

*Scaliger, Ep. ad Pтаisianum. 
*Nihil magis lectorem invitat quam opinam argumentum, neque vendibilior merx est quam petulans liber, 
*Lib. xx. c. 11. Miros sequunturinscriptionum festivitates. 
*Anatomy of Popery, Anatomy of Immateriality, 
Angelus salus, Anatomy of Anonymity, &c. 
*Cont. 1. 4, c. 9. Num est cura melior quam labor.
holds: and howbeit, stultus labor est ineptiarum, to be busy in toys is to small purpose, yet hear that divine Seneca, aliud agere quam nihil, better do to no end, than nothing. I wrote therefore, and busied myself in this playing labour, otiosaq. diligentiâ ut vitarem torporem fieriandi with Vectius in Macrobius, aq. utium in utile verterem negotium.

To this end I write, like them, saith Lucian, that "recite to trees, and declaim to pillars for want of auditors," as *PaulusÆgineta ingenuously confesseth, "not that anything was unknown or omitted, but to exercise myself," which course if some took, I think it would be good for their bodies, and much better for their souls; or peradventure as others do, for fame, to show myself (Scire tuum nihil est, nisi te scire hoc sciat alter). I might be of Thucydides' opinion, "to know a thing and not to express it, is all one as if he knew it not." When I first took this task in hand, et quod ait bille, impellente genio negotium suscepti, this I aimed at; vel ut timentem animam scribendo, to ease my mind by writing; for I had gravidum cor, factum caput, a kind of imposthume in my head, which I was very desirous to be unladen of, and could imagine no fitter evacuation than this. Besides, I might not well refrain, for ubi dolor, ibi digitus, one must needs scratch where it itches. I was not a little offended with this malady; shall I say my Mistress "melancholy," my Ægeries, or my malus genius? and for that cause, as he that is stung with a scorpion, I would expel clavum clavo, comfort one sorrow with another, idleness with idleness, ut ex vipera Theriacum, make an antidote out of that which was the prime cause of my disease. Or as he did, of whom Felix Plater speaks, that thought he had some of Aristophanes' frogs in his belly, still crying Brevé, cleex, coac, coac, oop, oop, and for that cause studied physic seven years, and travelled over most part of Europe to ease himself. To do myself good I turned over such physicians as our libraries would afford, or my private friends impart, and have taken this pains. And why not? Carden professeth he wrote his book, "De Consolatione" after his son's death, to comfort himself; so did Tully write of the same subject with like intent after his daughter's departure, if it be his at least, or some impostor's put out in his name, which Lipsius probably suspects. Concerning myself, I can peradventure affirm with Marius in Sallust, that which others hear or read of, I felt and practised myself; they get their knowledge by books, I mine by melancolising." Experto crede Roberto. Something I can speak out of experience, erumnabilis experientia me docuit; and with her in the poet, "Haud ignara mali miseris succurrere disco; I would help others out of a fellow-feeling; and, as that virtuous lady did of old, "being a leper herself, bestow all her portion to build an hospital for lepers," I will spend my time and knowledge, which are my greatest fortunes, for the common good of all.

Yes, but you will infer that this is *actum agere, an unnecessary work, eramam bis coctam apponere, the same again and again in other words. To
what purpose? "Nothing is omitted that may well be said," so thought
Lucian in the like theme. How many excellent physicians have written just
volumes and elaborate tracts of this subject? No news here; that which
I have is stolen from others, *Dicitque mihi mea pagina, fur es. If that
severe doom of "Synesius be true, "it is a greater offence to steal dead men’s
labours, than their clothes," what shall become of most writers? I hold up
my hand at the bar among others, and am guilty of felony in this kind, habes
confrontum reum, I am content to be pressed with the rest. 'Tis most true,
tenet insanabile multos scribendi cacoches, and "there is no end of writing of
books," as the Wise-man found of old, in this "scribbling age, especially
wherein "the number of books is without number, (as a worthy man saith,)
presses be oppressed," and out of an itching humour that every man hath to
show himself, "desirous of fame and honour (scribimus induci doctique—)
he will write no matter what, and scrape together it boots not whence.
'Bewitched with this desire of fame, etiam mediis in morbis, to the dis-
paragement of their health, and scarce able to hold a pen, they must say
something, "and get themselves a name," saith Scaliger, "though it be
to the downfall and ruin of many others." To be counted writers, scriptores ut
salutentur, to be thought and held Polumathes and Polyhistors, apud imperium
vulgus ob ventosae nomen artis, to get a paper-kingdom: nulla spe quaestus sed
ampla famea, in this precipitate, ambitious age, nunc ut est axovolum, inter immo-
turam eruditionem, ambicionum et praecip (tis *Scaliger’s censure); and they
that are scarce auditors, viæ auditores, must be masters and teachers, before they
be capable and fit hearers. They will rush into all learning, logiam armatum,
divine, human authors, rake over all indexes and pamphlets for notes, as our
merchants do strange havens for traffic, write great tomes, Cunan non sint re
vera doctores, sed loquacesiores, whereas they are not thereby better scholars,
but greater praters. They commonly pretend public good, but as *Gesner
observes, 'tis pride and vanity that eggs them on; no news or aught worthy
of note, but the same in other terms. *Ne feriarentur fortasse typographi, vel
ideo scribendum est aliquid ut se vivisse testentur. As apothecaries we make
new mixtures every day, pour out of one vessel into another; and as those old
Romans robbed all the cities of the world, to set out their bad-sited Rome, we
skim off the cream of other men’s wits, pick the choice flowers of their tilled
gardens to set out our own sterile plots. *Castrant alios ut libros suos per se
gracies alieno adipe suffocant (so *Jovius inveighs). They lard their lean
books with the fat of others’ works. *Ineruditii fures, &c. A fault that every
writer finds, as I do now, and yet faulty themselves, *Tivium literarum homines,
all thieves; they pilfer out of old writers to stuff up their new comments,
scrape Ennius dung-hills, and out of *Democritus’ pit, as I have done.
By which means it comes to pass, "that not only libraries and shops are full of
our putid papers, but every close-stool and jakes, Scribunt carmina quae legunt
caecantes; they serve to put under pies, to ‘lap spice in, and keep roast-meat
from burning. "With us in France," saith *Scaliger, "every man hath
liberty to write, but few ability. *Heretofore learning was graced by judicious
scholars, but now noble sciences are vilified by base and illiterate scribblers," that
either write for vain-glory, need, to get money, or as parasites to flatter
and collague with some great men, they put out *burras, quisquisiasque inep-

* nihil praterterminum aud a quorid plio posite. * Martianis. * Magis impium mortuorum incen-
præfatu lect. Jonas, the late right reverend Lord B. of London. * Homines fami-ciliis gloriae ad omni-
tionem eruditionis unique congruent. * Buchananus. * Effahitit etiam lavibus amore, &c. * Justus Baro-
famam quaerunt et quovis modo in orbem spargunt contendunt, ut nomen alicuius rei habentur autores. * Praef.
tinsque. 1 Amongst so many thousand authors you shall scarce find one, by reading of whom you shall be any whit better, but rather much worse, quibus

inscitur potius quam perfectitur, by which he is rather infected than any wst

perfected.

1 Qui talia legit,
Quid dixisset tandem, quid sis nisi somnia, nugae?

So that oftentimes it falls out (which Callimachus taxed of old) a great book is a great mischief. 2 Cardan finds fault with Frenchmen and Germans, for their scribbling to no purpose, non inquit ab edendo deterruo, modo novum aliquid inventi

he doth not bar them to write, so that it be some new invention of their own; but we weave the same web still, twist the same rope again and again; or if it be a new invention, 'tis but some bauble or toy which idle fellows write, for as idle fellows to read, and who so cannot invent? " He must have a barren wit, that in this scribbling age can forge nothing. 3 Princes show their armies, rich men vaunt their buildings, soldiers their manhood, and scholars vent their toys; " they must read, they must hear whether they will or no.

* Et quodcumque semel chartis illevisit, omnes
Gestiet ad furno redententes soeciae lacaque,
Et pueros et annus.
* Qui talia legit,
Quid dixisset tandem quid sit nisi somnia, nugae?

What a company of poets hath this year brought out," as Pliny complains to Sossius Sinesius. "This April every day some or other have recited.

What a catalogue of new books all this year, all this age (I say), have our Frankfort Marts, our domestic Marts brought out? Twice a year, "Pro

ferunt se nova ingenia et ostentant, we stretch our wits out, and set them to sale, magno conatu nihil agimus. So that which 4 Gesner much desires, if a speedy reformation be not had, by some Prince's Edicts and grave Supervisors, to restrain this liberty, it will run on in infinitum. Quis tam avidus

librorum helluo, who can read them? As already, we shall have a vast Chaos and confusion of books, we are oppressed with them, 4 our eyes ache with reading, our fingers with turning. For my part I am one of the number nos numerus sumus, (we are mere ciphers): I do not deny it, I have only this of Macrobius to say for myself, Omne meum, nihil meum, 'tis all mine, and none mine. As a good housewife out of divers fleeces weaves one piece of cloth a bee gathers wax and honey out of many flowers, and makes a new bundle of all, Floriferis ut apes in saltibus omnia libant, I have laboriously collected this Cento out of divers writers, and that sine injuriis, I have wronged no authors, but given every man his own; which 4 Hierom so much commends in Nepotian; he stole not whole verses, pages, tracts, as some do now-a-days, concealing their author's names, but still said this was Cyprian's, that Lactantius, that Hillarius, so said Minutius Felix, so Victorinus, thus far Arnobius: I cite and quote mine authors (which, howsoever some illiterate scribblers account pedantical, as a cloak of ignorance, and opposite to their affected fine style, I must and will use) sumpsit, non surrexit; and what Varro, lib. 6. de rust. speaks of bees, ministet malefacio nullius opus vellicantur facient deterius, I can say of myself. Whom have I injured? The matter is theirs most part, and yet mine, apparet unde summum sit (which Seneca approves), ab iudicium quam unde summum sit appareat, which nature doth with the aliment of our bodies incorporate, digest,
assimilate, I do concoquere quod hausi, dispose of what I take. I make them pay tribute, to set out this my Macericon, the method only is mine own, I must usurp that of *Wecker & Ter. nihil dictum quod non dictum prius, methodus sola artificem ostendit, we can say nothing but what hath been said, the composition and method is ours only, and shows a scholar. Oribasius, Aelius, Avicenna, have all out of Galen, but to their own method, diverso stilo, non diversa fde. Our poets steal from Homer; he spews, saith Aelian, they lick it up. Divines use Austin’s words verbatim still, and our story-dressers, do as much; he that comes last is commonly best.

I solve it thus. And for those other faults of barbarism, *Doric dialect, extemporaneous style, tautologies, apish imitation, a rhapsody of rags gathered together from several dung-hills, excrements of authors, toys and fopperies confusedly tumbled out, without art, invention, judgment, wit, learning, rash, rude, fantastical, absurd, insolent, indiscreet, ill-composed, indigested, vain, sourrile, idle, dull, and dry; I confess all (tis partly affected), thou canst not think worse of me than I do of myself. *Tis not worth the reading. I yield it, I desire thee not to lose time in perusing so vain a subject, I should be peradventure loth myself to read him or thee so writing; *tis not opera pretium. All I say is this, that I have precedents for it, which Isocrates calls, perfugium tis qui peccant, others as absurd, vain, idle, illiterate, &c. Nonnulli alii idem fecerunt; others have done as much, it may be more, and perhaps thou thyself, Novimus et qui te, &c. We have all our faults; scimus, et hanc veniam, &c.; *thou censurest me, so have I done others, and may do thee, Ceditus inque vicem, &c., *tis lex talionis, quid pro quo. Go now, censure, criticise, scoff, and rail.

Thus, as when women scold, have I cried whore first, and in some men’s censures I am afraid I have overshot myself. Laudare se vani, vituperare stulti, as I do not arrogate, I will not derogate. Primus vestrum non sum, nec inuis, I am none of the best, I am none of the meanest of you. As I am an inch, or so many feet, so many parasangs, after him or him, I may be peradventure an ace before thee. Be it therefore as it is, well or ill, I have essayed, put myself upon the stage; I must abide the censure, I may not escape it. It is most true, stylius virum arquit, our style bewrays us, and as *hunters find their game by the trace, so is a man’s genius descried by his works, Multi melius ex sermone quâm lineamentis, de moribus hominum judicamus; it was old Cato’s rule. I have laid myself open (I know it) in this treatise, turned mine inside.

* Prof. ad Syntax. med.  b Until a later age and a happler lot produce something more truly grand.

4 Narmus es usque licet, es denique nasus: Non potes in nasus dieere plura meas, Ipsa ego quum dixi, &c.

Wert thou all scoffs and scamps, a very Mamus, Than we ourselves, thou canst not say worse of us.

Democritus to the Reader.

outward: I shall be censured, I doubt not; for, to say truth with Erasmus, nihil morosius hominum judicis, there is naught so peevish as men's judgments; yet this is some comfort, ut palata, sic judicia, our censures are as various as our palates.

Our writings are as so many dishes, our readers guests, our books like beauty, that which one admires another rejects; so are we approved as men's fancies are inclined. Pro capitro lectoris habeat sua fata libelli. That which is most pleasing to one is amaracum sui, most harsh to another. Quot homines, tot sententiae, so many men, so many minds: that which thou commendest he commends. *Quod petit, id sene est invisum acdumque dulcis. He respects matter, thou art wholly for words; he loves a loose and free style, thou art all for neat composition, strong lines, hyperboles, allegories; he desires a fine frontispiece, enlisting pictures, such as *Hieron. Natali the jesuit hath cut to the Dominicals, to draw on the reader's attention, which thou rejectest; that which one admires, another explores as most absurd and ridiculous. If it be not pointblank to his humour, his method, his conceit, *si quid forsae omium, quod is animo conceperit, si quae dictio, &c. If aught be omitted, or added, which he likes, or dislikes, thou art mancipium pauca lectionis, an idiot, an ass, nullus es, or plagiatorus, a trifler, a trivant, thou art an idle fellow; or else it is a thing of mere industry, a collection without wit or invention, a very toy. Facilita sic putant omnes quae jam facta, nec de salebris cogitant ubi via strata; so men are valued, their labours vilified by fellows of no worth themselves, as things of nought, who could not have done so much. Unusquisque abundat sensu suo, every man abounds in his own sense; and whilst each particular party is so affected, how should one please all?

How shall I hope to express myself to each man's humour and *conceit, or to give satisfaction to all? Some understand too little, some too much, qui similitet in legendos libros, atque in salutandos homines irrumpit, non cogitantes quales, sed quibus vestibus induit sint, as *Austin observes, not regarding what, but who write, orexin habet auctoris celebratas, not valuing the metal, but stamp that is upon it, Cantharum aspiracion, non quid in eo. If he be not rich, in great place, polite and brave, a great doctor, or full fraught with grand titles, though never so well qualified, he is a dunce; but, as *Baronius hath it of Cardinal Caraffa's works, he is a mere hog that rejects any man for his poverty. Some are too partial, as friends to overween, others come with a prejudice to carp, vilify, detract, and scoff; (qui de me forson, quicquid est, omnes contemptus judicant) some as bees for honey, some as spiders to gather poison. What shall I do in this case? As a Dutch host, if you come to an inn in Germany, and disgrace your fare, diet, lodging, &c., replies in a surly tone, "*aliud tibi queras diversorium," if you like not this, get you to another inn: I resolve, if you like not my writing, go read something else. I do not much esteem thy censure, take thy course, it is not as thou wilt, nor as I will, but when we have both done, that of *Plinius Secundus to Trajan will prove true, "Every man's witty labour takes not, except the matter, subject, occasion, and some commending favourite happen to it." If I be taxed, exploded

by thee and some such, I shall haply be approved and commended by others, and so have been (Expertus loquer), and may truly say with 4 Jovius in like case, (absit verbo juvantio) heroum quorundam, pontificem, et viro amabilis familiariatem, et amicitiam, gratiasque gratias, et multorum bene laudatorum laudes suminde prorertam, as I have been honoured by some worthy men, so have I been vilified by others, and shall be. At the first publishing of this book, (which 4 Probos of Persius satires), editum libro continetur mirari homines, atque avidè deripere saperunt, I may in some sort apply to this my work. The first, second, and third editions were suddenly gone, eagerly read, and, as I have said, not so much approved by some, as scornfully rejected by others. But it was Democritus his fortune, Idam admirations et invisionis habitus. 4Twas Seneca's fate, that superintendent of wit, learning, judgment, 4ad stuporem doctus, the best of Greek and Latin writers, in Plutarch's opinion; "that renowned corrector of vice," as Fabius terms him, "and painless omniscious philosopher, that writ so excellently and admirably well," could not please all parties, or escape censure. How is he vilified by 4Caligula, Agellius, Fabius, and Lipsius himself, his chief propugnator? In eo pluraque permitiosa, saith the same Fabius, many childish tracts and sentences he hath, sermo illaboratus, too negligent often and remiss, as Agellius observes, oratio vulgaria et probrta, divices et ineptae sententiae, eruditio plebica, an homely shallow writer as he is. In partibus spinas et fastidio habet, saith 4Lipsius; and, as in all his other works, so especially in his epistles, alie in argutias et ineptias occupantur, intricatus alieub, et parum compositus, sine copia rerum hoc fecit, he jumbles up many things together immethodically, after the Stoics' fashion, parum ordinavit, multa accumulavit, &c. If Seneca be thus lashed, and many famous men that I could name, what shall I expect? How shall I that am vix umbra tantii philosophi, hope to please? "No man so absolute (4Erasmus holds) to satisfy all, except antiquity, prescription, &c., set a bar." But as I have proved in Seneca, this will not always take place, how shall I evade? 4Tis the common doom of all writers, I must (I say) abide it; I seek not applause; 4Non ego ventosa venor suffragia plebis; again, non sum adeo informis, I would not be 4vilified.

I fear good men's censures, and to their favourable acceptance I submit my labours,

Non fasidius si tibi, lector, ero.

As the barking of a dog, I securely contemn those malicious and scurrile obloquies, flouts, calumnies of railers and detractors; I scorn the rest. What therefore I have said, pro tenuitate med, I have said.

One or two things yet I was desirous to have amended if I could, concerning the manner of handling this my subject, for which I must apologise, deprecare, and upon better advice give the friendly reader notice: it was not mine intent to prostitute my muse in English, or to divulge secretas Minervae, but to have exposed this more contract in Latin, if I could have got it printed. Any scurrile pamphlet is welcome to our mercenary stationers in English; they print all.
But in Latin they will not deal; which is one of the reasons, Nicholas Car, in his oration of the paucity of English writers, gives, that so many flourishing wits are smothered in oblivion, lie dead and buried in this our nation. Another main fault is, that I have not revised the copy, and amended the style, which now flows remissly, as it was first conceived; but my leisure would not permit; Feci nec quod potui, nec quod volui, I confess it is neither as I would, nor as it should be.

*Cám relego scripisse pudet, quia plurima cerno
Me quoque quaereant judices digna lim.*

*When I pursue this tract which I have writ,
I am abashed, and much I hold unfit.*

*Et quod gravissimum, in the matter itself, many things I disallow at this present, which when I writ, 'Non eadem est ætas, non mens; I would willingly retract much, &c., but 'tis too late, I can only crave pardon now for what is amiss.*

I might indeed, (had I wisely done) observed that precept of the poet——

*Nonumque prematur in annum, and have taken more care: or, as Alexander the physician would have done by lapis lazuli, fifty times washed before it be used I should have revised, corrected and amended this tract; but I had not (as I said) that happy leisure, no amanuenses or assistants. Pancratius in Lucian, wanting a servant as he went from Memphis to Copetus in Egypt, took a door bar, and after some superstitious words pronounced (Eurates the relator was then present) made it stand up like a serving-man, fetch him water, turn the spit, serve in supper, and what work he would besides; and when he had done that service he desired, turned his man to a stick again. I have no such skill to make new men at my pleasure, or means to hire them; no whistle to call like the master of a ship, and bid them run, &c. I have no such authority, no such benefactors, as that noble Ambrosius was to Origen, allowing him six or seven amanuenses to write out his dictates; I must for that cause do my business myself, and was therefore enforced, as a bear doth her whelps, to bring forth this confused lump; I had not time to lick it into form, as she doth her young ones, but even so to publish it, as it was first written quicquid in buccam venit, in an extemporean style, as 'I do commonly all other exercises, effudi quicquid dictavit genius meus, out of a confused company of notes, and writ with as small deliberation as I do ordinarily speak, without all affectation of big words, fustian phrases, jingling terms, tropes, strong lines, that like Acesta's arrows caught fire as they flew, strains of wit, brave heats, elegies, hyperbolical exorinations, elegancies, &c., which many so much affect. I am 'aqua potor, drink no wine at all, which so much improves our modern wits, a loose, plain, rude writer, ficum voco ficum, et ligenem ligonem, and as free, as loose, idem calamo quod in mente, I call a spade a spade, animis haec scribo, non auribus, I respect matter not words; remembering that of Cardan, verba propter res, non res propter verba: and seeking with Seneca, quid scribam, non quemadmodum, rather what than how to write: for as Philo thinks, "He that is conversant about matter, neglects words, and those that excel in this art of speaking, have no profound learning; Verba nitent phaleris, at nullas verba medullas Intas habent——"

Besides, it was the observation of that wise Seneca, "when you see a fellow careful about his words, and neat in his speech, know this for a certainty that

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*Ant artis insci al quasnu magis quam litteris student. hab. Cantab. et Lond. Excurs. 1676.
* Ovill de pont. Eleg. 1. 6. 1 Hort.
* Tom. 3. Philoepseud. accepto pescio, quum carmen quotidam dixisset, effect ut ambulatione, aquam haerere, urum pararet, &e. 1 Eusebii, eccles. hist. lib. 6. 1 Cassius laet et summis expece, minimoque posta. 1 Stylus hic nullus, prater parrhesiam. 1 Quis rebus se exercet, verba nigrilgii, et qui callet artem dicendi, nullam disciplinan habet recognitatem. 1 Falingenius. Words may be resplendent with ornament, but they contain no marrow within.

*Cujuscunque orationem vides politam et sollicitam, seco animam in puella occupatam, in scriptis nil solidum. Epist. lib. 1. 71.

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man's mind is busied about toys, there's no solidity in him. *Non est ornamentum virile concinnitas: as he said of a nightingale, vox es, preterea nihil, &c.* I am therefore in this point a professor of *Apollonius a scholar of Socrates, I neglect phrases, and labour wholly to inform my reader's understanding, not to please his ear; 'tis not my study or intent to compose neatly, which an orator requires, but to express myself readily and plainly as it happens. So that as a river runs sometimes precipitate and swift, then dull and slow; now direct, then per ambages; now deep, then shallow; now muddy, then clear; now broad, then narrow; doth my style flow: now serious, then light; now comical, then satirical; now more elaborate, then remiss, as the present subject required, or as at that time I was affected. And if thou vouchsafe to read this treatise, it shall seem no otherwise to thee, than the way to an ordinary traveller, sometimes fair, sometimes foul; here champaign, there inclosed; barren in one place, better soil in another: by woods, groves, hills, dales, plains, &c. I shall lead thee per ardua montium, et lubrica vallicum, et poscia cespitum, et *glebosa camporum* through variety of objects that thou shalt like and surely dislike.

For the matter itself or method, if it be faulty, consider I pray you that of *Columella, Nihil perfection, aut à singulare consummation industrié, no man can observe all, much is defective no doubt, may be justly taxed, altered, and avoided in Galen, Aristotle, those great masters. Boni venatoris (*one holds) plures feras capere, non omnes; he is a good huntsman, can catch some, not all; I have done my endeavour. Besides, I dwell not in this study, *Non hic sulcos ducimus, non hoc pulvere desudamus, I am but a smatterer, I confess, a stranger, *here and there I pull a flower; I do easily grant, if a rigid censurer should criticise on this which I have writ, he should not find three sole faults, as Scaliger in Terence, but three hundred. So many as he hath done in Cardan's subtleties, as many notable errors as *Gul. Laurenbergius, a late professor of Rostocke, discovers in that anatomy of Laurentius, or Barocius the Venetian in Sacro boscus. And although this be a sixth edition, in which I should have been more accurate, corrected all those former escapes, yet it was magis laboris opus, so difficult and tedious, that as carpenters do find out of experience, 'tis much better build a new sometimes, than repair an old house; I could as soon write as much more, as alter that which is written. If aught therefore be amiss (as I grant there is), I require a friendly admonition, no bitter invective, 'Sint music socii Charites, Furia omnis abesto, otherwise, as in ordinary controversies, funem contemplationis nebamus, sed cur bona? We may contend, and likely misuse each other, but to what purpose? We are both scholars, say, 

*Philostatus, liber 8. vit. Apol. Nihilque habet oratorum facultatem et penitus aspernatur quis professores, quod linguam duntaxat, non autem mentem reddenter eruditorem. *
*His enim, quod Seneca de Ponto, bos herbam, cicuta lartiam, canis leporum, virgo florem legat. *
*Pet. Nannus not. in Her. *
*Non hic colonos domicilium habeo, sed topinam in morem, hine inde florem vellico, at canis Nilum labores. *
*Supra bis milie notabilis errores Laurentii demonstravi, &c. *
*Philus de Con. *
*Verg.
makes the style more harsh, or in the margin as it happened. Greek authors, Plato, Plutarch, Athenaeus, &c., I have cited out of their interpreters, because the original was not so ready. I have mingled saecra prophanis, but I hope not prophaned, and in repetition of authors' names, ranked them per accidens, not according to chronology; sometimes Neotericks before Ancients, as my memory suggested. Some things are here altered, expunged in this sixth edition, others amended, much added, because many good *authors in all kinds are come to my hands since, and tis no prejudice, no such indecorum, or oversight.

* Nunquam ita quiuequam bene subducta rationes ad vitam figur, Quin res, etas, semper aliquid aparente novi, Aliquid momentum ut illis que seire te credas, nescias, Et quae tibi putares prima, in exercendo ut repudias. Neque was ought yet at first contrived so fit, But use, age, or something would alter it; Advise thee better, and, upon peruse, Make thee not say, and what thou takest refuse.

But I am now resolved never to put this treatise out again, Ne quid nimis, I will not hereafter add, alter, or retract; I have done. The last and greatest exception is, that I, being a divine, have meddled with physic,

Which Menedemus objected to Chremes; have I so much leisure, or little business of mine own, as to look after other men's matters which concern me not? What have I to do with physic? Quod medicorum est promittant mediici. The *Lacedemonians were once in counsel about state matters, a debauched fellow spake excellent well, and to the purpose, his speech was generally approved: a grave senator steps up, and by all means would have it repealed, though good, because dehonestabatur pessimo auctore, it had no better an author; let some good man relate the same, and then it should pass. This counsel was embraced, factum est, and it was registered forthwith. Et sic bona sententia mansit, malus auctor mutatus est. Thou sayest as much of me, stomachous as thou art, and grantest, paradventure, this which I have written in physic, not to be amiss, had another done it, a professed physician, or so; but why should I meddle with this tract? Hear me speak. There be many other subjects, I do easily grant, both in humanity and divinity, fit to be treated of, of which had I written ad ostentationem only, to show myself, I should have rather chosen, and in which I have been more conversant, I could have more willingly luxuriated, and better satisfied myself and others; but that at this time I was fatally driven upon this rock of melancholy, and carried away by this by-stream, which, as a rillet, is deducted from the main channel of my studies, in which I have pleased and busied myself at idle hours, as a subject most necessary and commodious. Not that I prefer it before divinity, which I do acknowledge to be the queen of professions, and to which all the rest are as handmaids, but that in divinity I saw no such great need. For had I written positively, there be so many books in that kind, so many commentators, treatises, pamphlets, expositions, sermons, that whole teams of oxen cannot draw them; and had I been as forward and ambitious as some others, I might have haply printed a sermon at Paul's Cross, a sermon in St. Marie's Oxon, a sermon in Christ-Church, or a sermon before the right honourable, right reverend, a sermon before the right worshipful, a sermon in Latin, in English, a sermon with a name, a sermon without, a sermon, a sermon, &c. But I have been ever as desirous to suppress my labours in this kind, as others have been to press and publish theirs. To have written in controversy had been to cut off an hydra's head, tis item generat, one beget, another, so

his characters, "That our posterity, O friend Policles, shall be the better for this which we have written, by correcting and rectifying what is amiss in themselves by our examples, and applying our precepts and cautions to their own use." And as that great captain ZIsca would have a drum made of his skin when he was dead, because he thought the very noise of it would put his enemies to flight, I doubt not but that these following lines, when they shall be recited, or hereafter read, will drive away melancholy, (though I be gone) as much as ZIsca's drum could terrify his foes. Yet one caution let me give by the way to my present, or my future reader, who is actually melancholy, that he read not the "symptoms or prognostics in this following tract, lest by applying that which he reads to himself, aggravating, appropriating things generally spoken, to his own person (as melancholy men for the most part do), he trouble or hurt himself, and get in conclusion more harm than good. I advise them therefore warily to peruse that tract, Lapides liöguier (so said Agrippa de occ. Phil.) et careant lectores ne cerebrum vis exsudiat. The rest I doubt not they may securely read, and to their benefit. But I am over-tedious, I proceed.

Of the necessity and generality of this which I have said, if any man doubt, I shall desire him to make a brief survey of the world, as 'Cyprian adviseth Donat, "supposing himself to be transported to the top of some high mountain, and thence to behold the tumults and chances of this wavering world, he cannot chuse but either laugh at, or pity it." S. Hierom out of a strong imagination, being in the wilderness, conceived with himself, that he then saw them dancing in Rome; and if thou shalt either conceive, or climb to see, thou shalt soon perceive that all the world is mad, that it is melancholy, dotes; that it is (which Epichthonius Cosmopolites expressed not many years since in a map) made like a fool's head (with that motto, Caput helleboro dignum) a crazed head, cavea stultorum, a fool's paradise, or as Apollonius, a common prison of gulls, cheaters, flatterers, &c., and needs to be reformed. Strabo in the ninth book of his geography, compares Greece to the picture of a man, which comparison of his, Nic. Gerbelius in his exposition of Sophianus' map, approves; the breast lies open from those Aceroceraunian hills in Epirus, to the Sunian promontory in Attica; Page and Magera are the two shoulders; that Isthmus of Corinth the neck; and Peloponnesus the head. If this allusion holds 'tis sure a mad head; Moraea may be Moria, and to speak what I think, the inhabitants of modern Greece swerve as much from reason and true religion at this day, as that Moraea doth from the picture of a man. Examine the rest in like sort, and you shall find that kingdoms and provinces are melancholy, cities and families, all creatures, vegetal, sensible, and rational, that all sorts, sects, ages, conditions, are out of tune, as in Cebes' table, omnes errorem bibunt, before they come into the world, they are intoxicated by error's cup, from the highest to the lowest have need of physic, and those particular actions in "Seneca, where father and son prove one another mad, may be general; Porcius Latro shall plead against us all. For indeed who is not a fool, melancholy, mad!—\textit{Quis nil molitur inepte, who is not brain-sick?} Folly, melancholy, madness, are but one disease, \textit{Delirium} is a common name to all. Alexander, Gordonius, Jason Pratensis, Savanarola, Guianerius, Montaltus, confound them as differing \textit{securum magis et minus}; so doth David, Psal. xxxvii. 5. "I said unto the fools, deal not so madly," and 'twas an old Stoical paradox, \textit{omnes stultos insaniere}, 'all fools are mad, though some madder than others. And who is not a fool, who is free from melancholy?

\textsuperscript{1}Part 1. sect. 3. \textsuperscript{2}Pref. lectori. \textsuperscript{3}Ep. 2. 1. 2. ad Donatum. Paulusper te crede subduct in ardui montis verticem eisiorum, speculari fade rerum jaecentium faeces, et vacua in diversa porrectis, fluctuantis mundi turbines intueri, jam simul aut videbis aut misereberis, &c. \textsuperscript{4}Controv. 1. 2. cont. 7. \textsuperscript{5}Horatius \textsuperscript{6}Idem, Hor. 1. 2. Satyr. 3. \textsuperscript{7}Damasippus Stoicus probat omnes stultos insaniere.
Who is not touched more or less in habit or disposition? If in disposition, "ill dispositions beget habits, if they persevere," saith *Plutarch, habits either are, or turn to diseases. *'Tis the same which Tully maintains in the second of his Tusculans, *omnium insipientium animi in morbo sunt, et perturbatorum, fools are sick, and all that are troubled in mind: for what is sickness, but as *Gregory Tholosanus defines it, "A dissolution or perturbation of the bodily league, which health combines:" and who is not sick, or ill-disposed? in whom doth not passion, anger, envy, discontent, fear and sorrow reign? Who labours not of this disease? Give me but a little leave, and you shall see by what testimonies, confessions, arguments, I will evince it, that most men are mad, that they had as much need to go a pilgrimage to the Anticyrae (as in *Strabo's time they did) as in our days they run to Compostella, our Lady of Sichem, or Lauretta, to seek for help; that it is like to be as prosperous a voyage as that of Guiana, and that there is much more need of hellebore than of tobacco.

That men are so misaffected, melancholy, mad, giddy-headed, hear the testimony of Solomon, Eccl. ii. 12. "And I turned to behold wisdom, madness and folly;" &c. And ver. 23: "All his days are sorrow, his travel grief, and his heart taketh no rest in the night." So that take melancholy in what sense you will, properly or improperly, in disposition or habit, for pleasure or for pain, dotage, discontent, fear, sorrow, madness, for part, or all, truly, or metaphorically, 'tis all one. Laughter itself is madness according to Solomon, and as St. Paul hath it, "Worldly sorrow brings death." "The hearts of the sons of Paul are evil, and madness is in their hearts while they live," Eccl. ix. 3. "Wise men themselves are no better," Eccl. i. 13. "In the multitude of wisdom is much grief, and he that increaseth wisdom increaseth sorrow," chap. ii. 17. He hated life itself, nothing pleased him: he hated his labour, all, as 'he concludes, is "sorrow, grief, vanity, vexation of spirit." And though he were the wisest man in the world, *sanctuarium sapientiae, and had wisdom in abundance, he will not vindicate himself, or justify his own actions. "Surely I am more foolish than any man, and have not the understanding of a man in me," Prov. xxx. 2. Be they Solomon's words, or the words of Agur, the son of Jakeh, they are canonical. David, a man after God's own heart, confesseth as much of himself, Psal. xxxvii. 21, 22. "So foolish was I and ignorant, I was even as a beast before thee." And condemns all for fools, Psal. liii.; xxxii. 9; xl. 20. He compares them to "beasts, horses, and mules, in which there is no understanding." The Apostle Paul accuses himself in like sort, 2 Cor. xi. 21. "I would you would suffer a little my foolishness, I speak foolishly." "The whole head is sick," saith Esay, "and the heart is heavy," cap. i. 5. And makes lighter of them than of oxen and asses, "the ox knows his owner," &c. : read Deut. xxxii. 6; Jer. iv.; Amos. iii. 1; Ephes. v. 6. "Be not mad, be not deceived, foolish Galatians, who hath bewitched you?" How often are they branded with this epithet of madness and folly? No word so frequent amongst the fathers of the Church and divines; you may see what an opinion they had of the world, and how they valued men's action.

I know that we think far otherwise, and hold them most part wise men that are in authority, princes, magistrates, *rich men, they are wise men born, all politicians and statesmen must needs be so, for who dare speak against them? And on the other, so corrupt is our judgment, we esteem wise and honest

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men fools. Which Democritus well signified in an epistle of his to Hippocrates: *the "Abderites account virtue madness," and so do most men living. Shall I tell you the reason of it? *Fortune and Virtue, Wisdom and Folly, their seconds, upon a time contended in the Olympics; every man thought that Fortune and Folly would have the worst, and pitted their cases; but it fell out otherwise. Fortune was blind and cared not where she stroke, nor whom, without laws, Andabatarum instar, &c. Folly, rash, and inconsiderate, esteemed as little what she said or did. Virtue and Wisdom gave place, were hissed out, and exploded by the common people; Folly and Fortune admired, and so are all their followers ever since: knaves and fools commonly fare and deserve best in worldlings' eyes and opinions. Many good men have no better fate in their ages: Achish, 1 Sam. xxii. 14, held David for a madman. *Elisha and the rest were no otherwise esteemed. David was derided of the common people, Ps. ix. 7, "I am become a monster to many." And generally we are accounted fools for Christ, 1 Cor. xiv. "We fools thought his life madness, and his end without honour," Wisd. v. 4. Christ and his Apostles were censured in like sort, John x.; Mark iii.; Acts xxvi. And so were all Christians in *Pliny's time, fuerunt et alti simulis dementes, &c. And called not long after, *Eusebia sectatores, oversores hominum, polluti novatores, fanatici, canes, malefici, venefici, Galilaei homunciones, &c. *This is an ordinary thing with us, to account honest, devout, orthodox, divine, religious, plain-dealing men, idiots, asses, that cannot, or will not lie and dissemble, shift, flatter, accommodare se ad eum locum ubi nati sunt, make good bargains, supplant, thrive, patronis insinuare; solennes ascendendi modos apprehendere, leyes, mores, consuetudines recte observare, candidi laudare, fortiter defendere, sententias amplecti, dubitare de nullis, credere omnia, accipere omnia, nihil reprehendere, ceteraque quae promotionem ferunt et securitatem, qua sine ambage faslicem redunt hominem, et vere sapientem apud nos; that cannot temporise as other men do, *hand and take bribes, &c. but fear God, and make a conscience of their doings. But the Holy Ghost that knows better how to judge, he calls them fools. "The fool hath said in his heart," Psal. liii. 1. "And their ways utter their folly," Psal. xlix. 14. "*For what can be more mad, than for a little worldly pleasure to procure unto themselves eternal punishment?" *As Gregory and others inculcate unto us. *Ye even all those great philosophers the world hath ever had in admiration, whose works we do so much esteem, that gave precepts of wisdom to others, inventors of Arts and Sciences, Socrates the wisest man of his time by the Oracle of Apollo, whom his two scholars, *Plato and *Xenophon, so much extol and magnify with those honourable titles, "best and wisest of all mortal men, the happiest, and most just;" and as *Alcibiades incomparably commends him; Achilles was a worthy man, but Bracides and others were as worthy as himself; Antenor and Nestor were as good as Pericles, and so of the rest; but none present, before, or after Socrates, *nemo venterum neque corum qui nunc sunt, were ever such, will match, or come near him. Those seven wise men of Greece, those British Druids, Indian Brachmanni, Æthiopian Gymnosophists, Magi of the Persians, Apollonius, of whom Philostratus, *Non doctus, sed natus sapientis, wise from his cradle, Epicurus so much admired by his scholar Lucretius;

Democritus to the Reader.

Qui genus humanum ingenio superavit, et omnes
Persuasit stellas exortus ut aetherius sol.

Whose wit excel'd the wits of men as far,
As the sun rising doth obscure a star;
Or that so much renowned Empedocles.

* Ut vix humana videatur stipe creatus.

All those of whom we read such hyperbolical eulogiums, as of Aristotle, that he was wisdom itself in the abstract, a miracle of nature, breathing libraries, as Eunapius of Longinus, lights of nature, giants for wit, quintessence of wit, divine spirits, eagles in the clouds, fallen from heaven, gods, spirits, lamps of the world, dictators, Nulla forant talen secla futura virum: monarchs, miracles, superintendents of wit and learning, oceanus, phanixe, atlas, monstrum, portentium hominis, orbis universi museuum, ultimus humanae naturae conatus, naturae martius.

As Ælian writ of Protagoras and Gorgias, we may say of them all, tantum & sapientissus abfuertum, quantum & viris puere, they were children in respect, infants, not eagles, but kits; novices, illiterate, Eunuchi sapientia. And although they were the wisest, and most admired in their age, as he censured Alexander, I do them, there were 10,000 in his army as worthy captains (had they been in place of command), as valiant as himself; there were myriads of men wiser in those days, and yet all short of what they ought to be. Laciantius, in his book of wisdom, proves them to be dizzards, fools, asses, madmen, so full of absurd and ridiculous tenets, and brain-sick positions, that to his thinking never any old woman or sick person doted worse. * Democritus took all from Leucippus, and left saith he, "the inheritance of his fully to Epicurus," insaniintii dum sapientiae, &c. The like he holds of Plato, Aristippus, and the rest, making no difference, "betwixt them and beasts, saving that they could speak." *Theodoret in his tract, De cur. grec. affect. manifestly evinces as much of Socrates, whom though that Oracle of Apollo confirmed to be the wisest man then living, and saved him from plague, whom 2000 years have admired, of whom some will as soon speak evil as of Christ, yet revera, he was an illiterate idiot, as *Aristophanes calls him, trivisor et ambitiosus, as his master Aristotle terms him, seuova Atticus, as Zeno, an *enemy to all arts and sciences, as Athenæus, to philosophers and travellers, an opinionative ass, a caviller, a kind of pedant; for his manners, as Theod. Cyrensis describes him, a *sodomite, an atheist, (so convict by Anytus) traxundus et ebrus, divos, &c. a pot-companion, by Plato's own confession, a sturdy drinker; and that of all others he was most sottish, a very madman in his actions and opinions. Pythagoras was part philosopher, part magician, or part witch. If you desire to hear more of Apollonius, a great wise man, sometime paralleled by Julian the apostate to Christ, I refer you to that learned tract of Eusebius against Hierocles, and for them all to Lucian's Piscator, Icaromenippus, Necyomantia: their actions, opinions in general were so prodigious, absurd, ridiculous, which they broached and maintained, their books and elaborate treatises were full of dodge, which Tully ad Atticum long since observed, delirantplerumq; scriptores in libris suis, their lives being opposite to their words, they commended poverty to others, and were more covetous themselves, extolled love and peace, and yet persecuted one another with virulent hate and malice. They could give precepts for verse and prose,

but not a man of them (as *Seneca tells them home) could moderate his affections. Their music did show us *flebiles modos, &c. how to rise and fall, but they could not so contain themselves as in adversity not to make a lamentable tone. They will measure ground by geometry, set down limits, divide and subdivide, but cannot yet prescribe *quantum homini sitis, or keep within compass of reason and discretion. They can square circles, but understand not the state of their own souls, describe right lines and crooked, &c. but know not what is right in this life, *quid in vitâ rectum sit, ignorant; so that as he said, *Necio an Anticyram ratio illis destinat omnes. I think all the Anticyrae will not restore them to their wits, "if these men now, that held *Xenodotus heart, Crates liver, Epictetus lanthorn, were so sottish, and had no more brains than so many beetles, what shall we think of the commonalty? what of the rest?"

Ye, but will you infer, that is true of heathens, if they be conferred with christians, 1 Cor. iii. 19. "The wisdom of this world is foolishness with God, earthly and devilish," as James calls it, iii. 15. "They were vain in their imaginations, and their foolish heart was full of darkness," Rom. i. 21, 22. "When they professed themselves wise, became fools." Their witty works are admired here on earth, whilst their souls are tormented in hell fire. In some sense, *Christiani Crassiani, Christians are Crassians, and if compared to that wisdom, no better than fools. *Quis est sapiens? *Solus Deus, *Pythagoras replies, "God is only wise," Rom. xvi. Paul determines "only good," as Austin well contends, "and no man living can be justified in his sight." "God looked down from heaven upon the children of men, to see if any did understand," Psalm lii. 2, 3. but all are corrupt, err. Rom. iii. 12, "None doth good, no not one." Job aggravates this, iv. 18, "Behold he found no stedfastness in his servants, and laid folly upon his angels," 19. "How much more on them that dwell in houses of clay?" In this sense we are all fools, and the "Scripture alone is *vra Mineræa, we and our writings are shallow and imperfect. But I do not so mean; even in our ordinary dealings we are no better than fools. "All our actions," as *Pliny told Trajan, "upbraid us of folly," our whole course of life is but matter of laughter: we are not soberly wise; and the world itself, which ought at least to be wise by reason of his antiquity, as *Hugo de Prato Florido will have it, *semper stultizat, is every day more foolish than other; the more it is whipped, the worse it is, and as a child will still be crowned with roses and flowers." We are ashp in it, *asini bipedes, and every place is full *inversorum *Apuleiorum, of metamorphosed and two-legged asses, *inversorum *Silenorum, childish, *pueri instar vimuli, tremulâ patri dormientis in uînd. *Jovianus Fontanus, *Antonio Dial, brings in some laughing at an old man, that by reason of his age was a little fond, but as he admoniseth there, *Ne mîreres mi hospes de hoc sene, marvel not at him only, for *totâ hoc civitas delirat, all our town dotes in like sort, 'we are a company of fools. Ask not with him in the poet, "*Larvs hunc intemperia insanique agitans senem? What madness ghosts this old man, but what madness ghosts us all? For we are ad unum omnes, all mad, *semel insanivimus omnes, not once, but always so, *et semel, *et simul, *et semper, ever and altogether as bad as he; and not *senex *bis puer, *delira amus, but say it of us all, *semper *pueri, young and old, all dote, as *Lactantius proves out of *Seneca; and no difference betwixt us and children, saving that, *majora ludimus, et grandioribus *pupis, they play with babies of clouts and such toys, we sport with greater baubles. "We cannot

acuse or condemn one another, being faulty ourselves, deliramenta loquercis, you talk idly, or as Mitio upbraided Demea, insanus, auferte, for we are as mad our own selves, and it is hard to say which is the worst. Nay, 'tis universally so, Vitam regit fortuna, non sapientia.

When Socrates had taken great pains to find out a wise man, and to that purpose had consulted with philosophers, poets, artificers, he concludes all men were fools; and though it procured him both anger and much envy, yet in all companies he would openly profess it. When Supputius in Pontanus had travelled all over Europe to confer with a wise man, he returned at last without his errand, and could find none. *Cardan concurs with him, "Few there are (for aught I can perceive) well in their wits." So doth "Tully, "I see everything to be done foolishly and unadvisedly."*

Tis an inbred malady in every one of us, there is seminarium stultitiae, a seminary of folly, "which if it be stirred up, or get ahead, will run in infinitum, and infinitely varies, as we ourselves are severely addicted," saith Balthazar Castilio: and cannot so easily be rooted out, it takes such fast hold, as Tully holds, alte radixces stultitiae, *so we are bred, and so we continue. Some say there be two main defects of wit, error, and ignorance, to which all others are reduced; by ignorance we know not things necessary, by error we know them falsely. Ignorance is a privation, error a positive act. From ignorance comes vice, from error, heresy, &c. But make but many kinds you will, divide and subdivide, few men are free, or that do not impinge on some one kind or other. *Sic plerumque agitat studios insictia, as he that examines his own and other men's actions shall find.*

Charon in Lucian, as he wittily feigns, was conducted by Mercury to such a place, where he might see all the world at once; after he had sufficiently viewed, and looked about, Mercury would needs know of him what he had observed: He told him that he saw a vast multitude and a promising, their habitations like molehills, the men as emmets, "he could discern cities like so many hives of bees, wherein every bee had a sting, and they did nought else but sting one another, some domineering like hornets bigger than the rest, some like flitching wasps, others as drones." Over their heads were hovering a confused company of perturbations, hope, fear, anger, avarice, ignorance, &c., and a multitude of diseases hanging, which they still pulled on their pates. Some were brawling, some fighting, riding, running, sollicitudinem, ambientes, litigantes, for toys and trifles, and such momentary matters. Their towns and provinces mere factions, rich against poor, poor against rich, nobles against artificers, they accuse madmen, and so the rest. In conclusion, he condemned them all for madmen, fools, idiots, ass, O stulti, quemam habe est amentia? O fools, O madmen, he exclaims, insana studia, insani labores, &c. Mad endeavours, mad actions, mad, mad, mad, "O sectum insipiens & infatuum, a giddy-headed age. Heraclitus the philosopher, out of a serious meditation

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2 Adelph. act. 5. scen. 3. 1 Tully Tuscul. 5. fortune, not wisdom, governs our lives. 3 Plato Apologia Socratis. 4 Ant. dial. 5 Lib. 5. de sap. pauci ut video, same month. 6 Suidae & inscrita omnia ari video. 7 Insania non omnibus sedem. Erasm. chil. 3. cent. 10. remo mortale qui non aliqua in re despit, licet aliqui ille morbo laboret, hic libidinis, ille avaritiae, ambitiones, invidiae. 8 Hor. I. 1. sat. 3. 9 Lib. 1. de saulico. Est in unequor; nostrum seminarium aliquo stultitiae, quod si quando excurrit in infinitum facile excussit. 10 Primaque lux vix prima errors erat. 11 Tullius, stulti pretensum &c., their wits are a wool-gathering. So fools commonly dote. 12 Dial. contemplaion, Tom. 2. 13 Catullus.
of men’s lives, fall a weeping, and with continual tears bewailed their misery, madness, and folly. Democritus on the other side, burst out a laughing, their whole life seemed to him so ridiculous, and he was so far carried with this ironical passion, that the citizens of Abdera took him to be mad, and sent therefore ambassadors to Hippocrates, the physician, that he would exercise his skill upon him. But the story is set down at large by Hippocrates, in his epistle to Damogetus, which because it is not pertinent to this discourse, I will insert verbatim almost as it is delivered by Hippocrates himself, with all the circumstances belonging unto it.

When Hippocrates was now come to Abdera, the people of the city came flocking about him, some weeping, some entreating of him, that he would do his best. After some little repast, he went to see Democritus, the people following him, whom he found (as before) in his garden in the suburbs all alone, "sitting upon a stone under a plane tree, without hose or shoes, with a book on his knees, cutting up several beasts, and busy at his study." The multitude stood gazing round about to see the congress. Hippocrates, after a little pause, saluted him by his name, whom he resaluted, ashamed almost that he could not call him likewise by his, or that he had forgot it. Hippocrates demanded of him what he was doing; he told him that he was "*busy in cutting up several beasts, to find out the cause of madness and melancholy." Hippocrates commended his work, admiring his happiness and leisure. And why, quoth Democritus, have not you that leisure? Because, replied Hippocrates, domestic affairs hinder, necessary to be done for ourselves, neighbours, friends; expenses, diseases, frailties and mortalities which happen; wife, children, servants, and such businesses which deprive us of our time. At this speech Democritus profusely laughed (his friends and the people standing by, weeping in the meantime, and lamenting his madness). Hippocrates asked the reason why he laughed. He told him, at the vaities and the fopperies of the time, to see men so empty of all virtuous actions, to hunt so far after gold, having no end of ambition; to take such infinite pains for a little glory, and to be favoured of men; to make such deep mines into the earth for gold, and many times to find nothing; with loss of their lives and fortunes. Some to love dogs, others horses, some to desire to be obeyed in many provinces, and yet themselves will know no obedience. *Some to love their wives dearly at first, and after a while to forsake and hate them; begetting children, with much care and cost for their education, yet when they grow to man’s estate, to despise, neglect, and leave them naked to the world’s mercy. *Do not these behaviours express their intolerable folly? When men live in peace, they covet war, detesting quietness, depositing kings, and advancing others in their stead, murdering some men to beget children of their wives. How many strange humours are in men! When they are poor and needy, they seek riches, and when they have them, they do not enjoy them, but hide them under ground, or else wastefully spend them. O wise Hippocrates, I laugh at such things being done, but much more when no good comes of them, and when they are done to so ill purpose. There is no truth or justice found amongst them, for they daily plead one against another, the son against the father and the mother, brother against brother, kindred and friends of the same quality; and all this for riches, whereof after death they cannot be possessors. And yet notwithstanding they will defame and kill one another,
commit all unlawful actions, contemning God and men, friends and country. They make great account of many senseless things, esteeming them as a great part of their treasure, statues, pictures, and such like movables, dear bought, and so cunningly wrought, as nothing but speech wanteth in them, “and yet they hate living persons speaking to them.” Others affect difficult things; if they dwell on firm land they will remove to an island, and thence to land again, being no way constant to their desires. They command courage and strength in wars, and let themselves be conquered by lust and avarice; they are, in brief, as disordered in their minds, as Thersites was in his body. And now, methinks, O most worthy Hippocrates, you should not reprehend my laughing, perceiving so many fooleries in men; “for no man will mock his own fully, but that which he seeth in a second, and so they justly mock one another.” The drunkard calls him a glutton whom he knows to be sober. Many men love the sea, others husbandry; briefly, they cannot agree in their own trades and professions, much less in their lives and actions.

When Hippocrates heard these words so readily uttered, without premeditation, to declare the world’s vanity, full of ridiculous contrariety, he made answer, that necessity compelled men to many such actions, and divers wills ensuing from divine permission, that we might not be idle, being nothing is so odious to them as sloth and negligence. Besides, men cannot foresee future events, in this uncertainty of human affairs; they would not so marry, if they could foretell the causes of their dislike and separation; or parents, if they knew the hour of their children’s death, so tenderly provide for them; or an husbandman sow, if he thought there would be no increase; or a merchant adventure to sea, if he foresaw shipwreck; or be a magistrate, if presently to be deposed. Alas, worthy Democritus, every man hopes the best, and to that end he doth it, and therefore no such cause, or ridiculous occasion of laughter.

Democritus hearing this poor excuse, laughed again aloud, perceiving he wholly mistook him, and did not well understand what he had said concerning perturbations and tranquillity of the mind. Insomuch, that if men would govern their actions by discretion and providence, they would not declare themselves fools as now they do, and he should have no cause of laughter; but (quoth he) they swell in this life as if they were immortal, and demigods, for want of understanding. It were enough to make them wise, if they would but consider the mutability of this world, and how it wheels about, nothing being firm and sure. He that is now above, to-morrow is beneath; he that sate on this side to-day, to-morrow is hurled on the other: and not considering these matters, they fall into many inconveniences and troubles, coveting things of no profit, and thirsting after them, tumbling headlong into many calamities. So that if men would attempt no more than what they can bear, they should lead contented lives, and learning to know themselves, would limit their ambition, “they would perceive then that nature hath enough without seeking such superfluities, and unprofitable things, which bring nothing with them but grief and molestation.” As a fat body is more subject to diseases, so are rich men to absurdities and follies, to many casualties and cross inconveniences. There are many that take no heed what happeneth to others by bad conversation, and therefore overthrow themselves in the same manner through their own fault, not foreseeing dangers manifest. These are things (O more than mad, quoth he) that give me matter of laughter, by suffering the pains of your impieties, as your avarice, envy, malice, enormous villanies, mutinies, unsatisfiable desires, conspiracies, and other

incorvable vices; besides your 

dissimulation and hypocrisy, bearing deadly
hatred one to the other, and yet shadowing it with a good face, flying out into
all filthy lusts, and transgressions of all 
laws, both of nature and civility.
Many things which they have left off, after a while they fall to again, hus-
bandry, navigation; and leave again, fickle and inconstant as they are.
When they are young, they would be old; and old, young. 1 Princes commend
a private life; private men itch after honour: a magistrate commends a quiet
life; a quiet man would be in his office, and obeyed as he is: and what is the
cause of all this, but that they know not themselves? Some delight to destroy,
one to build, another to spoil one country to enrich another and himself.
In all these things they are like children, in whom is no judgment or counsel, and
 reimburse beasts, saving that beasts are better than they, as being con-
tented with nature. 1 When shall you see a lion hide gold in the ground, or a
bull contend for better pasture? When a boar is thirsty, he drinks what will
serve him, and no more; and when his belly is full, ceaseth to eat; but men
are immoderate in both, as in lust—they covet carnal copulation at set times; men
always, running thereby the health of their bodies. And doth it not de-
serve laughter to see an amorous fool torment himself for a wench; weep, howl
for a mis-shapen slit, a dowdy sometimes, that might have his choice of the
finest beauties? Is there any remedy for this in physic? I do anatomise and cut
up these poor beasts, a to see these distempers, vanities, and follies, yet such
proof were better made on man's body, if my kind nature would endure it:
who from the hour of his birth is most miserable, weak, and sickly; when he
sucks he is guided by others, when he is grown great practiseth unhappiness
and is sturdy, and when old, a child again, and repenteth him of his life
past. And here being interrupted by one that brought books, he fell to it
again, that all were mad, careless, stupid. To prove my former speeches,
look into courts, or private houses. b Judges give judgment according to their
own advantage, doing manifest wrong to poor innocents to please others.
Notaries alter sentences, and for money lose their deeds. Some make false
monies; others counterfeit false weights. Some abuse their parents, yea cor-
rupt their own sisters; others make long libels and pasquils, defaming men
of good life, and extol such as are lewd and vicious. Some rob one, some
another: a magistrates make laws against thieves, and are the veriest thieves
themselves. Some kill themselves, others despair, not obtaining their desires.
Some dance, sing, laugh, feast and banquet, whilst others sigh, languish,
mourn and lament, having neither meat, drink, nor clothes. Some prank up
their bodies, and have their minds full of execrable vices. Some trot about
*to bear false witness, and say anything for money; and though judges know
of it, yet for a bribe they wink at it, and suffer false contracts to prevail
against equity. Women are all day a dressing, to pleasure other men abroad,
and go like sluts at home, not caring to please their own husbands whom they
see. Men are so fickle, so sottish, so intemperate, why should not I laugh at those to whom folly seems wisdom, will not be cured, and
perceive it not?

It grew late: Hippocrates left him; and no sooner was he come away, but

1 Astutum vcaplo servas sub pectore vulpem. Et cum vulpe posito pariter vulpinarer. Cretisandum
em Crete.
1 Qui si Meecenas ut nemo quam sibi sortem, Seu ratio dederit, seu sors obsecoret, illa com-
ten tuas rivas, &c., hor. 1 Diruit, salutat, mutat quadrata rotundus. Trajanus pontem struxit super Danu-
bium, quem successor ejus Adrianus statim demolivit.
1 Qui quid in re ab infantibus different, quibus mens & sensus sine ratione inest, qui quissee se suus offert vulpes est? 1 Idem Plut. 11 Ut insanias causans
disquisam brutum macto & seco, cum hoc potius in hominibus investigandum esset.
1 Totus a notabilia crimina Judiciarum, &c. 1 Tu aeditus omnium latro et, as a thief told Alexander in Curia. Damna-
foras Judex, quod intus operatur, Cypriam. 1 Yulth magnum cura, magna animi incipiens. Ad
Gordias res est, via duo verba sine mendacio proferuntur: quamvis solenniter homines ad veritatem
siccidam invitantur, pejorare tamen non dubitant, ut ex decem testibus vix unum verum dicat. Calv. in
8 John, Serm. 1.
1 Sapientiam insaniam esse dicit.
Democritus to the Reeder.

25

all the citizens came about flocking, to know how he liked him. He told them in brief, that notwithstanding those small neglects of his attire, body, diet, the world had not a wiser, a more learned, a more honest man, and they were much deceiv'd to say that he was mad.

Thus Democritus esteemed of the world in his time, and this was the cause of his laughter: and good cause he had.

Never so much cause of laughter as now, never so many fools and madmen. 'Tis not one "Democritus will serve turn to laugh in these days; we have now need of a "Democritus to laugh at Democritus:" one jester to flout at another, one fool to flare at another: a great stentorian Democritus, as big as that Rhodian Colossus. For now, as "Salisburyensis said in his time, totus mundus histrionem agit, the whole world plays the fool; we have a new theatre, a new scene, a new comedy of errors, a new company of personate actors, volupiae sacrae (as Calciagninus willingly feigns in his Apologues) are celebrated all the world over, where all the actors were madmen and fools, and every hour changed habits, or took that which came next. He that was a mariner to-day, is an apothecary to-morrow; a smith one while, a philosopher another, in his volupiae ludis; a king now with his crown, robes, sceptre, attendants, by and by drove a loaded ass before him like a Carter, &c. If Democritus were alive now, he should see strange alterations, a new company of counterfeit vizards, whifflers, Cumane asses, maskers, mummers, painted puppets, outsides, fantastic shadows, gulls, monsters, giddy-heads, butterflies. And so many of them are indeed (if all be true that I have read). For when Jupiter and Juno's wedding was solemnized of old, the gods were all invited to the feast, and many noble men besides: Amongst the rest came Chrysalus, a Persian prince, bravely attended, rich in golden attires, in gay robes, with a majestic presence, but otherwise an ass. The gods seeing him come in such pomp and state, rose up to give him place, ex habitu hominem matientes; * but Jupiter perceiving what he was, a light, fantastic, idle fellow, turned him and his proud followers into butterflies: and so they continue still (for aught I know to the contrary) roving about in pied coats, and are called chrysalides by the wiser sort of men: that is, golden outsides, drones, flies, and things of no worth. Multitudes of such, &c.

"——ubiue Invenies
Stultos avaros, sycephantias prodigos."†

Many additions, much increase of madness, folly, vanity, should Democritus observe, were he now to travel, or could get leave of Pluto to come see fashions, as Charon did in Lucian to visit our cities of Moronia Pia, and Moronia Felix: sure I think he would break the rim of his belly with laughing. *Si foris in terris ridet Democritus, seu, &c.

A satirical Roman in his time, thought all vice, folly, and madness were all at full sea, † Omne in precipiti vitium statit.

* Siquidem sapientia sua admiratione me complevit, offendi sapientissimum virum, qui salvara potest omnes homines reddere. † Greg. epig. * Plures Democriti nunc non sufficient, opus Democriti qui Democritum ridet. Eras. Moria. † Polycrat. lib. 3. cap. 8 & Petron. * Ubri omnes deliravit, omnes insani, &c. hodie nautae, eras philosophus; hodie fatua, eras philosophus; hac modo regem agat multo satellitio, tiara, & sceptro ornatus, galea vittis acutissimis coronata, antumn cliditalium impellit. † Calciagninus Apol. Chrysalis & cetera auro dives, maniacto poplo & tiara conspicui, levis alioquin & nullius consili, &c. magno fasno ingredienti assurgunt dii, &c. * Sed hominis levitatem Jupiter perspiciebat, at tu (inquit) est horribile, &c. protinus; vestiti illi maniciata in alas versa est, & mortales inde Chrysalides vacant hujusmodi homine. † Tu aliud meet covetous fools and prodigal sycephants everywhere.

* Juven. † Juven.
*Josephus the historian taxeth his countrymen Jews for bragging of their
vices, publishing their follies, and that they did contend amongst themselves
who should be most notorious in villanies; but we flow higher in madness,
far beyond them,

``Mox daturi progeniem vitiosiorum;"
And yet with crimes to us unknown,
Our sons shall mark the coming age their own,
and the latter end (you know whose oracle it is) is like to be worse. "Tis not
to be denied, the world alters every day, Auxunt urbes, regna transiiurunt, &c.
variantur habiti, leges innovantur, as Petarch observes, we change language,
habits, laws, customs, manners, but not vices, not diseases, not the symptoms
of folly and madness, they are still the same. And as a river, we see, keeps
the like name and place, but not water, and yet ever runs, Labitur et labetur
in omne volubilis oevum; our times and persons alter, vices are the same, and
ever will be; look how nightingales sang of old, cocks crowed, kine lowed,
sheep bleated, sparrows chirped, dogs barkéd, so they do still: we keep our
madness still, play the fools still, nec dum finitus Orestes; we are of the same
humours and inclinations as our predecessors were; you shall find us all alike,
much at one, we and our sons, et nati natorum, et qui nascentur ab illis. And
so shall our posterity continue to the last. But to speak of times present.

If Democritus were alive now, and should but see the superstition of our
age, our religious madness, as Meterans calls it, Religiosam insaniam, so many
professed Christians, yet so few imitators of Christ; so much talk of religion, so
much science, so little conscience; so much knowledge, so many preachers, so
little practice; such variety of sects, such have and hold of all sides; obvia
oculis Signa, &c., such absurd and ridiculous traditions and ceremonies: If he should meet a Capuchin, a Franciscan, a Pharisical Jesuit,
a man-serpent, a shave-crowned Monk in his robes, a begging Friar, or see their
three-crowned Sovereign Lord the Pope, poor Peter's successor, servorum
dei, to depose kings with his foot, to tread on emperors' necks, make them
stand barefoot and bare-legged at his gates, hold his bridle and stirrup,
&c. (O that Peter and Paul were alive to see this!) If he should observe a Prince
creep so devoutly to kiss his toe, and those Red-cap Cardinals, poor parish priests of old, now Princes' companions; what would he say? Ca.stum ipsum petitur stultitia. Had he met some of our devout pilgrims
going barefoot to Jerusalem, our lady of Lauretto, Rome, S. Iago, S. Thomas'
Shrine, to creep to those counterfeit and maggot-eaten relics; had he been
present at a mass, and seen such kissing of Paxes, crucifixes, cringes, duck-
ings, their several attires and ceremonies, pictures of saints, indulgences,
parlons, vigils, fasting, feasts, crossing, knocking, kneeling at Ave-Marias,
Bells, with many such; jacunda rudi spectacula plebis, praying in giber-
berish, and mumbling of beads. Had he heard an old woman say her prayers
in Latin, their sprinkling of holy water, and going a procession,

``Sic incendunt monachorum agmina milite;
Quid memorem vesti, cruces, idolaque culta, &c."

Their breviaries, bulls, hallowed beans, exorcisms, pictures, curious crosses,
fables, and baubles. Had he read the Golden Legend, the Turks' Alcoran, or
Jews' Talmud, the Rabbins' Comments, what would he have thought? How

* De bello Jud. 1. 8. c. 11. Inquitae vestra seminem latent, inque dies singulos certamin habetis quis
★ Lucan. ★ Father Angelo, the Duke of Joyeux, going barefoot over the Alps to Rome, &c.
Si cui intexti voces que patiuntur superstitiones, invenies tam indecora honestis, tam indigena liberris, tam
disamilla sanis, ut nemo fuerit dubitarius fireret eos, si cuu pascuibus furorint, &c. ▲ Quid dicam
de corum indigentibus, oblivionibus, votis, solutionibus, jubilis, comobis, somnibus, horis, oraculis, caeni-
lenis, canpianis, simulacris, missis, purgatoribus, mitris, breviariis, bullis, instrallibus, aquis, rarus,
uncionibus, candida, calicibus, crucibus, mappis, cereis, thuribus, incantationibus, exorcismis, spatuis, legendis, &c.
Balaeus de actis Rom. Pont. ★ Pleasing spectacles to the ignorant poor. § Th. Negeur,
Democritus to the Reader.

27

dost thou think he might have been affected? Had he more particularly examined a Jesuit's life amongst the rest, he should have seen an hypocrite profess poverty, 1 and yet possess more goods and lands than many princes, to have infinite treasures and revenues; teach others to fast, and play the gluttons themselves; like the watermen that row one way and look another. m Vow virginity, talk of holiness, and yet indeed a notorious bawd, and famous fornicator, lascivium pecus, a very goat. Monks by profession, 2 such as give over the world and the vanities of it, and yet a Machiavelian rout 3 interested in all manner of state: holy men, peace makers, and yet composed of envy, lust ambition, hatred, and malice; fire-brands, adulta patrice pestis, traitors, assassins, haec itur ad astræa, and this is to supererogate, and merit heaven for themselves and others. Had he seen on the adverse side, some of our nice and curious schismatics in another extreme, abhor all ceremonies, and rather lose their lives and livings, than do or admit anything Papists have formerly used, though in things indifferent, (they alone are the true Church, sal terræ, cum sint omnium insulsissima). Formalists, out of fear and base flattery, like so many weather-cocks turn round, a rout of temporisers, ready to embrace and maintain all that is or shall be proposed in hope of preferment: another Epicurean company, lying at lurch like so many vultures, watching for a prey of Church goods, and ready to rise by the downfall of any: as 4Lucian said in like case, what dost thou think Democritus would have done, had he been spectator of these things?

Or had he but observed the common people follow like so many sheep one of their fellows drawn by the horns over the gap, some for zeal, some for fear, quô se cunque rapit tempestas, to credit all, examine nothing, and yet ready to die before they will adjure any of those ceremonies to which they have been accustomed? others out of hypocrisy frequent sermons, knock their breasts, turn up their eyes, pretend zeal, desire reformation, and yet profess usurers, grippers, monsters of men, harpies, devils in their lives, to express nothing less.

What would he have said to see, hear, and read so many bloody battles, so many thousands slain at once, such streams of blood able to turn mills: unius ob noxam furiæque, or to make sport for princes, without any just cause, 5for vain titles (saith Austin), precedency, some wench, or such like toy, or out of desire of domineering, vain glory, malice, revenge, folly, madness, (goodly causes all, ob quas universos orbis bellis et caedibus miscceatur,) whilst statesmen themselves in the mean time are secure at home, pampered with all delights and pleasures, take their ease, and follow their lusts, not considering what intolerable misery poor soldiers endure, their often wounds, hunger, thirst, &c., the lamentable cares, torments, calamities, and oppressions that accompany such proceedings, they feel not, take no notice of it. So wars are begun, by the persuasion of a few debauched, hair-brain, poor, dissolute, hungry captains, parasitical fawners, unquiet Hotspurs, restless innovators, green heads, to satisfy one man's private spleen, lust, ambition, avarice, &c.; tales raüiant sclerata in pretia causa. Floe hominum, proper men, well proportioned, carefully brought up, able both in body and mind, sound, led like so many 6beasts to the slaughter in the flower of their years, pride, and full strength, without all remorse and pity, sacrificed to Pluto, killed up as so many sheep, for devils' food, 40,000 at once. At once, said I, that were tolerable, but these wars last always, and for many ages; nothing so familiar

1 Dum simulant gernere, acquisiverant sibi 30 annorum spatio bis centena millia librarum annua. Arnold.  
2 Et quum interdum de virtute loquunt sunt, sero in latibus eius agitant labores nocturnos, Agrippa.  
3 Tim. iii. 15. But they shall prevail no longer, their madness shall be known to all men.  
4 Beneignitas sinus solebat esse, nunse litanum officina curia Romana. Budaeus.  
5 Quid tibi videtur facturus Democritus, si horum spectatur contigissent?  
6 Ob inane dittonum titulos, ob præreptum locum, ob interceptum mulieream, vel quod e stalititia natum, vel e malitia, quod cupidum domissandi, libibo necundi, &c.  
7 Bel- 

ium rem plane bellum nam vocat Morus. Utop. lib. 2.
as this hacking and hewing, massacres, murders, desolations—ignoto cælum clangore remugii, they care not what mischief they procure, so that they may enrich themselves for the present; they will so long blow the coals of contention, till all the world be consumed with fire. The siege of Troy lasted ten years, eight months; there died 87,000 Grecians, 670,000 Trojans, at the taking of the city, and after were slain 276,000 men, women, and children of all sorts. Cæsar killed a million, "Mahomet the second Turk, 300,000 persons; Sicinius Dentatus fought in a hundred battles, eight times in single combat he overcame, had forty wounds before, was rewarded with 140 crowns, triumphed nine times for his good service. M. Sergius had 32 wounds; Sceva, the Centurion, 1 know not how many; every nation had their Hectors, Scipios, Cæsars, and Alexanders! Our Edward the Fourth was in 23 battles afoot: and as they do all, he glories in it, 'tis related to his honour. At the siege of Hierusalem, 1,100,000 died with sword and famine. At the battle of Cannas, 70,000 men were slain, *Polybius records, and as many at Battle Abbey with us; and 'tis no news to fight from sun to sun, as they did, as Constantine and Licinius, &c. At the siege of Ostend (the devil's academy) a poor town in respect, a small fort, but a great grave, 120,000 men lost their lives, besides whole towns, dorpes, and hospitals full of maimed soldiers; there were engines, fire-works, and whatsoever the devil could invent to do mischief with 2,500,000 iron bullets shot of 40 pounds weight, three or four millions of gold consumed. "Who (saith mine author) can be sufficiently amazed at their flinty hearts, obstinacy, fury, blindness, who without any likelihood of good success, hazard poor soldiers, and lead them without pity to the slaughter, which may justly be called the rage of furious beasts, that run without reason upon their own deaths:" quis malus genius, que furia, que pestis, &c.; what plague, what fury brought so devilish, so brutish a thing as war first into men's minds? Who made so soft and peaceable a creature, born to love, mercy, meekness, so to rave, rage like beasts, and run on to their own destruction? how may nature expostulate with mankind, Ego te divinum animal fuxi, &c.? I made thee an harmless, quiet, a divine creature: how may God expostulate, and all good men? yet, horum facta (as one condoles) tantum admirantur, et horum numero habent: these are the brave spirits, the gallants of the world, these admired alone, triumph alone, have statues, crowns, pyramids, obelisks to their eternal fame, that immortal genius attends on them, hac itur ad astra. When Rhodes was besieged, "fossae urbis cadaveribus repulse sunt; the ditches were full of dead carcasses: and as when the said Solyma, great Turk, beleaguered Vienna, they lay level with the top of the walls. This they make a sport of, and will do it to their friends and confederates, against oaths, vows, promises, by treachery or otherwise;—dolus an virtus? quis in hoste requirat? leagues and laws of arms, (silente leges inter arma,) for their advantage, omnia jure, divina, humana, proculcata plerumque sunt; God's and men's laws are trampeled under foot, the sword alone determines all; to satisfy their lust and spleen, they care not what they attempt, say, or do. "Rara fides, probitasque viris qui rastra sequuntur. Nothing so common as to have "father fight against the son, brother against brother, kinsman against kinsman, kingdom against kingdom, province against province, Christians against Christians." a quibus nec unquam cognitioe fuerunt losti, of whom they never had offence in thought,
word or deed. Infinite treasures consumed, towns burned, flourishing cities sacked and ruined, quodque animus meminisse horret, goodly countries depopulated and left desolate, old inhabitants expelled, trade and traffic decayed, maids deflowered, Virgines nondum thalamis jugata, et comis nondum positis ephæbè; chastie matrons cry out with Andromache, *Concubitum max cogor paui ejus, qui interemit Hecatonem, they shall be compelled peradventure to lie with them that erst killed their husbands: to see rich, poor, sick, sound, lords, servants, edem omnes incommodo macti, consumed all or maimed, &c. Et quicquid gardens scelere animus audet, et perversa mens, saith Cyprian, and whatsoever torment, misery, mischief, hell itself, the devil, fury and rage can invent to their own ruin and destruction; so abominable a thing is war, as Gerbelius concludes, adeo fido et abominanda res est bellum, ex quo hominum cedes, vastationes, &c., the scourge of God, cause, effect, fruit and punishment of sin, and not tonsura humani generis, as Tertullian calls it, but ruina. Had Democritus been present at the late civil wars in France, those abominable wars—bellaque matribus detestata, * a where, in less than ten years, ten thousand men were consumed, saith Collignius, 20 thousand churches overthrown; nay, the whole kingdom subverted (as Richard Dinoth adds). So many myriads of the commons were butchered up, with sword, famine, war, tanto odio utrique ut barbari ad abhorrendum lamienum obstupercunt, with such feral hatred, the world was amazed at it: or at our late Pharsalian fields in the time of Henry the Sixth, betwixt the houses of Lancaster and York, a hundred thousand men slain, +one writes; +another, ten thousand families were rooted out, That no man can but marvel, saith Comines, at that barbarous immanity, feral madness, committed betwixt men of the same nation, language, and religion. + Quis furor, O civis? Why do the Gentiles so furiously rage, saith the Prophet David, Psal. ii. 1. But we may ask, why do the Christians so furiously rage? +Arma volunt, quare poscunt, rapinu? que juventus? Unfit for Gentiles, much less for us so to tyrannize, as the Spaniard in the West Indies, that killed up in 42 years (if we may believe Bartholomæus à Casa, their own bishop) 12 millions of men, with stupend and exquisite torments; neither should I lie (said he) if I said 50 millions. I omit those French massacres, Sicilian even songs, +the Duke of Alva's tyrannies, our gunpowder machinations, and that fourth fury, as +one calls it, the Spanish inquisition, which quite obscures those ten persecutions,—seavit totis Mars impius orbis. Is not this mundus furiosus, a mad world, as he terms it, insanum bellum? are not these mad men, as Scaliger concludes, qui in praedia acerbae morte, insaniam sua memoriam pro perpetuo teste reliquint posteritati; which leave so frequent battles, as perpetual memorials of their madness to all succeeding ages? Would this, think you, have enforced our Democritus to laughter, or rather made him turn his tune, alter his tone, and weep with Heraclitus, or rather howl, roar, and tear his hair in commiseration, stand amazed; or as the poets feign, that Niobe was for grief quite stupified, and turned to a stone? I have not yet said the worst, that which is more absurd and mad, in their tumults, seditions, civil and unjust wars, quod stultè suscipitur, impìè geritur, miserè finitur. Such wars I mean; for

all are not to be condemned, as those fantastical anabaptists vainly conceive. Our Christian tactics are all out as necessary as the Roman acies, or Grecian phalanx; to be a soldier is a most noble and honourable profession (as the world is), not to be spared, they are our best walls and bulwarks, and I do therefore acknowledge that of *Tully to be most true, "All our civil affairs, all our studies, all our pleasing, industry, and commendation lies under the protection of warlike virtues, and whenever there is any suspicion of tumult, all our arts cease;" wars are most behoievful, et bellatores agricolis civitati sunt utiliores, as †Tyrius defends: and valour is much to be commended in a wise man; but they mistake most part, ausferre, trucidare, rupere, faslie nominibus virtutem vocant, &c. ("Twas Galgaecus' observation in Tacitus) they term theft, murder, and rapine, virtue, by a wrong name, rapes, slaughters, massacres, &c. jocius et ludus, are pretty pastimes, as Ludovicus Vives notes. "They commonly call the most hair-brain blood-suckers, strongest thieves, the most desperate villains, treacherous rogues, inhuman murderers, rash, cruel and dissolute caitiffs, courageous and generous heroes, heroic and worthy captains, *brave men at arms, valorous and renowned soldiers, possessed with a brute persuasion of false honour," as Pontus Huter in his Burgundian history complains. By means of which it comes to pass that daily so many voluntaries offer themselves, leaving their sweet wives, children, friends, for sixpence (if they can get it) a day, prostitute their lives and limbs, desire to enter upon breaches, lie sentinel, perdure, give the first onset, stand in the fore front of the battle, marching bravely on, with a cheerful noise of drums and trumpets, such vigour and alacrity, so many banners streaming in the air, glittering armours, motions of plumes, woods of pikes, and swords, variety of colours, cost and magnificence, as if they went in triumph, now victors to the Capitol, and with such pomp, as when Darius' army marched to meet Alexander at Issus. Void of all fear they run into imminent dangers, cannon's mouth, &c., ut vulneribus suis ferrum hostium habetem, saith *Barletius, to get a name of valour, honour and applause, which lasts not neither, for it is but a mere flash this fame, and like a rose, intra diem unum exstinguitur, 'tis gone in an instant. Of 15,000 proletaries slain in a battle, scarce fifteen are recorded in history, or one alone, the General perhaps, and after a while his and their names are likewise blotted out, the whole battle itself is forgotten. Those Grecian orators, summus victor, not attending to eloquence, set out the renowned overthrows at Theremopylae, Salamis, Marathon, Mical, Mantinea, Chersonex, Plateae. The Romans record their battle at Cannas, and Pharsalian fields, but they do but record, and we scarce hear of them. And yet this supposed honour, popular applause, desire of immortality by this means, pride and vain-glory spur them on many times rashly and unadvisedly, to make away themselves and multitudes of others. Alexander was sorry, because there were no more worlds for him to conquer, he is admired by some for it, animosa vox videtur, et regia, 'twas spoken like a Prince; but as wise ‡Seneca censes him, 'twas vox iniquissima et stultissima, 'twas spoken like a Bedlam fool; and that sentence which the same *Seneca appropriates to his father Philip and him, I apply to them all, Non minores fiere pestes mortalia quam invindicatio, quam conflagratio, quibus, &c. they did as much mischief to mortal men as fire and water, those merciless elements when they rage. *Which is yet more to be lamented, they persuade them this

hellioc course of life is holy, they promise heaven to such as venture their lives bello sacro, and that by these bloody wars, as Persians, Greeks, and Romans of old, as modern Turks do now their commons, to encourage them to fight, ut cadat infelicit. “If they die in the field, they go directly to heaven, and shall be canonized for saints.” (O diabolical invention!) put in the Chronicles, in perpetuum rei memoriam, to their eternal memory: when as in truth, as some hold, it were much better (since wars are the scourge of God for sin, by which he punisheth mortal men’s peevishness and folly) such brutish stories were suppressed, because ad morum institutum mem morabilis habent, they conduct not at all to manners, or good life. But they will have it thus nevertheless, and so they put note of “divinity upon the most cruel and pernicious plague of human kind,” adore such men with grand titles, degrees, statues, images, 1honour, applaud, and highly reward them for their good service, no greater glory than to die in the field. So Africanus is extolled by Ennius: Mars, and Hercules, and I know not how many besides of old, were deified; went this way to heaven, that were indeed bloody butchers, wicked destroyers, and disturbers of the world, prodigious monsters, hell-hounds, feral plagues, devourers, common executioners of human kind, as Lactantius truly proves, and Cyprian to Donat, such as were desperate in wars, and precipitately made away themselves, (like those Celtes in Damascus, with ridiculous valour, ut dedecorum putarent munro ruenti se subducere, a disgrace to run away for a rotten wall, now ready to fall on their heads,) such as will not rush on a sword’s point, or seek to shun a cannon’s shot, are base cowards, and no valiant men. By which means, Madet orbis mutuo sanguine, the earth wallows in her own blood, 2Sevii amor ferre et sclerati insania belli; and for that, which if it be done in private, a man shall be rigorously executed, and which is no less than murder itself; if the same fact be done in public in wars, it is called mankind, and the party is honoured for it.”——Prosperum et felix scelus, virtus vocatur.

We measure all as Turks do, by the event, and most part, as Cyprian notes, in all ages, countries, places, sevicia magnitudo impunitatem scleros acquirit, the foulness of the fact vindicates the offender. 4One is crowed for that for which another is tormented: Ille crucem sceleris pretium tuli, hic diadema; made a knight, a lord, an earl, a great duke, (as A grrippa notes) for which another should have hung in gibbets, as a terror to the rest,

——et tamen alter, Si fessisset idem, cadaret sub judice morum.”

A poor sheep-stealer is hanged for stealing of victuals, compelled peradventure by necessity of that intolerable cold, hunger, and thirst, to save himself from starving: but a great man in office may securely rob whole provinces, undo thousands, pill and poll, oppress ad libitum, flea, grind, tyrannise, enrich himself by spoils of the commons, be uncontrollable in his actions, and after all, be recompensed with turgid titles, honoured for his good service, and no man dare find fault, or mutter at it.

How would our Democritus have been affected to see a wicked caitiff, or „fool, a very idiot, a funge, a golden ass, a monster of men, to have many good men, wise men, learned men to attend upon him with all submission, as

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1. Quote is from Seneca.
2. Quote is from Lactantius.
3. Quote is from Juvenal.
4. Quote is from Cyprian.
5. Quote is from Seneca.
6. Quote is from Juvenal.
7. Quote is from Virgil.
8. Quote is from Ennius.
an appendix to his riches, for that respect alone, because he hath more wealth and money, and to honour him with divine titles, and bombast epithets," to
smother him with fumes and eulogies, whom they know to be a dizzard, a fool, a covetous wretch, a beast, &c., "because he is rich?" To see sub exuvius
leonis onagruam, a filthy loathsome carcase, a Gorgon's head puffed up by para-
sites, assume this unto himself, glorious titles, in worth an infant, a Cuman
ass, a painted sepulchre, an Egyptian temple? To see a withered face, a
diseased, deformed, cankered complexion, a rotten carcase, a viperous mind,
and Epicurean soul set out with orient pearls, jewels, diadems, perfumes,
curious elaborate works, as proud of his clothes as a child of his new costs;
and a goodly person, of an angel-like divine countenance, a saint, an humble
mind, a meek spirit clothed in rags, beg, and now ready to be starved? To
see a silly contemptible sown in apparel, ragged in his coat, polite in speech,
of a divine spirit, wise? another neat in clothes, spruce, full of courtesy,
empty of grace, wit, talk nonsense?

To see so many lawyers, advocates, so many tribunals, so little justice; so
many magistrates, so little care of common good; so many laws, yet never
more disorders; Tribunal libium segetem, the Tribunal a labyrinth, so many
thousand suits in one court sometimes, so violently followed? To see injus-
tissimum seae juris presidentem, impium religioni, imperitisissimum eruditionis,
otiosissimum laboris, monstruos humanitati? to see a lamb executed, a wolf
pronounce sentence, latro arraigned, and fur sit on the bench, the judge
severely punish others, and do worse himself, "aenandum furtum facere et punire,
"rapinam pleceret, quaem sit ipse raptor? Laws altered, misconstrued, inter-
preted pro and con, as the "Judge is made by friends, bribed, or otherwise
affected as a nose of wax, good to-day, none to-morrow; or firm in his opinion,
est in his? Sentence prolonged, changed, ad arbitrium judicis, still the same
case, "one thrust out of his inheritance, another falsely put in by favour,
false forged deeds or wills." Incises leges negliguntur, laws are made and not
kept; or if put in execution, they be some silly ones that are punished. As
put case it be fornication, the father will disinherit or abdicate his child, quite
cashier him (out, villain, begone, come no more in my sight); a poor man
is mercerably tormented with loss of his estate perhaps, goods, fortunes, good
name, for ever disgraced, forsaken, and must do penance to the utmost; a
mortal sin, and yet make the worst of it, nunquid aliqui fecit, saith Tranio in
the "poet, nisi quod faciant summis nati generibus? he hath done no more than
what gentlemen usually do. "Neque novum, neque mirum, neque secus quam
alius solent. For in a great person, right worshipful Sir, a right honourable
Grandy, 'tis not a venial sin, no, not a peccadillo, 'tis no offence at all, a com-
mon and ordinary thing, no man takes notice of it; he justifies it in public,
and peradventure brags of it,

"Idam quad turpe bonos, Thito, Selucio, decebat
Crispinum"

For what would be base in good men, Titius, and Seius, became Crispinus.

Many poor men, younger brothers, &c., by reason of bad policy and idle
education (for they are likely brought up in no calling), are compelled to beg
or steal, and then hanged for theft; than which, what can be more ignominious,
non minus enim turpe principi multa supplicia, quam medico multa funera, 'tis

\*Eorunq; detestatut Utolipenses Insaniam, qui divinos honores lts iprimentis, quos ordinatis et avaros
agnoscunt; non alio respectu honorantes quam quo dites sint. Idem. lib. 2.
\*Donat. ep. Ut reus innocens pereat, si nocens. Judex damnat fors, quod intus operatur.
\*Idem. lib. 2.
\*Cyp. 2. ad
\*Donat. ep. Ut reus innocens pereat, si nocens. Judex damnat fors, quod intus operatur.
\*Idem. lib. 2.
\*Cyp. 2. ad
\*Salvianus 1. 2. de provid. 
\*Erga judicium ubi est nisi publicis merces. Petronius. Quid
faciant leges ubi sola pecunia regnat? Idem. 
\*Ec. 1. 1. aere eruditiem hancfascias libert, hic donatur bonis alienis, falsum consult, alter testamentum corrumpit, &c. Idem. 
\*Verat censuratus columna.
\*Idem. 1. juv. Sat. 4. 
\*Quod tot satis fures et mendaces, magistratuum culpae fit, qui malos imitantes
the governor's fault. Libentius verberant quinm docent, as schoolmasters do rather correct their pupils, than teach them when they do amiss. "*They had more need provide there should be no more thieves and beggars, as they ought with good policy, and take away the occasions, than let them run on, as they do to their own destruction: root out likewise those causes of wrangling, a multitude of lawyers, and compose controversies, lites lustrales et seculares, by some more compendious means." Whereas now for every toys and trifle they go to law, *mugit litibus insanum forum, et saevit invicem discordantium rabies, they are ready to pull out one another's throats; and for commodity "*to squeeze blood," saith Hierom, "out of their brother's heart," desname, lie, disgrace, backbite, rail, bear false witness, swear, forswear, fight and wrangle, spend their goods, lives, fortunes, friends, undo one another, to enrich an harpy advocate, that preys upon them both, and cries Ela Socrates, Ela Xantippe; or some corrupt Judge, that like the *Kite in Æsop, while the mouse and frog fought, carried both away. Generally they prey one upon another as so many ravenous birds, brute beasts, devouring fishes, no medium, *ornes hic aut captantur aut captant; aut cadaver qua lacerantur, aut corvi qui lacerant, either deceive or be deceived; tear others or be torn in pieces themselves; like so many buckets in a well, as one riseth another falleth, one's empty, another's full; his ruin is a ladder to the third; such are our ordinary proceedings. What's the market? A place, according to *Anacharsis, wherein they cozen one another, a trap; nay, what's the world itself? "A vast chaos, a confusion of matters, as fickle as the air, domicilium insanorum, a turbulent troop full of impurities, a mart of walking spirits, goblins, the theatre of hypocrisy, a shop of knavery, flattery, a nursery of villany, the scene of babbling, the school of giddiness, the academy of vice; a warfare, ubi velis nobis pugnandum, aut vincas aut succumbas, in which kill or be killed; wherein every man is for himself, his private ends, and stands upon his own guard. No charity, *love, friendship, fear of God, alliance, affinity, consanguinity, christianity, can contain them, but if they be any ways offended, or that string of commodity be touched, they fall foul. Old friends become bitter enemies on a sudden for toys and small offences, and they that erst were willing to do all mutual offices of love and kindness, now revile and persecute one another to death, with more than Vatinius hatred, and will not be reconciled. So long as they are behoveful, they love, or may bestead each other, but when there is no more good to be expected, as they do by an old dog, hang him up or cashier him: which *Cato counts a great indecorum, to use men like old shoes or broken glasses, which are flung to the dunghill; he could not find in his heart to sell an old ox, much less to turn away an old servant: but they instead of recompense, revile him, and when they have made him an instrument of their villany, as *Bajazet the second Emperor of the Turks did by Acothemes Bassa, make him away, or instead of *reward, hate him to death, as Silius was served by Tiberius. In a word every man for his own ends. Our summum bonum is commodity, and the goddess we adore Dea moneta, Queen money, to whom we daily offer sacrifice, which steers our hearts, hands, *affections, all: that most powerful goddess, by whom we are reared, depressed, elevated, *esteemed the sole commandress of our actions, for which we pray, run, ride, go, come, labour,
and contend as fishes do for a crumb that falleth into the water. It's not worth, virtue, (that's *bonum theatrale*) wisdom, valour, learning, honesty, religion, or any sufficiency for which we are respected, but money, greatness, office, honour, authority; honesty is accounted folly; knavery, policy; men admired out of opinion, not as they are, but as they seem to be: such shifting, lying, cogging, plotting, counterplotting, temporizing, flattering, cozening, dissembling, 'that of necessity one must highly offend God if he be conformable to the world," *Creticae cum Crete*, "or else live in contempt, disgrace and misery." One takes upon him temperance, holiness, another austerity, a third an affected kind of simplicity, when as indeed he, and he, and he, and the rest are "hypocrites, ambidexters," out-sides, so many turning pictures, a lion on the one side, a lamb on the other. How would Democritus have been affected to see these things!

To see a man turn himself into all shapes like a camelion, or as Proteus, *omnia transformans sese in miracula rerum*, to act twenty parts and persons at once, for his advantage, to temporize and vary like Mercury the Planet, good with good; bad with bad; having a several face, garb, and character for every one he meets; of all religions, humours, inclinations; to fawn like a spaniel, *mentitis et mimicis obsequis*, rage like a lion, bark like a cur, fight like a dragon, sting like a serpent, as meek as a lamb, and yet again grin like a tiger, weep like a crocodile, insult over some, and yet others domineer over him, here command, there crouch, tyrannize in one place, he baffled in another, a wise man at home, a fool abroad to make others merry.

To see so much difference betwixt words and deeds, so many parasangs betwixt tongue and heart, men like stage-players act variety of parts, *give good precepts to others, soar aloft*, whilst they themselves grovel on the ground.

To see a man protest friendship, kiss his hand, *quem mallet truncatum videre*, *smile with an intent to do mischief*, or cozen him whom he salutes, *magnify his friend unworthily with hyperbolical eulogiums*; his enemy albeit a good man, to vilify and disgrace him, yea all his actions, with the utmost that livor and malice can invent.

To see a 'servant able to buy out his master, him that carries the mace more worth than the magistrate, which Plato, lib. 11, *de leg.*, *absolutely forbids*, Epictetus abhors. *A horse that tills the "land fed with chalk, an idle jade have provender in abundance*; him that makes shoes go barefoot himself, *him that sells meat almost piloned*; a toiling drudge starve, a drone flourish.

To see men buy smoke for wares, castles built with fools' heads, men like apes follow the fashions in tires, gestures, actions; if the king laugh, all laugh;

"*Rides? majore chachitnno*  
*Concfitur, flet al lachrymas conspecti amit.*"

Alexander stooped, so did his courtiers; Alphonse turned his head, and so did his parasites. *Sabina Poppea, Nero's wife, wore amber-coloured hair, so did all the Roman ladies in an instant, her fashion was theirs."

To see men wholly led by affection, admired and censured out of opinion without judgment: an inconsiderate multitude, like so many dogs in a village,
if one bark all bark without a cause: as fortune's fan turns, if a man be in favour, or commanded by some great one, all the world applauds him; * if in disgrace, in an instant all hate him, and as at the sun when he is eclipsed, that erst took no notice, now gaze and stare upon him.

To see a man * wear his brains in his belly, his guts in his head, an hundred oaks on his back, to devour a hundred oxen at a meal, nay more, to devour houses and towns, or as those anthropophagi, to eat one another.

To see a man roll himself up like a snowball, from base beggary to right worshipful and right honourable titles, unjustly to screw himself into honours and offices; another to starve his genius, damn his soul to gather wealth, which he shall not enjoy, which his prodigal son melts and consumes in an instant.11

To see the * prosecution of our times, a man bend all his forces, means, time, fortunes, to be a favourite's favourite's favourite, &c., a parasite's parasite's parasite, that may scorn the servile world as having enough already.

To see an hirsute beggar's brat, that lately fed on scraps, crept and whined, crying to all, and for an old jerkin ran of errands, now ruffle in silk and satin, bravely mounted, jovial and polite, now scorn his old friends and familiars, neglect his kindred, insult over his betters, domineer over all.

To see a scholar crouch and creep to an illiterate peasant for a meal's meat; a scrivenner better paid for an obligation; a falconer receive greater wages than a student; a lawyer get more in a day than a philosopher in a year, better reward for an hour, than a scholar for a twelvemonth's study; him that can * paint Thais, play on a fiddle, curl hair, &c., sooner get preferment than a philologer or a poet.

To see a fond mother, like * Aesop's ape, hug her child to death, a * wittol wink at his wife's honesty, and too perspicuous in all other affairs; one stumble at a straw, and leap over a block; rob Peter, and pay Paul; scrape unjust sums with one hand, purchase great manors by corruption, fraud and cozenage, and liberally to distribute to the poor with the other, give a remnant to pious uses, &c. Penny wise, pound foolish; blind men judge of colours; wise men silent, fools talk; * find fault with others, and do worse themselves; * demence that in public he doth in secret; and which Aurelius Victor gives out of Augustus, severely censure that in a third, of which he is most guilty himself.

To see a poor fellow, or an hired servant venture his life for his new master that will scarce give him his wages at year's end; A country colonel toil and mope, till and drudge for a prodigal idle drone, that devours all the gain, or liciously consumes with phantastical expences; A noble man in a bravo'd to encounter death, and for a small flash of honor to cast away himself; A worldling tremble at an executor, and yet not fear hell-fire; To wish and hope for immortality, desire to be happy, and yet by all means avoid death, a necessary passage to bring him to it.

To see a fool-hardy fellow like those old Danes, qui descollar malunt quam verberari, die rather than be punished, in a sottish humour embrace death with alacrity, yet * scorn to lament his own sins and miseries, or his dearest friends' departures.

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* Odit damnum. Juv.
* Agrippa ep. 28. 1. 7. Quorum cerebrum est in ventre, ingenium in patinis.
* Paul. They eat up my people as bread.
* Absunt haeres ceiza ha dignor servata centum clavibus, et mere distinguunt pavimenta superba, postificum potiore canitis. Hor.
* Quo Thalidem pingere, infuso tibiam, crispate crines.
* Adamus eccl. hist. cap. 212. Siqua damnamus fuerit, latus esse gloria est; nam lechrymas et planctum cestarea compunctionum genera qua nos salubria censemus, ita abominantur Dani, ut nce pro pecatis nos pro delictis ammid uli slere licet.
To see wise men degraded, fools preferred, one govern towns and cities, and yet a silly woman overrules him at home; *Command a province, and yet his own servants or children prescribe laws to him, asThemistocles' son did in Greece; "What I will (said he) my mother will, and what my mother will, my father doth." To see horses ride in a coach, men draw it; dogs devour their masters; towers build masons; children rule; old men go to school; women wear the breeches; *sheep demolish towns, devour men, &c. And in a word, the world turned upside downward. O vevret Democritus!

To insist in every particular were one of Hercules' labours, there's so many ridiculous instances, as motes in the sun. Quantum est in rebus invae!

(How much vanity there is in things!) And who can speak of all? Crimine ab uno discce omnes, take this for a taste.

But these are obvious to sense, trivial and well known, easy to be discerned. How would Democritus have been moved, had he seen† the secrets of their hearts? If every man had a window in his breast, which Momus would have had in Vulcan's man, or that which Tully so much wished it were written in every man's forehead, Quid quisque de republica sentiret, what he thought; or that it could be effected in an instant, which Mercury did by Charon in Lucian, by touching of his eyes, to make him discern semel et simul rumores et susurros.

"Specs hominum cecas, morbos, votumque laboros, Et passion toti volantiae athere curas." [113:315-319]  
That he could cubicularum obductas foras recludere et secreta cordium penetrare, which T Cypricn desired, open doors and locks, shoot bolts, as Lucian's Gallus did with a feather of his tail: or Gyges' invisible ring, or some rare perspectiva glass, or Otaconitico, which would so multiply species, that a man might hear and see all at once (as Martianus Capella's Jupiter did in a spear which he held in his hand, which did present unto him all that was daily done upon the face of the earth), observe culkod's horns, forgeries of alchemists, the philosopher's stone, new projectors, &c., and all those works of darkness, foolish vows, hopes, fears and wishes, what a deal of laughter would it have afforded? He should have seen windmills in one man's head, an hornet's nest in another. Or had he been present with Icaromenippus in Lucian at Jupiter's whispering place, 'and heard one pray for rain, another for fair weather; one for his wife's, another for his father's death, &c.; to ask that at God's hand which they are abashed any man should hear?" How would he have been confounded? Would he, think you, or any man else, say that these men were well in their wits? Hoc sani esse hominis quis senus juret Orestes? Can all the hellebore in the Anticyrae cure these men? No sure, "an acre of hellebore will not do it."

That which is more to be lamented, they are mad like Senea's blind woman, and will not acknowledge, or "seek for any cure of it, for pauci vident morbum saum, omnes amant. If our leg or arm offend us, we covet by all means possible to redress it; and if we labour of a bodily disease, we send for a physician; but for the diseases of the mind we take no notice of them:" Lust harrows us on the one side; envy, anger, ambition, on the other. We are torn in pieces by

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* Orbi dat leges foras, vix famulum recti sine strepitu domi. 'Quicquid ego volo hoc vult mater mea, et quod mater vult, facit pater.'  
† Oves, olim mite pecus, nunc tam indolentum et edax ut homines devorent, &c. Morus Utop. lib. 1.  
‡ Diversus variis tribut natura furores.  
∥ Lib. 1. de nup. Philol. In qua quid singulit nationum populi quotidianis motibus agitarent, reuexeat.  
¶ Jupiter contingat mihi sevrum inrestitas, &c. Multos da, Jupiter, annos, Dementia quanta est hominium, turpissima viva dies insensurant, si quis admoerit aures, conticeat; et quid acer homines nolunt, Deo narrat. Senec. ep. 10. 1. 1.  
|| Pianus Menech. non potest hae res Hellebore jugere obtiner. 'Esque gravior morbus quo ignotur periculltante.'  
\[ Quod latentculos, festinat sememere; si quid est animum, diffus curandum tempus in annum. Hor.  
our passions, as so many wild horses, one in disposition, another in habit; one is melancholy, another mad; and which of us all seeks for help, doth acknowledge his error, or knows he is sick? As that stupid fellow put out the candle because the biting fleas should not find him; he shrouds himself in an unknown habit, borrowed titles, because nobody should discern him. Every man thinks with himself, *Egomet videor mihi sanus, I am well, I am wise, and laughs at others. And 'tis a general fault amongst them all, that, *which our forefathers have approved, diet, apparel, opinions, humours, customs, manners, we deride and reject in our time as absurd. Old men account juniors all fools, when they are mere dizzards; and as to sailors, —*teraque urbesque recedunt — they move, the land stands still, the world hath much more wit, they dose themselves. Turks deride us, we them; Italians, Frenchmen, accounting them light headed fellows; the French scoff again at Italians, and at their several customs; Greeks have condemned all the world but themselves of barbarism, the world as much vilifies them now; we account Germans heavy, dull fellows, explose many of their fashions; they as contemptibly think of us; Spaniards laugh at all, and all again at them. So are we fools and ridiculous, absurd in our actions, carriages, diet, apparel, customs, and consultations; we *scoff and point one at another, when as in conclusion all are fools, *and they the veriest asses that hide their ears most.* A private man if he be resolved with himself, or set on an opinion, accounts all idiots and asses that are not affected as he is,— *nil rectum, nisi quod placuit sibi, ducit, that are not so minded, * (quodque volunt homines se bene velle putant,) all fools that think not as he doth: he will not say with Atticus, *Suam quisque sponsam, mihi meam,* let every man enjoy his own spouse; but his alone is fair, *suus amor, &c.*, and scorns all in respect of himself; *will imitate none, hear none *but himself, as Pliny said, a law and example to himself. And that which Hippocrates, in his epistle to Dionysius, reprehended of old, is verified in our times, *Quisque in alio superficium esse censet, ipse quod non habet nec curat,* that which he hath not himself, or doth not esteem, he accounts superfluity, an idle quality, a mere foppery in another: like Esop's fox, when he had lost his tail, would have all his fellow foxes cut off theirs. The Chinese say, that we Europeans have one eye, they themselves two, all the world else is blind: (though *Scaliger accounts them brutes too, merum pecus,* so thou and thy sectaries are only wise, others indifferent, the rest beside themselves, mere idiots and asses. Thus not acknowledging our own errors and imperfections, we securely deride others, as if we alone were free, and spectators of the rest, accounting it an excellent thing, as indeed it is, *Alienā optimum frui insanīd,* to make ourselves merry with other men's obliquities, when as he himself is more faulty than the rest, *mutato nomine, de te fabula narratur,* he may take himself by the nose for a fool; and which one calls *maximum stultitiae specimen,* to be ridiculous to others, and not to perceive or take notice of it, as Marusay was when he contended with Apollo, *non intelligens se deridiculo haberī,* saith *Apuleius: *tis his own cause, he is a convicted madman, as * Austin well infers "in the eyes of wise men and angels he seems like one, that to our thinking walks with his heels upwards." So thou laughest at me, and I at thee, both at a third; and he returns that of the poet upon us again, *Hei mihi, insanire me aiant, quum ipsi ultrō insaniant.* We accuse others of madness,
of folly, and are the veriest dizzards ourselves. For it is a great sign and property of a fool (which Eccl. x. 3, points at) out of pride and self-conceit to insult, vilify, condemn, censure, and call other men fools (Non videmus 
manticea quod a tergo est) to tax that in others of which we are most faulty; 
teach that which we follow not ourselves: For an inconstant man to write of 
constancy; which a profane liver prescribe rules of sanctity and piety; a dizzard 
himself make a treatise of wisdom; or with Sallust to rail downright at spoilers 
of countries, and yet in * office to be a most grievous poler himself. This 
argues weakness, and is an evident sign of such parties' indiscretion. * Peccat 
uter nostram cruce dignatus? "Who is the fool now?" Or else peradventure 
in some places we are all mad for company, and so 'tis not seen, Satietas erroris 
et dementia, pariter absurditatem et admirationem tollit. "Tis with us, as it was 
of old (in * Tully's censure at least) with C. Pimbria in Rome, a bold, hair-
brain, mad fellow, and so esteemed of all, such only excepted, that were as 
mad as himself: now in such a case there is * no notice taken of it.

"Nimirum insanus panns videatur; eò quod 
Maxima pars hominum morbo jactatur codem." | "When all are mad, where all are like opprest 
Who can discern one mad man from the rest?"

But put case they do perceive it, and some one be manifestly convicted of 
madness, b he now takes notice of his folly, be it in action, gesture, speech, a 
vain humour he hath in building, bragging, jangling, spending, gaming, 
courting, scribbling, prating, for which he is ridiculous to others, * on which he 
dotes, he doth acknowledge as much: yet with all the rhetoric thou hast, thou 
canst not so recall him, but to the contrary notwithstanding, he will persevere 
in his dotage. "Tis amabilis insanica, et mentis gratissimus error, so pleasing, 
so delicious, that he * cannot leave it. He knows his error, but will not seek 
 to decline it, tell him what the event will be, beggary, sorrow, sickness, dis-
grace, shame, loss, madness, yet * an angry man will prefer vengeance, a 
lascivious his whore, a thief his booty, a glutton his belly, before his welfare." 
Tell an epicure, a covetous man, an ambitious man, of his irregular course, 
wean him from it a little, pol me occidistis amici, he cries anon, you have 
undone him, and as * a "dog to his vomit," he returns to it again; no per-
suasion will take place, no counsel, say what thou canst,

"Glymes licet et mare celo 
Confundas, surdo narras," t

demonstrate as Ulysses did to * Elpenor and Gryllus, and the rest of his 
companions, "those swinish men," he is irrefragable in his humour, he will be 
a hog still; bray him in a mortar, he will be the same. If he be in a heresy, 
or some perverse opinion, settled as some of our ignorant Papists are, convince 
his understanding, show him the several follies and absurd popperies of that 
sect, force him to say, veris viscer, make it as clear as the sun, * he will err 
still, peevish and obstinate as he is; and as he said * si in hoc erro, liberter 
erro, nec hiunc errorem auferre miti volo; I will do as I have done, as my 
predecessors have done; and as my friends now do: I will dote for company. 
Say now, are these men * mad or no, "Haus age respondes? are they ridiculous? 
cedo quemvis arbitrum, are they sancta mentis, sober, wise, and discreet? have 
they common sense? — * uter est insanior horum? I am of Democritus' 

* Governor of Amich by Caesar's appointment. * Nunc sanitatis patrocinium est insanientium turba. Sen. 
* Pro Roscio Amerino, et quod inter omnes constat insanissimius, nisi inter eos, qui ipsi quoque insanunt. 
* Necessa est cum insanientibus furare, nisi solus relinquueris. Petronius. 
* Quoniam non est genus unum stultitae qua me insanitos putas. 
* Stultum me fames, licet concedere vervingum, Atque etiam insanum. Hor. 
* Odi nec possam copiæne nec esse quod opid. Ovid. Errores grato libenter omnes insanimus. 
* Amator scorutum vitae prescriptum, irae undus vindicat; fur praeclare, parasitus gulam, ambiciosus honorum. 
* Averses operes, e¢. odinas hœc et accursed. Cardian. 1. 2. de consel. 
* Prov. xxvi. 11. t Although you call 
* out, and confound the sea and sky, you still address a deaf man. 
* Pindar. Gryllo. suilll homines sic 
* Ciem. Alex. vo. 
* Non persuadebis, etiam persuasoris. 
* Tully. 
* Male cum tillis insanire, quan cum aliis bene sentire. 
* Qui inter hos enuntiatur, non magis sapere possunt, quam qui in culina 
* bene oler. 
* Persius. 
* Hor. 2. ser. which of these is the more mad.
opinion for my part, I hold them worthy to be laughed at; a company of
brain-sick dizzards, as mad as "Orestes and Athamas, that they may go "ride
the ass," and all sail along to the Anticyræ, in the "ship of fools" for com-
pany together. I need not much labour to prove this which I say otherwise
than thus, make any solemn protestation, or swear, I think you will believe
me without an oath; say at a word, are they fools? I refer it to you, though
you be likewise fools and madmen yourselves, and I as mad to ask the ques-
tion; for what said our comical Mercury?

"...Justum ab injusta petere insplicens est.
I'll stand to your censure yet, what think you?"

But forasmuch as I undertook at first, that kingdoms, provinces, families,
were melancholy as well as private men, I will examine them in particular,
and that which I have hitherto dilated at random, in more general terms, I
will particularly insist in, prove with more special and evident arguments, tes-
timonies, illustrations, and that in brief. "Nunc accipe quare desipiant omnes
cegue ac tu. My first argument is borrowed from Solomon, an arrow drawn
out of his sententious quiver, Pro. iii. 7, "Be not wise in thine own eyes." And
xxvi. 12, "Seest thou a man wise in his own conceit? more hope is of
a fool than of him." Isaiah pronounceth a woe against such men, chap. v. 21,
"that are wise in their own eyes, and prudent in their own sight." For hence
we may gather, that it is a great offence, and men are much deceived that
think too well of themselves, an especial argument to convince them of folly.
Many men (saith Seneca) "had been without question wise, had they not
had an opinion that they had attained to perfection of knowledge already, even
before they had gone half way," too forward, too ripe, praedoperii, too quick
and ready, "citio prudentes, citio pii, citio mariti, citio patres, citio sacerdotes, citio
omnes offici capaces et curiost, they had too good a conceit of themselves, and
that marred all; of their worth, valour, skill, art, learning, judgment, eloquence,
their good parts; all their geese are swans, and that manifestly proves them to
be no better than fools. In former times they had but seven wise men, now
you can scarce find so many fools. Thales sent the golden Tripos, which the
fishermen found, and the oracle commanded to be *"given to the wisest, to
Bias, Bias to Solon, "&c. If such a thing were now found, we should all fight
for it, as the three goddesses did for the golden apple, we are so wise: we have
women politicians, children metaphysicians; every silly fellow can square a
circle, make perpetual motions, find the philosopher's stone, interpret
Apocalypses, make new Theories, a new system of the world, new logio, new
Philosophy, &c. Nostra utique regio, saith Petronius, "our country is so
full of deified spirits, divine souls, that you may sooner find a god than a man
amongst us," we think so well of ourselves, and that is an ample testimony
of much folly.

My second argument is grounded upon the like place of Scripture, which
though before mentioned in effect, yet for some reasons is to be repeated
(and by Plato's good leave, I may do it, "...dicto vel deus nobis vidit solvendi") "Fools
(saith David) by reason of their transgressions," &c. Psal. cvii. 17. Hence
Musculus infers all transgressors must needs be fools. So we read Rom. ii.
"Tribulation and anguish on the soul of every man that doeth evil:" but all
do evil. And Isaiah, lxv. 14, "My servants shall sing for joy, and ye shall
cry for sorrow of heart, and vexation of mind." This ratified by the common
consent of all philosophers. "Dishonesty (saith Cardan) is nothing else but

* Vesamum exagitantr pueri, lamueque puellae. 9 Planius.
9 Hor. 1. 2. saot. 2. Superbun
stultillum Philus vocat. 7. epist. 21. quod semel dixi, fixum ratumque sit. 1 Multi saepiores proculubio
fuissent, sit se non putassent ad sapientia summum pervenisse. 1 Idem. 2 Plutarchus Solone.
Detur sapientiori. 3 Tam praeestimium plena est numinis, us facialis poscis demum hominum
invenire. 4 Pulchrurn bis dixerit non nocet. 5 Malefactors.
folly and madness. * Probus quis nobiscum vivit? Shew me an honest man, Nemo malus qui non stultus, *his Fabius* aphorism to the same end. If none honest, none wise, then all fools. And well may they be so accounted: for who will account him otherwise, Qui iter adornat in occidentem, quam pro-
peraret in orientem? that goes backward all his life, westward, when he is bound to the east? or hold him a wise man (saith *Musculus*) “that prefers momentary pleasures to eternity, that spends his master’s goods in his absence, forthwith to be condemned for it?” Nesciquam sapit qui sibi non sapit, who will say that a sick man is wise, that eats and drinks to overthrow the temperature of his body? Can you account him wise or discreet that would willingly have his health, and yet will do nothing that should procure or con-
tinue it? *Theodore* out of Plotinus the Platonist, “holds it a ridiculous thing for a man to live after his own laws, to do that which is offensive to
God, and yet to hope that he should save him: and when he voluntarily
neglects his own safety, and contemns the means, to think to be delivered
by another:” who will say these men are wise?

A third argument may be derived from the precedent, *all men are carried away with passion, discontent, lust, pleasures,* &c.; they generally hate those virtues they should love, and love such vices they should hate. Therefore more than melancholy, quite mad, brute beasts, and void of reason, so Chry-
sostom contends; “or rather dead and buried alive,” as *Philo* Judeus
concludes it for a certainty, “of all such that are carried away with passions,
or labour of any disease of the mind.” “Where is fear and sorrow,” there
*Lactantius* stiffly maintains, “wisdom cannot dwell.

Seneca and the rest of the stoics are of opinion, that where is any the least
perturbation, wisdom may not be found. “What more ridiculous,” as *Lac-
tantius* urges, “than to hear how Xerxes whipped the Hellespont,” threatened
the Mountain Athos, and the like? To speak ad rem, who is free from passion?
Mortalis nemo est quern non uttingat dolor, morbusve, as *Tully* determines out
of an old poem, no mortal men can avoid sorrow and sickness, and sorrow is an
inseparable companion from melancholy. *Tully* pleads farther yet,
that they are more than mad, very beasts, stupified, and void of common
sense: “For how (saith he) shall I know thee to be a man, when thou kickest
like an ass, neighest like a horse after women, ravest in lust like a bull,
ravenest like a bear, Stingest like a scorpion, rakes like a wolf, as subtle as a
fox, as impudent as a dog? Shall I say thou art a man, that hast all the
symptoms of a beast? How shall I know thee to be a man? by thy shape?
That affrights me more, when I see a beast in likeness of a man.”

*Seneca* calls that of *Epicurus*, magnificam vocem, an heroidal speech, “A fool
still begins to live,” and accounts it a filthy lightness in men, every day to lay
new foundations of their life, but who doth otherwise? One travels, another
builds; one for this, another for that business, and old folks are as far out as

--- Qui cepit, mettet quoque porto,
Qui metuem vivit, liber mini non erit unquam." *

*Who can find a faithful man?* *Prov.* xx. 6.
*In Psal.* xlix. *Qui montantem sempiterum, qui dilap-
didet heri absenta bona, now in jus vindicatus et damna-
datus.* *Perquam ridereum est homines ex animi
sententia vivere, et quae dis ingrata sunt ex qui, et tanen a solis dis velle salus fieri, quam proprius
salutis curam abjecerit. Theod. c. 6. de provid. lib. de creat. graec. affect.*
*Conclus. lib. de vie. certum est animi morbis laborantes pro mortuis censendos.*
*Qui qui est desirons, is also fearful, and he
who lives in fear never can be free.* *Quid insanius Xerxes Hellespontum verberantes?* &c.
*Eccl.* xxi. *Where is bitterness, there is no understanding.* *Prov.* xlii. *An angry man is a fool.* *2 Tim.* 3. *Injury
in sapiem non cadit.*
*Hom.* 3. *in Epist. ad. Cor. Hominem te agnosco nequeo, cum tamen
asinos recalcitrantes, laesivis ut teurus, hinni ut equos post mulieres, ut urus ventri indulges, quos rapias
ut lupus, &c., at inquis, formam hominis habeo, legis terrae, quam feram hominis specie videre me putem,*
*Epist.* lib. 2. *13. Sinistus semper indict vivere, seda hominum levitas, nova quotidie fundamenta vitae
penans, novas eos, &c.*
the rest; *O dementem senectutem, Tully exclaims. Therefore young, old, middle age, all are stupid, and dote.

* Eneas Sylvius, amongst many other, sets down three special ways to find a fool by. He is a fool that seeks that he cannot find: he is a fool that seeks that, which being found will do him more harm than good: he is a fool, that having variety of ways to bring him to his journey’s end, takes that which is worst. If so, methinks most men are fools; examine their courses, and you shall soon perceive what dizzards and mad men the major part are.

Beroaldus will have drunkards, afternoon men, and such as more than ordinarily delight in drink, to be mad. The first pot quencheth thirst, so Panyasis the poet determines in Athenæus, secunda gratis, horis et Dynisio: the second makes merry, the third for pleasure, quarta ad insaniam, the fourth makes them mad. If this position be true, what a catalogue of mad men shall we have? what shall they be that drink four times four? *Nonne supra omnem furorem, supra omnem insaniam reddant insanissimos? I am of his opinion, they are more than mad, much worse than mad.

The *Abderites condemned Democritus for a mad man, because he was sometimes sad, and sometimes again profusely merry. *Hæc Patria (saith Hippocrates) ob risum furere et insanire dicunt, his countrymen hold him mad because he laughs; and therefore “he desires him to advise all his friends at Rhodes, that they do not laugh too much, or be over sad.” Had those Abderites been conversant with us, and but seen what *hearing and grinning there is in this age, they would certainly have concluded, we had been all out of our wits.

Aristotle in his ethics holds *felix idemque sapiens, to be wise and happy, are reciprocal terms, *bonus idemque sapiens honestus. *Tis “Tully’s paradox, “wise men are free, but fools are slaves,” liberty is a power to live according to his own laws, as we will ourselves: who hath this liberty? who is free?

But where shall such a man be found? If no where, then *diameter, we are all slaves, senseless, or worse. *Nemo malus felix. But no man is happy in this life, none good, therefore no man wise. *Hari quippe boni—For one virtue you shall find ten vices in the same party; *pauci Promethei, multi Epimethei. We may peradventure usurp the name, or attribute it to others for favour, as Carolus Sapiens, Philippus Bonus, Lodovicus Pius, &c., and describe the properties of a wise man, as Tully doth an orator, Xenophon Cyrus, Castilio a courtier, Galen temperament, an aristocracy is described by politicians. But where shall such a man be found?

“A wise, a good man in a million.
Millibus à multis hominum consultus Apollo.”

A man is a miracle of himself, but Trismegistus adds, *Maximum miraculum homo sapiens, a wise man is a wonder: *multi Thirsgeri, pauci Bacchi.

Alexander when he was presented with that rich and costly casket of king Darius, and every man advised him what to put in, he reserved it to keep

* De curial. misert. Stultus, qui quœrunt quod requirunt inventum, stultus qui quœrunt quod non caperunt inventum, stultus qui eum plurum habet, sed bene detegunt. Mihi videtur omnes deliri, amantes, &c.*


*Hor. 2. ser. 7. *Julien. “Good people are wise.”
Homeric works, as the most precious jewel of human wit, and yet *Scaliger upbraids Homer’s muse, Nutricem insanæ sapientiae, a nursery of madness, impatient as a court lady, that blushes at nothing. Jacobus Mycilus, Gilbertus Cognatus, Erasmus, and almost all posterity admire Lucian’s luxuriant wit, yet Scaliger rejects him in his censure, and calls him the Cerberus of the muses. Socrates, whom all the world so much magnified, is by Lactantius and Theodoret condemned for a fool. Plutarch extols Seneca’s wit beyond all the Greeks, nulli secundus, yet *Seneca saith of himself, “when I would solace myself with a fool, I reflect upon myself, and there I have him.” Cardan, in his Sixteenth Book of Subtilities, reckons up twelve super-eminent, acute philosophers, for worth, subtility, and wisdom: Archimedes, Galen, Vitruvius, Architas Tarentinus, Euclid, Geber, that first inventor of Algebra, Alkindus the Mathematician, both Arabians, with others. But his triumvir terrarum far beyond the rest, are Ptolomæus, Plotinus, Hippocrates. Scaliger exercitat. 224, scoffs at this censure of his, calls some of them carpenters and mechanicians, he makes Galen fimbriam Hippocrates, a skirt of Hippocrates: and the said *Cardan himself elsewhere condemns both Galen and Hippocrates for tediousness, obscurity, confusion. Paracelsus will have them both mere idiots, infants in physic and philosophy. Scaliger and Cardan admire Suisset the Calculator, qui pene medium excessit humani ingenii, and yet *Lod. Vives calls them mugas Suiseticas: and Cardan, opposite to himself in another place, contems those ancients in respect of times present, 1 Majoresque nostros ad presentes collatos justè pueros appellari. In conclusion, the said *Cardan and Saint Bernard will admit none into this catalogue of wise men, but only prophets and apostles; how they esteem themselves, you have heard before. We are worldly-wise, admire ourselves, and seek for applause: but hear Saint *Bernard, quantò magis foras es sapiens, tanto magis intus stultus efficeris, &c. in omnibus es prudentis, circa teipsum insipiens: the more wise thou art to others, the more fool to thyself. I may not deny but that there is some folly approved, a divine fury, a holy madness, even a spiritual drunkenness in the saints of God themselves; sanctam insaniam Bernard calls it (though not as blaspheming *Vorstius, would infer it as a passion incident to God himself, but), familiar to good men, as that of Paul, 2 Cor. “he was a fool,” &c. and Rom. ix. he wishest himself to be anathematized for them. Such is that drunkenness which Picochus speaks of, when the soul is elevated and ravished with a divine taste of that heavenly nectar, which poets deciphered by the sacrifice of Dionysus, and in this sense with the poet, "insaniire lubet, as Austin exhorts us, ad ebristatem se quisque parat, let’s all be mad and *drunk. But we commonly mistake, and go beyond our commission, we reel to the opposite part, *we are not capable of it, b and as he said of the Greeks, "Vos Graeci semper quieri, vos Britannii, Galli, Germani, Itali, &c. you are a company of fools.

Proceed now à partibus ad totum, or from the whole to parts, and you shall find no other issue, the parts shall be sufficiently dilated in this following Preface. The whole must needs follow by a sorites or induction. Every multitude is mad, b bellua multorum capitum, (a many-headed beast,) precipitate and rash without judgment, stultum animal, a roaring rout. a Roger Bacon proves it out of Aristotle, Vulgus dividit in oppositum contra sapientes,
Quod vulgo videtur verum, falsum est; that which the commonalty account's true, is most part false, they are still opposite to wise men, but all the world is of this humour (vulgaris), and thou thyself art de vulgo, one of the commonalty; and he, and he, and so are all the rest; and therefore, as Phocion concludes, to be approved in nought you say or do, mere idiots and asses. Begin then where you will, go backward or forward, choose out of the whole pack, wink and choose, you shall find them all alike, "never a barrel better herring."

Copernicus, Atlas his successor, is of opinion, the earth is a planet, moves and shines to others, as the moon doth to us. Digges, Gilbert, Keplerus, Origanus, and others, defend this hypothesis of his in sober sadness, and that the moon is inhabited: if it be so that the earth is a moon, then are we also giddy, vertiginous and lunatic within this sublunary maze.

I could produce such arguments till dark night; if you should hear the rest,

"Ante dim sum clause component vespere Olympi:"

"Through such a train of words if I should run, The day would sooner than the tale be done!"

but according to my promise, I will descend to particulars. This melancholy extends itself not to men only, but even to vegetals and sensibles. I speak not of those creatures which are saturnine, melancholy by nature, as lead, and such like minerals, or those plants, rue, cypress, &c. and hellebore itself, of which Agrippa treats, fishes, birds, and beasts, hares, conies, dormice, &c., owls, bats, nightbirds, but that artificial, which is perceived in them all. Remove a plant, it will pine away, which is especially perceived in date trees, as you may read at large in Constantine's husbandry, that antipathy betwixt the vine and the cabbage, vine and oil. Put a bird in a cage, he will die for sullenness, or a beast in a pen, or take his young ones or companions from him, and see what effect it will cause. But who perceives not these common passions of sensible creatures, fear, sorrow, &c. Of all other, dogs are most subject to this malady, insomuch some hold they dream as men do, and through violence of melancholy run mad; I could relate many stories of dogs that have died for grief, and pined away for loss of their masters, but they are common in every author.

Kingdoms, provinces, and politic bodies are likewise sensible and subject to this disease, as Boterus in his politics hath proved at large. "As in human bodies (saith he) there be divers alterations proceeding from humours, so there be many diseases in a commonwealth, which do as diversely happen from several distempers," as you may easily perceive by their particular symptoms. For where you shall see the people civil, obedient to God and princes, judicious, peaceable and quiet, rich, fortunate, and flourish, to live in peace, in unity and concord, a country well tilled, many fair built and populous cities, ubi incolae nitent, as old Cato said, the people are neat, polite and terse, ubi bene, beataeque vivunt, which our politicians make the chief end of a commonwealth; and which Aristotle Polit. lib. 3, cap. 4, calls Commune bonum, Polybius lib. 6, optabilem et selectum statum, that country is free from melancholy; as it was in Italy in the time of Augustus, now in China, now in many other flourishing kingdoms of Europe. But whereas you shall see many discontents, common grievances, complaints, poverty, barbarism, beggary, plagues, wars, rebellions, seditions, mutinies, contentions, idleness, riot, epicurism, the land lie untilled, waste, full of bogs, fens, deserts, &c., cities decayed, base

and poor towns, villages depopulated, the people squalid, ugly, uncivil; that kingdom, that country, must needs be discontent, melancholy, hath a sick body, and had need to be reformed.

Now that cannot well be effected, till the causes of these maladies be first removed, which commonly proceed from their own default, or some accidental inconvenience: as to be situated in a bad clime, too far north, sterile, in a barren place, as the desert of Lybia, deserts of Arabia, places void of waters, as those of Lop and Belgin in Asia, or in a bad air, as at Alexandretta, Bantam, Pisa, Durazzo, S. John de Ulloa, &c., or in danger of the sea's continual inundations, as in many places of the Low Countries and elsewhere, or near some bad neighbours, as Hungarians to Turks, Podolians to Tartars, or almost any bordering countries, they live in fear still, and by reason of hostile incursions are oftentimes left desolate. So are cities, by reason of wars, fires, plagues, inundations,野th wild beasts, decay of trades, barred havens, the sea's violence, as Antwerp may witness of late, Syracuse of old, Brundusium in Italy, Rye and Dover with us, and many that at this day suspect the sea's fury and rage, and labour against it as the Venetians to their inestimable charge. But the most frequent maladies are such as proceed from themselves, as first when religion and God's service is neglected, innovated or altered, where they do not fear God, obey their prince, where atheism, epicurism, sacrilege, simony, &c., and all such impieties are freely committed, that country cannot prosper. When Abraham came to Gerar, and saw a bad land, he said, sure the fear of God was not in that place. a Cyprian Echovius, a Spanish chorographer, above all other cities of Spain, commends "Borcin, in which there was no beggar, no man poor, &c., but all rich, and in good estate, and he gives the reason, because they were more religious than their neighbours: why was Israel so often spoiled by their enemies, led into captivity, &c., but for their idolatry, neglect of God's word, for sacrilege, even for one Aclan's fault? And what shall we expect that have such multitudes of Achans, church robbers, simoniacal patrons, &c., how can they hope to flourish, that neglect divine duties, that live most part like Epicures?

Other common grievances are generally noxious to a body politic; alteration of laws and customs, breaking privileges, general oppressions, seditions, &c., observed by b Aristotle, Bodin, Boterus, Junius, Arnisus, &c. I will only point at some of the chiefest. c Impotentia gubernandi, ataxia, confusion, ill-government, which proceeds from unskilful, slothful, griping, covetous, unjust, rash, or tyrannizing magistrates, when they are fools, idiots, children, proud, wilful, partial, indiscreet, oppressors, giddy heads, tyrants, not able or unfit to manage such offices; many noble cities and flourishing kingdoms by that means are desolate, the whole body groans under such heads, and all the members must needs be disaffected, as at this day those goodly provinces in Asia Minor, &c, groan under the burden of a Turkish government; and those vast kingdoms of Muscovia, Russia, d under a tyrannizing duke. Who ever heard of more civil and rich populous countries than those of e Greece, Asia Minor, abounding with all wealth, multitudes of inhabitants, force, power, splendour and magnificence? and that miracle of countries, f the Holy Land, that in so small a compass of ground could maintain so many towns, cities, produce so many fighting men? Egypt another paradise, now barbarous and desert, and

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1 Mantua va misere nimium viagna Cremone.
2 Interdum à feris, ut olim Mauritiana, &c.
4 Polit. 1. 5. c. 3.
5 Boterus Polit. Lib. 1. c. 1. Cum mensa princeps rerum gerendarum impedita, tegard, sagittis, sicutque munera immemor, aut fatus est. a Non viget repulsus cujus caput infirmatur. Salisburgeniae, c. 22.
6 See Dr. Fletcher's relation, and Alexander Gagozm's history.
7 Abundans omni divitiarum affluentia incolarum multitudine splendore ac potentia.
8 Not above 200 miles in length, 50 in breadth, according to Adriomus.
almost waste, by the despotical government of an imperious Turk, intolerabili
servitutis jugo premitur ("one saith) not only fire and water, goods or lands, sed
ipse spiritus ab insolentissimi victoris pendet nutu, such is their slavery, their
lives and souls depend upon his insolent will and command. A tyrant that
spoil all wheresoever he comes, insomuch that an historian complains, "if
an old inhabitant should now see them, he would not know them, if a traveller,
or stranger, it would grieve his heart to behold them." Whereas Aristotla
notes, Nova exactiones, nova onera imposita, new burdens and exactions daily
come upon them, like those of which Zosimus, lib. 2, so grievous, ut viri
uxores, patres filios prostitut e rent ut excitorib us a questu, etc., they must needs
be discontent, hinc civitatum genitus et ploratus, as Tully holds, hence come
those complaints and tears of cities, "poor, miserable, rebellious, and des-
perate subjects, as Hippolitus adds; and as a judicious countryman of ours
observed not long since, in a survey of that great Duchy of Tuscany, the
people lived much grieved and discontent, as appeared by their manifold and
manifest complainings in that kind. "That the state was like a sick body
which had lately taken physic, whose humours are not yet well settled, and
weakened so much by purging, that nothing was left but melancholy.
Whereas the princes and potentates are immediate in lust, hypocrites,
epicures, of no religion, but in shew: Quid hypocriti fragilis? what so brittle
and unsure? what sooner subverts their estates than wandering and raging
lusty, on their subjects' wives, daughters? to say no worse. That they should
facem profarre, lead the way to all virtuous actions, are the ringleaders oft-
times of all mischief and dissolute courses, and by that means their countries
are plagued, "and they themselves often ruined, banished, or murdered by
conspiracy of their subjects, as Sardanapalus was, Dionysius, junior, Heli-
gabalus, Periander, Pisistratus, Tarquinius, Timocrates, Childebrus, Appius
Whereas the princes or great men are malicious, envious, factious, ambitious,
emulators, they tear a commonwealth asunder, as so many Guelfs and Gibel-
lines disturb the quietness of it, "and with mutual murders let it bleed to
death; our histories are too full of such barbarous inhumanities, and the
miseries that issue from them.
Whereas they be like so many horse-leeches, hungry, griping, corrupt,
covetous, avaritia mancipia, ravenous as wolves, for as Tully writes: qui
praest prodest, et qui pecudibus praest, debet eorum utilitati inservire: or such as
prefer their private before the public good. For as he said long since, res
privatea publicis semper officere. Or whereas they be illiterate, ignorant,
empirics in policy, ubi decret facultas virtus (Aristot. pol. 5, cap. 8) et scientia,
wise only by inheritance, and in authority by birth-right, favour, or for their
wealth and titles; there must needs be a fault, "a great defect: because as
an old philosopher affirms, such men are not always fit. "Of an infinite
number, few noble are senators, and of those few, fewer good, and of that
small number of honest, good, and noble men, few that are learned, wise,
discreet, and sufficient, able to discharge such places, it must needs turn to
the confusion of a state."
Their examples are soonest followed, if they be profane, irreligious, lascivious, riotous, epicures, factious, covetous, ambitious, illiterate, so will the commons most part be, idle, unthrifty, prone to lust, drunkards, and therefore poor and needy (ἵππως στάτων ἱππωτις καὶ καισαυρίαν, for poverty begets sedition and villany) upon all occasions ready to mutiny and rebel, discontent still, complaining, murmuring, grudging, apt to all outrages, thefts, treasons, murders, innovations, in debt, shifters, cozeners, outlaws, Profligatas famae ac vitae. It was an old * politician's aphorism, "They that are poor and bad envy rich, hate good men, abhor the present government, wish for a new, and would have all turned topsy turvy." When Catiline rebelled in Rome, he got a company of such debauched rogues together, they were his familiars and coadjutors, and such have been your rebels most part in all ages, Jack Cade, Tom Straw, Kette, and his companions.

Where they be generally riotous and contentious, where there be many discords, many laws, many lawsuits, many lawyers and many physicians, it is a manifest sign of a distempered, melancholy state, as * Plato long since maintained: for where such kind of men swarm, they will make more work for themselves, and that body politic diseased, which was otherwise sound. A general mischief in these our times, an insensible plague, and never so many of them: "which are now multiplied (saith Mat. Geraldus, *a lawyer himself) as so many locusts, not the parents, but the plagues of the country, and for the most part a supercilious, bad, covetous, litigious generation of men. 4 Cru- menimulga natio, &c. A purse-milking nation, a clamorous company, gown'd vultures, * qui ex injuria vivent et sanguine civium, thieves and seminaries of discord; worse than any polers by the highway side, aurii accipitores, aurii exteriorbromides, pecuniarum hamioles, quadruplatores, curia harpagoles, fori tintinabula, monstros hominum, mangones, &c., that take upon them to make peace, but are indeed the very disturbers of our peace, a company of irreligious harpies, scraping, griping catchpoles, (I mean our common hungry Pettifoggers, *rabulas forenses, love and honour in the meantime all good laws, and worthy lawyers, that are so many oracles and pilots of a well-governed commonwealth.) Without art, without judgment, that do more harm, as * Livy said, quam bona extera, famae, morbit, than sickness, wars, hunger, diseases; "and cause a most incredible destruction of a commonwealth," saith * Sesellius, a famous civilian sometimes in Paris, as iy doth by an oak, embrace it so long, until it hath got the heart out of it, so do they by such places they inhabit; no counsel at all, no justice, no speech to be had, nisi eum premulseris, he must be fed still, or else he is as mute as a fish, better open an oyster without a knife. 5 Experto crede (saith * Salisburiensis) in manus eorum millices incidi, et

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1 Non solum vita conscipliant ipsi principes, sed etiam infundant in civitatem, multis exempla quam peccato nocent. Cic. de legibus. 2 Epist. ad Zen. Juv. Sat. 4. Paupertas seditionem gignit et maleficium, Arist. Pol. 2. c. 7. 3 Vilius domesticus examples operate more quickly upon us when suggested to our minds by high authorities. 4 Sallust. Semper in civitate quibus opes nullas sunt, bonis invindicet, vetera cedere, nova exspectant, odio saurum rerum mutari omnia petunt. 5 De legibus. 6 Profligates in repub. discipline est indicium jurisprudentiorum numerus, et medicorum copia. 7 In pref. stud. juv. Multiplicatur nunc in terris ut locutus non patriae parentes, sed pestes, pestum homines, maximi ex parte superciliosis, contentiosis, &c., hicim latrocinum exercent. 8 Douss epid. legisuisse turbae, voluntates togat. 9 Barc. Argen. 10 Jurisconsulti domus oraculum civitatis. Tully. 11 Lib. 3. 12 Lib. 3. 13 Lib. 1. de rep. Gallorum, incredibilium reipub. perniciem afferunt. 14 Polycrat. lib.
Charon inimitis, qui nulli pepercit unquam, his longe clementior est; "I speak out of experience, I have been a thousand times amongst them, and Charon himself is more gentle than they; "he is contented with his single pay, but they multiply still, they are never satisfied," besides they have damnificas linguas, as he terms it, nisi funibus argenteis vincias, they must be fed to say nothing, and "get more to hold their peace than we can to say our best. They will speak their clients fair, and invite them to their tables, but as he follows it, "of all injustice there is none so pernicious as that of theirs, which when they deceive most, will seem to be honest men." They take upon them to be peacemakers, et fiores causas humiliim, to help them to their right, patrocinantur afflictis, but all is for their own good, ut loculos pleniorum exhaeriant, they plead for poor men gratis, but they are but as a stole to catch others. If there be no jar, they can make a jar, out of the law itself find still some quirk or other, to set them at odds, and continue causes so long, bustra aigitur. I know not how many years before the cause is heard, and when 'tis judged and determined by reason of some tricks and errors, it is as fresh to begin, after twice seven years some times, as it was at first; and so they prolong time, delay suits till they have enriched themselves, and beggared their clients. And, as Cato inveighed against Isocrates' scholars, we may justly tax our wrangling lawyers, they do consensere in libibis, are so litigious and busy here on earth, that I think they will plead their client's causes hereafter, some of them in hell. Simlerus complains amongst the Suisserif of the advocates in his time, that when they should make an end, they began controversies, and "protract their causes many years, persuading them their title is good, till their patrimonies be consumed, and that they have spent more in seeking than the thing is worth, or they shall get by the recovery." So that he that goes to law, as the proverb is, "holds a wolf by the ears, or as a sheep in a storm runs for shelter to a brier, if he prosecute his cause he is consumed, if he suecause his suit he losses all; what difference? They had wont heretofore, saith Austin, to end matters, per communes abriros; and so in Switzerland (we are informed by Simlerus), "they had some common arbitrators or daysmen in every town, that made a friendly composition betwixt man and man, and he much wonders at their honest simplicity, that could keep peace so well, and end such great causes by that means. At Fez in Africa, they have neither lawyers nor advocates; but if there be any controversies amongst them, both parties plaintiff and defendant come to their Alfakins or chief judge, "and at once without any farther appeals or pitiful delays, the cause is heard and ended." Our forefathers, as a worthy chorographer of ours observed, had wont pauculis cruculis aureis, with a few golden crosses, and lines in verse, make all conveyances, assurances. And such was the candour and integrity of succeeding ages, that a deed (as I have often seen) to convey a whole manor, was implicite contained in some twenty lines or thereabouts; like that scede or Sylala Laconica, so much renowned of old in all contracts, which Tully so earnestly commends to Atticus, Plutarch in his Lysander, Aristotle polit.: Thucydid, lib. 1. Diodorus and Suidas approve and magnify, for that laconic brevity in this kind; and well they might for, according to Tertullian,
Democritus to the Reader.

certa sunt paucis, there is much more certainty in fewer words. And so was it of old throughout: but now many skins of parchment will scarce serve turn; he that buys and sells a house, must have a house full of writings, there be so many circumstances, so many words, such tautological repetitions of all particulars, (to avoid cavillation they say;) but we find by our woful experience, that to subtle wits it is a cause of much more contention and variance, and scarce any conveyance so accurately penned by one, which another will not find a crack in, or cavil at; if any one word be misplaced, any little error, all is disannulled. That which is a law to-day, is none to-morrow; that which is sound in one man’s opinion, is most faulty to another; that in conclusion, here is nothing amongst us but contention and confusion, we bandy one against another. And that which long since “Plutarch complained of them in Asia, may be verified in our times. “These men here assembled, come not to sacrifice to their gods, to offer Jupiter their first-fruits, or erriments to Bacchus; but an yearly disease, exasperating Asia, hath brought them hither, to make an end of their controversies and lawsuits.” This multitudo perditionum et perenni- tum, a destructive rout that seek one another’s ruin. Such most part are our ordinary suitors, termers, clients, new stirs every day, mistakes, errors, cavils, and at this present, as I have heard in some one court, I know not how many thousand causes: no person free, no title almost good, with such bitterness in following, so many slight, procrastinations, delays, forgery, such cost (for infinite sums are inconsiderately spent), violence and malice, I know not by whose fault, lawyers, clients, laws, both or all: but as Paul reprehended the Corinthians long since, I may more positively infer now: “There is a fault amongst you, and I speak it to your shame, Is there not a wise man amongst you, to judge between his brethren? but that a brother goes to law with a brother.” And Christ’s counsel concerning lawsuits, was never so fit to be inculcated as in this age: “Agree with thine adversary quickly;” &c. Matth. v. 23.

I could repeat many such particular grievances, which must disturb a body politic. To shut up all in brief, where good government is, prudent and wise princes, there all things thrive and prosper, peace and happiness is in that land: where it is otherwise, all things are ugly to behold, incult, barbarous, uncivil, a paradise is turned to a wilderness. This island amongst the rest, our next neighbours the French and Germans, may be a sufficient witness, that in a short time by that prudent policy of the Romans, was brought from barbarism; see but what Cæsar reports of us, and Tacitus of those old Germans, they were once as uncivil as they in Virginia, yet by planting of colonies and good laws, they became from barbarous outlaws, “to be full of rich and populous cities, as now they are, and most flourishing kingdoms. Even so might Virginia, and those wild Irish have been civilized long since, if that order had been heretofore taken, which now begins, of planting colonies, &c. I have read a discourse, printed anno 1612. “Discovering the true causes why Ireland was never entirely subdued, or brought under obedience to the crown of England, until the beginning of his Majesty’s happy reign.” Yet if his reasons were thoroughly scanned by a judicious politician, I am afraid he would not altogether be approved, but that it would turn to the dishonour of our nation, to suffer it to lie so long waste. Yea, and if some travellers should see (to come nearer home) those rich, united provinces of Holland, Zealand &c,
over against us; those neat cities and populous towns, full of most industrious artificers, 'so much land recovered from the sea, and so painfully preserved by those artificial inventions, so wonderfully approved, as that of Bemster in Holland, ut vitihl haec par aut simile inventas in toto orbe, saith Bertius the geographer, all the world cannot match it, "so many navigable channels from place to place, made by men's hands, &c. and on the other side so many thousand acres of our fens lie drowned, our cities thin, and those vile, poor, and ugly to behold in respect of theirs, our trades decayed, our still running rivers stopped, and that beneficial use of transportation, wholly neglected, so many havens void of ships and towns, so many parks and forests for pleasure, barren heaths, so many villages depopulated, &c. I think sure he would find some fault.

I may not deny but that this nation of ours, doth bene audire apud exteros, is a most noble, a most flourishing kingdom, by common consent of all geographers, historians, politicians, 'tis unica velut arx," and which Quintius in Livy said of the inhabitants of Peloponnesus, may be well applied to us, we are testudines testa sua inclusi, like so many tortoises in our shells, safely defended by an angry sea, as a wall on all sides. Our island hath many such honourable eulogiums; and as a learned countryman of ours right well hath it, "Ever since the Normans first coming into England, this country both for military matters, and all other of civility, hath been paralleled with the most flourishing kingdoms of Europe and our Christian world," a blessed, a rich country, and one of the fortunate isles: and for some things preferred before other countries, for expert seamen, our laborious discoveries, art of navigation, true merchants, they carry the ball away from all other nations, even the Portugals and Hollanders themselves; "without all fear," saith Boterus, "furrowing the ocean winter and summer, and two of their captains, with no less valour than fortune, have sailed round about the world." *We have besides many particular blessings, which our neighbours want, the Gospel truly preached, church discipline established, long peace and quietness free from exactions, foreign fears, invasions, domestic seditions, well manured, fortified by art, and nature, and now most happy in that fortunate union of England and Scotland, which our forefathers have laboured to effect, and desired to see. But in which we excel all others, a wise, learned, religious king, another Numa, a second Augustus, a true Josiah; most worthy senators, a learned clergy, an obedient commonalty, &c. Yet amongst many roses, some thistles grow, some bad weeds and enormities, which much disturb the peace of this body politic, eclipse the honour and glory of it, fit to be rooted out, and with all speed to be reformed.

The first is idleness, by reason of which we have many swarms of rogues, and beggars, thieves, drunkards, and discontented persons (whom Lycurgus in Plutarch calls morbos reipublicae, the boils of the commonwealth), many poor people in all our towns. Civitates ignobles as Polydore calls them, base built cities, inglorious, poor, small, rare in sight, ruinous, and thin of inhabitants. Our land is fertile we may not deny, full of all good things, and why doth it not then abound with cities, as well as Italy, France, Germany, the Low-countries? because their policy hath been otherwise, and we are not so thrifty, circumspect, industrious. Idleness is the malus genius of our nation. For as Boterus justly argues, fertility of a country is not enough, except art and

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industry be joined unto it, according to Aristotle, riches are either natural or artificial; natural, are good land, fair mines, &c. artificial, are manufactures, coins, &c. Many kingdoms are fertile, but thin of inhabitants, as that Duchy of Piedmont in Italy, which Leander Albertus so much magnifies for corn, wine, fruits, &c., yet nothing near so populous as those which are more barren. "English," saith he, "London only excepted, hath never a populous city, and yet a fruitful country." I find 46 cities and walled towns in Alsatic, a small province in Germany, 50 castles, an infinite number of villages, no ground idle, no not rocky places, or tops of hills are untilled, as Munster informeth us. In Greichsea, a small territory on the Neckar, 24 Italian miles over, I read of 20 walled towns, innumerable villages, each one containing 150 houses most part, besides castles and nobleman's palaces. I observe in Turinge, in Dutchland (twelve miles over by their scale) 12 counties, and in them 144 cities, 2000 villages, 144 towns, 250 castles. In Bavaria, 34 cities, 46 towns, &c. Portugallia internamnis, a small plot of ground, hath 1460 parishes, 130 monasteries, 200 bridges. Malta, a barren island, yields 20,000 inhabitants. But of all the rest, I admire Lues Guicciardine's relations of the Low-countries. Holland hath 26 cities, 400 great villages. Zeland, 10 cities, 102 parishes. Brabant, 26 cities, 103 parishes. Flanders, 28 cities, 90 towns, 1154 villages, besides abbey, castles, &c. The Low-countries generally have three cities at least for one of ours, and those far more populous and rich: and what is the cause, but their industry and excellency in all manner of trades? Their commerce, which is maintained by a multitude of tradesmen, so many excellent channels made by art and opportunity havens, to which they build their cities; all which we have in like measure, at least at may have. But their chiefest loadstone which draws all manner of commerce and merchandise, which maintains their present estate, is not fertility of soil, but industry that enricheth them, the gold mines of Peru, or Nova Hispania may not compare with them. They have neither gold nor silver of their own, wine nor oil, or scarce any corn growing in those united provinces, little or no wood, tin, lead, iron, silk, wool, any stuff almost, or metal; and yet Hungary, Transylvania, that brag of their mines, fertile England cannot compare with them. I dare boldy say, that neither France, Tarentum, Apulia, Lombardy, or any part of Italy, Valentia in Spain, or that pleasant Andalusia, with their excellent fruits, wine and oil, two harvests, no not any part of Europe is so flourishing, so rich, so populous, so full of good ships, of well-built cities, so abounding with all things necessary for the use of man. 'Tis our Indies, an epitome of China, and all by reason of their industry, good policy, and commerce. Industry is a loadstone to draw all good things; that alone makes countries flourish, cities populous, and will enforce by reason of much manure, which necessarily follows, a barren soil to be fertile and good, as sheep, saith Dion, mend a bad pasture.

Tell me, politicians, why is that fruitful Palestina, noble Greece, Egypt, Asia Minor, so much decayed, and (mere carcasses now) fallen from that they were? The ground is the same, but the government is altered, the people are grown slothful, idle, their good husbandry, policy, and industry is decayed. Non fatigata aut eftecta humus, as Columnella well informs Sylvius, sed nostra fit inertiá, &c. May a man believe that which Aristotle in his polities, Pausanias, Stephanus, Sophianus, Gerbelius relate of old Greece? I find hereto-

\footnotesize

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  \item 4 Anglia, excepto Londino, nulla est civitas memorabilis, licet ea natio rerum omnium copiá abundet.
  \item 5 Cosmog. Lib. 3. cap. 119. Villarum non est numerus, nullas locos citores aut incultus.
  \item 6 Chryseus orat. edit. Francos. 1688.
  \item 7 Ortelius à Vaseo et Pet. de Medina.
  \item 8 Populi multitudine diligentit culürä resuscat solum. Boter. 1. 8 c. 3.
  \item 9 Crat. 55. Terra ubi oves stabilitur optimos agricultus ob sternos.
  \item 10 De rust. 1. 2. cap. 1. The soil is not tired or exhausted, but has become barren through our sloth.
\end{itemize}
Democritus to the Reader.

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fore 70 cities in Epirus overthrown by Paullus æmilius, a goodly province in times past, now left desolate of good towns and almost inhabita. 62 cities in Macedonia in Strabo's time. I find 30 in Laconia, but now scarce so many villages, saith Gerbelius. If any man from Mount Taygetus should view the country round about, and see tota deliciae, tot urbes per Peloponnesum dispersae, so many delicate and brave built cities with such cost and exquisites cunning, so neatly set out in Peloponnesus, he should perceive them now ruinous and overthrown, burnt, waste, desolate, and laid level with the ground. Incredibile dictu, &c. And as he laments, Quis talia fiundo Temperet a lachrymis? Quis tam durus aut ferreus? (so he prosecutes it)* Who is he that can sufficiently condole and commiserate these ruins? Where are those 4000 cities of Egypt, those 100 cities in Crete? Are they now come to two? What saith Pliny and Ælian of old Italy? There were in former ages 1166 cities; Blonous and Machiavel, both grant them now nothing near so populous, and full of good towns as in the time of Augustus (for now Leander Albertus can find but 300 at most), and if we may give credit to Livy, not then so strong and puissant as of old: They mustered 70 Legions in former times, which now the known world will scarce yield. Alexander built 70 cities in a short space for his part, our Sultans and Turks demolish twice as many, and leave all desolate. Many will not believe but that our island of Great Britain is now more populous than ever it was; yet let them read Bede, Leland and others, they shall find it most flourished in the Saxton Heptarchy, and in the Conqueror's time was far better inhabited than at this present. See that Domesday Book, and shew me those thousands of parishes, which are now decayed, cities ruined, villages depopulated, &c. The lesser the territory is, commonly, the richer it is. Parvus sed bene culatus ager. As those Athenian, Lacedemonian, Arcadian, Ælian, Syconian, Messenian, &c., commonwealths of Greece make ample proof, as those imperial cities and free states of Germany may witness, those Cantons of Switzers, Rheti, Grisons, Walloons, Territories of Tuscany, Luke and Sones of old, Piedmont, Mantua, Venice in Italy, Ragusa, &c.

That prince therefore, as Boterus adviseth, that will have a rich country, and fair cities, let him get good trades, privileges, painful inhabitants, artificers, and suffer no rude matter unwrought, as tin, iron, wool, lead, &c., to be transported out of his country,—a thing in part seriously attempted amongst us, but not effected. And because industry of men, and multitude of trade so much avails to the ornament and enriching of a kingdom; those ancient Mas-silians would admit no man into their city that had not some trade. Selym the first Turkish emperor procured a thousand good artificers to be brought from Taurus to Constantinople. The Polanders indented with Henry Duke of Anjou, their new chosen king, to bring with him an hundred families of artificers into Poland. James the First, in Scotland (as Buchanan writes), sent for the best artificers he could get in Europe, and gave them great rewards to teach his subjects their several trades. Edward the Third, our most renowned king, to his eternal memory, brought clothing first into this island, transporting some families of artificers from Gaunt hither. How many goodly cities could I reckon up, that thrive wholly by trade, where thousands of inhabitants live singular well by their fingers' ends! As Florence in Italy by making cloth of gold; great Milan by silk, and all curious works; Arras in Artois by those fair hangings; many cities in Spain, many in France, Germany, have none

eas fore omnes aut dieras, aut solo aquatas, aut in ruderam. Scelisimo deserta. Gerbelius.

* Not even the hardest of our fees could hear,

Nor stern Ulysses toll without a tear.

* Lib. 7. Septuaginta olim legiones scripta dicuntur; quas vitres hodie, &c. Polit. 1. 3. c. 8. For
præmisit, ut socii ab his edocerentur.
other maintenance, especially those within the land. *Mecca in Arabia Petrea, stands in a most unfruitful country, that wants water, amongst the rocks (as Vertomannus describes it), and yet it is a most elegant and pleasant city, by reason of the traffic of the east and west. Ormus in Persia is a most famous mart-town, hath nought else but the opportunity of the haven to make it flourish. Corinth, a noble city (Lumen Græciae, Tully calls it) the Eye of Greece, by reason of Cenchreas and Lechens those excellent ports, drew all that traffic of the Ionian and Ægean seas to it; and yet the country about it was curva et superciliosa, as Strabo terms it, rugged and harsh. We may say the same of Athens, Actium, Thebes, Sparta, and most of those towns in Greece. Nuremberg in Germany is sited in a most barren soil, yet a noble imperial city, by the sole industry of artificers, and cunning trades, they drew the riches of most countries to them, so expert in manufactures, that as Sallust long since gave out of the like, Sedem animæ in extremis digitis habent, their soul, or intellectus agens, was placed in their fingers' end; and so we may say of Basil, Spire, Cambray, Frankfort, &c. It is almost incredible to speak what some write of Mexico and the cities adjoining to it, no place in the world at their first discovery more populous, *Mat. Riccius, the Jesuit, and some others, relate of the industry of the Chinese most populous countries, not a beggar or an idle person to be seen, and how by that means they prosper and flourish. We have the same means, able bodies, pliant wits, matter of all sorts, wool, flax, iron, tin, lead, wood, &c, many excellent subjects to work upon, only industry is wanting. We send our best commodities beyond the seas, which they make good use of to their necessities, set themselves a work about, and severely improve, sending the same to us back at dear rates, or else make toys and baubles of the tails of them, which they sell to us again, at as great a reckoning as the whole. In most of our cities, some few excepted, like *Spanish loiterers, we live wholly by tippling-inns and ale-houses. Malt- ing are their best ploughs, their greatest traffic to sell ale. *Meteran and some others object to us, that we are no whit so industrious as the Hollanders: *Manual trades (saith he) which are more curious or troublesome, are wholly exercised by strangers: they dwell in a sea full of fish, but they are so idle, they will not catch so much as shall serve their own turns, but buy it of their neighbours.” Tush *Mare liberum, they fish under our noses, and sell it to us when they have done, at their own prices.

I am ashamed to hear this objected by strangers, and know not how to answer it.

Amongst our towns, there is only *London that bears the face of a city, *Epitome Britannica, a famous emporium, second to none beyond seas, a noble mart: but sola cresci, deorsumibus aibus; and yet in my slender judgment, defective in many things. The rest (some few excepted) are in mean estate, ruinous most part, poor, and full of beggars, by reason of their decayed trades, neglected or bad policy, idleness of their inhabitants, riot, which had rather beg or loiter, and be ready to starve, than work.

I cannot deny but that something may be said in defence of our cities, *that they are not so fair built, (for the sole magnificence of this kingdom, concern-
ing buildings, have been of old in those Norman castles and religious houses,) so rich, thick sited, populous, as in some other countries; besides the reasons Cardan gives, Subtil. Lib. 11. we want wine and oil, their two harvests, we dwell in a colder air, and for that cause must a little more liberally feed of flesh, as all northern countries do: our provisions will not therefore extend to the maintenance of so many; yet notwithstanding we have matter of all sorts, an open sea for traffic, as well as the rest, goodly havens. And how can we excuse our negligence, our riot, drunkenness, &c., and such enormities that follow it? We have excellent laws enacted, you will say, severe statutes, houses of correction, &c., to small provision it seems; it is not houses will serve, but cities of correction: our trades generally ought to be reformed, wants supplied. In other countries they have the same grievances, I confess, but that doth not excuse us, wants, defects, enormities, idle drones, tumults, discords, contention, law-suits, many laws made against them to repress those innumerable brawls and law-suits, excess in apparel, diet, decay of tillage, depopulations, especially against rogues, beggars, Egyptian vagabonds (so termed at least) which have swarmed all over Germany, France, Italy, Poland, as you may read in Munster, Cranzius, and Aventinianus; as those Tartars and Arabsians at this day do in the eastern countries: yet such has been the iniquity of all ages, as it seems to small purpose. Nemo in nostris civitatibus mendicus est, saith Plato: he will have them purged from a commonwealth, as a bad humour from the body, that are like so many ulcers and boils, and must be cured before the melancholy body can be eased.

What Carolus Magnus, the Chinese, the Spaniards, the Duke of Saxony, and many other states have decreed in this case, read Arneseus, cap. 19; Boterus, libro 8, cap. 2; Osorius de Rebus gest. Eman. lib. 11. When a country is overstocked with people, as a pasture is oft overlaid with cattle, they would in former times to disburden themselves, by sending out colonies, or by wars, as those old Romans; or by employing them at home about some public buildings, as bridges, road-ways, for which those Romans were famous in this island, as Augustus Caesar did in Rome, the Spaniards in their Indian mines, as at Potosi in Peru, where some 30,000 men are still at work, 6000 furnaces ever boiling, &c. aqueducts, bridges, havens, those stupend works of Trajan, Claudius, at Ostium, Dicolesianorum Therma, Fucinus Lacus, that Piraeum in Athens, made by Themistocles, amphitheatrum of curio as marble, as at Verona, Civitas Philippi, and Heraclea in Thrace, those Appian and Flamian ways, prodigious works all may witness: and rather than they should be idle, as those Egyptian Pharaohs, Maris, and Sesostris did, to task their subjects to build unnecessary pyramids, obelisks, labyrinths, channels, lakes, gigantic works all, to divert them from rebellion, riot, drunkenness, Quo silicet alantur, et ne vagando laborare desucessant.

Another eye-sore is that want of conduct and navigable rivers, a great blemish as Boterus, Hippolitus a Collibus, and other politicians hold, if it be villages our cities are less, is nothing to the purpose; put three hundred or four hundred villages in a shire, and every village yield a gentleman, what is four hundred families to increase one of our cities, or to contend with theirs, which stand thicker? And whereas ours usually consist of seven thousand, theirs consist of forty thousand inhabitants. Maximam pars victoria in carnis consistit. Polyd. Lib. 1. Hist. Refratae monopolii licentiam, pauciores alantur otio, redintegretur agricolatio, lanifricium instauretur, ut sit honestum negotium quo se exercet otiosa illa turba. Nisi his mals medienatur, frustra exercet justitiam. Mor. Utop. Lib. 1. 2. Mancipis templis exctet urbis Caputdurum vex. Hor. Regis dignitatis non esse exercere imperium in mendicos sed in opulentos. Non est regni decus, sed carceris esse custos. Idem.

1 Colluvias huminum miraculos exercet solo, immundus vestes fausi visu, furti imprimis acres, &c. Cos. Mog. lib. 3. cap. 6. 
2 Let no one in our city be a beggar.
3 Seecus. Haud minus turpis principii multis satis pocula, simul mendico multa funera.
4 Agitatum et blem a corpore (11 de legg.) omnes vitæ exterminari. 
5 See Lipsius Admiranda. 
6 De quo Suec. in Claudio, et Plinius, c. 56. 
7 Ut egstat simul et ignavam occurratur, officia consicerantur, tenues sublentur. Bodin. 1. 6. c. 2. num. 7. 7 
8 Amasia Egypti rox legem promulgavit, ut omnes subsidis quotannis rationem redderent unde vivierent. Buscioldus discurs. polit. cap. 2. "wherby they are supported, and do not become vagrants by being less accustomed to labour." 
9 Lib. 1. de incern. Urb. cap. 6. 
10 Cap. 5. de incern. urb. Quas flumen, lacus aut mare aliiut.
neglected in a commonwealth. Admirable cost and charge is bestowed in the Low-countries on this behalf; in the duchy of Milan, territory of Padua, in France, Italy, China, and so likewise about corrivations of water to moisten and refresh barren grounds, to drain fens, bogs, and moors. Massinissa made many inward parts of Barbary and Numidia in Africa, before his time incult and horrid, fruitful and bartable by this means. Great industry is generally used all over the eastern countries in this kind, especially in Egypt, about Babylon and Damascus, as Vertomannus and Gotarius Arthus relate; about Barcelona, Segovia, Murcia, and many other places of Spain, Milan in Italy; by reason of which their soil is much impoverished, and infinite commodities arise to the inhabitants.

The Turks of late attempted to cut that Isthmus betwixt Africa and Asia, which Sesostris and Darius, and some Pharaohs of Egypt had formerly undertaken, but with ill success, as Diodorus Siculus records, and Pliny, for that Red-sea being three cubits higher than Egypt, would have drowned all the country, copto destiterant, they left off; yet as the same Diodorus writes, Ptolomy renewed the work many years after, and absolvd it in a more opportune place.

That Isthmus of Corinth was likewise undertaken to be made navigable by Demetrius, by Julius Caesar, Nero, Domitian, Herodes Atticus, to make a speedy passage, and less dangerous, from the Ionian and Ægean seas; but because it could not be so well affected, the Peloponnesians built a wall like our Picts’ wall about Schænute, where Neptune’s temple stood, and in the shortest cut over the Isthmus, of which Diodorus, lib. 11. Herodotus, lib. 8. Vran. Our latter writers call it Hexamilia, which Amurath the Turk demolished, the Venetians, anno 1463, repaired in 15 days with 30,000 men. Some, saith Acosta, would have a passage cut from Panama to Nombre de Dios in America; but Thuanus and Serres the French historians speak of a famous aqueduct in France, intended in Henry the Fourth’s time, from the Loire to the Seine, and from Rhodan to the Loire. The like to which was formerly assayed by Domitian the emperor, from Arar to Moselle, which Cornelius Tacitus speaks of in the 13th of his annals, after by Charles the Great and others. Much cost hath in former times been bestowed in either new making or mending channels of rivers, and their passages, (as Autolianus did by Tiber to make it navigable to Rome, to convey corn from Egypt to the city, vadum alvei tumentis effudit saith Vopiscus, et Tiberis ripas extruxit, he cut fords, made banks, &c.) decayed havens, which Claudius the emperor, with infinite pains and charges, attempted at Ostia, as I have said, the Venetians at this day to preserve their city; many excellent means to enrich their territories, have been fostered, invented in most provinces of Europe, as planting some Indian plants amongst us, silk-worms, the very mulberry leaves in the plains of Granada yield 30,000 crowns per annum to the king of Spain’s officers, besides those many trades and artificers that are busied about them in the kingdom of Granada, Murcia, and all over Spain. In France a great benefit is raised by salt, &c., whether these things might not be as happily attempted with us, and with like success, it may be controverted, silk-worms (1 mean), vines, fir trees, &c. Cardan exHORTS Edward the Sixth to plant olives, and is

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fully persuaded they would prosper in this island. With us, navigable rivers are most part neglected; our streams are not great, I confess, by reason of the narrowness of the island, yet they run smoothly and even, not headlong, swift, or amongst rocks and shelves, as foaming Rhodanus and Loire in France, Tigris in Mesopotamia, violent Durius in Spain, with cataracts and whirlpools, as the Rhine, and Danubius, about Shaffhausen, Lausenburgh, Linz, and Cremmes, to endanger navigators; or broad shallow, as Neckar in the Palatinate, Tibris in Italy; but calm and fair as Arar in France, Hebrus in Macedonia, Euratos in Laconia, they gently glide along, and might as well be repaired many of them (I mean Wye, Trent, Ouse, Thanissis at Oxford, the defect of which we feel in the mean time) as the River of Lee from Ware to London. B. Atwater of old, or as some will Henry I., made a channel from Trent to Lincoln, navigable; which now, saith Mr. Camden, is decayed, and much mention is made of anchors, and such like monuments found about old * Verulamium, good ships have formerly come to Exeter, and many such places, whose channels, havens, ports, are now barred and rejected. We contend this benefit of carriage by waters, and are therefore compelled in the inner parts of this island, because portage is so dear, to eat up our commodities ourselves, and live like so many boars in a sty, for want of vent and utterance.

We have many excellent havens, royal havens, Falmouth, Portsmouth, Milford, &c. equivalent if not to be preferred to that Indian Havanna, old Brundusium in Italy, Aulis in Greece, Ambracia in Acarnia, Suda in Crete, which have few ships in them, little or no traffic or trade, which have scarce a village on them, able to bear great cities, sed viderint politici. I could here justly tax many other neglects, abuses, errors, defects among us, and in other countries, depopulations, riot, drunkenness, &c. and many such, quae multa in aere suspendere non libet. But I must take heed, ne quid gravius dicam, that I do not overshoot myself, Sus Minervam, I am forth of my element, as you peradventure suppose; and sometimes veritas odium parit, as he said, "verjuice and oatmeal is good for a parrot." For as Lucian said of an historian, I say of a politician. He that will freely speak and write, must be for ever no subject, under no prince or law, but lay out the matter truly as it is, not caring what any can, will, like or dislike.

We have good laws, I deny not, to rectify such enormities, and so in all other countries, but it seems not always to good purpose. We had need of some general visitor in our age, that should reform what is amiss; a just army of Rosie-crosse men, for they will amend all matters (they say), religion, policy, manners, with arts, sciences, &c. Another Attila, Tamerlane, Hercules, to strive with Achelous, Auger stabulum purgare, to subdue tyrants, as he did Diomedes and Busiris: to expel thieves, as he did Cacus and Lacinus: to vindicate poor captives, as he did Hesione: to pass the torrid zone, the deserts of Lybia, and purge the world of monsters and Centaurs: or another Theban Crates to reform our manners, to compose quarrels and controversies, as in his time he did, and was therefore adored for a god in Athens. "As Hercules purged the world of monsters, and subdued them, so did he fight against envy, lust, anger, avarice, &c. and all those feral vices and monsters of the mind." It were to be wished we had some such visitor, or if wishing would serve, one had such a ring or rings, as Timolus desired in Lucian, by virtue of which he should be as strong as 10,000 men, or an army of giants, go invisible, open gates and castle doors, have what treasure he would, trans-

port himself in an instant to what place he desired, alter affections, cure all manner of diseases, that he might range over the world, and reform all distressed states and persons, as he would himself. He might reduce those wandering Tartars in order, that infest China on the one side, Muscovy, Poland, on the other; and tame the vagabond Arabians that rob and spoil those eastern countries, that they should never use more caravans, or janizaries to conduct them. He might root out barbarism out of America, and fully discover *Terra Australis Incognita*, find out the north-east and north-west passages, drain those mighty Mesoamerican seas, cut down those vast Hircanian woods, irrigate those barren Arabian deserts, &c. cure us of our epidemic diseases, *scorbutum*, *plica*, *morbus Neapolitanus*, &c. end all our idle controversies, cut off our tumultuous desires, inordinate lusts, root out atheism, impiety, heresy, schism, and superstition, which now so crucify the world, catechise gross ignorance, purge Italy of luxury and riot, Spain of superstition and jealousy, Germany of drunkenness, all our northern country of gluttony and intemperance, castigate our hard-hearted parents, masters, tutors; lash disobedient children, negligent servants, correct these spendthrifts and prodigal sons, enforce idle persons to work, drive drunkards off the alehouse, repress thieves, visit corrupt and tyrannizing magistrates, &c. But as L. Licinius taxed Timolaus, you may us. These are vain, absurd and ridiculous wishes not to be hoped: all must be as it is, *Bocchalinus* may cite commonwealths to come before Apollo, and seek to reform the world itself by commissioners, but there is no remedy, it may not be Redressed, *desinent homines tum demum stultescere quando esse desinent*, so long as they can wag their beards, they will play the knaves and fools.

Because, therefore, it is a thing so difficult, impossible, and far beyond Hercules' labours to be performed; let them be rude, stupid, ignorant, incult, *lapis super lapidem sedeat*, and as the *apologist* will, *resp. tussi, et graveolenti laboret, mundus vito*, let them be barbarous as they are, let them *tyrannize*, opicurize, oppress, luxuriate, consume themselves with factions, superstitions, lawsuits, wars and contentions, live in riot, poverty, want, misery; rebel, allow as so many swine in their own dung, with Ulysses' companions, *stultos jubeo esse liberenter*. I will yet, to satisfy and please myself, make an *Utopia* of mine own, a new *Atlantis*, a poetical commonwealth of mine own, in which I will freely domineer, build cities, make laws, statutes, as I list myself. And why may I not—— *Pictoribus atque poetae*, &c. You know what liberty poets ever had, and besides, my predecessor Democritus was a politician, a recorder of Abdera, a law maker as some say; and why may not I presume so much as he did? Howsoever I will adventure. For the site, if you will needs urge me to it, I am not fully resolved, it may be in *Terra Australis Incognita*, there is room enough (for of my knowledge neither that hungry Spaniard, nor Mercurius Britannicus, have yet discovered half of it) or else one of those floating islands in Mare del Zur, which like the Cyanian islands in the Euxine sea, alter their place, and are accessible only at set times, and to some few persons; or one of the *Fortunate isles*, for who knows yet where, or which they are? there is room enough in the inner parts of America, and northern coasts of Asia. But I will choose a site, whose latitude shall be 45 degrees (I respect not minutes) in the midst of the temperate zone, or perhaps under the equator, that *paradise of the world*, *ubi semper virum laurus*, &c, where is a perpetual spring: the longitude for some reasons I will conceal. Yet "be it known to all men by these presents," that if any honest gentleman will send in so much money, as Cardan allows an astrologer for casting a nativity, he shall be a sharer, I will acquaint him with my project, or if any

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1 Velent. Androm Apolog. manlp. 604. 2 Vid Acosta et Lalet. 3 Qui cordium est, sordescat adhuc. 4 Hor.
worthy man will stand for any temporal or spiritual office or dignity, (for as he said of his archbishopric of Utopia, 'tis sanctus ambitus, and not amiss to be sought after,) it shall be freely given without all intercessions, bribes, letters, &c. his own worth shall be the best spokesman; and because we shall admit of no deputies or advowsons, if he be sufficiently qualified, and as able as willing to execute the place himself, he shall have present possession. It shall be divided into 12 or 18 provinces, and those by hills, rivers, road-ways, or some more eminent limits exactly bounded. Each province shall have a metropolis, which shall be so placed as a centre almost in a circumference, and the rest at equal distances, some 12 Italian miles asunder, or thereabout, and in them shall be sold all things necessary for the use of man; statis horis et diebus, no market towns, markets or fairs, for they do but beggar cities (no village shall stand above 6, 7, or 8 miles from a city) except those emporiums which are by the sea side, general staples, marts, as Antwerp, Venice, Bergen of old, London, &c. cities most part shall be situated upon navigable rivers or lakes, creeks, havens; and for their form, regular, round, square, or long square, "with fair, broad, and straight "streets, houses uniform, built of brick and stone, like Bruges, Brussels, Rhegium Lepidi, Berne in Switzerland, Milan, Mantua, Crema, Cambalu in Tartary, described by M. Polus, or that Venetian palma. I will admit very few or no suburbs, and those of baser building, walls only to keep out man and horse, except it be in some frontier towns, or by the sea side, and those to be fortified after the latest manner of fortification, and situated upon convenient havens, or opportune places. In every so built city, I will have convenient churches, and separate places to bury the dead in, not in churchyards; a citadella (in some, not all) to command it, prisons for offenders, opportune market places of all sorts, for corn, meat, cattle, fuel, fish, commodious courts of justice, public halls for all societies, bourses, meeting places, armouries, in which shall be kept engines for quenching of fire, artillery gardens, public walks, theatres, and spacious fields allotted for all gymnastic sports, and honest recreations, hospitals of all kinds, for children, orphans, old folks, sick men, mad men, soldiers, pest houses, &c. not built precario, or by gouty benefactors, who, when by fraud and rapine they have extorted all their lives, oppressed whole provinces, societies, &c. give something to pious uses, build a satisfactory alms-house, school or bridge, &c. at their last end or before perhaps, which is no otherwise than to steal a goose, and stick down a feather, rob a thousand to relieve ten; and those hospitals so built and maintained, not by collections, benevolences, donaries, for a set number, (as in ours,) just so many and no more at such a rate, but for all those who stand in need, be they more or less, and that ex publico aerario, and so still maintained, non nobis solium nati sumus, &c. I will have conduits of sweet and good water, aptly disposed in each town, common "granaries, as at Dresden in Misnia, Steetin in Pomernland, Noremberg, &c. Colleges of mathematicians, musicians, and actors, as of old at Labedum in Ionias, "alchemists, physicians, artists, and philosophers: that all arts and sciences may sooner be perfected and better learned; and public historiographers, as amongst those ancient "Persians, qui in commentarios referebant qua memoratu digna gerebantur, informed and appointed by the state to register all famous acts, and not by each insufficiency scribbler, partial or parasitical pedant, as in our times. I will provide public schools of all kinds, singing, dancing, fencing, &c. especially of grammar and languages, not to be taught by those tedious preceptors ordinarily used, but by use, example,

"Vide Patritium, lib. 8. tit. 10. de Instit. Rerpub.
"Sic olim Hippodamus Milesius Arist. politic. cap. 11. et Vitruvius l. i. c. ult.
"With walls of earth, &c. De his Filium. spist. 42. lib. 2. et Tact.
"Annot. 13. lib. 4. Vide Brisonium de regno Pers. lib. 3. de his et Vegetius, lib. 2. cap. 3. de Aburum.
"Not to make gold, but for matters of physic.
conversation, as travellers learn abroad, and nurses teach their children: as I will have all such places, so will I ordain "public governors, fit officers to each place, treasurers, ediles, questors, overseers of pupils, widows' goods, and all public houses, &c. and those once a year to make strict accounts of all receipts, expenses, to avoid confusion, et sic jiet ut non absurum (as Pliny to Trajan,) quod pudeat dicere. They shall be subordinate to those higher officers and governors of each city, which shall not be poor tradesmen, and mean artificers, but noblemen and gentlemen, which shall be tied to residence in those towns they dwell next, at such set times and seasons: for I see no reason (which Hippolitus complains of) "that it should be more dishonourable for noblemen to govern the city than the country, or unseemly to dwell there now, than of old." I will have no bogs, fens, marshes, vast woods, deserts, heaths, commons, but all inclosed; (yet not depopulated, and therefore take heed you mistake not) for that which is common, and every man's, is no man's; the richest countries are still inclosed, as Essex, Kent, with us, &c. Spain, Italy; and where inclosures are least in quantity, they are best "husbanded, as about Florence in Italy, Damascus in Syria, &c. which are liker gardens than fields. I will not have a barren acre in all my territories, not so much as the tops of mountains: where nature fails, it shall be supplied by art: "lakes and rivers shall not be left desolate. All common highways, bridges, banks, corruptions of waters, aqueducts, channels, public works, building, &c. out of a "common stock, curiously maintained and kept in repair; no depopulations, engrossings, alterations of wood, arable, but by the consent of some supervisors that shall be appointed for that purpose, to see what reformation ought to be had in all places, what is amiss, how to help it, et quid quaque ferat regio, et quid quaque resuset, what ground is aptest for wood, what for corn, what for cattle, gardens, orchards, fishponds, &c. with a charitable division in every village, (not one domineering house greedily to swallow up all, which is too common with us) what for lords, "what for tenants; and because they shall be better encouraged to improve such lands they hold, manure, plant trees, drain, fence, &c., they shall have long leases, a known rent, and known fine to free them from those intolerable exactions of tyrannizing landlords. These supervisors shall likewise appoint what quantity of land in each manor is fit for the lord's demesnes, "what for holding of tenants, how it ought to be husbanded, ut "magneti equis, Minyanis gens cognitio remis, how to be manured, tillcd, rectified, *his segetes veniant, illic foliatis usc, arborei lustus albid, aique injuessa virescent Gramina, and what proportion is fit for all callings, because private professors are many times idiots, ill husbands, oppressors, covetous, and know not how to improve their own, or else wholly respect their own, and not public good.

Utopian purity is a kind of government, to be wished for, rather than effected, Respub. Christianopolitana, Campanella's city of the Sun, and that new Atlantis, witty fictions, but mere chimeras and Plato's community in many

1 So Lod. Vives thinks best, Communeus, and others. * Plato 3. de legg. Ediles creari vult, qui fora, fontes, vlas, portus, platos, et id genus alla procurant. Vide Iasaeum Pontanum de civ. Amstel. hae omnia, &c. Gotardum et alia. *De Increm. urb. cap. 18. Ingenuus fater me non intelligere cur ignobilis sit turba bene munias colora ousa quoniam olim, aut case rusticce presce quoniam urbi. Idem Querius Foliot. de Neapol. *Ne tantillium quidem soli inueniam relictorum, ut verum sit ne pollicens quidem agri in his regionibus est sterilibus aut insidacundum reperei. Marcus Hemingius Augustanus de regno Chinae, 1. 1. c. 3. * M. Carew, in his survey of Cornwall, saith that before that country was inclosed, the husbandmen drank water, did eat little or no bread, fol. 68. lb. 1. their apparel was coarse, they went bare-legged, their dwelling was correspondent; but since inclosure, they live decently, and have money to spend (fol. 29); when their fields were common, their wool was coarse, Cornish hair; but since inclosure, it is almost as good as Cotwal, and their soil much mended. Tussor, cap. 63. of his husbandry, is of his opinion, one acre inclosed, is worth three common. The country inclosed, I praise; the other delighteth not me, for nothing of wealth it doth raise, &c. *Incredibilis navigiorum copia, nihil pauciores in aqua, quam in continentibus omnium. M. Riccoci expedire in Sinas, 1. 1. c. 3. *To this purpose, Arist. polit. 2. c. 6. allows a third part of their revenues, Hippopondus half. *Hae les Agraria olim Romam. *Hie segetes, illic veniant foliisus usw. Arboris fistis albid, atq; injuessa virescent Gramina. Virg. 1. Georg. *Lacanus, 1. 6. *Virg. *Joh. Valant. Andreas, Lord Verulam.
things is impious, absurd and ridiculous, it takes away all splendour and magnificence. I will have several orders, degrees of nobility, and those hereditary, not rejecting younger brothers in the mean time, for they shall be sufficiently provided for by pensions, or so qualified, brought up in some honest calling, they shall be able to live of themselves. I will have such a proportion of ground belonging to every barony, he that buys the land shall buy the barony, he that by riot consumes his patrimony, and ancient demesnes, shall forfeit his honours. As some dignities shall be hereditary, so some again by election, or by gift (besides free offices, pensions, annuities,) like our bishoprics, prebends, the Basso's palaces in Turkey, the 'procurator's houses and offices in Venice, which, like the golden apple, shall be given to the worthiest, and best deserving both in war and peace, as a reward of their worth and good service, as so many goals for all to aim at, (honos alit artes) and encouragements to others. For I hate these severe, unnatural, harsh, German, French, and Venetian decrees, which exclude plebeians from honours, be they never so wise, rich, virtuous, valiant, and well qualified, they must not be patricians, but keep their own rank, this is natura bellum inferre, odious to God and men, I abhor it. My form of government shall be monarchical.

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Few laws, but those severely kept, plainly put down, and in the mother tongue, that every man may understand. Every city shall have a peculiar trade or privilege, by which they shall be chiefly maintained: and parents shall teach their children one of three at least, bring up and instruct them in the mysteries of their own trade. In each town these several tradesmen shall be so aptly disposed, as they shall free the rest from danger or offence: fire-trades, as smiths, forge-men, brewers, bakers, metal-men, &c., shall dwell apart by themselves: dyers, tanners, felmongers, and such as use water in convenient places by themselves: noisome or fulsome for bad smells, as butchers' slaughterhouses, chandlers, curriers, in remote places, and some back lanes. Fraternities and companies, I approve of, as merchants' bourses, colleges of druggists, physicians, musicians, &c., but all trades to be rated in the sale of wares, as our clerks of the market do bakers and brewers; corn itself, what scarcity soever shall come, not to exceed such a price. Of such wares as are transported or brought in, if they be necessary, commodious, and such as nearly concern man's life, as corn, wood, coal, &c., and such provision we cannot want, I will have little or no custom paid, no taxes; but for such things as are for pleasure, delight, or ornament, as wine, spice, tobacco, silk, velvet, cloth of gold, lace, jewels, &c., a greater impost. I will have certain ships sent out for new discoveries every year, and some discreet men appointed to travel into all neighbouring kingdoms by land, which shall observe what artificial inventions and good laws are in other countries, customs, alterations, or aught else, concerning war or peace, which may tend to the common good. Ecclesiastical discipline, penes Episcopos, subordinate as the other. No impromptu, no lay patrons of church livings, or one private man, but common societies, corporations, &c., and those rector of benefices to be chosen out of the Universities, examined and approved, as the literati in China. No parish to contain above a thousand auditors. If it were possible, I would have such priests as should

* So is it in the kingdom of Naples and France.

  1 See Contarenus and Osorius de rebus gestis Emanuels.
  2 Claudian 1. 7. "Liberty never is more gratifying than under a pious king."
  5 Hippol. De collibus de inremit. urb. c. 20. Plato idem 7. de legibus, quae ad vitam necessaria, et quibus carere non possimus, nullab depends vestigial, &c.
  6 Plato 13 de legibus, 40 annos natos vult, ut si quid memorable videnter apud exteriores, hoc ipsum in rempub. recipiatur.
imitate Christ, charitable lawyers should love their neighbours as themselves, temperate and modest physicians, politicians contain the world, philosophers should know themselves, noblemen live honestly, tradesmen leave lying and coening, magistrates, corruption, &c., but this is impossible, I must get such as I may. I will therefore have 2 of lawyers, judges, advocates, physicians, chirurgeons, &c., a set number, 3and every man, if it be possible, to plead his own cause, to tell that tale to the judge which he doth to his advocate, as at Fez in Africa, Bantam, Aleppo, Ragusa, sum quique causam dicere tenetur. Those advocates, chirurgeons, &c., physicians, which are allowed to be maintained out of the 4common treasury, no fees to be given or taken upon pain of losing their places; or if they do, very small, and when the 4cause is fully caded. 5He that sues any man shall put in a pledge, which if it be proved be hath wrongfully sued his adversary, rashly or maliciously, he shall forfeit, and lose. Or else before any suit begin, the plaintiff shall have his complaint approved by a set deleyacy to that purpose; if it be of moment he shall be suffered as before, to proceed, if otherwise, they shall determine it. All causes shall be pleaded suppresse nomine, the parties' names concealed, if some circumstances do not otherwise require. Judges and other officers shall be aptly disposed in each province, villages, cities, as common arbitrators to hear causes, and end all controversies, and those not single, but three at least on the bench at once, to determine or give sentence, and those again to sit by turns or lots, and not to continue still in the same office. No controversy to depend above a year, but without all delays and further appeals to be speedily dispatched, and finally concluded in that time allotted. These and all other inferior magistrates to be chosen 6as the literati in China, or by those exact suffrages of the 7Venetians, and such again not to be eligible, or capable of magistracies, honours, offices, except they be sufficiently 8qualified for learning, manners, and that by the strict approbation of reputed examiners: 9first scholars to take place, then soldiers; for I am of Vigetius his opinion, a scholar deserves better than a soldier, because Uniues aetatis sunt qua fortiter iuint, qua vero pro utilitate Reipub. scribuntur, autem: a soldier's work lasts for an age, a scholar's for ever. If they 9misbehave themselves, they shall be deposed, and accordingly punished, and whether their offices be annual 5or otherwise, once a year they shall be called in question, and give an account; for men are partial and passionate, merciless, covetous, corrupt, subject to love, hate, fear, favour, &c., omne sub regno graviore regnum: like Solon's Areopagites, or those Roman Censors, some shall visit others, and 10be visited invicem themselves, 9they shall oversee that no prowling officer, under colour of authority, shall insult over his inferiors, as so many wild beasts, oppress, domineer, flee, grind, or trample on, be partial or corrupt, but that there be aequable jus, justice equally done, live as friends and brethren together; and which 9Sesellius would have and so much desires in his kingdom of France, 11a diapason and sweet harmony of kings,

2 Similares in Helvetia.
3 Utopianenses candidicex exclusunt, qui canassa calide et vaeo tractent et disputent. Inaquili numen custum hominem uti oblargi legibus, quae aut numeratenses, aut quam ut perlegit quanta, aut obscurex quum ut a quovis possint intelligi. Volunt ut suum quique causam agat, canse; referat Judicet quam narraturus fuerat patrono; sic minus erit ambiguum, et veritas facilior eliciture. Mor. Utop. 1. 2. Medici ex publico victum sumunt. Boter. 1. 1. c. 5. de Egyptis. 4 De his lege Patri. 1. 3. tit. 3. de reip. Instit. 5 Nihil a clientibus patroni acceptant, prorsum qui juris est. Barch. Argen. Lib. 3. 6 It is so in most free cities in Germany. 7 Max. Riccius expedit. in Sinae. 1. 1. c. 5. de examinationibus electionum copiosae aget, &c. 8 Contra de repub. Venet. 1. 1. 9 Osor. 1. 11. de ref. gest. 10 Emanc. Qui in literis maximis progressus fecerint maximis honoribus afficiuntur, secundus honoris gradus militibus assignatur, postremi ordines mechanici, doctorum hominem Judicis in aliorum locum quis; preterit, et quid a plurimis approbatum, ampliores in rep. dignates consecutur. Qui in loco examine primas habet, insignis per totam vitam dignitates insignitur, marchionis simul, aut duci apud nos. 11 Cedit armis timent. 12 As in Berne, Lucerne, Friburges in Switzerland, a vicious liver is incapable of any office; if a Senator, instantly deposed. Similares. 13 Not above three years, Arist. polit. 5. c. 3. 14 Nam quis custodiet iussis custodes? 15 Cyriacus in Graecia. Qui non ex publici despiciunt inferiores, nee ut bestias concurrent sibi subditos, angustiationis nominis confici, &c. 16 Sesellius de rep. Gallorum, lib. 1 & 2.
princes, nobles, and plebeians so mutually tied and involved in love, as well as laws and authority, as that they never disagree, insult or encroach one upon another.

If any man deserve well in his office he shall be rewarded.

"quem enim virtutem amplectitur ipsum, Premia sit tollas?"

He that invents anything for public good in any art or science, writes a treatise, or performs any noble exploit, at home or abroad, shall be accordingly enriched, honoured, and preferred. I say with Hannibal in Ennius, Hostem qui feriet erit miles Carthaginensis, let him be of what condition he will, in all offices, actions, he that deserves best shall have best.

Tilianus in Philonius, out of a charitable mind no doubt, wished all his books were gold and silver, jewels and precious stones, to redeem captives, set free prisoners, and relieve all poor distressed souls that wanted means; religiously done, I deny not, but to what purpose? Suppose this were so well done, within a little after, though a man had Cresus' wealth to bestow, there would be as many more. Wherefore I will suffer no beggars, rogues, vagabonds, or idle persons at all, that cannot give an account of their lives how they maintain themselves. If they be impotent, lame, blind, and single, they shall be sufficiently maintained in several hospitals, built for that purpose; if married and infirm, past work, or by inevitable loss, or some such like misfortune cast behind, by distribution of corn, house-rent free, annual pensions or money, they shall be relieved, and highly rewarded for their good service they have formerly done; if able, they shall be enforced to work. For I see no reason (as he said) why an epicure or idle drone, a rich glutton, a usurer, should live at ease and do nothing, live in honour, in all manner of pleasures, and oppress others, when as in the meantime a poor labourer, a smith, a carpenter, an husbandman that hath spent his time in continual labour, as an ass to carry burdens to do the commonwealth good, and without whom we cannot live, shall be left in his old age to beg and starve, and lead a miserable life worse than a jument. As all conditions shall be tied to their task, so none shall be over-tired, but have their set times of recreations and holidays, indulgere genio, feasts and merry meetings, even to the meanest artificer, or basest servant, once a week to sing or dance, (though not all at once) or do whatsoever he shall please; like that Saccoarmum festum amongst the Persians, those Saturnis in Rome, as well as his master. If any be drunk, he shall drink no more wine or strong drink in a twelvemonth after. A bankrupt shall be Catadematus in Amphitheatro, publicly shamed, and he that cannot pay his debts, if by riot or negligence, he have been impoverished, shall be for a twelvemonth imprisoned, if in that space his creditors be not satisfied, he shall be hanged. He that
commits sacrilege shall lose his hands; he that bears false witness, or is of perjury convicted, shall have bis tongue cut out, except he redeem it with his head. Murder, adultery, shall be punished by death, but not theft, except it be some more grievous offence, or notorious offenders: otherwise they shall be condemned to the gallies, mines, be his slaves whom they have offended, during their lives. I hate all hereditary slaves, and that duram Persarum legem a Brisonius calls it; or as Ammianus, impendio formidatas et abominandas leges, per quas ob noxam unius, omnis propinquitas perit, hard law that wife and children, friends and allies, should suffer for the father's offence. No man shall marry until he be 25, no woman till she be 20, nisi alter dispensatum fuerit. If one die, the other party shall not marry till six months after; and because many families are compelled to live niggardly, exhaust and undone by great dowers, none shall be given at all, or very little, and that by supervisors rated, they that are foul shall have a greater portion; if fair, none at all, or very little: howsoever not to exceed such a rate as those supervisors shall think fit. And when once they come to those years, poverty shall hinder no man from marriage, or any other respect, but all shall be rather enforced than hindered, except they be dismembered, or grievously deformed, i nform, or visited with some enormous hereditary disease, in body or mind; in such cases upon a great pain, or mulct, man or woman shall not marry, other order shall be taken for them to their content. If people overabound, they shall be eased by colonies. No man shall wear weapons in any city. The same attire shall be kept, and that proper to several callings, by which, they shall be distinguished. Lucus funerum shall be taken away, that intempestive expense moderated, and many others. Brokers, takers of pawns, biting usurers, I will not admit; yet because his cum hominibus non cum dis agitur, we converse here with men, not with gods, and for the hardness of men's hearts, I will tolerate some kind of usury. If we were honest, I confess, se probi essemus, we should have no use of it, but being as it is, we must necessarily admit it. Howsoever most divines contradict it, diciamus injustae, sed voc ca sola reperta est, it must be winked at by politicians. And yet some great doctors approve of it, Calvin, Bucer, Zanchius, P. Martyr, because by so many grand lawyers, decrees of emperors, princes' statutes, customs of commonwealths, churches' approbations, it is permitted, &c. I will therefore allow it. But to no private persons, nor to every man that will, to orphans only, maids, widows, or such as by reason of their age, sex, education, ignorance of trading, know not otherwise how to employ it; and those so approved, not to let it out apart, but to bring their money to a common bank which shall be allowed in every city, as in Genoa, Geneva, Nuremburg, Venice, at 5, 6, 7, not above 8 per centum, as the

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2 Lex. clima. Liegeri, hodie Chisennium; vide Pintarchum, Riechum, Hemmingium, Arouseum, Nesusianum, et alios de hac questione.
3 Alfredus.
4 Aprul Lacosonis virgines sine dote unbehart. Boter. 1. 3. c. 3.
6 The Saxons exclude dumm. Lombarb. beyond Seas, though with some reformation, mons peclatin, or bank of charity, as Malines terms it, cap. 33. Len meret. part 2. that lend money upon easy pawns, or take money upon adventure for men's lives.
7 That proportion will make merchandise increase, land dearer, and better improved, as he hath judicially proved in his tract of usury, exhibited to the Parliament anno 1621.
supervisors, or * aerarii prefecti * shall think fit. * And as it shall not be lawful for each man to be an usurer that will, so shall it not be lawful for all to take up money at use, not to prodigals and spendthrifts, but to merchants, young tradesmen, such as stand in need, or know honestly how to employ it, whose necessity, cause and condition the said supervisors shall approve of.

I will have no private monopolies, to enrich one man, and beggar a multitude, * multiplicity of offices, of supplying by deputies, weights and measures, the same throughout, and those rectified by the * Primum mobile, and sun’s motion, threescore miles to a degree according to observation, 1000 geometrical paces to a mile, five foot to a pace, twelve inches to a foot, &c. and from measures known it is an easy matter to rectify weights, &c. to cast up all, and resolve bodies by algebra, stereometry. I hate wars if they be not ad * populi salutem, upon urgent occasion, "* odimus accipitrem, quia semper vivit in armis, " offensives wars, except the cause be very just, I will not allow of. For I do highly magnify that saying of Hannibal to Scipio, in * Livy, " It had been a blessed thing for you and us, if God had given that mind to our predecessors, that you had been content with Italy, we with Africa. For neither Sicily nor Sardinia are worth such cost and pains, so many fleets and armies, or so many famous Captains’ lives." Omnia prius tentanda, fair means shall first be tried. * Peragit tranquilla potestas, Quod violenta neguit. I will have them proceed with all moderation: but hear you, Fabius my general, not Minutiis, nam * qui Consilio mittitur plus hostibus nocet, quâm qui sine animi ratione, viribus: And in such wars to abstain as much as is possible from * depopulations, burning of towns, massacring of infants, &c. For defensive wars, I will have forces still ready at a small warning, by land and sea, a prepared navy, soldiers * in proconsulet, et quam * Bonfinius apud Hungaros suos vult, virgam ferream, and money, which is * nerius belis, still in a readiness, and a sufficient revenue, a third part as in old * Rome and Egypt, reserved for the commonwealth; to avoid those heavy taxes and impositions, as well to defray this charge of wars, as also all other public defalcations, expenses, fees, pensions, reparations, chaste sports, feasts, donaries, rewards, and entertainments. All things in this nature especially I will have maturely done, and with great deliberation: ne quid * temere, ne quid remissae ac timidè fiat; Sed. quò ferox hospes? To prosecute the rest would require a volume. * Manum de tabella, I have been over tedious in this subject; I could have here willingly ranged, but these straits wherein I am included will not permit.

From commonwealths and cities, I will descend to families, which have as many corses and molestationes, as frequent discontentes as the rest. Great affinity there is betwixt a political and economical body; they differ only in magnitude and proportion of business (so Scaliger * writes) as they have both likely the same period, as * Bodin and * Peucer hold, out of Plato, six or seven hundred years, so many times they have the same means of their vexation and overthrows; as namely, riot, a common ruin of both, riot in building, riot in profuse spending, riot in apparel, &c. be it in what kind soever, it produceth the same effects. A * corographer of ours speaking * obiter of ancient families,
why they are so frequent in the north, continue so long, are so soon extinguished in the south, and so few, gives no other reason but this, *luxus omnium dissipavit*, riot hath consumed all, fine clothes and curious buildings came into this island, as he notes in his annals, not so many years since; *non sine dispensio hospitalitatis*, to the decay of hospitality. Howbeit many times that word is mistaken, and under the name of bounty and hospitality, is shrouded riot and prodigality, and that which is commendable in itself well used, hath been mistaken heretofore, is become by his abuse, the bane and utter ruin of many a noble family. For some men live like the rich glutton, consuming themselves and their substance by continual feasting and invitations, with

*Axilon in Homer, keep open house for all comers, giving entertainment to such as visit them, keeping a table beyond their means, and a company of idle servants (though not so frequent as of old) are blown up on a sudden; and as Acteon was by his hounds, devoured by their kinsmen, friends, and multitude of followers.*

*It is a wonder that Paulus Jovius relates of our northern countries, what an infinite deal of meat we consume on our tables; that I may truly say, 'tis not bounty, not hospitality, as it is often abused, but riot and excess, gluttony and prodigality; a mere vice; it brings in debt, want, and beggary, hereditary diseases, consumes their fortunes, and overthrows the good temperature of their bodies. To this I might here well add their inordinate expense in building, those fantastical houses, turrets, walks, parks, &c. gaming, excess of pleasure, and that prodigious riot in apparel, by which means they are compelled to break up house, and creep into holes. Sesellius in his commonwealth of France, gives three reasons why the French nobility were so frequently bankrupts: *First, because they had so many law-suits and contentions one upon another, which were tedious and costly; by which means it came to pass, that commonly lawyers bought them out of their possessions. A second cause was their riot, they lived beyond their means, and were therefore swallowed up by merchants.* (La Nove, a French writer, yields five reasons of his countrymen's poverty, to the same effect almost, and thinks verily if the gentry of France were divided into ten parts, eight of them would be found much impaired, by sales, mortgages, and debts, or wholly sunk in their estates.)

*The last was immoderate excess in apparel, which consumed their revenues.* How this concerns and agrees with our present state, look you. But of this elsewhere. As it is in a man's body, if either head, heart, stomach, liver, spleen, or any one part be misaffected, all the rest suffer with it: so is it with this economical body. If the head be naught, a spendthrift, a drunkard, a whoremaster, a gamester, how shall the family live at ease? *Ipsa st cupiat salus securre prorsus, non potest, hanc familiam, as Demes said in the comedy, Safety herself cannot save it. A good, honest, painful man many times hath a shrew to his wife, a sickly, dishonest, slothful, foolish, careless woman to his mate, a proud, peevish flirt, a licentious, prodigal queen, and by that means all goes to ruin: or if they differ in nature, he is thrifty, she spends all, he wise, she sottish and soft; what agreement can there be? what friendship? Like that of the thrush and swallow in Æsop, instead of mutual love, kind compulsations, where and thief is heard, they fling stools at one another's heads.*

*Quae intemperies vexat hanc familiam? All enforced marriages commonly produce such effects, or if on their behalves it be well, as to live and agree lovingly together, they may have disobedient and unruly children, that*

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*a Thad. 6. 95.
*b Vide Putani Comum, Goclenium de portentosis omnium nostrorum temporum.
*Lib. 1. de rep. Gallorum; quod tot lites et cause forenses, alia feruntur ex aliis, in immensum producuntur, et magnos sumptus requirant, unde fit ut juris administri plerumque nobilium possessiones adquirant, tum quod sumptusus virant, et a mercecolibus absorbentur et splendidissime vestinantur, &c.
*Ter.
*Amphit. Plant.
take ill courses to disquiet them, "their son is a thief, a spendthrift, their daughter a whore;" a step mother, or a daughter-in-law, distemper all; or else for a want of means, many torturers arise, debts, dues, fees, dowries, jointures, legacies to be paid, annuities issuing out, by means of which, they have not wherewithal to maintain themselves in that pomp as their predecessors have done, bring up or bestow their children to their callings, to their birth and quality, and will not descend to their present fortunes. Often-times, too, to aggravate the rest, concur many other inconveniences, unthankful friends, decayed friends, bad neighbours, negligent servants, servi furaces, versipelles, callidi, occlusa sibi mille clavibus reserant, furtingue; raptant, consumunt, liguriant; casualties, taxes, mulcts, chargeable offices, vain expenses, entertainments, loss of stock, enmities, emulations, frequent invitations, losses, suretyship, sickness, death of friends, and that which is the gulf of all, improvidence, ill husbandry, disorder and confusion, by which means they are drenched on a sudden in their estates, and at awares precipitated insensibly into an inextricable labyrinth of debts, cares, woes, want, grie, discontent and melancholy itself.

I have done with families, and will now briefly run over some few sorts and conditions of men. The most secure, happy, jovial, and merry in the world's esteem are princes and great men, free from melancholy: but for their cares, miseries, suspicions, jealousies, discontent, folly and madness, I refer you to Xenophon's Tyrannus, where king Hieron discourses at large with Simonides the poet, of this subject. Of all others they are most troubled with perpetual fears, anxieties, insomuch that, as he said in Plautus, if thou knewest with what cares and miseries this robe were stuffed, thou wouldst not stop to take it up. Or put case they be secure and free from fears and discontent, yet they are void of reason too oft, and precipitate in their actions, read all our histories, quos de stullis prodidere stulti, Iliades, Æneides, Annales, and what is the subject?

"Stullorum regum, et populorum cuncta staut." The giddy tumults and the foolish rage Of kings and people.

How mad they are, how furious, and upon small occasions, rash and inconsiderate in their proceedings, how they doat, every page almost will witness,

"Delirant reges, plectuntur Achivi." When doating monarchs urge
Unsound resolves, their subjects feel the scourge.

Next in place, next in miseries and discontent, in all manner of hair-brain actions, are great men, procul à Jove, procul à fulmine, the nearer the worse. If they live in court, they are up and down, ebb and flow with their princes' favours, Ingenium vultus statque cadique suo, now aloft, to-morrow down, as Polybius describes them, "like so many casting counters, now of gold, to-morrow of silver, that vary in worth as the computant will; now they stand for units, to-morrow for thousands; now before all, and anon behind." Beside, they torment one another with mutual factions, emulations: one is ambitious, another enamoured, a third in debt, a prodigal, overruns his fortunes, a fourth solicits with cares, gets nothing, &c. But for these men's discontent, anxieties, I refer you to Lucian's Tract, de mercede conductus, Æneas Sylvius (libidinis et stultitiae servos, he calls them), Agrrippa, and many others.

1. Pelting. Fillus ant fur.
2. Catus cum muro, duo gallu simul in æde, Et glotes binc nunquam virum sine life.
3. Res angusta domi. When pride and beggary meet in a family, they roar and howl, and cause as many flashes of discontent, as fire and water, when they concur, make thunder-claps in the skies.

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Of philosophers and scholars priscæ sapientiae dictatores, I have already spoken in general terms, those superintendents of wit and learning, men above men, those refined men, minions of the muses,

"Non est homine solum, sed etiam animali, qui motibus suis sapientiam ac praestantiam attendat, sed de diuersis sapientia et præstantia suis discere debet."

These acute and subtle sophisters, so much honoured, have as much need of hellebore as others. —O medicis medium pertundile venam. Read Lucian's Piscator, and tell how he esteemed them; Agrippa's Tract of the vanity of Sciences; nay, read their own works, their absurd tenets, prodigious paradoxes, et risum tenetatis amici? You shall find that of Aristotle true, nullum magnum ingenium sine mixtura dementiae; they have a worm as well as others; you shall find a fantastical strain, a fascist, a bombast, a vain-glorious humour, an affected style, &c., like a prominent thread in an uneven woven cloth, run parallel throughout their works. And they that teach wisdom, patience, meekness, are the veriest dizzards, hairbrains, and most discontent. "In the multitude of wisdom is grief, and he that increaseth wisdom, increaseth sorrow." I need not quote mine author; they that laugh and contempt others, condemn the world of folly, deserve to be mocked, are as guidly-headed, and lie as open as any other. —Democritus, that common flouter of folly, was ridiculous himself, barking Meippus, scoffing Lucian, satirical Lucilius, Petronius, Varro, Persius, &c., may be censured with the rest, Loriculum rectus derideat, Æthiopem albus. Bale, Erasmus, Hospinian, Vives, Kennisius, explode as a vast ocean of obs and sols, school divinity. A labyrinth of intricate questions, unprofitable contentions, incredibilem deliriationem, one calls it. If school divinity be so censured, subjibis sic, Scotus tims veritatis, Occam irrefragabilis, cujus ingenium vetera omnia ingenia subvertit, &c. Baconthope, Dr. Resolutus, and Coreulum Theologicum, Thomas himself, Doctor Seraphicus, cui dictavit Angelus, &c., What shall become of humanity? Ars stulta, what can she plead? What can her followers say for themselves? Much learning, cere-diminuit-brum, hath cracked their scence, and taken such root, that tribus Anticyris caput insanabile, hellebore itself can do no good, nor that renowned lanthorn of Epictetus, by which if any man studied, he should be as wise as he was. But all will not serve; rhetoricians, in ostentationem logocritatia multa agitant, out of their volubility of tongue, will talk much to no purpose, orators can persuade other men what they will, quo volent, unde volent, move, pacify, &c., but cannot settle their own brains, what saith Tully? Malo indesertam prudentiam, quam logacem stultitiam; and as Seneca seconds him, a wise man's oration should not be so polite or solicitous. Fabius esteems no better of most of them, either in speech, action, gesture, than as men beside themselves, insanos declamatores; so doth Gregory, Non mihi sapit qui sermonem, sed qui factis sapit. Make the best of him, a good orator is a turncoat, an evil man, bonus orator pessimus vir, his tongue is set to sale, he is a mere voice, as he said of a nightingale, dat sine mente sonum, an hyperbolical liar, a flatterer, a parasite, and as Ammianus Marcellinus will, a corrupting cozen, one that doth more mischief by his fair speeches, than he that breeds by money; for a man may with more facility avoid him that circumvents by money, than him that deceives with glozing terms; which made

Democritus to the Reader.

1 Socrates so much abhor and explode them. "Francatorius, a famous poet, freely grants all poets to be mad: so doth Scaliger; and who doth not? Aut insanit homo, aut versus facit (He's mad or making verses), Hor. Sat. vii. 1. 2. Inconstance lubet, &c. versus composere. Virg. 3. Ecl. So Servius interprets it, all poets are mad, a company of bitter satirists, detractors, or else parasitical applauders: and what is poetry itself, but as Austin holds, Vinum erroris ab ebriis doctoribus propinatum? You may give that censure of them in general, which Sir Thomas More once did of Germanus Brixius' poems in particular.

Budæus, in an epistle of his to Lupsetus, will have civil law to be the tower of wisdom; another honours physic, the quintessence of nature; a third tumblers them both down, and sets up the flag of his own peculiar science. Your supercilious critics, grammatical triflers, note-makers, curious antiquaries, find out all the ruins of wit, ineptiarum delicias, amongst the rubbish of old writers; Pro stultis habent nisi aliquid sufficient invenire, quod in aliorum scriptis vertant vitio, all fools with them that cannot find fault; they correct others, and are hot in a cold case, puzzle themselves to find out how many streets in Rome, houses, gates, towers, Homer's country, Aeneas's mother, Niobe's daughters, an Sappho publica fuerit? omnem iannius exitierit un gallina! et alia quae dediscenda essent scire, si scirens, as Seneca holds. What clothes the senators did wear in Rome, what shoes, how they sat, where they went to the closestool, how many dishes in a mess, what sauce, which for the present for an historian to relate, according to Lodovic. Vives, is very ridiculous, is to them most precious elaborate stuff; they admired for it, and as proud, as triumphant in the meantime for this discovery, as if they had won a city, or conquered a province; as rich as if they had found a mine of gold ore. Quaestis auctores absurdius commentis suis percucant et stercorant, one saith, they bewray and daub a company of books and good authors, with their absurd comments, correctorum stercululina Scaliger calls them, and show their wit in censuring others, a company of foolish note-makers, humble-bees, dors, or beetles, inter stercora ut plurimum versantur, they rake over all those rubbish and dunghills, and prefer a manuscript many times before the Gospel itself; thesaurum criticum, before any treasure, and with their delectures, ali legunt sic, meus codex sic habet, with their postrema editiones, annotations, castigations, &c., make books dear, themselves ridiculous, and do nobody good, yet if any man dare oppose or contradict, they are mad, up in arms on a sudden, how many sheets are written in defence, how bitter invectives, what apologies? * Epiphanides haec sunt ut merco nuge. But I dare say no more of, for, with, or against them, because I am liable to their lash as well as others. Of these and the rest of our artists and philosophers, I will generally conclude they are a kind of madmen, as Seneca esteems of them, to make doubts and scruples, how to read them truly, to mend old authors, but will not mend their own lives, or teach us ingenia sanare, memoriam officiorum inquire, ac fidem in rebus humanis retinere, to keep our wits in order, or rectify our manners. Nunc qui tibi demens videtur, si istic operam impenderit? Is not he mad that draws lines with Archimedes, whilst his house is ransacked, and his city besieged, when the whole world is in combustion, or we whilst our souls are in danger, (mors sequitur, vita fugit) to spend our time in toys, idle questions, and things of no worth?

1 In Gorg. Platonis.  m In nauerio.  n St furit sit Lyaeas, &c. quoties furit, furit, furit, amans, bibens, et Poeta, &c.  "They are borne in the bark of folly, and dwell in the grove of madness."  p Morus Utop. lib. II.  q Macrobi. Satur. 7. 16.  r Epist. 16.  s Lib. de causa curari artium.  t Lib. 2. in Abstemium, cap. 19 et 52.  u Edit. 7. volum. Iano Gutero.  v Aristot.  

67

In rate stultitia, sylvam habitant Furia.
That "lovers are mad, I think no man will deny, Amare simul et sapere, ipsi Jovi non datur; Jupiter himself cannot intend both at once."

"* Non bene convenient, nec in una sede morantur Majestas et amor."

Tully, when he was invited to a second marriage, replied, he could not simul amare et sapere, be wise and love both together. *Est orcus illis, vis est inmedicabilis, est rabies insana, love is madness, a hell, an incurable disease; impotentem et insanam libidinem Seneca calls it, an impotent and raging lust. I shall dilate this subject apart; in the meantime let lovers sigh out the rest.

"*Nevisanus the lawyer holds it for an axiom, "most women are fools," consilium feminis invalidum; Seneca, men, be they young or old; who doubts it, youth is mad as Idius in Tully, Stulti adolescentuli, old age little better, debiri senes, &c. Theophrastus, in the 107th year of his age, said he then began to be wise, tum sapere ccepit, and therefore lamented his departure. If wisdom come so late, where shall we find a wise man? Our old ones doat at three-score-and-ten. I could cite more proofs, and a better author, but for the present, let one fool point at another. *Nevisanus hath as hard an opinion of rich men, "wealth and wisdom cannot dwell together," stultitiam patiuntur opes, and they do commonly infuturus cor hominis, besot men; and as we see it, "fools have fortune;" Sapiencia non inventur in terra suaviter viventium. For beside a natural contempt of learning, which accompanies such kind of men, innate idleness (for they will take no pains), and which Aristotle observes, ubi mens plurima, ubi minima fortuna, ubi plurima fortuna, ubi mens peregrina, great wealth and little wit go commonly together: they have as much brains some of them in their heads as in their heels; besides this inbred neglect of liberal sciences, and all arts, which should excelle mentem, polish the mind, they have most part some gullish humour or other, by which they are led; one is an Epicure, an Atheist, a second a gamer, a third a wholemaster (fit subjects all for a satirist to work upon);

"*Hic nuptarum insaniit amoribus, hic puero rum." One burns to madness for the wedded dame; Unnatural lust another's heart inflame.

one is mad of hawking, hunting, cocking; another of carousing, horse-riding, spending; a fourth of building, fighting, &c., Insanit vetereis status Dama-sippos emendo, Damasippus hath an humour of his own, to be talked of: Heliodorus the Carthaginian, another. In a word, as Scaliger concludes of them all, they are Status erecta stultitiae, the very statues or pillars of folly. Choose out of all stories him that hath been most admired, you shall still find, multitudo ad laudem, multa ad vituperationem magnificas, as Berosus of Semiramis; omnes mortales militia, triumphis, divitiis, &c., tum et luxu, cede, ceteraque vitius antecessit, as she had some good, so had she many bad parts.

Alexander, a worthy man, but furious in his anger, overthrown in drink: Caesar and Scipio valiant and wise, but vain-glorious, ambitious; Vespasian a worthy prince, but covetous: Hannibal, as he had mighty virtues, so had he many vices; unam virtutem mille vitia comitantur, as Machiavel of Cosmo
de Medici, he had two distinct persons in him. I will determine of them all, they are like these double or turning pictures; stand before which you see a fair maid, on the one side an ape, on the other an owl; look upon them at the first sight, all is well, but further examine, you shall find them wise on the one side, and fools on the other; in some few things praiseworthy, in the rest incomparably faulty. I will say nothing of their diseases, emulations, discontents, wants, and such miseries: let poverty plead the rest in Aristophanes' Plutus.

Covetous men, amongst others, are most mad. *They have all the symptoms of melancholy, fear, sadness, suspicion, &c., as shall be proved in its proper place.

"Danda est Heliebori multo pars maxima avaria." Misers make Anticyras their own; its heliobere reserv'd for them alone.

And yet methinks prodigals are much madder than they, be of what condition they will, that bear a public or private purse; as "Dutch writer censured Richard the rich duke of Cornwall, suing to be emperor, for his profuse spending, qui effudit pecuniam ante pedes principium Electorum sicut aquam, that scattered money like water; I do censure them, Stultia Anglia (saith he) quae tot demanri sponte est privata, stulti principes Alemanicia, qui noble suas swim pro pecunia vendiderunt; spendthrifts, bribers, and bribe-takers are fools, and so are "all they that cannot keep, disburse, or spend their moneys well.

I might say the like of angry, peevish, envious, ambitious; * Anticyras melior sorbere meracaes; Epicures, Atheists, Schismatics, Heretics; hic omnes habent imaginationem lassam (saith Nymannus) "and their madness shall be evident." 2 Tim. iii. 9. * Fabatus, an Italian, holds seafaring men all mad; "the ship is mad, for it never stands still; the mariners are mad, to expose themselves to such imminent dangers: the waters are raging mad, in perpetual motion: the winds are as mad as the rest, they know not whence they come, whither they would go: and those men are maddest of all that go to sea; for one fool at home, they find forty abroad." He was a madman that said it, and thou peradventure as mad to read it. * Felix Platerus is of opinion all alchemists are mad, out of their wits; * Athenaeus saith as much of fiddlers, et musarum luscinias, * Musicians, omnes tibicines insaniunt; ubi semel effunt, anxiat ilico mens, in comes music at one ear, out goes wit at another. Proud and vain-glorious persons are certainly mad; and so are * lascivious; I can feel their pulses beat hither; horn-mad some of them, to let others lie with their wives, and wink at it.

To insist in all particulars, were an Herculean task, to reckon up * insanas substructiones, insanos labores, insamum luxum, mad labours, mad books, endearious, carriages, gross ignorance, ridiculous actions, absurd gestures; insanam gulam, insaniam villarum, insana juria, as Tully terms them, madness of villages, stupend structures; as those ** Egyptian Pyramids, Labyrinths and Sphinxes, which a company of crowned asses, ad ostentationem opum, vainly built, when neither the architect nor king that made them, or to what use and purpose, are yet known: to insist in their hypocrisy, inconstancy, blindness, rashness, dementem temperatatem, fraud, cozenage, malice, anger, impudence,

* Hor. Quaequis ambitione maec um argenti pallat amore, Quaequis luxuria, tristique superstitiones. Per.
* Cronica Slavonica ad annum 1297. de cujus pecunia jam incredibili dixerunt.
* A fool and his money are soon parted. 
* Orat. de imag. ambibueus et audax navigat Anticyras.
* 1. 1. 7. Cap. de alien. mentis.
* Dimpaphist. lib. 8. 
* Prov. 30. Insana iluido, Hie rogo non fuerit, non est hinc mensula demens. Mar. ep. 74.
* 1. 5. Mille puerarum et puercorum miles. 
* Plin. lib. 36.
ingratitude, ambition, gross superstition, tempora infecta et adulatiae sordida, as in Tiberius’ times, such base flattery, supercilious, parasitical fawning and colleguing, &c., brawls, conflicts, desires, contentions, it would ask an expert Vesalius to anatomise every member. Shall I say? Jupiter himself, Apollo, Mars, &c., doated; and monster-conquering Hercules that subdued the world, and helped others, could not relieve himself in this, but mad he was at last. And where shall a man walk, converse with whom, in what province, city, and not meet with Signior Deliro, or Hercules Furens, Menades, and Corybantes? Their speeches say no less. \( \text{E. fungis nati homines, or else they fetched their pedigree from those that were struck by Samson with the jaw-bone of an ass.} \)

Or from Deucalion and Pyrrha’s stones, for durum genus sumus, marnorei sumus, we are stone-hearted, and savour too much of the stock, as if they had all heard that enchanted horn of Astolpho, that English duke in Ariosto, which never sounded but all his auditors were mad, and for fear ready to make away with themselves; or landed in the mad haven in the Euxine sea of Daphnis insana, which had a secret quality to dementate; they are a company of giddy-heads, afternoon men, it is Midsummer moon still, and the dog-days last all the year long, they are all mad. Whom shall I then except? Ulrichus Hutterus nemo, nam nemo omnibus horis sapit, Nemo nascitur sine vitis.Crime Nemo caret, Nemo sorte sua vivit contentus, Nemo in amore sapit, Nemo bonus, Nemo sapiens, Nemo est ex omni parte beatus, &c.* and therefore Nicholas Nemo, or Monsieur No-body, shall go free, Quid valeat nemo, Nemo referre potest? But whom shall I except in the second place? such as are silent, ver sapit qui pauca loquitur; “no better way to avoid folly and madness, than by taciturnity. Whom in a third? all senators, magistrates; for all fortunate men are wise, and conquerors valiant, and so are all great men, non est bonum ludere cum diis, they are wise by authority, good by their office and place, his licet impune pessimos esse (some say) we must not speak of them, neither is it fit; per me sint omnia proteinus albo, I will not think amiss of them. Whom next? Stoics? Sapiens Stoicus, and he alone is subject to no perturbations, as “Plutarch scoffs at him, “he is not vexed with torments, or burnt with fire, foiled by his adversary, sold of his enemy: though he be wrinkled, sand-blind, toothless, and deformed; yet he is most beautiful, and like a god, a king in conceit, though not worth a great.” “He never doats, never mad, never sad, drunk, because virtue cannot be taken away,” as “Zeno holds, “by reason of strong apprehension,” but he was mad to say so. Anticyprae calo iuscit est opus aut dolabra, he had need to be bored, and so had all his fellows, as wise as they would seem to be. Chrysippus himself liberally grants them to be fools as well as others, at certain times, upon some occasions, amit virtutem aut per obrietatem, aut atriailarium morbum, it may be lost by drunkenness or melancholy, he may be sometimes crazed as well as the rest: ad summun sapiens nisi quum situta molesta. I should here except some Cynics, Menippus, Diogenes, that Theban Crates; or to descend to these times, that omniscious, only wise fraternity of the Rosicrucians, those great theologues, politicians, philosophers, physicians, philologers, artists, &c. of whom S. Bridget,
Albas Joachimius, Leicenbergius, and such divine spirits have prophesied, and made promise to the world, if at least there be any such (Hen. *Neuhausius makes a doubt of it, *Valentinus Andreas and others) or an Elias artifex their Theophrastian master; whom though Libavius and many deride and carp at, yet some will have to be “the “renewer of all arts and sciences,” reformer of the world, and now living, for so Johannes Montanus Strigo-
iensis, that great patron of Paracelsus, contends, and certainly avers "a most divine man,” and the quintessence of wisdom wheresoever he is; for he, his fraternity, friends, &c. are all "betrothed to wisdom,” if we may believe their disciples and followers. I must needs except Lipsius and the Pope, and expunge their names out of the catalogue of fools. For besides that para-
sitical testimony of Doussa,

" A Sole exoriente Macotidas usque paludes,
Nemo est qui justo se aequaret quies."

Lipsius saith of himself, that he was "humani generis quidem pædagogus voce et stylo, a grand signor, a master, a tutor of us all, and for thirteen years he brags how he sowed wisdom in the Low Countries, as Ammonius the philo-
sopher sometimes did in Alexandria, * cum humanitate literas et sapientiam cum prudentia: antistes sapientes, lie shall be Sapientum Octavus. The Pope is more than a man, as his paras often make him, a demi-god, and besides his holiness cannot err; in Cathedra belike; and yet some of them have been magicians, Heretics, Atheists, children, and as Platina saith of John 22. "Esi vir literatus, multa soliditatem et loviitum præ se ferentia egit, solitii et socordis vir ingenii, a scholar sufficient, yet many things he did foolishly, lightly. I can say no more than in particular, but in general terms to the rest, they are all mad, their wits are evaporated, and as Ariosto feigns 1. 34. kept in jars above the moon.

" Some lose their wits with love, some with ambition,
Some following is Lords and men of high condition.
Some in fair jewels rich and costly set,
Others in Poetry their wits forget,
Another thinks to be an Alchemist,
Till all be spent, and that his number’s mist.”

Convicted fools they are, madmen upon record; and I am afraid past cure many of them, * crepunt inguina, the symptoms are manifest, they are all of Gotam parish:

" 4 Quum furer haud dubius, quum sit manifesta phrenesia,"
(Since madness is indisputable, since frenzy is obvious.)

what remains then * but to send for Lorarios, those officers to carry them all together for company to Bedlam, and set Rabelais to be their physician.

If any man shall ask in the meantime, who I am that so boldly censure others, "tu nullane habes vitia ? have I no faults ? ‘Yes, more than thou hast, whatsoever thou art. Nos numerus sumus, I confess it again, I am as foolish, as mad as any one.

" g Insanus vobis videor, non deprecor ipsa,
Quo minus insanus.”

I do not deny it, demens de populo dematur. My comfort is, I have more fellows, and those of excellent note. And though I be not so right or so discreet as I should be, yet not so mad, so bad neither, as thou perhaps takest me to be.

* An simt, quales simt, unde nomen illud aequerint.
1 Turril Babel.
2 Omnium artium et scientiarum instarator.
4 Sapientias desponsat.
5 * " From the Rising Sun to the Maeotid Lake, there was not one that could fairly be put in comparison with them,”
6 Solus hic est sapientis ali volitant velut umbra.
7 * in ep. ad Baithos. Moretum.
8 Rejectionemque ad Patavum. Felinae cum religiosis,
9 Virum sequi est sapere, some think; others despere. Catul.
10 Plant. Menec.
11 * In Sat. 14.
12 Or to send for a cook to the Anticyma to make hellebore pottage, settle-brain pottage.
13 Alliquan-
tulum tamen inde me solabot, quod unicum multit et sapientibus et celebrissima viris ipsa insipiens sim,
14 quod se Menippus Lucidani in Neo-Byzantii.
15 Petronius in Catalog.
To conclude, this being granted, that all the world is melancholy, or mad, doats, and every member of it, I have ended my task, and sufficiently illustrated that which I took upon me to demonstrate at first. At this present I have no more to say; *Hoc savum mentem Democritus, I can but wish myself and them a good physician, and all of us a better mind.

And although for the abovenamed reasons, I had a just cause to undertake this subject, to point at these particular species of dotage, that so men might acknowledge their imperfections, and seek to reform what is amiss; yet I have a more serious intent at this time; and to omit all impertinent digressions, to say no more of such as are improperly melancholy, or metaphorically mad, lightly mad, or in disposition, as stupid, angry, drunken, silly, sottish, sullen, proud, vain-glorious, ridiculous, beastly, peevish, obstinate, impudent, extravagant, dry, doting, dull, desperate, harebrain, &c., mad, frantic, foolish, hetroclites, which no new "hospital can hold, no physic help; my purpose and endeavour is, in the following discourse to anatomize this humour of melancholy, through all its parts and species, as it is an habit, or an ordinary disease, and that philosophically, medicinally, to show the causes, symptoms, and several cures of it, that it may be the better avoided. Moved thereunto for the generality of it, and to do good, it being a disease so frequent, as *Mercurialis observes, "in these our days; so often happening," saith *Laurentius, "in our miserable times," as few there are that feel not the smart of it. Of the same mind is Aelian Montalvius, *Melancthon, and others; *Julius Cesar Claudinus calls it the "fountain of all other diseases, and so common in this crazed age of ours, that scarce one of a thousand is free from it," and that splenetic hypochondriacal wind especially, which proceeds from the spleen and short ribs. Being then a disease so grievous, so common, I know not wherein to do a more general service, and spend my time better, than to prescribe means how to prevent and cure so universal a malady, an epidemic disease, that so often, so much crucifies the body and mind.

If I have overshot myself in this which hath been hitherto said, or that it is, which I am sure some will object, too fantastical, "too light and comical for a Divine, too satirical for one of my profession," I will presume to answer with *Erasmus, in like case, 'tis not I, but Democritus, *Democritus dicit: you must consider what it is to speak in one's own or another's person, an assumed habit and name; a difference betwixt him that affects or acts a prince's, a philosopher's, a magistrate's, a fool's part, and him that is so indeed; and what liberty those old satirists have had; it is a cento collected from others; not I, but they that say it.

---

* Dixerò si quid forte Jocoseò, hoc mihi juret
Cum venia dabis.""---
Yet some indulgence I may justly claim,
If too familiar with another's fame.

Take heed, you mistake me not. If I do a little forget myself, I hope you will pardon it. And to say truth, why should any man be offended, or take exceptions at it?

" I. citit, semperque Heclit,
Vcere personis, dicere de vitis."
It lawful was of old, and still will be,
To speak of vice, but let the name go free.

* hate their vices, not their persons. If any be displeased, or take aught unto

1 Hoc affecto nostri temporibus frequentissimius.
* Cap. 15. de Mel.
De animo nostro hoc sceluto morbus frequentissimus.
Consult. 98. de nos nutris temporibus frequenter intruit ut nullus fore ab elis labes immumis reperiatur et omnium fore morborum occasio existat.
* Mor. Encom. si quis calumniatur levius esse quam decest
Theologum, sicut morbatis quam decest Christianum. * Hor. Sat. 8. 1. 1.
herself, let him not expostulate or cavil with him that said it (so did Erasmus excuse himself to Dorpus, si parva licet componere magnis) and so do I; "but let him be angry with himself, that so betrayed and opened his own faults in applying it to himself;" "if he be guilty and deserve it, let him amend, whoever he is and not be angry." "He that hateth correction is a fool," Prov. xii. 1. If he be not guilty, it concerns him not; it is not my freeness of speech, but a guilty conscience, a galled back of his own that makes him wince.

"Suscipio me si quis erribit sub, 
Et rapiet ad se, quod cirt commune omnium, 
Sull'ne nudabit animi conscientiam."*

I deny not this which I have said savours a little of Democritus; "Quamvis ridentem dicere verum quid velit; one may speak in jest, and yet speak truth. It is somewhat tart, I grant it; acriora crecam excitant embammatum, as he said, sharp sauces increase appetite, nec cibus ipse juvat morsu fraudatus aceti. Object then and cavil what thou wilt, I ward all with 'Democritus's buckler, his medicine shall salve it; strike where thou wilt, and when: Democritus dixit, Democritus will answer it. It was written by an idle fellow, at idle times, about our Saturnalian or Dyonian feasts, when as he said, nullum libertati periculum est, servants in old Rome had liberty to say and do what they list. When our countrymen sacrificed to their goddess Vacuna, and sat tippling by their Vacunal fires, I write this, and published this nunc iubeo, it is neminis vixil. The time, place, persons, and all circumstances apologise for me, and why may I not then be idle with others? speak my mind freely? If you deny me this liberty, upon these presumptions I will take it: I say again, I will take it.

"* Si quis est qui dictum in se inclementius 
Extimavit esse, sic existimet."

If any man take exceptions, let him turn the buckle of his girdle, I care not. I owe thee nothing (Reader), I look for no favour at thy hands, I am independent, I fear not.

No, I recant, I will not, I care, I fear, I confess my fault, acknowledge a great offence,

"motos praestat componere fictius."

(—let's first assuage the troubled waves.)

I have overshotted myself, I have spoken foolishly, rashly, unadvisedly, absurdly, I have anatomized mine own folly. And now meditates upon a sudden I am awakened as it were out of a dream; I have had a raving fit, a fantastical fit, ranged up and down, in and out, I have insulted over the most kind of men, abused some, offended others, wronged myself; and now being recovered, and perceiving mine error, cry with Orlando, Solvite me, pardon (o boni) that which is past, and I will make you amends in that which is to come; I promise you a more sober discourse in my following treatise.

If through weakness, folly, passion, discontent, ignorance, I have said amiss, let it be forgotten and forgiven. I acknowledge that of "Tacitus be true, Aspere facetea ubi nimis ex vero tradere, acom sui memoriam relinquunt, a bitter jest leaves a sting behind it; and as an honourable man observes, "They be a satirist's wit, he their memories." I may justly suspect the
worst; and though I hope I have wronged no man, yet in Medea's words I will crave pardon.

"Illud jam voce extrema pepto,
Ne si qua noster dubius effudit dolor
Maneat in animo verba, sed melior tibi
Memoria nostri subeat, haec irae data
Obliteratur." —

And in my last words this I do desire,
That what in passion I have said, or ira,
May be forgotten, and a better mind
Be had of us, hereafter as you find.

I earnestly request every private man, as Scaliger did Cardan not to take
offence. I will conclude in his lines, Si me cognitum haberes, non solum
donares nobis has facetias nostras, sed etiam indignum ducerem, tam humanum
animum, leno ingenium, vel minimam suspicionem deprecari oportere. If thou
knewest my *modesty and simplicity, thou wouldst easily pardon and for-
give what is here amiss, or by thee misconceived. If hereafter anatomizing
this surly humour, my hand slip, as an unskilful 'prentice I lance too deep,
and cut through skin and all at unawares, make it smart, or cut awry, "pardon
a rude hand, an unskilful knife, 'tis a most difficult thing to keep an even tone,
a perpetual tenor, and not sometimes to lash out; difficile est Satyram non
scribere, there be so many objects to divert, inward perturbations to molest,
and the very best may sometimes err; aliquando bonus dormitat Homerus
(sometimes that excellent Homer takes a nap), it is impossible not in so much
to overshoot; — opere in longo fas est obrepere somnum. But what needs
all this? I hope there will no such cause of offence be given; if there be,
"Nemo aliquid recognoscet, nos mentimur omnia. I'll deny all (my last
refuge), recant all, renounce all I have said, if any man except, and with as
much facility excuse, as he can accuse; but I presume of thy good favour,
and gracious acceptance (gentle reader). Out of an assured hope and confi-
dence thereof, I will begin.

*Quod Probus Persiùs òvrigiàpor virginali verecundì Persium fátus dícit, ego, &c. *Quas aut
memoria fudit, aut humana parum cavit natura. Hor. *Prol. quer. Plaut. "Let not any one take
these things to himself, they are all but fictions."
TO THE READER AT LEISURE.

WHOEVER you may be, I caution you against rashly defaming the author of this work, or cavilling in jest against him. Nay, do not silently reproach him in consequence of others' censure, nor employ your wit in foolish disapproval, or false accusation. For, should Democritus Junior prove to be what he professes, even a kinsman of his elder namesake, or be ever so little of the same kidney, it is all over with you: he will become both accuser and judge of you in your spleen, will dissipate you in jests, pulverise you into salt, and sacrifice you, I can promise you, to the god of Mirth.

I further advise you, not to asperse, or calumniate, or slander, Democritus Junior, who possibly does not think ill of you, lest you may hear from some discreet friend, the same remark the people of Abdera did from Hippocrates, of their meritorious and popular fellow-citizen, whom they had looked on as a madman; “It is not that you, Democritus, that art wise, but that the people of Abdera are fools and madmen.” “You have yourself an Abderitan soul;” and having just given you, gentle reader, these few words of admonition, farewell.

* Si me commorit, melius non tangere clamor. Hor.  
  b Hippocr. epist. Damageto. Acceritus sum ut  
  Democritum tanquam inanimam curarem, sed postquam conveni, non per Jovem desipiens negativam, sed  
  rerum omnium receptaculum deprehendi, iuxta ingenium demiratsum. Abderitanos vero tanquam non  
  sanos accusavi, veratri potione ipsos potius eguisse dicens.  
  c Mart.
Heraclitus fleas, miserо sic convenit urbis,
Nil nisi turpe vides, nil nisi triste vides.
Ride etiam, quantumque lubet, Democrite ride,
Non nisi vana vides, non nisi stulta vides.
Is fletu, hic risu modo gaudeat, unus utrique
Sit licet usque labor, sit licet usque dolor.
Nunc opus est (nam totus eheu jam desipit urbis)
Mille Heraclitis, milleque Democritis.
Nunc opus est (tanta est insania) transeat omnis
Mundus in Anticyras, gramen in Helleborum.

Weep, O Heraclitus, it suits the age,
Unless you see nothing base, nothing sad.
Laugh, O Democritus, as much as you please,
Unless you see nothing either vain or foolish.
Let one rejoice in smiles, the other in tears;
Let the same labour or pain be the office of both.
Now (for alas! how foolish the world has become),
A thousand Heraclitus', a thousand Democritus' are required.
Now (so much does madness prevail), all the world must be
Sent to Anticyra, to graze on Hellebore.
**THE SYNOPSIS OF THE FIRST PARTITION.**

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Synopsis of the First Partition.

Primary, as stars, proved by aphorisms, signs from phylologomy, metatoposcopy, chiromancy. Subs. 4.

Particular to the three species. See n.

Particular causes. Sect. 2. Memb. 5.

1. Innate humour, or from distemperate habit.
   A hot brain, corrupted blood in the brain.
   Excess of venery, or defect.
   Agues, or some precedent disease.
   Fumes arising from the stomach, &c.

   Of head melancholy are, Subs. 3.
   or
   Heat of the sun immoderate.
   A blow on the head.
   Overmuch use of hot wines, spices, garlic, onions, hot baths, overmuch waking, &c.

   Outward
   Idleness, solitariness, or overmuch study, vehement labour, &c.
   Passions, perturbations, &c.

   Of hypochondriacal, or windy melancholy are,
   or
   Default of spleen, belly, bowels, stomach, mesentery, miseraile veins, liver, &c.
   Months or hemorrhoids stopped, or any other ordinary evacuation.

   Outward
   Those six non-natural things abused.

   Over all the body are, Subs. 5.
   or
   Liver distempered, stopped, over-hot, apt to engender melancholy, temperature innate.
   Bad diet, suppression of hemorrhoids, &c., and such evacuations, passions, cares, &c., those six non-natural things abused.
Bread; coarse and black, &c.
Drink; thick, thin, sour, &c.
Water unclean, milk, oil, vinegar, wine, spices, &c.

Diet offending in Subs. 3.

8 Necessaries, causes, as those six non-natural things, which are, Sect. 2. Memb. 2.

Retention and evacuation, Subs. 4.

Substance
Flesh
Herbs
Fish

Quality, as in Subs. 3.
Preparing, dressing, sharp sauces, salt meats, indurate, souse, fried, broiled, or made dishes, &c.

Quantity

Irascible

Concupiscent.

Common to all or most.
Fear and sorrow without a just cause, suspicion, jealousy, discontent, solitariness, irksomeness, continual cogitations, restless thoughts, vain imaginations, &c., Subs. 2.

Mind

Continuance of time as the humour is intended or remitted, &c.

Hence some make 1. False cogitation. 2. Cogitata loguti. 3. Execui logium.
By fits, or continue, as the object varies, pleasing, or displeasing.

Simple, or as it is mixed with other diseases, apoplexies, gout, caninus appetitus, &c., so the symptoms are various.
Summary of the First Partition.

Particular symptoms to the three distinct species. Sect. 3. Membr. 2.

Head melancholy. Subs. 1.

In body

- Headache, binding and heaviness, vertigo, lightness, singing of the ears, much waking, fixed eyes, high colour, red eyes, hard belly, dry body; no great sign of melancholy in the other parts.

In mind.

- Continual fear, sorrow, suspicion, discontent, superficial cares, solicitude, anxiety, perpetual cogitation of such toys they are possessed with, thoughts like dreams, &c.

Hypochondriacal, or windy melancholy. Subs. 2.

In body

- Wind, rumbling in the guts, belly-ach, heat in the bowels, convulsions, crudities, short wind, sour and sharp belchings, cold sweat, pain in the left side, suffocation, palpitation, heaviness of the heart, singing in the ears, much spittle, and moist, &c.

In mind.

- Fearful, sad, suspicious, discontent, anxiety, &c. Lascivious by reason of much wind, troublesome dreams, affected by fits, &c.

Over all the body. Subs. 3.

In body

- Black, most part lean, broad veins, gross, thick blood, their hemorrhoids commonly stopped, &c.

In mind.

- Fearful, sad, solitary, hate light, averse from company, fearful dreams, &c.

Symptoms of nuns', maids', and widows' melancholy, in body and mind, &c.

A reason of these symptoms. Membr. 3.

Why they are so fearful, sad, suspicious without a cause, why solitary, why melancholy men are witty, why they suppose they hear and see strange voices, visions, apparitions.

Why they prophesy, and speak strange languages; whence comes their crudity, rumbling, convulsions, cold sweat, heaviness of heart, palpitation, carthacas, fearful dreams, much waking, prodigious fantasies.

C. Prognostics of melancholy. Sect. 4.

Tending to good, as

  - If the hemorrhoids voluntarily open.
  - If varices appear.

Tending to evil, as

- Leanness, dryness, hollow-eyed, &c. Inveterate melancholy is incurable.
  - If cold, it degenerates often into epilepsy, apoplexy, dotage, or into blindness.
  - If hot, into madness, despair, and violent death.

The grievousness of this above all other diseases. The diseases of the mind are more grievous than those of the body.

- Whether it be lawful, in this case of melancholy, for a man to offer violence to himself. Neg.
  - How a melancholy or mad man offering violence to himself, is to be censured.
THE FIRST PARTITION.

THE FIRST SECTION, MEMBER, SUBSECTION.

Man's Excellency, Fall, Miseries, Infirmities; The causes of them.

Man's Excellency.] Man, the most excellent and noble creature of the world, "the principal and mighty work of God, wonder of nature," as Zoroaster calls him; *audacis naturae miraculum,* "the marvel of marvels," as Plato; the abridgment and epitome of the world, as Pliny; Microcosmus, a little world, a model of the world, *sovereign lord of the earth, viceroy of the world, sole commander and governor of all the creatures in it; to whose empire they are subject in particular, and yield obedience;" far surpassing all the rest, not in body only, but in soul; *"Imaginis Image,* created to God's own image, to that immortal and incorporeal substance, with all the faculties and powers belonging unto it; was at first pure, divine, perfect, happy, ""created after God in true holiness and righteousness;" *Deo congruens,* free from all manner of infirmities, and put in Paradise to know God, to praise and glorify him, to do his will, *Ut dies consimiles parturiat deos* (as an old poet saith) to propagate the church.

Man's Fall and Misery.] But this most noble creature, *Heu tristis, et lachrymosa commutatio* ("one exclaims) O pitiful change! is fallen from that he was, and forfeited his estate, become *miserabilis homuncio,* a cast-away, a caitiff, one of the most miserable creatures of the world, if he be considered in his own nature, an unregenerate man, and so much obscured by his fall that (some few relics excepted) he is inferior to a beast, ""Man in honour that understandeth not, is like unto beasts that perish," so David esteems him: a monster by stupend metamorphosis, *a fox, a dog, a hog, what not?* *Quantum mutatus ab illo?* How much altered from that he was; before blessed and happy, now miserable and accursed; ""He must eat his meat in sorrow," subject to death and all manner of infirmities, all kind of calamities.

A Description of Melancholy.] ""Great travail is created for all men, and an heavy yoke on the sons of Adam, from the day that they go out of their mother's womb, unto that day they return to the mother of all things. Namely, their thoughts, and fear of their hearts, and their imagination of things they wait for, and the day of death. From him that sitteth in the glorious throne,
to him that slieth beneath in the earth and ashes; from him that is clothed in blue silk and weareth a crown, to him that is clothed in simple linen. Wrath, envy, trouble, and unquietness, and fear of death, and rigour, and strife, and such things come to both man and beast, but sevenfold to the ungodly.  

If this befalls him in this life, and peradventure eternal misery in the life to come.  

**Impulsive Cause of Man's Misery and Infirmities.** The impulsive cause of these miseries in Man, this privation of destruction of God's image, the cause of death and diseases, of all temporal and eternal punishments, was the sin of our first parent Adam, 

*in eating of the forbidden fruit, by the devil's instigation and allurement. His disobedience, pride, ambition, intemperance, incorruptibility, curiosity; from whence proceeded original sin, and that general corruption of mankind, as from a fountain flowed all bad inclinations and actual transgressions which cause our several calamities inflicted upon us for our sins. And this be like is that which our fabulous poets have shadowed unto us in the tale of 'Pandora's box, which being opened through her curiosity, filled the world full of all manner of diseases. It is not curiosity alone, but those other crying sins of ours, which pull these several plagues and miseries upon our heads. For *Ubi pecatum, ibi procella,* as Chrysostom well observes.  

*Fools by reason of their transgression, and because of their iniquities, are afflicted. Fear cometh like sudden desolation, and destruction like a whirlwind, affliction and anguish,* because they did not fear God,  

*Are you shaken with wars?* as Cyprian well urgeth to Demetrius,  

*Are you molested with dearth and famine? Is your health crushed with raging diseases? Is mankind generally tormented with epidemical maladies? Tis all for your sins,* Hag. i. 9, 10; Amos i.; Jer. vii.  

God is angry, punisheth and threateneth, because of their obstinacy and stubbornness, they will not turn unto him.  

*If the earth be barren then for want of rain, if dry and squalid, it yield no fruit, if your fountains be dried up, your wine, corn, and oil blasted, if the air be corrupted, and men troubled with diseases, 'tis by reason of their sins:* which like the blood of Abel cry loud to heaven for vengeance, Lam. v. 15.  

*That we have sinned, therefore our hearts are heavy,* Isa. lix. 11, 12.  

*We roar like bears, and mourn like doves, and want health, &c. for our sins and trespasses.* But this we cannot endure to hear or to take notice of, Jer. ii. 30.  

*We are smitten in vain and receive no correction,* and cap. v. 3.  

*Thou hast stricken them, but they have not sorrowed; they have refused to receive correction; they have not returned. Pestilence he hath sent, but they have not turned to him,* Amos iv.  

*Herod could not abide John Baptist, nor Dominian endure Apollonius to tell the causes of the plague at Ephesus,* his injustice, incest, adultery, and the like.  

To punish therefore this blindness and obstinacy of ours as a concomitant cause and principal agent, is God's just judgment in bringing these calamities upon us, to chastise us, I say, for our sins, and to satisfy God's wrath. For the law requires obedience or punishment, as you may read at large, Deut. xxviii. 15.  

*If they will not obey the Lord, and keep his commandments and ordinances, then all these curses shall come upon them.*  

*Cursed in the town and in the field, &c.*  

The Lord shall send thee trouble and shame, because of thy wickedness.  

And a little after,  

*The Lord shall smite thee with the botch of Egypt, and with emards, and*
scab, and itch, and thou canst not be healed. * With madness, blindness, and astonishing of heart." This Paul seconds, Rom. ii. 9, "Tribulation and anguish on the soul of every man that doth evil." Or else these chastisements are inflicted upon us for our humiliation, to exercise and try our patience here in this life, to bring us home, to make us to know God ourselves, to inform and teach us wisdom. **"Therefore is my people gone into captivity, because they had no knowledge; therefore is the wrath of the Lord kindled against his people, and he hath stretched out his hand upon them." He is desirous of our salvation. *Nostræ salutis avidus, saith Lemnian, and for that cause pulls us by the ear many times, to put us in mind of our duties: "That they which erred might have understanding, (as Isaiah speaks xxi. 24) and so to be reformed. 3 I am afflicted, and at the point of death," so David confesseth of himself, Psalm lxxxviii. v. 15, v. 9. "Mine eyes are sorrowful through mine affliction." and that made him turn unto God. Great Alexander in the midst of all his prosperity, by a company of parasites defied, and now made a god, when he saw one of his wounds bleed, remembered that he was but a man, and remitted of his pride. In morbo recolligit se animus,* as Phiny well perceived; "In sickness the mind reflects upon itself, with judgment surveys itself, and abhors its former courses;" insomuch that he concludes to his friend Marius, "as that it were the period of all philosophy, if we could so continue, sound, or perform but a part of that which we promised to do, being sick." Whose is wise then, will consider these things, as David did (Psal. cxliv., verse last); and whatsoever fortune befall him, make use of it. If he be in sorrow, need, sickness, or any other adversity, seriously to recount with himself, why this or that malady, misery, this or that incurable disease is inflicted upon him; it may be for his good, **sic expedit, as Peter said of his daughter's ague. Bodily sickness is for his soul's health, perissiæ nisi perissæt, had he not been visited, he had utterly perished; for "the Lord correcteth him whom he loveth, even as a father doth his child in whom he delighteth." If he be safe and sound on the other side, and free from all manner of infirmity; * et cæteris...

Yet in the midst of his prosperity, let him remember that caveat of Moses, "Beware that he do not forget the Lord his God;" that he be not puffed up, but acknowledge them to be his good gifts and benefits, and "the more he hath, to be more thankful," (as Agapitianus adviseth) and use them aright.

**Instrumental Causes of our Infirmities.]** Now the instrumental causes of these our infirmities, are as diverse as the infirmities themselves; stars, heavens, elements, &c. And all those creatures which God hath made, are armed against sinners. They were indeed once good in themselves, and that they are now many of them pernicious unto us, is not in their nature, but our corruption, which hath caused it. For from the fall of our first parent Adam, they have been changed, the earth accursed, the influence of stars altered, the four elements, beasts, birds, plants, are now ready to offend us. "The principal things for the use of man, are water, fire, iron, salt, meal, wheat, honey, milk, oil, wine, clothing, good to the godly, to the sinners turned to evil," Ecclus. xxxix. 26. "Fire, and hail, and famine, and dearth, all these are created

for vengeance," Ecclus. xxxix. 29. The heavens threaten us with their comets, stars, planets, with their great conjunctions, eclipses, oppositions, quartiles, and such unfriendly aspects. The air with his meteors, thunder and lightning, intemperate heat and cold, mighty winds, tempests, unseasonable weather; from which proceed dearth, famine, plague, and all sorts of epidemical diseases, consuming infinite myriads of men. At Cairo in Egypt, every third year, (as it is related by "Boterus, and others) 300,000 die of the plague; and 200,000, in Constantinople, every fifth or seventh at the utmost. How doth the earth terrify and oppress us with terrible earthquakes, which are most frequent in China, Japan, and those eastern climes, swallowing up sometimes six cities at once? How doth the water rage with his inundations, irruptions, fling down towns, cities, villages, bridges, &c., besides shipwrecks; whole islands are sometimes suddenly overwhelmed with all their inhabitants in Zealand, Holland, and many parts of the continent drowned, as the "lake Erne in Ireland? "Nihilque prater arcuum cadavera patenti cervimus frato. In the fens of Friesland 1230, by reason of tempests, "the sea drowned multa homium milia, et jumenta sine numero, all the country almost, men and cattle in it. How doth the fire rage, that merciless element, consuming in an instant whole cities? What town of any antiquity or note hath not been once, again and again, by the fury of this merciless element, defaced, ruined, and left desolate? In a word,

"Ignis perecit, unda mergit, aëris
Via pestilentis aquor ereptum necat,
Bello superstes, labidas morbo petit."  

"Whom fire spares, sea doth drown; whom sea,
Postilient air doth send to clay;
Whom war 'scapes, sickness takes away."

To descend to more particulars, how many creatures are at deadly feud with men? Lions, wolves, bears, &c. Some with hoofs, horns, tusks, teeth, nails: How many noxious serpents and venomous creatures, ready to offend us with stings, breath, sight, or quite kill us? How many pernicious fishes, plants, gums, fruits, seeds, flowers, &c., could I reckon up on a sudden, which by their very smell many of them, touch, taste, cause some grievous malady, if not death itself? Some make mention of a thousand several poisons: but these are but trifles in respect. The greatest enemy to man, is man, who by the devil's instigation is still ready to do mischief, his own executioner, a wolf, a devil to himself, and others.* We are all brethren in Christ, or at least should be, members of one body, servants of one Lord, and yet no fiend can so torment, insult over, tyrannize, vex, as one man doth another. Let me not fall therefore (saith David, when wars, plague, famine were offered) into the hands of men, merciless and wicked men:

† "Vix sunt homines hoc nomine digni,
Quamque lupi, saeva plus fortalitis habent."

We can most part foresee these epidemical diseases, and likely avoid them; Dearth, tempests, plagues, our astrologers foretell us; Earthquakes, inundations, ruins of houses, consuming fires, come by little and little, or make some noise beforehand; but the knaverys, impostures, injuries and villanies of men, no art can avoid. We can keep our professed enemies from our cities, by gates, walls, and towers, defend ourselves from thieves and robbers by watchfulness and weapons; but this malice of men, and their pernicious endeavours, no caution can divert, no vigilance foreseen, we have so many secret plots and devices to mischief one another.

Sometimes by the devil's help as magicians, witches: sometimes by impos-

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* Boterus de Inst. urb. 
* Lege hist. relationem Lod. Fris de rebus Japanicis ad annum 1592. 
* Galiciard, descript. Belg. anno 1421. 
* Giraldis Cambrensis. 
* Janus Douas, ep. libr. 1. car. 19. And we perceive nothing, except the dead bodies of cities in the open sea. 
* Munster, 1. 3. Cas. cap. 462. 
* Buchanan, Baptist. 
* Homo homini inimicus, homo homini daemon. 
† Ordi. de Trist. 1. 6. Elog. 3.
tures, mixtures, poisons, stratagems, single combats, wars, we hack and hew, as if we were ad interactionem nati, like Cadmus' soldiers born to consume one another. 'Tis an ordinary thing to read of a hundred and two hundred thousand men slain in a battle. Besides all manner of tortures, brazen bulls, racks, wheels, strapadoes, guns, engines, &c. *Ad unum corpus humanum supplicia piura, quam membra: We have invented more torturing instruments, than there be several members in a man's body, as Cyprian well observes. To come nearer yet, our own parents by their offences, indiscretion and intemperance, are our mortal enemies. "The fathers have eaten sour grapes, and the children's teeth are set on edge." They cause our grief many times, and put upon us hereditary diseases, inevitable infirmities: they torment us, and we are ready to injure our posterity;

"—mox daturi progeniem vitiosiorem." | "And yet with crimes to us unknown, Our sons shall mark the coming age their own."

and the latter end of the world, as *Paul foretold, is still like to be the worst. We are thus bad by nature, bad by kind, but far worse by art, every man the greatest enemy unto himself. We study many times to undo ourselves, abusing those good gifts which God hath bestowed upon us, health, wealth, strength, wit, learning, art, memory to our own destruction, † Perditio tua ex te. As *Judas Macabeus killed Apollonius with his own weapons, we arm ourselves to our own overthrow; and use reason, art, judgment, all that should help us, as so many instruments to undo us. Hector gave Ajax a sword, which so long as he fought against enemies, served for his help and defence; but after he began to hurt harmless creatures with it, turned to his own hurtless bowels. Those excellent means God hath bestowed on us, well employed, cannot but much avail us; but if otherwise perverted, they ruin and confound us: and so by reason of our indiscretion and weakness they commonly do, we have too many instances. This St. Austin acknowledgeth of himself in his humble confessions, "promptness of wit, memory, eloquence, they were God's good gifts, but he did not use them to his glory." If you will particularly know how, and by what means, consult physicians, and they will tell you, that it is in offending in some of those six non-natural things, of which I shall *dilate more at large; they are the causes of our infirmities, our surfeiting, and drunkenness, our immoderate insatiable lust, and prodigious riot. Plures crassula, quam gladius, is a true saying, the board consumes more than the sword. Our intemperance it is, that pulls so many several incurable diseases upon our heads, that hastens b old age, perverts our temperature, and brings upon us sudden death. And last of all, that which crucifies us most, is our own folly, madness, (quos Jupiter perdit, dementat; by subtraction of his assisting grace God permits it) weakness, want of government, our facility and proneness in yielding to several lusts, in giving way to every passion and perturbation of the mind: by which means we metamorphose ourselves and degenerate into beasts. All which that prince of *poets observed of Agamemnon, that when he was well pleased, and could moderate his passion, he was—os oculosque Jovi par: like Jupiter in feature, Mars in valour, Pallas in wisdom, another god; but when he became angry, he was a lion, a tiger, a dog, &c., there appeared no sign or likeness of Jupiter in him; so we, as long as we are ruled by reason, correct our inordinate appetite, and conform ourselves to God's word, are as so many saints: but if we give reins to lust, anger, ambition, pride, and follow our own ways, we degenerate into beasts,

* Lib. 2. Epist. 2. ad Donatum. | Ezec. xviii. 2. | Hor. 1. 3. Od. 6. | 2 Tim. iii. 2.
‡ Nequitia est quae non sinit esse solum. | Homer. Iliad.
transform ourselves, overthrow our constitutions, provoke God to anger, and heap upon us this of melancholy, and all kinds of incurable diseases, as a just and deserved punishment of our sins.

SUBSECT. II.—The Definition, Number, Division of Diseases.

What a disease is, almost every physician defines. *Fernelius calleth it an "Affection of the body contrary to nature," 'Fuschius and Crato, "an hindrance, hurt, or alteration of any action of the body, or part of it." *Tholosannus, "a dissolution of that league which is between body and soul, and a perturbation of it; as health the perfection, and makes to the preservation of it." *Labeo in Agellius, "an ill habit of the body, opposite to nature, hindering the use of it." Others otherwise, all to this effect.

Number of Diseases.] How many diseases there are, is a question not yet determined; *Pliny reckons up 300 from the crown of the head to the sole of the foot: elsewhere he saith, morborum infinita multitudo, their number is infinite. Howsoever it was in those times, it boots not; in our days I am sure the number is much augmented:

*maces, et nova februm
Terris incumbat cohors.

For besides many epidemic diseases unheard of, and altogether unknown to Galen and Hippocrates, as scorbutum, small-pox, plica, sweating sickness, morbus Gallicus, &c., we have many proper and peculiar almost to every part.

No man free from some Disease or other.] No man amongst us so sound, of so good a constitution, that hath not some impediment of body or mind. Quisque suos patimur manes, we have all our infirmities, first or last, more or less. There will be peradventure in an age, or one of a thousand, like Zeno-philus the musician in *Pliny, that may happily live 105 years without any manner of impediment; a Pollio Romulus, that can preserve himself "as with wine and oil;" a man as fortunate as Q. Metellus, of whom Valerius so much braggs; a man as healthy as Otto Herwardus, a senator of Augsburg in Germany, whom "Leovitius the astrologer brings in for an example and instance of certainty in his art; who because he had the significators in his geniture fortunate, and free from the hostile aspects of Saturn and Mars, being a very cold man," *could not remember that ever he was sick." *Paracelus may brag that he could make a man live 400 years or more, if he might bring him up from his infancy, and diet him as he list; and some physicians hold, that there is no certain period of man's life; but it may still by temperance and physic be prolonged. We find in the meantime, by common experience, that no man can escape, but that of *Hesiod is true:

"Meli mihi the roma kaiou, plei an eiliseo,
Nastast avdrowen en os eilpap, aoi eii voum,
'Antoymatoi f oppression.
"Th' earth's full of maladies, and full the sea,
Which set upon us both by night and day.

Division of Diseases.] If you require a more exact division of these ordinary diseases which are incident to men, I refer you to physicians; *they will tell you of acute and chronic, first and secondary, lethales, salutares, errant, fixed, simple, compound, connexed, or consequent, belonging to parts or the whole, in

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*a Intemperantia, luxus, inqulites, et ininita hujusmodi flagitia, qua divisas pones mercurium. Crato.
*b Fern. Pahl. 1. c. 1. Morbus est affectus contra naturam corpori insidens.
*c Fuschius instit. 1. 3. Seet. 1. c. 3. a quae primum vitatut action.
*d Dissoluto festeris in corpore, ut sanitas est consummatio.
*e Lib. 4. cap. 2. Morbus est habitus contra naturam, qui talem ejus, &c.
*f Cap. 11. lib. 7.
*g Horat. lib. 1. ode 3. *Emaciation, and a new cohort of favours broods over the earth.
'h Lib. 50. lib. 7. Centum et quinque vixit annos sine ullo incommodo.
*i Inans mutus, foras olco.
+j Exempla genituri, praesertim Ephemer. cap. de infirmitat.
+k Qui, quod puellitis ultimam memoriam recordari potest non meminit se sagrum decubuisse.
+l Lib. de vita longa. Oper. et Dies.
habit, or in disposition, &c. My division at this time (as most befitting my purpose) shall be into those of the body and mind. For them of the body, a brief catalogue of which Fuschius hath made, Institut. lib. 3, sect. 1, cap. 11. I refer you to the voluminous tomes of Galen, Aretens, Rhasis, Avicenna, Alexander, Paulus Aetius, Gordonarius: and those exact Neoterics, Savanarola, Capivaccius, Donatus Altimarus, Hercules de Saxonia, Mercurialis, Victorius Faveninus, Wecker, Piso, &c., that have methodically and elaborately written of them all. Those of the mind and head I will briefly handle, and apart.

Subsect. III.—Division of the Diseases of the Head.

These diseases of the mind, forasmuch as they have their chief seat and organs in the head, which are commonly repeated amongst the diseases of the head which are divers, and vary much according to their site. For in the head, as there be several parts, so there be divers grievances, which according to that division of *Heurnius, (which he takes out of Arculanus,) are inward or outward (to omit all others which pertain to eyes and ears, nostrils, gums, teeth, mouth, palate, tongue, vesel, chops, face, &c.) belonging properly to the brain, as baldness, falling of hairs, furfaire, lice, &c. *Inward belonging to the skins next to the brain, called durta and pia mater, as all head-aches, &c., or to the ventriciles, caules, kels, tumiles, creeks, and parts of it, and their passions, as caro, vertigo, incubus, apoplexy, falling sickness. The diseases of the nerves, cramps, stupor, convulsion, tremor, palsy: or belonging to the excrement of the brain, catarrhs, sneezing, rheumus, distillations: or else those that pertain to the substance of the brain itself, in which are conceived frenzy, lethargy, melancholy, madness, weak memory, sopor, or Coma Vigilia et vigil Coma. Out of these again I will single such as properly belong to the phantasy, or imagination, or reason itself, which *Laurentius calls the diseases of the mind; and Hildesheim, morbus imaginationis, aut rationis lessea, (diseases of the imagination, or of injured reason,) which are three or four in number, phrensy, madness, melancholy, dotage, and their kinds: as hydrophobia, lycanthropsia, Chorus sancti vitae, morbi daemoniaci, (St. Vitus's dance, possession of devils,) which I will briefly touch and point at, insisting especially in this of melancholy, as more eminent than the rest, and that through all his kinds, causes, symptoms, prognostics, cures: as Lonicerus hath done de apoplexia, and many other of such particular diseases. Not that I find fault with those which have written of this subject before, as Jason Pratensis, Laurentius, Montaltus, T. Bright, &c., they have done very well in their several kinds and methods; yet that which one omits, another may haply see; that which one contracts, another may enlarge. To conclude with *Scribanius, "that which they had neglected, or professorily handled, we may more thoroughly examine; that which is obscurely delivered in them, may be perspicuously dilated and amplified by us;" and so made more familiar and easy for every man's capacity, and the common good, which is the chief end of my discourse.

Subsect. IV.—Dotage, Phrensy, Madness, Hydrophobia, Lycanthropia, Chorus sancti Viti, Exatasis.

Delirium, Dotage.] Dotage, fatuity, or folly, is a common name to all the following species, as some will have it. *Laurentius and *Altimarus comprehend madness, melancholy, and the rest under this name, and call it the

*Prefat. de morbis capitis. In capitum ut variis habitant partibus, ita variae quereles lbm eveniunt.

*Of which read Henrius, Montaltus, Hildesheim, Quezecian, Jason Pratensis, &c.

*Cap. 2. de melancophi.

*Cap. 2. de Phisologia sagarum; Quod sit minus recte fortasse discernit, nos examinari, melius judicare, corrigere studemus.

*Cap. 4. de mol.

*Art. Med. 7.
summum genus of them all. If it be distinguished from them, it is natural or ingenite, which comes by some defect of the organs, and over-much brain, as we see in our common fools; and is for the most part intended or remitted in particular men, and thereupon some are wiser than others: or else it is acquired, an appendix or symptom of some other disease, which comes or goes; or if it continue, a sign of melancholy itself.

Phrensy.] Phrenitis, which the Greeks derive from the word Phrenis, is a disease of the mind, with a continual madness or dotage, which hath an acute fever annexed, or else an inflammation of the brain, or the membranes or kels of it, with an acute fever, which causeth madness and dotage. It differs from melancholy and madness, because their dotage is without an ague: this continual, with waking, or memory decayed, &c. Melancholy is most part silent, this clamorous; and many such like differences are assigned by physicians.

Madness.] Madness, phrensy, and melancholy are confounded by Celsus and many writers; others leave out phrensy, and make madness and melancholy but one disease, which "Jason Fratensis especially labours, and that they differ only secondum majus or minus, in quantity alone, the one being a degree to the other, and both proceeding from one cause. They differ intenso et remisso gradu, saith Gordonius, as the humour is intended or remitted. Of the same mind is Aretens, Alexander Tertullianus, Guianerius, Savanarola, Heurnius; and Galen himself writes promiscuously of them both by reason of their affinity: but most of our neoterics do handle them apart, whom I will follow in this treatise. Madness is therefore defined to be a vehement dotage; or raving without a fever, far more violent than melancholy, full of anger and clamour, horrible looks, actions, gestures, troubling the patients with far greater vehement both of body and mind, without all fear and sorrow, with such impetuous force and boldness, that sometimes three or four men cannot hold them. Differing only in this from phrensy, that it is without a fever, and their memory is most part better. It hath the same causes as the other, as choleric distemper, and blood incensed, brains inflamed, &c. *Fracastorius adds, "a due time, and full age to this definition, to distinguish it from children, and will have it confirmed impotency, to separate it from such as accidentally come and go again, as by taking henbane, nightshade, wine," &c. Of this fury there be divers kinds; by ecstasy, which is familiar with some persons, as Cardan saith of himself, he could be in one when he list; in which the Indian priests deliver their oracles, and the witches in Lapland, as Olaus Magnus writeth, 1. 3, cap. 18. Ecstasy omnia praedicaver, answer all questions in an extasis you will ask; what your friends do, where they are, how they fare, &c. The other species of this fury are enthusiasms, revelations, and visions, so often mentioned by Gregory and Beda in their works; obsession or possession of devils, sibylline prophets, and poetical furies; such as come by eating noxious herbs, tarantulas' stinging, &c., which some reduce to this. The most known are these, lycanthropia, hydrophobia, chorus sancti viti.

Lycanthropia.] Lycanthropia, which Avicenna calls Cucubuth, others Lupinam insaniam, or Wolf-madness, when men run howling about graves and fields in the night, and will not be persuaded but that they are wolves, or some such beasts. *Aetius and Paulus call it a kind of melancholy; but I should rather refer it to madness, as most do. Some make a doubt of it

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whether there be any such disease. 1Donat ab Altomari saith, that he saw two of them in his time; 2Wierius tells a story of such a one at Padua 1541, that would not believe to the contrary, but that he was a wolf. He hath another instance of a Spaniard, who thought himself a bear; 3Forrestus confirms as much by many examples; one amongst the rest of which he was an eye-witnes, at Alcaer in Holland, a poor husbandman that still hunted about graves, and kept in churchyards, of a pale, black, ugly, and fearful look. Such belike, or little better, were King Prætus' 4daughters, that thought themselves kine. And Nebuchadnezzar in Daniel, as some interpreters hold, was only troubled with this kind of madness. This disease perhaps gave occasion to that bold assertion of 5Pliny, "some men were turned into wolves in his time, and from wolves to men again:" and to that fable of Pausanias, of a man that was ten years a wolf, and afterwards turned to his former shape: to 6Ovid's tale of Lycaon, &c. He that is desirous to hear of this disease, or more examples, let him read Austin in his 18th book de Civitate Dei, cap. 5. Mæcaldus, cent. 5. 77. Schenkius, lib. 1. Hildesheim, spic. 2. de Munia. Forrestus, lib. 10. de morbis cerebr. Olaus Magnus, Vincenius Bellaviensis, spec. met. lib. 31. c. 122. Pierius, Bodine, Zuinger, Zeiliger, Peucer, Wierus, Spranger, &c. This malady, saith Avicenna, troubleth men most in February, and is now-a-days frequent in Bohemia and Hungary, according to 7Heurnius. Schermitzius will have it common in Livonia. They lie hid most part all day, and go abroad in the night, barking, howling, at graves and deserts; "they have usually hollow eyes, scabbed legs and thighs, very dry and pale," saith Altomarus; he gives a reason there of all the symptoms, and sets down a brief cure of them.

Hydrophobia is a kind of madness, well known in every village, which comes by the biting of a mad dog, or scratching, saith 8Aurelianus; touching, or smelling alone sometimes as 9Schenkius proves, and is incident to many other creatures as well as men; so called because the parties affected cannot endure the sight of water, or any liquor, supposing still they see a mad dog in it. And which is more wonderful; though they be very dry, (as in this malady they are) they will rather die than drink; 9Cælius Aurelianus, an ancient writer, makes a doubt whether this Hydrophobia be a passion of the body or the mind. The part affected is the brain: the cause, poison that comes from the mad dog, which is so hot and dry, that it consumes all the moisture in the body. 8Hildesheim relates of some that died so mad; and being cut up, had no water, scarce blood, or any moisture left in them. To such as are so affected, the fear of water begins at fourteen days after they are bitten, to some again not till forty or sixty days after: commonly saith Heurnius, they begin to rave, fly water and glasses, to look red, and swell in the face, about twenty days after (if some remedy be not taken in the meantime) to lie awake, to be pensive, sad, to see strange visions, to bark and howl, to fall into a swoon, and oftentimes fits of the falling sickness. * Some say, little things like whelps will be seen in their urine. If any of these signs appear, they are past recovery. Many times these symptoms will not appear till six or seven months after, saith 10Codronchus; and sometimes not till seven or eight years, as Guianerius; twelve as Albertus; six or eight months after, as Galen holds. Baldus the great lawyer died of it: an Augustine friar, and a woman in Delft, that were 3Forrestus' patients, were miserably consumed with it. The

common cure in the country (for such at least as dwell near the sea-side) is to duck them over head and ears in sea water; some use charms: every good wife can prescribe medicines. But the best cure to be had in such cases, is from the most approved physicians; they that will read of them, may consult with Dioscorides, lib. 6. c. 37, Heurnius, Hildesheim, Capivaccius, Forrestus, Skenkius, and before all others Codronchus an Italian, who hath lately written two exquisite books on the subject.

Chorus sancti Viti, or S. Vitus' dance; the lascivious dance, *Paracelsus calls it, because they that are taken from it, can do nothing but dance till they be dead or cured. It is so called, for that the parties so troubled were wont to go to S. Vitus for help, and after they had danced there awhile, they were *certainly freed. 'Tis strange to hear how long they will dance, and in what manner, over stools, forms, tables; even great bellied women sometimes (and yet never hurt their children) will dance so long that they can stir neither hand nor foot, but seem to be quite dead. One in red clothes they cannot abide. Music above all things they love, and therefore magistrates in Germany will hire musicians to play to them, and some lusty sturdy companions to dance with them. This disease hath been very common in Germany, as appears by those relations of *Skenkius, and Paracelsus in his book of madness, who brags how many several persons he hath cured of it. *Felix Platerus de mentis alienat. cap. 3. reports of a woman in Basil whom he saw, that danced a whole month together. The Arabians call it a kind of palsy. Bodine in his 5th book de Repub. cap. 1, speaks of this infirmity; Monavius in his last epistle to Scoltizius, and in another to Duditius, where you may read more of it.

The last kind of madness or melancholy, is that demoniacal (if I may so call it) obsession or possession of devils, which Platerus and others would have to be preternatural: stupend things are said of them, their actions, gestures, contortions, fasting, prophesying, speaking languages they were never taught, &c. Many strange stories are related of them, which because some will not allow, (for Deacon and Darrel have written large volumes on this subject pro and con.) I voluntarily omit.

*Fuschius, instit. lib. 3. sec. 1. cap. 11, Felix Plater, *Laurentius, add to these another fury that proceeds from love, and another from study, another divine or religious fury; but these more properly belong to melancholy; of all which I will speak *apart, intending to write a whole book of them.

Subsect. V.—Melancholy in Disposition, improperly so called, Equivocations.

Melancholy, the subject of our present discourse, is either in disposition or habit. In disposition, is that transitory melancholy which goes and comes upon every small occasion of sorrow, need, sickness, trouble, fear, grief, passion, or perturbation of the mind, any manner of care, discontent, or thought, which causeth anguish, dulness, heaviness and vexation of spirit, any ways opposite to pleasure, mirth, joy, delight, causing frowardness in us, or a dislike. In which equivocal and improper sense, we call him melancholy that is dull, sad, sour, lumpish, ill-disposed, solitary, any way moved, or displeased. And from these melancholy dispositions, *no man living is free, no stoic, none so wise, none so happy, none so patient, so generous, so godly, so divine, that can vindicate himself; so well composed, but more or less, some time or
other he feels the smart of it. Melancholy in this sense is the character of mortality. "*Man that is born of a woman, is of short continuance, and full of trouble." Zeno, Cato, Socrates himself, whom *Aelian so highly commends for a moderate temper, that "nothing could disturb him, but going out, and coming in, still Socrates kept the same serenity of countenance, what misery soever befell him," (if we may believe Plato his disciple) was much tormented with it. Q. Metellus, in whom *Valerius gives instance of all happiness, the most fortunate man then living, born in that most flourishing city of Rome, of noble parentage, a proper man of person, well qualified, healthful, rich, honourable, a senator, a consul, happy in his wife, happy in his children," &c., yet this man was not void of melancholy, he had his share of sorrow. *Polycrates Samins, that flung his ring into the sea, because he would participate of discontent with others, and had it miraculously restored to him again shortly after, by a fish taken as he angled, was not free from melancholy dispositions. No man can cure himself; the very gods had bitter pangs, and frequent passions, as their own poets put upon them. In general, "*as the heaven, so is our life, sometimes fair, sometimes overcast, tempestuous, and serene; as in a rose, flowers and prickles; in the year itself, a temperate summer sometimes, a hard winter, a drought, and then again pleasant showers: so is our life intermixed with joys, hopes, fears, sorrows, calamities: *Invocem cedunt dolor et voluptas, there is a succession of pleasure and pain."

"Even in the midst of laughing there is sorrow" (as *Solomon holds): even in the midst of all our feasting and jollity, as *Austin infers in his Com. on the 41st Psalm, there is grief and discontent. *Inter delicias semper aliquid saeculi nostrae strangulat, for a pint of honey thou shalt here likely find a gallon of gall, for a dram of pleasure a pound of pain, for an inch of mirth an all of moan; as ivy doth an oak, these miseries encompass our life. And it is most absurd and ridiculous for any mortal man to look for a perpetual tenure of happiness in this life. Nothing so prosperous and pleasant, but it hath some bitterness in it, some complaining, some grudging; it is all *placentiae, a mixed passion, and like a chequer table, black and white men, families, cities, have their falls and waners; now trines, sextiles, then quartiles and oppositions. We are not here as those angels, celestial powers and bodies, sun and moon, to finish our course without all offence, with such constancy, to continue for so many ages: but subject to infirmities, miseries, interrupted, tossed and tumbled up and down, carried about with every small blast, often molested and disquieted upon each slender occasion, uncertain, brittle, and so is all that we trust unto. "*And he that knows not this is not armed to endure it, is not fit to live in this world (as one condoles our time), he knows not the condition of it, with a reciprocality, pleasure and pain are still united, and succeed one another in a ring." *Exi è mundo, goethe gone hence if thou canst not

brook it; there is no way to avoid it, but to arm thyself with patience, with magnanimity, to oppose thyself unto it, to suffer affliction as a good soldier of Christ; as 'Paul adviseth constantly to bear it. But forasmuch as so few can embrace this good counsel of his, or use it aright, but rather as so many brute beasts give a way to their passion, voluntary subject and precipitate themselves into a labyrinth of cares, woes, miseries, and suffer their souls to be overcome by them, cannot arm themselves with that patience as they ought to do, it falleth out oftentimes that these dispositions become habits, and "many affects contemned (as "Seneca notes) make a disease. Even as one distillation, not yet grown to custom, makes a cough; but continual and inveterate causeth a consumption of the lunge;" so do these our melancholy provocations: and according as the humour itself is intended, or remitted in men, as their temperature of body, or rational soul is better able to make resistance; so are they more or less affected. For that which is but a fleabit ing to one, causeth insufferable torment to another; and which one by his singular moderation, and well-composed carriage can happily overcome, a second is no whit able to sustain, but upon every small occasion of misconceived abuse, injury, grief, disgrace, loss, cross, humour, &c. (if solitary, or idle) yields so far to passion, that his complexion is altered, his digestion hindered, his sleep gone, his spirits obscured, and his heart heavy, his hypochondries misaffected; wind, crudity, on a sudden overtake him, and he himself overcome with melancholy. As it is with a man imprisoned for debt, if once in the gaol, every creditor will bring his action against him, and there likely hold him. If any discontent seize upon a patient, in an instant all other perturbations (for—quæ data portæ ruunt) will set upon him, and then like a lame dog or broken-winged goose he droops and pines away, and is brought at last to that ill habit or malady of melancholy itself. So that as the philosophers make eight degrees of heat and cold, we may make eighty-eight of melancholy, as the parts affected are diversely seized with it, or have been plunged more or less into this infernal gulph, or waded deeper into it. But all these melancholy fits, howsoever pleasing at first, or displeasing, violent and tyrannizing over those whom they seize on for the time; yet these fits I say, or men affected, are but improperly so called, because they continue not, but come and go, as by some objects they are moved. This melancholy of which we are to treat, is a habit, morbus sonticus, or chronicus, a chronic or continate disease, a settled humour, as Aurelianus and others call it, not errant, but fixed; and as it was long increasing, so now being, (pleasant, or painful) grown to an habit, it will hardly be removed.

SECT. I. MEMB. II.

SUBSECT. I.—Digression of Anatomy.

Before I proceed to define the disease of melancholy, what it is, or to discourse farther of it, I hold it not impertinent to make a brief digression of the anatomy of the body and faculties of the soul, for the better understanding of that which is to follow; because many hard words will often occur, as myrrh, hypochondries, emrods, &c., imagination, reason, humours, spirits, vital, natural, animal, nerves, veins, arteries, chylus, pituita; which by the

* Horum omnia studia dirigit debeat, ut humana fortiter feramus. 12 Tim. ii. 3. 2 Epist. 96. Hb. 10. affectus frequentes contempitique morbum faciunt. Distillatio una nec aduae in morrem adanes, tussim fact, assidua et violenta pithias. * Calidum ad octo: frigidum ad octo. Una hirundo non facit statam. 7 Lib. i. & 8. 2 Fuschius. i. 3. sec. 1. cap. 7. Hultsheim, fol. 130.
vulgar will not so easily be perceived, what they are, how cited, and to what end they serve. And besides, it may peradventure give occasion to some men to examine more accurately, search further into this most excellent subject, and thereupon with that royal * prophet to praise God, ("for a man is fearfully and wonderfully made, and curiously wrought") that have time and leisure enough, and are sufficiently informed in all other worldly businesses, as to make a good bargain, buy and sell, to keep and make choice of a fair hawk, hound, horse, &c. But for such matters as concern the knowledge of themselves, they are wholly ignorant and careless; they know not what this body and soul are, how combined, of what parts and faculties they consist, or how a man differs from a dog. And what can be more ignominious and filthy (as *Melancthon well inveighs) "than for a man not to know the structure and composition of his own body, especially since the knowledge of it tends so much to the preservation of his health, and information of his manners?" To stir them up therefore to this study, to peruse those elaborate works of Galen, Bauhines, Plater, Vesalius, Falopius, Laurentius, Remelius, &c., which have written copiously in Latin; or that which some of our industrious countrymen have done in our mother tongue, not long since, as that translation of Columbus and Microsomographia, in thirteen books, I have made this brief digression. Also because *Wecker, *Melancthon, *Fernelius, *Fuschius, and those tedious Tracts de Anima (which have more compendiously handled and written of this matter) are not at all times ready to be had, to give them some small taste, or notice of the rest, let this epitome suffice.

SUBSECT. II.—Division of the Body, Humours, Spirits.

Of the parts of the body there may be many divisions: the most approved is that of Laurentius, out of Hippocrates: which is, into parts contained, or containing. Contained, are either humours or spirits.

Humours.] A humour is a liquid or fluent part of the body, comprehended in it, for the preservation of it; and is either innate or born with us, or adventitious and acquise. The radical or innate, is daily supplied by nourishment, which some call cambium, and make those secondary humours of ros and gluten to maintain it: or acquise, to maintain these four first primary humours, coming and proceeding from the first concoction in the liver, by which means chylus is excluded. Some divide them into profitable and excrementitious. But Crato out of Hippocrates will have all four to be juice, and not excrements, without which no living creature can be sustained: which four, though they be comprehended in the mass of blood, yet they have their several affections, by which they are distinguished from one another, and from those adventitious, peccant, or diseased humours, as Melancthon calls them.

Blood.] Blood is a hot, sweet, temperate, red humour, prepared in the meseraic veins, and made of the most temperate parts of the chylus in the liver, whose office is to nourish the whole body, to give it strength and colour, being dispersed by the veins through every part of it. And from it spirits are first begotten in the heart, which afterwards by the arteries are communicated to the other parts.

Pituita, or phlegm, is a cold and moist humour, begotten of the colder part of the chylus (or white juice coming out of the meat digested in the stomach), in the liver; his office is to nourish and moisten the members of the body, as the tongue are moved, that they be not over dry.

Choler is hot and dry, bitter, begotten of the hotter parts of the chylus, and gathered to the gall: it helps the natural heat and senses, and serves to the expelling of excrements.

Melancholy.] Melancholy, cold and dry, thick, black, and sour, begotten of the more feculent part of nourishment, and purged from the spleen, is a bridle to the other two hot humours, blood and choler, preserving them in the blood, and nourishing the bones. These four humours have some analogy with the four elements, and to the four ages in man.

Serum, Sweat, Tears.] To these humours you may add serum, which is the matter of urine, and those excrementitious humours of the third concoction, sweat and tears.

Spirits.] Spirit is a most subtle vapour, which is expressed from the blood, and the instrument of the soul, to perform all his actions; a common tie or medium between the body and the soul, as some will have it; or as Paracelsus, a fourth soul of itself. Melancholy holds the fountain of these spirits to the heart, begotten there; and afterward conveyed to the brain, they take another nature to them. Of these spirits there be three kinds, according to the three principal parts, brain, heart, liver; natural, vital, animal. The natural are begotten in the liver, and thence dispersed through the veins, to perform those natural actions. The vital spirits are made in the heart of the natural, which by the arteries are transported to all the other parts: if the spirits cease, then life ceaseth, as in a syncope or swooning. The animal spirits formed of the vital, brought up to the brain, and diffused by the nerves, to the subordinate members, give sense and motion to them all.

SUBSECT. III.—Similar Parts.

Similar Parts.] Containing parts, by reason of their more solid substance, are either homogeneal or heterogeneal, similar or dissimilar; so Aristotle divides them, lib. 1, cap. 1, de Hist. Animal.; Laurentius, cap. 20, lib. 1. Similar, or homogeneal, are such as, if they be divided, are still severed into parts of the same nature, as water into water. Of these some be spermatical, some fleshly or carnal. "Spermatical are such as are immediately begotten of the seed, which are bones, gristles, ligaments, membranes, nerves, arteries, veins, skins, fibres or strings, fat.

Bones.] The bones are dry and hard, begotten of the thickest of the seed, to strengthen and sustain other parts: some say there be 304, some 307, or 313 in man's body. They have no nerves in them, and are therefore without sense.

A gristle is a substance softer than bone, and harder than the rest, flexible, and serves to maintain the parts of motion.

Ligaments are they that tie the bones together, and other parts to the bones, with their subserving tendons: membranes' office is to cover the rest.

Nerves, or sinews, are membranes without, and full of marrow within; they proceed from the brain, and carry the animal spirits for sense and motion. Of these some be harder, some softer; the softer serve the senses, and there be seven pair of them. The first be the optic nerves, by which we see; the second move the eyes; the third pair serve for the tongue to taste; the fourth pair for the taste in the palate; the fifth belong to the ears; the sixth pair is most ample, and runs almost over all the bowels; the seventh pair moves the tongue. The harder sinews serve for the motion of the inner parts, proceeding from the marrow in the back, of whom there be thirty combinations, seven of the neck, twelve of the breast, &c.

Arteries.] Arteries are long and hollow, with a double skin to convey the vital spirits; to discern which the better, they say that Vesalius the anatomist was wont to cut up men alive. They arise in the left side of the heart, and are principally two, from which the rest are derived, aorta and venosa: aorta is the root of all the other, which serve the whole body; the other goes to the lungs, to fetch air to refrigerate the heart.

Veins.] Veins are hollow and round, like pipes, arising from the liver, carrying blood and natural spirits; they feed all the parts. Of these there be two chief, Vena portæ and Vena cava, from which the rest are corriivated. That Vena portæ is a vein coming from the concave of the liver, and receiving those meseraical veins, by whom he takes the chylus from the stomach and guts, and conveys it to the liver. The other derives blood from the liver to nourish all the other dispersed members. The branches of that Vena portæ are the meseraical and hemorrhoides. The branches of the Cava are inward or outward. Inward, seminal or emulgent. Outward, in the head, arms, feet, &c., and have several names.

Fibres, Fat, Flesh.] Fibres are strings, white and solid, dispersed through the whole member, and right, oblique, transverse, all which have their several uses. Fat is a similar part, moist, without blood, composed of the most thick and unctuous matter of the blood. The skin covers the rest, and hath Cuticulum, or a little skin under it. Flesh is soft and ruddy, composed of the congealing of blood, &c.

Subsect. IV.—Dissimilar Parts.

Dissimilar parts are those which we call organical, or instrumental, and they be inward or outward. The chiefest outward parts are situate forward or backward:—forward, the crown and foretop of the head, skull, face, forehead, temples, chin, eyes, ears, nose, &c., neck, breast, chest, upper and lower part of the belly, hypochondries, navel, groin, flank, &c.; backward, the hinder part of the head, back, shoulders, sides, loins, hipbones, os sacrum, buttocks, &c. Or joints, arms, hands, feet, legs, thighs, knees, &c. Or common to both, which, because they are obvious and well known, I have carelessly repeated, eaque precipua et grandiora tantum; quod reliquum ex libris de anima qui volet, occipiat.

Inward organical parts, which cannot be seen, are divers in number, and have several names, functions, and divisions; but that of Laurentius is most notable, into noble or ignoble parts. Of the noble there be three principal parts, to which all the rest belong, and whom they serve—brain, heart, liver; according to whose site, three regions, or a threefold division, is made of the whole body. As first of the head, in which the animal organs are contained, and brain itself, which by his nerves give sense and motion to the rest, and is, as it were, a privy counsellor and chancellor to the heart. The second region is the chest, or middle belly, in which the heart as king keeps his court, and by his arteries communicates life to the whole body. The third region is the lower belly, in which the liver resides as a Legat a latere, with the rest of those natural organs, serving for concoction, nourishment, expelling of excrements. This lower region is distinguished from the upper by the midriff, or diaphragma, and is subdivided again by som into three concavities or regions, upper, middle, and lower. The upper of the hypochondries, in whose right side is the liver, the left the spleen; from which is denominated hypochondriacal melancholy. The second of the navel and flanks, divided from the first by the rim.

* In these they observe the beating of the pulse. p Cujus est pars similiaris a vi cutifaca ut interiora manus. Capivae. Anat. pag. 232. q Anat. lib. 1. c. 10. Celebris est et parvulges partium divisis in principes et ignobiles partes. r D. Crook out of Galen and others.
The last of the water course, which is again subdivided into three other parts. The Arabians make two parts of this region, Epigastrium and Hypogastrum, upper or lower. Epigastrium they call Mirach, from whence comes Mirachialis Melancholia, sometimes mentioned of them. Of these several regions I will treat in brief apart; and first of the third region, in which the natural organs are contained.

De Animâ.—The Lower Region, Natural Organs.] But you that are readers in the meantime, “Suppose you were now brought into some sacred temple, or majestic palace (as Melanthon saith), to behold not the matter only, but the singular art, workmanship, and counsel of this our great Creator. And it is a pleasant and profitable speculation, if it be considered aright.” The parts of this region, which present themselves to your consideration and view, are such as serve to nutrition or generation. Those of nutrition serve to the first or second concoction; as the oesophagus or gullet, which brings meat and drink into the stomach. The ventricle or stomach, which is seated in the midst of that part of the belly beneath the midriff, the kitchen, as it were, of the first concoction, and which turns our meat into chylus. It hath two mouths, one above, another beneath. The upper is sometimes taken for the stomach itself; the lower and nether door (as Weeker calls it) is named Pylorus. This stomach is sustained by a large kall or kaull, called omentum; which some will have the same with peritoneum, or rim of the belly. From the stomach to the very fundament are produced the guts, or intestina, which serve a little to alter and distribute the chylus, and convey away the excrements. They are divided into small and great, by reason of their site and substance, slender or thicker: the slender is duodenum, or whole gut, which is next to the stomach, some twelve inches long, saith Fuschius. Jejunum, or empty gut, continue to the other, which hath many meseraic veins annexed to it, which take part of the chylus to the liver from it. Ilion the third, which consists of many crinkles, which serves with the rest to receive, keep, and distribute the chylus from the stomach. The thick guts are three, the blind gut, colon, and right gut. The blind is a thick and short gut, having one mouth, in which the ilion and colon meet: it receives the excrements, and conveys them to the colon. This colon hath many windings, that the excrements pass not away too fast: the right gut is strait, and conveys the excrements to the fundament, whose lower part is bound up with certain muscles called sphincters, that the excrements may be the better contained, until such time as a man be willing to go to the stool. In the midst of these guts is situated the mesenterium or midriff, composed of many veins, arteries, and much fat, serving chiefly to sustain the guts. All these parts serve the first concoction. To the second, which is busied either in refining the good nourishment or expelling the bad, is chiefly belonging the liver, like in colour to concealed blood, the shop of blood, situate in the right hypercondry, in figure like to a half-moon—Generosum membrum Melanthon styles it, a generous part; it serves to turn the chylus to blood, for the nourishment of the body. The excrements of it are either choleric or watery, which the other subordinate parts convey. The gall placed in the concave of the liver, extracts choleric to it: the spleen, melancholy; which is situate on the left side, over against the liver, a spongious matter that draws this black choler to it by a secret virtue, and feeds upon it, conveying the rest to the bottom of the stomach, to stir up appetite, or else to the guts as an excrement. That watery matter the two kidneys expurgate by those emulent veins and ureters. The emulent draw this superfluous moisture from the blood; the two ureters convey it to the

*Vos vero velati in templum ac sacrarum quoddam vos duci putatis, &c. Suavis et utilis cognitio.
Anatomy of the Body.

Mem. 2. Subs. 4.

bladder, which by reason of his site in the lower belly, is apt to receive it, having two parts, neck and bottom: the bottom holds the water, the neck is constricted with a muscle, which, as a porter, keeps the water from running out against our will.

Members of generation are common to both sexes, or peculiar to one; which, because they are impertinent to my purpose, I do voluntarily omit.

Middle Region.] Next in order is the middle region, or chest, which comprehends the vital faculties and parts; which (as I have said) is separated from the lower belly by the diaphragma or midriff, which is a skin consisting of many nerves, membranes; and amongst other uses it hath, is the instrument of laughing. There is also a certain thin membrane, full of sinews, which covereth the whole chest within, and is called pleura, the seat of the disease called pleurisy, when it is inflamed; some add a third skin, which is termed Mediastinus, which divides the chest into two parts, right and left; of this region the principal part is the heart, which is the seat and fountain of life, of heat, of spirits, of pulse and respiration—the sun of our body, the king and sole commander of it—the seat and organ of all passions and affections. *Pri"num vivens, ultimum moriens,* it lives first, and dies last in all creatures. Of a pyramidal form, and not much unlike to a pine-apple; a part worthy of "admiration, that can yield such variety of affections, by whose motion it is dilated or contracted, to stir and command the humours in the body. As in sorrow, melancholy; in anger, choler; in joy, to send the blood outwardly; in sorrow, to call it in; moving the humours, as horses do a chariot. This heart, though it be one sole member, yet it may be divided into two creeks right and left. The right is like the moon increasing, bigger than the other part, and receives blood from *Vena cava* distributing some of it to the lungs to nourish them; the rest to the left side, to engender spirits. The left creek hath the form of a cone, and is the seat of life, which, as a torch doth oil, draws blood unto it, begetting of it spirits and fire; and as fire in a torch, so are spirits in the blood; and by that great artery called aorta, it sends vital spirits over the body, and takes air from the lungs by that artery which is called venosa; so that both creeks have their vessels, the right two veins, the left two arteries, besides those two common anfractuous ears, which serve them both; the one to hold blood, the other air, for several uses. The lungs are a thin spongy part, like an ox hoof (saith *Fernelius*), the town-clerk or crier (*one terms it*), the instrument of voice, as an orator to a king; annexed to the heart, to express their thoughts by voice. That it is the instrument of voice, is manifest, in that no creature can speak, or utter any voice, which wanteth these lights. It is besides the instrument of respiration, or breathing; and its office is to cool the heart, by sending air unto it, by the venosal artery, which vein comes to the lungs by that *aspera arteria*, which consists of many gristles, membranes, nerves, taking in air at the nose and mouth, and by it likewise exhales the fumes of the heart.

In the upper region serving the animal faculties, the chief organ is the brain, which is a soft, marrowish, and white substance, engendered of the purest part of seed and spirits, included by many skins, and seated within the skull or brain pan; and it is the most noble organ under heaven, the dwelling-house and seat of the soul, the habitation of wisdom, memory, judgment, reason, and in which man is most like unto God; and therefore nature hath covered it with a skull of hard bone, and two skins or membranes, whereof the one is called *dura mater*, or meninx, the other *pia mater*. The *dura mater* is

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*Ut orator regi: sic pulmo vocis* institutum annectitur cordi, &c. Melanch.  }

*Physio. 1. 1 8.*
next to the skull, above the other, which includes and protects the brain. When this is taken away, the pia mater is to be seen, a thin membrane, the next and immediate cover of the brain, and not covering only, but entering into it. The brain itself is divided into two parts, the fore and hinder part; the fore part is much bigger than the other, which is called the little brain in respect of it. This fore part hath many concavities distinguished by certain ventricles, which are the receptacles of the spirits, brought hither by the arteries from the heart, and are there refined to a more heavenly nature, to perform the actions of the soul. Of these ventricles there are three—right, left, and middle. The right and left answer to their sight, and beget animal spirits; if they be any way hurt, sense and motion ceaseth. These ventricles, moreover, are held to be the seat of the common sense. The middle ventricle is a common concourse and concavity of them both, and hath two passages—the one to receive pittuita, and the other extends itself to the fourth creek; in this they place imagination and cogitation, and so the three ventricles of the fore part of the brain are used. The fourth creek behind the head is common to the cerebel or little brain, and marrow of the back-bone, the last and most solid of all the rest, which receives the animal spirits from the other ventricles, and conveys them to the marrow in the back, and is the place where they say the memory is seated.

SUBSECT. V. —Of the Soul and her Faculties.

According to Aristotle, the soul is defined to be internum, perfectio et actus primus corporis organis, vitam habentis in potentia: the perfection or first act of an organisal body, having power of life, which most philosophers approve. But many doubts arise about the essence, subject, seat, distinction, and subordinate faculties of it. For the essence and particular knowledge, of all other things it is most hard (be it of man or beast) to discern, as Aristotle himself, Tully, Pious Mirandula, Tolet, and other Neoterici philosophers confess:—"We can understand all things by her, but what she is we cannot apprehend." Some therefore make one soul, divided into three principal faculties; others, three distinct souls. Which question of late hath been much controverted by Picolomineus and Zabarel. Paracelsus will have four souls, adding to the three grand faculties a spiritual soul: which opinion of his, Campanella, in his book de sensu rerum, much labours to demonstrate and prove, because carcasses bleed at the sight of the murderer; with many such arguments: And some again, one soul of all creatures whatsoever, differing only in organs; and that beasts have reason as well as men, though, for some defect of organs, not in such measure. Others make a doubt whether it be all in all, and all in every part; which is amply discussed in Zabarel amongst the rest. The common division of the soul is into three principal faculties—vegetal, sensitive, and rational, which make three distinct kinds of living creatures—vegetal plants, sensible beasts, rational men. How these three principal faculties are distinguished and connected, Humano ingenio inaccessum videtur, is beyond human capacity, as Taurellus, Philip, Flavius, and others suppose. The inferior may be alone, but the superior cannot subsist without the other; so sensible includes vegetal, rational both; which are contained in it (saith Aristotle) ut trigonus in tetragono, as a triangle in a quadrangle.
Vegetal Soul.] Vegetal, the first of the three distinct faculties, is designed to be "a substantial act of an organical body, by which it is nourished, augmented, and begets another like unto itself." In which definition, three several operations are specified—altrix, auctrix, procreatrix; the first is nutrition, whose object is nourishment, meat, drink, and the like; his organ the liver in sensible creatures; in plants, the root or sap. His office is to turn the nutriment into the substance of the body nourished, which he performs by natural heat. This nutritive operation hath four other subordinate functions or powers belonging to it—attraction, retention, digestion, expulsion.

Attraction.] Attraction is a ministering faculty, which, as a loadstone doth iron, draws meat into the stomach, or as a lamp doth oil; and this attractive power is very necessary in plants, which suck up moisture by the root, as another mouth, into the sap, as a like stomach.

Retention.] Retention keeps it, being attracted into the stomach, until such time it be concocted; for if it should pass away straight, the body could not be nourished.

Digestion.] Digestion is performed by natural heat; for as the flame of a torch consumes oil, wax, tallow, so doth it alter and digest the nutritive matter. Indigestion is opposite unto it, for want of natural heat. Of this digestion there be three differences—maturation, elixation, assimilation.

Maturation.] Maturation is especially observed in the fruits of trees; which are then said to be ripe, when the seeds are fit to be sown again. Cruelty is opposed to it, which gluttons, epicures, and idle persons are most subject unto, that use no exercise to stir natural heat, or else choke it, as too much wood puts out a fire.

Elixation.] Elixation is the seething of meat in the stomach, by the said natural heat, as meat is boiled in a pot; to which corruption or putrefaction is opposite.

Assimilation.] Assimilation is a concoction of the inward moisture by heat; his opposite is a semi assimulation.

Order of Concoction four-fold.] Besides these three several operations of digestion, there is a four-fold order of concoction:—mastication, or chewing in the mouth; chylification of this so chewed meat in the stomach; the third is in the liver, to turn this chylus into blood, called sanguification; the last is assimulation, which is in every part.

Expulsion.] Expulsion is a power of nutrition, by which it expels all superfluous excrements, and relics of meat and drink, by the guts, bladder, pores; as by purging, vomiting, spitting, sweating, urine, hairs, nails, &c.

Augmentation.] As this nutritive faculty serves to nourish the body, so both the augmenting faculty (the second operation or power of the vegetal faculty) to the increasing of it in quantity, according to all dimensions, long, broad, thick, and to make it grow till it come to his due proportion and perfect shape; which hath his period of augmentation, as of consumption; and that most certain, as the poet observes:—

Stat sua cugiae dies, breve et irreparabile tempus | "A term of life is set to every man, Which is but short, and pass it no one can." 
Omnia est vita." |

Generation.] The last of these vegetal faculties is generation, which begets another by means of seed, like unto itself, to the perpetual preservation of the species. To this faculty they ascribe three subordinate operations:—the first to turn nourishment into seed, &c.

Life and Death concomitants of the Vegetal Faculties.] Necessary concomitants or affections of this vegetal faculty are life and his privation, death. To
the preservation of life the natural heat is most requisite, though siccity and
to be consumed; to which preservation our clime, country, temperature, and
the good or bad use of those six non-natural things avail much. For as this
natural heat and moisture decays, so doth our life itself; and if not prevented
before by some violent accident, or interrupted through our own default, is in
the end dried up by old age, and extinguished by death for want of matter,
as a lamp for defect of oil to maintain it.

SUBSECT. VI.—Of the sensible Soul.

Next in order is the sensible faculty, which is as far beyond the other in
dignity as a beast is preferred to a plant, having those vegetal powers included
in it. 'Tis defined an "Act of an organical body by which it lives, hath sense,
appetite, judgment, breath, and motion." His object in general is a sensible
or possible quality, because the sense is affected with it. The general organ
is the brain, from which principally the sensible operations are derived. This
sensible soul is divided into two parts, apprehending or moving. By the ap-
prehensive power we perceive the species of sensible things present, or absent,
and retain them as wax doth the print of a seal. By the moving, the body is
outwardly carried from one place to another; or inwardly moved by spirits and
pulse. The apprehensive faculty is subdivided into two parts, inward or out-
ward. Outward, as the five senses, of touching, hearing, seeing, smelling,
tasting, to which you may add Scaliger's sixth sense of titillation, if you please;
or that of speech, which is the sixth external sense, according to Lullius.
Inward are three—common sense, phantasy, memory. Those five outward
senses have their object in outward things only and such as are present, as the
eye sees no colour except it be at hand, the ear sound. Three of these senses
are of commodity, hearing, sight, and smell; two of necessity, touch, and
taste, without which we cannot live. Besides, the sensitive power is active
or passive. Active in sight, the eye sees the colour; passive when it is hurt
by his object, as the eye by the sun-beams. According to that axiom, *Visible
frrte destruit sensum." Or if the object be not pleasing, as a bad sound to the
ear, a stinking smell to the nose, &c.

Sight.] Of these five senses, sight is held to be most precise, and the best,
and that by reason of his object, it sees the whole body at once. By it we
learn, and discern all things, a sense most excellent for use: to the sight three
things are required; the object, the organ, and the medium. The object in
general is visible, or that which is to be seen, as colours, and all shining bodies.
The medium is the illumination of the air, which comes from light, commonly
called diaphanum; for in dark we cannot see. The organ is the eye, and
chiefly the apple of it, which by those optic nerves, concurring both in one,
conveys the sight to the common sense. Between the organ and object a true
distance is required, that it be not too near, nor too far off. Many excellent
questions appertain to this sense, discussed by philosophers: as whether this
sight be caused intra mittendo, vel extra mittendo, &c., by receiving in the
visible species, or sending of them out, which *Plato, *Plutarch, *Macrobius,
*Lactantius, and others dispute. And besides it is the subject of the perspec-
tives, of which Alhazen the Arabian, Vitellio, Roger Bacon, Baptista Porta,
Guidus Ubaldus, Aquilonius, &c., have written whole volumes.

1 Vita consistit in calido et humido. "Too bright an object destroys the organ."  a Lumen est
* De pract. Philos. 4.  a Lact. cap. 3. de opif. Del. 1.  * In Phaedon.
Hearing.] Hearing, a most excellent outward sense, “by which we learn and get knowledge.” His object is sound, or that which is heard; the medium, air; organ the ear. To the sound, which is a collision of the air, three things are required; a body to strike, as the hand of a musician; the body struck, which must be solid and able to resist; as a bell, lute-string, not wool, or sponge; the medium, the air; which is inward, or outward; the outward being struck or collided by a solid body, still strikes the next air, until it come to that inward natural air, which as an exquisite organ is contained in a little skin formed like a drum-head, and struck upon by certain small instruments like drum-sticks, conveys the sound by a pair of nerves, appropriated to that use, to the common sense, as to a judge of sounds. There is great variety and much delight in them; for the knowledge of which, consult with Boethius and other musicians.

Smelling.] Smelling is an “outward sense, which apprehends by the nostrils drawing in air;” and of all the rest it is the weakest sense in men. The organ in the nose, or two small hollow pieces of flesh a little above it: the medium the air to men, as water to fish: the object, smell, arising from a mixed body resolved, which, whether it be a quality, fume, vapour, or exhalation, I will not now dispute, or of their differences, and how they are caused. This sense is an organ of health, as sight and hearing, saith Agellius, are of discipline; and that by avoiding bad smells, as by choosing good, which do as much alter and affect the body many times, as diet itself.

Taste.] Taste, a necessary sense, “which perceives all savours by the tongue and palate, and that by means of a thin spittle, or watery juice.” His organ is the tongue with his tasting nerves; the medium, a watery juice; the object, taste, or savour, which is a quality in the juice, arising from the mixture of things tasted. Some make eight species or kinds of savour, bitter, sweet, sharp, salt, &c., all which sick men (as in an ague) cannot discern, by reason of their organs misaffected.

Touching.] Touch, the last of the senses, and most ignoble, yet of as great necessity as the other, and of as much pleasure. This sense is exquisite in men, and by his nerves dispersed all over the body, perceives any tactile quality. His organ the nerves; his object those first qualities, hot, dry, moist, cold; and those that follow them, hard, soft, thick, thin, &c. Many delightful questions are moved by philosophers about these five senses; their organs, objects, mediums, which for brevity I omit.

SUBSECTION VII.—Of the Inward Senses.

Common Sense.] Inner senses are three in number, so called, because they are within the brain-pan, as common sense, phantasy, memory. Their objects are not only things present, but they perceive the sensible species of things to come, past, absent, such as were before in the sense. This common sense is the judge or moderator of the rest, by whom we discern all differences of objects; for by mine eye I do not know that I see, or by mine ear that I hear, but by my common sense, who judgeth of sounds and colours: they are but the organs to bring the species to be censured; so that all their objects are his, and all their offices are his. The forepart of the brain is his organ or seat.

Phantasy.] Phantasy, or imagination, which some call estimative, or cogitative (confirmed, saith Fernelius, by frequent meditation), is an inner sense which doth more fully examine the species perceived by common sense, of things present or absent, and keeps them longer, recalling them to mind again, or making new of his own. In time of sleep this faculty is free, and

many times conceives strange, stupend, absurd shapes, as in sick men we commonly observe. His organ is the middle cell of the brain; his objects all the species communicated to him by the common sense, by comparison of which he feigns infinite other unto himself. In melancholy men this faculty is most powerful and strong, and often hurts, producing many monstrous and prodigious things, especially if it be stirred up by some terrible object, presented to it from common sense or memory. In poets and painters imagination forcibly works, as appears by their several fictions, antics, images: as Ovid's house of sleep, Psyche's palace in Apuleius, &c. In men it is subject and governed by reason, or at least should be; but in brutes it hath no superior, and is ratio brutorum, all the reason they have.

Memory.] Memory lays up all the species which the senses have brought in, and records them as a good register, that they may be forthcoming when they are called for by phantasy and reason. His object is the same with phantasy, his seat and organ the back part of the brain.

Affections of the Senses, sleep and waking.] The affections of these senses are sleep and waking, common to all sensible creatures. "Sleep is a rest or binding of the outward senses, and of the common sense, for the preservation of body and soul" (as Scaliger defines it); for when the common sense resteth, the outward senses rest also. The phantasy alone is free, and his commander reason: as appears by those imaginary dreams, which are of divers kinds, natural, divine, demoniacal, &c., which vary according to humours, diet, actions, objects, &c., of which Artemidorus, Cardanus, and Sambucus, with their several interpreters, have written great volumes. This ligation of senses proceeds from an inhibition of spirits, the way being stopped by which they should come; this stopping is caused of vapours arising out of the stomach, filling the nerves, by which the spirits should be conveyed. When these vapours are spent, the passage is open, and the spirits perform their accustomed duties: so that "waking is the action and motion of the senses, which the spirits dispersed over all parts cause."

SUBSECT. VIII.—Of the Moving Faculty.

Appetite.] This moving faculty is the other power of the sensitive soul, which causeth all those inward and outward animal motions in the body. It is divided into two faculties, the power of appetite, and of moving from place to place. This of appetite is threefold, so some will have it; natural, as it signifies any such inclination, as of a stone to fall downward, and such actions as retention, expulsion, which depend not on sense, but are vegetal, as the appetite of meat and drink; hunger and thirst. Sensitive is common to men and brutes. Voluntary, the third, or intellective, which commands the other two in men, and is a curb unto them, or at least should be, but for the most part is captivated and overruled by them; and men are led like beasts by sense, giving reins to their concupiscence and several lusts. For by this appetite the soul is led or inclined to follow that good which the senses shall approve, or avoid that which they hold evil: his object being good or evil, the one he embracest, the other he rejecteth; according to that aphorism, Omnia appetunt bonum, all things seek their own good, or at least seeming good. This power is inseparable from sense, for where sense is, there are likewise pleasure and pain. His organ is the same with the common sense, and is divided into two powers, or inclinations, concupiscible or irascible: or (as one translates it) coveting, anger invading, or impugning. Concupiscible covets always pleasant and delightful things, and abhors that which is distasteful, harsh, and unpleasant.
Trascible, *quasi aversans per iram et odium*, as avoiding it with anger and indignation. All affections and perturbations arise out of these two fountains, which, although the Stoics make light of, we hold natural, and not to be resisted. The good affections are caused by some object of the same nature; and if present, they procure joy, which dilates the heart, and preserves the body: if absent, they cause hope, love, desire, and concupiscence. The bad are simple or mixed: simple for some bad object present, as sorrow, which contracts the heart, macerates the soul, subverts the good estate of the body, hindering all the operations of it, causing melancholy, and many times death itself; or future, as fear. Out of these two arise those mixed affections and passions of anger, which is a desire of revenge; hatred, which is invertebrate anger; zeal, which is offended with him who hurts that he loves; and *iuvanipinxim*, a compound affection of joy and hate, when we rejoice at other men’s mischief, and are grieved at their prosperity; pride, self-love, emulation, envy, shame, &c., of which elsewhere.

Moving *from place to place*, is a faculty necessarily following the other. For in vain were it otherwise to desire and to abhor, if we had not likewise power to prosecute or eschew, by moving the body from place to place: by this faculty therefore we locally move the body, or any part of it, and go from one place to another. To the better performance of which, three things are requisite: that which moves; by what it moves; that which is moved. That which moves, is either the efficient cause, or end. The end is the object, which is desired or eschewed; as in a dog to catch a hare, &c. The efficient cause in man is reason, or his subordinate phantasy, which apprehends good or bad objects: in brutes imagination alone, which moves the appetite, the appetite this faculty, which, by an admirable league of nature, and by mediation of the spirit, commands the organ by which it moves; and that consists of nerves, muscles, cords, dispersed through the whole body, contracted and relaxed as the spirits will, which move the muscles, or *nerves in the midst* of them, and draw the cord, and so *per consequens*, the joint, to the place intended. That which is moved, is the body or some member apt to move. The motion of the body is divers, as going, running, leaping, dancing, sitting, and such like, referred to the predicament of *situs*. Worms creep, birds fly, fishes swim; and so of parts, the chief of which is respiration or breathing, and is thus performed. The outward air is drawn in by the vocal artery, and sent by mediation of the midriff to the lungs, which, dilating themselves as a pair of bellows, reciprocally fetch it in, and send it out to the heart to cool it; and from thence now being hot, convey it again, still taking in fresh. Such a like motion is that of the pulse, of which, because many have written whole books, I will say nothing.

**SUBSECT. IX.—Of the Rational Soul.**

In the precedent subsections I have anatomized those inferior faculties of the soul; the rational remaineth, "a pleasant but a doubtful subject" (as one terms it), and with the like brevity to be discussed. Many erroneous opinions are about the essence and original of it; whether it be fire, as Zeno held; harmony, as Aristozenus; number, as Xenocrates; whether it be organical, or inorganical; seated in the brain, heart or blood; mortal or immortal; how it comes into the body. Some hold that it is *ex traduce*, as Phil. 1. de *Anima*, Tertullian, Laotamnus *de opific. Dei*, cap. 19. Hugo, *lib. de Spiritus et Anima*, Vincentius *Bellavici. spec. natural. lib. 23. cap. 2. et 11. Hippo-

A horse, a man, a sponge. *Julian the Apostate thought Alexander’s soul was descended into his body: Plato in Timæo, and in his Phædon (for aught I can perceive), differs not much from this opinion, that it was from God at first, and knew all, but being inclosed in the body, it forgets, and learns anew, which he calls reminiscencia, or recalling, and that it was put into the body for a punishment; and thence it goes into a beast’s, or man’s, as appears by his pleasant fiction de sortitione animarum, lib. 10. de rep. and after ten thousand years is to return into the former body again.

Others deny the immortality of it, which Pomponatus of Padua decided out of Aristotle not long since, Plinius Avunculus, cap. 1. lib. 2. et lib. 7. cap. 55; Seneca, lib. 7. epist. ad Lucilium epist. 55; Dioecarthus in Tull. Tusc. Epicurus, Aratus, Hippocrates, Galen, Lucretius, lib. 1.

"(Pratertè gigli pariter cum corpore, et unà Crescere sentimus, pariterque sensescere mentem.)"†

Averroes, and I know not how many Neoterics. "‡ This question of the immortality of the soul, is diversely and wonderfully impugned and disputed, especially among the Italians of late," saith Jab. Colerus, lib. de immort. animae, cap. 1. The popes themselves have doubted of it: Leo Decimus, that Epicurean pope, as § some record of him, caused this question to be discussed pro and con before him, and concluded at last, as a profligate and atheistical moderator, with that verse of Cornelius Gallus, Et redit in nihilum, quod fuit ante nihil. It began of nothing, and in nothing it ends. Zeno and his Stoics, as || Austin quotes him, supposed the soul so long to continue, till the body was fully putrefied, and resolved into materia prima: but after that, in furmos evanescere, to be extinguished and vanished; and in the mean time, whilst the body was consuming, it wandered all abroad, et à longinquo multa annucriare, and (as that Clazomenian Hermotimus averred) saw pretty visions, and suffered I know not what. ¶ Errant exangues sine corpore et ossibus

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*Goscienius in Psal. pag. 302. Bright in Phys. Scrib. 1. 1. David Crusius, Melanthon, Hippius Hermius, Levinus Leunius, &c. †Lib. an moris sequantur, &c. ‡ Cæsar, 6. comm. § Read Eneas Gascus dial. of the immortality of the soul. ¶ Orvid. Met. 15. ‖ We, who may take up our abode in wild beasts, among the beasts of the earth. * In Gall. Idem. † Nicopeius, hist. lib. 10. cap. 35. § Phædo. || Besides, we observe that the soul is born with the body, grows with it, and decays with it. ¶ Hec quassio multos per annos variât, quos mirabiliter impugnata, &c. ¶ Colerus. ibid. ‡ De eccles. dog. cap. 16. ¶ Ovid. 4. Met. "The bloodless shades without either body or bones wander."
umbrae. Others grant the immortality thereof, but they make many fabulous fictitious in the meantime of it, after the departure from the body: like Plato's Elysian fields, and that Turkey paradise. The souls of good men they deified; the bad (saith \textsuperscript{a} Austin) became devils, as they supposed; with many such absurd tenets, which he hath confuted. Hierome, Austin, and other Fathers of the church, hold that the soul is immortal, created of nothing, and so infused into the child or embryo in his mother's womb, six months after the conception; not as those of brutes, which are 	extit{ex traduce}, and dying with them vanish into nothing. To whose divine treatises, and to the Scriptures themselves, I rejoin all such atheistical spirits, as Tully did Atticus, doubting of this point, to Plato's Phaedon. Or if they desire philosophical proofs and demonstrations, I refer them to Niphus, Nic. Faventinus' tracts of this subject. To Fran. and John Pius in digress: sup. 3. de Animâ, Tholosanus, Eugubinus, to Soto, Canas, Thomas, Peresius, Dandinus, Colerus, to that elaborate tract in Zanchius, to Tolet's Sixty Reasons, and Lessius' Twenty-two Arguments, to prove the immortality of the soul. 

\textit{Campusella lib. de Sensu rerum}, is large in the same discourse, Albertinus the Schoolman, Jacob. Nactantius, tom. 2. op. handleth it in four questions, Antony Brunus, Aonius Palearius, Marinus Marcellinus, with many others. This reasonable soul, which Austin calls a spiritual substance moving itself, is defined by philosophers to be "the first substantial act of a natural, humane, organical body, by which a man lives, perceives, and understands, freely doing all things, and with election." Out of which definition we may gather, that this rational soul includes the powers, and performs the duties of the two other, which are contained in it, and all three faculties make one soul, which is inorganical of itself, although it be in all parts, and incorporeal, using their organs, and working by them. It is divided into two chief parts, differing in office only, not in essence. The understanding, which is the rational power apprehending; the will, which is the rational power moving: to which two, all the other rational powers are subject and reduced.

\textbf{Subsect. X.—Of the Understanding.}

"**Understanding** is a power of the soul, \textsuperscript{b} by which we perceive, know, remember, and judge as well singulars, as universals, having certain innate notices or beginnings of arts, a reflecting action, by which it judgeth of his own doings, and examines them." Out of this definition (besides his chief office, which is to apprehend, judge all that he performs, without the help of any instruments or organs) three differences appear betwixt a man and a beast. As first, the sense only comprehends singularities, the understanding universalities. Secondly, the sense hath no innate notions. Thirdly, brutes cannot reflect upon themselves. Bees indeed make neat and curious works, and many other creatures besides; but when they have done, they cannot judge of them. His object is God, \textit{Ens}, all nature, and whatsoever is to be understood: which successively it apprehends. The object first moving the understanding, is some sensible thing; after by discoursing, the mind finds out the corporeal substance, and from thence the spiritual. His actions (some say) are apprehension, composition, division, discoursing, reasoning, memory, which some include in invention, and judgment. The common divisions are of the understanding, agent, and patient; speculative, and practical; in habit, or in act; simple, or compound. The agent is that which is called the wit of man, \textit{acumen} or subtily, sharpness of invention, when he doth invent of himself.

\textsuperscript{a} Bonorum lares, malorum verò larvæ et lamures. \textsuperscript{b} Melancthon.
without a teacher, or learns anew, which abstracts those intelligible species from the phantasy, and transfers them to the passive understanding, "because there is nothing in the understanding, which was not first in the sense." That which the imagination hath taken from the sense, this agent judgeth of, whether it be true or false; and being so judged he commits it to the possible to be kept. The agent is a doctor or teacher, the passive a scholar; and his office is to keep and further judge of such things as are committed to his charge; as a bare and rased table at first, capable of all forms and notions. Now these notions are two-fold, actions or habits: actions, by which we take notions of, and perceive things; habits, which are durable lights and notions, which we may use when we will. Some reckon up eight kinds of them, sense, experience, intelligence, faith, suspicion, error, opinion, science; to which are added art, prudence, wisdom: as also "synteresis, dictamen rationis, conscience; so that in all there be fourteen species of the understanding, of which some are innate, as the three last mentioned; the other are gotten by doctrine, learning, and use. Plato will have all to bo innate: Aristotle reckons up but five intellectual habits; two practical, as prudence, whose end is to practise; to fabricate; wisdom to comprehend the use and experiments of all notions, and habits whatsoever. Which division of Aristotle (if it be considered aright) is all one with the precedent; for three being innate, and five acquire, the rest are improper, imperfect, and in a more strict examination excluded. Of all these I should more amply dilate, but my subject will not permit. Three of them I will only point at, as more necessary to my following discourse.

Synteresis, or the purer part of the conscience, is an innate habit, and doth signify "a conversation of the knowledge of the law of God and Nature, to know good or evil." And (as our divines hold) it is rather in the understanding than in the will. This makes the major proposition in a practical syllogism. The dictamen rationis is that which doth admonish us to do good or evil, and is the minor in the syllogism. The conscience is that which approves good or evil, justifying or condemning our actions, and is the conclusion of the syllogism: as in that familiar example of Regulus the Roman, taken prisoner by the Carthaginians, and suffered to go to Rome, on that condition he should return again, or pay so much for his ransom. The synteresis proposeth the question; his word, oath, promise, is to be religiously kept, although to his enemy, and that by the law of nature. "Do not that to another which thou wouldst not have done to thyself." Dictamen applies it to him, and dictates this or the like: Regulus, thou wouldst not another man should falsify his oath, or break promise with thee: conscience concludes, therefore, Regulus, thou dost well to perform thy promise, and oughtest to keep thine oath. More of this in Religious Melancholy.

Subsect. XI.—Of the Will.

Will is the other power of the rational soul, if which covets or avoids such things as have been before judged and apprehended by the understanding." If good, it approves; if evil, it abhors it: so that his object is either good or evil. Aristotle calls this our rational appetite; for as, in the sensitive, we are moved to good or bad by our appetite, ruled and directed by sense; so in this we are carried by reason. Besides, the sensitive appetite hath a particular object, good or bad; this an universal, immaterial: that respects only things delectable and pleasant; this honest. Again, they differ in liberty. The
sensual appetite seeing an object, if it be a convenient good, cannot but desire it; if evil, avoid it: but this is free in his essence, much now depraved, obscured, and fallen from his first perfection; yet in some of his operations still free," as to go, walk, move at his pleasure, and to choose whether it will do or not do, steal or not steal. Otherwise, in vain were laws, deliberations, exhortations, counsels, precepts, rewards, promises, threats and punishments: and God should be the author of sin. But in spiritual things we will no good, prone to evil (except we be regenerate, and led by the Spirit), we are egged on by our natural concupiscence, and there is ἀταξία, a confusion in our powers, our whole will is averse from God and his law," not in natural things only, as to eat and drink, lust, to which we are led headlong by our temperature and inordinate appetite,

we cannot resist, our concupiscence is originally bad, our heart evil, the seat of our affections captivates and enforceth our will. So that in voluntary things we are averse from God and goodness, bad by nature, by ignorance worse, by art, discipline, custom, we get many bad habits: suffering them to dominate and tyrannize over us; and the devil is still ready at hand with his evil suggestions, to tempt our depraved will to some ill-disposed action, to precipitate us to destruction, except our will be swayed and counterposed again with some divine precepts, and good motions of the spirit, which many times restrain, hinder and check us, when we are in the full career of our dissolute courses. So David corrected himself, when he had Saul at a vantage. Revenge and malice were as two violent oppugners on the one side; but honesty, religion, fear of God, withheld him on the other.

The actions of the will are velle and nolle, to will and will not: which two words comprehend all, and they are good or bad, accordingly as they are directed, and some of them freely performed by himself; although the Stoics absolutely deny it, and will have all things inevitably done by destiny, imposing a fatal necessity upon us, which we may not resist; yet we say that our will is free in respect of us, and things contingent, howsoever in respect of God's determinate counsel, they are inevitable and necessary. Some other actions of the will are performed by the inferior powers, which obey him, as the sensitive and moving appetite; as to open our eyes, to go hither and thither, not to touch a book, to speak fair or foul: but this appetite is many times rebellious in us, and will not be contained within the lists of sobriety and temperance. It was (as I said) once well agreeing with reason, and there was an excellent consent and harmony between them, but that is now dissolved, they often jar, reason is overborne by passion: Fertur quisque auriga, nec audit currus habenas, as so many wild horses run away with a chariot, and will not be curbed. We know many times what is good, but will not do it, as she said,

Lust counsels one thing, reason another, there is a new reluctance in men. Odi, nec possum, cupiens, non esse quod odi. We cannot resist, but as Phaedra confessed to her nurse, quae loqueris, vera sunt, sed furor suggerit sequi pejora: she said well and true, she did acknowledge it, but headstrong passion and fury made her to do that which was opposite. So David knew the filthiness of his fact, what a loathsome foul, crying sin adultery was, yet

notwithstanding, he would commit murder, and take away another man’s wife, enforced against reason, religion, to follow his appetite.

Those natural and vegetable powers are not commanded by will at all; for “who can add one cubit to his stature?” These other may, but are not: and thence come all those headstrong passions, violent perturbations of the mind; and many times vicious habits, customs, feral diseases; because we give so much way to our appetite, and follow our inclination, like so many beasts. The principal habits are two in number, virtue and vice, whose peculiar definitions, descriptions, differences, and kinds, are handled at large in the ethics, and are, indeed, the subject of moral philosophy.

MEMB. III.

SUBSECT. I.—Definition of Melancholy, Name, Difference

HAVING thus briefly anatomized the body and soul of man, as a preparative to the rest; I may now freely proceed to treat of my intended object, to most men’s capacity; and after many amblings, perspicuously define what this melancholy is, show his name and differences. The name is imposed from the matter, and disease denominated from the material cause: as Bruel observes, \textit{Melāχελα quasi Melāνα χελη}, from black choler. And whether it be a cause or an effect, a disease or symptom, let Donatus Altomarus and Salvianus decide; I will not contend about it. It hath several descriptions, notations, and definitions. \textsuperscript{7} Fracastorius, in his second book of intellect, calls those melancholy, “whom abundance of that same depraved humour of black choler hath so misaffected, that they become mad thence, and dote in most things, or in all, belonging to election, will, or other manifest operations of the understanding.” \textsuperscript{2} Melanelius out of Galen, Ruffus, \Ætius, describe it to be “a bad and peevish disease, which makes men degenerate into beasts;” Galen, “a privation or infection of the middle cell of the head,” \&c. defining it from the part affected, which \textsuperscript{3} Hercules de Saxonià approves, \textit{lib. 1. cap. 16.} calling it “a deprivation of the principal function:” \textsuperscript{4} Fusciius, \textit{lib. 1. cap. 23.} \textsuperscript{5} Arnoldus Breviar. \textit{lib. 1. cap. 18.} \textsuperscript{6} Guianerius, and others: “By reason of black choler,” Paulus adds. Halyabbas simply calls it a “commotion of the mind.” \textsuperscript{7} Aretæus, “a perpetual anguish of the soul, fastened on one thing, without an ague;” which definition of his, \textit{Mercurialis de affect. cap. lib. 1. cap. 10. taxeth; but \Ælianus Montaltus defends, \textit{lib. de morb. cap. 1. de Melan.} for sufficient and good. The common sort define it to be “a kind of dotage without a fever, having for his ordinary companions, fear and sadness, without any apparent occasion.” So doth Laurentius, \textit{cap. 4. Piso, \textit{lib. 1. cap. 43.} Donatus Altomarus, \textit{cap. 7. art. medic.} Jacchius, \textit{in com. in lib. 9. Rhasis ad Almansor, cap. 15. Valesius exerc. 17. Fusciius, institut. 3. sec. 1. c. 11. \&c., which common definition, howsoever approved by most, \textsuperscript{8} Hercules de Saxonià will not allow of, nor David Crucius, \textit{Theat. morb. Herm. lib. 2. cap. 6.} he holds it insufficient: “as rather showing what it is not, than what it is;” as omitting the specific difference, the phantasy and brain: but I descend to particulars. The \textit{summum genus} is “dotage, or anguish of the mind,” saith Aretæus; “of the principal parts,” Hercules de Saxonià adds, to distinguish it from cramp and palsy, and such diseases as belong to the outward sense and motions.

\textsuperscript{7} Melancholicos vocamus, quos exuberantia vel praevitas Melancholiam ita male habet, ut inde insaniunt vel in omnibus, vel in pluribus isque manifestis sive ad rectam rationem, voluntatem pertinet, vel electionem, vel intellectus operationes. \textsuperscript{8} Pessimum et pertinacissimum morbum qui homines in bruta degerentes cogit. \textsuperscript{9} Anger animi in una contentious defixus, absque febre. \textsuperscript{10} Cap. 16. 1. 1.
[depraved] to distinguish it from folly and madness (which Montaltus makes angor animi, to separate) in which those functions are not depraved, but rather abolished; [without an ague] is added by all, to separate it from phrensy, and that melancholy which is in a pestilent fever. (Fear and sorrow) make it differ from madness; [without a cause] is lastly inserted, to specify it from all other ordinary passions of [fear and sorrow]. We properly call that dotage, as *Laurentius interprets it, "when some one principal faculty of the mind, as imagination, or reason, is corrupted, as all melancholy persons have." It is without a fever, because the humour is most part cold and dry, contrary to putrefaction. Fear and sorrow are the true characters and inseparable companions of most melancholy, not all, as *Her. de Saxonii, Tract. de posthuma de Melancholia, cap. 2. well excepts; for to some it is most pleasant, as to such as laugh most part; some are bold again, and free from all manner of fear and grief, as hereafter shall be declared.


Some difference I find amongst writers, about the principal part affected in this disease, whether it be the brain, or heart, or some other member. Most are of opinion that it is the brain: for being a kind of dotage, it cannot otherwise be but that the brain must be affected, as a similar part, be it by * consent or essence, not in his ventricles, or any obstructions in them, for then it would be an apoplexy, or epilepsy, as *Laurentius well observes, but in a cold, dry distemper of this his substance, which is corrupt and become too cold, or too dry, or else too hot, as in madmen, and such as are inclined to it: and this *Hippocrates confirms, Galen, the Arabians, and most of our new writers. Marcus de Oddis (in a consultation of his, quoted by *Hildesheim) and five others there cited are of the contrary part; because fear and sorrow, which are passions, be seated in the heart. But this objection is sufficiently answered by *Montaltus, who doth not deny that the heart is affected (as *Melanielus proves out of Galen) by reason of his vicinity, and so is the midriff and many other parts. They do compati, and have a fellow feeling by the law of nature: but forasmuch as this malady is caused by precedent imagination, with the appetite, to whom spirits obey, and are subject to those principal parts, the brain must needs primarily be misaffected, as the seat of reason; and then the heart, as the seat of affection. *Cappivacius and Mercureialis have copiously discussed this question, and both conclude the subject is the inner brain, and from thence it is communicated to the heart and other inferior parts, which sympathize and are much troubled, especially when it comes by consent, and is caused by reason of the stomach, or myrach, as the Arabians term it, whole body, liver, or *spleen, which are seldom free, pylorus, meseraic veins, &c. For our body is like a clock, if one wheel be amiss, all the rest are disordered; the whole fabric suffers: with such admirable art and harmony is a man composed, such excellent proportion, as Ludovicus Vives in his Fable of Man hath elegantly declared.

As many doubts almost arise about the *affection, whether it be imagination or reason alone, or both, *Hercules de Saxonii proves it out of Galen, *Aetius, and *Altomarus, that the sole fault is in *imagination. Bruel is of the same

mind: Montaltus in his 2 cap. of Melancholy confutes this tenet of theirs, and illustrates the contrary by many examples: as of him that thought himself a shell-fish, of a nun, and of a desperate monk that would not be persuaded but that he was damned; reason was in fault as well as imagination, which did not correct this error: they make away themselves oftentimes, and suppose many absurd and ridiculous things. Why doth not reason detect the fallacy, settle and persuade, if she be free? Avicenna therefore holds both corrupt, to whom most Arabians subscribe. The same is maintained by *Areteus, Gorgonius, Guianerius, &c. To end the controversy, no man doubts of imagination, but that it is hurt and misaffected here; for the other, I determine with *Albertinus Bottonus, a doctor of Padua, that it is first in imagination, and afterwards in reason; if the disease be inveterate, or as it is more or less of continuance; but by accident," as *Herc. de Saxonía adds; "faith, opinion, discourse, ratiocination, are all accidentally deprived by the default of imagination."

*Parties affected.*] To the part affected, I may here add the parties, which shall be more opportunely spoken of elsewhere, now only signified. Such as have the moon, Saturn, Mercury misaffected in their genitures, such as live in over cold, or over hot climes: such as are born of melancholy parents; as offend in those six non-natural things, are black, or of a high sanguine complexion, that have little heads, that have a hot heart, moist brain, hot liver and cold stomach, have been long sick: such as are solitary by nature, great students, given to much contemplation, lead a life out of action, are most subject to melancholy. Of sexes both, but men more often; yet *women misaffected are far more violent, and grievously troubled. Of seasons of the year, the autumn is most melancholy. Of peculiar times: old age, from which natural melancholy is almost an inseparable accident; but this artificial malady is more frequent in such as are of a middle age. Some assign 40 years, Gariopontus 30. Jubertus excepts neither young nor old from this adventurous. Daniel Sennertus involves all of all sorts, out of common experience, in omnibus omnino corporibus cujuscunque constitutionis dominatur. *Ætius and Areteus* ascribe into the number: "not only *discontented, passionate, and miserable persons, swarthy, black; but such as are most merry and pleasant, scorifiers, and high coloured."

"Generally," saith Rhasis, "the finest wits and most generous spirits, are before other obnoxious to it;" I cannot except any complexion, any condition, sex, or age, but *fools and Stoics, which, according to *Synesius, are never troubled with any manner of passion, but as Anacreon's cicada, sine sanguine et dolore; similis fere diis sunt. Erasmus vindicates fools from this melancholy catalogue, because they have most part moist brains and light hearts; *they are free from ambition, envy, shame and fear; they are neither troubled in conscience, nor macerated with cares, to which our whole life is most subject."

**Subsect. III.—Of the Matter of Melancholy.**

Or the matter of melancholy, there is much question betwixt Avicen and Galen, as you may read in *Cardan's Contradictions, Valesius' Controversies,
Montanus, Prosper Calenus, Cappivaccius, Bright, Ficinus, that have written either whole tracts, or copiously of it, in their several treatises of this subject. "What this humour is, or whence it proceeds, how it is engendered in the body, neither Galen, nor any old writer, hath sufficiently discussed, as Jacinus thinks: the Neoterics cannot agree. Montanus, in his Consultations, holds melancholy to be material or immaterial: and so doth Arculanus: the material is one of the four humours before mentioned, and natural. The immaterial or adventitious, acquisite, redundant, unnatural, artificial; which *Hercules de Saxonie will have reside in the spirits alone, and to proceed from a "hot, cold, dry, moist distemper, which, without matter, alter the brain and functions of it. Paracelsus wholly rejects and derides this division of four humours and complexions, but our Galenists generally approve of it, subscribing to this opinion of Montanus.

This material melancholy is either simple or mixed; offending in quantity or quality, varying according to his place, where it settelleth, as brain, spleen, meseraic veins, heart, womb, and stomach; or differing according to the mixture of those natural humours amongst themselves, or four unnatural adust humours, as they are diversely tempered and mingled. If natural melancholy abound in the body, which is cold and dry, "so that it be more "than the body is well able to bear, it must needs be distempered," saith Faventius, "and diseased;" and so the other, if it be depraved, whether it arise from that other melancholy of choler adust, or from blood, produce the like effects, and is, as Montaltus contends, if it come by adustion of humours, most part hot and dry. Some difference I find, whether this melancholy matter may be engendered of all four humours, about the colour and temper of it. Galen holds it may be engendered of three alone, excluding phlegm, or pituita, whose true assertion Valesius and Menardus stiffly maintain, and so doth Fusciius, Montaltus, Montanus. How (say they) can white become black? But Hercules de Saxonie, lib. post. de mel. c. 8, and Cordan are of the opposite part (it may be engendered of phlegm, etis rarò contingat, though it seldom come to pass), so is Guianerius and Laurentius, c. 1. with Melanct. in his Book de Animâ, and Chap. of Humours; he calls it Asinuam, dull, swinish melancholy, and saith that he was an eye-witness of it: so is Wecker. From melancholy adust ariseth one kind; from choler another, which is most brutish; another from phlegm, which is dull; and the last from blood, which is best. Of these some are cold and dry, others hot and dry, varying according to their mixtures, as they are intended, and remitted. And indeed as Rodericus a Fons cons. 12. 1. determines, ichors, and those serous matters being thickened become phlegm, and phlegm degenerates into choler, choler adust becomes cruginosa melancolia, as vinegar out of purest wine putrefied or by exhalation of purer spirits is so made, and becomes sour and sharp; and from the sharpness of this humour proceeds much waking, troublesome thoughts and dreams, &c., so that I conclude as before. If the humour be cold, it is, saith Faventius, "a cause of dotage, and produceth milder symptoms: if hot, they are rash, raving mad, or inclining to it." If the brain be hot, the animal spirits are hot; much madness follows, with violent actions: if cold, fatuity and softness, Cappivaccius. "The colour of this mixture varies likewise according

to the mixture, be it hot or cold; \'tis sometimes black, sometimes not, Altonanus. The same Melanelius proves out of Galen; and Hippocrates in his Book of Melancholy (if at least it be his), giving instance in a burning coal, "which when it is hot, shines; when it is cold, looks black; and so doth the humour." This diversity of melancholy matter produceth diversity of effects. If it be within the body, and not putrefied, it causeth black jaundice; if putrefied, a quartan ague; if it break out to the skin, leprosy; if to parts, several maladies, as scurvy, &c. If it trouble the mind; as it is diversely mixed, it produceth several kinds of madness and dotage: of which in their place.

SUBSET. IV.—Of the species or kinds of Melancholy.

When the matter is divers and confused, how should it otherwise be, but that the species should be divers and confused? Many new and old writers have spoken confusedly of it, confounding melancholy and madness, as *Heurnius, Guianerius, Gordonus, Salustius, Salvianus, Jason Prateusis, Savanarola, that will have madness no other than melancholy in extent, differing (as I have said) in degrees. Some make two distinct species, as Rufius Ephesius, an old writer, Constantinus Africanus, Areteus, *Aurelianus, *Paulus Ægineta: others acknowledge a multitude of kinds, and leave them indefinite, as Ælius in his Tetrabiblos, *Avicenna, lib. 3. Fen. 1. Tract. 4. cap. 18. Arculanus, cap. 16. in 9. Rasis, Montenus, med. part. 1. "If natural melancholy be abdust, it maketh one kind; if blood, another; if choler, a third, differing from the first; and so many several opinions there are about the kinds, as there be men themselves." *Hercules de Saxonii sets down two kinds, "material and immaterial; one from spirits alone, the other from humours and spirits." Savanarola, Rub. 11. Tract. 6. cap. 1. de agricult. capitis, will have the kinds to be infinite; one from the myrrach, called myrachialis of the Arabians; another stomachalis, from the stomach; another from the liver, heart, womb, hemrods: "one beginning, another consummate." Melanchthion seconds him, "as the humour is diversely abdust and mixed, so are the species divers;" but what these men speak of species I think ought to be understood of symptoms, and so doth *Arculanus interpret himself: infinite species, id est, symptoms; and in that sense, as Jo. Gorreus acknowledgeth in his medicinal definitions, the species are infinite, but they may be reduced to three kin is by reason of their seat; head, body, and hypochondries. This threefold division is approved by Hippocrates in his Book of Melancholy (if it be his, which some suspect), by Galen, lib. 3. de loc. affectis, cap. 6., by Alexander, lib. 1. cap. 16., Rasis, lib. 1. Continent. Tract. 9. lib. 1. cap. 16., Avicenna, and most of our new writers. Th. Erastus makes two kinds; one perpetual, which is head melancholy; the other interrupt, which comes and goes by fits, which he subdivides into the other two kinds, so that all comes to the same pass. Some again make four or five kinds, with Rodericus à Castro, de morbis mulier. lib. 2. cap. 3., and Lod. Mercatus, who, in his second book de mulier. affect. cap. 4., will have that melancholy of nuns, widows, and more ancient maids, to be a peculiar species of melancholy differing from the rest: some will reduce enthusiasts, extatical and demoniacal persons to this rank, adding love melancholy, and first, and lycanthropia. The most received division is into

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three kinds. The first proceeds from the sole fault of the brain, and is called head melancholy; the second sympathetically proceeds from the whole body, when the whole temperature is melancholy: the third ariseth from the bowels, liver, spleen, or membrane, called mesenterium, named hypochondriacal or windy melancholy, which Laurentius subdivides into three parts, from those three members, hepatic, splenetic, mesenteriac. Love melancholy, which Avicenna calls Lilsha: and Lycanthropia, which he calls cucubuth, are commonly included in head melancholy; but of this last, which Gerardus de Solo calls amorous, and most knight melancholy, with that of religious melancholy, virginum et viduarum, maintained by Rod. a Castro and Mercatus, and the other kinds of love melancholy, I will speak of apart by themselves in my third partition. The three precedent species are the subject of my present discourse, which I will anatoizme and treat of through all their causes, symptoms, cures, together and apart; that every man that is in any measure affected with this malady, may know how to examine it in himself, and apply remedies unto it.

It is a hard matter, I confess, to distinguish these three species one from the other, to express their several causes, symptoms, cures, being that they are so often confounded amongst themselves, having such affinity, that they can scarce be discerned by the most accurate physicians; and so often intermixed with other diseases that the best experienced have been plunged. Montanus consil. 26, names a patient that had this disease of melancholy and caninus appetite both together; and consil. 23, with vertigo, *Julius Cesar Claudinus, with stone, gout, jaundice. Trincavellius with an ague, jaundice, caninus appetite, &c. a Paulus Regoline, a great doctor in his time, consulted in this case, was so confounded with a confusion of symptoms, that he knew not to what kind of melancholy to refer it. *Trincavellius, Fallopius, and Francan- zuanus, famous doctors in Italy, all three conferred with about one party, at the same time, gave three different opinions. And in another place, Trincavellius being demanded what he thought of a melancholy young man to whom he was sent for, ingenioulsy confessed that he was indeed melancholy, but he knew not to what kind to reduce it. In his seventeenth consultation there is the like disagreement about a melancholy monk. Those symptoms, which others ascribe to misaffected parts and humours, *Herc. de Saxonìa attributes wholly to distempered spirits, and those immaterial, as I have said. Sometimes they cannot well discern this disease from others. In Reinerus Solinander's counsels, (Sect. consil. 5.) he and Dr. Brande both agreed, that the patient's disease was hypochondriacal melancholy. Dr. Matholdus said it was asthma, and nothing else. a Solinander and Guarionius, lately sent for to the melancholy Duke of Cleve, with others, could not define what species it was, or agree amongst themselves. The species are so confounded, as in Cesar Claudioius his forty-fourth consultation for a Polonian Count, in his judgment *he laboured of head melancholy, and that which proceeds from the whole temperature both at once. I could give instance of some that have had all three kinds semel et simul, and some successively. So that I conclude of our melancholy species as many politicians do of their pure forms of commonwealths, monarchies, aristocracies, democracies, are most famous in contemplation, but in practice they are temperate and usually mixed, (so Polybius informeth us) as the Lacedemonian, the Roman of old, German now, and many others. What physicians say of distinct species in their books it much matters not, since that in their patients' bodies they are commonly mixed. In such obscurity, therefore, variety and confused mixture of symptoms, causes, how difficult a thing is

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considered: for the better understanding of which, I will make a brief digression of the nature of spirits. And although the question be very obscure, according to "Postellus, "full of controversy and ambiguity," beyond the reach of human capacity, factor excedere vires intentionis meae, saith * Austin, I confess I am not able to understand it, finitum de infinito non potest statuere, we can sooner determine with Tully, de nat. deorum, quid non sint quam quid sint, our subtle schoolmen, Cardans, Scaligers, profound Thomists, Fracastoriana and Ferneliana actes, are weak, dry, obscure, defective in these mysteries, and all our quickest wits, as an owl's eyes at the sun's light, wax dull, and are not sufficient to apprehend them; yet, as in the rest, I will adventure to say something to this point. In former times, as we read Acts xxiii., the Sadducees denied that there were any such spirits, devils, or angels. So did Galen the physician, the Peripatetics, even Aristotle himself, as Pomponatius stoutly maintains, and Scaliger in some sort grants. Though Dandinus the Jesuit, com. in lib. 2. de animâ, stiffly denies it; substantia separate and intelligences, are the same which Christians call angels, and Platonists devils, for they name all the spirits, daemones, be they good or bad angels, as Julius Pollux Onomasticon, lib. 1. cap. 1. observes, Epicures and atheists are of the same mind in general, because they never saw them. Plato, Plotinus, Porphyrius, Jamblichus, Proclus, insisting in the steps of Trismegistus, Pythagoras and Socrates, make no doubt of it: nor Stoics, but that there are such spirits, though much erring from the truth. Concerning the first beginning of them, the * Talmudists say that Adam had a wife called Lilis, before he married Eve, and of her he begat nothing but devils. The Turks' * Alcoran is altogether as absurd and ridiculous in this point: but the Scripture informs us Christians, how Lucifer, the chief of them, with his associates, * fell from heaven for his pride and ambition; created of God, placed in heaven, and sometimes an angel of light, now cast down into the lower aerial sublunary parts, or into hell, "and delivered into chains of darkness (2 Pet. ii. 4.), to be kept unto damnation."

Nature of Devils.] There is a foolish opinion which some hold, that they are the souls of men departed, good and more noble were defied, the baser grovelled on the ground, or in the lower parts, and were devils, the which with Tertullian, Porphyrius the philosopher, M. Tyrius ser. 27 maintains. * These spirits," he saith, "which we call angels and devils, are nought but souls of men departed, which either through love and pity of their friends yet living, help and assist them, or else persecute their enemies, whom they hated," as Dido threatened to persecute Æneas:

"Omnibus umbra locis aedere: dabis, implore, pannas."

"My angry ghost arising from the deep,
Shall haunt thee waking, and disturb thy sleep;
At least my shade thy punishment shall know,
And Fame shall spread the pleasing news below."

They are (as others suppose) appointed by those higher powers to keep men from their nativity, and to protect or punish them as they see cause: and are called boni et mali Genii by the Romans. Heroes, lares, if good, leumens or larvae if bad, by the Stoics, governors of countries, men, cities, saith † Apuleius, Deos appellant qui ex hominum numero justè ac prudenter vitæ curriculo gubernato, pro nomine, postea ab hominibus prædicti fanis et ceremoniis vulgo admitteruntur, ut in Ægypto Osiris, &c. Prætites, Capella calls them, "which

* Lib. 1. c. 7. de orbis concordia. In nullis re major fuit ateriacio, major obscureitas, minor opinionum concordia, quam de daemonibus et substantiis separatis.
* Lib. 3. de Trinit. cap. 1.
* Fererius in Genesin. Lib. 4. in cap. 3. v. 23.
* Angelus per superbeiam separatà Deo, qui in veritate non stetit. Austin. † Nihil aliud sint daemones quam nudes animae que corpore deposito prionem misera vitam, cognitis succurrunt commoti miscaridas, &c.
* De Deo Socratis. All these mortals are called gods, who, the course of life being prudently guided and governed, are honoured by men with temples and sacrifices, as Osiris in Egypt, &c.
protected particular men as well as princes," Socrates had his Daemonium Saturnium et ignium, which of all spirits is best, ad sublimes cognitiones animum erigentem, as the Platonists supposed; Plotinus his, and we Christians our assisting angel, as Andreas Victorcellus, a copious writer of this subject, Lodovici de La-Cerda, the Jesuit, in his voluminous tract de Angelo Custode, Zanchius, and some divines think. But this absurd tenet of Tyrens, Proclus confutes at large in his book de Animâ et domâne.

Psellus, a Christian, and sometimes tutor (saith Cuspinian) to Michael Parapinatius, Emperor of Greece, a great observer of the nature of devils, holds they are corporeal, and have "aerial bodies, that they are mortal, live and die," (which Martianus Capella likewise maintains, but our christian philosophers explode) "that they are nourished and have excrements, they feel pain if they be hurt (which Cardan confirms, and Scaliger justly laughus him to scorn for; Si pascuntur aere, our non puniant ob puriorem aera? &c.) or stroke:" and if their bodies be cut, with admirable celerity they come together again. Austin, in Gen. lib. iii. lib. arbit., approves as much, mutatis casu corpora in deteriorem qualitatem aeris spissioris, so doth Hierome. Comment. in epist. ad Ephes. cap. 3, Origen, Tertullian, Lactanitus, and many ancient fathers of the Church: that in their fall their bodies were changed into a more aerial and gross substance. Bodine, lib. 4, Theatri Nature, and David Crusius, Harmatice Philosophie, lib. i. cap. 4, by several arguments proves angels and spirits to be corporeal: quicquid continetur in loco Corporeum est; At spiritus continetur in loco, ergo. * Si spiritus sunt quanti, erunt Corporei: At sunt quanti, ergo. Sunt fuiti, ergo quanti, &c. † Bodine goes farther yet, and will have these, Animae separata genti, spirits, angels, devils, and so likewise souls of men departed, if corporeal (which he most eagerly contends) to be of some shape, and that absolutely round, like Sun and Moon, because that is the most perfect form, quae nihil habet asperitatem, nihil angulis incisum, nihil anfractibus involutum, nihil eminens, sed inter corpora perfecta est perfectissimum; * therefore all spirits are corporeal he concludes, and in their proper shape round. That they can assume other aerial bodies, all manner of shapes at their pleasures, appear in what likeness they will to themselves, that they are most swift in motion, can pass many miles in an instant, and so likewise transform bodies of others into what shape they please, and with admirable celerity remove them from place to place (as the Angel did Habakkuk to Daniel, and as Philip the deacon was carried away by the Spirit, when he had baptized the eunuch; so did Pythagoras and Apollonius remove themselves and others, with many such feats); that they can represent castles in the air, palaces, armies, spectrums, prodigies, and such strange objects to mortal men's eyes; ‡ cause smells, savours, &c., deceive all the senses; most writers of this subject credibly believe; and that they can foretell future events, and do many strange miracles. Juno's image spake to Camillus, and Fortune's statue to the Roman matrons, with many such. Zanchius, Bodine, Spondanus, and others, are of opinion that they cause a true metamorphosis, as Nebuchadnezzar was really translated into a beast, Lot's wife into a pillar of salt; Ulysses' companions into hogs and dogs, by Circe's charms; turn themselves and others, as they do witches into cats, dogs, hares, crows, &c. Strozzius Ciegona hath many examples, lib. iii. omnif. mag. cap. 4 and 5, which he there confutes, as

* He lived 500 years since.

‡ He lived 600 years since.

<table>
<thead>
<tr>
<th>Apuleius</th>
<th>Spiritus animalia sunt animo passibilia, mentis rationalia, corpore aeris, tempore semperimur.</th>
</tr>
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<tbody>
<tr>
<td>Nutritur, et excrementa habent, quod pulsatula doletant solido persecuta corpore.</td>
<td></td>
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§ Whatever occupies space is corporeal—spirit occupies space, therefore, &c. &c.

* Cyprinianus in Epist. montes etiam et anima transferred possunt: as the devil did Christ to the top of the pinnacle; and witches are often translated. See more in Strozzius Ciegona, lib. 3. cap. 4. omnif. mag. Per aerum subduscere et in sublime corpore ferre possunt, Brameruus. Persuasi delect at urinant in conspicua coebras, Agrippo, lib. 3. cap. de occult. Philos. 

‡ Agrippa de occult. Philos. lib. 3. cap. 18.
Austin likewise doth, de civ. Dei lib. xviii. That they can be seen when and in what shape, and to whom they will, saith Psellus, *Tamen vitæ nihil videre, nec optem videre, though he himself never saw them nor desired it; and use sometimes carnal copulation (as elsewhere I shall prove more at large) with women and men. Many will not believe they can be seen, and if any man shall say, swear, and stiffly maintain, though he be discreet and wise, judicious and learned, that he hath seen them, they account him a timorous fool, a melancholy dizzard, a weak fellow, a dreamer, a sick or a mad man, they contemn him, laugh him to scorn, and yet Marcus of his credit told Psellus that he had often seen them. And Leo Svinius, a Frenchman, c. 8, in Commentar. l. 1. *Paracelsus de vitâ longâ, out of some Platonists, will have the air to be as full of them as snow falling in the skies, and that they may be seen, and withal sets down the means how men may see them; *Sic irreverberatis oculis sole splendentes versus celatum continuaverint obtutus, &c.,* and saith moreover he tried it, premiseruntur faci experimentum, and it was true, that the Platonists said. Paracelsus confesseth that he saw them divers times, and conferred with them, and so doth Alexander ab *Alexandro, " that he so found it by experience, when as before he doubted of it." Many deny it, saith Levator de spectris, part i. c. 2, and part ii. c. 11, " because they never saw them themselves;" but as he reports at large all over his book, especially c. 19, part 1. they are often seen and heard, and familiarly converse with men, as Lod. Vives assureth us, innumerable records, histories, and testimonies evince in all ages, times, places, and *all travellers besides; in the West Indies and our northern climes, Nilok familiaribus quam in agris et urbibus spiritus videre, audire quis vetet, jubeant, &c. Hieronymus vitâ Pauli, Basil ser. 40, Niciphorus, Eusebius, Sozomenus, *Johannes Boissardus in his tract de spirituum apparitionibus, Petrus Loycurus 1. de spectris, Wierus l. 1. have infinite variety of such examples of apparitions of spirits, for him to read that fartherdoubts, to his ample satisfaction. One alone I will briefly insert. A nobleman in Germany was sent ambassador to the King of Sweden (for his name, the time, and such circumstances, I refer you to Boissardus, mine *Author). After he had done his business, he sailed to Livonia, on set purpose to see those familiar spirits, which are there said to be conversant with men, and do their drudgery works. Amongst other matters, one of them told him where his wife was, in what room, in what clothes, what doing, and brought him a ring from her, which, at his return, *non sine omnium admiratione, he found to be true; and so believed that ever after, which before he doubted of. Cardan l. 19. de subtil. relates of his father, Facius Cardan, that after the accustomed solemnities, An. 1491, 13 August, he conjured seven devils, in Greek apparel, about forty years of age, some ruddy of complexion, and some pale, as he thought; he asked them many questions, and they made ready answer, that they were aerial devils, that they lived and died as men did, save that they were far longer lived (700 or 800 *years; they did as much excel men in dignity as we do juments, and were as far excelled again of those that were above them; our *governors and keepers they are moreover, which § Plato in Critias delivered of old, and subordinate to one another, Ut enim homo hominis, sic daemon daemoni dominator, they rule themselves as well as us, and the spirits of the meaner sort had commonly such offices, as we make horse-keepers, neat-herds, and the basest of us, overseers of our cattle; and that we no more apprehend their natures and functions, than a horse a man's. They knew all things, but might

not reveal them to men; and ruled and domined over us, as we do over our horses; the best kings amongst us, and the most generous spirits, were not comparable to the basest of them. Sometimes they did instruct men, and communicate their skill, reward and cherish, and sometimes, again, terrify and punish, to keep them in awe, as they thought fit, Nihil magis cupidientes (saith Lysius, Phis. Stoicorum) quam admirationem hominum.* The same Author, Cardan, in his Hyperchen, out of the doctrine of Stoics, will have some of these Genii (for so he calls them) to be "desirous of men's company, very affable and familiar with them, as dogs are; others, again, to abhor as serpents, and care not for them. The same belike Tritemius calls Ignios et sublunares, qui nunquam demerunt ad inferiora, aut eix ultimum habent in terris commercium: "

4 Generally they far excel men in worth, as a man the meanest worm; though some of them are inferior to those of their own rank in worth, as the blackguard in a prince's court, and to men again, as some degenerate, base, rational creatures, are excelled of brute beasts."

That they are mortal, besides these testimonies of Cardan, Martianus, &c., many other divines and philosophers hold, post prolicium tempus mortuiv sunt omnes; The Platonists, and some Rabbinus, Porphyrius and Plutarch, as appears by that relation of Thamus: "The great god Pan is dead;" Apollo Pythius ceased; and so the rest. St. Hierome, in the life of Paul the Hermit, tells a story how one of them appeared to St. Anthony in the wilderness, and told him as much. * Paracelsus of our late writers stiffly maintains that they are mortal, live and die as other creatures do. Zozimus, I. 2, further adds, that religion and policy dies and alters with them. The Gentiles' gods, he saith, were expelled by Constantine, and together with them, Imperii Romani majestas, et fortuna interii, et profligata est; The fortune and majesty of the Roman Empire decayed and vanished, and so heathen in † Minutius formerly bragged, when the Jews were overcome by the Romans, the Jews' God was likewise captivated by that of Rome; and Rabsakah to the Israelites, no God should deliver them out of the hands of the Assyrians. But these paradoxes of their power, corporeity, mortality, taking of shapes, transposing bodies, and carnal copulations, are sufficiently confuted by Zanch. c. 10, 1 4. Perierus in his comment, and Tostatus questions on the 6th of Gen. Th. Aquin., St. Austin, Wierus, Th. Erastus, Delrio, tom. 2, I. 2, quest. 29; Sebastian Michaelis, c. 2, de spiritibus, D. Reinolds Lect. 47. They may deceive the eyes of men, yet not take true bodies, or make a real metamorphosis; but as Cicogna proves at large, they are Illusorice et praestigiaire transformationes omnif. mag. lib. 4, cap. 4, mere illusions and cozenings, like that tale of Pasitias obulus in Suidas, or that of Antolicious, Mercury's son, that dwelt in Parnassus, who got so much treasure by cozenage and stealth. His father Mercury, because he could leave him no wealth, taught him many fine tricks to get means, ‡ for he could drive away men's cattle, and if any pursued him, turn them into what shapes he would, and so did mightily enrich himself, hoc astu maximam pradam est adsecutus. This, no doubt, is as true as the rest; yet thus much in general. Thomas, Durand, and others, grant that they have understanding far beyond men, can probably conjecture and foreset many things; they can cause and cure most diseases, deceive our senses; they have

* "Coveting nothing more than the admiration of mankind." * Natura familiaris ut canes hominibus multi aversatur et abhorrent. † Ab homine plus distant quam homo ab ignobilissimo verne, et tamen quidam ex his ab hominibus superantur ut homines a feris, &c. ‡ Cibo et potu uti et venere cum hominibus ac tandem mori, Cicogna. 1. part. lib. 2. c. 3. Plutarch. de defect. craculorum. † Lib. de Zelphis et Fegimia. ₂ Di gentium a Constantio profligati sunt, &c. † Octavian dial. Judasorum deum fuisse Romanorum numinibus una cum gente captivam. "$ Omnia spiritibus plena, et ex corum concorda et discordia omnes boni et mal effectus prouamant, omnia humana regantur: paradoxo veterum de quo Cicogna. omnit. mag. 1. 2. c. 3. ₂ Oves quas abhuthor urat in quasque formas vertebat Persas, Hyginus. † Austin in 1. 2. de Gen. ad literam cap. 17. Partim quia subliriora sensus acuimae, partim scientia calidior viget et experientia propter magnum longitudinem vite, partim ab Angeliis discunt, &c.
excellent skill in all Arts and Sciences; and that the most illiterate devil is
Quovis homine scitor (more knowing than any man), as Cicogna maintains
out of others. They know the virtues of herbs, plants, stones, minerals, &c.;
of all creatures, birds, beasts, the four elements, stars, planets, can aptly apply
and make use of them as they see good; perceiving the causes of all meteors,
and the like: Dant se coloribus (as Austin hath it) accommodant se figuris,
adhærent sonis, subjicium se odoribus, infundunt se saporibus, omnes sensus
etiam ipsum intelligentiam daemones fallunt, they deceive all our senses, even
our understanding itself at once. They can produce miraculous alterations in
the air, and most wonderful effects, conquer armies, give victories, help,
further, hurt, cross and alter human attempts and projects (Dei permesso) as
they see good themselves. When Charles the Great intended to make a chan-
nel betwixt the Rhine and the Danube, look what his workmen did in the day,
these spirits flung down in the night, Ut comatu Rex desisteret, pervicere.
Such feats can they do. But that which Bodine, 1. 4. Theat. nat. thinks (following
Tyrius belike, and the Platonists,) they can tell the secrets of a man’s heart,
and cogitationes hominum, is most false; his reasons are weak, and sufficiently
confuted by Zanch. lib. 4, cap. 9. Hierom. lib. 2, com. in Mat. ad cap. 15,
Athanasius quest. 27, and Antiochum Principem, and others.

Orders.] As for those orders of good and bad Devils, which the Platonists
hold, is altogether erroneous, and those Ethnics bona et mali Genii, are to be
exploded: these heathen writers agree not in this point among themselves, as
Dandinas notes, An sint mali non conveniunt, some will have all spirits good
or bad to us by a mistake, as if an Ox or Horse could discourse, he would say
the Butcher was his enemy because he killed him, the Grazier his friend
because he fed him; a Hunter preserves and yet kills his game, and is hated
nevertheless of his game; nec piscatorem piscis amare potest, &c. But Jamb-
lichus, Psallus, Plutarch, and most Platonists acknowledge bad, et ab corum
maleficiis caudendum, and we should beware of their wickedness, for they are
enemies of mankind, and this Plato learned in Egypt, that they quarrelled
with Jupiter, and were driven by him down to hell. § That which Apuleius,
Xenophon, and Plato contend of Socrates’ Daemonium, is most absurd: That
which Plotinus of his, that he had likewise Deum pro Daemonio; and that
which Porphyry concludes of them all in general, if they be neglected in their
sacrifice they are angry; nay more, as Cardan in his Hyperchen will, they
feed on men’s souls, Elementa sunt plantis elementum, animalibus plantae,
hominibus animalia, erunt et homines ubi, non autem ubi, nimis enim remota
est corum natura ad nostram, qua propter daemonibus: and so belike that we have
so many battles fought in all ages, countries, is to make them a feast, and
their sole delight: but to return to that I said before, if displeased they fret
and chafe (for they feed belike on the souls of beasts, as we do on their
bodies), and send many plagues amongst us; but if pleased, then they do much
good; is as vain as the rest and confuted by Austin, 1. 9. c. 8. de Civ. Dii.
Euseb. 1. 4. praepar. Evang. c. 6. and others. Yet thus much I find, that our
School-men and other Divines make nine kinds of bad spirits, as Dionysius
hath done of Angels. In the first rank are those false gods of the Gentiles,
which were adored heretofore in several Idols, and gave Oracles at Delphes,
and elsewhere; whose Prince is Beelzebub. The second rank is of Liars and

1Lib. 3. omnif. mag. cap. 3.  * L. 18. quest.  
* Quum tantis sit et tam profunda spiritum scientia,
mirum non est tot tantaque res visa admirabiles ab ipsis patris, et quidem rerum naturalium ope quas
molt melius intelligat, multoque peritus suis locis et temporibus applicare nunquam hoc.  
Cicogna. 
† Aventius, qui quidquid interdicti exhaeretet, nona explebat. Inde pavesfeci curatores, etc.  
† In lib. 2.  
de Animâ ext. 28. Homerus discriminiorem omnes spiritus demones vocat.  
§ A Jove ad Inferos puls, etc.  
† De Dei Sacrate, adeo mihi divina sorte Daemonium quodam à prætie in partum cum secatum, 
sape desideset, impellit nonnunquam instar ovis, Plato.  
* Agrigina lib. 3. de occult. ph. c. 18. Zanch.  
Æquivocators, as Apollo Pythisus, and the like. The third are those vessels of anger, inventors of all mischief; as that Theutus in Plato; Esay calls them vessels of fury; their Prince is Belial. The fourth are malicious revenging Devils; and their Prince is Asmodæus. The fifth kind are cozeners, such as belong to Magicians and Witches; their Prince is Satan. The sixth are those aerial Devils that corrupt the air and cause plagues, thunders, fires, &c.; spoken of in the Apocalypse, and Paul to the Ephesians names them the Princes of the air; Meresin is their Prince. The seventh is a destroyer, Captain of the Furies, causing wars, tumults, combustions, uproars, mentioned in the Apocalypse; and called Abaddon. The eighth is that accusing or calumniating Devil, whom the Greeks call Διαβολος, that drives men to despair. The ninth are those tempters in several kinds, and their Prince is Mammon. Psellus makes six kinds, yet none above the Moon: Wierus in his Pseudomonarchia Daemonis, out of an old book, makes many more divisions and subordinations, with their several names, numbers, offices, &c., but Gæsæus cited by Lipius will have all places full of Angels, Spirits, and Devils, above and beneath the Moon, ætherial and aerial, which Austin cites out of Varro. i. viii. de Civ. Dei, c. 6. “The celestial Devils above, and aerial beneath,” or, as some will, gods above, Semidei or half gods beneath, Lares, Heroes, Genii, which climb higher, if they lived well, as the Stoics held; but grovel on the ground as they were baser in their lives, nearer to the earth: and are Manes, Lemures, Lamie, &c. They will have no place but all full of Spirits, Devils, or some other inhabitants; Plenum Cælum, aer, aqua, terra, et omnia sub terrâ, saith Gæsæus; though Anthony Rusca in his book de Inferno, lib. v. cap. 7, would confine them to the middle Region, yet they will have them everywhere. “Not so much as a hair-breadth empty in heaven, earth, or waters, above or under the earth.” The air is not so full of flies in summer; as it is at all times of invisible devils: this Paracelsus stiffly maintains, and that they have every one their several Chaos, others will have infinite worlds, and each world his peculiar Spirits, Gods, Angels, and Devils to govern and punish it.

“Singular * nonnulli credunt queque sidera posse
Dici orbes, terrarque appellant sidus opacum,
Cui minusminus divum praestat.”

“Some persons believe each star to be a world, and this earth an opaque star, over which the least of the gods presides.”

Gregorius Tholosanus makes seven kinds of ætherial Spirits or Angels, according to the number of the seven Planets, Saturnine, Jovial, Martial, of which Cardan discourse lib. xx. de subtil. he calls them substantias primas, Olympicos demones Tritenium, qui presunt Zodiaco, &c., and will have them to be good Angels above, Devils beneath the Moon, their several names and offices there sets down, and which Dionysius of Angels, will have several spirits for several countries, men, offices, &c., which live about them, and as so many assisting powers cause their operations, will have in a word, innumerable, as many of them as there be Stars in the Skies. Marsilius Ficinus seems to second this opinion, out of Plato, or from himself, I know not, (still ruling their inferiors, as they do those under them again, all subordinate, and the nearest to the earth rule us, whom we subdivide into good and bad angels, call gods or devils, as they help or hurt us, and so adore, love or hate) but it is most likely from Plato, for he relying wholly on Socrates, quem morti potuisse quam mentiri voluisse scribit, whom he says would rather die than tell a falsehood out of Socrates' authority alone, made nine kinds of them: which opinion

\[\text{(Footnotes: a) Vasa lanam. c. 13. b) Quibus datum est noceae terre et maris, &c. c) Physiol. Stelcorum \& Sene. Lib. I. cap. 28. d) Useqne ad lunam animas esse ætheras vocantque heroas, lares, genios. e) Mart. Capella. f) Ninii vacuambris ubi ubi vel capillium in aerem vel aquam jacens. g) Lib. de Zephyro. h) Palingenia. i) Lib. 7. cap. 54 et 56. Syntax. ar. mirab. j) Comment in dial. Plat. de amore, cap. 5. k) Ut spheres quidem super nos, ita praestantiores habent habitaturos esse spheres consortes ut habitat nostra.)} \]
belike Socrates took from Pythagoras, and he from Trismegistus, he from Zoroastes, first God, second idea, 3. Intelligences, 4. Arch-Angels, 5. Angels, 6. Demons, 7. Heroes, 8. Principalities, 9. Princes: of which some were absolutely good, as gods, some bad, some indifferent inter deos et homines, as heroes and demons, which ruled men, and were called genii, or as "Proclus and Jamblichus will, the middle betwixt God and men. Principalities and Princes, which commanded and swayed Kings and countries; and had several places in the Spheres perhaps, for as every sphere is higher, so hath it more excellent inhabitants: which belike is that Galilaeus a Galileo and Kepler aims at in his Nuncio Syderio, when he will have "Saturnine and Jovial inhabitants: and which Tycho Brahé doth in some sort touch or insinuate in one of his Epistles: but these things + Zanchius justly explodes, cap. 3. lib. 4. P. Martyr. in 4. Sam. 28.

So that according to these men the number of ætherial spirits must needs be infinite: for if that be true that some of our mathematicians say: if a stone could fall from the starry heaven, or eighth sphere, and should pass every hour an hundred miles, it would be 65 years, or more, before it would come to ground, by reason of the great distance of heaven from earth, which contains as some say 170 millions 803 miles, besides those other heavens, whether they be crystalline or watery which Maginus adds, which peradventure holds as much more, how many such spirits may it contain? And yet for all this "Thomas Albertus, and most hold that there be far more angels than devils.

Sublunary devils, and their kinds. But be they more or less, Quod supra nos nihil ad nos (what is beyond our comprehension does not concern us). Howsoever as Martianus foolishly supposeth, "Altherii Daemones non curant res humanas, they care not for us, do not attend our actions, or look for us, those ætherial spirits have other worlds to reign in belike or business to follow. We are only now to speak in brief of these sublunary spirits or devils: for the rest, our divines determine that the Devil had no power over stars, or heavens; "Carminibus caelo possunt deducere lunam, &c. (by their charms (verses) they can seduce the moon from the heavens). Those are poetical fictions, and that they can "sisteræ aquam fluviis, et vertere sidera retro, &c. (stop rivers and turn the stars backwards in their courses) as Canada in Horace, 'tis all false. "They are confined until the day of judgment to this sublunary world, and can work no farther than the four elements, and as God permits them. Wherefore of these sublunary devils, though others divide them otherwise according to their several places and offices, Psellus makes six kinds, fiery, aerial, terrestrial, watery, and subterranean devils, besides those fairies, satyrs, nymphs, &c.

Fiery spirits or devils are such as commonly work by blazing stars, fire-drakes, or ignes fatui; which lead men often in flumina aut precipitia, saith Bodine, lib. 2. Theatr. nature, fol. 221. Quos inquit arcere si volunt viatres, clarâ voce Deum appellare, aut pronam facie terram contingente adorare oportet, et hoc amuletum majoribus nostris acceptum ferre debemus, &c. (whom if travellers wish to keep off they must pronounce the name of God with a clear voice, or adore him with their faces in contact with the ground, &c.); likewise they counterfeit suns and moons, stars oftentimes, and sit on ship masts: In navigiorum summitatibus visuntur; and are called diasciuri, as Eusebius L. contra Philosophos, c. xlviii. informeth us, out of the authority of Zenophanes; or little clouds, ad motum nescio quem volantes; which never appear, saith

*Lib. de Amicis. et demoni medio. inter deos et homines, dicta ad nos et nostrum equaliter ad deos furent.
*Saturninus et Jovialis accola. †In loca detecti sunt infra celestes orbem in aerem sollicit et infra ubi Judicio generali reservatur. "q. 35. art. 9. b Virg. 8. Eg. c. En. 4. d Austin: hoc dixi, ne quis existimet habitare ibi mala demones ubi Solen et Lusan et Stella Deus ordinavit, et ubi nemo arbitratetur Demonem colis habitare cum Angelis suis unde lapsum credimus. Idem Zanch. 1. 4. c. 3. de Angel. mali. Pererius in Gen. cap. 6. lib. 8. in ver. 2.
Cardan, but they signify some mischief or other to come unto men, though some again will have them to pretend good, and victory to that side they come towards in sea fights, St. Elmo’s fires they commonly call them, and they do likely appear after a sea storm; Radziwillius, the Polonian duke, calls this apparition, Sancti Germani sidus; and saith moreover that he saw the same after in a storm as he was sailing, 1582, from Alexandria to Rhodes.* Our stories are full of such apparitions in all kinds. Some think they keep their residence in that Hecla, a mountain in Iceland, Αέtna in Sicily, Lipari, Vesuvius, &c. These devils were worshipped heretofore by that superstitious ποταματίον * and the like.

Aerial spirits or devils, are such as keep quarter most part in the air, cause many tempests, thunder, and lightnings, tear oaks, fire steeples, houses, strike men and beasts, make it rain stones, as in Livy’s time, wool, frogs, &c. Counterfeit armies in the air, strange noises, swords, &c., as at Vienna before the coming of the Turks, and many times in Rome, as Scheretzius 1. de spect. c. 1. part. 1. Lavater de spect. part. 1. c. 17. Julius Obsequens, an old Roman, in his book of prodigies, ab urb. cond. 505. *Machiavel hath illustrated by many examples, and Josephus, in his book de bello Judaico, before the destruction of Jerusalem. All which Gual. Postellus, in his first book, c. 7, de orbis concordia, useth as an effectual argument (as indeed it is) to persuade them that will not believe there be spirits or devils. They cause whirlwinds on a sudden, and tempestuous storms; which though our meteorologists generally refer to natural causes, yet I am of Bodine’s mind, Theat. Nat. 1. 2. they are more often caused by those aerial devils, in their several quarters; for Tem-pestatibus se inerunt, saith † Rich. Argentine; as when a desperate man makes away with himself, which by hanging or drowning they frequently do, as Kornmannus observes, de mirac. mort. part. 7, c. 76. tripudium agentes, dancing and rejoicing at the death of a sinner. These can corrupt the air, and cause plagues, sickness, storms, shipwrecks, fires, inundations. At Mons Draconis in Italy, there is a most memorable example in *Jovianus Pontanus: and nothing so familiar (if we may believe those relations of Saxo Grammaticus, Olaus Magnus, Damianus A. Goes) as for witches and sorcerers, in Lapland, Lithuania, and all over Scandia, to sell winds to mariners, and cause tempests, which Marcus Paulus the Venetian relates likewise of the Tartars. These kind of devils are much ‡delighted in sacrifices (saith Porphyry), held all the world in awe, and had several names, idols, sacrifices, in Rome, Greece, Egypt, and at this day tyrannise over, and deceive those Ethiems and Indians, being adored and worshipped for *gods. For the Gentiles’ gods were devils (as §Trismegistus confessed in his Asclepius), and he himself could make them come to their images by magic spells: and are now as much “ respected by our papists (saith †Pictorius) under the name of saints.” These are they which Cardan thinks desire so much carnal copulation with witches (Incubi and Succubi), transform bodies, and are so very cold if they be touched; and that serve magicians. His father had one of them (as he is not ashamed to relate″), an aerial devil, bound to him for twenty and eight years. As Agrippa’s dog had a devil tied to his collar; some think that Paracelsus (or else Erasmus belies him) had one confined to his sword pummel; others wear them in rings, &c. Jannes and Jambres did many things of old by their help; Simon Magus, Cnops, Apollonius Taneus, Jamblichus, and Tertiumus of late, that showed

* Perigrum. Hierosol.  
† Fire-worship, or divination by fire.  
‡ Domus dirament, muros dejectum; immiscens se turbinibus et procellis et pulvere instar columnae erexit.  
§ Quest. in Trov.  
‖ De prestigidibus daemonum. c. 16. Convulsi culmina videmus, propter sata, &c.  
‡ De bello Neapolitano, lib. 5.  
″ Suffixibus gaudent. Idem Justin. Martyr Apolog. pro Christianis.  
§ De bello Neapolitano, saith Euseb.  
‖ In Del imitationem, saith Euseb.  
* Et nunc sub diversum nomine coluntur a Pontificiis.  
" Lib. 11. de rerum ver.
Maximilian the emperor his wife, after she was dead: "Et verruca im collo euis (saith "Godolman) so much as the wart in her neck." Delrio, lib. ii. hath divers examples of their feats: Cicogna, lib. iii. cap. 3. and Wierus in his book de praestig. daemonum. Boissardus de magis et veneficiis.

Water-devils are those Naiads or water nymphs which have been heretofore conversant about waters and rivers. The water (as Paracelsus thinks) is their chaos, wherein they live; some call them fairies, and say that Habundia is their queen; these cause inundations, many times shipwrecks, and deceive men divers ways, as Succuba, or otherwise, appearing most part (saith Trite- mius) in women's shapes. *Paracelsus hath several stories of them that have lived and been married to mortal men, and so continued for certain years with them, and after, upon some dislike, have forsaken them. Such a one as Ægeria, with whom Numa was so familiar, Diana, Ceres, &c. Olaus Magnus hath a long narration of one Hotherus, a king of Sweden, that having lost his company, as he was hunting one day, met with these water nymphs or fairies, and was feast'd by them; and Hector Boethius, of Macbeth, and Banquo, two Scottish lords, that as they were wandering in the woods, had their fortunes told them by three strange women. To these, heretofore, they did use to sacrifice, by that bppara, or divination by waters.

Terrestrial devils are those *Lares, Genii, Fauns, Satyrs, *Wood-nymphs, *Foliots, Fairies, Robin Goodfellows, Trulli, &c., which as they are most conversant with men, so they do them most harm. Some think it was they alone that kept the heathen people in awe of old, and had so many idols and temples erected to them. Of this range was Dagon amongst the Philistines, Bel amongst the Babylonians, Astartes amongst the Sidonians, Baal amongst the Samaritans, Isis and Osiris amongst the Egyptians, &c.; some put our fairies into this rank, which have been in former times adored with much superstition, with sweeping their houses, and setting of a pail of clean water, good victuals, and the like, and then they should not be pinched, but find money in their shoes, and be fortunate in their enterprises. These are they that dance on heaths and greens, as *Lavater thinks with Trite-mius, and as *Olaus Magnus adds, leave that green circle, which we commonly find in plain fields, which others hold to proceed from a meteor falling, or some accidental rankness of the ground, so nature sports herself; they are sometimes seen by old women and children. Hierom. Pauli, in his description of the city of Bercino in Spain, relates how they have been familiarly seen near that town, about fountains and hills; Nonnumquam (saith Trite-mius) in sua latibula montium simpliciores homines ducant, stupenda mirantibus ostendentes miracula, noturum sonitus, spectacula, &c. Giral-dus Cambrensis gives instance in a monk of Wales that was so deluded. *Paracelsus reckons up many places in Germany, where they do usually walk in little coats, some two feet long. A bigger kind there is of them called with us hobgoblins, and Robin Goodfellows, that would in those superstitious times grind corn for a mess of milk, cut wood, or do any manner of drudgery work. They would mend old irons in those Æolian isles of Lipari, in former ages, and have been often seen and heard. *Tholosanus calls them *Trulos and Getulos, and saith, that in his days they were common in many places of France. Dithmarus Bleskenius, in his description of Iceland, reports for a certainty, that almost in every family they have yet some such familiar spirits;

* Lib. 3. cap. 3. de magis et veneficiis, &c. Nereides.  
* Lib. de Zilph.  
* Lib. 3.  
* Pro salute hominum excubara se simulant; sed in corum parniciem omnia moliantur. Aust.  
* Lib. 3. Dryades, Oriades, Hamadryades.  
† Elvas Olaus vocat lib. 3.  
‡ Part. 1. cap. 19.  
§ Lib. 3. cap. 11. Elvarum choraeas Olaus lib. 3. vocat salum adeo profundè in terras imprimt, ut locus insigni dolceaca viris- orbicularia sit, et gramen non peraret. Sometimes they seduce too simple men into their mountain retreats, where they exhibit wonderful sights to their marvelling eyes, and astonish their ears by the sound of bells, &c.  
* Lib. de Zilph. et Pigmalis Olaus lib. 3.  
* Lib. 7. cap. 11. qui et in famuliti viris et feminis inserviant, conclusis scopis purgans, patinas mundant, ligna portant, equos curant, &c.
and Felix Malleolus, in his book *de crueli daemon. affirms as much, that these
Trooli or Telchines are very common in Norway, "and * seen to do drudgery
work;" to draw water, saith Wierus, lib. i. cap. 22. dress meat, or any such
thing. Another sort of these there are, which frequent forlorn * houses, which
the Italians call foltiis, most part innoxious, *Cardan holds; "They will make
strange noises in the night, howl sometimes pitifully, and then laugh again,
cause great flame and sudden lights, fling stones, rattle chains, shove men,
open doors and shut them, fling down platters, stools, chests, sometimes appear
in the likeness of hares, crows, black dogs, &c." of which read * Pet. Thraesus
the Jesuit, in his Tract. de locis infestis, part. 1. et cap. 4, who will have them
to be devils or the souls of damned men that seek revenge, or else souls out of
purgatory that seek ease; for such examples peruse * Sigismundus Scheretzius,
lib. de spectria, part 1. c. 1. which he saith he took out of Luther most part;
there be many instances. * Plinius Secundus remembers such a house at Athens,
which Athenodorus the philosopher hired, which no man durst inhabit for fear
of devils. Austin, de Civ. Dei, lib. 22, cap. 1. relates as much of Hesperius
the Tribune's house, at Zutbeda, near their city of Hippos, vexed with evil
spirits, to his great hindrance, *Cum afflictione animalium et servorum suorum.
Many such instances are to be read in Niderius Formicar, lib. 5. cap. xii. 3.
&c. Whether I may call these Zim and Ochim, which Isaiah, cap. xiii. 21.
speaks of, I make a doubt. See more of these in the said Scheretz. lib. 1. de
spect. cap. 4. he is full of examples. These kinds of devils many times appear
to men, and affright them out of their wits, sometimes walking at * noon-day,
sometimes at nights, counterfeiting dead men's ghosts, as that of Caligula,
which (saith Suetonius) was seen to walk in Lavinia's garden, where his body
was buried, spirits haunted, and the house where he died, *Nulla nos sine ter-
trore transacta, doneo incendio consumpta; every night this happened, there was
no quietness, till the house was burned. About Hecla, in Iceland, ghosts com-
monly walk, *anima mortuorum simulantes, saith Joh. Anan. lib. 3. de nat.
de mirac. mort. part. 1. cap. 44. such sights are frequently seen circa sepulchra
et monasteria, saith Lavat. lib. 1. cap. 19. in monasteries and about church-
yards, *loca paludinosae, ampla edificia, solitaria, et exo hominum notata, &c.
(marshes, great buildings, solitary places, or remarkable as the scene of some
muder). Thyreus adds, *ubi gravius spectatum est commissum, impii pau-
perum oppressores et nequiter insignes habitant (where some very heinous crime
was committed, there the impious and infamous generally dwell). These spirits
often foretell men's deaths by several signs, as knocking, groanings, &c., * though
Rich. Argentine, c. 18. de praestigiiis daemonum, will ascribe these predictions
to good angels, out of the authority of Ficinus and others; *prodigia in obitu
principum sepius contingunt, &c. (prodigies frequently occur at the deaths of
illustrious men), as in the Lateran church in * Rome, the popes' deaths are
foretold by Sylvester's tomb. Near Rupes Nova in Finland, in the kingdom
of Sweden, there is a lake, in which, before the governor of the castle dies, a
spectrum, in the habit of Arion with his harp, appears, and makes excellent
music, like those blocks in Cheshire, which (they say) pressage death to the
master of the family; or that * oak in Lanthadon park in Cornwall, which
foreshows as much. Many families in Europe are so put in mind of their last
by such predictions, and many men are forewarned (if we may believe Paracelsus)

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* Ad ministeria uruntur.  * Where treasure is hid (as some think) or some murder, or such like villany
committed.  * Lib. 16. de rerum varietat.  * Vel spiritus sunt hujusmodi dammarorum, vel a purgatorio,
vul si Daemones, o. 4.  * Quidam leures domesticae instrumentis nocta ludunt: patinas, ollas, can-
tharas, et alia vasta dejicitum, et quidam voce emissum, ejulant, ruisse emissum, &c. ut canes nigri, feles,
* Sueton. c. 65. in Caligula.  * Streosius Cleogna, lib. 3. mag. cap. 6.  * Idem c. 18.  * M. Carew,
Survey of Cornwall, lib. 2, folio 140.
by familiar spirits in divers shapes, as cocks, crows, owls, which often hover about sick men's chambers, vel guia morientium facultatem sentiant, as 6 Baracellus conjectures, et ideo super lectum infirmorum crocitant, because they smell a corse; or for that (as 7 Bernardinus de Bystis thinketh) God permits the devil to appear in the form of crows, and such like creatures, to scare such as live wickedly here on earth. A little before Tully's death (saith Plutarch) the crows made a mighty noise about him, tumultuos perstreptentes, they pulled the pillow from under his head. 8 Rob. Gaguinus hist. Franc. lib. 8, telleth such another wonderful story at the death of Johannes de Monteforti, a French lord, anno 1345, tanta corvorum multitudo edibus morientis insedit, quantum esse in Gallia nemo judicasset (a multitude of crows alighted on the house of the dying man, such as no one imagined existed in France). Such prodigies are very frequent in authors. See more of these in the said Lavater, Thysius de loci infestis, part 3, cap. 58. Pictorius, Delrio, Cicogna, lib. 3, cap. 9. Necromancers take upon them to raise and lay them at their pleasures: and so likewise those which Mizaldus calls Ambulones, that walk about midnight on great heaths and desert places, which (saith 9 Lavater) "draw men out of the way, and lead them all night a bye-way, or quite bar them of their way;" these have several names in several places; we commonly call them Pucks. In the deserts of Lop, in Asia, such illusions of walking spirits are often perceived, as you may read in M. Paulus, the Venetian his travels; if one lose his company by chance, these devils will call him by his name, and counterfeit voices of his companions to seduce him. Hieronym. Pauli, in his book of the hills of Spain, relates of a great mount in Cantabria, where such spectrums are to be seen; Lavater and Cicogna have variety of examples of spirits and walking devils in this kind. Sometimes they sit by the highway side, to give men false, and make their horses stumble and start as they ride (if you will believe the relation of that holy man Ketellus in 8 Nubrigensis, that had an especial grace to see devils, Graciam divinitum collatam, and talk with them, Et impavidus cum spiritibus seremonem miscere, without offence, and if a man curse or spur his horse for stumbling, they do heartily rejoice at it; with many such pretty feats.

Subterranean devils are as common as the rest, and do as much harm. Olaus Magnus, lib. 6, cap. 19, makes six kinds of them; some bigger, some less. These (saith 10 Munster) are commonly seen about mines of metals, and are some of them noxious; some again do no harm. The metal-men in many places account it good luck, a sign of treasure and rich ore when they see them. Georgius Agricola in his book de subterraneis animantibus, cap. 37, reckons two more notable kinds of them, which he calls 1 Getuli and Cobali, both "are clothed after the manner of metal-men, and will many times imitate their works." Their office, as Pictorius and Paracelsus think, is to keep treasure in the earth, that it be not all at once revealed; and besides, 11 Cicogna avereth that they are the frequent causes of those horrible earthquakes "which often swallow up, not only houses, but whole islands and cities;" in his third book, cap. 11, he gives many instances.

The last are conversant about the centre of the earth to torture the souls of damned men to the day of judgment; their egress and regress some suppose to be about Ætna, Lipari, Mons Hecla in Iceland, Vesuvius, Terra dei Fuego, &c., because many shrieks and fearful cries are continually heard thereabouts, and familiar apparitions of dead men, ghosts and goblins.

1 Horno Gentilli, folio 137. 8 Part. 1. c. 19. Abducunt eos a recta via, et viam iter scientis unum in se interdint. 9 Lib. 1. cap. 44. De remun. cernuntur et auduntur ibi frequentes illusiones, unde viatoribus cavendum ne se dissoncube, aut a tergo maneant, voces enim fingant sociorum, ut a recte itineri abducant, &c. 10 Mons sterilis et nivosus, ubi tempora mutata numera apparant. 11 Lib. 2. cap. 51. Officiant facient transeuntibus in via, et potulans ridet cum vel hominem vel jumentum ejus pedes attertere faciant, et maxime si homo malefactus et calcaribus savent. 12 In Cosmogr. 1. Vetitati more metallicum, gesta et operum immittunt. 13 Inannis in terris carcere, vende horribiles terrae motus efficiunt, quibus saepe non dimus modo et tupa, sed civitates integre et insulas hostae sunt.
Their Offices, Operations, Study.] Thus the devil reigns, and in a thousand several shapes, "as a roaring lion still seeks whom he may devour," 1 Pet. v., by earth, sea, land, air, as yet unconfined, though *some will have his proper place the air; all that space between us and the moon for them that transcressed least, and hell for the wickedest of them, *Nic velut in carcere ad finem mundi, tunc in locum funestorem trudendi, as Austin holds de Civit. Dei, c. 22, lib. 14, cap. 3 et 23; but be where he will, he rageeth while he may to comfort himself, as *Laactantius thinks, with other men's falls, he labours all he can to bring them into the same pit of perdition with him. "For "men's miseries, calamities, and ruins are the devil's banqueting dishes." By many temptations and several engines, he seeks to captivate our souls. The Lord of Lies, saith *Austin, "as he was deceived himself; he seeks to deceive others, the ringleader to all naughtiness, as he did by Eve and Cain, Sodom and Gomorrah, so would he do by all the world. Sometimes he tempts by covetousness, drunkenness, pleasure, pride, &c., errs, deceits, saves, kills, protects, and rides some men, as they do their horses. He studies our overthrow, and generally seeks our destruction;" and although he pretend many times human good, and vindicate himself for a god by curing of several diseases, *ægris sanitatem, et cecis luminis usum restituendo, as Austin declares, lib. 10, de Civit. Dei, cap. 6, as Apollo, *Æsculapius, Isis, of old have done; divert plagues, assist them in wars, pretend their happiness, yet nihil his impuritus, scelestius, nihil humano generi infestius, nothing so impure, nothing so pernicious, as may well appear by their tyrannical and bloody sacrifices of men to Saturn and Moloch, which are still in use among those barbarous Indians, their several deceits and cozenings to keep men in obedience, their false oracles, sacrifices, their superstitious impositions of fasting, penury, &c. Heresies, superstitious observations of meats, times, &c., by which they *crucify the souls of mortal men, as shall be showed in our Treatise of Religious Melancholy. *Modico adhaec tempore sinitur malignari, as *Bernard expresseth it, by God's permission he rageeth a while, hereafter to be confined to hell and darkness, "which is prepared for him and his angels," Mat. xxv.

How far their power doth extend it is hard to determine; what the ancients held of their effects, force and operations, I will briefly show you: Plato in Critias, and after him his followers, gave out that these spirits or devils, "were men's governors and keepers, our lords and masters, as we are of our cattle."

"They govern provinces and kingdoms by oracles, auguries, dreams, rewards, and punishments, prophecies, inspirations, sacrifices, and religious superstitions, varied in as many forms as there be diversity of spirits; they send wars, plagues, peace, sickness, health, dearth, plenty, *Adstantes hic jam nobis, spectantes, et arbitrantes, &c. as appears by those histories of Thucydides, Livius, Dionysius Halicarnassius, with many others that are full of their wonderful stratagems, and were therefore by those Roman and Greek commonweaths adored and worshipped for gods with prayers and sacrifices, &c. "In a word, *Nihil magis querunt quam metum et admirationem hominum; *and as another hath it, *Divi non potest, quam impotenti ardore in homines dominium, et

Divinos cultos maligni spiritus affectent.* Tritemius in his book de septem secundis, assigns names to such angels as are governors of particular provinces, by what authority I know not, and gives them several jurisdictions. Asclepiades a Grecian, Rabbi Achiba the Jew, Abraham Aven Ezra, and Rabbi Azriel, Arabians, (as I find them cited by *Cicogna) farther add, that they are not our governors only, Sed ex eorum concordiét et discordiét, boni et mali effectus pro-
mantant, but as they agree, do we and our princes, or disagree; stand or fall. Juno was a bitter enemy to Troy, Apollo a good friend, Jupiter indifferent, Aqua Venus Tauris, Pallas iniqua fuit; some are for us still, some against us, Promente Dee, fort Deus alter opem. Religion, policy, public and private quarrels, wars are procured by them, and they are* delighted perhaps to see men fight, as men are with cocks, bulls, and dogs, bears, &c., plagues, dearths depend on them, our boni and mali esse, and almost all our other peculiar actions, for (as Anthony Busca contends, lib. 5, cap. 18, every man hath a good and a bad angel attending on him in particular, all his life long, which Jamblichus calls daemonem,) preferments, losses, weddings, deaths, rewards and punishments, and as *Proclus will, all offices whatsoever, alii genetrixem, alii opificem potentatem habent, &c., and several names they give them according to their offices, as Lores Indegites, Præstites, &c. When the Arcades in that battle at Cheronea, which was fought against King Philip for the liberty of Greece, had deceitfully carried themselves, long after, in the very same place, Dis Gracia uitoribus (saith mine author) they were miserably slain by Metellus the Roman: so likewise, in smaller matters, they will have things fall out, as these boni and mali genii favour or dislike us: Saturnus non con-
vivunt Jovialibus, &c. He that is Saturninus shall never likely be preferred.

*That base fellows are often advanced, undeserving Gnathoses, and vicious parasites, whereas discreet, wise, virtuous and worthy men are neglected and unrewarded; they refer to those domineering spirits, or subordinate Genii; as they are inclined, or favour men, so they thrive, are ruled and overcome; for as *Libanius supposed in our ordinary conflicts and contentions, Genius Genius cedit et obtemperat, one genius yields and is overcome by another. All particular events almost they refer to these private spirits; and (as Paracelsus adds) they direct, teach, inspire, and instruct men. Never was any man extraordinary famous in any art, action, or great commander, that had not familiarum daemonem to inform him, as Numa, Socrates, and many such, as Cardan illustrates, cap. 128, Arcanis prudentiae civitis, * Speciali siguindam gratia, si à Deo donarit asservant magi, à Geniis celestibus instrui, ab his doceri.* But these are most erroneous paradoxes, ineptæ et futilæ vaga, rejected by our divines and Christian churches. *Tis true they have, by God’s permission, power over us, and we find by experience, that they can * hurt not our fields only, cattle, goods, but our bodies and minds. At Hammel in Saxonie, An. 1484, 20 Junii, the devil, in likeness of a pied piper, carried away 130 children that were never after seen. Many times men are * affrighted out of their wits, carried away quite, as Scheretzius illustrates, lib. 1. c. iv., and severally molested by his means, Plotinus the Platonist, lib. 14, advers. Gnos. laughs them to scorn, that hold the devil or spirits can cause any such diseases. Many think he can work upon the body, but not upon the mind. But experience prononceth otherwise, that he can work both upon body and mind. Tertullian is

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of this opinion, c. 22. "That he can cause both sickness and health," and that secretly. Taurellus adds "by clancular poisons he can infect the bodies, and hinder the operations of the bowels, though we perceive it not, closely creeping into them," saith Lipsius, and so crucify our souls: Et nociva melancholia furiosae efficit. For being a spiritual body, he struggles with our spirits, saith Rogers, and suggests (according to Cardan, verba sine voce, species sine visu, envy, lust, anger, &c.) as he sees men inclined.

The manner how he performs it, Biarmannus in his Oration against Bodine, sufficiently declares. "He begins first with the phantasy, and moves that so strongly, that no reason is able to resist. Now the phantasy he moves by mediation of humours; although many physicians are of opinion, that the devil can alter the mind, and produce this disease of himself. Quibusdam medicorum visum, saith Avicenna, quodd Melancholia contingat & daemonio. Of the same mind is Psellus and Rasis the Arab. lib. 1. Tract. 9. Cont. "m That this disease proceeds especially from the devil, and from him alone." Arculanus cap. 6. in 9. Rasis, Alianus Montaltus in his 9. cap. Daniel Sennertus lib. 1. part 2. cap. 11. confirm as much, that the devil can cause this disease; by reason many times that the parties affected prophesy, speak strange language, but non sine interventu humoris, not without the humour, as he interprets himself; no more doth Avicenna, si contingat a daemonio, sufficit nobis ut converset complexionem ad choleram nigram, et si causa ejus propinquua choleram nigra; the immediate cause is choler assist, which Pomponatus likewise labours to make good: Galgerandus of Mantua, a famous Physician, so cured a demoniacal woman in his time, that spake all languages, by purging black choler, and thereupon belike this humour of Melancholy is called Balneum Diaboli, the Devil's Bath; the devil siping his opportunity of such humours drives them many times to despair, fury, rage, &c., mingling himself amongst these humours. This is that which Tertullian avers, Corporeus infignit acerbos casus, animaque repentinos, membra distorsuent, ocultt repentes, &c. and which Lennius goes about to prove, Immiscet se mali Genii pravis humoribus, atque atres bili, &c. And Jason Pratensis, "that the devil, being a slender incomprehensible spirit, can easily insinuate and wind himself into human bodies, and cunningly couched in our bowels vitiate our healths, terrify our souls with fearful dreams, and shake our mind with furies." And in another place, "These unclean spirits settled in our bodies, and now mixed with our melancholy humours, do triumph as it were, and sport themselves as in another heaven." Thus he argues, and that they go in and out of our bodies, as bees do in a hive, and so provoke and tempt us as they perceive our temper inclined of itself, and most apt to be deluded. *Agrippa and Lavater are persuaded, that this humour invites the devil to it, whereasover it is in extremity, and of all other, melancholy persons are most subject to diabolical temptations and illusions, and most apt to entertain them, and the Devil best able to work upon them. But whether by obsession, or possession, or otherwise, I will not determine; 'tis a difficult question. Delrio the Jesuit, Tom. 3. lib. 6. Springer and his colleague, maull malef. Pet. Thyreus the Jesuit, lib. de daemoniacis, de locis infestis, de Terrificationibus nocturnis, Hieronymus Mengus Flagel. dam.

*Inducere potest morbos et sanitates.  
†Vicerae sectiones potest inhiberre latenter, et venenis nobis ignotae corporis indiciare.  
‡Irepentes corporibus occulit morbos fingunt, mentes terrent, membra distortuent.  
§Lips. Phil. Stoic. 1. 1. c. 19.  
‖De rerum var. 1. 16. c. 93.  
¶Quam mens immediata despiet nequit, primum movet phantasm, et ita oblatae sunt conscientias aut ubi quom facilius estimatur rationali locum relinquant. Spiritus malus invadit animam, turbat sensus, in furorem conjicit. Austin. de vit. Best.  
‖Lib. 3. Pec. 1. Tract. 4. c. 18.  
‖A Diemone maxime proficit et sepe solo.  
‖Lib. de incant.  
†Cap. de mapi lib. de morbis cerebr. Diemones, quam sint teneues et incomprehensibles spiritus, se insinuare corporibus humanis posseunt, et occulte in visceribus operire, valeudinum vitare, seminis animas terrere et mentes furoribus quater. Insinuant se melanchoличorum penetrabilibus, intus ioue considunt et deludentur tanquam in regione clarissimorum siderum, cognatique animum furere.  
¶Sine cruce et sanctificatione sic ad daemones obsessa, dix.
and others of that rank of pontifical writers, it seems, by their exorcisms and confessions approve of it, having forged many stories to that purpose. A nun did eat a lettuce *without grace, or signing it with the sign of the cross, and was instantly possessed. Durand. lib. 8. Rationall. c. 86. numb. 8. relates that she saw a wench possessed in Bononia with two devils, by eating an unhallowed pomegranate, as she did afterwards confess, when she was cured by exorcisms. And therefore our Papists do sign themselves so often with the sign of the cross, Ne daemon ingredii ausit, and exorcise all manner of meats, as being unclean or accursed otherwise, as Bellarmine defends. Many such stories I find amongst pontifical writers, to prove their assertions, let them free their own credits; some few I will recite in this kind out of most approved physicians. Cornelius Gemma lib. 2. de nat. miracl. c. 4. relates of a young mail, called Katherine Gualter, a cooper's daughter, An. 1571, that had such strange passions and convulsions, three men could not sometimes hold her; she purged a live eel, which she saw a foot and a half long, and touched it himself; but the eel afterwards vanished; she vomited some twenty-four pounds of fulsome stuff of all colours, twice a day for fourteen days; and after that she voided great balls of hair, pieces of wood, pigeons' dung, parchment, goose dung, coals; and after them two pounds of pure blood, and then again coals and stones, of which some had inscriptions bigger than a walnut, some of them pieces of glass, brass, &c. besides paroxysms of laughing, weeping and ecstasies, &c. Et hoc (inquit) cum horrore vidi, this I saw with horror. They could do no good on her by physic, but left her to the clergy. Marcellus Donatus lib. 2. c. 1. de med. mirab. hath such another story of a country fellow, that had four knives in his belly, Instar serrae dentatos, indented like a saw, every one a span long, and a wreath of hair like a globe, with much baggage of like sort, wonderful to behold: how it should come into his guts, he concludes, Certè non alio quam daemonis astutè et dolo (could assuredly only have been through the artifice of the devil). Langius Epist. med. lib. 1. Epist. 38. hath many relations to this effect, and so hath Christopherus à Vega: Wierus, Skenkius, Scribonius, all agree that they are done by the subtlety and illusion of the devil. If you shall ask a reason of this, *'tis to exercise our patience; for as *Tertullian holds, Virtus non est virtus, nisi compararum habet aliquem, in quo superando vim suam ostendat, 'tis to try us and our faith, 'tis for our offences, and for the punishment of our sins, by God's permission they do it, Carnifices vindictae justae Dei, as "Tolosanus styles them, Executioners of his will; or rather as David, Ps. 78. ver. 49. "He cast upon them the fierceness of his anger, indignation, wrath, and vexation, by sending out of evil angels:" so did he afflict Job, Saul, the Lunatics and demoniacal persons whom Christ cured, Mat. iv. 8. Luke iv. 11. Luke xiii. Mark ix. Tobit viii. 3. &c. This, I say, happeneth for a punishment of sin, for their want of faith, incredulity, weakness, distrust, &c.

SUBSECT. III.—Of Witches and Magicians, how they cause Melancholy.

You have heard what the devil can do of himself, now you shall hear what he can perform by his instruments, who are many times worse (if it be possible) than he himself; and to satisfy their revenge and lust cause more mischief, Multa enim mala non egisset daemon, nisi provocatus a sagis, as *Erastus thinks; much harm had never been done, had he not been provoked by witches to it. He had not appeared in Samuel's shape, if the Witch of Eudor had let him alone; or represented those serpents in Pharo's presence, had not the magicians urged him unto it; Nec morbus vel hominibus, vel brutis infliget (Erastus maintains) si sagae quiescerat; men and cattle might go free, if the

witches would let him alone. Many deny witches at all, or if there be any they can do no harm; of this opinion is Wierus, lib. 3. cap. 53. de praestig. daemon. Austin Lerchemer a Dutch writer, Biarmannus, Ewichius, Euwaldius, our countryman Scot; with him in Horace,

"Somnus, terrores Magicos, miracula, sagas, nocturnos Lemures, portentaque Thessala risu Exclamuit." | Say, can you laugh indignant at the schemes Of magic terrors, visionary dreams, Portentous wonders, witching imps of hell, The nightly goblin, and enchanting spell?

They laugh at all such stories; but on the contrary are most lawyers, divines, physicians, philosophers, Austin, Hemingius, Daneus, Chytreaus, Zanchius, Aretius, &c. Delrio, Springer, *Niderius lib. 5. Fornicator. Cuestius, Bartolus, consil. 6. tom. 1. Bodine demoniarius lib. 2. cap. 8. Godelman, Damhoderius, &c. Paracelsus, Erastus, Scribanius, Camerarius, &c. The parties by whom the devil deals may be reduced to these two, such as command him in show at least, as conjurors, and magicians, whose detestable and horrid mysteries are contained in their book called *Arbatell; daemones enim advocati praesto sunt, seques eorundem et conjurationibus quasi cogi patiuntur, ut miserum magorum genus, in impietate delineant. Or such as are commanded, as witches, that deal ex parte impliciti, or expliciti, as the king hath well defined; many subdivisions there are, and many several species of sorcerers, witches, enchanters, charmers, &c. They have been tolerated heretofore some of them; and magic hath been publicly professed in former times, in Salamanca, Cracow, and other places, though after censured by several Universities, and now generally contradicted, though practised by some still, maintained and excused, Tunciam res secreta que non nisi viris magnis et peculiari beneficio de Calo instructis communicatur (I use § Boesartus his words) and so far approved by some princes, Ut nihil auili arbixi in politicis, in sacris, in consiliis, sine eorum arbitrio; they consult still with them, and dare indeed do nothing without their advice. Nero and Heliodabalus, Maxentius, and Julianus Apostata, were never so much addicted to magic of old, as some of our modern princes and popes themselves are now-a-days. Erichius King of Sweden had an enchanted cap, by virtue of which, and some magical murmur or whispering terms, he could command spirits, trouble the air, and make the wind stand which way he would, insomuch that when there was any great wind or storm, the common people were wont to say, the king now had on his conjuring cap. But such examples are infinite. That which they can do, is as much almost as the devil himself, who is still ready to satisfy their desires, to oblige them the more unto him. They can cause tempests, storms, which is familiarly practised by witches in Norway, Iceland, as I have proved. They can make friends enemies, and enemies friends by philters; *Turpes amores conciliare, enforce love, tell any man where his friends are, about what employed though in the most remote places; and if they will, *bring their sweethearts to them by night, upon a goat’s back flying in the air." Sigismund Scheretzius, part. I. cap. 9. de spect., reports confidently, that he conferred with sundry such, that had been so carried many miles, and that he heard witches themselves confess as much; hurt and infect men and beasts, vines, corn, cattle, plants, make women abortive, not to conceive, barren, men and women unapt and unable, married and unmarried, fifty several ways, saith Bodine, lib. 2. c. 2. fly in the air, meet when and where they will, as Ciooguna proves, and Lavat, de spec. part. 2. c. 17, "steal young children out of their cradles, ministerio daemonum,

and put deformed in their rooms, which we call changelings, saith §Schertzius, part. 1, c. 6, make men victorious, fortunate, eloquent; and therefore in those ancient monomachies and combats they were searched of old, they had no magical charms; they can make *stick frees, such as shall endure a rapier’s point, musket shot, and never be wounded: of which read more in Boissardus, cap. 6, de Magia, the manner of the adoration, and by whom ’tis made, where and how to be used in expeditionibus bellicis, praebetis, duelis, &c., with many peculiar instances and examples; they can walk in fiery furnaces, make men feel no pain on the wrack, aut alias torturas sentire; they can stanch blood, 
represent dead men’s shapes, alter and turn themselves and others into several forms, at their pleasures. * Agaberta, a famous witch in Lapland, would do as much publicly to all spectators, Modò Puella, modò anus, modò procerà ut quercus, modò vacca, avis, cohuber, &c. Now young, now old, high, low, like a cow, like a bird, a snake, and what not? she could represent to others what forms they most desired to see, show them friends absent, reveal secrets, maximis omnium admiratione, &c. And yet for all this subtility of theirs, as Lysipus well observes, Physiolog. Stoicor. lib. 1, cap. 17, neither these magicians nor devils themselves can take away gold or letters out of mine or Crassus’ chest, et Clientelis suis largiri, for they are base, poor, contemptible fellows most part; as †Bodine notes, they can do nothing in Judicium decreta aut penas, in region concilia vel arcana, nihil in rem nummarium aut thaseuros, they cannot give money to their clients, alter judges’ decrees, or councils of kings, these minuti Genii cannot do it, alios Genii hoc sibi adserentur, the higher powers reserve these things to themselves. Now and then peradventure there may be some more famous magicians like Simon Magus, † Apollonius Tyaneus, Pasetes, Jamblicus, § Odo de Stellis, that for a time can build castles in the air, represent armies, &c., as they are “said to have done, command wealth and treasure, feed thousands with all variety of meats upon a sudden, protect themselves and their followers from all princes’ persecutions, by removing from place to place in an instant, reveal secrets, future events, tell what is done in far countries, make them appear that died long since, and do many such miracles, to the world’s terror, admiration and opinion of deity to themselves, yet the devil forsakes them at last, they come to wicked ends, and rarò aut mungam such imposters are to be found. The vulgar sort of them can work no such feats. But to my purpose, they can, last of all, cure and cause most diseases to such as they love or hate, and this of melancholy amongst the rest. Paracelsus, Tom. 4, de morbis amentium. Tract. 1, in express words affirm; Multi fascinantur in melancholiam, many are bewitched into melancholy, out of his experience. The same saith Daneus lib. 3, de sortiariis. Vidi, inquit, qui Melancholicos morbos gravissimos induereunt: I have seen those that have caused melancholy in the most grievous manner, *dried up women’s paps, cured gout, palsy; this and apoplexy, falling sickness, which no physic could help, solo taction, by touch alone. Ruland in his 3 Cent. Cura 91, gives an instance of one David Halde, a young man, who by eating cakes which a witch gave him, now delirare caput, began to dote on a sudden, and was instantly mad: F. H. D. in ’Hildesheim, consulted about a melancholy man, thought his disease was partly magical, and partly natural, because he vomited pieces of iron and lead, and spake such languages as he had never been taught; but such examples are common in Scribanius, Hercules de

Saxonia, and others. The means by which they work are usually charms, images, as that in Hector Boethius of King Duffe; characters stamped of sundry metals, and at such and such constellations, knots, amulets, words, philters, &c., which generally make the parties affected, melancholy; as Monavins discourseth at large in an epistle of his to Acolsius, giving instance in a Bohemian baron that was so troubled by a philter taken. Not that there is any power at all in those spells, charms, characters, and barbarous words; but that the devil doth use such means to delude them. Ut fideles inde magos (saith * Libanius) in officio retineat, tum in consortium malefactorum vocet.

SUBSECT. IV.—Stars a cause. Signs from Physiognomy, Metoposcopy, Chiromancy.

NATURAL causes are either primary and universal, or secondary and more particular. Primary causes are the heavens, planets, stars, &c., by their influence (as our astrologers hold) producing this and such like effects. I will not here stand to discuss obiter, whether stars be causes, or signs; or to apologise for judicial astrology. If either Sextus Empiricus, Pious Mirandula, Sextus ab Heminge, Perecerius, Erastus, Chambers, &c., have so far prevailed with any man, that he will attribute no virtue at all to the heavens, or to sun, or moon, more than he doth to their signs at an innkeeper’s post, or tradesman’s shop, or generally condemn all such astrological aphorisms approved by experience: I refer him to Bellautius, Pirovanus, Marascallerus, Goclenius, Sir Christopher Heidon, &c. If thou shalt ask me what I think, I must answer, nam et docit hisce erroribus versatus sum (for I am conversant with these learned errors), they do incline, but not compel; no necessity at all: * agunt non cogunt: and so gently incline, that a wise man may resist them; sapiens dominabitur astris: they rule us, but God rules them. All this (methinks) † Joh. de Indagine hath comprised in brief, Quaeris a me quantum in nobis operantur astra? &c.

"Wilt thou know how far the stars work upon us? I say they do but incline, and that so gently, that if we will be ruled by reason, they have no power over us; but if we follow our own nature, and be led by sense, they do as much in us as in brute beasts, and we are no better.” So that, I hope, I may justly conclude with ‡ Cajetan, Caelum est vehiculum divinæ virtutis, &c., that the heaven is God’s instrument, by mediation of which he governs and disposeth these elementary bodies; or a great book, whose letters are the stars (as one calls it), wherein are written many strange things for such as can read, ‘* or an excellent harp, made by an eminent workman, on which, he that can but play, will make most admirable music.” But to the purpose.

‡ Paracelsus is of opinion, “that a physician without the knowledge of stars can neither understand the cause or cure of any disease, either of this or gout, not so much as toothache; except he see the peculiar geniture and scheme of the party affected.” And for this proper malady, he will have the principal and primary cause of it proceed from the heaven, ascribing more to stars than humours, “and that the constellation alone many times produceth melancholy, all other causes set apart.” He gives instance in lunatic persons, that are deprived of their wits by the moon’s motion; and in another place refers all to the ascendant, and will have the true and chief cause of it to be sought from the stars. Neither is it his opinion only, but of many Galenists and philoso-

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* Omni philter est inter se different, huc habent commune, quod homines efficiant melancholiam; epist. 291. Schooliti.  
* De Cruent. Caclaver.  
* Astrorum regnat homines, et regit astra Deus.  
† Chrom. lib. quasiris a me quantum operantur astra? dico, in nos nihil astra urge, sed animos procula trahere; qui sic tamem liberi sunt, ut et dicem sequantur rationem, nihil efficiant, sin vero naturem, id agere quod in brutis fere.  
‡ Caelum vehiculum divinæ virtutis, cujus mediante moone, lunam et inflamnna, Deus elementaria corpora ordinat et disponsit. Th. de Vio. Cajetanus in P Dia. 164.  
§ Mundus iste quasi lyra ab excellentissimo quomod artifices concinnaverat, quem qui noet mirabilis eliciet harmoniam. J. Dee. Aphorism. 11.  
* Medicus sine coelis peritia nihil est, &c. nali gencin scivere, ne tantillium poterit, lib. de podag.  
* Constellatio in coeli est; et inflamtae coelis morbum humo movet interdum, omnibus aliis animos. Et nihil. Origo ejus a Casio petenda est. Tr. de morbis aneculill.
phers, though they do not so peremptorily maintain as much. "This variety of melancholy symptoms proceeds from the stars," saith Melancthon: the most generous melancholy, as that of Augustus, comes from the conjunction of Saturn and Jupiter in Libra: the bad, as that of Catiline's, from the meeting of Saturn and the moon in Scorpio. Jovianus Pontanus, in his tenth book, and thirteenth chapter de rebus caelestibus, discourseth to this purpose at large, Ex atra bile varii generantur morbi, &c., "many diseases proceed from black choler, as it shall be hot or cold; and though it be cold in its own nature, yet it is apt to be heated, as water may be made to boil, and burn as bad as fire; or made cold as ice: and thence proceed such variety of symptoms, some mad, some solitary, some laugh, some rage," &c. The cause of all which intemperance he will have chiefly and primarily proceed from the heavens, "from the position of Mars, Saturn, and Mercury." His aphorisms be these, "Mercury in any geniture, if he shall be found in Virgo, or Pisces his opposite sign, and that in the horoscope, irradiated by those quartile aspects of Saturn or Mars, the child shall be mad or melancholy." Again, "He that shall have Saturn and Mars, the one culminating, the other in the fourth house, when he shall be born, shall be melancholy, of which he shall be cured in time, if Mercury behold them." If the moon be in conjunction or opposition at the birth time with the sun, Saturn or Mars, or in a quartile aspect with them (e malo cali loco, Leovitius adds), many diseases are signified, especially the head and brain is like to be misaffected with pernicious humours, to be melancholy, lunatic, or mad," Cardan adds, quartâ lunâ natos, eclipses, earthquakes. Garceus and Leovitius will have the chief judgment to be taken from the lord of the geniture, or where there is an aspect between the moon and Mercury, and neither behold the horoscope, or Saturn and Mars shall be lord of the present conjunction or opposition in Sagittarius or Pisces, of the sun or moon, such persons are commonly epileptic, dote, damoniacal, melancholy: but see more of these aphorisms in the above-named Pontanus. Garœus, cap. 23. de Jud. genitur. Schoner. lib. 1. cap. 8. which he hath gathered out of "Ptolemy, Alibabater, and some other Arabians, Junctione, Ranzovius, Lindhout, Origen, &c. But these men you will reject peradventure, as astrologers, and therefore partial judges; then hear the testimony of physicians, Galenists themselves. Carto confesseth the influence of stars to have a great hand to this peculiar disease, so doth Jason Fratensis, Lonicerius profut. de Apoplexia, Ficinus, Fermelius, &c. "P. Cemander acknowledgeth the stars an universal cause, the particular from parents, and the use of the six non-natural things. Baptista Port. mag. l. 1, c. 10, 12, 15, will have them causes to every particular individuum. Instances and examples, to evince the truth of these aphorisms, are common amongst those astrologian treatises. Cardan, in his thirty-seventh geniture, gives instance in Math. Bologninius, Camerar. hor. natal. centur. 7. genit. 6. et 7. of Daniel Gare, and others; but see Garœus, cap. 33. Luc. Gauricus. Pract. 6. de Azememis, &c. The time of this melancholy be, when the signifiers of any geniture are directed according to art, as the hor: moon, hylech, &c, to the hostile bearms or terms.

\* Lib. de anima, cap. de humord. Ea varias in Melancholia, habet caelestes causas $\delta$ et $\psi$ in $\Omega$ et $\theta$ et $\Gamma$ in $\mathfrak{M}$. Ex atra bile varii generantur morbi, perinde ut ipsa multum calidus aut frigida in se habuerit, quam utrique uscipiendo quam aptissima sit, tametam subjacte natura frigida sit. Annon aequalis affectur a calore ut ardent; et a frigore, ut in gladium concrescat? et haec varias distinctiones, aliut fient, ridet, &c. Hanc ad intertemporantiam sigillandam plurimum confert $\Gamma$ et $\psi$ positus, &c. Quis Quilecquus genituras in $\mathfrak{M}$ et $\Xi$ aduersus signo positus, horoscopeum partitentur tenuiter aequo signum $\delta$ vel $\psi$ radio percussus fuerit, natus ab insania veritabiliter. Qui $\gamma$ et $\delta$ habet, alterum in calme, alterum in frigore, cum in luce venerit, melancolicos erit, a qua nonabitur, si $\psi$ illos irradiabit. Rae configurationes naturae, aut lunaticus, aut mente captos. Ptolemaeus centiloquiq, et quadrupartitum tribulum omnia melanocholiorum symptomata siderum influens. Arte Medicæ. Accedunt ad haec causas affections siderum. Plurimum incipiant et provocant influens caelestes. Velecurio lib. 4. cap. 16. 7 Hillachmus, epis. 2. de med.
of 7 and 9 especially, or any fixed star of their nature, or if 7 by his revolution, or transitus, shall offend any of those radical promissors in the geniture.

Other signs there are taken from physiognomy, metoposcopy, chiromancy, which because Joh. de Indagine, and Rotman, the landgrave of Hesse his mathematician, not long since in his Chiromancy; Baptista Porta, in his celestial Physiognomy, have proved to hold great affinity with astrology, to satisfy the curious, I am the more willing to insert.

The general notions * physiognomers give, be these; "black colour argues natural melancholy; so doth leanness, hirsuteness, broad veins, much hair on the brows," saith * Gratanarolus, cap. 7, and a little head, out of Aristotle, high sanguine, red colour, shows head melancholy; they that stutter and are bald, will be soonest melancholy (as Avicenna supposeth), by reason of the dryness of their brains; but he that will know more of the several signs of humour and wits out of physiognomy, let him consult with old Adamantus and Polemus, that comment, or rather paraphrase upon Aristotle's Physiognomy, Baptista Porta's four pleasant books, Michael Scot de secretis naturae, John de Indagine, Montaltus, Antony Zara. anal. ingeniorum, sect. 1, memb. 13, et lib. 4.

Chiromancy hath these aphorisms to forest melancholy. Tasmeir. lib. 5, cap. 2, who hath comprehended the sum of John de Indagine: Tricassus, Corvinus, and others in his book, thus hath it; "The Saturnine line going from the racetta through the hand, to Saturn's mount, and there intersected by certain little lines, argues melancholy; so if the vital and natural make an acute angle, Aphorism 100. The saturnine, epatic, and natural lines, making a gross triangle in the hand, argue as much," which Goclenius, cap. 5. Chiros, repeats verbatim out of him. In general they conclude all, that if Saturn's mount be full of many small lines and intersections, "such men are most part melancholy, miserable, and full of disquietness, care and trouble, continually vexed with anxious and bitter thoughts, always sorrowful, fearful, suspicious; they delight in husbandry, buildings, pools, marshes, springs, woods, walks, &c."

Thaddæus Haggæus, in his Metoposcopy, hath certain aphorisms derived from Saturn's lines in the forehead, by which he conceals a melancholy disposition; and "Baptista Porta makes observations from those other parts of the body, as if a spot be over the spleen; "or in the nails; if it appear black, it signifieth much care, grief, contention, and melancholy;" the reason he refers to the humours, and gives instance in himself, that for seven years' space he had such black spots in his nails, and all that while was in perpetual law-suits, controversies for his inheritance, fear, loss of honour, banishment, grief, care, &c., and when his miseries ended, the black spots vanished. Cardan, in his book de libris propriis, tells such a story of his own person, that a little before his son's death, he had a black spot, which appeared in one of his nails; and dilated itself as he came nearer to his end. But I am over tedious in these toys, which howsoever, in some men's too severe censures, they may be held absurd and ridiculous, I am the bolder to insert, as not borrowed from circum-foreanrearogues and gipsies, but out of the writings of worthy philosophers and physicians, yet living some of them, and religious professors in famous universities, who are able to patronize that which they have said, and vindicate themselves from all cavillers and ignorant persons.

SUBSECT. V.—Old age a cause.

SECONDARY peculiar causes efficient, so called in respect of the other precedent, are either congenitae, internae, innate, as they term them, inward, innate, inbred; or else outward and adventitious, which happen to us after we are born: congenite or born with us, are either natural, as old age, or prater naturam (as *Fernelius calls it) that distemperature, which we have from our parents' seed, it being an hereditary disease. The first of these, which is natural to all, and which no man living can avoid, is old age, which being cold and dry, and of the same quality as melancholy is, must needs cause it, by diminution of spirits and substance, and increasing of adust humours; therefore *Evelyn thovers out of Aristotle, as an undoubted truth, *Senec. de puerugine de senectute, that old men familiarly dote, ob atram bilum, for black choler, which is then superabundant in them: and Rhasis, that Arabian physician, in his Cont. lib. 1, cap. 9, calls it "a necessary and inseparable accident," to all old and decrepit persons. After seventy years (as the Psalmist saith) "all is trouble and sorrow;" and common experience confirms the truth of it in weak and old persons, especially such as have lived in action all their lives, had great employment, much business, much command, and many servants to oversee, and leave off abruptly; as *Charles the Fifth did to King Philip, resign up all on a sudden; they are overcome with melancholy in an instant: or if they do continue in such courses, they dote at last (senex bis puere), and are not able to manage their estates through common infirmities incident in their age; full of ache, sorrow and grief, children again, dizzards, they carle many times as they sit, and talk to themselves, they are angry, waspish, displeased with every thing, "suspicions of all, wayward, covetous, hard (saith Tully), self-willed, superstitious, self-conceited, braggers and admirers of themselves," as *Balthasar Castalio hath truly noted of them. 1

This natural incontinence is most eminent in old women, and such as are poor, solitary, live in most base esteem and beggary, or such as are witches; inso-much that Wierus, Baptista Porta, Ulricus Molitor, Edwicus, do refer all that witches are said to do, to imagination alone, and this humour of melancholy. And whereas it is controverted, whether they can bewitch cattle to death, ride in the air upon a cowlstaff out of a chimney-top, transform themselves into cats, dogs, &c., translate bodies from place to place, meet in companies, and dance, as they do, or have carnal copulation with the devil, they ascribe all to this redundant melancholy, which domineers in them, to "somniferous potions, and natural causes, the devil's policy. Non sedent omnino (saith Wierus) aut quid mirum faciunt (de Lamiss, lib. 3, cap. 36), ut putatur, solam vitiamat habitant phantasmis; they do no such wonders at all, only their "brains are crazed. "They think they are witches, and can do hurt, but do not." But this opinion Bodine, Erastus, Danaeus, Scribanius, Sebastian Michaelis, Campanella de sensu rerum, lib. 4, cap. 9, *Dandinus the Jesuit, lib. 2, de Animis, explode; *Cicognus confutes at large. That witches are melancholy, they deny not, but not out of corrupt phantasy alone, so to delude themselves and others, or to produce such effects.

SUBSECT. VI.—Parents a cause by Propagation.

That other inward inbred cause of Melancholy is our temperature, in whole or part, which we receive from our parents, which *Fernelius calls prater naturam, 2

or unnatural, it being an hereditary disease; for as he justifies *Qua(e parentum maxinè patris semen obtigerit, tales evadunt similares spermaticoque partis, quocunque etiam morbo Pater quem generat tenetur, cum semen transit in Prolem; such as the temperature of the father is, such is the son’s, and look what disease the father had when he begot him, his son will have after him; *“ and is as well inheritor of his infirmities, as of his lands.” And where the complexion and constitution of the father is corrupt, there (saith Roger Bacon) the complexion and constitution of the son must needs be corrupt, and so the corruption is derived from the father to the son.” Now this doth not so much appear in the composition of the body, according to that of Hippocrates, “in habit, proportion, scars, and other lineaments; but in manners and conditions of the mind, Et patrum in notos absunt cum semen mares.

Seleucus had an anchor on his thigh, so had his posterity, as Trogus records, l. 15. Lepidius in Pliny l. 7, c. 17, was purblind, so was his son. That famous family of Ænobarbi were known of old, and so surnamed from their red beards; the Austrian lip, and those Indian flat noses are propagated, the Bavarian chin, and goggle eyes amongst the Jews, as *Buxtorius observes; their voice, pace, gesture, looks, are likewise derived with all the rest of their conditions and infirmities; such a mother, such a daughter; the very *affections Lemnlius contends “to follow their seed, and the malice and bad conditions of children are many times wholly to be imputed to their parents;” I need not therefore make any doubt of Melancholy, but that it is an hereditary disease. *Paracelsus in express words affirms it, lib. de morb. amentivm, to. 4, tr. 1; so doth *Crato in an Epistle of his to Monavius. So doth Bruno Seidelius in his book de morbo encurab. Montaltus proves, cap. 11, out of Hippocrates and Plutarch, that such hereditary dispositions are frequent, et hane (inquit) fieri reor ob participatam melancholicam intemperantium (speaking of a patient) I think he became so by participation of Melancholy. Daniel Sennerthus, lib. 1, part 2, cap. 9, will have his melancholy constitution derived not only from the father to the son, but to the whole family sometimes; Quandoque totis familiae hereditativm, *Forestus, in his medicinal observations, illustrates this point, with an example of a merchant, his patient, that had this infirmity by inheritance; so doth Rodericus à Fonseca, tom. 1, consol. 69, by an instance of a young man that was so affected ex materi melancholica, had a melancholy mother, et viuis melacholico, and bad diet together. Lodovicus Mercatus, a Spanish physician, in that excellent Tract which he hath lately written of hereditary diseases, tom. 2, oper. lib. 5, reckons up leprosy, as those *Galbots in Gascony, hereditary lepers, pox, stone, gout, epilepsy, &c. Amongst the rest, this and madness after a set time comes to many, which he calls a miraculous thing in nature, and sticks for ever to them as an incurable habit. And that which is more to be wondered at, it skips in some families the father, and goes to the son, *“ or takes every other, and sometimes every third in a lineal descent, and doth not always produce the same, but some like, and a symbolizing disease.” These secondary causes hence derived, are commonly so powerful, that (as *Wolphius holds) sepe mutant decreta siderum, they do often alter the primary causes, and decrees of the heavens. For these reasons, belike, the Church and commonwealth, human and Divine laws, have conspired to avoid hereditary diseases.

forbidding such marriages as are any whit allied; and as Mercatus adviseth all families to take such, si fieri possit quae maxime distant naturæ, and to make choice of those that are most differing in complexion from them; if they love their own, and respect the common good. And sure, I think, it hath been ordered by God's especial providence, that in all ages there should be (as usually there is) once in 600 years, a transmigration of nations, to amend and purify their blood, as we alter seed upon our land, and that there should be as it were an inundation of those northern Goths and Vandals, and many such like people which came out of that continent of Scandia and Sarmatia) as some suppose) and over-ran, as a deluge, most part of Europe and Africa, to alter for our good, our complexions, which were much defaced with hereditary infirmities, which by our lust and intemperance we had contracted. A sound generation of strong and able men were sent amongst us, as those northern men usually are, innocuous, free from riot, and free from diseases; to qualify and make us as those poor naked Indians are generally at this day; and those about Brazil (as a late writer observes), in the Isle of Maragnan, free from all hereditary diseases, or other contagion, whereas without help of physic they live commonly 120 years or more, as in the Orcades and many other places. Such are the common effects of temperance and intemperance, but I will descend to particular, and show by what means, and by whom especially, this infirmity is derived unto us.

Filiœ ex senibus nati, rarœ sunt firmœ temperamenti, old men's children are seldom of a good temperament, as Scoltzius supposeth, consult. 177, and therefore most apt to this disease; and as 6 Levinus Lemnus farther adds, old men beget most part wayward, peevish, sad, melancholy sons, and seldom merry. He that begetts a child on a full stomach, will either have a sick child, or a crazed son (as 6 Cardan thinks), contradict. med. lib. 1, contradict. 18, or if the parents be sick, or have any great pain of the head, or megrim, headach, (Hieronymus Wolfius 1 doth instance in a child of Sebastian Castalia's); if a drunken man get a child, it will never likely have a good brain, as Gellius argues, lib. 12, cap. 1. Ebrii gignunt Ebrios, one drunkard begets another, saith 4 Plutarch, symp. lib. 1, quest. 5, whose sentence 1 Lemnus approves, l. 1, c. 4. Alsarius Crutius Gen. de qui sit med. cent. 3, fol. 183. Macrobius, lib. 1. Avicenna, lib. 3. Fen. 21. Tract 1, cap. 8, and Aristotle himself, sect. 2, prov. 4, foolish, drunken, or hair-brain women, most part bring forth children like unto themselves, morbos et languidos, and so likewise he that lies with a menstruous woman. Intemperantia veneris, quam in nautis præsertim insectatur 6 Lemnus, qui uxorès inuot, nullâ monstrui decoardœ rutione habiuit, nec observato ineribus, præcipua causa est, voxia, pernitiösa, concubium hunc exidiamideo, et festiforum vocat. * Rodorius a Castro Lusitanus, deterantur ad unam omnes medici, tum et quartâ lunæ concepti, infelices plurumque et amentes, deliri, stupi, morbi, impuri, invalidi, tetra luce sordidi, minimæ vitæs, omnibus bonis corporis alque quævii destituiri: ad laborum nati, si seniores, inquit Eustathius, ut Hercules, et alii. 6 Judæi maxime insectantur febrium hunc, et immundum apud Christianos Concubitum, ut illicium abhorrent, et apud suos prohibit; et quod Christiani toties leprosi, amentes, tot morbili, impetiginos, alpiz, psoræ, cutis et facii decolorationes, tam multi morbi epidemici, acerbi, et venenosi sint, in hunc immundum concubium rejeicient, et crudeles in pignor

vocant, qui quarti ludæ profluente hæc mensium illuvie concubitum hunc non perhorreant. Damnnavit eum divina Lex et morte multaret hujusmodi homines, Lev. 18, 20, et iñi nati, signis deformes aut mutati, pater dilapidatus, quod non contineret ab i>cùmmandā muliere. Gregorius Magnus, petenti Augustino unusquit aprud Britannos hujusmodi concubitum toleraret, secundum prohibuit viris suis tum mereri feminas in consuetudinis suis menstruis, &c. I spare to English this which I have said. Another cause some give, inordinate diet, as if a man eat garlic, onions, fast overmuch, study too hard, be over-sorrowful, dull, heavy, dejected in mind, perplexed in his thoughts, fearful, &c., "their children (saith Cardan) in lib. 18) will be much subject to madness and melancholy; for if the spirits of the brain be fusled, or misaffected by such means, at such a time, their children will be fusled in the brain: they will be dull, heavy, timorous, discontented all their lives." Some are of opinion, and maintain that paradox or problem, that wise men beget commonly fools; Suidas gives instance in Aristarchus the Grammarian, duos reliquit filios Aristarchum et Aristarchorum, ambos studiis; and which Erasmus urgeth in his Moria, fools beget wise men. Card. subl. I. 12, gives this cause, Quoniam spiritus sapientum ob studium resolvuntur, et in cerebrum feruntur à corde: because their natural spirits are resolved by study, and turned into animal; drawn from the heart, and those other parts to the brain. Lemnius subscribes to that of Cardan, and assigns this reason, Quod persolvant debitum languitum, et obstrictanter, unde nonus à parentum generositate desciscit: they pay their debt (as Paul calls it) to their wives remissly, by which means their children are weakness, and many times idiots and fools.

Some other causes are given, which properly pertain, and do proceed from the mother: if she be over-dull, heavy, angry, peevish, discontented, and melancholy, not only at the time of conception, but even all the while she carries the child in her womb (saith Fernelius, path. I. 1, 11) her son will be so likewise affected, and worse, as Lemnius adds, I. 4, c. 7, if she grieve over much, be disquieted, or by any casualty be affrighted and terrified by some fearful object heard or seen, she endangers her child, and spoils the temperature of it; for the strange imagination of a woman works effectually upon her infant, that as Baptista Porta proves, Physio. celestis I. 5, c. 2, she leaves a mark upon it, which is most especially seen in such as prodigiously long for such and such meats, the child will love those meats, saith Fernelius, and be addicted to like humours: "If a great-bellied woman see a hare, her child will often have a hare-lip," as we call it. Carceus de Judicis gentilurum, cap. 33, hath a memorable example of one Thomas Nickell, born in the city of Brandeburg, 1551, "that went reeling and staggering all the days of his life, as if he would fall to the ground, because his mother being great with child saw a drunken man reeling in the street." Such another I find in Martin Wernichius, de oru monstrorum, c. 17, I saw (saith he) at Wittenberg, in Germany, a citizen that looked like a carcass; I asked him the cause, he replied, "His mother, when she bore him in her womb, saw a carcass by chance, and was so sore affrighted with it, that ex eo fetus et assimilatus, from a ghastly impression the child was like it."

So many several ways are we plagued and punished for our father's defaults; insomuch that as Fernelius truly saith, "It is the greatest part of our felicity
to be well born, and it were happy for human kind, if only such parents as are sound of body and mind should be suffered to marry." An husbandman will sow none but the best and choicest seed upon his land, he will not rear a bull or a horse, except he be right shapen in all parts, or permit him to cover a mare, except he be well assured of his breed; we make choice of the best rams for our sheep, rear the neatest kine, and keep the best dogs, Quanto id diligentius in procirendis liberis observandum? And how careful then should we be in begetting of our children? In former times some countries have been so chary in this behalf, so stern, that if a child were crooked or deformed in body or mind, they made him away; so did the Indians of old by the relation of Curtius, and many other well-governed commonwealths, according to the discipline of those times. Heretofore in Scotland, saith "Hect. Boethius, "if any were visited with the falling sickness, madness, gout, leprosy, or any such dangerous disease, which was likely to be propagated from the father to the son, he was instantly galled; a woman kept from all company of men; and if by chance having some such disease, she were found to be with child, she with her brood were buried alive:" and this was done for the common good, lest the whole nation should be injured or corrupted. A severe doom you will say, and not to be used amongst Christians, yet more to be looked into than it is. For now by our too much facility in this kind, in giving way for all to marry that will, too much liberty and indulgence in tolerating all sorts, there is a vast confusion of hereditary diseases, no family secure, no man almost free from some grievous infirmity or other, when no choice is had, but still the eldest must marry, as so many stallions of the race; or if rich, be they fools or dizzards, lame or mailed, unable, intemperate, dissolve, exhaust through riot, as he said, *jure hereditario sapere jubentur; they must be wise and able by inheritance: it comes to pass that our generation is corrupt, we have many weak persons, both in body and mind, many feral diseases raging amongst us, crazed families, parentes peremptores; our fathers bad, and we are like to be worse.

MEMB. II.

SUBSECT. I.—Bad Diet a cause. Substance. Quality of Meats.

According to my proposed method, having opened hitherto these secondary causes, which are inbred with us, I must now proceed to the outward and adventitious, which happen unto us after we are born. And those are either evident, remote, or inward, antecedent, and the nearest: continent causes some call them. These outward, remote, precedent causes are subdivided again into necessary and not necessary. Necessary (because we cannot avoid them, but they will alter us, as they are used, or abused) are those six non-natural things, so much spoken of amongst physicians, which are principal causes of this disease. For almost in every consultation, whereas they shall come to speak of the causes, the fault is found, and this most part objected to the patient; Pecavit circa res sex non naturales: he hath still offended in one of those six. Montanus, consul. 22, consulted about a melancholy Jew, gives that sentence, so did Frisemalca in the same place; and in his 244 counsel, censuring a melancholy soldier, assigns that reason of his malady, "he offended in all

those six non-natural things, which were the outward causes, from which
came those inward obstructions; and so in the rest.

These six non-natural things are diet, retention and evacuation, which are
more material than the other because they make new matter, or else are con-
versant in keeping or expelling of it. The other four are air, exercise, sleeping,
waking, and perturbations of the mind, which only alter the matter. The first
of these is diet, which consists in meat and drink, and causeth melancholy, as
it offends in substance, or accidents, that is quantity, quality, or the like. And
well it may be called a material cause, since that, as *Fernelius holds, “it
hath such a power in begetting of diseases, and yields the matter and sus-
nenance of them; for neither air, nor perturbations, nor any of those other
evident causes take place, or work this effect, except the constitution of body,
and preparation of humours, do concur. That a man may say, this diet is the
mother of diseases, let the father be what he will, and from this alone, melan-
choly and frequent other maladies arise.” Many physicians, I confess, have
written copious volumes of this one subject, of the nature and qualities of all
manner of meats; as namely, Galen, *Isaac the Jew, Halyabbas, Avicenna,
Mesue, also four Arabians, Gordonius, Villanovanus, Wecker, Johannes
c. 8, Anthony Fumanellus, lib. de regimine sernum, *Curio in his Comment on
Schola Salerna, Godefridus Stekius arte med., Marsilius cognatus, Fioinus,
Fridevallius, &c., besides many other in *English, and almost every peculiar
physician, discourses at large of all peculiar meats in his chapter of mel-
ancholy: yet because these books are not at hand to every man, I will briefly
touch what kind of meats engender this humour, through their several species,
and which are to be avoided. How they alter and change the matter, spirits
first, and after humours, by which we are preserved, and the constitution of
our body, Fernelius and others will show you. I hasten to the thing itself:
and first of such diet as offends in substance.

*Beef:* Beef, a strong and hearty meat (cold in the first degree, dry in the
second, saith Gal. l. 3, c. 1., de aliment. fac.) is condemned by him and all suc-
cceeding authors, to breed gross melancholy blood: good for such as are sound,
and of a strong constitution, for labouring men if ordered aright, corned, young,
of an ox (for all gelded meats in every species are held best), or if old, *such
as have been tired out with labour, are preferred. *Aubanus and Sabelli-
 cus commend Portugal beef to be the most savoury, best and easiest of digestion;
we commend ours: but all is rejected, and unfit for such as lead a restless life,
any ways inclined to Melancholy, or dry of complexion: *Tales* (Galen thinks)
de facie melancholicis agritudinis capitiatur.

*Pork:* Pork, of all meats, is most nutritive in his own nature, *but alto-
gether unfit for such as live at ease, are any ways unsound of body or mind:
too moist, full of humours, and therefore *noxia deliciatis, saith Savaranola, ex
evrum usu ut dubitetur an febris quartana generetur: naught for queasy
stomachs, insomuch that frequent use of it may breed a quartan ague.

*Goat:* Savaranola discourageth goat’s flesh, and so doth *Bruerinus, l. 13,
c. 19, calling it a filthy beast, and rammish: and therefore supposed it will
breed rank and filthy substance; yet kid, such as are young and tender,
Isaac accepts, Bruerinus and Galen, l. 1, c. 1, de alimentorum facultatibus.

*Hart:* Hart and red deer *hath an evil name: it yields gross nutriment:

*Path. l. 1. c. 2. Maximam in gigantia morphis vim obstinet, pabulum, materiamque morbi suggere-
nam nec ab aëre, nec a perturbationibus, vel alis evidentibus causa morbi sunt, nisi consensit corporis
præparatio, et humorum constitutio. Us semel dicam, una gula est omnium morborum mater, etiam si aliis
est genitrix. Ab hac morbi sponte sapit emanant, nulla aliæ cogente causā.
alia aliis curvina (quaep Frietagius), crassissimum et attribulum suppeditat alimentum.
a strong and great grained meat, next unto a horse. Which although some countries eat, as Tartars, and they of China; yet Galen condemns. Young fowls are as commonly eaten in Spain as red deer, and to furnish their navies, about Malaga especially, often used; but such meats ask long baking, or soething, to qualify them, and yet all will not serve.

Venison, Fallow Deer.] All venison is melancholy, and begets bad blood; a pleasant meat: in great esteem with us (for we have more parks in England than there are in all Europe besides) in our solemn feasts. 'Tis somewhat better hunted than otherwise, and well prepared by cookery; but generally bad, and seldom to be used.

Hare.] Hare, a black meat, melancholy, and hard of digestion, it breeds incubus, often eaten, and causeth fearful dreams, so doth all venison, and is condemned by a jury of physicians. Mizaldus and some others say, that hare is a merry meat, and that it will make one fair, as Martial's Epigram testifies to Gellia; but this is per accidens, because of the good sport it makes, merry company and good discourse that is commonly at the eating of it, and not otherwise to be understood.

Conies.] Conies are of the nature of hares. Magnusin compares them to beef, pig, and goat, Reg. sanit. part. 3, c. 17; yet young rabbits by all men are approved to be good.

Generally, all such meats as are hard of digestion breed melancholy. Aretæus, lib. 7, cap. 6, reckons up heads and feet, bowels, brains, entrails, marrow, fat, blood, skins, and those inward parts, as heart, lungs, liver, spleen, &c. They are rejected by Isaac, lib. 2, part. 3. Magnusinus, part. 3. cap. 17, Bruerinus, lib. 12, Savanarola, Rub. 32, Tract. 2.

Milk.] Milk, and all that comes of milk, as butter and cheese, curds, &c., increase melancholy (whey only excepted, which is most wholesome): 'some except asses' milk. The rest, to such as are sound, is nutritive and good, especially for young children, but because soon turned to corruption, not good for those that have unclean stomachs, are subject to headache, or have green wounds, stone, &c. Of all cheeses, I take that kind which we call Banbury cheese to be the best, ex vetustis pessimus, the older, stronger, and harder, the worst, as Langius discourseth in his Epistle to Melanchthon, cited by Mizaldus, Isaac, p. 5, Gal. 3, de obis boni succi, &c.

Fowl.] Amongst fowl, peacocks and pigeons, all fenny fowl are forbidden, as ducks, geese, swans, herons, cranes, coots, didappers, waterhens, with all those teals, corms, sheldrakes, and peckled fowls, that come hither in winter out of Scandia, Muscovy, Greenland, Friezland, which half the year are covered all over with snow, and frozen up. Though these be fair in feathers, pleasant in taste, and have a good outside, like hypocrites, white in plumes, and soft, their flesh is hard, black, unwholesome, dangerous, melancholy meat; Gravant et putrefacient stomachum, saith Isaac, part. 5, de vol., their young ones are more tolerant, but young pigeons he quite disapproves.

Fishes.] Rhasis and Magnusinus discommend all fish, and say, they breed viscosities, slimy nutriment, little and humourous nourishment. Savanarola adds, cold, moist: and phlegmatic, Isaac; and therefore unwholesome for all cold and melancholy complexions: others make a difference, rejecting only amongst fresh-water fish, eel, tench, lamprey, crawfish (which Bright approves, cap. 6), and such as are bred in muddy and standing waters, and have a taste of mud, as Franciscus Bonsnetus poetically defines, Lib. de aquatilibus.

"Nam places omnes, qui stagna, lacuseque frequentat, Semper plus suci deterrioris habent."

"All fish, that standing pools, and lakes frequent, Do ever yield I had juice and nourishment."

1 Lib. de subsilia, dieta. Equinae caro et asininaequinae danda est hominibus et asinini.
2 Parum obsunt a natura Leporum. Bruerinus, L. 13, cap. 32, pulferum tenera et optima.
Lampreys, Paulus Jovius, c. 34, *de piscibus fluviat. *highly magnifies, and
saith, None speak against them, but *incept et scrupulosi, some scrupulous
persons; but *feels, c. 33, "he abhorreth in all places, at all times, all phy-
sicians detest them, especially about the solstice." Gomesius, *lib. 1. c. 22,
de sale, doth immoderately extol sea-fish, which others as much vilify, and
above the rest, dried, soured, indurate fish, as ling, fumados, red-herrias,
sprats, stock-fish, haberdine, poor-john, all shell-fish. *Tim. Bright excepts
lobster and crab. Mesarius commends salmon, which Bruerinus contradicts,
*lib. 22, c. 17. Magninus rejects conger, sturgeon, turbot, mackerel, skate.

Carp is a fish of which I know not what to determine. Francisco Bon-
metus accounts it a muddy fish. Hippolitus Salvinias, in his Book *de Piscium
naturat et praparatione, which was printed at Rome in folio, 1554, with most
elegant pictures, esteems carp no better than a slimy watery meat. Paulus
Jovius on the other side, disallowing tench, approves of it; so doth Dupravius
in his Books of Fish-ponds. Frietagus *extolls it for an excellent wholesome
meat, and puts it amongst the fishes of the best rank; and so do most of our
country gentlemen, that store their ponds almost with no other fish. But this
controversy is easily decided, in my judgment, by Bruerinus, *lib. 22, c. 13.
The difference riseth from the site and nature of pools, *sometimes muddy,
sometimes sweet; they are in taste as the place is from whence they be taken.
In like manner almost we may conclude of other fresh fish. But see more in
Rondoletius, Bellonius, Oribasius, *lib. 7, cap. 22, Isaac, *lib. 1, especially Hippo-
latinus Salvinias, who is instar omnium solus, &c. Howsoever they may be
wholesome and approved, much use of them is not good; P. Forestus, in his
medicinal observations, relates, that Carthusian friars, whose living is most
part fish, are more subject to melancholy than any other order, and that he
found by experience, being sometimes their physician ordinary at Delft, in
Holland. He exemplifies it with an instance of one Buscodine, a Carthusian
of a ruddy colour, and well liking, that by solitary living, and fish-eating,
became so misaffected.

Herbs.] Amongst herbs to be eaten I find gourds, cucumbers, coleworts,
melons, disallowed, but especially cabbage. It causeth troublesome dreams,
and sends up black vapours to the brain. Galen, *loc. affect. *lib. 3, c. 6, of all
herbs condemns cabbage; and Isaac, *lib. 2, c. 1, *Anima gravitatem facit, it
brings heaviness to the soul. Some are of opinion that all raw herbs and
salads breed melancholy blood, except bugloss and lettuce. Crato, *consil. 21,
*lib. 2, speaks against all herbs and worts, except borage, bugloss, fennel,
*Omnem herbam simpliciter mala, vidit cibi; all herbs are simply evil to feed on
(as he thinks). So did that scoffing cook in "Plantus hold:

"Non ego comam condicio ut ali coeli solent,
Quis mili condita prata in patins praefatur,
Loves qui conviva faculent, herbisque aggerant."

"Like other cooks I do not supper dress,
That put whole meadows into a platter,
And make no better of their guests than beavers,
With herbs and grass to feed them fatter."

Our Italians and Spaniards do make a whole dinner of herbs and salads
(which our said Plantus calls *cosas terrestres, Horace, *cosas sine sanguine),
by which means, as he follows it,

*I hic homines tam brevem vitam comunt
Quis herbas hucusmodi in alvum sumu congerunt,
Formidolium dicens, non est modo
Quas herbas pecudes non edunt, homines edunt."

*Ibis their lives, that eat such herbs, must needs be short,
And it's a fearful thing for to report.
That men should feed on such a kind of meal,
Which very jumets would refuse to eat."

*Omn. loco et omni tempore medici datestantur anguillas, prasserim circa solstitialim. Dammanter tum
sane tum agris.

*Qui herbas hucusmodi in alvum sumu congerunt, Formidolium dicens, non est modo
Quas herbas pecudes non edunt, homines edunt."

*Observat. 16. *lib. 10. *Pseudolas,
act. 2. scen. 2. *Platetus, *ibid.
They are windy, and not fit therefore to be eaten of all men raw, though qualified with oil, but in broths, or otherwise. See more of these in every husbandman and herbalist.

Roots.] Roots, Etsi quorundam gentium opes sint, saith Bruerinus, the wealth of some countries, and sole food, are windy and bad, or troublesome to the head: as onions, garlic, scallions, turnips, carrots, radishes, parsnips: Crato, lib. 2. consil. 11, disallows all roots, though some approve of parsnips and potatoes. 8 Magninus is of Crato’s opinion, “They trouble the mind, sending gross fumes to the brain, make men mad, especially garlic, onions, if a man liberally feed on them a year together.” Guanierius, tract. 15, cap. 2, complains of all manner of roots, and so doth Bruerinus, even parsnips themselves, which are the best, Lib. 9, cap. 14.

Fruits.] Pastinacorum usus succos signtit improbos. Crato, consil. 21, lib. 1, utterly forbids all manner of fruits, as pears, apples, plums, cherries, strawberries, nuts, medlars, serves, &c. Sanguinem inificient, saith Villanovanus, they infect the blood, and putrefy it, Magninus holds, and must not therefore be taken via cibi, aut quantitate magnae, not to make a meal of; or in any great quantity. 9 Cardan makes that a cause of their continual sickness at Fessa in Africa, “because they live so much on fruits, eating them thrice a day.” Laurentius approves of many fruits, in his Tract of Melancholy, which others disallow, and amongst the rest apples, which some likewise commend, sweetings, pairmains, pipkins, as good against melancholy; but to him that is any way inclined to, or touched with this malady, Nicholas Piso in his Practics, forbids all fruits, as windy, or to be sparingly eaten at least, and not raw. Amongst other fruits, 10 Bruerinus, out of Galen, excepts grapes and figs, but I find them likewise rejected.

Pulse.] All pulse are naught, beans, peas, vetches, &c., they fill the brain (saith Isaac) with gross fumes, breed black thick blood, and cause troublesome dreams. And therefore, that which Pythagoras said to his scholars of old, may be for ever applied to melancholy men, A fabis abstine, eat no peas, nor beans; yet to such as will needs eat them, I would give this counsel, to prepare them according to those rules that Arnoldus Villanovanus, and Frieslagius prescribe, for eating, and dressing, fruits, herbs, roots, pulse, &c.

Spices.] Spices cause hot and head melancholy, and are for that cause forbidden by our physicians to such men as are inclined to this malady, as pepper, ginger, cinnamon, cloves, mace, dates, &c., honey and sugar. 11 Some except honey; to those that are cold, it may be tolerable, but Dulicia se in bilem vertunt (sweetns turn into bile), they are obstructive. Crato therefore forbids all spice, in a consultation of his, for a melancholy schoolmaster, Onnia aromatica, et quicquid sanguinem aduat: so doth Fernelius, consil. 45. Guanerius, tract. 15, cap. 2. Mercurialis, cons. 189. To these I may add all sharp and sour things, luscious, and over-sweet, or fat, as oil, vinegar, verjuice, mustard, salt; as sweet things are obstructive, so these are corrosive. Gomesius, in his books, de sale, l. 1, c. 21, highly commends salt; so doth Codronchius in his tract, de sale Absynthii, Lemn. l. 8, c. 9. de occult. nat. mir. yet common experience finds salt, and salt-meats, to be great procurers of this disease. And for that cause beleave those Egyptian priests abstained from salt, even so much, as in their bread, ut sine perturbatione anima esset, saith mine author, that their souls might be free from perturbations.

1 Quare rectius valeantmis suis quisque consulet, qui lapides plurorum parentum memor, eas planae vel emisit vel paria degustaret. Kersleius cap. 4. de vero uso med. 2 In Muscle de Horto F. Crescent. Herbstain, &c. 3 Cap. 13. part 3. Bright in his Tract. of Mel. 4 Intellectum turbant, produnam insaniam. 5 Audivi (iugit Magnim) quod si quis ex ilis per annum continué comedat, in insaniam cadat. cap. 13. Impasti succi sunt, cap. 12. 6 De rerum varietate. In Fessa pierumque morbosq, quod fructum comedant in die. Cap. de Mus. 7 Lib. 11. c. 5. 8 Bright, c. 5. excesses honey. 9 Hor spud. Scottiann consil. 186.
Bread.] Bread that is made of baser grain, as peas, beans, oats, rye, or over-hard baked, crusty, and black, is often spoken against, as causing melancholy juice and wind. Joh. Mayor, in the first book of his History of Scotland, contends much for the wholesomeness of eaten bread: it was objected to him then living at Paris in France, that his countrymen fed on oats, and base grain, as a disgrace; but he doth ingenioulsly confess, Scotland, Wales, and a third part of England, did most part use that kind of bread, that it was as wholesome as any grain, and yielded as good nourishment. And yet Wecker out of Galen calls it horse-meat, and fitter for jument than men to feed on. But read Galen himself, lib. 1. De cibus boni et mali succi, more largely dis- coursing of corn and bread.

Wine.] All black wines, over-hot, compound, strong thick drinks, as Muscadine, Malmsey, Alicante, Rumney, Brownbastard, Metheglen, and the like, of which they have thirty several kinds in Muscovy, all such made drinks are hurtful in this case, to such as are hot, or of a sanguine cholerie complexion, young, or inclined to head-melancholy. For many times the drinking of wine alone causeth it. Arculanus, c. 16. in 9. Rhassis, puts in * wine for a great cause, especially if it be immoderately used. Guianerius, tract. 15. c. 2. tells a story of two Dutchmen, to whom he gave entertainment in his house, "that in one month’s space were both melancholy by drinking of wine, one did nought but sing, the other sigh. Galen, l. de causis morbis. c. 3. Matthiisus on Dioscorides, and above all other Andreas Bachius, l. 3. 18, 19, 20, have reckoned upon those inconveniences that come by wine: yet notwithstanding all this, to such as are cold, or sluggish melancholy, a cup of wine is good physic, and so doth Mercurialis grant, consil. 25, in that case, if the temperature be cold, as to most melancholy men it is, wine is much commended, if it be moderately used.

Cider, Perry.] Cider and perry are both cold and windy drinks, and for that cause to be neglected, and so are all those hot spiced strong drinks.

Beer.] Beer, if it be over-new or over-stale, over-strong, or not sodden, smell of the cask, sharp, or sour, is most unwholesome, frets, and galls, &c. Henricus Ayerus, in a ° consultation of his, for one that laboured of hypochon- drical melancholy discommends beer. So doth ° Cato in that excellent counsel of his, Lib. 2. consil. 21. as too windy, because of the hop. But he means belike that thick black Bohemian beer used in some other parts of ° Germany,

"— nil spicibus filis
Dum bibitur, nil clarius est dum mingitur, unde
Constat, quod multas facies in corpore linguat."

"Nothing comes in so thick,
Nothing goes out so thin,
It must needs follow then,
The dregs are left within."
of necessity, but not otherwise. Some are of opinion, that such standing waters make the best beer, and that seething doth defecate it, as Cardan holds, Lib. 13. subtil. "It mends the substance, and savour of it," but it is a paradox. Such beer may be stronger, but not so wholesome as the other, as Jobertus truly justifieth out of Galen, Paradox, dec. 1. Paradox 5. that the seething of such impure waters doth not purge or purify them, Pliny, lib. 31. c. 3. is of the same tenet, and P. Crescentius, agricult. lib. 1. et lib. 4. c. 11. et c. 45. Pamphilus Herilachus, l. 4. de nat. aquarum, such waters are naught, not to be used, and by the testimony of "Galen, "breed agues, dropsies, pleurisies, splenetic and melancholy passions, hurt the eyes, cause a bad temperature, and ill disposition of the whole body, with bad colour." This Jobertus stiffly maintains, Paradox, lib. I. part. 5. that it causeth clear eyes, bad colour, and many loathsome diseases to such as use it: this which they say, stands with good reason; for as geographers relate, the water of Astracan breeds worms in such as drink it. *Axius, or as now called Verduri, the fairest river in Macedonia, makes all cattle black that taste of it. Alcæan now Poleca, another stream in Thessaly, turns cattle most part white, si putui duces. L. Aubanus Rohemus refers that struma or poke of the Bavarians and Styrians to the nature of their waters, as Munster doth that of the Valesians in the Alps, and Bodine supposeth the stuttering of some families in Aquitania, about Labden, to proceed from the same cause, "and that the filth is derived from the water to their bodies." So that they that use filthy, standing, ill-coloured, thick, muddy water, must needs have muddy, ill-coloured, impure, and infirm bodies. And because the body works upon the mind, they shall have grosser understandings, dull, foggy, melancholy spirits, and be really subject to all manner of infirmities.

To these noxious simples, we may reduce an infinite number of compound, artificial, made dishes, of which our cooks afford us a great variety, as tailors do fashions in our apparel. Such are puddings stuffed with blood, or otherwise composed; baked meats, soused indurate meats, fried and broiled buttered meats; condite, powdered, and over-dried, *all cakes, sinnels, buns, cracknels made with butter, spice, &c., fritters, pancakes, pies, sausages, and those several sauces, sharp, or over-sweet, of which scientia popinca, as Seneca calls it, hath served those Apician tricks, and perfumed dishes, which Adrian the sixth Pope so much admired in the accounts of his predecessor Leo decimus; and which prodigious riot and prodigality have invented in this age. These do generally engender gross humours, fill the stomach with crudities, and all those inward parts with obstructions. Montanus, consil. 22, gives instance, in a melancholy Jew, that by eating such tart sauces, made dishes, and salt meats, with which he was overmuch delighted, became melancholy, and was evil affected. Such examples are familiar and common.

**Suscept. II.—Quantity of Diet a Cause.**

*There is not so much harm proceeding from the substance itself of meat, and quality of it, in ill-dressing and preparing, as there is from the quantity, disorder of time and place, unseasonable use of it, *intemperance, overmuch, or overlittle taking of it. A true saying it is, Flores crapaqua quidam gladiis, This gluttony kills more than the sword, this omnivorantia et homicida gula,

this all devouring and murdering gut. And that of "Pliny is truer, "Simple diet is the best; heaping up of several meats is pernicious, and sauces worse; many dishes bring many diseases." *Avicen cries out, "That nothing is worse than to feed on many dishes, or to protract the time of meals longer than ordinary; for thence proceed our infirmities, and 'tis the fountain of all diseases, which arise out of the repugnancy of gross humours." Thence, saith *Fernelius, come crudities, wind, opipulations, cacoymphia, plethora, cachexia, bradiepsia, *Hunc subita mortes, atque intestata senectus, sudden death, &c., and what not.

As a lamp is choked with a multitude of oil, or a little fire with overmuch wood quite extinguished, so is the natural heat with immoderate eating, strangled in the body. *Pernitioosa sentina est abdomen insaturabile: one saith, An insatiable paunch is a pernicious sick, and the fountain of all diseases, both of body and mind. *Mercurialis will have it a peculiar cause of this private disease; Solenander, consil. 5. sect. 3, illustrates this of Mercurialis, with an example of one so melancholy, ab intempestivis commessionibus, unseasonable feasting. *Crato confirms as much, in that often cited Counsel, 21, lib. 2, putting superfluous eating for a main cause. But what need I seek farther for proofs? Hear *Hippocrates himself, Lib. 2, Aphor. 10, "Impure bodies the more they are nourished, the more they are hurt, for the nourishment is putrefied with vicious humours."

And yet for all this harm, which apparently follows surfeiting and drunkenness, see how we luxuriate and rage in this kind; read what Johannes Stuckius hath written lately of this subject, in his great volume De Antiquorum Consilii, and of our present age; Quam *portentosa cena, prodigious supper, "Qui dum invitant ad cœnæm offerunt ad sepulchrum, what Fagos, Epicures, Apetios, Heliogables, our times afford? Lucullus' ghost walks still, and every man desires to sup in Apollo; *Asop's costly dish is ordinarily served up. *Magis illa juvent, quæ pluris emuntur. The dearest cates are best, and 'tis an ordinary thing to bestow twenty or thirty pounds upon a dish, some thousand crowns upon a dinner: *Mully-Hamet, king of Fez and Morocco, spent three pounds on the sauce of a capon: it is nothing in our times, we scorn all that is cheap. "We loathe the very light (some of us, as Seneca notes) because it comes free, and we are offended with the sun's heat, and those cool blasts, because we buy them not." This air we breathe is so common, we care not for it; nothing pleaseth but what is dear. And if we be 'witty in anything, it is ad gulam: If we study at all, it is erudito lucem, to please the palate, and to satisfy the gut. "A cook of old was a base knave (as *Livy complains), but now a great man in request; cookery is become an art, a noble science: cooks are gentlemen." *Venter Deus: They wear "their brains in their bellies, and their guts in their heads," as *Agrippa taxed some parasites of his time, rushing on their own destruction, as if a man should run upon the point of a sword, *ut dum rumpantur comedunt, "They eat till they burst." *All day, all night, let the physician say what he will, imminent danger, and feral diseases are now ready to seize upon them, that will eat till they vomit, *Edunt ut vomant, vomunt ut edant, saith Seneca; which Dion relates of Vitellius, Solo

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1Lib. 11. c. 53. *Homini cibus utilissimus simplex, acervato ciborum pestilia, et condimenta perniosae, multos morbos multa forcula ferunt.
4Avic. 5. *Hoc est publicum cibis, et potas quantitas nimitas.
7Engelst ad Gulam.
8Gulicardia.
9Na. quest. 4. c. ut. Fastidio est lumen gratuium, dolet quod sole, quod spiritum emere non possimus, quod hic aere non emptus ex facili, &c. adeo nihil placeat, nisi quod carum est.
10Olim vide mancipium, nunc in omni astiminatione, nunc ars haberi capta, &c. *Epist. 38. 1. t. quarum in ventre ingenium, in patia, &c. *In lucem constuit. Servort. 11
transitu ciborum nutriti judicatus: His meat did pass through and away, or till they burst again. "Strate animantium ventrem onerant, and rake over all the world, as so many "slaves, belly-gods, and land-serpents, Et totus orbis ventri nimis angustus, the whole world cannot satisfy their appetite. "Sea, land, rivers, lakes, &c., may not give content to their raging guts." To make up the mess, what immoderate drinking in every place? Sennem potum pota tralebat ansae, how they flock to the tavern: as if they were fruges consumere nati, born to no other end but to eat and drink, like Offellius Bulibus, that famous Roman parasite, Qui durn vixit, aut bibit aut minavit; as so many casks to hold wine, yea worse than a cask, that mars wine, and itself is not marred by it, yet these are brave men, Silenus Ebrisius was no braver. Et quod fuerunt vitia, mores sunt: 'tis now the fashion of our times, an honour: Nunc vero res etsa co redit (as Chrysost. serm. 30, in v. Ephes. comments) Ut effeminata ridendaque ignavia loco habeatur, nolle inebriari; 'tis now come to that pass that he is no gentleman, a very milk-sop, a clown of no bringing up, that will not drink; fit for no company; he is your only gallant that plays it off finest, no disarrangement now to stagger in the streets, reel, rave, &c., but much to his fame and renown; as in like case Epidicus told Thesprio his fellow-servant, in the *Poet, Aedipol. facinus improbum, one urged, the other replied, At iam abit fecera idem, erit ills ulla res honori, 'tis now no fault, there be so many brave examples to bear one out; 'tis a credit to have a strong brain, and carry his liquor well; the sole contention who can drink most, and fox his fellow the soonest. 'Tis the summum bonum of our tradesmen, their felicity, life, and soul, Tanta dulcedine affectant, saith Pliny, lib. 14. cap. 12. ut magna pars non avida vitae praedium intelligat, their chief comfort, to be merry together in an alehouse or tavern, as our modern Muscovites do in their mede-ims, and Turks in their coffee-houses which much resemble our taverns; they will labour hard all day, long to be drunk at night, and spend totius anni labores, as St. Ambrose adds, in a tipping feast; convert day into night, as Seneca taxes some in his times, Pervertunt officia noctis et lucis; when we rise, they commonly go to bed, like our antipodes,

"Norse ubi primae equea orienta afflasit anhells, His sera rubens accendit lumina vesper."

So did Petronius in Tacitus, Heliogabalus in Lampridius.

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"Neces es vigiliabat ad ipsum Mane, diem totum steterat." "He drank the night away Till rising dawn, then snored out all the day."

Smyndirus the Sybarite never saw the sun rise or set so much as once in twenty years. Verres, against whom Tully so much inveighs, in winter he never was extra lectum via extra lectum, never almost out of bed, "still wenching and drinking; so did he spend his time, and so do myriads in our days. They have gymnasia liborum, schools and rendezvous; these centaurs and lapithae toss pots and bowls as so many balls; invent new tricks, as sausages, anchovies, tobacco, caviare, pickled oysters, herrings, fumadoes, &c.: innumerable salt meats to increase their appetite, and study how to hurt themselves by taking antidotes "to carry their drink the better; "and when nought else serves, they will go forth, or be conveyed out, to empty their gorse, that they may return to drink afresh." They make laws, insanias leges, contra bibendi fallacias, and "brag of it when they have done, crowning that man that is soonest gone, as their drunken predecessors have done," "quid ego video? Ps. Cum coronae Pseudolum obrivium tuum. And when they are dead, will have a can of wine with *Maron's old woman to be engraven on their tombs. So

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*Seneca.  
  *Mancipia gula, desper non sapore sed sumpta substitantem. Seneca consol. ad Helvidium.  
  *Savientia guttura satia non posset fluvi et mari. Senes Sylvius de miser. curial.  
  *Platetus.  
  *Hor. lib. 1. Sat. 3.  
  *Dii brevitas convivitis, noctis longitudo stupris contraebat.  
  *Et quo plus captant, irritantes exspectant.  
  *Florae portantur ut ad conviveni reportentur, repuli ut exhausterut, et effluant ur biktam. Ambros.  
  *Ingentia vasa velut ad orientationem, &c.  
  *Platetus.  
  *Lib. 3.  
  *Anthol. c. 20.
they triumph in villainy, and justify their wickedness; with Rabelais, that French Lucian, drunkenness is better for the body than physic, because there be more old drunkards than old physicians. Many such frothy arguments they have, inviting and encouraging others to do as they do, and love them dearly for it (no glue like to that of good fellowship). So did Alcibiades in Greece; Nero, Bonosus, Heliogabalus in Rome, or Alegabalus rather, as he was styled of old (as Ignatius proves out of some old coins). So do many great men still, as Heresbachius observes. When a prince drinks till his eyes stare, like Bities in the Poet,

"[He implegur hausti
Spumantum vino pateram]."[1]

and comes off clearly, sound trumpets, fife and drums, the spectatots will applaud him, "the bishop himself (if he believe them not) with his chaplain, will stand by and do as much," O dignum prince haustum, 'twas done like a prince. "Our Dutchmen invite all comers with a pail and a dish," Velut infundibula integras obbas exaurivat, et in monstrosis pociuis, ipsi monstrosi monstrosis epotent, "making barrels of their bellies." Incredibile dictu, as one of their own countrymen complains: Quantum liquorias immoestissima gens capiat, &c. "How they love a man that will be drunk, crown him and honour him for it," haec him that will not pledge him, stab him, kill him; a most intolerable offence, and not to be forgiven. "He is a mortal enemy that will not drink with him," as Munster relates of the Saxons. So in Poland, he is the best servitor, and the honestest fellow, saith Alexander Gaginus, "that drinketh most healths to the honour of his master, he shall be rewarded as a good servant, and held the bravest fellow that carries his liquor best," when a brewer's horse will bear much more than any sturdy drinker, yet for his noble exploits in this kind, he shall be accounted a most valiant man, for Tam inter opulas fortis vix esse potest ac ibe bella, as much valour is to be found in feasting as in fighting, and some of our city captains, and carpet knights will make this good, and prove it. Thus they many times wilfully pervert the good temperature of their bodies, stiffe their wits, strange nature, and degenerate into beasts.

Some again are in the other extreme, and draw this mischief on their heads by too ceremonious and strict diet, being over-precious, cockney-like, and curious in their observation of meats, times, as that Medicina statica prescribes, just so many ounces at dinner, which Lessius enjoins, so much at supper, not a little more, nor a little less, of such meat, and at such hours, a diet-drink in the morning, cock-broth, China-broth, at dinner, plum-broth, a chicken, a rabbit, rib of a rack of mutton, wing of a capon, the merry-thought of a hen, &c.; to sounder bodies this is too nice and most absurd. Others offend in over-much fasting: pining adays, saith Guianarius, and waking nights, as many Moors and Turks in these our times do. "Anchorites, monks, and the rest of that superstitious rank (as the same Guianarius witnesseth, that he hath often seen to have happened in his time) through immoderate fasting, have been frequently mad." Of such men belike Hippocrates speaks, 1 Aphor. 5, when as

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1 Gratianum conciliat potando.  
² Nota ad Cesaris.  
³ Lib. de educandis principum libera.  
* It is strange that the author should have omitted all reference to Boheanni in Saxonia. Aede immoderate et immodeste ab ipsa bibitur, ut in compositionibus alia non cathis solum et canthiach sat infunde possint, sed impurem multa aliquand coquant, et sustella injecta hortantur quemlibet ad libitum potare.  
² dieta incredibile, quantum huiaqse liquoris immodeste gens capiat, plus potestam amicicium habent, et certa coronat, inimiicium a conra qui non vult, et cede et justitiis expellant.  
³ Qui potere recusat, hostis habetur, et cede nonnuncum res expiat.  
⁴ Qui melius bibit pro salute domini, melior habetur minister.  
⁵ Graec. Poeta apud Stobamn, ser. 18.  
⁶ Qui de die jejunant, et nocte vigilant, facile cadunt in melancholiam et qui natura medium excedunt, 6 tract. 16, c. 2. Longa pulvis tolerante, ut idam sepa auxili qui sunt cum favore Deo servire cupient per Jejunium, quod manatrabientur, ipsa vili sape.
he saith, "They more offend in too sparing diet, and are worse damned, than they that feed liberally, and are ready to surfeit.

SUBSect. III.—Custom of Diet, Delight, Appetite, Necessity, how they cause or hinder.

No rule is so general, which admits not some exception; to this, therefore, which hath been hitherto said (for I shall otherwise put most men out of commons), and those inconveniences which proceed from the substance of meats, an intemperate or unseasonable use of them, custom somewhat detracts and qualifies, according to that of Hippocrates 2, Aphorism, 50, "Such things as we have been long accustomed to, though they be evil in their own nature yet they are less offensive." Otherwise it might well be objected that it were a mere tyranny to live after those strict rules of physic; for custom doth alter nature itself, and to such as are used to them it makes bad meats wholesome, and unseasonable times to cause no disorder. Cider and perry are windy drinks, so are all fruits windy in themselves, cold most part, yet in some shires of England, Normandy in France, Guipuscoa in Spain, 'tis their common drink, and they are no whit offended with it. In Spain, Italy, and Africa, they live most on roots, raw herbs, camel's milk, and it agrees well with them: which to a stranger will cause much grievance. In Wales, lacticitatis vescentur, as Humphrey Llwyd confesseth, a Cambro-Briton himself, in his elegant epistle to Abraham Ortelius, they live most on white meats: in Holland on fish, roots, butter; and so at this day in Greece, as Bellonius observes, they had much rather feed on fish than flesh. With us, Maxima pars victis in carne consistit, we feed on flesh most part, saith Polydor Virgili, as all northern countries do; and it would be very offensive to us to live after their diet, or they to live after ours. We drink beer, they wine; they use oil, we butter; we in the north are great eaters; they most sparing in those hotter countries; and yet they and we following our own customs are well pleased. An Ethiopian of old seeing an European eat bread, wondered, quomodo stercoreus vescentes vivereimus, how we could eat such kind of meats: so much differed his countrymen from ours in diet, that as mine author infers, si quis illorum victum apud nos amulur vellet; if any man should so feed with us, it would be all one to nourish, as Cicuta, Aconitin, or Hellebore itself. At this day in China, the common people live in a manner altogether on roots and herbs, and to the wealthiest, horse, ass, mule, dogs, cat-flesh, is as delightful as the rest, so Mat. Riccius the jesuit relates, who lived many years amongst them. The Tartars eat raw meat, and most commonly horse-flesh, drink milk and blood, as the Nomades of old. Et lac concretum cum sanguine potas equino. They scoff at our Europeans for eating bread, which they call tops of weeds, and horse meat, not fit for men; and yet Scaliger accounts them a sound and witty nation, living a hundred years; even in the civillest country of them they do thus, as Benedict the jesuit observed in his travels, from the great Mogul's Court by land to Pekin, which Riccius contends to be the same with Cambula in Catania. In Scandia their bread is usually dried fish, and so likewise in the Shetland isles; and their other fare, as in Iceland, saith

1 In tenui victu agri deliciam, ex quo sit ut majori affectantur detrimento, majorque fit error tenui quam pleniora victa. — Qua longo tempore consuetus sunt, utiammii deterrors, minus in usuius molestare solent.
2 Qui medici vivit, misere vivit. — Consuetudo altera natura.
3 Herefordshire, Gloucestershire, Wrocestershire.
4 Leo Afer, 1. 1. solo camelorum lacte contenti, nil praetera deliciarum ambitum. — Fiacund visum butyro diuturno bivunt (nauae referens) ubique butyrum inter omnia farcula et bellaria locum obinit. Steph. praefat. Herod. — Deliciantur Graeci piscibus magno quam carnibus. — Lib. 1. hist. Ang. 4. P. Jovius decretit, Britonum. — They sit, eat and drink all day at dinner in Iceland, Muscovy, and those northern parts.
6 Tartari muti, equis vescentur et crudum carinibus, et fruges contumant, divas ex loca humitatis pecuniae et homini, non homini.
*Dithmarus Bleskenius, butter, cheese, and fish; their drink water, their lodging on the ground. In America in many places their bread is roots, their meat palmitos, pinas, potatoes, &c., and such fruits. There be of them too that familiarly drink * salt sea-water all their lives, eat † raw meat, grass, and that with delight. With some, fish, serpents, spiders; and in divers places they * eat man's flesh, raw and roasted, even the Emperor1 Montezuma himself. In some coasts, again, * one tree yields them cocoa-nuts, meat and drink, fire, fuel, apparel; with his leaves, oil, vinegar, cover for houses, &c., and yet these men going naked, feeding coarse, live commonly a hundred years, are seldom or never sick; all which diet our physicians forbid. In Westphalia they feed most part on fat meats and worts, knuckle deep, and call it * cerebrum Iovis: in the low countries with roots, in Italy frogs and snails are used. The Turks, saith Busbequius, delight most in fried meats. In Muscovy, garlic and onions are ordinary meat and sauce, which would be pernicious to such as are unaccustomed to them, delightful to others; and all is * because they have been brought up unto it. Husbandmen, and such as labour, can eat fat bacon, salt gross meat, hard cheese, &c. (O dura messorum Ælia), coarse bread at all times, go to bed and labour upon a full stomach, which to some idle persons would be present death, and is against the rules of physic, so that custom is all in all. Our travellers find this by common experience when they come in far countries, and use their diet, they are suddenly offended,* as our Hollanders and Englishmen when they touch upon the coasts of Africa, those Indian capes and islands, are commonly molested with calentures, fluxes, and much distempered by reason of their fruits. * Peregrina, et si suavia, solent vescehulbus perturbationes insignes adferre, strange meats, though pleasant, cause notable alterations and distempers. On the other side, use or custom mitigates or makes all good again. Mithridates by often use, which Pliny wonders at, was able to drink poison; and a maid, as Curtius records, sent to Alexander from K. Porus, was brought up with poison from her infancy. The Turks, saith Bellonius, lib. 3. c. 10, eat opium familiarly, a drachm at once, which we dare not take in grains. * Garcius ab Horto writes of one whom he saw at Goa in the East Indies, that took ten drachms of opium in three days; and yet consulto loquebutur, spake understandingly, so much can custom do. * Theophrastus speaks of a shepherd that could eat hellebore in substance. And therefore Cardan concludes out of Galen, Consuetudinem utcunque ferendam, nisi valde malam. Custom is howsoever to be kept, except it be extremely bad: be advise all men to keep their old customs, and that by the authority of * Hippocrates himself, Dandum aliquid temporì, etatis, regioni, consuetudini, and therefore to continue as they began, be it diet, bath, exercise, &c., or whatsoever else.

Another exception is delight, or appetite, to such and such meats; though they be hard of digestion, melancholy; yet as Fuchsins excepts cap. 6. lib. 2. Institut, sect. 2. "The stomach doth really digest, and willingly entertain such meats we love most, and are pleasing to us, abhors on the other side such as we distaste." Which Hippocrates confirms, Aphorism. 2. 38. Some cannot endure cheese out of a secret antipathy, or to see a roasted duck, which to others is a delightful meat.

The last exception is necessity, poverty, want, hunger, which drives men

many times to do that which otherwise they are loth, cannot endure, and thankfully to accept of it: as beverage in ships, and in sieges of great cities, to feed on dogs, cats, rats, and men themselves. Three outlaws in "Hector Boethius, being driven to their shifts, did eat raw flesh, and flesh of such fowl as they could catch, in one of the Hebrides for some few months. These things do mitigate or disannul that which hath been said of melancholy meats, and make it more tolerable; but to such as are wealthy, live plenteously, at ease, may take their choice, and refrain if they will, these viands are to be forborne, if they be inclined to, or suspect melancholy, as they tender their healths: Otherwise if they be intemperate, or disordered in their diet, at their peril be it. *Qui monet amant, Ave et cave."

SUBSECT. IV.—Retention and Evacuation a cause, and how.

Of retention and evacuation, there be divers kinds, which are either concomitant, assisting, or sole causes many times of melancholy. *Galen reduceth defect and abundance to this head; others "* All that is separated, or remains."

Costiveness.] In the first rank of these, I may well reckon up costiveness, and keeping in of our ordinary excrements, which as it often causeth other diseases, so this of melancholy in particular. *Celsus, lib. I. cap. 3. saith, "It produceth inflammation of the head, dulness, cloudiness, headache, &c." Prosper Calenus, *lib. de aeté bile, will have it distemper not the organ only, "* but the mind itself by troubling of it:" and sometimes it is a sole cause of madness, as you may read in the first book of *Skenkius's Medicinal Observations. A young merchant going to Nordeling fair in Germany, for ten days' space never went to stool; at his return he was 'grievously melancholy, thinking that he was robbed, and would not be persuaded but that all his money was gone; his friends thought he had some philtrem given him, but Chelius, a physician, being sent for, found his 'costiveness alone to be the cause, and thereupon gave him a clyster, by which he was speedily recovered. Trincavel- lius, consult. 35 *lib. I. saith as much of a melancholy lawyer, to whom he administered physic, and Rodericus à Fonseca, consult. 85. tom. 2.* of a patient of his, that for eight days was bound, and therefore melancholy affected. Other retentions and evacuations there are, not simply necessary, but at some times; as Fernelius accounts them. Path. lib. I. cap. 15. as suppression of haemorrhoids, or monthly issues in women, bleeding at nose, immoderate or no use at all of Venus: or any other ordinary issues.

*Detention of hemorrhoids, or monthly issues, Villanovanus Breviar. lib. 1. cap. 18. Arculianus, cap. 16. in 9. Rhesis, Vittorius Feventinus, pract. mag. Tract. 2. cap. 15. Bruei, &c. put for ordinary causes. Fuchsius, 1. 2. sect. 5. c. 30. goes farther, and saith, "*That many men unseasonably cured of the hemorrhoids have been corrupted with melancholy, seeking to avoid Scylla, they fall into Charybdis. Galen, 1. de hum. commen. 3. ad text. 26. illustrates this by an example of Lucius Martius, whom he cured of madness, contracted by this means: And *Skenkius hath two other instances of two melancholy and mad women, so caused from the suppression of their months. The same may be said of bleeding at the nose, if it be suddenly stopped, and have been formerly used, as *Villanovanus urgeth: And *Fuchsius, lib. 2. sect. 5. cap. 33.
stiffly maintains, "That without great danger, such an issue may not be stayed."

Venery omitted produceth like effects. Mathiolius, epist. 5. 1. penult. "avoucheth of his knowledge, that some through bashfulness abstained from venery, and thereupon became very heavy and dull; and some others that were very timorous, melancholy, and beyond all measure sad." Orbiasus, med. collect. l. 6. c. 37. speaks of some, "That if they do not use carnal copulation, are continually troubled with heaviness and headache; and some in the same case by intermission of it." Not use of it hurts many, Arculanus, c. 6. in 9. Raxis, et Magninus, part. 3. cap. 5. think, because it "sends up poisonous vapours to the brain and heart. And so doth Galen himself hold, "That if this natural seed be over-long kept (in some parties) it turns to poison." Hieronymus Mercurialis, in his chapter of Melancholy, cites it for an especial cause of this malady, "Priapismus, Satyriasis, &c., Halliabas, 5. Theor. c. 36. reckons up this and many other diseases. Villanovanus Breviar. l. 1. c. 18. saith, "He knew "many monks and widows grievously troubled with melancholy, and that for this sole cause." Lodovicus Mercatus, l. 2. de meliorum affect. cap. 4. and Rodericus a Castro, de morbis mulier. l. 2. c. 3. treat largely of this subject, and will have it produce a peculiar kind of melancholy in stable maids, nuns, and widows, Ob suppressionem mensium et venereum omiisas, timidida, maste, anizie, verecunda, supicipiosa, languentes, consilii inopes, cum summam vitae et verum meliorum desperatione, &c., they are melancholy in the highest degree, and all for want of husband. Eobianus Montaltus, cap. 37. de melanchol. confirms as much out of Galen; so doth Wierus, Christoferus a Vaga de art. med. lib. 3. c. 14, relates many such examples of men and women, that he had seen so melancholy. Felix Plater in the first book of his Observations, "tells a story of an ancient gentleman in Alsatia, that married a young wife, and was not able to pay his debts in that kind for a long time together, by reason of his several infirmities: but she, because of this inhibition of Venus, fell into a horrible fury, and desired every one that came to see her, by words, looks, and gestures, to have to do with her," &c. Bernardus Paternus, a physician, saith, "He knew a good honest godly priest, that because he would neither willingly marry, nor make use of the stews, fell into grievous melancholy fits." Hildeshem, spicel. 2. hath such another example of an Italian melancholy priest, in a consultation had Anno 1580. Jason Pratensis gives instance in a married man, that from his wife’s death abstaining, "after marriage, became exceedingly melancholy," Rodericus a Fonseca in a young man so misaffected, Tom. 2. consult. 85. To these you may add, if you please, that concealed tale of a Jew, so visited in like sort, and so cured, out of Poggio Florentinus.

Intemperate Venus is all but as bad in the other diseases. Galen. l. 6. de morbis popular. sect. 5. text. 26, reckons up melancholy amongst those diseases which are "exasperated by venery: doth so also Avicenna, 2, 3. c. 11. Oribi- sius, loc. citat. Ficinus, lib. 2. de sanitate tuendâ. Marsilius Cognatus, Montaltus, cap. 27. Guianerus, Tract. 3. cap. 2. Magninus, cap. 5. part. 3. "gives the reason, because "it inﬁrigidates and dries up the body, consumes

the spirits, and would therefore have all such as are cold and dry to take heed of and to avoid it as a mortal enemy." *Jauchinus in 9. Rheus, cap. 15.* ascribes the same cause, and instanceth in a patient of his, that married a young wife in a hot summer, "and so dried himself with chamber-work, that he became in short space from melancholy, mad:" he cured him by moistening remedies. The like example I find in Lelius à Fonte Eugubius, *consil. 129.* of a gentleman of Venice, that upon the same occasion was first melancholy, afterwards mad. *Read in him the story at large.*

Any other evacuation stopped will cause it, as well as these above named, be it bile, *ulcer, issue, &c.* *Hercules de Saxonii,* *lib. 1.* c. 16. and *Gordonius,* verify this out of their experience. They saw one wounded in the head, who as long as the sore was open, *Lucido habuit mentis intervallo,* was well; but when it was stopped, *Reduit melancholia,* his melancholy fit seized on him again.

Artificial evacuations are much like in effect, as hot houses, baths, blood-letting, purging, unseasonably and immediately used. *Baths dry too much, if used in excess, be they natural or artificial, and offend extreme hot or cold;* one dries, the other refrigerates over much. *Montanus, consil. 137*, saith, they over-heat the liver. *Joh. Struthius, Stigmat. artis. b. 4.* c. 9. contends, "*that if one stays longer than ordinary at the bath, go in too oft, or at unseasonable times, he putrefies the humours in his body.*** To this purpose writes Magninus, *b. 3.* c. 5. *Guianerius, Tract. 15.* c. 21, utterly disallows all hot baths in melancholy tempers. "*I saw (saith he) a man that laboured of the gout, who to be freed of his malady came to the bath, and was instantly cured of his disease, but got another worse, and that was madness." *But this judgment varies as the humour doth, in hot or cold; baths may be good for one melancholy man, bad for another; that which will cure it in this party, may cause it in a second.*

**Phlebotomy.]** Phlebotomy, many times neglected, may do much harm to the body, when there is a manifest redundance of bad humours, and melancholy blood; and when these humours heat and boil, if this be not used in time, the parties affected, so inflamed, are in great danger to be mad; but if it be unadvisedly, importunately, and immediately used, it doth as much harm by refrigerating the gall, dulling the spirits, and consuming them as *Joh.* *Curio in his 10th Chapter well reprehends, such kind of letting blood doth more hurt than good: "*The humours rage much more than they did before, and is so far from avoiding melancholy, that it increaseth it, and weakeneth the sight.*** *Prosper Calenus observeth as much of all phlebotomy, except they keep a very good diet after it; yea, and as *Leonartus Jacchinius speaks out of his own experience, "*The blood is much blacker to many men after their letting of blood than it was at first." For this cause belike Salust. *Salvinianus, b. 2.* c. 1. will admit or hear of no blood-letting at all in this disease, except it be manifest it proceed from blood: he was (it appears) by his own words in that place, master of an hospital of mad men, *"and found by long experience, that this kind of evacuation, either in head, arm, or any other part, did more harm than good." To this opinion of his, *Felix Plater is quite opposite,*

*Ex cautelis et ulcer caecato.*

*Gord. b. 10. lib. 1.* *Discourset cold baths as noxious.* *Secum reddant corpus.*

*Si quis longius moretur in ipsis, aut nimirum frequenter, aut impotenter utatur, humores putrefaciat.*

*Et ego anno superiore, quandam guttum vidi adulsum, qui ut liberaretur de gutta, ad balnea accessit, et de gutta liberatus, maniacus factus est.*

*On Sebula Salviniana.* *Calefactio et ebullio per venum incassatam, magis sese incitant et suscipit, magni impetus humores per corpus discurrunt.*

*Lib. de Natulenta Melancholia.* *Frequens sanguinis missio corpus extenuat.* *In 9 Rheus, stram bitem parte, et visum debilitat.*

*Siutum nigrum spectatrum sanguinis post dies quoadam, quain fuit ab initio.*

*Non laudo eos qui in desipentia docent secundam esse veniam frontis, quia spiritus debilitatur inde, et ego longa experientia observavi in proprio Xenestichio, quid desipiant ex phlebotomia magis leduntur, et magis desipiant, et melancholici sapp, sivea finit inde pejores.*

*De melis alienis. cap. 3.* *Erat multis in summis eruditum, numeros in radone sanatos longa observatione cognovi, qui visceris, sex angios venas tundentes, &c.*

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*His asexcestus et melancolico statum fuerit insanum, ab humectantibus curatus.*
"though some wink at, disallow and quite contradict all phlebotomy in melancholy, yet by long experience I have found innumerable so saved, after they had been twenty, nay, sixty times let blood, and to live happily after it. It was an ordinary thing of old, in Galen's time, to take at once from such men six pounds of blood, which now we dare scarce take in ounces: sed viderint medici;" great books are written of this subject.

Purging upward and downward, in abundance of bad humours omitted, may be for the worst; so likewise as in the precedent, if overmuch, too frequent or violent, it 1 weakeneth their strength, saith Fuchsius, l. 2. sect. 2. c. 17. or if they be strong or able to endure physic, yet it brings them to an ill habit, they make their bodies no better than apothecaries' shops, this and such like infirmities must needs follow.

SUBSECT. V.—Bad Air, a Cause of Melancholy.

Air is a cause of great moment, in producing this, or any other disease, being that it is still taken into our bodies by respiration, and our more inner parts. "If it be impure and foggy, it dejects the spirits, and causeth diseases by infection of the heart," as Paulus hath it, lib. 1. c. 49. Avicenna lib. 1. Gal. de san. tuendâ. Mercurialis, Montaltus, &c. "Fernelius saith, "A thick air thickeneth the blood and humours." Lemnius reckons up two main things most profitable, and most pernicious to our bodies; air and diet; and this peculiar disease, nothing sooner causeth (Jobertus holds) "than the air wherein we breathe and live." Such as is the air, such be our spirits; and as our spirits, such are our humours. It offends commonly if it be too 3 hot and dry, thick, fuliginous, cloudy, phlegmaterous, or a tempestuous air. Bodine in his fifth Book, De repub. cap. 1, 5. of his Method of History, proves that hot countries are most troubled with melancholy, and that there are therefore in Spain, Africa, and Asia Minor, great numbers of mad men, insomuch that they are compelled in all cities of note, to build peculiar hospitals for them. Leo Afer, lib. 3. de Fessa urbe, Ortelius and Zuinger, confirm as much: they are ordinarily so choleric in their speeches, that scarce two words pass without railing or chiding in common talk, and often quarrelling in the streets. Gordonius will have every man take notice of it: "Note this (saith he) that in hot countries it is far more familiar than in cold." Although this we have now said be not continually so, for as Acosta truly saith, under the Equator itself, is a most temperate habitation, wholesome air, a paradise of pleasure: the leaves ever green, cooling showers. But it holds in such as are intemperately hot, as Johannes a Meggen found in Cyprus, others in Malta, Apulia, and the Holy Land, where at some seasons of the year is nothing but dust, their rivers dried up, the air scorching hot, and earth inflamed; insomuch that many pilgrims going barefoot for devotion sake, from Joppa to Jerusalem upon the hot sands, often run mad, or else quite overwhelmed with sand, profundis arenis, as in many parts of Africa, Arabia Deserta, Bactriana, now Charassan, when the west wind blows Involuti arenis transeuntes necantur. * Hercules de Saxonio, a professor in Venice, gives this cause why so many Venetian women are melancholy, Quod diu sub sole degant, they tarry too long in the sun. Montanus, consil. 21. amongst other causes assigns this: Why that Jew his patient was mad, Quod tam multum exposuit se calori et

1 Vires debilitat.
2 Impurus aer spiritus deject, infecto corde gignit morbos.
3 Sanitatem densoat, et humores, P. 1. c. 13.
4 Lib. 3. cap. 3.
5 Lib. de quartana. Ex aere ambiente contrahitur humor melancholicus.
6 Quaerit aer, tallis spiritus: et oculosmodi spiritus, humores.
7 Allius Montaltus, cap. 11. calidus et siccus, frigidus et siccus, paludinosus, crassus.
8 Multi haec in Xenodochii fanaticorum milia qua strictissimae castra servantur. Lib. med. part. 2. cap. 19. Idemque, quod in calidis regionibus, frequenter accedit mania, in frigidis autem tardis.
9 Lib. 2.
10 Hodopericon, cap. 7.
11 Apulia estivo calore maximè fervet, ina ut ante finem Mali pene extusa sit.
13 Venetii mulieres, qua diu sub sole vivunt, aliquando melancholice excitant.
frigori: he exposed himself so much to heat and cold, and for that reason in Venice, there is little stirring in those brick paved streets in summer about noon, they are most part then asleep: as they are likewise in the great Mogol's countries, and all over the East Indies. At Aden in Arabia, as Lodovicus Vertomannus relates in his travels, they keep their markets in the night, to avoid extremity of heat; and in Ormus, like cattle in a pasture, people of all sorts lie up to the chin in water all day long. At Braga in Portugal; Burgos in Castile; Messina in Sicily, all over Spain and Italy, their streets are most part narrow, to avoid the sunbeams. The Turks wear great turbans ad fugandos solis radios, to refract the sunbeams; and much inconvenience that hot air of Bantam in Java yields to our men, that sojourn there for traffic; where it is so hot, * that they that are sick of the pox, lie commonly bleeding in the sun to dry up their sores." Such a complaint I read of those isles of Cape Verde, fourteen degrees from the Equator, they do malè audire: * One calls them the unhealthiest clime of the world, for fluxes, fevers, frenzies, calentures, which commonly seize on seafaring men that touch at them, and all by reason of a hot distemperature of the air. The hardiest men are offended with this heat, and stiffest clowns cannot resist it, as Constantine affirms, Agricult. l. 2. c. 45. They that are naturally born in such air, may not endure it, as Niger records of some part of Mesopotamia, now called Diarbecha: Quibusdam in locis saeviunt aestui adev subjecta est, ut pleraque animalia fervore solis et celci extinguantur, *tis so hot there in some places, that men of the country and cattle are killed with it; and *Adricomius of Arabia Felix, by reason of myrrh, frankincense, and hot spices there growing, the air is so obnoxious to their brains, that the very inhabitants at some times cannot avoid it, much less weaklings and strangers. * Amatus Lusitanus, cent. 1. curat. 45, reports of a young maid, that was one Vincent a currier's daughter, some thirteen years of age, that would wash her hair in the heat of the day (in July) and so let it dry in the sun, * to make it yellow, but by that means tarrying too long in the heat, she inflamed her head, and made herself mad."

Cold air in the other extreme is almost as bad as hot, and so doth Montaltus esteem of it, c. 11. if it be dry withal. In those northern countries, the people are therefore generally dull, heavy, and many witches, which (as I have before quoted) Saxo Grammaticus, Olaus, Baptista Porta ascribe to melancholy. But these cold climates are more subject to natural melancholy (not this artificial) which is cold and dry: for which cause *Mercurius Britannicus belike puts melancholy men to inhabit just under the Pole. The worst of the three is a thick, cloudy, misty, foggy air, or such as come from fens, moorish grounds, lakes, muckhills, draughts, sinks, where any carcases or carrion lies, or from whence any stinking fulsome smell comes: Galen, Avicenna, Mercurialis, new and old physicians, hold that such air is unwholesome, and engenders melancholy, plagues, and what not? * Alexander the haven-town in the Mediterranean Sea, Saint John de Ulloa, an haven in Nova-Hispania, are much condemned for a bad air, so are Durazzo in Albania, Lithuania, Ditmarsh, Pompinae Paludes in Italy, the territories about Pisa, Ferrara, &c., Romney Marsh with us; the Hundreds in Essex, the fens in Lincolnshire. Cardan, de rerum naturætate, l. 17. c. 96. finds fault with the sight of those rich, and most populous cities in the Low Countries, as Bruges, Ghent, Amsterdam, Leyden, Utrecht, &c., the air is bad; and so at Stockholm in Sweden; Regium in Italy, Salisbury with us, Hull and Lynn: they may be commodious for naviga-
tion, this new kind of fortification, and many other good necessary uses; but are they so wholesome? Old Rome hath descended from the hills to the valley, 'tis the site of most of our new cities, and held best to build in plains, to take the opportunity of rivers. Leander Albertus pleads hard for the air and site of Venice, though the black Moorish lands appear at every low water: the sea, fire, and smoke (as he thinks) qualify the air; and 'some suppose, that a thick foggy air helps the memory, as in them of Pisa in Italy; and our Cambden, out of Plato, commends the site of Cambridge, because it is so near the fens. But let the site of such places be as it may, how can they be excused that have a delicious seat, a pleasant air, and all that nature can afford, and yet through their own nastiness, and sluttishness, immoral and sordid manner of life, suffer their air to putrefy, and themselves to be choked up? Many cities in Turkey do male audire in this kind: Constanti

nople itself, where commonly carriion lies in the street. Some find the same fault in Spain, even in Madrid, the king's seat, a most excellent air, a pleasant site; but the inhabitants are slovens, and the streets uncleanly kept.

A troublesome tempestuous air is as bad as impure, rough and foul weather, impetuous winds, cloudy dark days, as it is commonly with us, Coelum visu foedum. Polydore calls it a filthy sky; et in quo facile generantur nubes; as Tully's brother Quintus wrote to him in Rome, being then Quastor in Britain. "In a thick and cloudy air (saith Lemnius) men are tetric, sad, and peevish: And if the western winds blow, and that there be a calm, or a fair sunshine day, there is a kind of alacrity in men's minds; it cheers up men and beasts: but if it be a turbulent, rough, cloudy, stormy weather, men are sad, lumpish, and much dejected, angry, waspish, dull, and melancholy." This was Virgil's experiment of old,

"Verum ubi tempestas, et calli mobilis humor Mutavere vices, et Jupiter inimicus Austro, Vertutur species animorum, et pectore motus Concipiant alias"—

"But when the face of heaven changed is To tempests, rain, from season fair:
Our minds are altered, and in our breasts
Forthwith some new conceits appear."

And who is not weather-wise against such and such conjunctions of planets, moved in foul weather, dull and heavy in such tempestuous seasons? Celidum contristat Aquarius annum: the time requires, and the autumn breeds it; winter is like unto it, ugly, foul, squalid, the air works on all men, more or less, but especially on such as are melancholy, or inclined to it, as Lemnius holds, "They are most moved with it, and those which are already mad, rave downright, either in, or against a tempest. Besides, the devil many times takes his opportunity of such storms, and when the humours by the air be stirred, he goes in with them, exagitates our spirits, and vexeth our souls; as the sea waves, so are the spirits and humours in our bodies tossed with tempestuous winds and storms." To such as are melancholy therefore, Montanus, consil. 24, will have tempestuous and rough air to be avoided, and consil. 27, all night air, and would not have them to walk abroad, but in a pleasant day. Lemnii, l. 3. c. 3, commends the south and eastern winds, commends the north. Montanus, consil. 31, "wills not any windows to be opened in the night." Consil. 229. et consil. 230, he commends especially the south wind, and nocturnal air: So doth Plutarch. The night and darkness makes men sad, the like do all subterranean vaults, dark houses in caves and rocks, desert places cause melancholy in an instant, especially such as have not been

Atlas geographiens. Memoria valent Pisani, quod esseret fruens aire. 3 Lib. 1. blut. 2. cap. 41. Anra densa ac caliginosa tetrici homines existant, et substrates, et cap. 3. stante subsolano et Zephyro, maxima in mentibus hominum alacritas existit, mentisque crestit ubi telum sola splendore utescit, Maxima dejectio maroroque siquando aura caliginosa est. 4 Geor. 6 Hor. 5 Mens quibus vacillat ab aere cito offendatur, et multi insanit apud Belgas ante tempestates saviant, alter quiets. Spiritus quoque aereis et mali genii aequalis se tempestatibus ingerunt, et menti humanae se latenter insinuant, canone vexant, exagitant, et ut fluctus marini, humanum corpus ventis agitatur. 1 Aer nocti denatur, et cogit moestitiam 6 Lib. de laide et Oxyride.
used to it, or otherwise accustomed. Read more of air in Hippocrates, 
Aelius, l. 3. at c. 171. ad 175. Oribasius, à c 1. ad 21. Avicen. l. 1. can. Fen. 
2, doc. 2, Fen. 1. c. 123. to the 12, &c.

SUBSECT. VI.—Immoderate Exercises a Cause, and how. Solitariness, Idleness.

Nothing so good but it may be abused: nothing better than exercise (if 
opportunely used) for the preservation of the body: nothing so bad if it be 
unseasonable, violent, or overmuch. Fernelius out of Galen, Path. lib. 1. c. 16, 
saith, "That much exercise and weariness consumes the spirits and sub-
stance, refrigerates the body: and such humours which Nature would have 
otherwise concocted and expelled, it stirs up and makes them rage: which 
being so enraged, diversely affect and trouble the body and mind." So doth it, 
if it be unseasonably used, upon a full stomach, or when the body is full of 
crudities, which Fuchsius so much inveighs against, lib. 2. inst. sect. 2. c. 4. 
giving that for a cause why school-boys in Germany are so often scabbed, 
because they use exercise presently after meats. *Bayerus puts in a caveat 
against such exercise, because "it corrupts the meat in the stomach, and 
carries the same juice raw, and as yet undigested, into the veins (saith Lem-
nius), which there putrefies and confounds the animal spirits." Crato, consil. 
21. l. 2. *protests against all such exercise after meat, as being the greatest 
enemy to concoction that may be, and cause of corruption of humours, which 
produce this, and many other diseases. Not without good reason then doth 
Salust. Salvianus, 1. 2. c. 1. and Leonartus Jacchius, in 9, Rhaesis. Mercuri-
alis, Arcubanus, and many other, set down *immoderate exercise as a most 
forcible cause of melancholy.

Opposite to exercise is idleness (the badge of gentry) or want of exercise, 
the bane of body and mind, the nurse of naughtiness, stepmother of discipline, 
the chief author of all mischief, one of the seven deadly sins, and a sole cause 
of this and many other maladies, the devil's cushion, as *Gualter calls it, his 
pillow and chief reposal. "For the mind can never rest, but still meditates 
on one thing or other, except it be occupied about some honest business, of his 
own accord it rusheth into melancholy. *As too much and violent exercise 
offends on the one side, so doth an idle life on the other (saith Crato), it fills 
the body full of phlegm, gross humours, and all manner of obstructions, 
rheums, catarrhs," &c. Rhaesis, cont. lib. 1. tract. 9, accounts of it as the 
greatest cause of melancholy. "I have often seen (saith he) that idleness 
begets this humour more than anything else." Montaltus, c. 1, seconds him 
out of his experience, "They that are idle are far more subject to melancholy 
than such as are conversant or employed about any office or business." *Plu-
tarch reckons up idleness for a sole cause of the sickness of the soul: "There 
are they (saith he) troubled in mind, that have no other cause but this." 
Homer, Ilid. 1, brings in Achilles eating of his own heart in his idleness, 
because he might not fight. Mercurialis, consil. 86, for a melancholy young 
man urgeth *it is a chief cause; why was he melancholy? because idle.

* Multa deftigatio, spiritus, virumque substantiam exaurit, et corpus refrigerat. Humores corrupta 
qui altera natura concoqui, et domari posseunt, et deum blandus excludi, irritat, et quasi in furor temitur. 
qui postea ex camera, et tempore vario lacessent, animaque. *In Ven. men. Libro 
sic inscripto. *Finit. ad vit. Christ. cap. 44. cibus, inde in venas raqui, qui patruentiae illae spiritus 
animalis animae inficent. *Grund hic humoris copia per venas arguitur, unde morbi multiplices. *Immo 
aneum exercitium. *Hom. 21. in l. cor. vi. Nam quaens hominis quiescere non posset, sed continuo 
temperantia variae cogitationes discernat, nisi honesto alicu move turpissimulam statuendam. 
utium animal piitiumum reddit, viscerum obstrictiones et crubras fluxiones, et morbes concidit. *Et vidi 
quod usus de rebus qua magis generat melancholiam, est utoitas. *Repositur orium ab alias causa, 
esse a nobis observatum eos huic maius magis obnoxiae qui plane obtiso sunt, quam eos qui aliquo muner 
*Nihtis est quod aequum melancholiam alat ac augent, ac orium et abestiam a corporis et animi exercitio 
facibilis.
Nothing begets it sooner, increaseth and continueth it oftener than idleness. A disease familiar to all idle persons, an inseparable companion to such as live at ease, Pingui otio desidiosae agentes, a life out of action, and have no calling or ordinary employment to busy themselves about, that have small occasions; and though they have such is their laziness, dulness, they will not compose themselves to do aught; they cannot abide work, though it be necessary; easy as to dress themselves, write a letter or the like; yet as he that is benumbed with cold sits still shaking, that might relieve himself with a little exercise or stirring do they complain, but will not use the facile and ready means to do themselves good; and so are still tormented with melancholy. Especially if they have been formerly brought up to business, or to keep much company, and upon a sudden come to lead a sedentary life; it crucifies their souls, and seizeth on them in an instant; for whilst they are any ways employed, in action, discourse, about any business, sport or recreation, or in company to their liking; they are very well; but if alone or idle, tormented instantly again; one day's solitariness, one hour's sometimes, doth them more harm, than a week's physic, labour, and company can do good. Melancholy seizeth on them forthwith being alone, and is such a torture, that as wise Seneca well saith, Malo maxima quam molliter esse, I had rather be sick than idle. This idleness is either of body or mind. That of body is nothing but a kind of benumbing laziness, intermitting exercise, which if we may believe *Fenelius, "causeth crudities, obstructions, excremental humours, quencheth the natural heat, dulls the spirits, and makes them unapt to do any thing whatsoever."

* Neglectis urenda filia immaeatur agris.

As fern grows in untilled grounds, and all manner of weeds, so do gross humours in an idle body, Ignauum corrumpunt otia corpus. A horse in a stable that never travels, a hawk in a mew that seldom flies, are both subject to diseases; which left unto themselves, are most free from any such incommodes. An idle dog will be mangy, and how shall an idle person think to escape? Idleness of the mind is much worse than this of the body; wit without employment is a disease, *Brugo animi, rubigo ingenii: the rust of the soul, *a plague, a hell itself. Maximum animi nocentum, Galen calls it. *As in a standing pool, worms and filthy creepers increase (et vitium capiunt ni moveatur aqua, the water itself putrefies, and air likewise, if it be not continually stirred by the wind), so do evil and corrupt thoughts in an idle person, the soul is contamined. In a commonwealth, where is no public enemy, there is likely civil wars, and they rage upon themselves: this body of ours, when it is idle, and knows not how to bestow itself, macerates and vexeth itself with cares, griefs, false fears, discontents, and suspicions; it tortures and preys upon his own bowels, and is never at rest. Thus much I dare boldly say, "He or she that is idle, be they of what condition they will, never so rich, so well allied, fortunate, happy, let them have all things in abundance and felicity that heart can wish and desire, all contentment, so long as he or she or they are idle, they shall never be pleased, never well in body and mind, but weary still, sickly still, vexed still, loathing still, weeping, sighing, grieving, suspecting, offended with the world, with every object, wishing themselves gone or dead, or else carried away with some foolish phantasy or other. And this is the true cause that so many great men, ladies, and gentlewomen, labour of this disease in country and city; for idleness is an appendix to nobility;
they count it a disgrace to work, and spend all their days in sports, recreations, and pastimes, and will therefore take no pains; be of no vocation; they feed liberally, fare well, want exercise, action, employment (for to work, I say, they may not abide), and company to their desires, and thence their bodies become full of gross humours, wind, crudities; their minds disquieted, dull, heavy, &c. care, jealousy, fear of some diseases, sullen fits, weeping fits seize too strangely on them. For what will not fear and phantasy work in an idle body? what distempers will they not cause? when the children of Israel murmured against Pharaoh in Egypt, he commanded his officers to double their task, and let them get straw themselves, and yet make their full number of bricks; for the sole cause why they mutiny, and are evil at ease, is, "they are idle." When you shall hear and see so many discontented persons in all places where you come, so many several grievances, unnecessary complaints, fear, suspicions, the best means to redress it is to set them a work, so to busy their minds: for the truth is, they are idle. Well they may build castles in the air for a time, and soothew up themselves with phantastical and pleasant humours, but in the end they will prove as bitter as gall, they shall be still I say discontent, suspicious, fearful, jealous, sad, fretting and vexing themselves; so long as they be idle, it is impossible to please them, Otio qui nescit uti, plus habet negotii quam qui negotium in negotio, as that Agellius could observe: He that knows not how to spend his time, hath more business, care, grief, anguish of mind, than he that is most busy in the midst of all his business, Otiosus animus nescit quot volos: An idle person (as he follows it) knows not when he is well, what he would have, or whether he would go, Quam illuc ventum est illinc habet, he is tired out with everything, displeased with all, weary of his life: Nec bene domi, nec militiae neither at home nor abroad, errat, et preti virtum vivitur, he wanders and lives besides himself. In a word, what the mischievous effects of laziness and idleness are, I do not find anywhere more accurately expressed, than in these verses of Philolaches in the Comical Poet, which for their elegance I will in part insert.

"Novarum adium esse arbitror similim ego hominem,
Quando hic natus est: Et rei argumenta dicam.
Adae quando sunt ad anarchum exoptas,
Quisque laudat fabrum, atque exemplum, expedit, &c.
At ubi illi migrat nequam homo indigensque, &c.
Tempestas venit, confringit tegulas, imbriquesque,
Patricias nec operam fabri, &c.
Dicit ut homines similis esse adium arbitremini,
Fabri parentes fundamentum subrurum liberorum,
Expoluit, docent litteras, nec parcit sumptui,
Ego antiquam sub fabrorn potestate fragilibus,
Postquam antiquam migravi in ingeniwm meum,
Perdid operam fabrorum illici, oppidii,
Venit ignavia, ea mihi tempestas fuit,
 Adventuque suo grandinum et imbrem attulit,
Illia mihi virtutum deturbatio, &c."

"A young man is like a fair new house, the carpenter leaves it well built, in good repair of solid stuff; but a bad tenant lets it rain in, and for want of reparation, fall to decay, &c. Our parents, tutors, friends, spare no cost to bring us up in our youth, in all manner of virtuous education; but when we are left to ourselves, idleness as a tempest drives all virtuous motions out of our minds, et nihil sumus, on a sudden, by sloth and such bad ways, we come to nought."

Cousin german to idleness, and a concomitant cause, which goes hand in hand with it, is nenia solitudo, too much solitariness, by the testimony of all physicians; cause and symptom both; but as it is here put for a cause it is

* Now this leg, now that arm, now their head, heart, &c.  
* Exod. v.  
† (For they cannot well tell what aileth them, or what they would have themselves) my heart, my head, my husband, my son, &c.  
‡ Prov. xviii. Pigrum dejectis timor. Heaontiflnornemen.  
* Lib. 19. c. 10.  
‡ Plantus, Prol. Mostel.  
* Piso, Montaltus, Mercurialis, &c.
either coast, enforced, or else voluntarily. Enforced solitariness is commonly seen in students, monks, friars, anchorites, that by their order and course of life must abandon all company, society of other men, and betake themselves to a private cell: *Otio superstitione seclusi*, as Bale and Huspian well term it, such as are the Carthusians of our time, that eat no flesh (by their order), keep perpetual silence, never go abroad. Such as live in prison, or some desert place, and cannot have company, as many of our country gentlemen do in solitary houses, they must either be alone without companions, or live beyond their means, and entertain all comers as so many hosts, or else converse with their servants and hinds, such as are unequal, inferior to them, and of a contrary disposition: or else as some do, to avoid solitariness, spend their time with lewd fellows in taverns, and in alehouses, and thence addict themselves to some unlawful disports, or dissolve courses. Divers again are cast upon this rock of solitariness for want of means, or out of a strong apprehension of some infirmity, disgrace, or through bashfulness, rudeness, simplicity, they cannot apply themselves to others' company. *Nullum volum infelicis gratius solitudine, ubi nullus sit qui miseriam exprobret*; this enforced solitariness takes place, and produceth his effect soonest in such as have spent their time jovially, peradventure in all honest recreations, in good company, in some great family or populous city, and are upon a sudden confined to a desert country cottage far off, restrained of their liberty, and barred from their ordinary associates; solitariness is very irksome to such, most tedious, and a sudden cause of great inconvenience.

Voluntary solitariness is that which is familiar with melancholy, and gently brings on like a syren, a shoeing-horn, or some sphinx to this irrevocable gulf, a primary cause, Piso calls it; most pleasant it is at first, to such as are melancholy given, to lie in bed whole days, and keep their chambers, to walk alone in some solitary grove, betwixt wood and water, by a brook side, to meditate upon some delightsome and pleasant subject, which shall affect them most; *amabilis insania, et mentis gratissimus error*: a most incomparable delight it is so to melancholize, and build castles in the air, to go smiling to themselves, acting an infinite variety of parts, which they suppose and strongly imagine they represent, or that they see acted or done: *Blande quidem ab initio*, saith Lemnius, to conceive and meditate of such pleasant things, sometimes, "as present, past, or to come," as Rhasis speaks. So delightful these toys are at first, they could spend whole days and nights without sleep, even whole years alone in such contemplations, and fantastical meditations, which are like unto dreams, and they will hardly be drawn from them, or willingly interrupt, so pleasant their vain conceits are, that they hinder their ordinary tasks and necessary business, they cannot address themselves to them, or almost to any study or employment, these fantastical and bewitching thoughts so covertly, so feelingly, so urgently, so continually set upon, creep in, insinuate, possess, overcome, distract, and detain them, they cannot, I say, go about their more necessary business, stave off or extricate themselves, but are ever musing, melancholizing, and carried along, as he (they say) that is led round about a heath with a Puck in the night, they run earnestly on in this labyrinth of anxious and solicitous melancholy meditations, and cannot well or willingly refrain, or easily leave off, winding and unwinding themselves, as so many clocks, and still pleasing their humours, until at last the scene is turned upon a sudden, by some bad object, and they being now habituated to such vain meditations and solitary places, can endure no company, can ruminate of nothing but harsh and distasteful subjects. Fear, sorrow, suspicion, *subrusto
pudor, discontent, cares, and weariness of life surprise them in a moment; and they can think of nothing else, continually suspecting, no sooner are their eyes open, but this infernal plague of melancholy seizeth on them, and terrifies their souls, representing some dismal object to their minds, which now by no means, no labour, no persuasions they can avoid, _haeret lateri lethalis arundo_ (the arrow of death still remains in the side), they may not be rid of it, they cannot resist. I may not deny but that there is some profitable meditation, contemplation, and kind of solitariness to be embraced, which the fathers so highly commended, Hieron, Chrysostom, Cyprian, Austin, in whole tracts, which Petrarch, Erasmus, Stella, and others, so much magnify in their books; a paradise, a heaven on earth, if it be used aright, good for the body, and better for the soul: as many of those old monks used it, to divine contemplations, as Simulius a courtier in Adrian's time, Dioclesian the emperor, retired themselves, &c., in that sense, _Vatia solus scit vivere_, Vatia lives alone, which the Romans were wont to say, when they commended a country life. Or to the bettering of their knowledge, as Democritus, Cleanthus, and those excellent philosophers have ever done, to sequester themselves from the tumultuous world, or as in Pliny's villa Laurentana, Tully's Tusculan, Jovius's study, that they might better _vocare studios et Deo, serve God, and follow their studies_. Methinks, therefore, our too zealous innovators were not so well advised in that general subversion of abbeys and religious houses, promiscuously to fling down all; they might have taken away those gross abuses crept in amongst them, rectified such inconveniences, and not so far to have raved and raged against those fair buildings, and everlasting monuments of our forefathers' devotion, consecrated to pious uses; some monasteries and collegiate cells might have been well spared, and their revenues otherwise employed, here and there one, in good towns or cities at least, for men and women of all sorts and conditions to live in, to sequester themselves from the cares and tumults of the world, that were not desirous, or fit to marry; or otherwise willing to be troubled with common affairs, and know not well where to bestow themselves, to live apart in, for more convenience, good education, better company sake, to follow their studies (I say), to the perfection of arts and sciences, common good, and as some truly devoted monks of old had done, freely and truly to serve God. For these men are neither solitary, nor idle, as the poet made answer to the husbandman in _Æsop_, that objected idleness to him; he was never so idle as in his company; or that Scipio Africanus in *Tully, Non-quam minus solus, quâm cum solus; nonquam minus otiosus, quâm quam esset otiosus; never less solitary, than when he was alone, never more busy, than when he seemed to be most idle. It is reported by Plato in his dialogue _de Amore_, in that prodigious commendation of Socrates, how a deep meditation coming into Socrates' mind by chance, he stood still musing, _cudem vestigio cogitationis_, from morning to noon, and when as then he had not yet finished his meditation, _perstabat cogitantes_, he so continued till the evening, the soldiers (for he then followed the camp) observed him with admiration, and on set purpose watched all night, but he persevered immovable _ad eortum solis_, till the sun rose in the morning, and then saluting the sun, went his ways. In what humour constant Socrates did thus, I know not, or how he might be affected, but this would be pernicious to another man; what intricate business might so really possess him, I cannot easily guess; but this is _otiosum otium_, it is far otherwise with these men, according to Seneca, _Omnia nobis mala solitudo persuadet_; this solitude undoeth us, _pugnat cum vitâ sociâ_; 'tis a destructive solitariness. These men are devils alone, as the saying is, _Homo

sols aut Deus, aut Daemon: a man alone, is either a saint or a devil, mens ejus aut languescit, aut tumultuat; and * Tu soli in this sense, woe be to him that is so alone. These wretches do frequently degenerate from men, and of sociable creatures become beasts, monsters, inhumane, ugly to behold, Misanthropi; they do even loathe themselves, and hate the company of men, as so many Timons, Nebuchadnezzars, by too much indulging to these pleasing humours, and through their own default. So that which Mercurialis, consil. 11., sometimes expostulated with his melancholy patient, may be justly applied to every solitary and idle person in particular. *Nature de te videtur conqueri posse, &c. "Nature may justly complain of thee, that whereas she gave thee a good wholesome temperature, a sound body, and God hath given thee so divine and excellent a soul, so many good parts, and profitable gifts, thou hast not only esteemed and rejected, but hast corrupted them, polluted them, overthrown their temperature, and perverted those gifts with riot, idleness, solitariness, and many other ways, thou art a traitor to God and nature, an enemy to thyself and to the world." Pericitio tua est te; thou hast lost thyself wilfully, cast away thyself, "thou thyself art the efficient cause of thine own misery, by not resisting such vain cogitations, but giving way unto them."

SUBSECT. VII.—Sleeping and Waking, Causes.

What I have formerly said of exercise, I may now repeat of sleep. Nothing better than moderate sleep, nothing worse than it, if it be in extremes, or unseasonably used. It is a received opinion, that a melancholy man cannot sleep overmuch; Somnus supra modum prodest, as an only antidote, and nothing offends them more, or causeth this malady sooner, than waking, yet in some cases sleep may do more harm than good, in that phlegmatic, swinish, cold, and sluggish melancholy which Melanthon speaks of, that thinks of waters, sighing most part, &c. *It dulls the spirits, if overmuch, and senses; fills the head full of gross humours; causeth distillations, rheums, great store of excrescences in the brain, and all the other parts, as *Fuchsius speaks of them, that sleep like so many dormice. Or if it be used in the day-time, upon a full stomach, the body ill-composed to rest, or after hard meats, it increaseth fearful dreams, incubus, night walking, crying out, and much unquietness; such sleep prepares the body, as "one observes, "to many perilous diseases." But, as I have said, waking overmuch, is both a symptom, and an ordinary cause. "It causeth dryness of the brain, frenzy, dotage, and makes the body dry, lean, hard, and ugly to behold," as "Lemnius hath it. "The temperature of the brain is corrupted by it, the humours adjust, the eyes made to sink into the head, choler increased, and the whole body inflamed." and, as may be added out of Galen 3. de sanitate tuendâ, Avicenna 3. 1. "It overthrows the natural heat, it causeth crudities, hurts concoction," and what not? Not without good cause therefore Crato consil. 21, lib. 2; Hildesheim, spicel. 2, de Defkr. et Mania, Jacinus, Arculanus on Rhasia, Guianorius and Mercurialis, reckon up this overmuch waking as a principal cause.

MEMB. III.

SUBSECT. I.—Passions and Perturbations of the Mind, how they cause Melancholy.

As that gymnosophist in †Plutarch made answer to Alexander (demanding which spake best), Every one of his fellows did speak better than the other: so I may say of these causes; to him that shall require which is the greatest, every one is more grievous than other, and this of passion the greatest of all. A most frequent and ordinary cause of melancholy, *fulmen perturbationum (Piccolomineus calls it) this thunder and lightnings of perturbation, which causeth such violent and speedy alterations in this our microcosm, and many times subverts the good estate and temperature of it. For as the body works upon the mind by his bad humours, troubling the spirits, sending gross fumes into the brain, and so per consequens disturbing the soul, and all the faculties of it,

with fear, sorrow, &c., which are ordinary symptoms of this disease: so on the other side, the mind most effectually works upon the body, producing by his passions and perturbations miraculous alterations, as melancholy, despair, cruel diseases, and sometimes death itself. Insomuch that it is most true which Plato saith in his Charmides, omnia corporis mala ab animâ procedere; all the mischiefs of the body proceed from the soul: and Democritus in ‡Plutarch urgeth, Damnatum invi animam à corpore, if the body should in this behalf bring an action against the soul, surely the soul would be cast and convicted, that by her supine negligence had caused such inconveniences, having authority over the body, and using it for an instrument, as a smith does his hammer (saith Cyprian), imputing all those vices and maladies to the mind. Even so do Philostratus, non coquinatur corpus, nisi consensu animâ; the body is not corrupted, but by the soul. Lodovicus Vives will have such turbulent commotions proceed from ignorance and indiscipline. All philosophers impute the miseries of the body to the soul, that should have governed it better, by command of reason, and hath not done it. The Stoics are altogether of opinion (as †Lipsius and ‡Piccolomineus record), that a wise man should be sapiens, without all manner of passions and perturbations whatsoever, as †Seneca reports of Cato, the †Greeks of Socrates, and ‡Io. Aubanus of a nation in Africa, so free from passion, or rather so stupid, that if they be wounded with a sword, they will only look back. †Lactantius 2 insitv. will exclude "fear from a wise man:" others except all, some the greatest passions. But let them dispute how they will, set down in Theis, give precepts to the contrary; we find that of "Lemnian true by common experience; "No mortal man is free from these perturbations: or if he be so, sure he is either a god, or a blind." They are born and bred with us, we have them from our parents by inheritance. A parentibus habemus malum hume assem, saith Pelezius, Nascitur unà nobiscum, aliique, tis propagated from Adam, Cain was melancholy, †as Austin hath it, and who is not? Good discipline, education, philosophy, divinity (I cannot deny), may mitigate and restrain these passions in some few men at some times, but most part they dominate, and are so violent, that as a torrent (torrens veluti aggerem rupto) bears down all before, and overflows his banks, sternit agros, sternit saevo, (lays waste the

fields, prostrates the crops), they overwhelm reason, judgment, and pervert the temperature of the body; Perturbae equis auriga, nec audit aurus habenas. Now such a man (saith Austin) "that is so led, in a wise man's eye, is no better than he that stands upon his head." It is doubted by some, Gravioresne morbi à perturbationibus, an ab humoribus, whether humours or perturbations cause the more grievous maladies. But we find that of our Saviour, Mat. xxvi. 41, most true, "The spirit is willing, the flesh is weak," we cannot resist; and this of Philo Judæus, "Perturbations often offend the body, and are most frequent causes of melancholy, turning it out of the hinges of his health."

Vives compares them to "Winds upon the sea, some only move as those great gales, but others turbulent quite overturn the ship." Those which are light, easy, and more seldom, to our thinking, do us little harm, and are therefore contemned of us: yet if they be reiterated, "as the rain (saith Austin) doth a stone, so do these perturbations penetrate the mind:" "and (as one observes) "produce a habit of melancholy at the last, which having gotten the mastery in our souls, may well be called diseases."

How these passions produce this effect, Agrippa hath handled at large, Occult. Philos. b. 11. c. 63. Cardan, l. 14, sub titl. Lemniius, l. 1, c. 12, de occult. nat. mir. et lib. 1. cap. 16. Suarez, Met. disput. 18. sect. 1, art. 25. T. Bright, cap. 12. of his Melancholy Treatise. Wright the Jesuit in his book of the Passions of the Mind, &c. Thus in brief, to our imagination cometh by the outward sense or memory, some object to be known (residing in the foremost part of the brain), which he misconceiving or amplifying presently communicates to the heart, the seat of all affections. The pure spirits with which flock from the brain to the heart, by certain secret channels, and signify what good or bad object was presented, which immediately bends itself to prosecute, or avoid it; and withal, draweth with it other humors to help it: so in pleasure, concur great store of purer spirits; in sadness, much melancholy blood; in ire, choler. If the imagination be very apprehensive, intent, and violent, it sends great store of spirits to, or from the heart, and makes a deeper impression, and greater tumult, as the humours in the body be likewise prepared, and the temperature itself ill or well disposed, the passions are longer and stronger; so that the first step and fountain of all our grievances in this kind, is lascia imaginatio, which misinforming the heart, causeth all these distemperatures, alteration, and confusion of spirits and humors. By means of which, so disturbed, concoction is hindered, and the principal parts are much debilitated; as Dr. Navarrawell declared, being consulted by Montanus about a melancholy Jew. The spirits so confounded, the nourishment must needs be abated, bad humours increased, crudities and thick spirits engendered with melancholy blood. The other parts cannot perform their functions, having the spirits drawn from them by vehement passion, but fail in sense and motion; so we look upon a thing, and see it not; hear, and observe not; which otherwise would much affect us, had we been free. I may therefore conclude with Arnoldus, Maxima vis est phantasia, et hic unus fere, non autem corporis intemperiet, omnis melancholicae causa est ascribenda: "Great is the force of imagination, and much more ought the cause of melancholy to be ascribed to this alone, than to

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*Virg. De civit. Del. 1. 14. c. 9, quae sit urbs hominum qui perversis pedibus ambulat, tellis, in occultae sapientiae, cui passions dominantur.*

*Lib. de Decal. passiones maximi corpus offendunt et animam, et frequentissimae cause melancholias, dimovent ab ingenio et sanitate pristina. 1. 3. de anima.*

*Fraena et stimuli animi, velut in mari quaedam aures levae, quaedam placida, quaedam turbulenta: et in corpore quaedam affectiones exsistent tantum, quaedam non movent ut sit statu judici depellant.*

*Ut gutta lapidem, sic paulatin hic penetrant animum.*

*Usu valentem repete morbi animal vestigium.*

*Imaginat morbi corpus, ad e jus motum exsistentur humores, et spiritus vitales, quibus alteratur.*

*Ecles. xiii. 28. "The heart alters the countenance to good or evil, and distraction of the mind causeth distempers of the body.***

*Spiritus et sanguis ad lascia imaginationes contaminantur, humores enim mutati actiones animi imitantur, Fiso.*

*Montani, consil. 22. He vero quomodo causet melancholiam, elisum; et quod confectionis impedient, et membra principali debilitent.*

*Brevisiar. 1. 1. cap. 18.*
the distemperate of the body." Of which imagination, because it hath so
great a stroke in producing this malady, and is so powerful of itself, it will not
be improper to my discourse, to make a brief digression, and speak of the force
of it, and how it causeth this alteration. Which manner of digression howso-
ever some dislike, as frivolous and impertinent, yet I am of * Beroaldus's op-
inion, "Such digressions do mightily delight and refresh a weary reader, they
are like sauce to a bad stomach, and I do therefore most willingly use them."

SUBSECT. II.—Of the force of Imagination.

What imagination is, I have sufficiently declared in my digression of the
anatomy of the soul. I will only now point at the wonderful effects and power
of it; which, as it is eminent in all, so most especially it rageth in melancholy
persons, in keeping the species of objects so long, mistaking, amplifying them
by continual and strong meditation, until at length it produceth in some
parties real effects, causeth this and many other maladies. And although this
fantasy of ours be a subordinate faculty to reason, and should be ruled by it,
yet in many men, through inward or outward distemperatures, defect of organs,
which are unapt, or otherwise contaminated, it is likewise unapt, or hindered,
and hurt. This we see verified in sleepers, which by reason of humours and
concourse of vapours troubling the fantasy, imagine many times absurd and
prodigious things, and in such as are troubled with incubus, or witch-ridden
(as we call it), if they lie on their backs, they suppose an old woman rides, and
sits so hard upon them, that they are almost stifled for want of breath; when
there is nothing offends, but a concourse of bad humours, which trouble the fan-
tasy. This is likewise evident in such as walk in the night in their sleep, and
do strange feats: * these vapours move the fantasy, the fantasy the appetite,
which moving the animal spirits causeth the body to walk up and down as if
they were awake. Fracast. l. 3. de intellect. refers all ecstasies to this force of
imagination such as lie whole days together in a trance; as that priest whom
*Celsus speaks of, that could separate himself from his senses when he list,
and lie like a dead man, void of life and sense. Cardan brags of himself, that
he could do as much, and that when he list. Many times such men when they
come to themselves, tell strange things of heaven and hell, what visions they
have seen; as that St. Owen, in Matthew Paris, that went into St. Patrick's
purgatory, and the monk of Evesham in the same author. Those common
apparitions in Bede and Gregory, Saint Bridget's revelations, Wier. l. 3. de
lamiis, c. 11. Cesar Vanninus, in his Dialogues, &c. reduceeth (as I have
formerly said), with all those tales of witches' progresses, dancing, riding,
transformations, operations, &c. to the force of imagination, and the *devil's
illusions. The like effects almost are to be seen in such as are awake: how
many chimeras, antics, golden mountains and castles in the air do they build
unto themselves? I appeal to painters, mechanicians, mathematicians. Some
ascribe all vices to a false and corrupt imagination, anger, revenge, lust, ambi-
tion, covetousness, which prefers falsehood before that which is right and
good, deluding the soul with false shows and suppositions. * Bernardus
Penottus will have hereys and superstition to proceed from this fountain; as he
falsely imagineth, so he believeth; and as lie conceiveth of it, so it must be,

* Salient hynasmodi aegresiones favorabliter objectare, et lectorum lacsum juvendè refosere, stomachumque
nauseam, quodam quasi condimento reflexere, et ego libenter egress, · Ab imaginatione orientat
affectiones, quibus anima componitur, aut turbata deturbatur, Jo. Sarisb. Matolog. lib. 4. c. 10. 4 Scalig.
excret. · Qui quoties volante, mortuo similis jacetat aferens se à sensibus, et quum punctetur dolorum
non sensiit. · Ideo Nymanus orat. de Imaginat. · Verba et actionibis se consequant daemon
pesseine milieres, qui, us ab opus amum utitur, et earum phantasmam regit, ductique ad loca ab ipsa des-
dera, corpora vero eam sine sensu permanens, que umbra cooperat diaabolus, ut nulli alii conscii, et
ye, umbra sublat, propriis corporibus eas restituit. 1. 3. c. 11. Wier. 2 Donaria medico.
and it shall be, contra gentes, he will have it so. But most especially in passions and affections, it shows strange and evident effects: what will not be a fearful man conceive in the dark? What strange forms of bugbears, devils, witches, goblins? Lavater imputes the greatest cause of spectrums, and the like appara-
titions, to fear, which above all other passions begets the strongest imagination (saith 1 Wierus), and so likewise, love, sorrow, joy, &c. Some die suddenly, as she that saw her son come from the battle at Cannae, &c. Jacob the patriarch, by force of imagination, made speckled lambs, laying speckled rods before his sheep. Persina, an Atéhican queen in Heliodorus, by seeing the picture of Persens and Andromeda, instead of a blackamoor, was brought to bed of a fair white child. In imitation of whom belike, a hard-favoured fellow in Greece, because he and his wife were both deformed, to get a good brood of children, *Elegantissimas imagines in thalamo colloccavit, &c.*, hung the fairest pictures he could buy for money in his chamber, "That his wife by frequent sight of them, might conceive and bear such children." And if we may believe Bale, one of Pope Nicholas the Third's concubines by seeing of a bear was brought to bed of a monster. "If a woman (saith 1 Lemnius), at the time of her conception think of another man present or absent, the child will be like him." Great-bellied women, when they long, yield us prodigious examples in this kind, as moles, warts, scars, hare-lips, monsters, especially caused in their children by force of a depraved fantasy in them: *Ipsam speciem quam antimo effigiat, factui induxit*: She imprints that stamp upon her child which she conceives unto herself. And therefore Lodovicus Vives, lib. 2. de Christ. fam. gives a special caution to great-bellied women, "That they do not admit such absurd conceits and cogitations, but by all means avoid those horrible objects, heard or seen, or filthy spectacles." Some will laugh, weep, sigh, groan, blush, tremble, sweat, at such things as are suggested unto them by their imagination. Avice ma speaks of one that could cast himself into a palsy when he list; and some can imitate the tunes of birds and beasts that they can hardly be discerned: Dagebertus' and Saint Francis' scars and wounds, like those of Christ's (if at the least any such were), *Agrippa supposeth to have happened by force of imagination: that some are turned to wolves, from men to women, and women again to men (which is constantly believed) to the same imagination; or from men to asses, dogs, or any other shapes. *Wierus ascribes all those famous transformations to imagination; that in hydrophobia they seem to see the picture of a dog, still in their water; that melancholy men and sick men conceive so many fantastical visions, apparitions to themselves, and have such absurd apparitions, as that they are kings, lords, cocks, bears, apes, owls; that they are heavy, light, transparent, great and little, senseless and dead (as shall be showed more at large, in our sections of symptoms), can be imputed to nought else, but to a corrupt, false, and violent imagination. It works not in sick and melancholy men only, but even most forcibly sometimes in such as are sound: it makes them suddenly sick, and alters their temperature in an instant. And sometimes a strong conceit or apprehension, as Valeius proves, will take away diseases: in both kinds it will produce real effects. Men, if they see but another man tremble, giddy or sick of some fearful disease, their apprehension and fear is so strong in this kind, that they
will have the same disease. Or if by some soothsayer, wiseman, fortune-teller, or physician, they be told they shall have such a disease, they will so seriously apprehend it, that they will instantly labour of it. A thing familiar in China (saith Riccius the Jesuit), "If it be told them they shall be sick on such a day, when that day comes they will surely be sick, and will be so terribly afflicted, that sometimes they die upon it." Dr. Cotta in his discovery of ignorant practitioners of physic, cap. 8. hath two strange stories to this purpose, what fancy is able to do. The one of a parson's wife in Northamptonshire, An. 1607, that coming to a physician, and told by him that she was troubled with the sciatica, as he conjectured (a disease she was free from), the same night after her return, upon his words, fell into a grievous fit of a sciatica: and such another example he hath of another good wife, that was so troubled with the cramp, after the same manner she came by it, because her physician did but name it. Sometimes death itself is caused by force of fantasy. I have heard of one that coming in company of him that was thought to be sick of the plague (which was not so) fell down suddenly dead. Another was sick of the plague with conceit. One seeing his fellow let blood falls down in a swoon. Another (saith Cardan out of Aristotle), fell down dead (which is familiar to women at any ghastly sight), seeing but a man hanged. A Jew in France (saith Lodovici Vives), came by chance over a dangerous passage or plank, that lay over a brook in the dark, without harm, the next day perceiving what danger he was in, fell down dead. Many will not believe such stories to be true, but laugh commonly, and deride when they hear of them; but let these men consider with themselves, as Peter Byarus illustrates it. If they were set to walk upon a plank on high, they would be giddy, upon which they dare securely walk upon the ground. Many (saith Agrippa). *"Strong-hearted men otherwise, tremble at such sights, dazzle, and are sick, if they look but down from a high place, and what moves them but conceit?" As some are so molested by fantasy; so some again, by fancy alone, and a good conceit, are as easily recovered. We see commonly the tooth-ache, gout, falling-sickness, biting of a mad dog, and many such maladies, cured by spells, words, characters, and charms, and many green wounds by that now so much used Unguentum Armarium, magnetically cured, which Crollius and Goclenius in a book of late hath defended, Libavius in a just tract as stiffly contradictis, and most men controvert. All the world knows there is no virtue in such charms or cures, but a strong conceit and opinion alone, as Pomponatius holds, "which forceth a motion of the humours, spirits, and blood, which takes away the cause of the malady from the parts affected." The like we may say of our magical effects, superstitious cures, and such as are done by mountebanks and wizards. "As by wicked incredulity many men are hurt (so saith Wierus of charms, spells, &c.), we find in our experience, by the same means many are relieved." An empiric oftentimes, and a silly chirurgeon, doth more strange cures than a rational physician. Nymannus gives a reason, because the patient puts his confidence in him, *which Avicenna "prefers before art, precepts, and all remedies whatsoever." *Tis opinion alone (saith Cardan), that makes or mars physicians, and he doth the best cures, according to Hippocrates, in whom most trust. So

diversely doth this fantasy of ours affect, turn, and wind, so imperiously command our bodies, which as another "Proteus, or a chameleon, can take all shapes; and is of such force (as Ficinus adds), that it can work upon others, as well as ourselves." How can otherwise bear eyes in one man cause the like affection in another? Why doth one man's yawning make another yawn? One man's pissing provoke a second many times to do the like? Why doth scraping of trenched offend a third, or hacking of files? Why doth a carcass bleed when the murderer is brought before it, some weeks after the murder hath been done? Why do witches and old women fascinate and bewitch children: but as Wierus, Paracelsus, Cardan, Mizaldus, Valleriola, Cesar Vanninus, Campanella, and many philosophers think, the forcible imagination of the one party moves and alters the spirits of the other. Nay more, they can cause and cure not only diseases, maladies and several infirmities, by this means, as Avicenna de anim. l. 4. sect. 4. supposeth in parties remote, but move bodies from their places, cause thunder, lightning, tempests, which opinion Alkindus, Paracelsus, and some others, approve of. So that I may certainly conclude this strong conceit or imagination is astrum hominis, and the rudder of this our ship, which reason should steer, but overborne by fantasy cannot manage, and so suffers itself and this whole vessel of ours to be overruled, and often overturned. Read more of this in Wierus, l. 3. de Lamiis, c. 8, 9, 10. Franciscus, Valesius med. contrav. l. 5. cont. 6. Marcellus Donatus, l. 2. c. 1. de hist. med. mirabil. Levinus Lemnius, de occult. nat. mir. l. 1. c. 12. Cardan, l. 18. de rerum var. Corn. Agrippa, de occult. philos. cap. 63, 65. Camerarius, I cent. cap. 54. horarum subies. Nymannus, morat. de Imag. Laurentius, and him that is instar omnium, Fienus, a famous physician of Antwerp that wrote three books de viribus imaginationis. I have thus far digressed, because this imagination is the medium deferens of passions, by whose means they work and produce many times prodigious effects: and as the fantasy is more or less intended or remitted, and their humors disposed, so do perturbations move, more or less, and take deeper impression.

SUBSECT. III.—Division of Perturbations.

Perturbations and passions, which trouble the fantasy, though they dwell between the confines of sense and reason, yet they rather follow sense than reason, because they are drowned in corporeal organs of sense. They are commonly reduced into two inclinations, irascible and concupiscent. The Thomists subdivide them into eleven, six in the coveting, and five in the invading. Aristotle reduceth all to pleasure and pain, Plato to love and hatred, &c. Vives to good and bad. If good, it is present, and then we absolutely joy and love; or to come, and then we desire and hope for it. If evil, we absolutely hate it; if present, it is sorrow; if to come, fear. These four passions Bernard compares to the wheels of a chariot, by which we are carried in this world. All other passions are subordinate unto these four, or six, as some will: love, joy, desire, hatred, sorrow, fear; the rest, as anger, envy, emulation, pride, jealousy, anxiety, mercy, shame, discontent, despair, ambition, avarice, &c., are reducible unto the first; and if they be immoderate, they consume the spirits, and melancholy is especially caused by them. Some few discreet men there are, that can govern themselves, and curb in these inordinate affections, by religion, philosophy, and such divine precepts, of meekness, patience, and the like; but most part for want of government, out of indiscretion, ignorance, they suffer themselves wholly to be led by sense,
and are so far from repressing rebellious inclinations, that they give all encouragement unto them, leaving the reins, and using all provocations to further them: bad by nature, worse by art, discipline, &c, custom, education, and a perverse will of their own, they follow on, wheresoever their unbridled affections will transport them, and do more out of custom, self-will, than out of reason. Contumax voluntas, as Melancthon calls it, malum facit: this stubborn will of ours perverts judgment, which sees and knows what should and ought to be done, and yet will not do it. Mancipia gula, slaves to their several lusts and appetite, they precipitate and plunge themselves into a labyrinth of cares blinded with lust, blinded with ambition: "They seek that at God’s hands which they may give unto themselves, if they could but refrain from those cares and perturbations, wherewith they continually macerate their minds." But giving way to these violent passions of fear, grief, shame, revenge, hatred, malice, &c., they are torn in pieces, as Acteon was with his dogs, and crucify their own souls.

**SUBJECT. IV.—Sorrow a cause of Melancholy.**

**Sorrow.** Insanus dolor.] In this catalogue of passions, which so much torment the soul of man, and cause this malady (for I will briefly speak of them all, and in their order), the first place in this irascible appetite, may justly be challenged by sorrow. An inseparable companion, "The mother and daughter of melancholy, her epitome, symptom, and chief cause." As Hippocrates hath it, they beget one another, and treat in a ring, for sorrow is both cause and symptom of this disease. How it is a symptom shall be shown in its place. That it is a cause of all the world acknowledged, Dolor nonnullius insaniae causa fuit, et aliorum morborum insanabilium, saith Plutarch to Apollonius; a cause of madness, a cause of many other diseases, a sole cause of this mischief, "Lemnius calls it. So doth Rhasis, cont. l. 1. tract. 9. Guianerius, Tract. 15. c. 5. And if it take root once, it ends in despair, as Felix Plater observes, and as in 'Cebes' table may well be coupled with it. Chrysostom in his seventeenth epistle to Olympia, describes it to be a cruel torture of the soul, a most inexplicable grief, poisoned worm, consumming body and soul, and gnawing the very heart, a perpetual executioner, continual punishment, profound darkness, a whirlwind, a tempest, an ague not appearing, heating worse than any fire, and a battle that hath no end. It crucifies worse than any tyrant; no torture, no strappado, no bodily punishment is like unto it. 'Tis the eagle without question which the poets feigned to gnaw Prometheus heart, and "no heaviness is like unto the heaviness of the heart," Eccles. xxv. 15, 16. "Every perturbation is a misery, but grief a cruel torment," a domineering passion; as in old Rome, when the Dictator was created, all inferior magistracies ceased; when grief appears, all other passions vanish. "It dries up the bones," saith Salomon, ch. 17. Prov., "makes them hollow-eyed, pale, and lean, furrow-faced, to have dead looks, wrinkled brows, shrivelled cheeks,

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\[\text{Footnotes:} \]

dry bodies, and quite perverts their temperature that are misaffecte with it. As Eleonora, that exiled mournful duchess (in our * English Ovid), laments to her noble husband Humphrey, duke of Gloucester,

"Sawst thou those eyes In whose sweet cheerful look
Duke Humphry once such joy and pleasure took,
Sorrow hath so despoil'd me of all grace,
Thou couldst not say this was my Elia's face.
Like a foul Gorgon," &c.

"it hinders concoction, refrigerates the heart, takes away stomach, colour, and sleep, thickens the blood (Fernelius l. 1. cap. 18, de morb. causis), contaminates the spirits." (Piso.) Overthrows the natural heat, perverts the good estate of body and mind, and makes them weary of their lives, cry out, howl and roar for very anguish of their souls. David confessed as much, Psalm xxxviii. 8, "I have roared for the very disquietness of my heart." And Psalm cxix. 4 part. 4 v. "My soul melteth away for very heaviness," v. 83, "I am like a bottle in the smoke." Antiochus complained that he could not sleep, and that his heart fainted for grief, *Christ himself, Vir dolorum, out of an apprehension of grief, did sweat blood, Mark xiv. "His soul was heavy to the death; and no sorrow was like unto his." Crato consil. 21, l 2, gives instance in one that was so melancholy by reason of *grief; and Montanus consil. 30, in a noble matron, "that had no other cause of this mischief." I. S. D. in Hildesheim, fully cured a patient of his that was much troubled with melancholy, and for many years, "but afterwards, by a little occasion of sorrow, he fell into his former fits, and was tormented as before." Examples are common, how it causeth melancholy, *desperation, and sometimes death itself; for (Eccles. xxxviii. 15), "Of heaviness comes death; worldly sorrow causeth death." 2 Cor. vii. 10, Psalm xxxi. 10. "My life is wasted with heaviness, and my years with mourning." Why was Hecuba said to be turned to a dog? Niobe into a stone? but that for grief she was senseless and stupid. Severus the Emperor *died for grief; and how *many myriads besides? Tanta illi est feritas, tanta est insania lactis! Melanchthon gives a reason of it, "the gathering of much melancholy blood about the heart, which collection extinguisheth the good spirits, or at least dulleth them, sorrow strikes the heart, makes it tremble and pine away, with great pain; and the black blood drawn from the spleen, and diffused under the ribs, on the left side, makes those perilous hypochondriacal convulsions, which happen to them that are troubled with sorrow."

SUBSECT. V.—Fear, a Cause.

Cousin-german to sorrow, is fear, or rather a sister, fidus Achates, and continual companion, an assistant and a principal agent in procuring of this mischief; a cause and symptom as the other. In a word, as Virgil of the Harpies, I may justly say of them both,

"Tristis haud illis monstrum, nec salvior uila
Peitis et ipso Deum stygias esse extultit undis."
"A sadder monster, or more cruel plague so fell,
Or vengeance of the gods, ne'er came from Styx or Hell."
Causes of Melancholy.

[Part 1. Sec. 2.]

demonians, and most of those other torturing “affections, and so was sorrow amongst the rest, under the name of Angerona Dea, they stood in such awe of them, as Austin de Civitat. Dei, lib. 4. cap. 8. noteth out of Varro, fear was commonly "adored and painted in their temples with a lion’s head; and asMacrobius records l. 10. Saturnalium; "*in the calendar of January, Angerona had her holy day, to whom in the temple of Volupia, or goddess of pleasure, their augurs and bishops did yearly sacrifice; that, being propitious to them, she might expel all cares, anguish, and vexation of the mind for that year following." Many lamentable effects this fear causeth in men, as to be red, pale, tremble, sweat, *it makes sudden cold and heat to come over all the body, palpitation of the heart, syncope, &c. It amazeth many men that are to speak, or show themselves in public assemblies, or before some great personages, as Tully confessed of himself, that he trembled still at the beginning of his speech; and Demosthenes, that great orator of Greece, before Philippus. It confounds voice and memory, as Lucian wittingly brings in Jupiter Tragedus, so much afraid of his auditory, when he was to make a speech to the rest of the gods, that he could not utter a ready word, but was compelled to use Mercury’s help in prompting. Many men are so amazed and astonis’d with fear, they know not where they are, what they say, *what they do, and that which is worse, it tortures them many days before with continual affrights and suspicion. It hindereth most honourable attempts, and makes their hearts ache, sad and heavy. They that live in fear are never free, *resolve, secure, never merry, but in continual pain; that, as Vives truly said, Nulla est miseria major quæm metus, no greater misery, no rack, nor torture like unto it, ever suspicious, anxious, solicitous, they are childishly drooping without reason, without judgment, "*especially if some terrible object be offered," as Plutarch hath it. It causeth oftentimes sudden madness, and almost all manner of diseases, as I have sufficiently illustrated in my *dissension of the force of imagination, and shall do more at large in my section of *terrors. Fear makes our imagination conceive what it list, invites the devil to come to us, as *Agrippa and Cardan avouch, and tyrannizeth over our fantasy more than all other affections, especially all the dark. We see this verified in most men, as *Lavater saith, Quæ metuunt, fingunt; what they fear they conceive, and feign unto themselves; they think they see goblins, hags, devils, and many times become melancholy thereby. Cardan subdit. lib. 18. hath an example of such an one, so caused to be melancholy (by sight of a bugbear) all his life after. Augustus Cesar durst not sit in the dark, nisi aliquo assidiso, saith *Suetonius, N’unquam tenebris evigilavit. And *tis strange what women and children will conceive unto themselves, if they go over a church-yard in the night, lie, or be alone in a dark room, how they sweat and tremble on a sudden. Many men are troubled with future events, foreknowledge of their fortunes, destinies, as Severus the emperor, Adrian and Domitian, Quod sciret ultimum vita diem, saith Suetonius, valde solicitus, much tortured in mind because he foreknew his end; with many such, of which I shall speak more opportune in another place. *Anxiety, mercy, pity, indignation, &c., and such fearful branches derived from these two stems of fear and sorrow, I voluntarily omit; read more of them in *Carolus Pascalus, *Dandinus, &c.

Shame and Disgrace. Causes.

Shame and disgrace cause most violent passions and bitter pangs. Ob pudorem et deditus publicum, ob errorem commissum sapa motentur generosi animi (Felix Plater loc. 3. de alienat. mentis): Generous minds are often moved with shame, to despair for some public disgrace. And he, saith Philo loc. 2. de provid. dei, "* that subjects himself to fear, grief, ambition, shame, is not happy, but altogether miserable, tortured with continual labour, care, and misery." It is as forcible a batterer as any of the rest: "* Many men neglect the tumults of the world, and care not for glory, and yet they are afraid of infamy, repulse, disgrace, (Tul. offic. i. 1.) they can severely contemn pleasure, bear grief indifferently, but they are quite *battered and broken with reproach and obloquy:" (siquidem vita et fuma pari passu ambulantes) and are so dejected many times for some public injury; disgrace, as a box on the ear by their inferior, to be overcome of their adversary, foiled in the field, to be out in a speech, some foul fact committed or disclosed, &c. that they dare not come abroad all their lives after, but melancholiz in corners, and keep in holes. The most generous spirits are most subject to it; * Spiritus altos frangit et generosos: Hieronymus. Aristotle, because he could not understand the motion of Euripus, for grief and shame drowned himself: Cælius Rodiginius antiquar. loc. lib. 29. cap. 8. Homerus pudor consumptus, was swallowed up with this passion of shame "because he could not unfold the fisher man's riddle." Sophocles killed himself, "*for that a tragedy of his was hissed off the stage:" Valer. Max. lib. 9. cap. 12. Lucretia stabbed herself, and so did *Cleopatra, "when she saw that she was reserved for a triumph, to avoid the infamy." Antonius the Roman, "*after he was overcome of his enemy, for three days' space sat solitary in the fore-part of the ship, abstaining from all company, even of Cleopatra herself, and afterwards for very shame butchered himself," Plutarch vita ejus. "Apollonius Rhodius* wilfully banished himself, forsaking his country, and all his dear friends, because he was out in reciting his poems," Plinius lib. 7. cap. 23. Ajax ran mad, because his arms were adjudged to Ulysses. In China *tis an ordinary thing for such as are excluded in those famous trials of theirs, or should take degrees, for shame and grief to lose their wits, *Mat. Riccius expedit. ad Sinas, l. 3. c. 9. Hostratus the friar took that book which Reuclini had writ against him, under the name of Epist. obscurum virorum, so to heart, that for shame and grief he made away himself, *Jovius in eloquis. A grave and learned minister, and an ordinary preacher at Alcomar in Holland, was (one day as he walked in the fields for his recreation) suddenly taken with a lack or looseness, and thereupon compelled to retire to the next ditch; but being *surprised at unawares, by some gentlewomen of his parish wandering that way, was so abashed, that he did never after show his head in public, or come into the pulpit, but pined away with melancholy: (Pet. Forestus med. observat. lib. 10. observat. 12.) So shame amongst other passions can play his prize.

I know there be many base, impudent, brazen-faced rogue, that will *Nulla pallescere culp鄉, be moved with nothing, take no infamy or disgrace to heart,
laugh at all; let them be proved perjured, stigmatized, convict rogues, thieves, traitors, lose their ears, be whipped, branded, carted, pointed at, hissed, reviled, and derided with Ballio the Bawd in Plautus, they rejoice at it, Cantores pro-

bos; “babes and bombax,” what care they? We have too many such in our times,

“——Exclamat Melicertae portae

—Fronter de rebus.”

Yet a modest man, one that hath grace, a generous spirit, tender of his reputa-
tion, will be deeply wounded, and so grievously affected with it, that he had rather give many's crowns, lose his life, than suffer the least desfamation of honour, or blot in his good name. And if so be that he cannot avoid it, as a nightingale, Quae cantando victa mortitur (saith * Mizaldis), dies for shame if another bird sing better, he languisheth and pineth away in the anguish of his spirit.

SUBSECT. VII.—Envy, Malice, Hatred, Causes.

Envy and malice are two links of this chain, and both, as Guianerius Tract.

15. cap. 2. proves out of Galen 3. Aphorism. com. 22. “cause this malady by

themselves, especially if their bodies be otherwise disposed to melancholy.”

’Tis Valescus de Taranta, and Felix Platerus’ observation, “Envy so gnaws

many men's hearts, that they become altogether melancholy.” And therefore

belike Solomon, Prov. xiv. 13. calls it, “the rotting of the bones,” Cyprian,

vulnus occulturn;

“——Scull non invenire tyranni

Majus tormentum ”

The Sicilian tyrants never invented the like torment. It crucifies their souls,

withers their bodies, makes them hollow-eyed, * pale, lean, and ghastly to

behold, Cyprian ser. 2. de zelo et livore. " * As a moth gnaws a garment, so,"

saith Chrysostom, “doth envy consume a man; to be a living anatomy: a

skeloton, to be a lean and " pale carcase, quickened with a "fiend," Hall in

Charact. for so often as an envious wretch sees another man prosper, to be

enriched, to thrive, and be fortunate in the world, to get honours, offices, or

the like, he repines and grieves.

Successus hominum——summum est.

He tortures himself if his equal, friend, neighbour, be preferred, commended,

dowell; if he understand of it, it galls him afresh; and no greater pain can

come to him than to hear of another man’s well-doing; “tis a dagger at his

heart every such object. He looks at him as they that fell down in Lucian’s

rock of honour, with an envious eye, and will damage himself, to do another a

mischief: Atque cadet subito, dum super hoste cadat. As he did in Æsop, lose

one eye willingly, that his fellow might lose both, or that rich man in * Quin-
tillian that poisoned the flowers in his garden, because his neighbour’s bees

should get no more honey from them. His whole life is sorrow, and every

word he speaks a satire: nothing fatis him but other men’s ruins. For to

speak in a word, envy is nought else but Tristitia de bonis alienis, sorrow for


vera dicas. Ps. permittes adulescentiam. B. accrimac. Ps. fur. B. baba. Ps. fugitiva. B. bombax ! Ps. frus

certa exclamis, “all shame has vanished from historical transactions,” Persius, Sat. 5. * Cant. 7 a Plinio.

* Multos videmus propter invidia et odium in melancholiam incidisse: et illos temptaminum quorum corpora

ad hanc spat sunt. * Invidia affligit homines aedes et corrodit, ut hi melancholici pen tus flant. * Hor.

* Hiv villus minax, torva ac spars, palor in facie, in labris tristis, stridor in dentibus, etc. * Ut tanca

corrodit vestimentum, sic invidia cum qui zelatur consumit. * Pallor in ore sexis, macies in corpore tota.

Nausquam recta aediles, levant rubiginse dentes. * Diabolicus expressa Image, toxicaecharitatis, venenum

amictat, abyssus mentis, non cas so monstruosus monstrum, damnosius damnum, urit, torret, discruetur,
male et squallore conficit. * Austin, Domin. print Advent. * Ovid. He pines away at the sight of

another’s success— it is his special torture. * Declam. 13. limitat floribus malaciset succin in venenum

meles convertens.
other men's good, be it present, past, or to come: et gardium de acervis, and joy at their harms, opposite to mercy, 4 which grieves at other men's mischances, and misaffects the body in another kind; so Damascen defines it, lib. 2. de orthod. fid. Thomas 2. 2. quint. 36. art. 1., Aristotle l. 2. Rhet. c. 4. et 10., Plato Philebo., Tully 3. Tusq., Greg. Nici. l. de virt. animae, c. 12., Basil. de Invidia, Pindar Od. 1. ser. 5. and we find it true. 'Tis a common disease, and almost natural to us, as 'Tacitus holds, to envy another man's prosperity. And 'tis in most men an incurable disease. "I have read," saith Marcus Aurelius, "Greek, Hebrew, Chaldean authors; I have consulted with many wise men for a remedy for envy, I could find none, but to renounce all happiness, and to be a wretch, and miserable for ever." 'Tis the beginning of hell in this life, and a passion not to be excused. "Every other sin hath some pleasure annexed to it, or will admit of an excuse; envy alone wants both. Other sins last but for awhile; the gut may be satisfied, anger remits, hatred hath an end, envy never ceaseth." Cardan lib. 2. de sap. Divine and human examples are very familiar; you may run and read them, as that of Saul and David, Cain and Abel, angebat illum non proprium peccatum, sed fratris prosperitas, saith Theodoret, it was his brother's good fortune galled him. Rachel envied her sister, being barren, Gen. xxx. Joseph's brethren, him, Gen. xxxvii. David had a touch of this vice, as he confesseth, "Ps. 7s. 'Jeremy and "Habakkuk, they repined at others' good, but in the end they corrected themselves. Ps. 75. 'fret not thyself," &c. Domitian spited Agricola for his worth, "that a private man should be so much glorified." "Cecina was envied of her fellow-citizens, because he was more richly adorned. But of all others, "women are most weak, ob pulchritudinem invidiae sunt famines (Musaeus) aut amat, aut odit, nihil est tertia (Granaiensis). They love or hate, no medium amongst them. Implacabilia plerumque lasse matieres, Agrippina like, "A woman if she see her neighbour more neat or elegant, richer in tires, jewels, or apparel is enraged, and like a lioness sets upon her husband, rails at her, scoffs at her, and cannot abide her;" so the Roman ladies in Tacitus did at Solomina, Cecina's wife, "because she had a better horse, and better furniture, as if she had hurt them with it; they were much offended. In like sort our gentlewomen do at their usual meetings, one repines or scoffs at another's bravery and happiness. Myrsine, an Attic wench, was murdered of her fellows, "because she did excel the rest in beauty," Constantine Agricult. l. 11. c. 7. Every village will yield such examples.

SUBJECT. VIII.—Emulation, Hatred, Faction, Desire of Revenge, Causes.

Out of this root of envy spring those feral branches of faction, hatred, liver, emulation, which cause the like grievances, and are, servae animae, the saws of the soul, *consternationis pleni effectus, affections full of desperate amazement; or as Cyprian describes emulation, it is "a moth of the soul, a consumption

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*Status cereris Basilius eos comparat, qui iuquarent ad praeitam solis, qui ait gaudent et ornament. Musei alter, quis ulceribus gaudent, antem praeceperunt, sint in fatidna. 
4 Misericordia etiam quibus tyrannitias quisquam est, sapis misericordis corpus male afficere Agrippina. 1. 1. cap. 62. 
5 Institutum mortuibus a natura recensent aliorum feliciterat agris osculi intueri, hist. 1. 2. Taclt. 
6 Legi Chaldaeos, Graecos, Hebraeos, saepe sapientes pro remedio invidiae, hoc enim invent, remaneruit felicii, et perpetuo miser esse. 
7 Omne peccatum aut excusationem secum habet, aut velutam, sola invidia utraque caret, relqua vita frum habet, is infelix, usque per suam, odium frum habet, invidia nuncup quliscet. 
8 Urobat me amabilis proxer statuta. 
9 Liter. 12. 1. 
10 Hab. 1. 
11 Invindicat privati nomen super principis atoll. 
13 Peritum dolore et invidia, si quem videntur ornamentis se in publicum profissa. Platina dial. amorum. 
14 Ant. Guianerius lib. 2. cap. 8. vin. M. 
15 Aurelius Flemingus Caesar, quos tantum se vestirem videre, leves instar in virum insurgo, &c. 
16 Quod insigne equo et ostro vehementer, quoniam nullius cutn inimica, ornatum illum tancaq &c. 
17 Quod pulchritudine omnes eloquenter, praebee indignantes occidendunt. 
19 Vales. lib. 3. cap. 6. 
20 Quisit ad aniiri timet, quae tabes peculiare in aliore vel aliquor felicitatem sumum facere miseration, et vel quos homines pecorj suoi admoveo carnificis, cogitationibus et sensibus suis adipisse tortores, quos se intestina cruciatus bacerent. Non cibus talibus hatus, non potus potest esse iucundus; aspiratur semper et genitum, et dulcior dies et nocte, pactus eis intermissae laceratur.
to make another man's happiness his misery, to torture, crucify, and execute himself, to eat his own heart. Meat and drink can do such men no good, they do always grieve, sigh, and groan, day and night without intermission, their breast is torn asunder:" and a little after, "Whomsoever he is whom thou dost emulate and envy, he may avoid thee, but thou canst neither avoid him nor thyself; wheresoever thou art he is with thee, thine enemy is ever in thy breast, thy destruction is within thee, thou art a captive, bound hand and foot, as long as thou art malicious and envious, and canst not be comforted. It was the devil's overthrow;" and whencesoever thou art thoroughly affected with this passion, it will be thine. Yet no perturbation so frequent, no passion so common.

Every society, corporation, and private family is full of it, it takes hold almost of all sorts of men, from the prince to the ploughman, even amongst gossips it is to be seen, scarce three in a company but there is siding, faction, emulation, between two of them, some simulatas, jar, private grudge, heart-burning in the midst of them. Scarce two gentlemen dwell together in the country (if they be not near kin or linked in marriage), but there is emulation betwixt them and their servants, some quarrel or some grudge betwixt their wives or children, friends and followers, some contention about wealth, gentry, precedence, &c., by means of which, like the frog in *Esop, "that would swell till she was as big as an ox, burst herself at last;" they will stretch beyond their fortunes, callings, and strive so long that they consume their substance in law-suits, or otherwise in hospitality, feasting, fine clothes, to get a few bombast titles, for ambitio indignata laboramus omnes, to outbrave one another, they will tire their bodies, macerate their souls, and through contentions or mutual invitations beggar themselves. Scarce two great scholars in an age, but with bitter invectives they fall foul on the other, and their adherents; Scotists, Thomists, Reals, Nominals, Plato and Aristotile, Galenists and Paracelsians, &c., it holds in all professions.

Honest emulation in studies, in all callings is not to be disliked, 'tis ingeniorum cos, as one calls it, the whetstone of wit, the nurse of wit and valour, and those noble Romans out of this spirit did brave exploits. There is a modest ambition, as Themistocles was roused up with the glory of Miltiades; Achilles' trophies moved Alexander,

' *Ambire semper, effecta confidentia est,

Ambire maxima, dotes arrogantis est.'

'Tis a sluggish humour not to emulate or to sue at all, to withdraw himself, neglect, refrain from such places, honours, offices, through sloth, niggardliness, fear, bashfulness, or otherwise, to which by his birth, place, fortunes, education, he is called, apt, fit, and well able to undergo; but when it is immoderate, it is a plague and a miserable pain. What a deal of money did Henry VIII. and Francis I. king of France, spend at that *famous interview? and how many vain courtiers, seeking each to outbrave other, spent themselves, their livelihood and fortunes, and died beggars? *Adrian the emperor was so galled with it, that he killed all his equals; so did Nero. This passion made Dionysius the tyrant banish Plato and Philoxenus the poet, because they did excel and eclipse his glory, as he thought; the Romans exile Coriolanus, con-

Anger, a Cause.

ANGER, a perturbation, which carries the spirits outwards, preparing the body to melancholy, and madness itself: *Ira fueror brevis est,* "anger is temporary madness;" and as *Piccolomineus accounts it, one of the three most violent passions. *Areteus sets it down for an especial cause (so doth Seneca, ep. 18. l. 1.) of this malady. *Magninus gives the reason, *Ex frequenti ira supra modum caelefavit;* it overheats their bodies, and if it be too frequent, it breaks out into manifest madness, saith St. Ambrose. *Tis a known saying, *Furor fit lassa seipius patientia, the most patient spirit that is, if he be often provoked, will be incensed to madness; it will make a devil of a saint: and therefore Basil (belike) in his *Homily de Ira, calls it *tenebras rationis, morbum animae, et daemonem pessimum;* the darkening of our understanding, and a bad angel. *Lucian, in *Abidico, tom. 1, will have this passion to work this effect, especially in old 

\*Johannes Heraldus, l. 2. c. 12. de bello sacr. \n\*Nulla dies tamquam poterit iurem furor. \n\*Etena bella pace sublati gerunt. \n\*Jurant odium, nec sibi huius osea desinit, quam esse desinit. \n\*Paterculus, vol. 1. \n\*Ita seviet haec stygia ministra ut urbes subvertere aliquo, delectasse plebes, provincias aliquo florentes redigat in solitudinem, mortales vero, merces in profunda miserarium valle miserabillert immersat. \n\*Carthago semita Romanorum imperii funditus iterit. \n\*Senec. Caesil. \n\*Paul. 3 Col. \n\*Grad. l. c. 54. \n\*Ira et murror et ingens animi conternotio melancholica facti. \n\*Areteus. Ira immo redex culta ignis insaniam. \n\*Reg. san. parte 2. c. 8. in apertam insaniam mox旭uma trans. \n\*Gilberto Cognoto interprete. Multa, et praserint semina ira ipotesis insaniam fecit, et importuna calumnia, hanc inimico perturbat animam, paulatim veget ad insaniam. Porro mortuorum corpora multa infestant, et in hunc morum adducunt, praestant si quae odes ob invidiens, &c. hanc paulatim in insaniam tandem evadunt.
men and women. “Anger and calumny (saith he) trouble them at first, and after a while break out into madness: many things cause fury in women, especially if they love or hate overmuch, or envy, be much grieved or angry; these things by little and little lead them on to this malady.” From a disposition they proceed to an habit, for there is no difference between a mad man, and an angry man, in the time of his fit; anger, as Lactantius describes it. L. de Ira Dei, ad Donatum. c. 5. is “sew animi tempestas, &c., a cruel tempest of the mind; “making his eyes sparkle fire, and starre, teeth gash in his head, his tongue stutter, his face pale, or red, and what more filthy imitation can be of a mad man?”

They are void of reason, inexorable, blind, like beasts and monsters for the time, say and do they know not what, curse, swear, rail, fight, and what not? How can a mad man do more? as he said in the comedy. "Iracundia non sum apud me, I am not mine own man. If these fits be immoderate, continue long, or be frequent, without doubt they provoke madness. Montanus, consil. 21, had a melancholy Jew to his patient, he ascribes this for a principal cause: Irascebatur levibus de causis, he was easily moved to anger. Ajax had no other beginning of his madness; and Charles the Sixth, that lunatic French king, fell into this misery, out of the extremity of his passion, desire of revenge and malice, *inscensed against the duke of Britain, he could neither eat, drink, nor sleep for some days together, and in the end, about the calends of July, 1392, he became mad upon his horseback, drawing his sword, striking such as came near him promiscuously, and so continued all the days of his life, Emil. lib. 10. Gal. hist. Agesippus de excid. urbis Hieros. l. 1. c. 37. hath such a story of Herod, that out of an angry fit, became mad, *leaping out of his bed, he killed Josippus, and played many such bedlam pranks, the whole court could not rule him for a long time after: sometimes he was sorry and repented, much grieved for that he had done, Postquum deferbuit ira, by and by outrageous again. In hot choleric bodies, nothing so soon causeth madness, as this passion of anger, besides many other diseases, as Pelesius observes, cap. 21. l. 1. de hum. affect. causis; Sanguinem immovevit, fel auget: and as "Valesius contra-verts, Med. contrav. lib. 5. contro. 8. many times kills them quite out. If this were the worst of this passion, it were more tolerable, "but it ruins and subverts whole towns, cities, families and kingdoms;" NULLA PESTIS HUMANAE GENERI PLURIS ESTET, saith Seneca, de Ira, lib. 1. No plague hath done mankind so much harm. Look into our histories, and you shall almost meet with no other subject, but what a company of hare-brains have done in their rage. We may do well therefore to put this in our procession amongst the rest; “From all blindness of heart, from pride, vain-glory, and hypocrisy, from envy, hatred and malice, anger, and all such pestiferous perturbations, good Lord deliver us.”

SUBJECT. X.—Discontents, Cares, Miseries, &c. Causes.

Discontents, cares, crosses, miseries, or whatsoever it is, that shall cause any molestation of spirits, grief, anguish, and perplexity, may well be reduced to this head (preposterously placed here in some men’s judgments they may seem), yet in that Aristotle in his *Rhetoric defines these cares, as he doth envy, emulation, &c. still by grief, I think I may well rank them in this iras-

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cible row; being that they are as the rest, both causes and symptoms of this disease, producing the like inconveniences, and are most part accompanied with anguish and pain. The common etymology will evince it, Cura, quasi cor uro, Dementes curae, insomnes curae, damnosae curae, tristes, mordaces, carnivices, &c., biting, eating, gnawing, cruel, bitter, sick, sad, unquiet, pale, t-trie, miserable, intolerable cares, as the poets call them, worldly cares, and are as many in number as the sea sands. *Galen, Fernelius, Felix Plater, Valescus de Taranta, &c., reckon affictions, miseries, even all these contentions, and vexations of the mind, as principal causes, in that they take away sleep, hinder conception, dry up the body, and consume the substance of it. They are not so many in number, but their causes be as divers, and not one of a thousand free from them, or that can vindicate himself, whom that Ate dau,  "Per hominum capitis molliter ambulans,
Plants pedum teneras habens;"

Homer's Goddess Ate hath not involved into this discontented "rank, or plagued with some misery or other. Hyginus, fab. 220, to this purpose hath a pleasant tale. Dame Cura by chance went over a brook, and taking up some of the dirty slime, made an image of it; Jupiter eftsoons coming by, put life to it, but Cura and Jupiter could not agree what name to give him, or who should own him; the matter was referred to Saturn as judge, he gave this arbitrement: his name shall be Homo ab humo, Cura eum possident quandiu vivat, Cura shall have him whilst he lives, Jupiter his soul, and Tellus his body when he dies. But to leave tales. A general cause, a continue cause, an inseparable accident, to all men, is discontent, care, misery: were there no other particular affliction (which who is free from?) to molest a man in this life, the very cogitation of that common misery were enough to macerate, and make him weary of his life; to think that he can never be secure, but still in danger, sorrow, grief, and persecution. For to begin at the hour of his birth, as Pliny doth elegantly describe it, *he is born naked, and falls "a whining at the very first, he is swaddled and bound up like a prisoner, cannot help himself, and so he continues to his life's end." Cyni.que feri. palium, saith *Seneca, impatient of heat and cold, impatient of labour, impatient of idleness, exposed to fortune's contumelies. To a naked mariner Lucretius compares him, cast on shore by shipwreck, cold and comfortless in an unknown land: *no estate, age, sex, can secure himself from this common misery. "A man that is born of a woman is of short continuance, and full of trouble." Job xiv. 1, 22. "And while his flesh is upon him he shall be sorrowful, and while his soul is in him it shall mourn." All his days are sorrow and his travels grief; his heart also taketh not rest in the night," Eccles. ii. 23. and ii. 11. "All that is in it is sorrow and vexation of spirit." Ingress, progress, regress, much alike: Blindness seizeth on us in the beginning, labour in the middle, grief in the end, error in all. What day ariseth to us without some grief, care, or anguish? Or what so secure and pleasing a morning have we seen, that hath not been overcast before the evening? One is miserable, another ridiculous, a third odious. One complains of this grievance, another of that. Aliquando nerno, aliquando pedes vescant, (Seneca) nunc distillatio, nunc hepatitis morbus; nunc desest, nunc superest sanguis: now the head aches then the feet, now the lungs, then the liver, &c. Hic sensus exubera, sed

He is rich, but base born; he is noble, but poor; a third hath means, but he wants health peradventure, or wit to manage his estate; children vex one, wife a second, &c. Nemo facit dum conditione suâ concordat, no man is pleased with his fortune, a pound of sorrow is familiarly mixed with a dram of content, little or no joy, little content, but *everywhere* danger, contention, anxiety, in all places: go where thou wilt, and thou shalt find discontented, cares, woes, complaints, sickness, diseases, incumbrances, exclamations: *If thou look into the market, there (saith *Chrysostom*) is brawling and contention; if to the court, there knavery and flattery, &c.; if to a private man's house, there's cark and care, heaviness,* &c. As he said of old, *Nil homine in terrâ spiritâ miserum magis alma?* No creature so miserable as man, so generally molestèd, *in miseries of body,* *in miseries of mind,* *in miseries of heart,* *in miseries asleep,* in miseries awake, in miseries wheresoever he turns,* as Bernard found, *Nunquid tentatâ est vita humana super terram?* A mere temptation is our life (Austín, confess. lib. 10, cap. 28), *catena perpetuorum malorum, et quis potest molestias et difficultates pati?* Who can endure the miseries of it? *† In prosperity we are insolent and intolerable, dejected in adversity, in all fortunes foolish and miserable.* *‡ In adversity I wish for prosperity, and in prosperity I am afraid of adversity.* What mediocrity may be found? Where is no temptation? What condition of life is free? *Wisdom hath labour annexed to it, glory envy; riches and cares, children and incumbrances, pleasure and diseases, rest and beggary, go together: as if a man were therefore born (as the Platonists hold) to be punished in this life for some precedent sins.* Or that, as *Pliny* complains, *Nature may be rather accounted a step-mother, than a mother unto us, all things considered: no creature's life so brittle, so full of fear, so mad, so furious; only man is plagued with envy, discontent, griefs, covetousness, ambition, superstition.* Our whole life is an Irish sea, wherein there is nought to be expected but tempestuous storms and troublesome waves, and those infinite,

"*Tantum malorum pelagum aspido, Ut non sit inde censandâ copis,*"

no halcyonian times, wherein a man can hold himself secure, or agree with his present estate; but as Boethius infers, *There is something in every one of us which before trial we seek, and having tried abhor;* we earnestly wish, and eagerly covet, and are etsoons weary of it.* Thus between hope and fear, suspicions, anger,* Inter spemque metumque, timores inter et iras, betwixt falling in, falling out, &c., we bangle away our best days, befool out our times, we lead a contentious, discontented, tumultuous, melancholy, miserable life; inasmuch, that if we could foretell what was to come, and it put to our choice, we should rather refuse than accept of this painful life. In a word, the world itself is a maze, a labyrinth of errors, a desert, a wilderness, a den of thieves, cheaters, &c., full of filthy puddles, horrid rocks, precipitums, an ocean of adversity, an heavy yoke, wherein infirmities and calamities overtake, and follow one another, as the sea waves; and if we escape Scylla, we fall foul on Charybdis, and so in perpetual fear, labour, anguish, we run from one
plague, one mischief, one burden to another, durum servientes servitutem, and you may as soon separate weight from lead, heat from fire, moistness from water, brightness from the sun, as misery, discontent, care, calamity, danger, from a man. Our towns and cities are but so many dwellings of human misery. "In which grief and sorrow (as he right well observes out of Solon) innumerable troubles, labours of mortal men, and all manner of vices, are included, as in so many pens." Our villages are like mole-hills, and men as so many emmets, busy, busy still, going to and fro, in and out, and crossing one another's projects, as the lines of several sea-cards cut each other in a globe or map. "Now light and merry, but (as one follows it) by-and-by sorrowful and heavy; now hoping, then distrusting; now patient, to-morrow crying out; now pale, then red; running, sitting, sweating, trembling, halting," &c. Some few amongst the rest, or perhaps one of a thousand, may be Pullus Jovis, in the world's esteem, Gallinae filius albus, an happy and fortunate man, ad invidiam felix, because rich, fair, well allied, in honour and office; yet peradventure ask himself, and he will say, that of all others, "he is most miserable and unhappy. A fair shoe, Hic soccus novus, elegans, as he s aid, sed nescis ubi erat, but thou knowest not where it pinched. It is not another man's opinion can make me happy; but as 'Seneca well hath it, 'He is a miserable wretch that doth not account himself happy; though he be sovereign lord of a world, he is not happy, if he think himself not to be so; for what availleth it what thine estate is, or seem to others, if thou thyself dislike it?" A common humour it is of all men to think well of other men's fortunes, and dislike their own: "Qui placet alterius, sua nimium est odio sors; but qui j﻿it Mecenas, &c., how comes it to pass, what's the cause of it? Many men are of such a perverse nature, they are well pleased with nothing, (saith 'Theodoret) "neither with riches nor poverty, they complain when they are well and when they are sick, grumble at all fortunes, prosperity and adversity; they are troubled in a cheap year, in a barren, plenty or not plenty, nothing pleaseth them, war nor peace, with children, nor without." This for the most part is the humour of all men, all to be discontented, miserable, and most unhappy, as we think at least; and show me him that is not so, or that ever was otherwise. Quintus Metellus his felicity is infinitely admired amongst the Romans, insomuch that as b Paterculus mentioneth of him, you can scarce find of any nation, order, age, sex, one for happiness to be compared unto him: he had, in a word, Bona animi, corporis et fortunae, goods of mind, body, and fortune, so had P. Mutianus, c Crassus. Lampasace, that Lacedemonian lady was such another in &dquo;Pliny's conceit, a king's wife, a king's mother, a king's daughter: and all the world esteemed as much of Polycrates of Samos. The Greeks brag of their Socrates, Phocion, Aristides; the Psophidians in particular of their Aglaus, Omnis vit&aelig; felix, ab omni periculo immunitas (which by the way Pausanias held impossible); the Romans of their c Cato, Cunius, Fabricius, for their composed fortunes, and retired estates, government of passions, and contempt of the world: yet none of all these were happy, or free from discontent, neither Metellus, Crassus, nor Polybius, for he died a violent death, and so

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di Cato; and how much evil doth Lactantius and Theodoret speak of Socrates,
a weak man, and so of the rest. There is no content in this life, but as 'he said, "All is vanity and vexation of spirit," lame and imperfect. Hadst thou
Samson's hair, Milo's strength, Scanderbeg's arm, Solomon's wisdom, Absa-
lon's beauty, Cressus's wealth, Pasetis obtulim, Cesar's valour, Alexander's
spirit, Tully's or Demosthenes' eloquence, Gyges' ring, Perseus' Pegasus, and
Gorgou's head, Nestor's years to come, all this would not make thee absolute,
give thee content and true happiness in this life, or so continue it. Even in
the midst of all our mirth, jollity, and laughter, is sorrow and grief, or if there
be true happiness amongst us, 'tis but for a time,

"a Desinit in placem mutuer formos superna:" | "A handsome woman with a fish's tail."
a fair morning turns to a lowering afternoon. Brutus and Cassius, once
renowned, both eminently happy, yet you shall scarce find two, (saith Pater-
culus) Quos fortuna matuiri\textsubscript{¿} destinuerit, whom fortune sooner forsook. Han-
nibal, a conqueror all his life, met with his match, and was subdued at last,
Ocurr\textsubscript{¿}t fort\textsubscript{¿}, qui mag\textsubscript{¿} fort\textsubscript{¿} erit. One is brought in triumph, as Caesar into
Rome, Alcibiades into Athens, coronis aureis donatus, crowned, honoured,
a mirabil; by-and-by his statures demolished, he hissed out, massacred, &c.
Magnus Gonsalva, that famous Spaniard, was of the prince and people at
first honoured, approved; forthwith confined and banished. Admirand\textsubscript{¿}es
actiones; graves plenunque sequuntur invidice, et acres calumn\textsubscript{¿}es: 'tis Polybius
his observation, grievous enmities, and bitter calumnies, commonly follow
renowned actions. One is born rich, dies a beggar; sound to-day, sick to-
morrow; now in most flourishing estate, fortunate and happy, by-and-by de-
prived of his goods by foreign enemies, robbed by thieves, spoiled, captivated,
impo\textsubscript{¿}verished as they of "I Rabbah, put under iron saws, and under iron har-
rows, and under axes of iron, and cast into the tile kiln,"

"Quid me felicem toties jactatis amici,
Qui ecegit, stabili non erat ære gradu."
He that erst marched like Xerxes with innumerable armies, as rich as Cressus,
now shifts for himself in a poor cock-boat, is bound in iron chains, with
Dajazet the Turk, and a footstool with Aurelian, for a tyrannising conqueror
to trample on. So many casualties there are, that as Seneca said of a city con-
sumed with fire, Una dies interest inter maximam civitatem et mullam, one day
betwixt a great city and none: so many grievances from outward accidents,
and from ourselves, our own indiscretion, inordinate appetite, one day betwixt
a man and no man. And which is worse, as if discontentments and miseries would
not come fast enough upon us: homo homini demon, we maull, persecute, and
study how to sting, gall, and vex one another with mutual hatred, abuses, in-
juries; preying upon and devouring as so many ravens birds; and as
jugglers, panders, bawds, cozening one another; or raging as wolves, tigers,
and devils, we take a delight to torment one another; men are evil, wicked,
malicious, treacherous, and naught, not loving one another, or loving them-
selves, not hospitable, charitable, nor sociable as they ought to be, but counter-
feit, dissemblers, ambidexters, all for their own ends, hard-hearted, merciless,
pitiless, and to benefit themselves, they care not what mischief they procure to
others. Praxineoe and Gorgo in the poet, when they had got in to see those
costly sights, they then cried ben\textsubscript{¿} est, and would thrust out all the rest: when
they are rich themselves, in honour, preferred, full, and have even that they
would, they debar others of those pleasures which youth requires, and they

\begin{itemize}
\item[\textsuperscript{1}] Solom. Eccles. 1. 14. \textsuperscript{3} Hor. Art. Poet. \textsuperscript{5} Jovius, vita ejus. \textsuperscript{2} 12 Sam. xii. 31. \textsuperscript{7} Hebr. Textus Lib. 1. Met. Met. 1. \textsuperscript{8} Omnes hic aut captansur, aut captans: aut cadaveru quasi lacarrantur, aut corvi qui lacerant. Petron. \textsuperscript{9} Homo omne monstrum est, ille nam suspirat feras, lupaque et uosse pateat obscure tegit. Hec. \textsuperscript{10} Quint. Paterculus de peple romana, durante bello Punico per annos 115, aut bellum inter eos, aut beli preparatio, aut intensa pac, idem ego de mundi accolls. \textsuperscript{11} Theocrit. Idyll. 16.
\end{itemize}
formerly have enjoyed. He sits at table in a soft chair at ease, but he doth not remember in the meantime that a tired waiter stands behind him, "an hungry follow ministers to him full, he is a thirst that gives him drink (saith Epictetus) and is silent whilst he speaks his pleasure: pensive, sad, when he laughs." *Pleno se protruit aurum*: he feasts, revels, and profusely spends, hath variety of robes, sweet music, ease, and all the pleasures the world can afford, whilst many an hunger-starved poor creature pines in the street, wants clothes to cover him, labours hard all day long, runs, rides for a trifle, fights peradventure from sun to sun, sick and ill, weary, full of pain and grief, is in great distress and sorrow of heart. He loathes and scorns his inferior, hates or emulates his equal, envies his superior, insults over all such as are under him, as if he were of another species, a demi-god, not subject to any fall, or human infirmities. Generally they love not, are not beloved again: they tire out others' bodies with continual labour, they themselves living at ease, caring for none else, *sibi nati*; and are so far many times from putting to their helping hand, that they seek all means to depress, even most worthy and well deserving, better than themselves, those whom they are by the laws of nature bound to relieve and help, as much as in them lies, they will let them catervaul, starve, beg, and hang, before they will any ways (though it be in their power) assist or ease: *so unnatural are they for the most part, so unregardful; so hard-hearted, so churlish, proud, insolent, so dogged, of so bad a disposition. And being so brutish, so devilishly bent one towards another, how is it possible but that we should be discontent of all sides, full of cares, woes, and miseries?*

If this be not a sufficient proof of their discontent and misery, examine every condition and calling apart. Kings, princes, monarchs, and magistrates seem to be most happy, but look into their estate, you shall "find them to be most encumbered with cares, in perpetual fear, agony, suspicion, jealousy: that as "he said of a crown, if they knew but the discontents that accompany it, they would not stoop to take it up. *Quem mihi regem dabis* (saith Chrysostom) *non curis plenum?* What king canst thou show me, not full of cares? "Look not on his crown, but consider his afflictions; attend not his number of servants, but multitude of crosses." *Nihil aliud potestas culminis, quæm tempestas mentis*, as Gregory seconds him; sovereignty is a tempest of the soul: Sylla-like they have brave titles but terrible fits: *splendorem titulu, cruciatum animo*; which made *Demosthenes vow, si vel ad tribunal, vel ad interitum duceretur: if to be a judge, or to be condemned, were put to his choice, he would be condemned*. Rich men are in the same predicament; what their pains are, *stulli nesciunt, ipsi sentient*: they feel, fools perceive not, as I shall prove elsewhere, and their wealth is brittle, like children's rattles: they come and go, there is no certainty in them: those whom they elevate, they do as suddenly depress, and leave in a vale of misery. The middle sort of men are as so many asses to bear burdens; or if they be free, and live at ease, they spend themselves, and consume their bodies and fortunes with luxury and riot, contention, emulation, &c. The poor I reserve for another "place, and their discontents.

For particular professions, I hold as of the rest, there's no content or security in any; on what course will you pitch; how resolve? to be a divine, 'tis contemptible in the world's esteem; to be a lawyer, 'tis to be a wrangler; to be a physician, 'pudet totii,' 'tis loathed; a philosopher, a madman; an alchymist, a beggar; a poet, *esurit*, an hungry jack; a musician, a player; a schoolmaster, a drudge; an husbandman, an emmet; a merchant, his gains are uncer-
tain; a mechanician, base; a chirurgeon, fulsome; a tradesman, a liar; a tailor, a thief; a serving-man, a slave; a soldier, a butcher; a smith, or a metalman, the pot's never from his nose; a courtier, a parasite, as he could find no tree in the wood to hang himself; I can show no state of life to give content. The like you may say of all ages; children live in a perpetual slavery, still under that tyrannical government of masters; young men, and of riper years, subject to labour, and a thousand cares of the world, to treachery, falsehood, and ozoneage,

"——Incedit per ignes, 
Suppostos cineri dolosus," 

"——you incautious tread
On fires, with faithless ashes overhead."

"Old are full of aches in their bones, cramps and convulsions, silicernia, dull of hearing, weak sighted, hoary, wrinkled, harsh, so much altered as that they cannot know their own face in a glass, a burthen to themselves and others, after 70 years, "all is sorrow" (as David hath it), they do not live but linger. If they be sound, they fear diseases; if sick, weary of their lives: Non est vivere sed valere, vita. One complains of want, a second of servitude, another of a secret or incurable disease; of some deformity of body, of some loss, danger, death of friends, shipwreck, persecution, imprisonment, disgrace, repulse, contumely, calumny, abuse, injury, contempt, ingratitude, unkindness, scoffs, scorns, unfortunate marriage, single life, too many children, no children, false servants, unhappy children, barrenness, banishment, oppression, frustrate hopes and ill success, &c.

"A Tellis de genere hoc adae sunt multa, laqueam at
Delassam valent Fabiwm."—

Talking Fabius will be tired before he can tell half of them; they are the subject of whole volumes, and shall (some of them) be more opportunely dilated elsewhere. In the meantime thus much I may say of them, that generally they crucify the soul of man, attenuate our bodies, dry them, wither them, shrivel them up like old apples, make them as so many anatomies ("ossa atque pellis est totus, ita curis mactat), they cause tempus scandum et squalidum, cumbersome days, ingrataque tempora, slow, dull, and heavy times: make us howl, roar, and tear our hairs, as sorrow did in "Cebes' table, and groan for the very anguish of our souls. Our hearts fail us as David's did, Psal. xl. 12, "for innumerable troubles that compassed him;" and we are ready to confess with Hezekiah, Isaiah Iviii. 17, "behold, for felicity I had bitter grief;" to weep with Heraclitus, to curse the day of our birth with Jeremy, xx. 14, and our stars with Job: to hold that axiom of Silenus, "better never to have been born, and the best next of all, to die quickly;" or if we must live, to abandon the world, as Timon did; creep into caves and holes, as our anchorites; cast all into the sea, as Crates Thebanus; or as Theombrutus Ambrociato's 400 auditors, precipitate ourselves to be rid of these miseries.

SUBJECT XI.—Concupiscible Appetite, as Desires, Ambition, Causes.

These concupiscible and irascible appetites are as the two twists of a rope, mutually mixed one with the other, and both twining about the heart: both good, as Austin holds, l. 14, c. 9, de civ. Dei, "if they be moderate; both pernicious if they be exorbitant." This concupiscible appetite, howsoever it may seem to carry with it a show of pleasure and delight, and our concupiscences most part affect us with content and a pleasing object, yet if they be in extremes, they rack and wring us on the other side. A true saying it is, "Desire hath no rest;" is infinite in itself, endless; and as one calls it, a perpetual rack, "or

3 Nihil incarnatur, nisi admodum mentiendo. Tall. Offic. 2 Hor. l. 2, od. 1. 4 Baraeus felix idemque senex. Seneca in Hel. alio. b Omitto agros, eulas, mendices, quos nemo audet felices dicere. Card. lib. 6. c. 46, de rer. var. c Spretatique inquis is in forma. d Hor. e Attendant vigiles corpus me, cabile cura. f Plautus. g Huc quas erinyni esurium. h Optimus non nasi, aut cito mori. i Bonas al reclam rationem sequitur, malis se exorbitant. j Tho. Bawr. Prob. 18. 1 Molam adniam.
Ambition, a Cause.

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horse-mill, according to Austin, still going round as in a ring. They are not so continual, as divers, felicius atomos denumerare possent, saith Bernard, quod motus cordis: nunc haece, nunc illa cogito, you may as well reckon up the motes in the sun as them. "It extends itself to every thing," as Guianerius will have it, "that is superfluously sought after:" or to any fervent desire, as Fernelius interprets it; be it in what kind soever, it torments if immediate, and is (according to Plater and others) an especial cause of melancholy. Multus is concupiscens dilianiantur cogitationes meae, * Austin confessed, that he was torn a pieces with his manifold desires: and so doth Bernard complain, "that he could not rest for them a minute of an hour: this I would have, and that, and then I desire to be such and such." "Tis a hard matter therefore to confine them, being they are so various and many, impossible to apprehend all. I will only insist upon some few of the chief, and most noxious in their kind, as that exorbitant appetite and desire of honour, which we commonly call ambition; love of money, which is covetousness, and that greedy desire of gain: self-love, pride, and inordinate desire of vain-glory or applause, love of study in excess; love of women (which will require a just volume of itself), of the other I will briefly speak, and in their order.

Ambition, a proud covetousness, or a dry thirst of honour, a great torture of the mind, composed of envy, pride, and covetousness, a gallant madness, one defines it a pleasant poison, Ambrose, "a canker of the soul, an hidden plague," ' Bernard, "a secret poison, the father of livor, and mother of hypocrisie, the moth of holiness, and cause of madness, crucifying and disquieting all that it takes hold of." Seneca calls it, rem solitiam, timidam, vanam, ventosam, a windy thing, a vain, solicitous, and fearful thing. For commonly they that, like Sysiphus, roll this restless stone of ambition, are in a perpetual agony, still perplexed, semper taciti, tristesque recedunt (Lucretius), doubtful, timorous, suspicious, loath to offend in word or deed, still cogging and-collogueing, embracing, capping, cringing, applauding, flattering, fleeing, visiting, waiting at men's doors, with all affability, counterfeit honesty and humility. If that will not serve, if once this humour (as Cyprian describes it) possess his thirsty soul, ambitionis salvis ubi bibulae animam possidet, by hook and by crook he will obtain it, "and from his hole he will climb to all honours and offices, if it be possible for him to get up, flattering one, bribing another, he will leave no means unessay'd to win all." It is a wonder to see how slavishly these kind of men subject themselves, when they are about a suit, to every inferior person; what pains they will take, run, ride, cast, plot, countermine, protest and swear, vow, promise, what labours undergo, early up, down late; how obsequious and affable they are, how popular and courteous, how they grin and fleer upon every man they meet; with what feasting and inviting, how they spend themselves and their fortunes, in seeking that many times, which they had much better be without; as Cynneas the orator told Pyrrhaus: with what waking nights, painful hours, anxious thoughts, and bitterness of mind, inter spemque metumque, distracted and tired, they consume the interim of their time. There can be no greater plague for the present. If they do obtain their suit, which with such cost and solicitude they have sought, they are not so freed,

* Tract. de Inter. c. 92. Circa quamvis hominum esse passio fieri potest, quae superfluus diligatur. Tract. 16. c. 9. ' Ferventius desiderium. ' Imprimis verò Appetitus, &c. 3. de alien. ment. ' Conf. 1. c. 29. ' Per diversa loca vagor, nullo temporis momento quiesco, tali et talis esse cupio, illud atque illud habeo desidero. ' Ambrose, 1. &c. super Lucam, serago animas. ' Nihil animam cruciat, nulli molestias iniquatnr, secretum virus, pestis occulta, &c. epist. 125. ' Ep. 88. ' Nihil infelices his, quantus sit timor, quanta dubitatio, quantus contentus, quanta sollicitudo, nullis illis a molestias vaca hora. ' Semper attonitum, semper pavidos quid dicas, fatale: ne diisque humilitatem simulat, honestate mentitur. ' Cypr. Prolog. ad ser. To 2. cunctas honorat, universas inclinat, subsequitur, obequim, frequentat curias, visitat, optimates amplectatur, applaudit, adulator: per fas et nefas & latebris, in omnem gradum ubi aditus patet se ingenit, discurrat. ' Turbas cogit ambitio regem inservire, ut Homerus Aegammemonem quernem inducit. ' Plutarchus. Quum contrivemur, et in otio nos oblectemur; quorum in promptu id nobis alii, &c.
their anxiety is anew to begin, for they are never satisfied, nihil aliud nisi imperium spirant, their thoughts, actions, endeavours are all for sovereignty and honour, like *Lucius Storcia that buffing duke of Milan, "a man of singular wisdom, but profound ambition, born to his own, and to the destruction of Italy," though it be to their own ruin, and friends' undoing, they will contend, they may not cease, but as a dog in a wheel, a bird in a cage, or a squirrel in a chain, so *Budeus compares them; *they climb and climb still, with much labour, but never make an end, never at the top. A knight would be a baronet, and then a lord, and then a viscount, and then an earl, &c.; a doctor, a dean, and then a bishop; from tribune to praetor; from bailiff to major; first this office, and then that; as Pyrrhus in *Plutarch, they will first have Greece, then Africa, and then Asia, and swell with AEsop's frog so long, till in the end they burst, or come down with Sejanus, ad Gemonum scalas, and break their own necks; or as Evangelus the piper in Lucian, that blew his pipe so long, till he fell down dead. If he chance to miss, and have a canvass, he is in a hell on the other side; so dejected, that he is ready to hang himself, turn heretic, Turk, or traitor in an instant. Enraged against his enemies, he rails, swears, fights, slander, detractions, envies, murders: and for his own part, si appetitum expolare non potest, furor corripitum; if he cannot satisfy his desire (as Bodine writes) he runs mad. So that both ways, hit or miss, he is distracted so long as his ambition lasts, he can look for no other but anxiety and care, discontent and grief in the meantime, *madness itself, or violent death in the end. The event of this is common to be seen in populous cities, or in princes' courts, for a courtier's life (as Budeus describes it) is a *gallimaufry of ambition, lust, fraud, imposture, dissimulation, detraction, envy, pride; the court, a common conventicle of flatterers, time-servers, politicians," &c.; or as *Anthony Perez will, "the suburbs of hell itself." If you will see such discontented persons, there you shall likely find them. *And which he observed of the markets of old Rome,

"Qui perjurum convenire vult hominem, mittit in Comitium; Qui mendacem et gloriosum, ac petulam sacrum; Ditae, dannuose maritos, sub basilica quartio;" &c.

Perjured knaves, knights of the post, liars, crackers, bad husbands, &c. keep their several stations; they do still, and always did in every commonwealth.

**SUBSECT. XII.—*Avaritia, Covetousness, a Cause.**

**Plutarch,** in his *book whether the diseases of the body be more grievous than those of the soul, is of opinion, *"if you will examine all the causes of our miseries in this life, you shall find them most part to have had their beginning from stubborn anger, that furious desire of contention, or some unjust or immoderate affection, as covetousness," &c. "From whence are wars and contentions amongst you?" *St. James asks: I will add usury, fraud, rapine, simony, oppression, lying, swearing, bearing false witness, &c. are they not from this fountain of covetousness, that greediness in getting, tenacity in keeping, sordity in spending; that they are so wicked, "*unjust against God, their neighbour, themselves," all comes hence. "The desire of money is the root of all evil, and they that lust after it, pierce themselves through with many.
wanting, wanting, them, possessed, sorrow, living, Horace, covetous: "likely already, their them which usage, tarily What burdens, is not there there continual subverting insatiable Austin their be their go sorrows," 1 Tim. vi. 10. Hippocrates therefore in his Epistle to Crates, an herbalist, gives him this good counsel, that if it were possible, "amongst other herbs, he should cut up that weed of covetousness by the roots, that there be no remainder left, and then know this for a certainty, that together with their bodies, thou mayst quickly cure all the diseases of their minds." For it is indeed the pattern, image, epitome of all melancholy, the fountain of many miseries, much discontented care and woe; this "inordinate or immoderate, desire of gain, to get or keep money," as "Bonaventure defines it: or, as Austin describes it, a madness of the soul, Gregory, a torture; Chrysostom, an insatiable drunkenness; Cyprian, blindness, speciosum suppuricum, a plague subverting kingdoms, families, an incurable disease; Budeus, an ill habit, "yielding to no remedies:" neither, Aesopius nor Plutus can cure them: a continual plague, saith Solomon, and vexation of spirit, another hell. I know there be some of opinion, that covetous men are happy, and worldly-wise, that there is more pleasure in getting of wealth than in spending, and no delight in the world like unto it. "Twas Bias' problem of old, "With what art thou not weary? with getting money. What is more delectable? to gain." What is it, twow you, that makes a poor man labour all his lifetime, carry such great burdens, fare so hardly, macerate himself, and endure so much misery, undergo such base offices with so great patience, to rise up early, and lie down late, if there were not an extraordinary delight in getting and keeping of money? What makes a merchant that hath no need, satis superque domi, to range all over the world, through all those intemperate Zones of heat and cold; voluntarily to venture his life, and be content with such miserable famine, nasty usage, in a stinking ship; if there were not a pleasure and hope to get money, which doth season the rest, and mitigate his indefatigable pains? What makes them go into the bowels of the earth, an hundred fathom deep, endangering their dearest lives, enduring damps and filthy smells, when they have enough already, if they could be content, and no such cause to labour, but an extraordinary delight they take in riches. This may seem plausible at first show, a popular and strong argument; but let him that so thinks, consider better of it, and he shall soon perceive, that it is far otherwise than he supposeth; it may be haply pleasing at the first, as most part all melancholy is. For such men likely have some lucida intervala, pleasant symptoms intermixed; but you must note that of Chrysostom, "'Tis one thing to be rich, another to be covetous:" generally they are all fools, dizzards, mad-men, miserable wretches, living beside themselves, sine arte fruendi, in perpetual slavery, fear, suspicion, sorrow, and discontent, plus aleos quam melius habent; and are indeed, "rather possessed by their money, than possessors:" as Cyprian hath it, mancipati pecunia; bound prentice to their goods, as Pliny; or as Chrysostom, servit divitiarum, slaves and drudges to their substance; and we may conclude of them all, as Valerius doth of Ptolomeus king of Cyorus, "He was in title a king of that island, but in his mind, a miserable drudge of money:"

wanting his liberty, which is better than gold. Damasippus the Stoic, in Horace, proves that all mortal men do by fits, some one way, some another,
but that covetous men are madder than the rest; and he that shall truly look into their estates, and examine their symptoms, shall find no better of them, but that they are all fools, as Naboth was, Re et nomine (1. Reg. 25). For what greater folly can there be, or || madness, than to macerate himself when he need not? and when, as Cyprian notes, "he may be freed from his burden, and eased of his pains, will go on still, his wealth increasing, when he hath enough, to get more, to live besides himself," to starve his genius, keep back from his wife and children, neither letting them nor other friends use or enjoy that which is theirs by right, and which they much need perhaps; like a hog, or dog in the manger, he doth only keep it, because it shall do nobody else good, hurting himself and others; and for a little momentary pelf, damn his own soul! They are commonly sad and tetric by nature, as Ahab's spirit was, because he could not get Naboth's vineyard, (3. Reg. 21.) and if he lay out his money at any time, though it be to necessary uses, to his own children's good, he brawls and scolds, his heart is heart, much disquieted he is, and loath to part from it: Miser abstinet et timet uti, Hor. He is of a wearish, dry, pale constitution, and cannot sleep for cares and worldly business; his riches, saith Solomon, will not let him sleep, and unnecessary business which he heareth on himself; or if he do sleep, 'tis a very unquiet, interrupt, unpleasing sleep: with his bags in his arms,

"Indormit inhians,
Indormit undique sacci congetis undique sacdis."

And though he be at a banquet, or at some merry feast, "he siths for grief of heart (as Cyprian hath it) and cannot sleep though it be upon a down bed; his wearish body takes no rest, "troubled in his abundance, and sorrowful in plenty, unhappy for the present, and more unhappy in the life to come." Basil. He is a perpetual drudge, "restless in his thoughts, and never satisfied, a slave, a wretch, a dust-worm, semper quod uidolo suo immolet, sedulus observat, Cypr. plog. ad sermon, still seeking what sacrifice he may offer to his golden god, per fas et nefas, he cares not how, his trouble is endless, crescunt divitiae, tamen curtce nescio quid semper abest rei: his wealth increaseth, and the more the more he wants: like Pharaoh's lean kine, which devoured the fat, and were not satisfied. "Austin therefore defines covetousness, quarumlibet rerum inhonestam et insatiabilem cupiditatem, a dishonest and insatiable desire of gain; in quem scopulum avaritiae cadaverosi sensus ut plurimum impingunt, and that which are their greatest corrosive, they are in continual suspicion, fear, and distrust. He thinks his own wife and children are so many thieves, and go about to cozen him, his servants are all false:

"If his doors creek, then out he cries anon, De suo Tigillo furus et qui exit foras."

Timidus Plutus, an old proverb, As fearful as Plutus; so doth Aristophanes and Lucian bring him in fearful still, pale, anxious, suspicious, and trusting no man, They are afraid of tempests for their corz; they are afraid of their

a Danda est hell-hor maleto para maxima avaris.


[18x78]Theop. Opes quidem mortalia sunt dementia. Theop. Non amica, non liberia, non ipsi sibi quidquam impertit; possidet ad hoc tantum, ne possideri alteri liceat, &c. Hieron. ad Paulinum, pro infantis habet quam non habet.

[19x78]Ed. 3. lib. 2. Exonerarum cum se possit et revolare ponderibus pergit magis foruns augens inquinita finisher indicare. Non amica, non liberia, non ipsi sibi quidquam impertit; possidet ad hoc tantum, ne possideri alteri liceat, &c. Hieron. ad Paulinum, pro infantis habet quam non habet.


friends lest they should ask something of them, beg or borrow; they are afraid of their enemies lest they hurt them, thieves lest they rob them; they are afraid of war and afraid of peace, afraid of rich and afraid of poor; afraid of all." Last of all, they are afraid of want, that they shall die beggars, which makes them lay up still, and dare not use that they have: what if a dear year come, or death, or some loss? and were it not that they are loath to lay out money on a rope, they would be hanged forthwith, and sometimes die to save charges, and make away themselves, if their corn and cattle miscarry; though they have abundance left, as Agellius notes. Valerius makes mention of one that in a famine sold a mouse for 200 pence, and famished himself: such are their cares, griefs and perpetual fears. These symptoms are elegantly expressed by Theophrastus in his character of a covetous man: "lying in bed, he asked his wife whether she shut the trunks and chests fast, the carcase be sealed, and whether the hall door be bolted; and though she say all is well, he riseth out of his bed in his shirt, barefoot and barelegged, to see whether it be so, with a dark lantern searching every corner, scarce sleeping a wink all night." Lucian in that pleasant and witty dialogue called Gallus, brings in Mycellus the cobbler disputing with his cock, sometimes Pythagoras; where after much speech pro and con to prove the happiness of a mean estate, and discontents of a rich man, Pythagoras' cock in the end, to illustrate by examples that which he had said, brings him to Gnyphon the usurer's house at midnight, and after that to Eucrates; whom they found both awake, casting up their accounts, and telling of their money, "lean, dry, pale and anxious, still suspecting lest somebody should make a hole through the wall, and so get in; or if a rat or mouse did but stir, starting upon a sudden, and running to the door to see whether all were fast. Plautus, in his Aulularia, makes old Euclio commanding Staphyla his wife to shut the doors fast, and the fire to be put out, lest any body should make that an errand to come to his house: when he washed his hands, he was loath to fling away the foul water, complaining that he was undone, because the smoke got out of his roof. And as he went from home, seeing a crow scratch upon the muck-hill, returned in all haste, taking it for malum omen, an ill sign, his money was digged up; with many such. He that will but observe their actions, shall find these and many such passages not signed for sport, but really performed, verified indeed by such covetous and miserable wretches, and that it is, 

—a manifesta phrenesis
Ut locuples moriar, agenti vivere fato.*

A mere madness, to live like a wretch, and die rich.

SUBSECT. XIII.—Love of Gaming, &c. and pleasures immoderate; Causes.

It is a wonder to see, how many poor, distressed, miserable wretches, one shall meet almost in every path and street, begging for an alms, that have been well descended, and sometimes in flourishing estate, now ragged, tattered, and ready to be starved, lingering out a painful life, in discontent and grief of body and mind, and all through immoderate lust, gaming, pleasure and riot. 'Tis the common end of all sensual epicsure and brutish prodigals, that are stupified and carried away headlong with their several pleasures and lusts. Cebes in his

1 Hall Char.
table, S. Ambrose in his second book of Abel and Cain, and amongst the rest Lucian in his tract de Mercede conductis, hath excellent well deciphered such men's proceedings in his picture of Opulentia, whom he feigns to dwell on the top of a high mount, much sought after by many suitors; at their first coming they are generally entertained by pleasure and dalliance, and have all the content that possibly may be given, so long as their money lasts: but when their means fail, they are contemptibly thrust out at a back door, headlong, and there left to shame, reproach, despair. And he at first that had so many attendants, parasites, and followers, young and lusty, richly arrayed, and all the dainty fare that might be had, with all kind of welcome and good respect, is now upon a sudden strip of all, "pale, naked, old, diseased and forsaken, cursing his stars, and ready to strangle himself; having no other company but repentance, sorrow, grief, derision, beggary and contempt, which are his daily attendants to his life's end. As the 4 prodigal son had exquisite music, merry company, dainty fare at first; but a sorrowful reckoning in the end; so have all such vain delights and their followers. 4 Tristes voluptatum exitus, et quisquis voluptatum suarum reminisci volet, intelligat, as bitter as gall and wormwood is their last; grief of mind, madness itself. The ordinary rocks upon which such men do impinge and precipitate themselves, are cards, dice, hawks and hounds, Insanum venandi studium, one calls it, insanae subtractiones: their mad structures, disports, plays, &c., when they are unseasonably used, imprudently handled, and beyond their fortunes. Some men are consumed by mad fantastical buildings, by making galleries, cloisters, terraces, walks, orchards, gardens, pools, riflets, bowers, and such like places of pleasure; Inutiles domos, 5 Xenophon calls them, which howsoever they be delightsomethings in themselves, and acceptable to all beholders, an ornament and befitting some great men; yet unprofitable to others, and the sole overthrow of their estates. Forestus in his observations hath an example of such a one that became melancholy upon the like occasion, having consumed his substance in an unprofitable building, which would afterward yield him no advantage. Others, I say, are 6 overthrown by those mad sports of hawking and hunting; honest recreations, and fit for some great men, but not for every base inferior person; whilst they will maintain their falconers, dogs, and hunting nags, their wealth, saith Salmuthae, "runs away with hounds, and their fortunes fly away with hawks." They persecute beastso long, till in the end they themselves degenerate into beasts, as 7 Agrippa taxeth them, Acteon-like, for as he was eaten to death by his own dogs, so do they devour themselves and their patrimones, in such idle and unnecessary disports, neglecting in the mean time their more necessary business, and to follow their vocations. Over-mad too sometimes are our great men in delighting, and doting too much on it, "8 When they drive poor husbandmen from their tillage," as 9 Sarisburiensis objects, Polyol. l. 1. c. 4. "fing down country farms, and whole towns, to make parks, and forests, starving men to feed beasts, and punishing in the mean time such a man that shall molest their game, more severely than him that is otherwise a common hacker, or a notorious thief." But great men are some ways to be excused, the meaner sort have no evasion why they should not be 1 Ventricosus, nudus, pallidus, lavo pudorem occultans, dextra seuipum strangulans, occurrat antem exuvit pennentia his miserum confidentes, &c. 2 Luke xiv. 3 Beethus. 4 In Oeconom. Quid si nunc ostendam eos qui magis vi argentii domus inutilis afficant, inquit Socrates. 5 Sarisburiensis Polyol. l. 1. c. 14. venatores omnes adhibe institutionem redolent centaurorum. Raro invenitur quisquam eorum modestius et gravius, raro contintus, et ut creatae sunt. 6 Panetio. 3d. 2d. avolant opes cum acupit. 7 Insignis venatorum stultitia, et supervacanea una eorum, qui dum minimam venationem instinent, ipsi abjecta omni humanitate in feras degenerant, ut Acteon, &c. 8 Sabin. In Ovid. Metamor. 9 Agrippa de vanit. scient. Insanum venandi studium, dum & valvillous arcentu agricolis subrattam praedae rusticus, agricolon praeladantur styves et notae pastoribus ut angeamus paeus feri. ——Majestatis reus agricolis si gustaret. 10 A novilivus suis acentur agricole, dum fera inbeat vagandi libertatem: istis, ut pascant se sequantur, praedil subrattante, &c. Sarisburiensis. 11 Fides quam hominibus acquiores. Cambl. de Gual. Comp. qui 86 Ecclesias matres depopulatus est ad forestam novam. ——Mat. Paris.
counted mad. Poggius the Florentine tells a merry story to this purpose, condemning the folly and impertinent business of such kind of persons. A physician of Milan, saith he, that cured mad men, had a pit of water in his house, in which he kept his patients, some up to their knees, some to the girdle, some to the chin, pro modo insanias, as they were more or less affected. One of them by chance, that was well recovered, stood in the door, and seeing a gallant ride by with a hawk on his fist, well mounted, with his spaniels after him, would needs know to what use all this preparation served; he made answer to kill certain fowls; the patient demanded again, what his fowl might be worth which he killed in a year; he replied 5 or 10 crowns; and when he urged him farther what his dogs, horse, and hawks stood him in, he told him 400 crowns; with that the patient bade be gone, as he loved his life and welfare, for if our master come and find thee here, he will put thee in the pit amongst mad men up to the chin; taxing the madness and folly of such vain men that spend themselves in those idle sports, neglecting their business and necessary affairs. Leo decimus, that hunting pope, is much discommended by * Jovius in his life, for his immoderate desire of hawking and hunting, in so much that (as he saith) he would sometimes live about Ostia weeks and months together, leave suitors unsigned, bulls and pardons unsigned, to his own prejudice, and many private men’s loss. "And if he had been by chance crossed in his sport, or his game not so good, he was so impatient, that he would revile and miscall many times men of great worth with most bitter taunts, look so sour, be so angry and waspish, so grieved and molested, that it is incredible to relate it.” But if he had good sport, and been well pleased, on the other side, incredibilis munificentia, with unspeakable bounty and munificence he would reward all his fellow hunters, and deny nothing to any suitor when he was in that mood. To say truth, ’tis the common humour of all gamsters, as Galatæns observes, if they win, no men living are so jovial and merry, but if they lose, though it be but a trifle, two or three games at tables, or a dealing at cards for twopence a game, they are so choleric and testy that no man may speak with them, and break many times into violent passions, oaths, imprecations, and unbesoming speeches, little differing from mad men for the time. Generally of all gamsters and gaming, if it be excessive, thus much we may conclude, that whether they win or lose for the present, their winnings are not Munera fortunæ, sed insidiae, as that wise Seneca determines, not fortune’s gifts, but baits, the common catastrophe is *beggary. * Ue pestis vitam, sic admittit alea pecuniam, as the plague takes away life, doth gaming goods, for ’omnes nudí, inopes et egeni;

For a little pleasure they take, and some small gains and gettings now and then, their wives and children are wring’d in the mean time, and they themselves with loss of body and soul rue it in the end. I will say nothing of those prodigious prodigals, perdenda pecuniae genitos, as he *taxed Anthony, Qui patrimonium sine ullam fori calamitatem amittunt, saith *Cyprian, and *mad Sybaritical spend-thrifts, Quique una comèdunt patrimonii cenæ; that eat up all at a breakfast, at a supper, or amongst bawds, parasites, and players, consume themselves in

an instant, as if they had flung it into Tiber, with great wagers, vain and idle expenses, &c., not themselves only, but even all their friends, as a man desperately swimming drowns him that comes to help him, by suretiship and borrowing they will willingly undo all their associates and allies. *Irati pecu-
nii, as he saith, angry with their money: "what with a wanton eye, a liquorish tongue, and a gamesome hand, when they have indiscreetly impoverished themselves, mortgaged their wits together with their lands, and entombed their ancestors’ fair possessions in their bowels, they may lead the rest of their days in prison, as many times they do; they repent at leisure; and when all is gone begin to be thrifty: but Sera est in fundo parsimonia, ’tis then too late to look about; their end is misery, sorrow, shame, and discontent. And well they deserve to be infamous and discontent. *Catamidiari in Amphitheatro, as by Adrian the emperor’s edict they were of old, decocores honorum suorum, so he calls them, prodigal fools, to be publicly shamed, and hissed out of all societies, rather than to be pitied or relieved.” The Tuscan and Boetians brought their bankrupts into the market place in a bier with an empty purse carried before them, all the boys following, where they sat all day circumstans plebe, to be infamous and ridiculous. At Padua in Italy they have a stone called the stone of turpitude, near the senate house, where spendthrifts, and such as claim non-payment of debts, do sit with their hinder parts bare, that by that note of disgrace, others may be terrified from all such vain expense, or borrowing more than they can tell how to pay. The civilians of old set guardians over such brain-sick prodigals, as they did over madmen, to moderate their expenses, that they should not so loosely consume their fortunes, to the utter undoing of their families.

I may not here omit those two main plagues, and common dotages of human kind, wine and women, which have infatuated and besotted myriads of people: they go commonly together.

*Quil vino indulget, quemque alea decaguit, ille
In venerem patre.

To whom is sorrow, saith Solomon, Pro. xxiii. 29. to whom is woe, but to such a one as loves drink? it causeth torture (vino tortus et irâ), and bitterness of mind, Sirac. 31. 21. Vinxum furoris, Jeremy calls it, 15. cap. wine of madness, as well he may, for insanire facit sanos, it makes sound men sick and sad, and wise men mad, to say and do they know not what. Accidit hodie terribilis casus (saith *S. Austin), hear a miserable accident; Cyrrilus’ son this day in his drink, Matrem pragnament nequiter oppressit, sororem violare voluit, patrem occidit forâ, et duas alas soreos ad mortem vulneravit, would have violated his sister, killed his father, &c. A true saying it was of him, Vino dari leitation et dolorem, drink causeth mirth, and drink causeth sorrow, drink causeth “po-

Pascasius Justus, 1. 1. de aela.

*Seneca.

*Hall.

Spartian, Adrianus. *Alex, ab Alex.

Lib. 6. c. 10. Idem Gerbelius, Lib. 5. Græ. disc.

Fines Moris.

Justinian, in Digesta. *Pereius, Sat. 5. “One indulges in wine, another the die consumes, a third is decomposed by venvry.” *Pociulium quasi sinus in quo sepe naugrarium faciunt, jactura tum pecunia tum mentis. Erasm. in Prov. calicem remiges, chil. 4. cant. 7. Pro. 41. *Ser. 33. ad frat. in Eremon.

*Menander.

Pleasant at first she is, like Dioscorides
Rhododaphne, that fair plant to the eye, but poison to the taste, the rest as bitter as wormwood in the end (Prov. v. 4.) and sharp as a two-edged sword. (vii. 27.) "Her house is the way to hell, and goes down to the chambers of death." What more sorrowful can be said? they are miserable in this life, mad, beasts, led like "`oxen to the slaughter;" and that which is worse, whore-masters and drunkards shall be judged, amittunt gratiam, saith Austin, perdunt gloriam, incurunt damnationem eternam. They lose grace and glory; 

"—— brevis illa voluptas
Abrogat aeternum calli decus——"

ey they gain hell and eternal damnation.

SUBSEC. XIV.—Philautia, or Self-love, Vain-glory, Praise, Honour, Immoderate Applause, Pride, over-much Joy, &c., Causes.

SELF-LOVE, pride, and vain-glory, c cecus amor sui, which Chrysostom calls one of the devil's three great nets; "a Bernard, an arrow which pierceth the soul through, and slays it; a sly, sensible enemy, not perceived," are main causes. Where neither anger, lust, covetousness, fear, sorrow, &c., nor any other perturbation can lay hold; this will slyly and insensibly pervert us. Quem non gula vicit, Philautia superavit (saith Cyprian) whom surfeiting could not overtake, self-love hath overcome. "b He hath scorned all money, bribes, gifts, upright otherwise and sincere, hath inserted himself to no fond imagination, and sustained all those tyrannical concupiscences of the body, hath lost all his honour, captivated by vain-glory." Chrysostom. sup. Io. Tu sola animam mentemque peruris, gloria. A great assault and cause of our present malady, although we do most part neglect, take no notice of it, yet this is a violent batterer of our souls, causeth melancholy and dotage. This pleasing humour; this soft and whispering popular air, Amabilis insanias; this delectable frenzy, most irrefragable passion, Mentis gratissimus error, this acceptable disease, which so sweetly sets upon us, ravisheth our senses, lulls our souls asleep, puffs up our hearts as so many bladders, and that without all feeling, b insomuch as "those that are misaffected with it, never so much as once perceive it, or think of any cure." We commonly love him best in this "malady, that doth us most harm, and are very willing to be hurt; adulationibus nostris libenter favemus (saith " Jerome) we love him, we love him for it: "O Bonciari, suave suave fuit à te talia hoc tribuit; "Twas sweet to hear it. And as " Pliny doth ingenuously confess to his dear friend Angurinus, "all thy writings are most acceptable, but those especially that speak of us." Again, a little after to Maximus, "c I cannot express how pleasing it is to me to hear myself commended." Though we smile to ourselves, at least ironically, when parasites bedaub us with false encomiums, as many princes cannot choose but do, Quum tale quid nihil intra se repererint, when they know they come as far short, as a mouse to an elephant, of any such virtues; yet it doth us good. Though we seem many times to be angry, "* and blush at our own praises, yet our souls inwardly rejoice, it puffs us up; "tis fallac suavitùs, blandus daemon, "makes us swell beyond our bounds, and forget ourselves." Her two daughters are lightness of mind, immoderate joy and pride, not excluding those other concomitant vices, which * Iodocus Lorichius reckons up; bragging, hypocrisy, peevishness, and curiosity.

"Prov. 5. a Merlin. cocc. "That momentary pleasure blots out the eternal glory of a heavenly life."

b Hor. b Sagitta quae animam penetrat, leviter penetrat, sed non leve indigat valutus. sup. caud. c Qui omne pecuniarum contemplum habent, et null imaginiosis totius mundi ac immiscuerint, et tyrannicas corporis concupiscencias sustinentur, at multitudes capit a vana gloria omnia perdendunt. Hae correpti non cogitatis de medias. = Dii talos à terris avertit pestem. a Ep. ad Eustochium, de custod. virgin. 

And when I am dead and gone,
My corpse laid under a stone,
My name shall yet survive,
And I shall be alive,
In these my works for ever,
My glory shall persevere.

Now the common cause of this mischief, ariseth from ourselves or others, *we are active and passive. It proceeds inwardly from ourselves, as we are active causes, from an overweening conceit we have of our good parts, own worth, (which indeed is no worth) our bounty, favour, grace, valour, strength, wealth, patience, meekness, hospitality, beauty, temperance, gentry, knowledge, wit, science, art, learning, our *excellent gifts and fortunes, for which, Narcissus-like, we admire, flatter, and applaud ourselves, and think all the world esteems so of us; and as deformed women easily believe those that tell them they be fair, we are too credulous of our own good parts and praises, too well persuaded of ourselves. We brag and venditate our *own works, and scorn all others in respect of us; Inflati scientia (saith Paul), our wisdom, *our learning, all our geese are swans, and we as basely esteem and vilify other men's, as we do over-highly prize and value our own. We will not suffer them to be in secundis, no, not in tertis; what, Mecum conferunt Ulysses? they are Mures, Musca, culicis pro se, nits and flies compared to his inexorable and supercilious, eminent and arrogant worship; though indeed they be far before him. Only wise, only rich, only fortunate, valorous, and fair, puffed up with this tympany of self-conceit; *as that proud Pharisee, they are not (as they suppose) *like other men," of a purer and more precious metal: *Soli rei gerendae sunt efficaces, which that wise Periander held of such: *meditantur omne qui prius negotium, *etc. Novi quandam (saith *Erasmus) I knew one so arrogant that he thought himself inferior to no man living, like *Callisthenes the philosopher, that neither held Alexander's acts, or any other subject worthy of his pen, such was his insolence; or Seleucus king of Syria, who thought none fit to contend with him but the Romans. *Eos solos dignos ratus quibusdam de imperio certaret. That which Tully writ to Atticus long since, is still in force, *"There was never yet true poet nor orator, that thought any other better than himself." And such for the most part are your princes, potentates, great philosophers, historiographers, authors of sects or heresies, and all our great scholars, as *Hierom defines; "a natural philosopher is a glorious creature, and a very slave of rumour, fame, and popular opinion," and though they write de contemptu gloriae, yet as he observes, they will put their names to their books. Yobis et famae me semper dedi, saith Trebellius Pollio, I have wholly constituted myself to you and fame." *"Tis all my desire, night and day, 'tis all my study to raise my name." Proud *Pliny seconds him; Quanquam O! *doc. and that vain-glorious *orator, is not ashamed to confess in an Epistle of his to Marcus Leceius Ardeo incredibili cupiditate, *doc. "I burn with an incredible desire to have my *name registered in thy book." Out of this fountain proceed all those cracks and brags,—*speramus carmina fingu Posse linenda cedro, et lini servanda expresso—*Non usitatia nec tenet ferar pernæ— nec in terra morabor longius. *Nel parcum aut humili modo, nil mortale loquor. Dictor qua violens obstrupt Austidas.—Exezi monumentum aere perennius. Jamque opus exegi, quod nec Jovis ira, nec ignis, *doc., cum venit ildie, *doc., parte tamem meliori mei super alta perennius astra ferar, nomenque ert indeleble nostrum. (This of Ovid I have paraphrased in English.)
And that of Ennius,

"Nemo me lacrymis decorat, neque funera stulto
Facit, cur! volo docta per ora virum."

"Let none shed tears over me, or adorn my bier with sorrow—because I am eternally in the months of men." With many such proud strains, and foolish flashes too common with writers. Not so much as Democharis on the *Topices, but he will be immortal. *Typotius de fama, shall be famous, and well he deserves, because he writ of fame; and every trivial poet must be renowned, —*Plaususque petit claescere vulgit.* "He seeks the applause of the public." This puffing humour it is, that hath produced so many great tomes, built such famous monuments, strong castles, and Mausolean tombs, to have their acts eternised, "Digito monstrarti, et dicier hic est," "to be pointed at with the finger, and to have it said, 'there he goes,'" to see their names inscribed, as Phryne on the walls of Thebes, Phryne *fecit;* this causeth so many bloody battles, "et noxibus cogit vigilare serenas;" "and induces us to watch during calm nights." Long journeys, "Magnum iter intento, sed uti mihhi gloria vires," "I contemplate a monstrous journey, but the love of glory strengthens me for it," gaining honour, a little applause, pride, self-love, vain-glory. This it which makes them take such pains, and break out into those ridiculous strains, this high conceit of themselves, to 1 scorn all others; *ridiculo fusti et intolerando contemptu;* as *Palemon* the grammarian commended Varro, *secum et natas et morituras litteras jactans,* and brings them to that height of insolency, that they cannot endure to be contradicted, 1 or "hear of any thing but their own commendation," which Hierom notes of such kind of men. And as *Austin* well seconds him, "tis their sole study day and night to be commended and applauded." When as indeed, in all wise men's judgments, *quibus cor sapit,* they are 1 mad, empty vessels, funges, beside themselves, derided, *et ut Camelus in proverbio quarens cornua, etiam quas habebat aures amisset.* 1 *Their works are toys, as an almanac out of date,* *authoris percurrent servilitate sui,* they seek fame and immortality, but reap dishonour and infamy, they are a common obloquy, *insensati,* and come far short of that which they suppose or expect. 1 *O puer ut sis vitalis metuo.*

"—How much I dread
Thee days are short, some lord shall strike thee dead." 1

Of so many myriads of poets, rhetoricians, philosophers, sophisters, as *Eusebius* well observes, which have written in former ages, scarce one of a thousand's works remains, *nomina et libri simul cum corporibus interiunt,* their books and bodies are perish'd together. It is not as they vainly think, they shall surely be admired and immortal, as one told Philip of Macedon insultingly, after a victory, that his shadow was no longer than before, we may say to them,

"Nec demiramur, sed non cun deside vulgo,
Sed velit Harpyas, Gorgonas, et Furies."

"We marvel too, not as the vulgar we.
But as we Gorgons, Harpies, or Furies see." 1

Or if we do applaud, honour and admire, *quota pars,* how small a part, in respect of the whole world, never so much as hears our names, how few take notice of us, how slender a tract, as scant as Alcibiades's land in a map! And yet every man must and will be immortal, as he hopes, and extend his fame to our antipodes, when as half, not a quarter of his own province or city, neither knows nor hears of him: but say they did, what's a city to a kingdom, a kingdom to Europe, Europe to the world, the world itself that must have an end, if compared to the least visible star in the firmament, eighteen times bigger than it? and then if those stars be infinite, and every

* In lib. 8.
1 In ponte dejicere. * Sleuth. lib. degrarn. 1 Nihil libenter audunt, nisi laudes suas.
2 Eips. 55. Nihil aulat dies noctesque cogitant nisi ut in studibus suis laudentur ab hominibus.
3 Quaer maior dementia aut dixit, aut excogitari potes, quin sic ob fructuosum cruciat? Inseamiam istam, domine, longe faci a me. Austin. cons. lib. 10. cap. 37.
4 As Camelus in the novel who lost his ears while he was looking for a pair of horns. 4 Mart. 1. 5. 51.
5 Lib. cont. Philos. can. 1.
star there be a sun, as some will, and as this sun of ours hath his planets about
him, all inhabited, what proportion bear we to them, and where’s our glory? 
Orbem terrarum victor Romanus habet, as he cracked in Petronius, all the
world was under Augustus: and so in Constantine’s time, Eusebius brags he
governed all the world, universum mundum praecipit admodum administravit,
—et omnis orbis gentes Imperatori subjecti: so of Alexander it is given out,
the four monarchies, &c., when as neither Greeks nor Romans ever had the
fifteenth part of the now known world, nor half of that which was then described.
What braggedioes are they and we then? quid brevis hic de nobis sermo, as ’
he said, ‘pudebit aucti nominis, how short a time, how little a while doth this
fame of ours continue? Every private province, every small territory and city, 
when we have all done, will yield as generous spirits, as brave examples in all
respects, as famous as ourselves, Cadwallader in Wales, Rollo in Normandy,
Robin Hood and Little John, are as much renowned in Sherwood, as Caesar in
Rome, Alexander in Greece, or his Hephestion, “Omnis catas omniumque populus
in exemplum et admirationem veniet, every town, city, book, is full of brave
soldiers, senators, scholars; and though *Bracydas was a worthy captain, a
good man, and as they thought, not to be matched in Lacedaemon, yet as his
mother truly said, plures habet Sparta Bracyda meliores, Sparta had many
better men than ever he was; and howsoever thou admirest thyself, thy friend,
many an obscure fellow the world never took notice of, had he been in place
or action, would have done much better than he or he, or thou thyself.

Another kind of mad men there is opposite to these, that are insensibly mad,
and knownot of it, such as contemn all praise and glory, think themselves most
free, when as indeed they are most mad: calcant sed alio fastu: a company of
cynics, such as are monks, hermits, anchorites, that contemn the world, con-
temn themselves, contemn all titles, honours, offices: and yet in that contempt
are more proud than any man living whatsoever. They are proud in humility,
proud in that they are not proud, sese homo de vanae gloriae contemptu, vaniis
gloriatur, as Austin hath it, confess. lib. 10. cap. 38, like Diogenes, intus
gloriantur, they brag inwardly, and feed themselves fat with a self-conceit of
sanctity, which is no better than hypocrisy. They go in sheep’s russet, many
great men that might maintain themselves in cloth of gold, and seem to be
depicted, humble by their outward carriage, when as inwardly they are swoln
full of pride, arrogancy, and self-conceit. And therefore Seneca adviseth his
friend Lucilius, “* in his attire and gesture, outward actions, especially to
avoid all such things as are more notable in themselves: as a rugged attire,
hirsute head, horrid beard, contempt of money, coarse lodging, and whatso-
ever leads to fame that opposite way.”

All this madness yet proceeds from ourselves, the main engine which batters
us is from others, we are merely passive in this business: from a company of
parasites and flatterers, that with inmoderate praise, and bombast epithets,
glazing titles, false eulogiums, so bedaub and applaud, gild over many a silly
and undeserving man, that they clap him quite out of his wits. Res imprimis
violenta est, as Hierom notes, this common applause is a most violent thing,
laudum placenta, a drum, fife, and trumpet cannot so animate; that fattens
men, erects and dejects them in an instant. *Palma nefata macrum, donata
reductum optimum. It makes them fat and lean, as frost doth conies. “* And
who is that mortal man that can so contain himself, that if he be immod erately
commended and applauded, will not be moved?” Let him be what he will,
those parasites will overturn him: if he be a king, he is one of the nine worthies, more than a man, a god forthwith,—

in Domini Deique nostri: and they will sacrifice unto him,

$$++$” + divinos si tu patellaris honorae,

Ultrò ipal dabitus meritaeque sacraeins arus.”

If he be a soldier, then Themistocles, Epaminondas, Hector, Achilles, duo fulmina belli, triumviri terrarum, &c., and the valour of both Scipios is too little for him, he is invictissimus, serenissimus, multis tropheis ornatisissimus, nature dominus, although he be lepus galeatus, indeed a very coward, a milkop, and as he said of Xerxes, postremus in pugna, primus in fugâ, and such a one as never durst look his enemy in the face. If he be a big man, then is he a Samson, another Hercules; if he pronounce a speech, another Tully or Demosthenes: as of Herod in the Acts, “the voice of God and not of man;” if he can make a verse, Homer, Virgil, &c. And then my silly weak patient takes all these eulogiums to himself; if he be a scholar so commendned for his much reading, excellent style, method, &c., he will eviscerate himself like a spider, study to death, Laudatas ostendit avis Jumonias pennas, peacock-like he will display all his feathers. If he be a soldier, and so applauded, his valour extolled, though it be tempor congressus, as that of Trolitus, and Achilles, Infelix puer, he will combat with a giant, run first upon a breach, as another *Philippus, he will ride into the thickest of his enemies. Command his housekeeping, and he will beggar himself; condemn his temperance, he will starve himself;

$$++$” laudatique virtus
 Crescit, et immensus gloria calcar habet.” § he is mad, mad, mad, no woe with him;—impatiens consortis erit, he will over the Alps to be talked of, or to maintain his credit. Command an ambitious man, some proud prince or potentate, si plus a quo laudetur (saith Erasmus) cristas erigit, euit hominem, Deum se putat, he sets up his crest, and will be no longer a man but a god.

$$++$” (nil est quod credere de se
Non audet quem laudatar diis a qua potestas.” ¶

How did this work with Alexander, that would needs be Jupiter’s son, and go like Hercules in a lion’s skin? Domitian a god (Dominus Deus noster sic fieri jubet), like the * Persian kings, whose image was adored by all that came into the city of Babylon. Commodus the emperor was so gullied by his flattering parasites, that he must be called Hercules. Antonius the Roman would be crowned with ivy, carried in a chariot, and adored for Bacchus. Cotys, king of Thrace, was married to *Minerva, and sent three several messengers one after another, to see if she were come to his bed-chamber. Such a one was Jupiter Menereates, Maximinus Jovianus, Diceloianus Heroules, Sapor the Persian king, brother of the sun and moon, and our modern Turks, that will be gods on earth, kings of kings, God’s shadow, commanders of all that may be commanded, our kings of China and Tartary in this present age. Such a one was Xerxes, that would whip the sea, fetter Neptune, stultit jactantium, and send a challenge to Mount Athos; and such are many ottish princes, brought into a fool’s paradise by their parasites, tis a common humour, incident to all men, when they are in great places, or come to the solstice of honour, have done, or deserved well, on applaud and flatter themselves.

Stultitiam suam

* Mart. ¶ Stroza. “If you will accept divine honours, we will willingly erect and consecrate altars to you.” ‡Justin. *Livius. Gloria tantum elatan, non ira, in modos hostis irrae, quod completis marse conspiicit su pupum, a muro spectatibus, egregius distincta. § Applauded virtue grows space, and glory includes within it an immense impulse.” ¶I demens, et se uita conur Alps. Aulo Alliguid, &c. ut ueria places, et declamatio fis. ‡Juv. Sat. 10. ¶ In Merito Encom. ‡Juvenal. Sat. 4. ¶ “There is nothing which over-loaded power will not presume to imagine of itself.” §Sueton. c. 12. in Domitian. ¶ ¶ Brisienus. * Antonius ab assentatoriumibus evectus Librum se patern appellari jussit, et pro deo se venditavit redimitus hoderad, et corona velut aurea, et thyrrenum tenens, cuthernassique eociectus currui velut Liber pater vectus est Alexandriae. Paten. vol. post. ¶ Minervas nuptias ambit, tanse furare peregrus, ut satellites mitteret ad videndum num des. In thalamis venisset, &c. ‡Elian. B. 12.
produnt, &c. (saith *Platærus) your very tradesmen if they be excellent, will crack and brag, and show their folly in excess. They have good parts, and they know it, you need not tell them of it; out of a conceit of their worth, they go smiling to themselves, a perpetual meditation of their triumphs and plaudits, they run at last quite mad, and lose their wits. * Petrarch, lib. 1. de contemptu mundi, confessed as much of himself, and Cardan, in his fifth book of wisdom, gives an instance in a smith of Milan, a fellow-citizen of his, a one Galeus de Rubeis, that being commanded for refining of an instrument of Archimedes, for joy ran mad. Plutarch in the life of Artaxerxes, hath such a like story of one Chamus, a soldier, that wounded king Cyrus in battle, and "grew thereupon so ' arrogant, that in a short space after he lost his wits." So many men, if any new honour, office, preferment, booty, treasure, possession, or patrimony, ex insperato fall unto them, for immoderate joy, and continual meditation of it, cannot sleep or tell what they say or do, they are so ravished upon a sudden; and with vain conceits transported, there is no rule with them. Epaminondas, therefore, the next day after his Leuctrian victory, "came abroad all squalid and submiss," and gave no other reason to his friends of so doing, than that he perceived himself the day before, by reason of his good fortune, to be too insolent, overmuch joyed. That wise and virtuous lady, *Queen Katherine, Dowager of England, in private talk, upon like occasion, said, "that she would not willingly endure the extremity of either fortune; but if it were so, that of necessity she must undergo the one, she would be in adversity, because comfort was never wanting in it, but still counsel and government were defective in the other:" they could not moderate themselves.

**SUBSECT. XV.—Love of Learning, or overmuch study. With a Digression of the misery of Scholars, and why the Muses are Melancholy.**

**Leonartus Fuchsius, Inst. lib. iii. sect. 1. cap. 1. Fælix Plater, lib. iii. de mentis alienat. Herc. de Saxonìa, Tract. post. de melanch. cap. 3.** speak of a peculiar fury, which comes by overmuch study. Fernelius, lib. 1. cap. 18, puts study, contemplation, and continual meditation, as an especial cause of madness: and in his 86 consul. cites the same words. Jo. Arculanus, in lib. 9, Raxis ad Ablansorem, cap. 16, amongst other causes reckon up studium vehemens: so doth Levinus Lemniss, lib. de occult. nat. mirac. lib. 1. cap. 16. "Many men (saith he) come to this malady by continual *study, and night-waking, and of all other men, scholars are most subject to it:" and such Raxis adds, "that have commonly the finest wits." Cont. lib. 1. tract. 9. Marsilius Ficinus, de sanit. tuendâ, lib. 1. cap. 7, puts melancholy amongst one of those five principal plagues of students, *tis a common Mault unto them all, and almost in some measure an inseparable companion. Varro belike for that cause calls Tristes Philosophos et severos, severe, sad, dry, tetric, are common epithets to scholars: and *Patritius therefore, in the institution of princes, would not have them to be great students. For (as Machiavel holds) study weakens their bodies, dulls the spirits, abates their strength and courage; and

good scholars are never good soldiers, which a certain Goth well perceived, for when his countrymen came into Greece, and would have burned all their books; he cried out against it, by no means they should do it. "Leave them that plague, which in time will consume all their vigour, and martial spirits." The Turks abdicated Corneius the next heir from the empire, because he was so much given to his book; and 'tis the common tenet of the world, that learning dulls and diminisheth the spirits, and so per consequens produceth melancholy.

Two main reasons may be given of it, why students should be more subject to this malady than others. The one is, they live a sedentary, solitary life, sibi et musis, free from bodily exercise, and those ordinary disports which other men use: and many times if discontented and idleness concur with it, which is too frequent, they are precipitated into this gulf on a sudden: but the common cause is overmuch study; too much learning (as *Festus told Paul) hath made thee mad; 'tis that other extreme which affects it. So did Trincavellius, lib. 1., consil. 12 and 13, find by his experience, in two of his patients, a young baron, and another that contracted this malady by too vehement study. So Forestus, observat. l. 10, observ. 13, in a young divine in Louvaine, that was mad, and said "He had a bible in his head;" Marsilius Ficinus de sanct. tuend. lib. 1, cap. 3, 4, and lib. 2, cap. 16, gives many reasons, "why students dote more often than others." The first is their negligence; "other men look to their tools, a painter will wash his pencils, a smith will look to his hammer, anvil, forge; a husbandman will mend his plough-irons, and grind his hatchet, if it be dull; a falconer or huntsman will have an especial care of his hawks, hounds, horses, dogs, &c.; a musician will string and unstring his lute, &c.; only scholars neglect that instrument, their brain and spirits (I mean) which they daily use, and by which they range over all the world, which by much study is consumed." Vide (saith Lucian) nec funiculum nimis intendendo, aliquando abrumpas: "See thou twist not the rope so hard, till at length it break." Ficinus in his fourth chap. gives some other reasons; Saturn and Mercury, the patrons of learning, they are both dry planets; and Origanus assigns the same cause, why Mercurialists are so poor, and most part beggars; for that their president Mercury had no better fortune himself. The destines of old put poverty upon him as a punishment; since when, poetry and beggary are Gemelli, twin-born brats, inseparable companions;

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*De mentis alienat. cap. 3. Secuturque superbia formam. Livius ii. II. Oraculum est, vivida super ingenia luxuariae hac et evacuare, multolium sensum penitus amississe. Homines inteluentur, ac si ipsi non essent homines. *Galeus de Rubeis, civis noster labor ferrarius, ob intentionum instrumenta Coelec olim Archimedes dedit, praebuit iustissimâ.  1*Letitia postea corrupserit, ob nimiam inde arrogantis.  2* Bene ferre magnum disci fortunam. Hor. Postumum reverenter habe, quia quoniam recipere Dives ab eis progressi loco. Ausonius.  3*Processit aequalis et submissus, ut hesterni diet gaudium intemperans habilis castigaret.  4* Doct. Henr. 8.  5* Neutrius se fortunae extremam libenter exportaturum dixit: sed si necessitas alterius subinde imponeatur, optare se difficilem et adversum: quod in hac nulli unquam defuit solutionem, in altera multis consiliis, &c. Lod. Vives.  7* Peculiars furo, qui ex litteris fit.  8*Nihil magis augeret, se assiduo studiis, et profunda cogitatione.  9* Non desunt, qui ex jugi studio, et intercessiva luctuatione, hoc dementant, hic praeceter unum plerumque melancholia solent infestari.  10* Study is a continual and earnest meditation, applied to something with great desire. Tully.  11* Et ilii qui sunt subtilis ingenii, et multa praemeditations, de facili incidunt in melancholiam.  12* Ob studiorum solutudinem lib. 5. Tit. 5.
good scholars are never good soldiers, which a certain Goth well perceived, for when his countrymen came into Greece, and would have burned all their books, he cried out against it, by no means they should do it, "leave them that plague, which in time will consume all their vigour, and martial spirits." The "Turks abdicated Cornutus the next heir from the empire, because he was so much given to his book: and 'tis the common tenet of the world, that learning dulls and diminisheth the spirits, and so per consequens produceth melancholy.

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2Contemplatio cerebrum excipit et extinguit calorem naturalem, unde cerebrum frigidum et ac nem evadit quod est melancholiæ. Accedit ad huc, quod natura in contemplatione, cerebro puros cure et intenta, stomachum heparque destituit, unde ex alimentis male coxis, saugus crusas et niger efficitur, dum nimio cito membrorum superfluis vapores non exhalant.

*Cerebrum extirpatur corporis sensus graecia sit.
cachexia, bradipoepisia, bad eyes, stone and colic, crudities, oppulations, vertigo, winds, consumptions, and all such diseases as come by overmuch sitting; they are most part lean, dry, ill-coloured, spend their fortunes, lose their wits, and many times their lives, and all through immoderate pains, and extraordinary studies. If you will not believe the truth of this, look upon great Tostatus and Thomas Aquinas’s works, and tell me whether those men took pains? peruse Austin, Hierom, &c., and many thousands besides.

“Qui cunit optatam cursu contingere metam,
Multa tulis, festique puer, sudavit et alat.”  
| “He that desires this wished goal to gain.
Must sweat and freeze before he can attain,”
and labour hard for it. So did Seneca, by his own confession, ep. 8. “Not a day that I spend idle, part of the night I keep mine eyes open, tired with waking, and now slumbering to their continual task.” Hear Tully pro Archid Postat: “whilst others loistered, and took their pleasures, he was continually at his book,” so they do that will be scholars, and that to the hazard (I say) of their healths, fortunes, wits, and lives. How much did Aristotle and Ptolemy spend? uni regni precium they say, more than a king’s ransom; how many crowns per annum, to perfect arts, the one about his History of Creatures, the other on his Almagest? How much time did Thebet Benchoret employ, to find out the motion of the eighth sphere? forty years and more, some write: how many poor scholars have lost their wits, or become dizzards, neglecting all worldly affairs and their own health, wealth, esse and bene esse, to gain knowledge, for which, after all their pains, in this world’s esteem they are accounted ridiculous and silly fools, idiots, asses, and (as oft they are) rejected, consterned, derided, doting, and mad. Look for examples in Hildesheim, spicer. 2, de mania et delirio: read Trincavellius, l. 3. consil. 36, et c. 17. Montanus, consil. 233. "Garceus de Judic. genit. cap. 33. Mercurialis consil. 86, cap. 25. Prosper 1 Calenus in his Book de aetrâ bìle; Go to Bedlam and ask. Or if they keep their wits, yet are they esteemed scrubs and fools by reason of their carriage “after seven years’ study.”

-----“statū taciturnius exit,
Pierum iue et rian populum quatis.”

"He becomes more silent than a statue, and generally excites people’s laughter.” Because they cannot ride a horse, which every clown can do; salute and court a gentleman woman, carve at table, cringe and make conges, which every common swasher can do, "hos populus ridet, &c., they are laughed to scorn, and accounted silly fools by our gallants. Yea, many times, such is their misery, they deserve it: 1 a mere scholar, a mere ass.

-----“Vt obstipò capite, et ägentes ilium terram,
Murmura cùm secum, et rabìosa slentiâ rólande,
Arque experscito tristimantur verba labels,
Egroi veteras meditantes sonmis, gigi
De nilo silnium; in nilium nil posse reverti.”

-----“a who do lean anvy
Their heads, piercing the earth with a flat eye;

Thus they go commonly meditating unto themselves, thereby, such is their action and gesture. Fulgusus, l. 8, c. 7, makes mention how Th. Aquinas, supping with king Lewis of France, upon a sudden knocked his fist upon the table, and cried, "conclusum est contra Manichaeos; his wits were a wool-gathering, as they say, and his head busied about other matters, when he perceived his error, he was much abashed. Such a story there is of Archimedes in Vitruvius, that having found out the means to know how much gold was mingled

1 Studialis sunt cachetici et nauigam bene colorati, propter debilitatem digestive facultatis, multiplicantur in suis superfuitatibus. Jo. Vochiatus partes 2. cap. 5. de pede.
2 Nullus mihi per oium diea exit, partem nocet studis dedico, non vero somno, sed oculos vigila fatigatis calementaque, in operam detineo.
3 Johannes Hanuschis Bohemius, nat. 1616. eruditus vir, nimia studis in Phrenesin incidit. Montanus instanter in a Frenchman of Tolsa.
4 Cardinalis Cæcilia: ob laborem, vigilia, et diuturna studia factus Melancholicus. Pers. Sat. 3. They cannot fiddle; but, as Themistocles said, he could make a small town become a great city. Pers. Sat.
5 Ingenium aibi quod vanas desmanpit Athenas et septem studis annos dedicavit, insensitum. Libris cura status taciturnius exit, Pierque et rian populum quatis, Hor. ep. 1. lib. 2. Translated by M. S. Holbeck.
6 Thomas robuste confusus dixit se de argumento cogitasse.
with the silver in king Hiero's crown, ran naked forth from the bath and cried "ευγηκα, I have found: "If I was commonly so intent to his studies, that he never perceived what was done about him: when the city was taken, and the soldiers now ready to rifle his house, he took no notice of it." St. Bernard rode all day long by the Lemnian lake, and asked at last where he was, Marulus, lib. 2, cap. 4. It was Democritus's carriage alone that made the Abderites suppose him to have been mad, and sent for Hippocrates to cure him: if he had been in any solemn company, he would upon all occasions fall a laughing. Theophrastus saith as much of Heraclitus, for that he continually wept, and Leaertius of Menedemus Lampceus, because he ran like a madman, saying, "he came from hell as a spy, to tell the devils what mortal men did." Your greatest students are commonly no better, silly, soft fellows in their outward behaviour, absurd, ridiculous to others, and no whit experienced in worldly business; they can measure the heavens, range over the world, teach others wisdom, and yet in bargains and contracts they are circumvented by every base tradesman. Are not these men fools? and how should they be otherwise, "but as so many sots in schools, when (as he well observed) they neither hear nor see such things as are commonly practised abroad?" how should they get experience, by what means? "I knew in my time many scholars," saith Aeneas Sylvius (in an epistle of his to Gasper Scitick, chancellor to the emperor), "excellent well learned, but so rude, so silly, that they had no common civility, nor knew how to manage their domestic or public affairs." "Paglarenis was amazed, and said his farmer had surely cozened him, when he heard him tell that his sow had eleven pigs, and his ass had but one foal." To say the best of this profession, I can give no other testimony of them in general, than that of Pliny of Isæus; "He is yet a scholar, than which kind of men there is nothing so simple, so sincere, none better, they are most part harmless, honest, upright, innocent, plain-dealing men."

Now, because they are commonly subject to such hazards and inconveniences as dogate, madness, simplicity, &c., J. Vossius would have good scholars to be highly rewarded, and had in some extraordinary respect above other men, "to have greater "privileges than the rest, that adventure themselves and abbreviate their lives for the public good." But our patrons of learning are so far now-a-days from respecting the muses, and giving that honour to scholars, or reward which they deserve, and are allowed by those indulgent privileges of many noble princes, that after all their pains taken in the universities, cost and charge, expenses, irksome hours, laborious tasks, wearesome days, dangers, hazards (barred interim from all pleasures which other men have, mewed up like hawks all their lives), if they chance to wade through them, they shall in the end be rejected, contemned, and which is their greatest misery, driven to their shifts, exposed to want, poverty, and beggary. Their familiar attendants are,

Ευγηκα, βασιλει, λατρευ, καρπησ, λαβωρε
Ετ μετα, και μελαμαδα, γαμους, και τυρπισ αγας,
Τεριβις οικον ωρας

"Grief, labour, care, pale sickness, miseries,
Fear, filthy poverty, hunger that cries,
Terrible monsters to be seen with eyes."

If there were nothing else to trouble them, the conceit of this alone were enough to make them all melancholy. Most other trades and professions, after some seven years' apprenticeship, are enabled by their craft to live of themselves. A merchant adventure his goods at sea, and though his hazard be great,

"Paliens morib, luctus, caraque laborque
Et metus, et melanam fames, et turpis agatas,
Terribiles visi formas"
yet if one ship return of four, he likely makes a saving voyage. An husband-
man's gains are almost certain; *quibus ipsa Jupiter nocere non potest* (whom
Jove himself can't harm), ('tis *Caio's hyperbole, a great husband himself*); only
scholars methinks are most uncertain, unrespected, subject to all casual-
ties and hazards. For first, not one of a many proves do be a scholar, all
are not capable and docile, *ex omnī ligno non fit Mercurius*; we can make
majors and officers every year, but not scholars: kings can invest knights
and barons, as Sisimund the emperor confessed; universities can give de-
grees; and *Tu quod es, è populo quīlibet esse potest*; but he nor they, nor all
the world, can give learning, make philosophers, artists, orators, poets; we
can soon say, as Seneca well notes, *O virum bonum, & dēvitam, point at a rich
man, a good, a happy man, a prosperous man, sumptuosè vestitum, Calamis-
tratum, bene otentem, magno tempori impendio constat haec laudatio, & virum
literarum*, but 'tis not so easily performed to find out a learned man. Learn-
ing is not so quickly got, though they may be willing to take pains, to that
end sufficiently informed; and liberally maintained by their patrons and parents,
yet few can compass it. Or if they be docile, yet all men's wills are not an-
swerable to their wits; they can apprehend, but will not take pains; they
are either seduced by bad companions, *vel in puellam impingunt, vel in pocu-
tum* (they fall in with women or wine), and so spend their time to their friends'
grief and their own undoings. Or put case they be studious, industrious, of
ripe wits, and perhaps good capacities, then how many diseases of body and
mind must they encounter? No labour in the world like unto study. It
may be, their temperature will not endure it, but striving to be excellent to
know all, they lose health, wealth, wit, life and all. Let him yet happily
escape all these hazards, *areis intestinis*, with a body of brass, and is now con-
summate and ripe, he hath profited in his studies, and proceeded with all
applause: after many expenses, he is fit for preferment, where shall he have
it? he is as far to seek as he was (after twenty years' standing) at the
first day of his coming to the University. For what course shall he take,
being now capable and ready? The most parable and easy, and about which
many are employed, is to teach a school, turn lecturer or curate, and for that
he shall have falconer's wages, ten pound per annum, and his diet, or some
small stipend, so long as he can please his patron or the parish; if they
approve him not (for usually they do but a year or two), as inconstant as *t* they
that cried *Hosanna* one day, and *Crucify him* the other; serving-man-
like, he must go look a new master; if they do, what is his reward?

"[Hoc quoque te manet ut pueros elementa docentem | "At last thy snow-white age in suburb schools,
Occipet extremis in vici alba senectus." Shall toll in teaching boys their grammar rules."

Like an ass, he wears out his time for provender, and can show a stum rod,
togam trium et laceram, saith *Hedus, an old torn gown, an ensign of his
infelicity, he hath his labour for his pain, a modicum to keep him till he be
decrepit, and that is all. Grammaticus non est fideus, &c. If he be a trencher
chaplain in a gentleman's house, as it befel *Euphormio, after some seven
years' service, he may perchance have a living to the halves, or some small
rectory with the mother of the maids at length, a poor kinswomen, or a
cracked chambermaid, to have and to hold during the time of his life. But if
he offend his good patron, or displease his lady mistress in the mean time,

"*Duocetur Plantā velut lotus ab Hercule Cacus,
Fonstrqurque foras, si quid tentaverit unquam
Hiscere*"

as Hercules did by Cacus, he shall be dragged forth of doors by the heels

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*Plutarch. vit. Cjus., Certum agricolationis lucrum, &c. *Quotannis flunt consules et proconsules
*Satur. *Juven. Sat. 5.
away with him. If he bend his forces to some other studies, with an intent to be a secretis to some nobleman, or in such a place with an ambassador, he shall find that these persons rise like apprentices one under another, and in so many tradesmen's shops, when the master is dead, the foreman of the shop commonly steps in his place. Now for poets, rhetoricians, historians, philosophers, mathematicians, sophisters, &c.; they are like grasshoppers, sing they must in summer, and pine in the winter, for there is no preferment for them. Even so they were at first, if you will believe that pleasant tale of Socrates, which he told fair Phaedrus under a plane tree, at the banks of the river Iscus; about noon when it was hot, and the grasshoppers made a noise, he took that sweet occasion to tell him a tale, how grasshoppers were once scholars, musicians, poets, &c., before the Muses were born, and lived without meat and drink, and for that cause were turned by Jupiter into grasshoppers. And may be turned again, In Typhon's Cicadas, and Lycorum ramos, for any reward I see they are like to have; or else in the meantime, I would they could live as they did, without any viaticum, like so many manucodiata, those Indian birds of paradise, as we commonly call them, those I mean that live with the air and dew of heaven, and need no other food? for being as they are, their "rhetoric only serves them to curse their bad fortunes," and many of them for want of means are driven to hard shifts; from grasshoppers they turn humble-bees and wasps, plain parasites, and make the muses, mules, to satisfy their hunger-starved paunches, and get a meal's meat. To say truth, 'tis the common fortune of most scholars, to be servile and poor, to complain pitifully, and lay open their wants to their respectless patrons, as Cardan doth, as Xilander and many others: and which is too common in those dedicatory epistles, for hope of gain, to lie, flatter, and with hyperbolical eulogiums and commendations, to magnify and extol an illiterate unworthy idiot, for his excellent virtues, whom they should rather, as Machiavel observes, vilify and rail at downright for his most notorious villainies and vices. So they prostitute themselves as fiddlers, or mercenary tradesmen, to serve great men's turns for a small reward. They are like Indians, they have store of gold, but know not the worth of it: for I am of Synesius's opinion, "King Hiero got more by Simonides acquaintance, than Simonides did by his;" they have their best education, good institution, sole qualification from us, and when they have done well, their honour and immortality from us: we are the living tombs, registers, and as so many trumpeters of their names: what was Achilles without Homer? Alexander without Arrian and Curtius? who had known the Caesars, but for Suetonius and Dion?

"Before great Agamemmon reign'd,
Reign'd kings as great as he, and brave,
Whose huge ambition's now contain'd
In the small compass of a grave:
In endless night they sleep, unwept, unknown,
No hand they had to make all time their own."

they are more beholden to scholars, than scholars to them; but they undervalue themselves, and so by those great men are kept down. Let them have that encyclopedian, all the learning in the world; they must keep it to themselves, "live in base esteem, and starve, except they will submit," as Duaeus well hath it, "so many good parts, so many ensigns of arts, virtues, be slavishly obnoxious to some illiterate potentate, and live under his insolent

worry, or honour, like parasites, "Qui tanquam mures alienum panem commodum. For to say truth, artes haec non sunt lucrativa, as Guido Bonat that great astrologer could foresee, they be not gainful arts these, sed esurientes et famelicoe, but poor and hungry.

"Dat Galenus opes, dat Justianius honores, Sed genus et species cogitare ire pedes:" | "The rich physician, honour'd lawyers ride, Whilst the poor scholar tods it by their side."

Poverty is the muses' patrimony, and as that poetical divinity teacheth us, when Jupiter's daughters were each of them married to the gods, the muses alone were left solitary, Helicon forsaken of all suitors, and I believe it was, because they had no portion.

"Calliope longum calcis cur vixit in avum? Nempè nihil dotis, quod numeraret, crat." | "Why did Calliope live so long a maid? Because she had no dowry to be paid."

Ever since all their followers are poor, forsaken and left unto themselves. Insomuch, that as Petronius argues, you shall likely know them by their clothes. "There came," saith he, "by chance into my company, a fellow not so spruce to spy us on, that I could perceive by that note alone he was a scholar, whom commonly rich men hate: I asked him what he was, he answered, a poet: I demanded again why he was so ragged, he told me this kind of learning never made any man rich."

"Qui Pelago credit, magnos se femore tolet, Qui paginas et rostra petis, praecipitaur suo: Vuls adulator picto jaceat ebrios ostro, Sola prunosis horreus facundia panmis." | "A merchant's gain is great, that goes to sea; A soldier embossed all in gold; A satterer lies for'd in brave array; A scholar only ragged to behold."

All which our ordinary students, right well perceiving in the universities, how unprofitable these poetical, mathematical, and philosophical studies are, how little respected, how few patrons; apply themselves in all haste to these three commodious professions of law, physic, and divinity, sharing themselves between them, rejecting these arts in the meantime, history, philology, or lightly passing them over, as pleasant toys fitting only table-talk, and to furnish them with discourse. They are not so behoveful; he that can tell his money hath arithmetic enough: he is a true geometrician, can measure out a good fortune to himself; a perfect astrologer that can cast the rise and fall of others, and mark their errant motions to his own use. The best optics are, to reflect the beams of some great men's favour and grace to shine upon him. He is a good engineer, that alone can make an instrument to get preferment. This was the common tenet and practice of Poland, as Cromerus observed not long since, in the first book of his history; their universities were generally base, not a philosopher, a mathematician, an antiquary, &c., to be found of any note amongst them, because they had no set reward or stipend, but every man betook himself to divinity, hoc solum in votis habens, opium sacerdotium, a good parsonage was their aim. This was the practice of some of our near neighbours, as Lipsius inveighs; "they thrust their children to the study of law and divinity, before they be informed aright, or capable of such studies." Scilicet omnibus artibus antistat spes lucri, et formosior est cumulus auri, quam quicquid Graeci Latinitque delirantes scribunt. Ex hoc numero deinde veniunt ad gubernacula reipub. intersunt et prassunt consilia regum, ò poter ò patria? so he complained, and so may others. For even so we find, to serve a great man, to get an office in some bishop's court (to practise in some good town), or compass a benefice, is the mark we shoot at, as being so advantageous, the highway to preferment.

Although many times, for aught I can see, these men fail as often as the...
rest in their projects, and are as usually frustrate of their hopes. For let him be a doctor of the law, an excellent civilian of good worth, where shall he practise and expatiate? Their fields are so scant, the civil law with us so contracted with prohibitions, so few causes, by reason of those all-devouring municipal laws, *quibus nihil illitteratus*, saith Erasmus, an illiterate and a barbarous study (for though they be never so well learned in it, I can hardly vouchsafe them the name of scholars, except they be otherwise qualified), and so few courts are left to that profession, such slender offices, and those commonly to becompassed at such dear rates, that I know not how an ingenious man should thrive amongst them. Now for physicians, there are in every village so many mountebanks, empirics, quacksalvers, parsceulians, as they call themselves, *Caucifci et sanicidae*, so Clerand terms them, wizards, alchemists, poor vicars, cast apothecaries, physicians’ men, barbers, and good wives, professing great skill, that I make great doubt how they shall be maintained, or who shall be their patients. Besides, there are so many of both sorts, and some of them such harpies, so covetous, so clamorous, so impudent; and as he said, litigious idiots,

| "Quibus lognae affatim arrogantia est,  
| Peritiæ parâm aut nihil,  
| Nec utra uia literarii salis,  
| Ormenimula natio:  
| Locutius clara, turba, lither strophæ,  
| Maligna littigantium cohors, togati vultures,  
| Lavernei alumni, Agrytæ, " &c. |

| "Which have no skill but prating arrogance,  
| No learning, such a purse-milkling nation:  
| Gown’d vultures, thieves, and a litigious rout  
| Of cozeners, that hannt this occupation," &c. |

that they cannot well tell how to live one by another, but as he jested in the Comedy of Clocks, they were so many, *major pars populi aridiæ repellant fame*, they are almost starved a great part of them, and ready to devour their fellows, *Et noniæ calliditati se corrípere*, such a multitude of pettifoggers and empirics, such impostors, that an honest man knows not in what sort to compose and behave himself in their society, to carry himself with credit in so vile a rout, *scientiae nomen, tot summibus partum et vigiltis, profiteri dispudat, postquam, &c.*

Last of all come to our divines, the most noble profession and worthy of double honour, but of all others the most distressed and miserable. If you will not believe me, hear a brief of it, as it was not many years since publicly preached at Paul’s cross, by a grave minister then, and now a reverend bishop of this land: “We that are bred up in learning, and destined by our parents to this end, we suffer our childhood in the grammar-school, which Austin calls *magnam tyrannidem, et grave malum*, and compares it to the torments of martyrdom; when we come to the university, if we live of the college allowance, as Phalaris objected to the Leontines, *παννα τινα ἐπέκει; αλλὰ ηρμοὺ καὶ φάλαι*, needy of all things but hunger and fear, or if we be maintained but partly by our parents’ cost, do expend in unnecessary maintenance, books and degrees, before we come to any perfection, five hundred pounds, or a thousand marks. If by this price of the expense of time, our bodies and spirits, our substance and patrimony, we cannot purchase those small rewards, which are ours by law, and the right of inheritance, a poor parsonage, or a vicarage of £50 per annum, but we must pay to the patron for the lease of a life (a spent and out-worn life) either in annual pension, or above the rate of a copyhold, and that with the hazard and loss of our souls, by simony and perjury, and the forfeiture of all our spiritual preferments, in esse and posse, both present and to come. What father after a while will be so improvident to bring up his son to his great charge, to this necessary beggary? What Christian will be so irreligious, to bring up his son in that course of life, which by all probability and necessity, *cogest ad turpia*, enforcing to sin, will entangle him in simony

1 Ciceron. dial.  
* Epist. lib. 2.  
2 Js. Dona Epodon. lib. 2. car. 2.  
3 Plantins.  
4 Barcl. Argenis, lib 3.  
5 Joh. Howson 4 Novembri 1697, the sermon was printed by Arnold Hartfield.
and perjury," when as the poet said, Invitatus ad hoc aliquis de ponte negabit: "a beggar's brat taken from the bridge where he sits a begging, if he knew the inconvenience, had cause to refuse it." This being thus, have not we fished fair all this while, that are initiate divines, to find no better fruits of our labours, "hoc est our pulles, our quis non prandaet hoc est? do we macerate ourselves for this? Is it for this we rise so early all the year long? "* leaping (as he saith) out of our beds, when we hear the bell ring, as if we had heard a thunderclap." If this be all the respect, reward and honour we shall have, "frange leues calamos, et scinde Thalia libellos: let us give over our books, and betake ourselves to some other course of life; to what end should we study? * Quid me litteras studi donec parentes, what did our parents mean to make us scholars, to be as far to seek of preferment after twenty years' study, as we were at first: why do we take such pains? Quid tantum insians juvat impellere chartis? If there be no more hope of reward, no better encouragement, I say again, Frange leues calamos, et scinde Thalia libellos; let's turn soldiers, sell our books, and buy swords, guns, and pikes, or stop bottles with them, turn our philosopher's gowns, as Cleanthes once did, into millers' coats, leave all, and rather betake ourselves to any other course of life, than to continue longer in this misery. + Præstat dentiscapia radere, quàm literaríis monumentis magnatum favorem emendicare.

Yea, but methinks I hear some man except at these words, that though this be true which I have said of the estate of scholars, and especially of divines, that it is miserable and distressed at this time, that the church suffers shipwreck of her goods, and that they have just cause to complain; there is a fault, but whence proceeds it? If the cause were justly examined, it would be retorted upon ourselves, if we were cited at that tribunal of truth, we should be found guilty, and not able to excuse it. That there is a fault among us, I confess, and were there not a buyer, there would not be a seller: but to him that will consider better of it, it will more than manifestly appear, that the fountain of these miseries proceeds from these griping patrons. In accusing them, I do not altogether excuse us; both are faulty, they and we: yet in my judgment, theirs is the greater fault, more apparent causes, and much to be condemned. For my part, if it be not with me as I would, or as it should, I do ascribe the cause, as *Cardan did in the like case; meo infortunio potuisse quam illorum sceleri, to *mine own infelicity rather than their naughtiness; although I have been baffled in my time by some of them, and have as just cause to complain as another; or rather indeed to mine own negligence; for I was ever like that Alexander in § Plutarch, Crassus his tutor in philosophy, who, though he lived many years familiarly with rich Crassus, was even as poor when from, (which many wondered at) as when he came first to him; he never asked, the other never gave him any thing; when he travelled with Crassus he borrowed a hat of him, at his return restored it again. I have had some such noble friends' acquaintance and scholars, but most part (common courtesies and ordinary respects excepted), they and I parted as we met, they gave me as much as I requested, and that was — And as Alexander ab Alexandro, Genial. dier. I. 6. c. 16. made answer to Hieronimus Massainus, that wondered, quam pluris ignavos et ignobiles ad dignitates et sacerdotia promotos quotidie videret, when other men rose, still he was in the same state, eodem tenore et fortundæ cur mercedem laborum studiorumque deberi putaret, whom he thought to deserve as well as the rest. He made answer, that he was content with his present estate.
was not ambitious, and although objurgabundus suam sognitinem accusaret, cum obscura sortis homines ad sacerdotia et pontificatus evertunt, &c., he chid him for his backwardness, yet he was still the same: and for my part (though I be not worthy perhaps to carry Alexander's books) yet by some overweening and well-wishing friends, the like speeches have been used to me; but I replied still with Alexander, that I had enough, and more peradventure than I deserved; and with Libanius Sophista, that rather chose (when honours and offices by the emperor were offered unto him) to be talis Sophista, quam talis Magistratus. I had as lief be still Democritus junior, and privus privatus, si multa jam daretur optio, quam talis fortesse Doctor, talis Dominus.——Sed quorum hac?

For the rest 'tis on both sides factum detestandum, to buy and sell livings, to detain from the church, that which God's and men's laws have bestowed on it; but in them most, and that from the covetousness and ignorance of such as are interested in this business; I name covetousness in the first place, as the root of all these mischiefs, which, Achan-like, compels them to commit sacrilege, and to make simoniacal compacts, (and what not) to their own ends, that kindles God's wrath, brings a plague, vengeance, and a heavy visitation upon themselves and others. Some out of that inatiable desire of filthy lucre, to be enriched, care not how they come by it per fas et nefas, hook or crook, so they have it. And others when they have with riot and prodigality embezzled their estates, to recover themselves, make a prey of the church, robbing it, as Julian the apostate did, spoil parsons of their revenues (in keeping half back 'as a great man amongst us observes): "and that maintenance on which they should live:" by means whereof, barbarism is increased, and a great decay of christian professors: for who will apply himself to these divine studies, his son, or friend, when after great pains taken, they shall have nothing whereupon to live? But with what event do they these things?

"Osesque totis viribus venamini, At inde messis accidunt miserum.

They toil and moil, but what reap they? They are commonly unfortunate families that use it, accused in their progeny, and, as common experience evincest, accused themselves in all their proceedings. "With what face (as he quotes out of Auct.) can they expect a blessing or inheritance from Christ in heaven, that defraud Christ of his inheritance here on earth?" I would all our simoniacal patrons, and such as detain tithes, would read those judicious tracts of Sir Henry Spelman, and Sir James Sempill, knights; those late elaborate and learned treatises of Dr. Tilbye, and Mr. Montague, which they have written of that subject. But though they should read, it would be to small purpose, clamet hic et mare celo confundatas; thunder, lighten, preach hell and damnation, tell them 'tis a sin, they will not believe it; denounce and terrify, they have santerised consciences, they do not attend, as the enchanted adder, they stop their ears. Call them base, irreligious, profane, barbarous, pagans, atheists, epicures, (as some of them surely are) with the bawd in Plautus, Fuge, optime, they cry and applaud themselves with that miser, simul ac nummos contemplor in arca: say what you will, quocunque modo rem: as a dog barks at the moon, to no purpose are your sayings: Take your heaven, let them have money. A base, profane, epicurean, hypocritical rout: for my part, let them pretend what zeal they will, counterfeit religion, blear the world's eyes, bombast themselves, and stuff out their greatness with church spoils, shine like so many peacocks; so cold is my charity, so defective in this behalf, that I shall never think better of them, than that they are rotten at core, their

* Nicophorus lib. 10. cap. 6.
* Lord Cook, in his Reports, second part, fol. 44.
* Enrupidizes.
* Sir Henry Spelman, de non temerandis Ecclesiis.
* 1 Tim. 4. 2
* Hor.
bones are full of epicurean hypocrisy, and atheistical narrowness, they are worse than heathens. For as Dionysius Halicarnassensis observes, Antiq. Rom. lib. 7. *Primum locum, &c.* "Greeks and Barbarians observe all religious rites, and dare not break them for fear of offending their gods; but our simoniacal contractors, our senseless Achans, our stupified patrons, fear neither God nor devil, they have evasions for it, it is no sin, or not due jure divino, or if a sin, no great sin, &c. And though they be daily punished for it, and they do manifestly perceive, that as he said, frost and fraud come to foul ends; yet as Chrysostom follows it, *Nulla ex panni sit correctio, et quasi adversis malitia hominem provocet, cresco quotidie quod puniatur:* they are rather worse than better,—*iram atque animos à criminé sumunt,* and the more they are corrected, the more they offend: but let them take their course, *Rode, caper, vites,* go on still as they begin, 'tis no sin, let them rejoice secure, God's vengeance will overtake them in the end, and these ill-gotten goods, as an eagle's feathers, *will consume the rest of their substance,* it is *aurum Tholosanum,* and will produce no better effects. "*Let them lay it up safe, and make their conveyances never so close, lock and shut door,*" saith Chrysostom, *yet fraud and covetousness, two most violent thieves, are still included,* and a little gain evil gotten will subvert the rest of their goods." The eagle in Æsop, seeing a piece of flesh, now ready to be sacrificed, swept it away with her claws, and carried it to her nest; but there was a burning coal stuck to it by chance, which unawares consumed her young ones, nest, and all together. Let our simoniacal church-chopping patrons, and sacrilegious harpies, look for no better success.

A second cause is ignorance, and from thence contempt, *successit odium in literas ab ignorantia vulgo;* which *Junius well perceived:* this hatred and contempt of learning proceeds out of *ignorance,* as they are themselves barbarous, idiots, dull, illiterate, and proud, so they esteem of others. *Sint Mecenates, non dissertantes,* Flace, Maronés: Let there be bountiful patrons, and there will be painful scholars in all sciences. But when they contemn learning, and think themselves sufficiently qualified, if they can write and read, scramble at a piece of evidence, or have so much Latin as that emperor had, *qui nesciit dissimulare, nesciit vierere,* they are unfit to do their country service, to perform or undertake any action or employment, which may tend to the good of a commonwealth, except it be to fight, or to do country justice, with common sense, which every yeoman can likewise do. And so they bring up their children, rude as they are themselves, unqualified, untaught, uncivil most part. *Quis e nostrâ juventute legitimâ instituitur litterâ? Quis oratores aut philosophos tangit? quis historiâm legit, illam rerum agendarum quasi animam? præcipitant parentes vota tua, &c.* 'twas Lipsius' complaint to his illiterate countrymen, it may be ours. Now shall these men judge of a scholar's worth, that have no worth, that know not what belongs to a student's labours, that cannot distinguish between a true scholar and a drone? or him that by reason of a volatile tongue, a strong voice, a pleasing tone, and some trivially polyanthean helps, steals and gleans a few notes from other men's harvests, and so makes a fairer show, than he that is truly learned indeed: that thinks it no more to preach, than to speak, *"or to run away with an empty cart;"* as a grave man said: and thereupon vilify us, and our pains; scorn us, and all learning. *Because they are rich, and have

*Primum locum apud omnes gentes habet patritius deorum cultus, et genilorum, nam hinc divinissimâ quotidianâ, tam Graeci quam Barbari, &c.

*De male questis vix gaudeat terribus heres.

*Strabo, lib. 4. Geog.

*Nihil facillim opes overtere, quam avaritia et fraudae parta. Et si enim seram addas tall arcas, et exteriores janus et vortex sem communias, inter taenem fraudem et avariam, &c. In 5. Corinth.*

*Acad. cap. 7.*

*e Ars neminem habet inimicam propter ignorantem.

*Dr. King, in his last lecture on Jonah, somewhat right reverend lord bishop of London.*

*Quibus opes et otium, hi barbaro fastis literarum commensurat.*
other means to live, they think it concerns them not to know, or to trouble
themselves with it; a fitter task for younger brothers, or poor men's sons, to
be pen and inkhorn men, pedantical slaves, and no whit beseeeming the calling
of a gentleman, as Frenchmen and Germans commonly do, neglect therefore
all human learning, what have they to do with it? Let mariners learn astro-
nomy; merchants, factors study arithmetic; surveyors get them geometry;
spectacle-makers optics; landleapers geography; town-clerks rhetoric, what
should he do with a spade, that hath no ground to dig; or they with learning,
that hath no use of it? thus they reason, and are not ashamed to let mariners,
apprentices, and the basest servants, be better qualified than themselves. In
former times, kings, princes, and emperors, were the only scholars, excellent
in all faculties.

Julius Cæsar mended the year, and writ his own Commentaries,

" media inter præstis semper,
Stellarum colique plagiis, superisque vacavit."

1 Antonius, Adrian, Nero, Seve. Jul. &c. 2 Michael the emperor, and Isæius,
were so much given to their studies, that no base fellow would take so much
pains: Orion, Perseus, Alphonsum, Ptolomeus, famous astronomers; Sabor,
Mithridates, Lysimachus, admired physicians: Plato's kings all: Evax, that
Arabian prince, a most expert jeweller, and an exquisite philosopher; the kings
of Egypt were priests of old, chosen and from thence,—Idem rex hominum,
Phæbique sacros: but those heroic times are past; the Muses are now
banished in this bastard age, ad sordida tuguriola, to meaner persons, and
confined alone almost to universities. In those days, scholars were hugely beloved,
honoured, esteemed; as old Eanius by Scipio Africanus, Virgil by Augustus;
Horace by Mæcenas: princes' companions; dear to them, as Aenean to Poly-
crates; Philoxenus to Dionysius, and highly rewarded. Alexander sent Xeno-
cretes the Philosopher fifty talents, because he was poor, visu rerum, aut trau-
ditione praestantes viri, mensis olim regum adhibiti, as Philostratus relates of
Adrian and Lampridius of Alexander Severus: famous clerks came to these
princes' courts, velut in Lyceum, as to a university, and were admitted to their
tables, quasi divum epulis accumbentes; Archilas, that Macedonian king, would
not willingly sup without Euripides (amongst the rest he drank to him at
supper one night and gave him a cup of gold for his pains), delectatus poete suavi
sermones; and it was fit it should be so; because, as † Plato in his Pro-
tagoras well saith, a good philosopher as much excels other men, as a great
king doth the commons of his country; and again, *quantiam illis nihil deset,
et minimè egere solent, et disciplinas quas profidentur, soli à contemptu vindicare
possunt, they needed not to beg so basely, as they compel scholars in our times
to complain of poverty, or crouch to a rich chuff for a meal's meat, but could
vindicate themselves, and those arts which they professed. Now they would
and cannot: for it is held by some of them, as an axiom, that to keep them
poor, will make them study; they must be dieted, as horses to a race, not
pampered, *Aldens volunt, non saginandos, ne melioris mentis flammula extinctu-
atur: a fat bird will not sing, a fat dog cannot hunt, and so by this depression
of theirs, *some want means, others will, all want encouragement, as
being forsaken almost; and generally contemned. † Tis an old saying, Sint
Mæcenates, non deerunt, Fastæ, Marones, and † tis a true saying still. Yet
oftentimes, I may not deny it, the main fault is in ourselves. Our academics

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* Lucan. lib. 8. 1 Spartan. Solicitudo de rebus ninnio. 2 Nice. L. Anal. Fumis lucernationum
sordabant. 3 Grammaticis olim et dialecticis jurisque professoribus, qui spectacum eruditionis dedissent,
Vie. 4 Probus vir et Philosophus magis præstt inter alios humanos, quam rex inclitus inter plebas.
5 Heinensis praefat. Poematum. 6 Servili nomen Scholariam jam. 7 Seneca.
8 Haud faciles unergunt, &c. 9 Media quod noctis ab hora sedenti qua nemo faber, qua nemo sedebat, qui docet obliquo
too frequently offend in neglecting patrons, as * Erasmus well taxeth, or making ill choice of them; negligentius oblatos aut ampleximur parum aptos, or if we get a good one, non studemus multis officiis favorem ejus alere, we do not ply and follow him as we should. Idem mihi accidit Adolescendi (saith Erasmus) acknowledging his fault, et gravissimo peccavi, and so may I say myself, I have offended in this, and so peradventure have many others. We did not spondere magnatum favoribus, qui cæperunt nos amplexi, apply ourselves with that readiness we should; idleness, love of liberty, immodicus amor libertatis effecti ut dicis cum perfidis amicis, as he confesseth, et pertinaci paupertate cultuarer, bashfulness, melancholy, timorousness, cause many of us to be too backward and remiss. So some offend in one extreme, but too many on the other, we are most part too forward, too solicitous, too ambitious, too impudent; we commonly complain deesse Maccenas, of want of encouragement, want of means, when as the true defect is in our own want of worth, our insufficiency: did Maccenas take notice of Horace or Virgil till they had shown themselves first? or had Bavius and Mevius any patrons? Egregium specimen dent, saith Erasmus, let them approve themselves worthy first, sufficiently qualified for learning and manners, before they presume or impulsively intrude and put themselves on great men as too many do, with such base flattery, parasitical colloquing, such hyperbolical elogies they do usually insinuate, that it is a shame to hear and see. Immodicæ laudes conciliant invidiam, potius quam laudem, and vain commendations derogate from truth, and we think in conclusion, non melius de laudato, pejus de laudante, ill of both, the commender and commended. So we offend, but the main fault is in their harshness, defect of patrons. How beloved of old, and how much respected was Plato to Dionysius? How dear to Alexander was Aristotle, Demeratus to Philip, Solon to Cressus, Anexarcus and Trebatius to Augustus, Cassius to Vespasian, Plutarch to Trajan, Seneca to Nero, Simonides to Hiero? how honoured?

"Sed haec prœa fœra, nunc recondita.
Senet quiete,"

those days are gone; Et aesp, et ratio studiorum in Cassare tantum:‡ as he said of old, we may truly say now, he is our amulet, our "sun, our sole comfort and refuge, our Ptolemy, our common Mæcenas, Jacobus munificus, Jacobus pacificus, mysta Musarum, Rex Platonius: Grande decus, columnaque notürum: a famous scholar himself, and the sole patron, pillar, and sustainer of learning: but his worth in this kind is so well known, that as Paterculus of Cato, Jam ipsum laudare nefas sit: and which § Pliny to Trajan, Seria te carminæ, homoryce eterus annalium, non haec brevis et pudenda praedicio colet. But he is now gone, the sun of ours set, and yet no night follows, Sol occubuit, non nulla sequita est. We have such another in his room, || aureus alter. Avulsus, simili frondescit virga metallo, and long may he reign and flourish amongst us.

Let me not be malicious, and lie against my genius, I may not deny, but that we have a sprinkling of our gentry, here and there one, excellently well learned, like those Fuggeri in Germany; Dubartus, Du. Plessis, Sisael, in France; Picus Mirandula, Schottus, Barotius, in Italy; Apparent vari nanes in gurgite vasto. But they are but few in respect of the multitude, the major part (and some again excepted, that are indifferent) are wholly bent for hawks and hounds, and carried away many times with intemperate lust, gaming and drinking. If they read a book at any time (si quod est interim otio à venatu, poculis, aleá, scoríis) 'tis an English Chronicle, St. Huon of Bordeaux, Amadis

* Chil. 4. Cent. 1. adag. 1. ‡ Had I done as others did, put myself forward, I might have happily been as great a man as many of my equals. § Catullus, Juven. ¶ All our hopes and inducements to study are centred in Caesar alone. $ Nemo est quem non Pherent hic noster, solo intuitu habentiorum reddat. § Panegyr. ¶ Virgil.
de Gaul, &c., a play book, or some pamphlet of news, and that at such seasons only, when they cannot stir abroad, to drive away time, their sole discourse is dogs, hawks, horses, and what news? If some one have been a traveller in Italy, or as far as the emperor's court, wintered in Orleans, and can court his mistress in broken French, wear his clothes neatly in the newest fashion, sing some choice outlandish tunes, discourse of lords, ladies, towns, palaces, and cities, he is complete and to be admired: otherwise he and they are much at one; no difference between the master and the man, but worshipful titles: wink and choose betwixt him that sits down (clothes excepted) and him that holds the trencher behind him: yet these men must be our patrons, our governors too sometimes, statesmen, magistrates, noble, great, and wise by inheritance.

Mistake me not (I say again) Vos, Patriæ sanguis, you that are worthy senators, gentlemen, I honour your names and persons, and with all submission, prostrate myself to your censure and service. There are amongst you, I do ingenuously confess, many well-deserving patrons, and true patriots, of my knowledge, besides many hundreds which I never saw, no doubt, or heard of, pillars of our commonwealth, whose worth, bounty, learning, forwardness, true zeal in religion, and good esteem of all scholars, ought to be consecrated to all posterity; but of your rank, there are a debauched, corrupt, covetous, illiterate crew again, no better than stocks, merum penus (testor Deum, non mihi videri digni hominis appellaciones), barbarous Thracians, et quis ille thraes qui hoc negat? a sordid, profane, pertinacious company, irreverent, impudent and stupid, I know not what epithets to give them, enemies to learning, confounders of the church, and the ruin of a commonwealth; patrons they are by right of inheritance, and put in trust freely to dispose of such livings to the church's good; but (hard task-masters they prove) they take away their straw, and compel them to make their number of brick; they commonly respect their own ends, commodity is the steer of all their actions, and him they present in conclusion, as a man of greatest gifts, that will give most; no penny, no pater-noster, as the saying is. Nisi preces avro fulcis, amplius irritas: ut Cerberus offo, their attendants and officers must be bribed, feed, and made, as Carberus is with a sop by him that goes to hell. It was an old saying, Omnia Romæ venaliam (all things are venal at Rome), 'tis a rag of Popery, which will never be rooted out, there is no hope, no good to be done without money. A clerk may offer himself, approve his worth, learning, honesty, religion, zeal, they will commend him for it; but probitus laudatur et alget. If he be a man of extraordinary parts, they will flock afar off to hear him, as they did in Apuleius, to see Psyche: multi mortales confuebant ad videndum sacuti decus, speculum gloriosum, laudatur ab omnibus, spectatur ab omnibus, nec quasquam non rex, non regina, cupidus ejus maxitiarum petitor accedit; mirantur quidem divinam fornam omnes, sed ut simulacrum fabrè politum mirantur; many mortal men came to see fair Psyche the glory of her age, they did adore her, commend, desire her for her divine beauty, and gaze upon her; but as on a picture; none would marry her, quid indotata, fair Psyche had no money. So they do by learning;

"didile: jam dives avares
Tantum admiravi, tantum landare disertos,
Ut puero Juncis avem ———"

"Your rich men have now learnt of latter days To admire, commend, and come together To hear and see a worthy scholar speak, As children do a peacock's feather."

He shall have all the good words that may be given, * a proper man, and 'tis pity he hath no preferment, all good wishes, but inexorable, indurate as he is, he will not prefer him, though it be in his power, because he is indotatus, he hath no money. Or if he do give him entertainment, let him be never so well qualified, plead affinity, consanguinity, sufficiency, he shall serve seven years, as Jacob did for Rachel, before he shall have it. 7 If he will enter at first, he must yet in at that Simoniaical gate, come off soundly, and put in good security to perform all covenants, else he will not deal with, or admit him. But if some poor scholar, some parson chaff, will offer himself; some trenched chaplain, that will take it to the halves, thirds, or accept of what he will give, he is welcome; be conformable, preach as he will have him, he likes him before a million of others; for the best is always best cheap: and then as Hierom said to Cromatius, putellâ dignam opercolum, such a patron, such a clerk; the care is well supplied, and all parties pleased. So that is still verified in our age, which Chrysostom complained of in his time, Qui opulentiores sunt, in ordinem parasitorum cognunt eos, et ipso tanquam canes ad mensas suas emuntur, eorumque impudentes Ventres unguarum cœnorum reliquias differtiant, isdem pro arbitrio abutentes: Rich men keep these lecturers, and fawning parasites, like so many dogs at their tables, and filling their hungry guts with the offals of their meat, they abuse them at their pleasure, and make them say what they propose. " As children do by a bird or a butterfly in a string, pull in and let him out as they list, do they by their trenched chaplains, prescribe, command their wits, let in and out as to them it seems best." If the patron be precise, so must his chaplain be; if he be papistical, his clerk must be so too, or else be turned out. These are those clerks which serve the turn, whom they commonly entertain, and present to church livings, whilst in the meantime we that are University men, like so many hide-bound calves in a pasture, tarry out our time, wither away as a flower ungathered in a garden, and are never used; or as so many candles, illuminate ourselves alone, obscuring one another's light, and are not discerned here at all, the least of which, translated to a dark room, or to some country benefice, where it might shine apart, would give a fair light, and be seen over all. Whilst we lie waiting here as those sick men did at the Pool of Bethesda, till the Angel stirred the water, expecting a good hour, they step between, and beguile us of our preferment. I have not yet said, if after long expectation, much expense, travel, earnest suit of ourselves and friends, we obtain a small benefice at last; our misery begins afresh, we are suddenly encountered with the flesh, world, and devil, with a new onset; we change a quiet life for an ocean of troubles, we come to a ruinous house, which before it be habitable, must be necessarily to our great damage repaired; we are compelled to sue for dilapidations, or else sue ourselves, and scarce yet settled, we are called upon for our predecessor's arrears; first-fruits, tenths, subsidies, are instantly to be paid, benevolence, procurements, &c., and which is most to be feared, we light upon a cracked title, as it befel Clerand, of Brabant, for his rectory and charge of his Beguinæ; he was no sooner inducted, but instantly sued, copimusque (*saith he) strenuâ vigore, et implacâbili bello configuræ: at length, after ten years' suit, as long as Troy's siege, when he had tired himself, and spent his money, he was fain to leave all for quietness' sake, and give it up to his adversary. Or else we are insulted over, and tramplced on by domineering officers, fleeced by those greedy harpies to get more fees; we stand in fear of some precedent lapse; we fall

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* Enge bene, no need, Donsa epod. lib. 2.—dos ipsa scientia sibique conglaturam est.  † Quattuor ad portas Ecclesias itus ad omnes; sanguinis ant Simonis, praesulis atque Dei. Holcot.  ‡ Lib. contra Gentiles de Habita marryze.  § Prescrivunt, imperant, in ordinem cogunt, ingenium nostrum prout ipsa videbitur, astringunt et relaxant ut papilionem puere ad brachum dic demittunt, aut atrahunt, nos a libidine suo pandere equum censentes. Heinsius.  * Joh. 5.  † Epist. lib. 2. Jam suffectus in locum demortui, proflius exercit ut adversarius, &c., post multos labores, sumptus, &c.
amongst refractory, seditious sectaries, peevish puritans, perverse papists, a lascivious rout of atheistical Epicureans, that will not be reformed, or some litigious people (those wild beasts of Ephesus must be fought with) that will not pay their dues without much repining, or compelled by long suit; Laici clericis oppido infesti, an old axiom, all they think well gotten that is had from the church, and by such uncivil, harsh dealings, they make their poor minister weary of his place, if not his life; and put case they be quiet honest men, make the best of it, as often it falls out, from a polite and terse academic, he must turn rustic, rude, melancholiz alone, learn to forget, or else, as many do, become maltsters, graziers, chapmen, &c. (now banished from the academy, all commerce of the muses, and confined to a country village, as Ovid was from Rome to Pontus), and daily converse with a company of idiots and clowns.

Nos interim quod attinet (ne nec enim immunes ab hoc nunc sumus) idem reatus manet, idem nobis, et si non multo gravius, crimen oblivici potest: nostrâ enim culpâ sit, nostrâ inverâ, nostrâ avaritâ, quod tam frequentes, fideaque fiant in Ecclesiâ virtudinones, templum est venerâle, deusque) tot sordes inveniantur, tanta grasseatur inpitas, tanta nequitia, tam insanus miseria rum Europus, et turbarum estuariolum, nostro inquam, omnium (Academicorum imprimis) vitio sit. Quod tot Resp. malis afficiatur, â nobis seminarium; ulterior malum hoc accersimus, et quibus contumeliâ, quibus interim miseritâ digni, qui pro virili non occurrimus. Quid enim fieri posse speramus, quam tot indies sine detekto pauperes alumnû, terra felit, et cujuscumque ordines homuncionum ad gradus certatim admittantur? Quia si definitionem, distinctionemque unam aut alteram memoriter edidicerint, et pro more tot annos in dialecticâ posuerint, non refero quod profectu, quales demum sint, idiotai, nugatores, otiaiores, aleatores, compotatores, indigini, libidinâ volutatumque administri, "Sponsi Penelopes, nebulores, Alcoinoique," modò tot annos in academâ insumpserint, et sepulo togatis vendâriâ; lucri causa, et amicorum interesse presentantur: addo etiam et magna flos nonnumquam elogios morum et sciencie: et jam valedictori testimonialibus hisce litteris, amplissimâ conscriptis in eorum gratiam hono rantur, ab ipsis, qui fidei sua et estimationis jactusrum praeludia faciant. Doctores enim et professores (quod aut ille) id unam curant, ut ex professio nibus frequentibus, et tumulciariis potius quam legitimis, commodity sua pro movinge, et expublico suo fociant inclemementem. Id solum in votis habent annui plurumque magistratus, ut ab incipientium numero pecunias emugant, nec nullo interest qui sint, literatores an literati, modò pingues, nitidi, ad aspectum speciosi, et quod verbo dicam, pecuniosi sint. Philosophastri licentiantur in artibus, artem qui non habent, Eosque sapientes esse jubent, qui nulla præditâ sunt sapientia, et nihil ad gradum praeterquam velle aderint.

Theologastri (solvente modo) satis superque docti, per omnes honorum gradus evolventur et ascendent. Atque hinc fit quod tam viles scurrunt, tot passim idiotai, literarum crepusculo posti, larviâ pastorum, circumforanei, vagi, barbi, fungi, crassi, asini, merum pecus, insacrosanctos theologias aditus, illos speditus irrum pant, prater inverecundam frontem adferunt nihil, vulgares quasdam quisquilias, et scholarium quaedam nugamenta, indigna quae vel recipiantur in trivis. Hoc illud indignum genus hominum et familicium, indignum, vagum, ventris mancipium, ad stivam potius relegandum, ad haras apjit quam ad aras, quod divinas hasce literas turpiter prostitut; hi sunt qui pulpitia complex, in aedibus nobilibus irreput, et quos religios vitae destinabantur subsidii, ob corporis et animae egestatem, aliarum in repub. partium minimæ capacies sint; ad saeculo hanc anchoram confugient, saecidotium quovismodò captantis, non ex sinceritate, quod Paulus aut, sed cauponantes verbum Dei. Ne quis

interim viris bonis detractus quid putet, quos habet ecclesia Anglicana quamplurimos, egregiis doctis, illustres, intacta fama homines, et plures forsunt quam quaevis Europa provinciae; ne quis ad florentissimam Academiam, qua viros undique docissimos, omni virtutum genere suspiiciendos, abunde producant. Et multe plures utraque habitura, multo splendider futura, si non hae sordes splendider lumen ejus obfuscerant, obstaret corruptione, et cauponantes quadam harpya, proterratione bonum hoc nobis non inviderent. Nemo enim tam cæcamente, qui non hoc ipsum videat: nemo tam stolido ingenio, qui non intellegit; tam pertinaciis judicio, qui non agnoscat, ab his idiotis circumfranesis, sacram pollui Theologiam, ac celestes Musas quasi prophaneum quiddam prostitut.

Viles animae et effronates (sic enim Lutherus "allicubi vocat") lucelli causa, ut musce ad multra, ad nobilium et heroum mensas advolant, in spem sacerdoto, in absurbo honoris, officii, in quanvis aula, utrum se ingerunt, ad quodvis se ministerium component.——"Ut nervis alienis mobile lignum——Ducitur"——Hor. Lib. II. Sat. 7. ---offam sequentes, psittacorum onus, in prædes spem quidvis effutuunt: obsequantes Parasiti (Erasmus ait) quidvis docent, ducunt, scribunt, suadunt, et contra conscientiam probant, non ut salutarem reddant gregem, sed ut magnificam sibi parent fortunam. —Opiniones quavis et decreta contra verbum Dei astraunt, ne non offendant patrum, sed ut retineant favorem procerum, et populii plausum, sibique ipsis opes accumulant. Eo etenim plurunque animo ad Theologiam accurret, non ut rem divinam, sed ut suam faciant; non ad Ecclesiæ promovendum, sed expilandum; quarenetes, quod Paulus ait, non que Jesu Christi, sed que sua, non domini thesaurum, sed ut sibi, suisque thesaurizent. Nec tantum ies, qui nihilis fortuna, et abjecta sortis sunt, homo in usu est: sed et mediocris, summus, elatus, ne dicam Episcopos, hoc malum invasit. —"Dicite, pontifices, in sacris quid facit aures?" summis sape viros transversos agit avaritia, et qui religius morum probitate precluderent; fit facem preferrent ad Simoniam, et in corruptionem hunc scopulam impingentes, non tondent pecus, sed deselubunt, et quocunque se confunerunt, expilant, eschaurunt, abradunt, magnum famae suae, si non animae naufragium facientes; ut non ab infimis ad summam, sed a summis ad infimos malum promandae videatur, et ilduc erum sit quod ille olim lusit, emerat ille prius, vendere jure potest. Simoniacus enim (quod cum Leone dicam) gratiam non accepit, si non accepit, non habet, et si non habet, nec gratia potest esse; tantum enim absent istorum nonnulli, qui ad clavum sedent, ad promovendo religios, ut penitus impediant, probè sibi conscii, quibus artibus illic pervenerint. Nam qui ob litteras emersisse illos creavit, desipit; qui vero ingeniis, eruditionis, experience, probitate, pietatis, et Musarum id esse pretium putat (quod olim reverent, homo promittit) planissime insanat. Uteque vel undeque malum hoc originem ducat, non ultra quaram, ex his primordiis capiti vitiorum colluvies, omnis calamitas, omne miseriarum agmen in Ecclesiæ inventur. Hinc tam frequentes simonia, hinc orae querelles, fraudes, impostures, ab hoc fonte se derivatim omnes nequitiae. Ne quid obiter dicam de ambitione, adulatione plus quam audid, ne tristi domicilio laboret, de luzo, de sedo nonnunquam vili exemplo, quo nonnullis offendunt, de compositione Sybaritica, de hinc ille squalor academicus, tristes habent tempesatem Camenas, quum quibus homuncules, artium ignarias, his artibus assurgat, hunc in modum promoveret et diutius, ambitios passiones indulgentibus insignis, et multis dignitibus augustis vulpi occlulos perstringat, bené se habeat, et grandia gradiens majestatem quandam ac amplitudinem praæ se ferens, miramque solicitudinem, barba reverendus, toga nittida, purpurea coruscus, suppellectilis splendens, et famulorum numero maximè conspicuus. Quales statuae (quod ait ille) que sacris in edibus

columns imponuntur, velut oneri cedentes videntur, ut si insudaret, quam rerum sensu sinter carentes, et nihil saepe adjuvavit firmiatem: *allatias viderat volent, quam sint statuta lapideae, umbratiles revera homunculos, fungi, forsann et bardi, nihil ad saevo differentes. Quam interim docti viri, et vita sanctioris ornamentis praediti, qui estum dei sustinunt, his utique sorte serviant, minimo forsann salario contenti, puris nominibus nuncupati, humiles, obscuri, mollique digniores licet, egentes, inhumanati vitam privam privatum agant, teniique seculi sacerdoti, vel in collegiis suis in aeternum incorrorti, inglori delectant.

Sed nolit diutius hanc movere sentinam, hinc ille lachryma, lugubris nusarum habitus, *hinc epsa religio (quod cum Secello dicas) in ludibrium et contemptum adducitur, abjectum sacerdotiam atque hac ubi sunt, ausim dicere, et puti duma *putidi dicterium de clero usurpare) pudibum vulgus, inops, rude, soridium, melancholicum, miserum, despicabile, contemnendum.*

* As for ourselves (for neither are we free from this fault) the same guilt, the same crime, may be objected against us: for it is through our fault, negligence, and error that so many and such shameful corruptions occur in the church (both the temple and the Deity are offered for sale), that many and many of a godly and holy mind have been introduced, such impility committed, such wickedness, such a mad gulf of wretchedness and irregularity—these I say arise from all our faults, but more particularly from ours of the University. We are the nursery in which the weeds are grown, and which evil I mentioned above, and which so many are enslaved to, and are suffering from every opprobrium and suffering, since we do not afterwards encounter them according to our strength. For what better can we expect when so many poor, beggarly fellows, men of every order, are ready and without excuse, admitted to the Degrees? Who, if they can only commit to memory a few definitions and divisions, and pass the customary period in the study of logic, will, whatever sort they prove to be, idiots, triflers, idlers, gamblers, scots, sensualists, are anxious about one thing only, viz., that out of their various callings they may promote their own interest, and advantage, and convert the public loss into their private gains. For our annual officers wish this only, that those who commence, whether they are taught or untutted is of no moment, shall be sleek, fat, pigeons, worth the plucking. The Philosophicks are admitted into degrees in Aesthetics, because they have no acquaintance with them. And they are desired to be wise men, because they are endowed with no wisdom, and bring no qualification for a degree, except the wish to have it. The Theologicals (only let them pay) thrice learned, are promoted to every academic honour. Hence it is that so many vile buffoons, so many idiots everywhere, placed in the brightest offices, the more gaudy and worthless of the scholars are in the market places, fragants, barbels, mushrooms, dolts, asses, a growling herd, with unwashed feet, break into the sacred precincts of theology, bringing nothing along with them but an impudent front, some vulgar trifles and foolish scholastic technicalities, unworthy of respect even at the crossing of the highways. This is the unworthy, vulgar, voluptuous, saucy and opprobrious Muses (the Hymns to the august altar arem), that basely prostitute divine literature; these are they who fill the pulpits, creep into the palaces of our nobility after all other prospects of existence fail them, owing to their imbecility of body and mind, and their being incapable of sustaining any other parts of the commonwealth; to this sacred refuge they fly, undertaking the office of the ministry, not from sincerity, but as St. Paul says, huckstering the word of God. Let not any one suppose that it is here intended to detract from those many exemplary men of which the Church of England may boast, learned, eminent, and of spotless fame, for they are more numerous is than that in any other church of Europe, nor from those most learned universities which constantly send forth men endowed with every form of virtue. And the severities which would produce a still greater number of illustrious scholars hereafter if sodidness did not obscure the splendid light, corruption intercept, and certain truckling harpies and beggars envy them their usefulness. Nor can any one be so blind as not to perceive this—any so stupid as not to understand it—any so senseless as not to know how sacred Theology has been prostituted by those notorious Idiots, and the celestial Muse treated with the same disrespect by them, and shameless souls (says Luther) for the sake of gain, like flies to a milk-pail, crowd round the tables of the nobility in expectation of a church living, any office, or honour, and flock into any public hall or city ready to accept of any employment that may offer.

*A thing of wood and wires by other played.*

Following the past as the parrot, they stutter out any thing in hopes of reward: obsequious parasites, says Erasmus, adore the feet to their countrymen, and are more desirous of pleasing the people but to improve their own fortunes. They subscribe to any opinions and decisions contrary to the word of God, that they may not offend their patron but retain the favour of the great, the applause of the multitude, and thereby acquire riches for themselves; for they approach Theology, not that they may perform a sacred duty, but to make the people promote the interest of the church, but to pilage it, seeking, as Paul says, not the things which are of Jesus Christ, but what may be their own: not the treasure of their Lord, but the enfranchisement of themselves and their followers. Nor does this evil belong to those of humbler birth and fortunes only, it possesses the middle and higher ranks, bishops excepted.

*Gross, trifling, tell the efficacy of the said natural and manly men, admirable in all other respects: these find a salvo for simony; and, striking against this rock of corruption, do not shear but day the flock; and, wherever they teem, plunder, exhaust, raze, making shipwreck of their reputation, if not of their souls also. Hence it appears that this malady did not flow*
from the humblest to the highest classes, but nice need, so that the maxim is true although spoken in] st—

"he bought first, therefore has the best right to sell." For a Simonia, (that I may use the phraseology of Leo) has not received a favour: since he has not received one he does not possess one; and since he does not possess one he cannot confer one. So far indeed are some of those who are placed at the helm from promoting others, that they completely obstruct them, from a consciousness of the means by which themselves obtained the honour. For he who imagines that they emerged from their obscurity through their learning is deceived; indeed, whoever supposes promotion to be the reward of genius, erudition, experience, probity, piety, and poetry (which formerly was the case, but now-a-days is only promised) is evidently deranged. How or when this mundane commenced, I shall not further inquire; but from those beginnings, this accumulation of vices, all her calamities and miseries have been brought upon the Church; hence such frequent acts of simony, complaints, fraud, impostures—from this one fountain spring all its conspicuous iniquities. I shall not press the question of ambition and courtly flattery, lest they may be charged about luxury, base examples of life, which offend the honest, wanton drinking parties, &c. Yet, hence is that academic squallor, the mass now look sad, since every low fellow ignorant of the arts, by those very arts rises, is promoted, and grows rich, distinguished by ambitious titles, and pulped up by his numerous honours: he just shows himself to the vulgar, and by his stately carriage displays a species of majesty, a remarkable sollicitude, letting down a flowing beard, decked in a brilliant toga resplendent with purple, and respected also on account of the splendour of his household and number of his servants. There are certain statues placed in sacred edifices that seem to sink under their load, and almost to perspire, when in reality they are void of sensation, and do not contribute to the stony stability, so these stones would wish to look like Atlases, when they are no better than statues of stone, insignificant stubs, fagades, dots, little different from stone. Meanwhile really learned men, endowed with all that can adorn a holy life, men who have endured the heat of mid-day, by some unjust lot obey these dizzards, content probably with a miserable salary, known by honest apppellations, humble, obscure, although eminently worthy, needy, leading a private life without honour, buried alive in some poor hermitage, or incarcerated for ever in their collegiate chambers, lying, hid ingloriously. But I am unwilling to stir this sink any longer or any deeper; hence those tears, this melancholy habit of the races; hence (that I may speak with Secellius) is it that religion is brought into dispute and contempt, and the priesthood object; (and since this is so, I must speak out and use the filthy vulgarity of the filthy) a fastid crowd, poor, sordid, melancholy, miserable, depreciable, contemptible.

MEMB. IV.

SUBJECT. I.—Non-necessary, remote, outward, adventitious, or accidental causes: as first from the Nurse.

Of those remote, outward, ambient, necessary causes, I have sufficiently discoursed in the precedent member, the non-necessary follow; of which, saith Fuchsius, no art can be made, by reason of their uncertainty, casualty, and multitude; so called “not necessary” because according to FERNELIUS, “they may be avoided, and used without necessity.” Many of these accidental causes, which I shall entail of here, might have well been reduced to the former, because they cannot be avoided, but fatally happen to us, though accidentally, and unforeseeable, at some time or other: the rest are contingent and inevitable, and more properly inserted in this rank of causes. To reckon up all is a thing impossible; of some therefore most remarkable of these contingent causes which produce melancholy, I will briefly speak and in their order.

From a child’s nativity, the first ill accident that can likely befal him in this kind is a bad nurse, by whose means alone he may be tainted with this malady from his cradle, Aulus Gellius 12. c. 1. brings in Phavorinus, that eloquent philosopher, proving this at large, “that there is the same virtue and property in the milk as in the seed, and not in men alone, but in all other creatures; he gives instance in a kid and lamb, if either of them suck of the other’s milk the lamb of the goat’s, or the kid of the ewe’s, the wool of the one will he hard, and the hair of the other soft.” Giraldus Cambrensis Itinerarium. Cambriae, l. 1. c. 2. confirms this by a notable example which happened in his time. A sow-pig by chance sucked a brach, and when she was grown, “would miraculously hunt all manner of deer, and that as well, or rather better, than any ordinary hound.” His conclusion is, “that men and beasts participate of her nature and conditions by the property of their milk are fed.” Phavorinus urges it farther, and demonstrates it more evidently, that if a nurse be “misshapen, unchaste,
dishonest, impudent, "cruel, or the like, the child that sucks upon her breast will be so too;" all other affections of the mind and diseases are almost ingrafted, as it were, and imprinted into the temperature of the infant, by the nurse's milk; as pox, leprosy, melancholy, &c. Cato for some such reason would make his servants' children suck upon his wife's breast, because by that means they would love him and his the better, and in all likelihood agree with them. A more evident example that the minds are altered by milk cannot be given, than that of Dion, which he relates of Caligula's cruelty; it could neither be imputed to father nor mother, but to his cruel nurse alone, that anointed her paps with blood still when he sucked, which made him such a murderer, and to express her cruelty to a hair: and that of Tiberius, who was a common drunkard, because his nurse was such a one. *Et si delirar fuerit ('one observes) infantulum delirium faciet, if she be a fool or dolt, the child she nurseth will take after her, or otherwise be misaffected;* which Franciscus Barbarus, l. 2. c. ult. de re uxorid, proves at full, and Ant. Guivarra, *lib. 2. de Marco Aurelio:* the child will surely participate. For bodily sickness there is no doubt to be made. Titus, Vespasian's son, was therefore sickly, because the nurse was so, Lampridius. And if we may believe physicians, many times children catch the pox from a bad nurse, Botaldis, *cap. 61. de hæc vener.* Besides evil attendance, negligence, and many gross inconveniences, which are incident to nurses, much danger may so come to the child. *For these causes Aristotle, Polit. lib. 7. c. 17. Phavorinus and Marcus Aurelius would not have a child put to nurse at all, but every mother to bring up her own, of what condition soever she be; for a sound and able mother to put out her child to nurse, is natura intemperies, so *Guatso calls it, 'tis fit therefore she should be nurse herself;* the mother will be more careful, loving, and attendant, than any servile woman, or such hired creatures; this all the world acknowledgeth, convenientissimum est (as Rod. à Castro de nat. mulierum, lib. 4. c. 12. in many words confessedeth) matrem ipsam lactare infantem, "It is most fit that the mother should suckle her own infant"—who denies that it should be so?—and which some women most curiously observe; amongst the rest, *that queen of France, a Spaniard by birth, that was so precise and zealous in this behalf, that when in her absence a strange nurse had suckled her child, she was never quiet till she had made the infant vomit it up again. But she was too jealous. If it be so, as many times it is, they must be put forth, the mother be not fit or well able to be a nurse, I would then advise such mothers, as *Plutarch doth in his book de liberis educandis, and *S. Hierom, li. 2. epist. 27. Libæ de institut. fil. Magninuus part. 2. Reg. sanit. cap. 7. and the said Rodericus, that they make choice of a sound woman, of a good complexion, honest, free from bodily diseases, if it be possible, all passions and perturbations of the mind, as sorrow, fear, grief, folly, melancholy. For such passions corrupt the milk, and alter the temperature of the child, which now being *Udium et molle lutum, "a moist and soft clay" is easily seasoned and perverted. And if such a nurse may be found out, that will be diligent and careful withal, let Phavorinus and M. Aurelius plead how they can against it, I had rather accept of her in some cases than the mother herself; and which Bonacius the physician, Nic. Bessius the politician, lib. 4. de repub. cap. 8. approves, "†Some nurses are much to be preferred to some mothers." For why may not the mother be naught, a peevish drunken flirt, a waspish choleric slut, a crazed piece, a fool (as many mothers are), unsound, as soon as the nurse? There is more choice of nurses

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*Hircanæque admórunt ubera Tigres, Virg.*  *Lib. 2. de Casaribus.*

*Beda, c. 27. 1. 1. Eccles. hist.*

*Ne insipio lacis alimento desquæræ corpus, et animus corrupatur.*  *Lib. 3. de civ. convers.*


†Nutrices interdum matribus sunt meliores.
than mothers; and therefore except the mother be most virtuous, staid, a woman of excellent good parts, and of a sound complexion, I would have all children in such cases committed to discreet strangers. And 'tis the only way; as by marriage they are ingrafted to other families to alter the breed, or if any thing be amiss in the mother, as Ludovicus Mercatus contends, Tom. 2. lib. de morb. hæred. to prevent diseases and future maladies, to correct and qualify the child's ill-disposed temperature, which he had from his parents. This is an excellent remedy, if good choice be made of such a nurse.

SUBSECT. II.—Education a Cause of Melancholy.

EDUCATION, of these accidental causes of Melancholy, may justly challenge the next place, for if a man escape a bad nurse, he may be undone by evil bringing up. *Jason Pratensis puts this of education for a principal cause; bad parents, step-mothers, tutors, masters, teachers, too rigorous, too severe, too remiss or indulgent on the other side, are often fountains and fartherers of this disease. Parents and such as have the tuition and oversight of children, offend many times in that they are too stern, always threatening, chiding, brawling, whipping, or striking; by means of which their poor children are so disheartened and cowed, that they never after have any courage, a merry hour in their lives, or take pleasure in any thing. There is a great moderation to be had in such things, as matters of so great moment to the making or marr'g of a child. Some fright their children with beggars, bugbears, and hobgoblins, if they cry, or be otherwise unruly: but they are much to blame in it, many times, saith Lavater, de spectris, part 1. cap. 5. ex metu in morbos graves incidunt et noctu dormientes ciamant, for fear they fall into many diseases, and cry out in their sleep, and are much the worse for it all their lives: these things ought not at all, or to be sparingly done, and upon just occasion. Tyrannical, impatient, hare-brained schoolmasters, aridi magistri, so * Fabius terms them Ajaces flagelliferi, are in this kind as bad as hangmen and executioners, they make many children endure a martyrdom all the while they are at school, with bad diet, if they board in their houses, too much severity and ill-usage, they quite pervert their temperature of body and mind: still chiding, railing, frowning, lashing, tasking, keeping, that they are fracti animis, moped many times weary of their lives, † nimia severitate deficiunt et desperant, and think no slavery in the world (as once I did myself) like to that of a grammar scholar. *Præceptorum inæstiis discourantur ingenias puororum, * saith Erasmus, they tremble at his voice, looks, coming in. St. Austin, in the first book of his confess. et 4. ca. calls this schooling meticulosam necessitatem, and else where a martyrdom, and confesseth of himself, how cruelly he was tortured in mind for learning Greek, nulla verba noveram, et saxis terroribus et panicis, ut nössem, instabatur mihi vehementer, I knew nothing, and with cruel terrors and punishment I was daily compelled. † Beza complains in like case of a rigorous schoolmaster in Paris, that made him by his continual thunder and threats once in a mind to drown himself, had he not met by the way with an uncle of his that vindicated him from that misery for the time, by taking him to his house. Trincavellius, lib. 1. consil. 16. had a patient nineteen years of age, extremely melancholy, ob nimium studium, Tarviiit et præceptoris minas, by reason of overmuch study, and his ‡tutor's threats. Many masters are hard-hearted, and bitter to their servants, and by that means do so deject, with terrible speeches and hard usage so crucify them, that they become desperate, and can never be recalled.

* Lib. de morbis capitis, cap. de mania; Hand postrema causa supputatur educatio, inter has mentis atalationis causas. Injusta noverca. tecriis its timent nihil conanter. 
† Prafat. ad Testam. præceptoris mis sapientia instillavit.
‡ Lib. 2. cap. 4. † Iadem. Et quid maximö nocet, dum in master. 
*Puis mentis pedagogie supercilio aboluti, quam unquam
Others again, in that opposite extreme, do as great harm by their too much remissness, they give them no bringing up, no calling to busy themselves about, or to live in, teach them no trade, or set them in any good course; by means of which their servants, children, scholars, are carried away with that stream of drunkenness, idleness, gaming, and many such irregular courses, that in the end they rue it, curse their parents, and mischief themselves. Too much indulgence causeth the like, "inepta patris lenitas et facilitas prava, when as Mitio-like, with too much liberty and too great allowance, they feed their children's humours, let them revel, wrench, riot, swagger, and do what they will themselves, and then punish them with noise of musicians;"  

But as Demeo told him, "tu illum corrumpi sinis, your lenity will be his undoing, providere videor] jam diem illum, whom hic egens profugit aliquo militatum, I foresee his ruin. So parents often err, many fond mothers especially, dote so much upon their children, like 'Aesop's ape, till in the end they crush them to death, Corporum nutrices animarum noverces, pampering up their bodies to the undoing of their souls; they will not let them be "corrected or controlled, but still soothed up in every thing they do, that in conclusion "they bring sorrow, shame, heaviness to their parents, (Eclesius. cap. xxx. 8, 9.) become wanton, stubborn, wilful, and disobedient; rude, untaught, headstrong, incorrigible, and graceless;" "they love them so foolishly," saith "Cardan," "that they rather seem to hate them, bringing them not up to virtue but injury, not to learning but to riot, not to sober life and conversation, but to all pleasure and licentious behaviour." Who is he of so little experience that knows not this of Fabius to be true? "Education is another nature, altering the mind and will, and I would to God (saith he) we ourselves did not spoil our children's manners, by our overmuch cockering and nice education, and weaken the strength of their bodies and minds, that causeth custom, custom nature," &c. For these causes Plutarch in his book de lib. educ. and Hierom, epist. lib. 1. epist. 17. to Lacta de institut. filia, gives a most especial charge to all parents, and many good cautions about bringing up of children, that they be not committed to indiscreet, passionate, bedlam tutors, light, giddy-headed, or covetous persons, and spare for no cost, that they may be well nurtured and taught, it being a matter of so great consequence. For such parents as do otherwise, Plutarch esteems of them "that are more careful of their shoes than of their feet," that rate their wealth above their children. And he, saith "Cardan," "that leaves his son to a covetous schoolmaster to be informed, or to a close Abbey to fast and learn wisdom together, doth no other, than that he be a learned fool, or a sickly wise man."  

SUBSECT. III.—Terrors and Affrights, Causes of Melancholy.  

Tully, in the fourth of his Tusculans, distinguishes these terrors which arise from the apprehension of some terrible object heard or seen, from other  

**Obset vir, potet, oleat unguenta de meo;**  
**Amat? daritur à me argentum ubi eurit commodum.**  
**Pores effregit? restituentur: desedit**  
**Vestum? restituet.—Faciat quod ubi,**  
**Sumas, consumas, deset, decretatum est patri."**  

*Ter. Adelph. 3. 4. *  
*Idem. Act. 1. cc. 2. *  
"Let him feast, drink, perfume himself at my expense: If he be in love, I shall supply him with money. Has he broken in the gates? they shall be repaired. Has he torn his garments? they shall be replaced. Let him do what he pleases, take, spend, waste. I am resolved to submit.  
"Senec. de inim. 77. cent. A hath elegantly expressed it an emblem, perdit a nume, &c.  
*Prov. xlii. 24. *  
"He that spareth the rod hateth his son."  
*Lib. 2. de consol. Tam studiis pueros diligimus ut odiosus vitamur, illos non ad virtutem sed ad iniquam, nos non ad eruditionem sed ad luxum, non ad virtutem sed voluntatem educantes.  
*Lib. 1. c. 5. EDUCAT. altera natura, aliter animos et voluntatem, atque utinam (inquit) liberorum nostrorum movere non ipsi perderemus, quam infantiis statim delicissimis solvimus: mollior ista educatio, quam indulgentiam vocamus, naves omnes, et mentis et corporis frangit; ne ex his constretudo, vide natura.  
*Pernae agit et as quis de calceo sit solius, pedem nihil curat. Juven. Nil patri minus est quam filius.  
*Lib. 3. de sapient: quicer avaris pedagogos pueros alendas dant, vel clavibus in canthibus fere quam si et sapere, nihil alioe agant, nisi ut sihi vel non sine stultitia erudiri, vel non integra vita sapienti.*
fears, and so doth Patritius, lib. 5. Tit. 4. de regis institut. Of all fears they are most pernicious and violent, and so suddenly alter the whole temperature of the body, move the soul and spirits, strike such a deep impression, that the parties can never be recovered, causing more grievous and fiercer melancholy, as Felix Plater, c. 3. dementis alienat. *speaks out of his experience, than any inward cause whatsoever: and imprints itself so forcibly in the spirits, brain, humours, that if all the mass of blood were let out of the body, it could hardly be extracted. This horrible kind of melancholy (for so he terms it) had been often brought before him, and troubles and affrights commonly men and women, young and old of all sorts. *Hercules de Saxonia calls this kind of melancholy (ab agitatione spirituum) by a peculiar name, it comes from the agitation, motion, contraction, dilatation of spirits, not from any distemper of humours, and produceth strong effects. This terror is most usually caused, as *Plutarch will have, "from some imminent danger, when a terrible object is at hand," heard, seen, or conceived, "truly appearing, or in a dream:" and many times the more sudden the accident, it is the more violent.

"Stat terror animis, et cor attonitum saltis, Pavidumque trepidis palpitat venis febris." | "Their souls affright, their heart amazed quakes, The trembling liver pants with veins, and aches."

Arthemedorus the grammarian lost his wits by the unexpected sight of a crocodile, Laurentius, 7. de melan. *The massacre at Lyons, 1572, in the reign of Charles IX., was so terrible and fearful, that many ran mad, some died, great-bellied women were brought to bed before their time, generally all affrighted aghast. Many lose their wits "by the sudden sight of some spectrum or devil, a thing very common in all ages, saith Lavater, part 1. cap. 9. as Orestes did at the sight of the Furies, which appeared to him in black (as Pausanias records). The Greeks call them μαλακολία, which so terrify their souls, or if they be but affrighted by some counterfeit devils in jest, "In tenebris mutant ---"

as children in the dark conceive hobgoblins, and are so afraid, they are the worse for it all their lives. Some by sudden fires, earthquakes, inundations, or any such dismal objects: Themiston the physician fell into a hydrophobia, by seeing one sick of that disease: (Dioscorides, l. 6. c. 33.) or by the sight of a monster, a carcase, they are disquieted many months following, and cannot endure the room where a corpse hath been, for a world would not be alone with a dead man, or lie in that bed many years after in which a man hath died. At *Basil many little children in the spring time went to gather flowers in a meadow at the town's end, where a malefactor hung in gibbets; all gazing at it, one by chance flung a stone, and made it stir, by which accident, the children affrighted ran away; one slower than the rest, looking back, and seeing the stirred carcase wag towards her, cried out it came after, and was so terribly affrighted, that for many days she could not rest, eat, or sleep, she could not be pacified, but melancholy, died. *In the same town another child, beyond the Rhine, saw a grave opened, and upon the sight of a carcase, was so troubled in mind that she could not be comforted, but a little after departed, and
was buried up. Platerus, observat. l. 1, a gentlewoman of the same city saw a fat hog cut up, when the entrails were opened, and a noisome savour offended her nose, she much disliked, and would not longer abide: a physician in presence told her, as that hog, so was she, full of filthy excrements, and aggraved the matter by some other loathsome instances, insomuch this nice gentlewoman apprehended it so deeply, that she fell forthwith a-vomiting, was so mightily distempered in mind and body, that with all his art and persuasions, for some months after, he could not restore her to herself again, she could not forget it, or remove the object out of her sight, Idem. Many cannot endure to see a wound opened, but they are offended; a man executed, or labour of any fearful disease, as possession, apoplexies, one bewitched; 1 or if they read by chance of some terrible thing, the symptoms alone of such a disease, or that which they dislike, they are instantly troubled in mind, aghast, ready to apply it to themselves, they are as much disquieted as if they had seen it, or were so affected themselves. Hecatus sibi videntur somniare, they dream and continually think of it. As lamentable effects are caused by such terrible objects heard, read, or seen, auditus maximos motus in corpore facit, as * Plutarch holds, no sense makes greater alteration of body and mind: sudden speech sometimes, unexpected news, be they good or bad, prævia minus oratio, will move as much, animum obrure, et de sede suæ dejicere, as a * philosopher observes, will take away our sleep and appetite, disturb and quite overturn us. Let them bear witness that have heard those tragical alarms, outeries, hideous noises, which are many times suddenly heard in the dead of the night by irruption of enemies and accidental fires, &c., those 1 panic fears, which often drive men out of their wits, bereave them of sense, understanding and all, some for a time, some for their whole lives, they never recover it. The * Midianites were so affrighted by Gideon’s soldiers, they breaking but every one a pitcher; and * Hannibal’s army by such a panic fear was discomfited at the walls of Rome. Augusta Livia hearing a few tragical verses recited out of Virgil, Tu Marcellus eris, &c., fell down dead in a swoon. Edinus king of Denmark, by a sudden sound which he heard, “* was turned into fury with all his men,” Cranzius, l. 5, Dan. hist. et Alexander ab Alexandre l. 3. c. 5. Amatus Lusitanus had a patient, that by reason of bad tindings became epilepticus, cen. 2. cura 90, Cardan subtil. l. 18, saw one that lost his wits by mistaking of an echo. If one sense alone can cause such violent commotions of the mind, what may we think when hearing, sight, and those other senses are all troubled at once? as by some earthquakes, thunder, lightning, tempests, &c. At Bologna in Italy, Anno 1504, there was such a fearful earthquake about eleven o’clock in the night (as * Beroaldus, in his book de terræ motu, hath commended to posterity) that all the city trembled, the people thought the world was at an end, actum de mortalibus, such a fearful noise, it made such a detestable smell, the inhabitants were infinitely affrighted, and some ran mad. Audirem atrocem, et annalibus memorandam (mine author adds), hear a strange story, and worthy to be chronicled: I had a servant at the same time called Fulco Argelanus, a bold and proper man, so grievously terrified with it, that he 1 was first melancholy, after doted, at last mad, and made away himself. At * Fuscimum in Japona “there was such an earthquake, and darkness on a sudden, that many men were offended with headache, many overwhelmed with sorrow and melancholy. At Meacum whole streets and goodly palaces were overturned at the

1 Subitus occurrunt. inopina leetio. 2 Lib. de auditione. 3 Theol. Prodrumos, lib. 7. Amorum. 4 Effuso corruen fugientes argmine turmart. Quis me neque infat cornum Fannus sit. Alciat. embf. 122. 5 Jud. 15. 9. 6 Plutarchus vita ejus. 7 In furorern cum sociis versus. 8 Subitarius terræ motus, a Coept. Inde desereo cum dispandent sanitatis, inde aede dementans, ut sibi Ipsam mortem inferret. 9 Historiae relatio de rebus Japonicis Tract. 2. de legat. regis Chinesiae, a Lodovico Frois, Jesuita. A. 1596. Fuscini de repente tanta aeris caligo et terræ motus, ut multi capita dolorent, plurimis cor morore et melancholiae obruerentur. Tantum fremitum edebat, ut tonsuro fragorem imitari videretur, tantamque, &c. In urbe Sacat tam horribiles fuit, ut homines vix sui comperes essent & sensibus abalennnt, morore oppressi tarn horrendo spectaculo, &c.
same time, and there was such a hideous noise withal, like thunder, and filthy smell, that their hair stared for fear, and their hearts quaked, men and beasts were incredibly terrified. In Sacai, another city, the same earthquake was so terrible unto them, that many were bereft of their senses; and others by that horrible spectacle so much amazed, that they knew not what they did.” Blasis, a Christian, the reporter of the news, was so affrighted for his part, that though it were two months after, he was scarce his own man, neither could he drive the remembrance of it out of his mind. Many time, some years following, they will tremble afresh at the *remembrance or conceit of such a terrible object, even all their lives long, if mention be made of it. Cornelius Agrippa relates out of Gulielmus Parisiensis, a story of one, that after a distasteful purge which a physician had prescribed unto him, was so much moved, “that at the very sight of physic he would be distempered,” though he never so much as smelled to it, the box of physic long after would give him a purge; nay, the very remembrance of it did effect it; “*like travellers and seamen,” said Plutarch, “that when they have been sanded, or dashed on a rock, for ever after fear not that mischance only, but all such dangers whatsoever.”

SUBSECT. IV.—Scoffs, Calumnies, bitter Jests, how they cause Melancholy.

It is an old saying, “*A blow with a word strikes deeper than a blow with a sword;*” and many men are as much galled with a calumny, a sourrils and bitter jest, a libel, a pasquil, satire, apologue, epigram, stage-play or the like, as with any misfortune whatsoever. Princes and potentates that are otherwise happy, and have all at command, secure and free, *quibus potentia scleris impunitatem fecit,* are grievously vexed with these pasquilling libels, and satires: they fear a railing *Aretine, more than an enemy in the field, which made most princes of his time (as some relate) “*allow him a liberal pension, that he should not tax them in his satires.”* The gods had their Momus, Homer his Zeilus, Achilles his Thersites, Philip his Demades: the Cezars themselves in Rome were commonly taunted. There was never wanting a Petronius, a Lucian in those times, nor will be a Rabelais, an Euphormio, a Boccacius in ours. Adrian the sixth pope *was so highly offended, and grievously vexed with Pasquilers at Rome, he gave command that his statue should be demolished and burned, the ashes flung into the river Tiber, and had done it forthwith, had not Lodovicus Suessanus, a facetie companion, dissuaded him to the contrary, by telling him, that Pasquil’s ashes would turn to frogs in the bottom of the river, and croak worse and louder than before,—*genus iritabilis vatum,* and therefore *Socrates in Plato adviseth all his friends, “*that respect their credits, to stand in awe of poets, for they are terrible fellows, can praise and dispraise as they see cause.”* Hinc quum sit calamus saevior ense, palet. The prophet David complains, Psalm cxxix. 4, “that his soul was full of the mocking of the wealthy, and of the despietfulness of the proud,” and Psalm lv. 4, “for the voice of the wicked, &c., and their hate: his heart trembled within him, and the terrors of death came upon him; fear and horrible fear,” &c., and Psalm lxix. 20, “Rebuke hath broken my heart, and I am full of heaviness.” Who hath not like cause to complain, and is not so troubled, that shall fall into the mouths of such men? for many are of so

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*Quum subit illius tristissima notitia Imago.* " Qui solo specto medicus meosubatur ad purgandum.*


*Plato, lib. 18. de legibus.* Qui existimationem curant, poetas vorantur, quia magnam vim habent ad landandum et vituperandum.

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Friends, neuters, enemies, all are as one, to make a fool a madman, is their sport, and they have no greater felicity than to scoff and deride others; they must sacrifice to the god of laughter, with them in Apuleius, once a day, or else they shall be melancholy themselves; they care not how they grind and misuse others, so they may exhilarate their own persons. Their wits indeed serve them to that sole purpose, to make sport, to break a sourrile jest, which is levissimus ingenii fructus, the froth of wit, as Tully holds, and for this they are often applauded, in all other discourse, dry, barren, stramineous, dull and heavy, here lies their genius, in this they alone excel, please themselves and others. Leo Decimus, that scoffing pope, as Jovius hath registered in the Fourth book of his life, took an extraordinary delight in humouring of silly fellows, and to put gulleries upon them, by commending some, persuading others to this or that; he made ex stolidis stultissimos, et maximè ridiculos, ex stultis insanos; soft fellows, stark noddies; and such as were foolish, quite mad before he left them. One memorable example he recites there, of Tarascomus of Parma, a musician that was so humoured by Leo Decimus, and Bibiena his second in this business, that he thought himself to be a man of most excellent skill (who was indeed a minny), they made him set foolish songs, and invent new ridiculous precepts, which they did highly commend, as to tie his arm that played on the lute, to make him strike a sweeter stroke, and to pull down the Arras hangings, because the voice would be clearer, by reason of the reverberation of the wall. In the like manner they persuaded one Baraballicus of Caieta, that he was as good a poet as Petrarch; would have him to be made a laureate poet, and invite all his friends to his instalment; and had so possessed the poor man with a conceit of his excellent poetry, that when some of his more discreet friends told him of his folly, he was very angry with them, and said “they envied his honour, and prosperity”; it was strange (saith Jovius) to see an old man of 60 years, a venerable and grave old man, so gull'd. But what cannot such scoffers do, especially if they find a soft creature, on whom they may work? nay, to say truth, who is so wise, or so discreet, that may not be humour'd in this kind, especially if some excellent wits shall set upon him; that he that mads others, if he were so humour'd, would be as mad himself, as much grieved and tormented; he might cry with him in the comedy, Prok. Jupiter, tu homo me adigos ad insaniam. For all is in these things as they are taken; if he be a silly soul, and do not perceive it, 'tis well, he may haply make others sport, and be no whit troubled himself; but if he be apprehensive of his folly, and take it to heart, then it torments him worse than any lash: a bitter jest, a slander, a calumny, pireceth deeper than any loss, danger, bodily pain, or injury whatsoever; leviter anim volat (it flies swiftly), as Bernard of an arrow, sed graviter vulnerat (but wounds deeply), especially if it shall proceed from a virulent tongue, it cuts (saith David) like a two-edged sword. They

shoot bitter words as arrows,” Psalm lxiv. 3. “And they smote with their tongues,” Jer. xviii. 18. and that so hard, that they leave an incurable wound behind them. Many men are undone by this means, moped, and so dejected, that they are never to be recovered; and of all other men living, those which are actually melancholy, or inclined to it, are most sensible (as being suspicious, choleric, apt to mistake) and impatient of an injury in that kind: they aggravate, and so meditate continually of it, that it is a perpetual corrosive, not to be removed till time wear it out. Although they peradventure that so scoff, do it alone in mirth and merriment, and hold it optimum alienä frui insanid, an excellent thing to enjoy another man’s madness; yet they must know, that it is a mortal sin (as “Thomas holds), and as the prophetus David denounced, “they that use it, shall never dwell in God’s tabernacle.”

Such scurrilous jests, flouts, and sarcasms, therefore, ought not at all to be used; especially to our betters, to those that are in misery, or any way distressed: for to such, arummarum incrementa sunt, they multiply grief, and as he perceived, In multis pudor, in multis iracundia, &c., many are ashamed, many vexed, angered, and there is no greater cause or furtherer of melancholy. Martin Cromerus, in the Sixth book of his history, hath a pretty story to this purpose, of Uladislaus, the second king of Poland, and Peter Dunnius, earl of Shrine; they had been hunting late, and were enforced to lodge in a poor cottage. When they went to bed, Uladislaus told the earl in jest, that his wife lay softer with the abbot of Shrine; he not able to contain, replied, Et tua cum Dabessó, and yours with Dabessus, a gallant young gentleman in the court, whom Christina the queen loved. Tetigit id dictum Princæs animam, these words of his so galled the prince, that he was long after tristis et cogitationans, very sad and melancholy for many months; but they were the earl’s utter undoing: for when Christina heard of it, she persecuted him to death. Sophia the empress, Justinian’s wife, broke a bitter jest upon Narsæs the eunuch, a famous captain then disquieted for an overthrow which he lately had; that he was fitter for a distaff and to keep women company, than to wield a sword, or to be general of an army: but it cost her dear, for he so far distasted it, that he went forthwith to the adverse part, much troubled in his thoughts, caused the Lombards to rebel, and thence procured many miseries to the commonwealth. Tiberius the emperor withheld a legacy from the people of Rome, which his predecessor Augustus had lately given, and receiving a fellow round a dead corse in the ear, would needs know wherefore he did so; the fellow replied, that he wished the departed soul to signify to Augustus, the commons of Rome were yet unpaid: for this bitter jest the emperor caused him forthwith to be slain, and carry the news himself. For this reason, all those that otherwise approve of jests in some cases, and factæe companions, (as who doth not?) let them laugh and be merry, rumpantur et illa Codro, ‘tis laudable and fit, those yet will by no means admit them in their companies, that are any way inclined to this malady; non fecandum cum iis qui miseri sunt, et arummaros, no jesting with a discontented person, ‘Tis Castilio’s caveat, Jo. Pontanus, and Galateus, and every good man’s.

“Play with me, but hurt me not:
Jest with me, but shame me not.”

Comitas is a virtue between rusticity and scurrility, two extremes, as affability is between flattery and contention, it must not exceed; but be still accompanied with that “adhaesus or innocency, quæ nemiini nocet, omnem injuria olationem abhorrenses, hurts no man, abhors all offer of injury. Though a man be liable to such a jest or obloquy, have been overween, or committed a foul
fact, yet it is no good manners or humanity to upbraid, to hit him in the teeth with his offence, or to scoff at such a one; "tis an old axiom, turpis in rerum omnis exprobratio. I speak not of such as generally tax vice, Barclay, Gentilis, Erasmus, Agrippa, Fishcartus, &c., the Varronists and Lucians of our time, satirists, epigrammatists, comedians, apologists, &c., but such as personate, rail, scoff, calumniate, perstringe by name, or in presence offend; "

Ludit qui solida proconsulat, Non est Sebasta ille sed caballus;"

"Tis horse-play this, and those jests (as he 'saith) "are no better than injuries," biting jests, mordentes et aculeati, they are poisoned jests, leave a sting behind them, and ought not to be used.

"Set not thy foot to make the blind to fall; Nor willfully offend thy weaker brother: Nor wound the dead with thy tongue's bitter gall, Neither rejoice thou in the fall of other."

If these rules could be kept, we should have much more ease and quietness than we have, less melancholy; whereas, on the contrary, we study to misuse each other, how to sting and gall, like two fighting boars, bending all our force and wit, friends, fortune, to crucify one another’s souls; by means of which, there is little content and charity, much virulence, hatred, malice, and disquietness among us.

Subsect. V.—Loss of Liberty, Servitude, Imprisonment, how they cause Melancholy.

To this catalogue of causes, I may well annex loss of liberty, servitude, or imprisonment, which to some persons is as great a torture as any of the rest. Though they have all things convenient, sumptuous houses to their use, fair walks and gardens, delicious bowers, galleries, good fare and diet, and all things correspondent, yet they are not content, because they are confined, may not come and go at their pleasure, have and do what they will, but live aliena quadrat, at another man’s table and command. As it is in meats so it is in all other things, places, societies, sports; let them be never so pleasant, commodious, wholesome, so good; yet omnium rerum est satietas, there is a loathing satiety of all things. The children of Israel were tired with manna, it is irksome to them so to live, as to a bird in a cage, or a dog in his kennel, they are weary of it. They are happy, it is true, and have all things, to another man’s judgment, that heart can wish, or that they themselves can desire, bona si sua nörint: yet they loathe it, and are tired with the present: Est natura hominum novitatis avida; men’s nature is still desirous of news, variety, delights; and our wandering affections are so irregular in this kind, that they must change, though it must be to the worst. Bachelors must be married, and married men would be bachelors; they do not love their own wives, though otherwise fair, wise, virtuous, and well qualified, because they are theirs; our present estate is still the worst, we cannot endure one course of life long, et quod modo soeverat, odit, one calling long, esse in honore juvat, max displexit; one place long, * Romanas Tybur amas, ventosus Tybure Romanam, that which we earnestly sought, we now contemn. Hoc quosdam aget ad mortem (saith Seneca) quod proposita sepe mutando in eadem revolventur, et non relinquunt novitati locum: Fastidio capiti esse vitae, et ipsius mundus, et subit illud rapidissimarum deliciarum, Quosque adeam? this alone kills many a man, that they are tied to the same still, as a horse in a mill, a dog in a wheel, *

* "Every reproach uttered against one already condemned, is mean-spirited."  * Mart. lib. 1. epig. 35.
* Tales fidel ab injuria non possint discerni. Galacens fo. 56.
* Pyrrae in his Quadrant 97.
* Ligo injustis misera fatigat et dementia conficat. Tallad. ad Attic. II. 11.
* Mortem est aliena vivere quadra. Juv.
* Crambe hae cocta. Vites me redde priori. *Hor.
* De tranquill. animis.
they run round, without alteration or news, their life groweth odious, the world loathsome, and that which crosseth their furious delights, what? still the same? Marcus Aurelius and Solomon, that had experience of all worldly delights and pleasure, confessed as much of themselves; what they most desired, was tedious at last, and that their lust could never be satisfied, all was vanity and affliction of mind.

Now if it be death itself, another hell, to be glutted with one kind of sport, dieted with one dish, tied to one place; though they have all things otherwise as they can desire, and are in heaven to another man’s opinion, what misery and discontent shall they have, that live in slavery, or in prison itself? Quod triarius morte, in servitutem vivendum, as Hermolaus told Alexander in Curtius, worse than death is bondage: *hoc animo seti omnes fortes ut mortem servituti anteponor, All brave men at arms (Tully holds) are so affected.

*Equidem ego sum qui servitutem extremum omnium malorum esse arbitror: I am he (saith Boterus) that account servitude the extremity of misery. And what calamity do they endure, that live with those hard taskmasters, in gold mines (like those 30,000 Indian slaves at Potosi, in Peru), tin-mines, lead-mines, stone-quarries, coal-pits, like so many mouldwarps under ground, condemned to the galleys, to perpetual drudgery, hunger, thirst, and stripes, without all hope of delivery? How are those women in Turkey affected, that most part of the year come not abroad; those Italian and Spanish dames, that are mewed up like hawks, and locked up by their jealous husbands? how tedious is it to them that live in stoves and caves half a year together? as in Iceland, Muscovy, or under the pole itself, where they have six months’ perpetual night. Nay, what misery and discontent do they endure, that are in prison? They want all those six non-natural things at once, good air, good diet, exercise, company, sleep, rest, ease, &c., that are bound in chains all day long, suffer hunger, and (as Lucian describes it) “must abide that filthy stink, and rattling of chains, howlings, pitiful outcries, that prisoners usually make; these things are not only troublesome, but intolerable.” They lie nastily among toads and frogs in a dark dungeon, in their own dung, in pain of body, in pain of soul, as Joseph did, Psalm cv. 18, “They hurt his feet in the stocks, the iron entered his soul.” They live solitary, alone, sequestered from all company but heart-eating melancholy; and for want of meat, must eat that bread of affliction, prey upon themselves. Well might Arculanus put long imprisonment for a cause, especially to such as have lived jovially, in all sensuality and lust, upon a sudden are estranged and debaraed from all manner of pleasures: as were Huniades, Edward, and Richard II., Valerian the Emperor, Bajazet the Turk. If it be irksome to miss our ordinary companions and repast for once a day, or an hour, what shall it be to lose them for ever? If it be so great a delight to live at liberty, and to enjoy that variety of objects the world affords; what misery and discontent must it needs bring to him, that shall now be cast headlong into that Spanish inquisition, to fall from heaven to hell, to be cuffed up upon a sudden, how shall he be perplexed, what shall become of him? Robert Duke of Normandy being imprisoned by his youngest brother Henry I., ab ilio die inconsolabilis dolore in carcere contabuit, saith Matthew Paris, from that day forward pined away with grief. J. Jugurtha that generous captain, “brought to Rome in triumph, and after imprisoned, through anguish of his soul, and melancholy, died.” Roger, Bishop of Salisbury, the second man from King Stephen, (he that built that famous castle of
Devises in Wiltshire), was so tortured in prison with hunger, and all those calamities accompanying such men, 1ut vivere noluerit, mori nescierit, he would not live, and could not die, between fear of death, and torments of life. Francis, King of France, was taken prisoner by Charles V., ad mortem ferè melancholicus, saith Guicciardini, melancholy almost to death, and that in an instant. But this is as clear as the sun, and needs no further illustration.

SUBSECT. VI.—Poverty and Want, Causes of Melancholy.

Poverty and want are so violent oppugners, so unwelcome guests, so much abhorred of all men, that I may not omit to speak of them apart. Poverty, although (if considered aright, to a wise, understanding, truly regenerate, and contented man) it be donum Dei, a blessed estate, the way to heaven, as Chrysostom calls it, God's gift, the mother of modesty, and much to be preferred before riches (as shall be shown in his place), yet as it is esteemed in the world's censure, it is a most odious calling, vile and base, a severe torture, sumnum seclus, a most intolerable burden; we shun it all, cane pejas et angue (worse than a dog or a snake), we abhor the name of it, * Pauperus fugitur, totoque arcessitur orbe, as being the fountain of all other miseries, cares, woes, labours, and grievances whatsoever. To avoid which, we will take any pains,—extremos currit mercator ad Indos, we will leave no haven, no coast, no creek of the world unsearched, though it be to the hazard of our lives; we will dive to the bottom of the sea, to the bowels of the earth, five, six, seven, eight, nine hundred fathom deep, through all five zones, and both extremes of heat and cold: we will turn parasites and slaves, prostitute ourselves, swear and lie, damn our bodies and souls, forsake God, abjure religion, steal, rob, murder, rather than endure this insufferable yoke of poverty, which doth so tyranny, crucify, and generally depress us.

For look into the world, and you shall see men most part esteemed according to their means, and happy as they are rich: † Ubique tanti quisque quantum habuit fuit. If he be likely to thrive, and in the way of preferment, who but he? In the vulgar opinion, if a man be wealthy, no matter how he gets it, of what parentage, how qualified, how virtuously endowed, or villainously inclined; let him be a bawd, a gripe, an usurer, a villain, a pagan, a barbarian, a wretch, § Lucian's tyrant, "on whom you may look with less security than on the sun;" so that he be rich (and liberal withal) he shall be honoured, admired, adored, reverenced, and highly magnified. "The rich is had in reputation because of his goods," Eccl. x. 31. He shall be befriended: "for riches gather many friends," Prov. xix. 4.—multis numerabit amicos, all happiness ebbs and flows with his money. He shall be accounted a gracious lord, a Mecenas, a benefactor, a wise, discreet, a proper, a valiant, a fortunate man, of a generous spirit, Pullus Jovis, et gallinas filius albos: a hopeful, a good man, a virtuous, honest man. Quaando ego te Junomium puerum et matris partum verè aureum, as Tully said of Octavianus, while he was adopted Caesar, and an heir apparent of so great a monarchy, he was a golden child. All honour, offices, applause, grand titles, and turgent epithets are put upon him, omnes omnia bona dicere; all men's eyes are upon him, God bless his good worship, his honour; *every man speaks well of him, every man presents him, seeks and sue to him for his love, favour and protection, to serve him, k Vies. hidius. 1 Seneca. n Com. ad Hebros. Part. 2. Sect. 2. Memb. 3. Quem ut difficultem morum pueris tradere formidamus. Plut. * Com. ad Hebros. † Lucan. 1. 1. ‡ As in the silver mines at Friburgh in Germany. Fines Morison. § Euripides. ¶ Tom. 4. dial. minore periculo solem quam hunc defexi excus liest Intueri. Omnis eum res, virtus, fames, decus, divina humanaque pulchritudis Divitis parent. Hor. Ser. 1. 2. Sat. 3. Clarus eris, fortis, justus, sapiens, etiam rex. Et quicquid velet. Hor. Et genues, et formam, regina pecunia donas. Money adds spirit, courage, &c. * Epist. ult. ad Atticum. "Our young master, a fine, thoroughly gentleman, God bless him, and hopeful; why? he is heir apparent to the right worshipful, to the right honourable, &c. 0 nonni, nonnum: vobis hunc praestat honorem. Lxiinde sapere eum omnem dicimus, ac quibus fortunam habet. Plaut. Pseud
belong unto him, every man riseth to him, as to Themistocles in the Olympics, if he speak, as of Herod, *Vox Dei, non hominis,* the voice of God, not of man. All the graces, Veneres, pleasures, eleganties, attend him, *golden fortune accompanies and lodgeth with him;* and as to those Roman emperors, is placed in his chamber.

"*Secures naviget ansa,
Fortunamque suo temperet arbitrio:*"

he may sail as he will himself, and temper his estate at his pleasure, jovial days, splendour and magnificence, sweet music, dainty fare, the good things, and fat of the land, fine clothes, rich attires, soft beds, down pillows are at his command, all the world labours for him, thousands of artifices are his slaves to drudge for him, run, ride, and post for him: *Divines (for Pythica Philippisot),* lawyers, physicians, philosophers, scholars are his, wholly devote to his service. Every man seeks his acquaintance, his kindred, to match with him, though he be an oaf, a ninny, a monster, a goosecap, *uxorem ducat Danae,* when and whom he will, *hunc optant generum Rex et Regina—he is an excellent match for my son, my daughter, my niece,* &c. *Quoquid calceavit hic, Rosa siet,* let him go whither he will, trumpets sound, bells ring, &c., all happiness attends him, every man is willing to entertain him, he sups in *Apollo wheresoever he comes;* what preparation is made for his *entertainment!* fish and fowl, spices and perfumes, all that sea and land affords. What cookery, masking, mirth to exhilarate his person!

"*Da Treblo, pone ad Treblum, vis frater ab ills
Ribas!*

What dish will your good worship eat of?

*Et quasi sumus fuerat cultus tibi fundus honoros,
Ante Laren, gustet venerabilior Lare dives.*

What sport will your honour have? hawking, hunting, fishing, fowling, bulls, bears, cards, dice, cocks, players, tumblers, fiddlers, jesters, &c., they are at your good worship’s command. Fair houses, gardens, orchards, terraces, galleries, cabinets, pleasant walks, delightful places, they are at hand: *in aurcis lac, vinum in argenteis, adolescentulae ad nutum speciosae,* wine, wenchses, &c., a Turkish paradise, a heaven upon earth. Though he be a silly soft fellow, and scarce have common sense, yet if he be born to fortunes (as I have said), *jure hereditario sopere jubetur,* he must have honour and office in his course: *Nemo nisi dives honore dignus* (Ambros. offic. 21.) none so worthy as himself: he shall have it, *atque esto quicquid Servius aut Laboe.* Get money enough and command §kingdoms, provinces, armies, hearts, hands, and affections; thou shalt have popes, patriarchs to be thy chaplains and parasites: thou shalt have (Tamerlane-like) kings to draw thy coach, queens to be thy laundresses, emperors thy footstools, build more towns and cities than great Alexander, Babel towers, pyramids and mausolean tombs, &c., command heaven and earth, and tell the world it is thy vassal, *avro emitit diadema, argento caelum panditur, deinorius philosophum conducit, nummatus jus cogit, obolum literatum passit, metalllum sanitatem concitit, aet amicos congregat.* And therefore not without good cause, John de Medicis, that rich Florentine, when he lay upon his death-bed, calling his sons, Cosmo and Laurence, before him, amongst other sober sayings, repeated this, *animo quieta digredior, quod*
vos sanes et divites post me relinquam, "It doth me good to think yet, though I be dying, that I shall leave you, my children, sound and rich:" for wealth sways all. It is not with us, as amongst those Lacedemonian senators of Lycurgus in Plutarch, "He preferred that deserved best, was most virtuous and worthy of the place, "not swiftness, or strength, or wealth, or friends carried it in those days:" but inter optimos optimus, inter temperantes temperantissimus, the most temperate and best. We have no aristocracies but in contemplation, all oligarchies, wherein a few rich men domineer, do what they list, and are privileged by their greatness. They may freely trespass, and do as they please, no man dare accuse them, no not so much as mutter against them, there is no notice taken of it, they may securely do it, live after their own laws, and for their money get pardons, indulgences, redeem their souls from purgatory and hell itself,—clausum possidet arca Jovem. Let them be epicures, or atheists, libertines, machiavelians (as they often are), "Et quamvis perjurus erit, sine gente, cruentus," they may go to heaven through the eye of a needle, if they will themselves, they may be canonised for saints, they shall be honourably interred in mausolean tombs, commended by poets, registered in histories, have temples and statues erected to their names,—& mambus illis—nasecentur violae.—If he be bountiful in his life, and liberal at his death, he shall have one to swear, as he did by Claudius the Emperor in Tacitus, he saw his soul go to heaven, and be miserably lamented at his funeral. Ambulaiarum collegia, &c. Trimalcionis topanta in Petronius recta in calum abit, went right to heaven: a base queen, ""thou wouldst have scorched once in thy misery to have a penny from her;" and why? modio nummos metit, she measured her money by the bushel. These prerogatives do not usually belong to rich men, but to such as are most part seeming rich, let him have but a good outside, he carries it, and shall be adored for a god, as Cyrus was amongst the Persians, ob splendidum apparatum, for his gay attires; now most men are esteemed according to their clothes. In our gullish times, whom you peradventure in modesty would give place to, as being deceived by his habit, and presuming him some great worshipful man, believe it, if you shall examine his estate, he will likely be proved a serving man of no great note, my lady's tailor, his lordship's barber, or some such gall, a Fastidious Brisk, Sir Petronel Flash, a mere outside. Only this respect is given him, that whereasover he comes, he may call for what he will, and take place by reason of his outward habit.

But on the contrary, if he be poor, Prov. xv. 15. "all his days are miserable," he is under hatches, dejected, rejected and forsaken, poor in purse, poor in spirit; "prout res nobis fruit, ita et animus se habet;" money gives life and soul. Though he be honest, wise, learned, well-deserving, noble by birth, and of excellent good parts; yet in that he is poor, unlikely to rise, come to honour, office or good means, he is contemned, neglected, frustra sapit, inter litteras esurit, amicus molestus. "If he speak, what babbler is this?" Ecclus. his nobility without wealth, is projecta vilior algid, and he not esteemed: nos viles pulli nati infelicius ovis, if once poor, we are metamorphosed in an instant, base slaves, villains, and vile drudges: "for to be poor, is to be a knave, a fool, a wretch, a wicked, an odious fellow, a common eye-sore, say poor and say all: they are born to labour, to misery, to carry burdens like jumens, pistum stercus comedere with Ulysses' companions, and as Chremilus

Non fuit apud mortales ullum excellensius certamen, non inter celere celeriterno, non inter robustos robustissimo, &c. Quidquid libet iecit. Hor. Sat. 5. lib. 2. Cum mortuar dives concurrunt antiquae dives: Pausper ad fumus viis est ex multibus una. —Et modo quid fuit ignoscas uti genius tuns, nullisse de manu ejus nummos accipere. —Hae that wears silk, satin, velvet, and gold lace, must needs be a gentleman. —Est sanguis atque spiritus pecunia mortalis. Principle. —Ergo est offendere, et indigere sceleratissimae Sat. Sat. Menip.
objected in Aristophanes, "salem lingeere, tick salt, to empty jakes, fry channels, *carry out dirt and dunghills, sweep chimney, rub horse-heels, &c. I say nothing of Turks, galley-slaves, which are bought *and sold like jumens or those African negroes, or poor †Indian drudges, qui indies hinc inde deforme nierdis oneribus occumbunt, nam quod apud nos boves et assini velunt, trahunt, &c.* Id omne misellis Indis, they are ugly to behold, and though erst spruce, now rusty and squallid, because poor, *immundus fortunus aequum est equalorem sequi, it is ordinarily so. *" Others eat to live, but they live to drudge, b servilis et misera gens nihil recusare audet, a servile generation, that dare refuse no task. "*IIesus tu, Dromo, capi hoc flagellum, ventulum hinc facio dam lavamus," sirrah, blow wind upon us while we wash, and bid your fellow get him up betimes in the morning, be it fair or foul, he shall run fifty miles afoot to-morrow, to carry me a letter to my mistress, Socia ad pistrinum, Socia shall tarry at home and grind malt all day long, Tristan thresh. Thus are they commanded, being indeed some of them as so many footstools for rich men to tread on, blocks for them to get on horseback, or as "walls for them to piss on." They are commonly such people, rude, silly, superstitious idiots, nasty, unclean, lousy, poor, dejected, slavishly humble: and as *Leo Afer observes of the commonality of Africa, natura viiiores sunt, nec apud suos duces magore in precio quam si canes essent: *base by nature, and no more esteemed than dogs, miserum, laboriosam, calaminosam vitam agunt, et inopem, infeliciem, rudiores asinus, ut è brutis planè natos dicunt: no learning, no knowledge, no civility, scarce common sense, naught but barbarism amongst them, bellumino more vivent, negue calceos gestant, negue vestes, like rogues and vagabonds, they go barefooted and beggarled, the soles of their feet being as hard as horse-hoofs, as *Radzivilus observed at Damietta in Egypt, leading a laborious, miserable, wretched, unhapp}
yet they are commonly so preyed upon by polluting officers for breaking the laws, by their tyrannizing landlords, so flayed and fleeced by perpetual exactions, that though they do drudge, fare hard, and starve their genius, they cannot live in some countries; but what they have is instantly taken from them, the very care they take to live, to be drudges, to maintain their poor families, their trouble and anxiety "takes away their sleep," Sirac. xxxi. 1. it makes them weary of their lives: when they have taken all pains, done their utmost and honest endeavours, if they be cast behind by sickness, or overtaken with years, no man pities them, hard-hearted and merciless, uncharitable as they are, they leave them so distressed, to beg, steal, murmur, and rebel, or else starve. The feeling and fear of this misery compelled those old Romans, whom Menenius Agrrippa pacified, to resist their governors: outlaws, and rebels in most places, to take up seditious arms, and in all ages hath caused uproars, murmurings, seditions, rebellions, thefts, murders, mutinies, jars and contentions in every commonwealth; grudging, repining, complaining, discontent in each private family, because they want means to live according to their callings, bring up their children, it breaks their hearts, they cannot do as they would. No greater misery than for a lord to have a knight's living, a gentleman a yeoman's, not to be able to live as his birth and place require. Poverty and want are generally corrosives to all kind of men, especially to such as have been in good and flourishing estate, are suddenly distressed, nobly born, liberally brought up, and by some disaster and casualty miserably rejected. For the rest, as they have base fortunes, so have they base minds correspondent, like beetles, stercore orti, stercore victus, in stercore delicium, as they were obscurely born and bred, so they delight in obscurity; they are not so thoroughly touched with it. Angustas animas angusto ev pectorc versant. 'Yea, that which is no small cause of their torments, if once they come to be in distress, they are forsaken of their fellows, most part neglected, and left unto themselves; as poor "Terence in Rome was by Scipio, Lælius, and Furius, his great and noble friends.

"Nil Publius Scipio profuit, nil ci Lælius, nil Furius, Tres per idem tempus qui agitant nobiles facilissimi, Horum ille operiter non dunn subjicit habuit condicticinem."

'Tis generally so, Tempora si fuerint rubila, suls eris, he is left cold and comfortless, nullus ad amisssu ibi amicus opes, all flee from him as from a rotten wall, now ready to fall on their heads. Prov. xix. 4. "Poverty separates them from their 'neighbours.'"

"Dum fortuna favet, vultum servatis, amici, Cum exedit, turpi veritus ora fugit."

Whilst fortune favour'd, friends, you smiled on me,
But when she fled, a friend I could not see.

Which is worse yet, if he be poor every man contems him, insults over him, oppresseth him, scoffs at, aggravates his misery.

"Quam capitis quassata domus subsidiis, partes In proximatas omne recumbit omnus."

"When once the tottering house begins to shrink,
Thither comes all the weight by an instinct."

Nay, they are odious to their own brethren and dearest friends, Prov. xix. 7. "His brethren hate him if he be poor," omnes vicini oderunt, "his neighbours hate him," Prov. xiv. 20. omnes me noti ac ignoti deserunt, as he complained in the comedy, friends and strangers, all forsake me. Which is most grievous, poverty makes men ridiculous, Nil habet infelix paurpertas durius in se, quam quod ridiculos homines facit, they must endure jests, taunts, flouts,

0 Vexat censumus columbas. 0 Deux ace non possunt, et sextique solvere solunt: Omnibus est notum quater tre solvere totum.
0 Scandinavian, Africa, Lituania. 0 Montaigne, in his Essays, speaks of certain Indians in France, that being asked how they liked the country, wondered how a few rich men could keep so many poor men in subjection, that they did not cut their throats. 0 Augustus animas animos in pectorc versans."

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blows of their better, and take all in good part to get a meal's meat: *magnum pauperies opprobrium, jubet quidvis et facere et pati. He must turn parasite, jester, fool, cum despicientibus despere; saith 4 Euripides, slave, villain, drudge to get a poor living; apply himself to each man's humours, to win and please, &c., and be buffeted when he hath all done, as Ulysses was by Melanthius 5 in Homer, be reviled, baffled, insulted over, for *potentiorum stultitia perferenda est, and may not so much as mutter against it. He must turn rogue and villain; for as the saying is, Necessitas cognit ad turpia, poverty alone makes men thieves, rebels, murderers, traitors, assassins, 6 because of poverty we have sinned." Ecclus. xxvii. I. swear and forswear, bear false witness, lie, dissemble, any thing, as I say, to advantage themselves, and to relieve their necessities: *Culpa sacerisque magistra est, when a man is driven to his shifts, what will he not do?

*a. el miserrum fortuna Sinonem

*Fluxit, vatum etiam mendacisque improba finger.*

he will betray his father, prince, and country, turn Turk, forsake religion, abjure God and all, nulla tam horrenda proddio, quam ilhi luceri causæ (saith 1 Leo Afor) perpetrare nolint. 7 Plato, therefore, calls poverty, "thievish, sacrilegious, filthy, wicked, and mischievous:" and well he might. For it makes many an upright man otherwise, had he not been in want, to take bribes, to be corrupt, to do against his conscience, to sell his tongue, heart, hand, &c., to be churlish, hard, unmerciful, uncivil, to use indirect means to help his present estate. It makes princes to exact upon their subjects, great men tyrannise, land- lords oppress, justice mercenary, lawyers vultures, physicians harpies, friends importunate, tradesmen liars, honest men thieves, devout assassins, great men to prostitute their wives, daughters, and themselves, middle sort to repine, commons to mutiny, all to grudge, murmur, and complain. A great temptation to all mischief, it compels some miserable wretches to counterfeit several diseases, to dismember, make themselves blind, lame, to have a more plausible cause to beg, and lose their limbs to recover their present wants. Jodocus Damhoderius, a lawyer of Bruges, præx rerum criminal. c. 112. hath some notable examples of such counterfeit cranks, and every village almost will yield abundant testimonies amongst us; we have dumm- merers, Abraham men, &c. And that which is the extent of misery, it enforce them, through anguish and wearisomeness of their lives, to make away themselves: they had rather be hanged, drowned, &c., than to live without means.

A Sybarite of old, as I find it registered in 1 Athenæus, supping in Phiditia in Sparta, and observing their hard fare, said it was no marvel if the Lacedæmonians were valiant men; "for his part he would rather run upon a sword point (and so would any man in his wits), than live with such base diet, or lead so whetted a life." 2 In Japonia 'tis a common thing to stifle their children if they be poor, or to make an abortion, which Aristotle com- mends. In that civil commonwealth of China, 3 the mother strangles her child if she be not able to bring it up, and had rather lose than sell it, or have it endure such misery as poor men do. Arnobius, lib. 7. adversus gentes, 4 Lactantius, lib. 5. cap. 9. objects as much to those ancient Greeks and Romans, "they did ex- pose their children to wild beasts, strangle or knock out their brains against

* Hor. 4 In Phenis. 5 Odys. 17. f]dem. 6 Mantuan. 6 "Since cruel fortune has made Sion poor, she has made him vain and mendacions." [De Africa lib. 1. cap. ult. 8] de legibus, sacrilegium paupertas, sacrilega, turpis, flagitios, omnium malorum opifex. 1 Theognis. 1] Ptolemaeus. 1b. 12. Millies potinix moriturum (et quis sibi mente constare) quam tam vix et armamini victis comunemionem habere. 1] Gasper Vilela Jesuïta epist. Japon. lib. 1. c. 3. 9 Vo 2 Romani procreatos filios feris et canibus exorintis, nunc strangulatia vel in saxum elicits, &c.
a stone, in such cases." If we may give credit to Munster, amongst us Christians in Lithuania, they voluntarily man &c, and sell themselves, their wives and children to rich men, to avoid hunger and beggary; "many make away themselves in this extremity. Apicius the Roman, when he cast up his accounts, and found but 100,000 crowns left, murdered himself for fear he should be famished to death. P. Forestus, in his medicinal observations, hath a memorable example of two brothers of Louvain that, being destitute of means, became both melancholy, and in a disconsolate humour massacred themselves. Another of a merchant, learned, wise otherwise and discreet, but out of a deep apprehension he had of a loss at seas, would not be persuaded but as Ventidius in the poet, he should die a beggar. In a word, thus much I may conclude of poor men, that though they have good "parts they cannot show or make use of them: "ab inopid ad virtutem obsepta est via, 'dis hard for a poor man to rise, haud facile emergunt, quorum virtutibus obstat res angusta domi." "The wisdom of the poor is despised, and his words are not heard." Eccles. vi. 19. His works are rejected, contemned, for the baseness and obscurity of the author, though laudable and good in themselves, they will not likely take.

"Nulla placere diu, neque visere carminis possint, Quam scribatur aquis poteribus".

"No verses can please men or live long that are written by water-drinkers." Poor men cannot please, their actions, counsels, consultations, projects, are vilified in the world's esteem, amittunt consilium in re, which Gnatho long since observed. "Sapiens crepides sibi numquam nec soleas fecit, a wise man never cobbled shoes; as he said of old, but how doth he prove it? I am sure we find it otherwise in our days, pruinosis horret faucundia pavonis. Homer himself must beg if he want means, and as by report sometimes he did " go from door to door, and sing ballads, with a company of boys about him." This common misery of theirs must needs distract, make them discontent and melancholy, as ordinarily they are, wearied, peevish, like a weary traveller, for * Fames et mora blem in naves concidunt, still murmuring and repining: Ob inopiam morosi sunt, quibus est male, as Plutarch quotes out of Euripides, and that comical poet well seconds,

"Omnis quibus res sunt minus sequenda, nescio quomodo Suspirosi, ad contumeliam omnia accipiant magis, Propter sua impotentiam se credunt negligent." "If they be in adversity, they are more suspiciane and apt to mistake: they think themselves scorned by reason of their misery:" and therefore many generous spirits in such cases withdraw themselves from all company, as that com- dian Terence is said to have done; when he perceived himself to be forsaken and poor, he voluntarily banished himself to Stymphalus, a base town in Arcadia, and there miserably died.

"ad summam inopiam reduxit, Haque & conspectu consilium abis Oracul in terram ultimam." Neither is it without cause, for we see men commonly respected according to their means (cum dives sit omnes querunt, nemo am bonus), and vilified if they be in bad clothes. "Philosophem the orator was set to cut wood, because he was so homely attired," Terentius was placed at the lower end of Cecilius' table, because of his homely outside. "Dante, that famous Italian poet, by reason his clothes were but mean, could not be admitted to sit down at a feast. Gnatho


scorned his old familiar friend because of his apparel, *Hominem video pannis, annisque obtitum, his ego illum contempsi pro me. King Persius overcome sent a letter to *Paulus Æmilius, the Roman general; Persius P. Consuli, S., but he scorned him any answer, taciti exproprians fortunam suam (saith mine author), upbraiding him with a present fortune. † Carolus Pugnax, that great duke of Burgundy, made H. Holland, late duke of Exeter, exiled, run after his horse like a lackey, and would take no notice of him: "tis the common fashion of the world. So that such men as are poor may justly be discontent, melancholy, and complain of their present misery, and all may pray with 'Solomon, "Give me, O Lord, neither riches nor poverty; feed me with food convenient for me."

SUBSECT. VII.—A heap of other Accidents causing Melancholy, Death of Friends, Losses, &c.

In this labyrinth of accidental causes, the farther I wander, the more intricate I find the passage, multæ ambages, and new causes as so many by-paths offer themselves to be discussed: to search out all, were an Herculean work, and fitter for Theseus: I will follow mine intended thread; and point only at some few of the chiefest.

Death of Friends.] Amongst which, loss and death of friends may challenge a first place, multæ tristantur, as † Vives well observes, post delicias, con-vivia, dies festos, many are melancholy after a feast, holiday, merry meeting, or some pleasing sport, if they be solitary by chance, left alone to themselves, without employment, sport, or want their ordinary companions, some at the departure of friends only whom they shall shortly see again, weep and howl, and look after them as a cow lowts after her calf, or a child takes on that goes to school after holidays. *Ut me levirat tuus adventus, sic discessus afflictit, (which § Tully writ to Atticus) thy coming was not so welcome to me, as thy departure was harsh. Montanus, consil. 132. makes mention of a country woman that parting with her friends and native place, became grievously melancholy for many years; and Trallianus of another, so caused for the absence of her husband: which is an ordinary passion amongst our good wives, if their husband tarry out a day longer than his appointed time, or break his hour, they take on presently with sighs and tears, he is either robbed, or dead, some mischance or other is surely befallen him, they cannot eat, drink, sleep, or be quiet in mind, till they see him again. If parting of friends, absence alone can work such violent effects, what shall death do, when they must eternally be separated, never in this world to meet again? This is so grievous a torment for the time, that it takes away their appetite, desire of life, extinguisheth all delights, it causeth deep sighs and groans, tears, exclamations,

("O dulse germen matrix, 6 sanguis meus,
Elena tepentes, &c. --- --- 8 flæs tener."

howling, "roaring, many bitter pangs ("Lamentis gemituque et famineo ululatu Tecta fremunt), and by frequent meditation extends so far sometimes, " they think they see their dead friends continually in their eyes," observantes imagines, as Conciliator confesseth he saw his mother's ghost presenting herself still before him. *Quod vnum miseri volunt, hoc facile credunt, still, still, still, that good father, that good son, that good wife, that dear friend runs in their minds: Totus animus hac unà cogitatione defixus est, all the year long, as ** Pliny com-

plans to Romanus, "methinks I see Virginius, I hear Virginius, I talk with Virginius," &c.

"Te sine, va misero misil, lilla nigra videntur, Pulentesque rosses, nee dalces rubenas hyacinthus, Nullos nec myrtus, nec laurus spiritu odoros." They that are most staid and patient, are so fariously carried headlong by the passion of sorrow in this case, that brave discreet men otherwise, oftentimes forget themselves, and weep like children many months together, "as if that they to water would," and will not be comforted. They are gone, they are gone; what shall I do?

"Abstulit atra dies et funere merat acerbo,
Quis dubit in lachrymas quem mihi? quis satis altos
Accendat geminis, et acerbo verba doloris?
Exsaurit pietas oculos, et hiantia frangit
Pectora, nec pleonas avido sint edere questus,
Magus aded factura premit," &c.

So Stroza Filius, that elegant Italian poet, in his Epicedium, bewails his father's death, he could moderate his passions in other matters (as he confesseth), but not in this; he yields wholly to sorrow,

"Nunc factoe in terga mania, mens illa falsisit,
Indomitus quondam vigor et constantia mentis."

How doth 'Quintilian complain for the loss of his son, to despair almost: Cardan lament his only child in his book de libris propriis, and elsewhere in many other of his tracts, 'St. Ambrose his brother's death? an ego possum non cogitare de te, aut sine lachrymis cogitare? O amari dies, o flebiles noctes, &c. "Can I ever cease to think of thee, and to think with sorrow? O bitter days, O nights of sorrow," &c. Gregory Nazianzen, that noble Pulcheria! O decorum, &c. flores recens, pullulans, &c. Alexander, a man of most invincible courage, after Hephhestos's death, as Curtius relates, triduum jacuit ad moriendum obstinatus, lay three days together upon the ground, obstinate, to die with him, and would neither eat, drink, nor sleep. The woman that communed with Eudras (lib. 2. cap. 10.) when her son fell down dead, "fled into the field, and would not return into the city, but there resolved to remain, neither to eat nor drink, but mourn and fast until she died." "Rachel wept for her children, and would not be comforted because they were not." Matt. ii. 18. So did Adrian the emperor bewail his Antinous; Hercules, Hylas; Orpheus, Eurydice; David, Absalom; (O my dear son Absalom;) Austin his mother Monica, Niohe her children, insomuch that the poet feigned her to be turned into a stone, as being stupified through the extremity of grief. "Ego me, signo lugubri filii consternatus, in mare se precipitam dedit, impatien't of sorrow for his son's death, drowned himself. Our late physicians are full of such examples. Montanus, consil. 242. had a patient troubled with this infirmity, by reason of her husband's death, many years together. Trincavellius, l. 1. c. 14. hath such another, almost in despair, after his mother's departure, ut se fermé precipitam daret; and ready through distraction to make away himself: and in his Fifteenth counsel, tells a story of one fifty years of age, "that grew desperate upon his mother's death;" and cured by Fallopis, fell many years after into a relapse, by the sudden death of a daughter which he had, and could never after be recovered. The fury of this passion is so violent sometimes, that it daunts whole kingdoms and cities. Vespasian's death was pitifully lamented all over the Roman empire, totus orbis lugebat, saith Aurelius Victor. Alexander commanded the battlements of houses to be pulled down, mules and horses to have their manes shorn off, and many common soldiers to be slain, to accompany his dear Hephhestos's death; which is now practised amongst

* Calphurnius Graecus. "Without thee, ah! wretched me, the lilies lose their whiteness, the roses become pallid, the hyacinth forgets to blush; neither the myrtle nor the laurel retains its odours." † Chaucer. † Prefat. lib. 6. ‡ Lib. de obitu Satyri fratris. † Ovid. Met. ‡ Plut. vita ejus. * Nobilis martona melancholica ob mortem mariti. ‡ Ex matris obitu in desperationem incidit.
the Tartars, when a great Cham dieth, ten or twelve thousand must be slain, men and horses, all they meet; and among those the *Pagan Indians, their wives and servants voluntarily die with them. Leo Decimus was so much bewailed in Rome after his departure, that as Jovius gives out, * communis salus, publica hilaritas, the common safety of all good fellowship, peace, mirth, and plenty died with him; *tangam eodem sepulcro cum Leone condita lugebantur; for it was a golden age whilst he lived, *but after his decease, an iron season succeeded, barbara vis et fada vastitas, et dira malorum omnium incommoda, wars, plagues, vastity, discontent. When Augustus Caesar died, saith Paterculus, orbis ruinam immernamus, we were all afraid, as if heaven had fallen upon our heads. *Budeus records, how that, at Lewis the Twelfth his death, tam subita mutatio, ut qui prius digito caelum attingere videbantur, nunquam humi deresperè serpere, sideratos esse diçeres, they that were erst in heaven, upon a sudden, as if they had been planet-strucken, lay grovelling on the ground;  

"† Concessus osidore animis, sex frondibus ingens  
Sylva dolet lapsis"*

they looked like cropped trees. †At Nancy in Lorraine, when Claudia Valesia, Henry the Second French king’s sister, and the duke’s wife deceased, the temples for forty days were all shut up, no prayers nor masses, but in that room where she was. The senators all seen in black, and for a twelve-month’s space throughout the city, they were forbid to sing or dance.

"§ Non ulli pastores lillas egere diibus  
Frigida (Daphne) boves ad flamina, nulla nec ammem  
Libavit quadrupes, nec graminis attigit herbam." | "The swains forgot their sheep, nor near the brink  
Of running waters brought their herds to drink;  
The thirsty cattle, of themselves, abstain’d  
From water, and their grassy face disdain’d."

How were we affected here in England for our Titus, delios humani generis, Prince Henry’s immature death, as if all our dearest friends’ lives had exhal’d with his? ||Scanderbeg’s death was not so much lamented in Epirus. In a word, as he saith of Edward the First at the news of Edward of Caernarvon his son’s birth, immortaliter gavisus, he was immortally glad, may we say on the contrary of friends’ deaths, immortaliter gementes, we are diverse of us as so many turtles, eternally dejected with it.

There is another sorrow, which arises from the loss of temporal goods and fortunes, which equally afflicts, and may go hand in hand with the preceding; loss of time, loss of honour, office, of good name, of labour, frustrate hopes, will much torment; but in my judgment, there is no torture like unto it, or that sooner procure this malady and mischief:

"* Florar solachrymam amissa pescam veris;" | "Lost money is bewailed with grief sincere:"  
it wrings true tears from our eyes, many sighs, much sorrow from our hearts, and often causes habitual melancholy itself, Guianerius, tract. 15. 5. repeats this for an especial cause: "*Loss of friends, and loss of goods, make many men melancholy, as I have often seen by continual meditation of such things." The same causes Arnoldus Villanovaus inculcates, Breviar. l. 1. c. 18. est rerum amissione, damnno, amicorum morte, &c. Want alone will make a man mad, to be Sans argent will cause a deep and grievous melancholy. Many persons are affected like *Irishmen in this behalf, who if they have a good somitir, had rather have a blow on their arm, than their weapon hurt: they will sooner lose their life, than their goods: and the grief that cometh hence,

*Lib. 5. de ase. †Maph. "They became fallen in feelings, as the great forest laments its fallen leaves."  
*Ortelius Itinerario: ob annum integrum a cantu, tripudii, et saltationibus tota civitate abstinentur.  
§ Virg.  
† See Barletius de vita et ob, Scanderbeg, lib. 12. hist.  
†Vivenialis.  
†Mulii qui res amat perderantur, non filios, opes, non sperantes recuperare, poterant asanni tanim considerationem melancholei sint, ut ipse vidit.  
*Saxo** carus, lib. Hist.
continueth long (saith * Plater) "and out of many dispositions procureth an habit." * Montanus and Frisemelica cured a young man of 22 years of age, that so became melancholy, ob amissam pecuniam, for a sum of money which he had unhappily lost. Skenckius hath such another story of one melancholy, because he overshot himself, and spent his stock in unnecessary building. b Roger, that rich bishop of Salisbury, exatus opibus et castris & Rege Stephano, spoiled of his goods by king Stephen, vi doloris absorptus, atque in amentiam versus, indecentia fecit; through grief ran mad, spoke and did he knew not what. Nothing so familiar, as for men in such cases, through anguish of mind to make away themselves. A poor fellow went to hang himself (which Ausonius hath elegantly expressed in a neat † Epigram), but finding by chance a pot of money, hung away the rope, and went merrily home, but he that hid the gold, when he missed it, hanged himself with that rope which the other man had left in, in a discontented humour.

"At quin considerat, postquam non reperit aurum, Apsavit collo, quem reperit laquaum." Such feral accidents can want and penury produce. Be it by suretyship, ship-wreck, fire, spoil and pillage of soldiers, or what loss soever, it boots not, it will work the like effect, the same desolation in provinces and cities, as well as private persons. The Romans were miserably dejected after the battle of Canne, the men amazed for fear, the stupid women tore their hair and cried. The Hungarians, when their king Ladislaus and bravest soldiers were slain by the Turks, Luctus publicus, &c. The Venetians, when their forces were overcome by the French king Lewis, the French and Spanish kings, pope, emperor; all conspired against them at Cambrai, the French herald denounced open war in the senate: Laudandum Venetorum duix, &c., and they had lost Padua, Brixia, Verona, Forum Julii, their territories in the continent, and had now nothing left but the city of Venice itself, ut urbi quoque ipsei (saith † Bembus) timendum putarent, and the loss of that was likewise to be feared, tantus repetit dolor omnes teneat, ut nunquam alius, &c., they were pitifully plunged, never before in such lamentable distress. Anno 1527, when Rome was sacked by Burbonius, the common soldiers made such spoil, that fair ‡ churches were turned to stables, old monuments and books made horse-litter, or burned like straw; relics, costly pictures defaced; altars demolished, rich hangings, carpets, &c., trampled in the dirt. Their wives and loveliest daughters constipated by every base cullion, as Sejanus’ daughter was by the hangman in public, before their fathers’ and husbands’ faces. Noblemen’s children, and of the wealthiest citizens, reserved for princes’ beds, were prostitute to every common soldier, and kept for concubines; senators and cardinals themselves dragged along the streets, and put to exquisite torments, to confess where their money was hid; the rest murdered on heaps, lay stinking in the streets; infants’ brains dashed out before their mothers’ eyes. A lamentable sight it was to see so goodly a city so suddenly defaced, rich citizens sent a begging to Venice, Naples, Ancona, &c., that erst lived in all manner of delights. "† Those proud palaces that even now vaunted their tops up to heaven, were dejected as low as hell in an instant." Whom will not such misery make discontent? Terence the poet drowned himself (some say) for the loss of his comedies, which suffered shipwreck. When a poor man hath made many hungry meals, got together a small sum, which he lost in an instant; a scholar spent many an hour’s study to no purpose, his labours lost, &c., how should it otherwise be? I may con-

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clude with Gregory; temporalium amor, quantum afficit cum hæret possessio, tantum quum subtrahitur, urit dolor; riches do not so much exhilarate us with their possession, as they torment us with their loss.

Next to sorrow still I may annex such accidents as procure fear; for besides those terrors which I have before touched, and many other fears (which are infinite) there is a superstitious fear, one of the three great causes of fear in Aristotle, commonly caused by prodigies and dismal accidents, which much trouble many of us. (Mescio quid animus mihi praesagii mali.) As if a hare cross the way at our going forth, or a mouse gnaw our clothes: if they bleed three drops at nose, the salt fall towards them, a black spot appear in their nails, &c., with many such, which Delrio, Tom. 2. l. 3. sect. 4., Austin Niphus in his book de Auguriiis, Polydore Virg., l. 3. de Prodigiiis, Saris-burienis, Polycrat. l. 1. c. 13., discours at large. They are so much affected, that with the very strength of imagination, fear, and the devil's craft, "they pull those misfortunes they suspect upon their own heads, and that which they fear shall come upon them," as Solomon foretelleth, Prov. x. 24. and Isaiah denounceth, Lxvi. 4. which if "they could neglect and contempt, would not come to pass, Eorum vires nostrad resident opinionis, ut morbi gravitas agrotantium cogitatione, they are intended and remitted, as our opinion is fixed, more or less. N. N. dat paenas, saith Orato of such a one, utinam non attraheret: he is punished, and is the cause of it. *himself:

* Dum fata fugimus, fata stulti incurrimus, the thing that I feared, saith Job, is fallen upon me.

As much we may say of them that are troubled with their fortunes; or ill destinies foreseen: multos angit praescientia malorum: The foreknowledge of what shall come to pass, crucifies many men: foretold by astrologers, or wizards, iratum ob oculum, be it ill accident, or death itself: which often falls out by God's permission; quia daemonem timen (saith Chrysostom) Deus tedeo permittit accidere. Severus, Adrian, Domitian, can testify as much, of whose fear and suspicion, Sueton, Herodian, and the rest of those writers, tell strange stories in this behalf. *Montanus, consil. 31. hath one example of a young man, exceeding melancholy upon this occasion. Such fears have still tormented mortal men in all ages, by reason of those lying oracles, and juggling priests, &c. There was a fountain in Greece, near Ceres' temple in Achaia, where the event of such diseases was to be known; "A glass let down by a thread," &c. Amongst those Cyanean rocks at the springs of Lyca, was the oracle of Thr细则us Apollo, *where all fortunes were foretold, sickness, health, or what they would besides;" so common people have been always deluded with future events. At this day, Mecus futurorum maximè torquet Sinas, this foolish fear mightily crucifies them in China: as Matthew Riccius the Jesuit informeth us, in his commentaries of those countries, of all nations they are most superstitious, and much tormented in this kind, attributing so much to their divinators, ut ipse mctus fidem facet, that fear itself and conceit cause it to fall out: if he foretell sickness such a day, that very time they will be sick, vi metus afflicti in agribusinum cadunt; and many times die as it is foretold. A true saying, Timor mortis, morte pejor, the fear of death is worse than death itself, and the memory of that sad hour, to some fortunate and rich men, "is as bitter as gall," Ecclus. xli. 1. Inquietam nobis vitam facit mortis metus, a worse plague cannot happen to a man, than to be so troubled in his mind; 'tis triste diversum, a heavy separation, to leave their goods, with so much labour got,
pleasures of the world, which they so deliciously enjoyed, friends and companions whom they so dearly loved, all at once. Axiocles the philosopher was bold and courageous all his life, and gave good precepts de contemnenda morte, and against the vanity of the world, to others; but being now ready to die himself, he was mightily dejected, hic luce privabor? his orbabor bonis? he lamented like a child, &c. And though Socrates himself was there to comfort him, ubi pristina virtutum factatio, O Axiocles? "where is all your boasted virtue now, my friend?" yet he was very timorous and impatient of death, much troubled in his mind, Imbellis pavor et impatience, &c. "O Clotus," Megapetus the tyrant in Lucian exclaims, now ready to depart, "let me live a while longer. I will give thee a thousand talents of gold, and two boles besides, which I took from Cleocritus, worth a hundred talents apiece." "Woe's me," saith another, "what goodly mansions shall I leave! what fertile fields! what a fine house! what pretty children! how many servants! Who shall gather my grapes, my corn? Must I now die so well settled? Leave all, so richly and well provided? Woe's me, what shall I do?" Animula vagula, blandula, quae nunc abris in loco?

To these tortures of fear and sorrow, may well be annexed curiosity, that irksome, that tyrannising care, nimia sollicitudo, "superfluous industry about unprofitable things and their qualities," as Thomas defines it; an itching humour or a kind of longing to see that which is not to be seen, to do that which ought not to be done, to know that secret which should not be known, to eat of the forbidden fruit. We commonly molest and tire ourselves about things unfit and unnecessary, as Martha troubled herself to little purpose. Be it in religion, humanity, magic, philosophy, policy, any action or study, 'tis a needless trouble, a mere torment. For what else is school divinity, how many doth it puzzle? what fruitless questions about the Trinity, resurrection, election, predestination, reprobation, hell-fire, &c., how many shall be saved, damned? What else is all superstition, but an endless observation of idle ceremonies, traditions? What is most of our philosophy but a labyrinth of opinions, idle questions, propositions, metaphysical terms? Socrates, therefore, held all philosophers, cavillers, and mad men, circa subtilia Cavillatores pro insanas habuit, palam eos arguens, saith Eusebius, because they commonly sought after such things, quae nec percepit à nobis neque comprehendi possest, or put case they did understand, yet they were altogether unprofitable. For what matter is it for us to know how high the Pleiades are, how far distant Perseus and Cassiopea from us, how deep the sea, &c.? we are neither wiser, as he follows it, nor modester, nor better, nor richer, nor stronger for the knowledge of it. Quod supra nos nihil ad nos, I may say the same of those genethlical studies, what is astrology but vain elections, predictions? all magic, but a troublesome error, a pernicious folly? physic, but intricate rules and prescriptions? philology, but vain criticisms? logic, needless sophisms? metaphysics themselves, but intricate subtleties and fruitless abstractions? alchemy, but a bundle of errors? to what end are such great tomes? why do we spend so many years in their studies? Much better to know nothing at all, as those barbarous Indians are wholly ignorant, than as some of us, to be sore vexed about unprofitable toys: stultus labor est ineptiarum, to build a house without pins, make a rope of sand, to what end? cui bonus? He studies on, but as the boy told St. Austin, when I have laved the sea dry, thou shalt understand the mystery of the Trinity. He makes observations, keeps times and seasons; and as 'Conradus the emperor would not touch his new bride, till an astrologer had told him a masculine hour, but with what success? He travels

**4** "Must I be deprived of this life,—of those possessions!"

*Tom. 4. dial. 8. Cataplo. Anri puri mille talenta me habde tibi daturn promittere, &c.* ibidem. hic uti qua reque prace raqu quam fertiles agris &c.

*Adrian.*

*Industria superstita circa res inutilis.*

*Flavus secretas Minerva ut viderat Aglanor. Ost. Met. 2.*

*Contra Philos. cap. 61.*

*Mat. Paris.*
into Europe, Africa, Asia, searcheth every creek, sea, city, mountain, gulf, to what end? See one promontory (said Socrates of old), one mountain, one sea, one river, and see all. An alchemist spends his fortunes to find out the philosopher's stone forsooth, cure all diseases, make men long-lived, victorious, fortunate, invisible, and beggars himself, misled by those seducing impostors (which he shall never attain) to make gold; an antiquary consumes his treasure and time to scrape up a company of old coins, statues, rules, edicts, manuscripts, &c., he must know what was done of old in Athens, Rome, what lodging, diet, houses they had, and have all the present news at first, though never so remote, before all others, what projects, counsels, consultations, &c., quid Juno in aurem insusseret Jovi, what's now decreed in France, what in Italy: who was he, whence comes he, which way, whither goes he, &c., Aristotle must find out the motion of Euripus; Pliny must needs see Vesuvius, but how sped they? One loseth goods, another his life; Pyrrhus will conquer Africa first, and then Asia; he will be a sole monarch, a second immortal, a third rich, a fourth commands. *Turbine magnó spec solicítat e urbibus errant;* we run, ride, take indefatigable pains, all up early, down late, striving to get that which we had better be without (Ardelion's busy-bodies as we are), it were much fitter for us to be quiet, sit still, and take our ease. His sole study is for words, that they be —— Lepida lexis compítus ut tesserula omnis, not a syllable misplaced, to set out a stramineous, subject; as thine is about apparel, to follow the fashion, to be terse and polite, 'tis thy sole business: both with like profit. His only delight is building, he spends himself to get curious pictures, intricate models and plots, another is wholly ceremonious about titles, degrees, inscriptions: a third is over-solicitous about his diet, he must have such and such exquisite sauces, meat so dressed, so far fetched, peregrini aeris volucres, so cooked, &c., something to provoke thirst, something anon to quench his thirst. Thus he redeemeth his appetite with extraordinary charge to his purse, is seldom pleased with any meal, whilst a trivial stomach useth all with delight, and is never offended. Another must have roses in winter, alieni temporis flores, snow-water in summer, fruits before they can be or are usually ripe, artificial gardens and fish-ponds on the tops of houses, all things opposite to the vulgar sort, intricate and rare, or else they are nothing worth. *So busy, nice, curious wits, make that insupportable in all vocations, trades, actions, employments, which to duller apprehensions is not offensive, earnestly seeking that which others so scornfully neglect. Thus through our foolish curiosity do we macerate ourselves, tire our souls, and run headlong, through our indiscretion, perverse will, and want of government, into many needless cares and troubles, vain expenses, tedious journeys, painful hours; and when all is done, *quossum hoc? cui bono?* to what end?*

"*Nescire velles quam Magister maximus Doco no vult, erudita insculpta est."*

Unfortunate marriage.] Amongst these passions and irksome accidents, unfortunate marriage may be ranked: a condition of life appointed by God himself in Paradise, an honourable and happy estate, and as great a felicity as can befall a man in this world, "if the parties can agree as they ought, and live as Seneca lived with his Paulina; but if they be unequally matched, or at discord, a greater misery cannot be expected, to have a scold, a slut, a harlot, a fool, a fury or a fiend, there can be no such plague. Eccles. xxvi. 14. "He that hath her is as if he held a scorpion," &c. xxvi. 25, "a wicked wife makes a sorry countenance, a heavy heart, and he had rather dwell with a lion than keep house with such a wife." Her "properties Jovianus Pontanus hath'

*Seneca. *Jos. Scaliger in Gnomit. *"To profess a disinclination for that knowledge which is beyond our reach, is pedantic ignorance." *"A virtuous woman is the crown of her husband." Prov. xii. 4. *but scrib. &c. &c. *Lib. 17. epist. 106. *Titionarius, candalibraturi, &c.
described at large, Ant. dial. Tom. 2, under the name of Euphorbia. Or if they be not equal in years, the like mischief happens. Cecilius in Agellius lib. 2. cap. 23, complains much of an old wife, 
stam ejus morti inio, egomet mortuus vivo inter vivos, whilst I gape after her death, I live a dead man amongst the living, or if they dislike upon any occasion,

"*Judge who that are unfortunately wed.
What 'tis to come into a leathed bed."

The same inconvenience befals women.

"* At vos d a dni miseram ingete parentes,
St ferro aut laqueo lave hac me exsolvere sorte
Sustineo?
"

"Hard hearted parents both lament my fate,
If self I kill or hang, to ease my state."

A young gentlewoman in Basil was married, saith Felix Plater, observat. I. 1, to an ancient man against her will, whom she could not affect; she was continually melancholy, and pined away for grief; and though her husband did all he could possibly to give her content, in a discontented humour at length she hanged herself. Many other stories he relates in this kind. Thus men are plagued with women; they again with men, when they are of divers humours and conditions; he a spendthrift, she sparing; one honest, the other dishonest, &c. Parents many times disquiet their children, and they their parents. "b A foolish son is an heaviness to his mother." Injusta nonera: a stepmother often vexeth a whole family, is matter of repentance, exercise of patience, fuel of dissension, which made Cato's son expostulate with his father, why he should offer to marry his client Solinius' daughter, a young wench, Cujus causae nocorem induceret; what offence had he done, that he should marry again?

Unkind, unnatural friends, evil neighbours, bad servants, debts, and debates, &c., "twas Chilon's sentence, comes ares alieni et litis est miseria, misery and usury do commonly together; suretyship is the bane of many families, Sponde, præstò noca est: "he shall be sore vexed that is surety for a stranger," Prov. xi. 15, "and he that hateth suretyship is sure." Contention, brawling, lawsuits, falling out of neighbours and friends.—discordia demens (Virg., Aen. 6), are equal to the first, grieve many a man, and vex his soul. Nihil sane miserabilitis eorum mentibus (as *Boter holds), "nothing so miserable as such men, full of cares, griefs, anxieties, as if they were stabbed with a sharp sword, fear, suspicion, desperation, sorrow, are their ordinary companions."

Our Welshmen are noted by some of their * own writers, to consume one another in this kind; but whosoever they are that use it, these are their common symptoms, especially if they be convict or overcome, *cast in a suit. Arius put out of a bishopric by Eustathius, turned heretic, and lived after discontented all his life. "Every repulse is of like nature; heu quanta de spe decidi! Disgrace, infamy, detraction, will almost affect as much, and that a long time after. Hipponax, a satirical poet, so vilified and lashed two painters in his iambics, ut ambo laqueo se suffocaret, *Pline saith, both hanged themselves. All oppositions, dangers, perplexities, discontents, to live in any suspense, are of the same rank: potes hoc sub ca× duce so× nomis? Who can be secure in such cases? Ill-bestedow benefits, ingratitude, unthankful friends, and much disquiet molest some. Unkind speeches trouble as many: uncivil carriage or dogged answers, weak women above the rest, if they proceed from their surly husbands, are as bitter as gall, and not to be digested. A glassman's wife in Basil became melancholy because her husband said he would

*Daniel in Rosamund.
*Challinor, lib. 9. de renum. Angl.
*D' Elegans virgo invita culdum & nostratibus upept. &c.
*Prov.
*De incend. orb. lib. 3. c. 2, tangunt domo nunnos confusis, his nullia requies, nullia detectatio, solicitude, gemitum, furore, desperatione, timore, tangunt ad perpetuum arnum eum incerti rupta.
*Spetazgue injuria formas.
*Quaeque repulsa gratis.
*Lib. 96. c. 5
*Alium aque amaram, quem diu pe dere: quiudam aequiore animo ferunt praeclari spem saum quam trahii. Seneca, cap. 3. Lib. 2. 36

Dem. Virg. Plater, observat. lib. I.
marry again if she died. "No cut to unkindness," as the saying is, a frown and hard speech, ill respect, a brow-beating, or bad look, especially to courtiers, or such as attend upon great persons, is present death: *Ingenium vitu statuae caditque suo, they ebb and flow with their masters' favours.* Some persons are at their wits' ends, if by chance they overshoot themselves, in their ordinary speeches, or actions, which may after turn to their disadvantage or disgrace, or have any secret disclosed. *Roscusi, epist. miscel. 3,* reports of a gentlewoman, 25 years old, that falling foul with one of her gossips, was upbraided with a secret infirmity (no matter what) in public, and so much grieved with it, that she did thereupon *solutudines quæverere, omnes ab se ablegare,* as *tandem in gravisissimam incidens melancholiam,* contabescere, forsake all company, quite moped, and in a melancholy humour pine away. Others are as much tortured to see themselves rejected, contemned, scorned, disabled, defamed, detraeted, undervalued, or "left behind their fellows." Lucian brings in *Ætamaeles,* a philosopher in his *Lapith. convivio,* much discontented that he was not invited amongst the rest, expostulating the matter, in a long epistle, with Aristeneus their host. *Prætextatus,* a robèd gentleman in Plutarch, *would not sit down at a feast,* because he might not sit highest, but went his ways all in a chase. We see the common quarrellings that are ordinary with us, for taking of the wall, precedence, and the like, which though toys in themselves, and things of no moment, yet they cause many distempers, much heart-burning amongst us. Nothing pierceth deeper than a contempt or disgrace, *especially if they be generous spirits,* scarce any thing affects them more than to be despised or vilified. *Crato, consil. 16, l. 2,* exemplifies it, and common experience confirms it. *Of the same nature is oppression, Eccles. vii. 7,* "sured oppression makes a man mad," loss of liberty, which made Brutus venture his life, Cato kill himself, and *Tully complain, Omnen hilaritatem in perpetuum amissi,* mine heart's broken, I shall never look up, or be merry again, *hæc jactura intolerabilis,* to some parties *tis a most intolerable loss.*

Banishment a great misery, as Tyrteus describes it in an epigram of his,

"Nam miserum est patria amissi, laribusque vagari<br>Mendicum, et timidâ voce regare abesse:<br>Omnibus invitus, quocunque accessitus orail<br>Semper crass, semper spectus agensque jacit;* &c.<br>"A miserable thing 'tis so to wander,<br>And like a beggar for to whine at door,<br>Contemned of all the world, an exile is,<br>Hated, rejected, needy still and poor."<br>Polyynes in his conference with Jocasta in *Æuripides,* reckons up five miseries of a banished man, the least of which alone were enough to deject some pusillanimous creatures. Oftentimes a too great feeling of our own infirmities or imperfections of body or mind, will shrieve us up; as we be long sick:<br>

'O beata sanitas, te presenta, amenam<br>Vor diocet gratis, absque to nomen beatus;*"<br>

O blessed health! "thou art above all gold and treasure," *Ecclus. xxx. 15,* the poor man's riches, the rich man's bliss, without thee there can be no happiness: or visited with some loathsome disease, offensive to others, or troublesome to ourselves; as a stinking breath, deformity of our limbs, crookedness, loss of an eye, leg, hand, paleness, leanness, redness, baldness, loss or want of hair, &c., *his ubi fluere capitis, diros cito cardis infert,* saith *Synesius,* he himself troubled not a little *ob comis defectum,* the loss of hair alone, strikes a cruel stroke to the heart. Acco, an old woman, seeing by chance her face in a true glass (for she used false flattering glasses belike at other times, as most gentlewomen do), *animi dolore in insaniwm delapsa est* (*Cælius Rhodiginus, l. 17, c. 2,* ran mad. *Brothæus,* the son of Vulcan, because he was ridiculous for his imperfections, flung himself into the fire. Lais of Corinth, now grown old,
give up her glass to Venus, for she could not abide to look upon it. *Qualis sum nolo, qualis eram neguo. Generally to fair nice pieces, old age and foul linen are two most odious things, a torment of torments, they may not abide the thought of it,

To be foul, ugly, and deformed, much better be buried alive. Some are fair but barren, and that galls them. "Hannah wept sore, did not eat, and was troubled in spirit, and all for her barrenness," 1 Sam. i. and Gen. xxx. Rachel said "in the anguish of her soul, give me a child, or I shall die." another hath too many: one was never married, and that's his hell, another is, and that's his plague. Some are troubled in that they are obscure; others by being traduced, slandered, abused, disgraced, vilified, or any way injured: *minime miror eos (as he said) qui insinire occupant ex injuria, I marvel not at all if offences make men mad. Seventeen particular causes of anger and offence Aristotle reckons them up, which for brevity's sake I must omit. No tiding troubles one; ill reports, rumours, bad tiding or news, hard hap, ill success, cast in a suit, vain hopes, or hope deferred, another: expectation, *adeo omnibus in rebus molesta semper est expectatio, as *Polybius observes; one is too eminent, another too base born, and that alone tortures him as much as the rest: one is out of action, company, employment; another overcome and tormented with worldly cares, and onerous business. But what "tongue can suffice to speak of all?

Many men catch this malady by eating certain meats, herbs, roots, at unawares; as henbane, nightshade, cicuta, mandrakes, &c. *A company of young men at Agrigentum in Sicily, came into a tavern; where after they had freely taken their liquor, whether it were the wine itself, or something mixed with it 'tis not yet known, *but upon a sudden they began to be so troubled in their brains, and their phantasy so crazed, that they thought they were in a ship at sea, and now ready to be cast away by reason of a tempest. Wherefore to avoid shipwreck and present drowning, they flung all the goods in the house out at the windows into the street, or into the sea, as they supposed; thus they continued mad a pretty season, and being brought before the magistrate to give an account of this their fact, they told him (not yet recovered of their madness) that what was done they did for fear of death, and to avoid imminent danger: the spectators were all amazed at this their stupidity, and gazed on them still, whilst one of the ancientest of the company, in a grave tone, excused himself to the magistrate upon his knees, *O viri Triones, ego in iuno jacui, I beseech your deities, &c., for I was in the bottom of the ship all the while: another besought them as so many sea gods to be good unto them, and if ever he and his fellows came to land again, *he would build an altar to their service. The magistrate could not sufficiently laugh at this their madness, bid them sleep it out, and so went his ways. Many such accidents frequently happen, upon these unknown occasions. Some are so caused by philters, wandering in the sun, biting of a mad dog, a blow on the head, stinging with that kind of spider called tarantula, an ordinary thing if we may believe Skenck., l. 6. de Venenis, in Calabria and Apulia in Italy, Cardan., subit. l. 9. Scaliger, exercitat. 185. Their symptoms are merrily described by Jovianus Pontanus, Ant. dial. how they

dance altogether, and are cured by music. * Cardan speaks of certain stones, if they be carried about one, which will cause melancholy and madness; he calls them unhappy, as an *adamant, selevites, &c., * which dry up the body, increase cares, diminish sleep:* Ctesias in Persicis, makes mention of a well in those parts, of which any man drink; * 'he is mad for 24 hours.' Some lose their wits by terrible objects (as elsewhere I have more copiously dilated) and life itself many times, as Hippolitus affrighted by Neptune's sea-horses, Athamas by Juno's furies; but these relations are common in all writers.

"* Hic alias poteram, ut plures subsecteere causas,
Sed jumenta vocant, et Sol inclinat, Eundum est]

"Many such causes, much more could I say,
But that for provender my cattle stay:
The sun declines, and I must needs away."

These causes if they be considered, and come alone, I do easily yield, can do little of themselves, seldom, or apart (an old oak is not filled at a blow), though many times they are all sufficient every one: yet if they concur, as often they do, *vis unita fortior; et quae non obsunt singula, multa nocent, they may batter a strong constitution; as * Austin said, "many grains and small sands sink a ship, many small drops make a flood," &c., often reiterated; many dispositions produce an habit.

MEMB. V.

SUBSECT. I.—Continent, inward, antecedent, next causes, and how the Body works on the Mind.

As a purly hunter, I have hitherto beaten about the circuit of the forest of this microcosm, and followed only those outward adventitious causes. I will now break into the inner rooms, and rip up the antecedent immediate causes which are there to be found. For as the distraction of the mind, amongst other outward causes and perturbations, alters the temperature of the body, and so the distraction and distemper of the body will cause a distemper of the soul, and 'tis hard to decide which of these two do more harm to the other. Plato, Cyprian, and some others, as I have formerly said, lay the greatest fault upon the soul, excusing the body; others again accusing the body, excuse the soul, as a principal agent. Their reasons are, because * "the manners do follow the temperature of the body," as Galen proves in his book of that subject, *Proser Calenius de Atra bila, Jason Pratensis, c. de Mania, Lemnius, l. 4. c. 16. and many others. And that which Gualter hath commented, * hom. 10. in opist. Johannis, is most true; concipiscence and original sin, inclinations, and bad humours, are * radical in every one of us, causing these perturbations, affections, and several distempers, offering many times violence unto the soul. * "Every man is tempted by his own concipiscence" (James i. 14), the spirit is willing but the flesh is weak, and rebelleth against the spirit, as our *apostle teacheth us: that methinks the soul hath the better plea against the body, which so forcibly inclines us, that we cannot resist, *Nee nos obniti contra, nec tendere tantum sufficitum. How the body being material, worketh upon the immaterial soul, by mediation of humours and spirits, which participate of both, and ill-disposed organs, Cornelius Agrippa hath discoursed, *lib. 1. de occult. Philos. cap. 63, 64, 65. Levinius Lemnius, *lib. 1. de occult. nat. mir. cap. 12. et 16. et 21. institut. ad opt. vit. Perkins, *lib. 1. Cases of Cons. cap. 12. T. Bright, c. 10, 11, 12. "in his treatise of melancholy," for as *anger,

fear, sorrow, obtention, emollient, &c., si memint intimos recessus occuparent, saith Lemnius, corporis quoque infesta sunt, et illi tertimos morbos inferunt, cause grievous diseases in the body, so bodily diseases affect the soul by consent. Now the chiefest causes proceed from the heart, humours, spirits: as they are purer, or impurer, so is the mind, and equally suffers, as a lute out of tune, if one string or one organ be distressed, all the rest miscarry, 1 corpus onustum hesternis vitis, animum quoque praevarat unà. The body is domicilium animae, her house, abode, and stay; and as a torch gives a better light, a sweeter smell, according to the matter it is made of; so doth our soul perform all her actions, better or worse, as her organs are disposed; or as wine savours of the cask wherein it is kept; the soul receives a tincture from the body through which it works. We see this in old men, children, Europeans; Asians, hot and cold dimes; sanguine are merry; melancholy, sad; phlegmatic, dull; by reason of abundance of those humours, and they cannot resist such passions which are inflicted by them. For in this infirmity of human nature, as Melanchton declares, the understanding is so tied to, and captivated by his inferior senses, that without their help he cannot exercise his functions, and the will being weakened, hath but a small power to restrain those outward parts, but suffers herself to be overruled by them; that I must needs conclude with Lemnius, spiritus et humores maximum momentum obtinent, spirits and humours do most harm in troubling the soul. How should a man choose but be choleric and angry, that hath his body so clogged with abundance of gross humours? or melancholy, that is so inwardly disposed? That thence comes then this malady, madness, apoplexies, lethargies, &c., it may not be denied. Now this body of ours is most part distempered by some precedent diseases, which molest his inward organs and instruments, and so per consequens cause melancholy, according to the consent of the most approved physicians. 2 This humour (as Avicenna, l. 3. Fen. l. Tract. 4. c. 18. Arnoldus, breviar. l. 1. c. 18. Jacchinius, comment, in 9 Rhasis, c. 15. Montaltus, c. 10. Nicholas Piso, c. de Melan. &c., suppose) is begotten by the distemper of some inward part, innate, or left after some inflammation, or else included in the blood after an ague, or some other malignant disease." This opinion of theirs concurs with that of Galen, l. 3. c. 6. de locis affect. Guianerius gives an instance in one so caused by a quartan ague, and Montanus, consil. 32. in a young man of twenty eight years of age, so distempered after a quartan, which had molested him five years together: Hildesheim, spic. 2. de Mamiâ, relates of a Dutch baron, grievously tormented with melancholy after a long ague; Galen, l. de atra bile, c. 4. puts the plague a cause. Botuldis in his book de lue vener. c. 2. the French pox for a cause, others phrensy, epilepsy, apoplexy, because those diseases do often degenerate into this. Of suppression of hemorrhoids, hemorrigia, or bleeding at the nose, membraneous retentions (although they deserve a larger explication, as being the sole cause of a proper kind of melancholy, in more ancient maids, nuns and widows, handled apart by Rodericus a Castro, and Mercatus, as I have elsewhere signified), or any other evacuation stopped, I have already spoken. Only this I will add, that this melancholy which shall be caused by such infirmities, deserves to be pitied of all men, and to be respected with a more tender compassion, according to Laurentius, as coming from a more inevitable cause.

1 Lib. l. c. 16. 2 Corpora hidem morbî animām pro consensu, a legē consortil affinīt, et quārum objecta multōs motus turbulentia in hominēs concilē, præcipuō tamen causā in corde et humōris spiritibusque consistiēt, &c. 3 Hor. Vide ante. 4 Humores prævī mortem olumblantēs. 5 His humor vel a partis intertemperie generatur vel reingruit post inflammatores, vel crassior in venis conclusus vel tumet impassim qualitatem contrahit. 6 Suspe constat in fere homuncn Melancholeicum veh post faetum reddit, aut aliena muriam. Calida intertemperies innata, vel a febre contract. a. 7 Haec quis diuturno morbē nescat, qui non sit melancolicius. Membriales de affect. capîtis, lib. l. cap. 10. de Melanc.
SUBSECT. II.—Distemperature of particular Parts, Causes.

There is almost no part of the body, which being distempered, doth not cause this malady, as the brain and his parts, heart, liver, spleen, stomach, matrix or womb, pylorus, mirache, mesentry, hypochondries, meseraic veins; and in a word, saith 8 Aroulanus, "there is no part which causeth not melancholy, either because it is adust, or doth not expel the superfluity of the nutrient. Savanarola, Pract. major. rubric. 11. Tract. 6. cap. 1. is of the same opinion, that melancholy is engendered in each particular part, and 7 Crato in consil. 17. lib. 2. Gordonius, who is instar omnium, lib. med. partic. 2. cap. 19. confirms as much, putting the "*matter of melancholy, sometimes in the stomach, liver, heart, brain, spleen, mirache, hypochondries, when as the melancholy humour resides there, or the liver is not well cleansed "from melancholy blood."

The brain is a familiar and frequent cause, too hot, or too cold, "through adust blood so caused," as Mercurialis will have it, "within or without the head," the brain itself being distempered. Those are most apt to this disease, "that have a hot heart and moist brain," which Montaltus, cap. 11. * Melanch. approves out of Halyabbas, Rhasis, and Avicenna. Mercurialis, consil. 11. assigns the coldness of the brain a cause, and Salustius Salvianus, med. lect. 2. c. 1. will have it "arise from a cold and dry distemperature of the brain." Piso, Benedictus Victorius Faventinus, will have it proceed from a "*hot distemperature of the brain;" and *Montaltus, cap. 10. from the brain's heat, scouring the blood. The brain is still distempered by himself, or by consent: by himself or his proper affection, as Faventinus calls it, "*or by vapours which arise from the other parts, and fume up into the head, altering the animal faculties."

Hildesheim, spicel. 2. de Mania, thinks it may be caused from a "*distemperature of the heart; sometimes hot; sometimes cold." A hot liver, and a cold stomach, are put for usual causes of melancholy: Mercurialis, consil. 11. et consil. 6. consil. 36. assigns a hot liver and cold stomach for ordinary causes.

Monavius, in an epistle of his to Crato in Scoltzius, is of opinion, that hypochondriacal melancholy may proceed from a cold liver; the question is there discussed. Most agree that a hot liver is in fault; "*the liver is the shop of humours, and especially causeth melancholy by his hot and dry distemperature.

The stomach and meseraic veins do often concur, by reason of their obstructions, and thence their heat cannot be avoided, and many times the matter is so adust and inflamed in those parts, that it degenerates into hypochondriacal melancholy." Guianerius, c. 2. Tract. 15. holds the meseraic veins to be a sufficient cause alone. The spleen concurs to this malady, by all their contents, and suppression of hemorrhoids, dum non expurget altera causa lien, saith Montaltus, if it be "*too cold and dry, and do not purge the other parts as it ought," consil. 23. Montanus puts the "*spleen stopped," for a great cause. 1 Christopherus à Vega reports of his knowledge, that he hath known melancholy caused from putrefied blood in those seed-veins and womb; "*Arcu-

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8 Ad nonum lib. Rhasis ad Almansor. c. 16. Universaliter à quemque parte potest fieri melancholica. Vel qui adururit, vel qui non expyllit superfluitatem excrementi. 9 A Liene, jechnure, utero, et aliis partibus ovari. 8 Materia Melanochia aliqua in cordes, in stomache, hepate, ab hypocondriis, myrache, splene, cum ibi remanet humor melancholicus. 1 Et sanguis adhuc intra vol extra caput. 2 Qui calidum cor habent, cerebrum humidum, facile melancholic. 3 Sequin in melancholia malam intemperiam frigidum et siccae ipsae cerebri. Sepse fit ex calidiori cerebro, aut corporc colligant melancholiam. Piso. 4 Vel per propriae affationem, vel per consensum, cum vapores exhalant in cerebrum. Montalt. cap. 14. 5 Ant ibi imputatur melancholicus fumus, aut abundu vebitur, alterando animals facultates. 6 Ab interme- peria cordis, modo calidiori, modo frigidiori. 7 Epist. 230. Scoltail. 8 Officina humorum hepar concurris, &c. 9 Ventriculus et vena meseriae concurrunt, quod hares partus obstructa sunt, &c. 10 Per se sau- guinum adeunt. 11 Lien frigida et sicca. cap. 15. 12 Splen obstruecit. 13 De arte med., lib. 3. cap. 24. 14 A sanguinis putato-edis, in vasis seminariis et uteris, et quandoque a spermate diu rectetur, vel sanguis men- struus in melancholiam verset putationem, vel instutionem.
lanus, from that menstruous blood turned into melancholy, and seed too long
detained (as I have already declared) by putrefaction or adustion.

The mesenterium, or midrif, diaphragma, is a cause which the Greeks
called ρίμα: because by his inflammation the mind is much troubled with
convulsions and dotage. All these, most part, offend by inflammation, cor-
rupting humours and spirits, in this non-natural melancholy: for from these
are engendered fuliginous and black spirits. And for that reason Montaltus
\[\text{cap. 10. de causis melanc.}\] will have "the efficient cause of melancholy to be
hot and dry, not a cold and dry distemper, as some hold, from the heat
of the brain, roasting the blood, immoderate heat of the liver and bowels, and
inflammation of the pylorus. And so much the rather, because that," as
Galen holds, "all spices inflame the blood, solitariness, waking, agues, study,
meditation, all which heat: and therefore he concludes that this distempera-
ture causing adventitious melancholy is not cold and dry, but hot and dry."

But of this I have sufficiently treated in the matter of melancholy, and hold
that this may be true in non-natural melancholy, which produceth madness,
but not in that natural, which is more cold, and being immoderate, produceth
a gentle dotage. "Which opinion Geraldus de Solo maintains in his com-
ment upon Rhasis.

\text{SUBSEC. III.—Causes of Head-Melancholy.}

\text{After a tedious discourse of the general causes of melancholy, I am now
returned at last to treat in brief of the three particular species, and such causes
as properly appertain unto them. Although these causes promiscuously con-
cur to each and every particular kind, and commonly produce their effects in
that part which is most weak, ill-disposed, and least able to resist, and so
cause all three species, yet many of them are proper to some one kind, and
seldom found in the rest. As for example, head-melancholy is commonly
caused by a cold or hot distemperature of the brain, according to Laurentius,
\[\text{cap. 5 de melanc.}\] but as Hercules de Saxonià contends, from that agitation
or distemperature of the animal spirits alone. Salust. Salvianus, before men-
tioned, \[\text{lib. 2. cap. 3. de re med.}\] will have it proceed from cold: but that I take
of natural melancholy, such as are fools and dote: for as Galen writes, \[\text{lib. 4.}
de puls. 8.} and Avicenna, "a cold and moist brain is an inseparable com-
panion of folly." But this adventitious melancholy which is here meant, is
caused of a hot and dry distemperature, as DAMASEN, the Arabian, \[\text{lib. 3. cap.}
22.\] thinks, and most writers: Altomarus and Piso call it "an innate burning
intemperateness, turning blood and choler into melancholy." Both these
opinions may stand good, as Bruel maintains, and Cappavius, \[\text{si cerebrum sit calidius,}\] "if the brain be hot, the animal spirits will be hot, and thence comes
madness; if cold, folly." David Orsuis, \[\text{Theot. morb. Hermet. lib. 2. cap. 6. de}
attrib.\] grants melancholy to be a disease of an inflamed brain, but cold not-with-
standing of itself: \[\text{calidita per accident. frigida per se,}\] hot by accident only; I am
of Cappavius' mind for my part. Now this humour, according to Salvianus, is
sometimes in the substance of the brain, sometimes contained in the membranes
and tumics that cover the brain, sometimes in the passages of the ventricles
of the brain, or veins of those ventricles. It follows many times "phrenzy, long
diseases, agues, long abode in hot places, or under the sun, a blow on the
head," as Rhasis informeth us: Piso adds solitariness, waking, inflammations

1\text{Magirus.}

2\text{Ergo efficiens causar melancholiæ est calidus et steæ. Intempenses, non frigida et steæ,
qual multi opinant, scilicet enim a calore cerebri assurante sanguinem, &c., tum quod aromata sanguinem
incanellant, solutio, vigilia, febris procedunt, melanchodium, effectus, et hinc eurnia calidus, ergo ratus sit,}
&c. \[\text{lib. 1, cap. 13. de Melanc.}\]

3\text{Lib. 3. Tract. posthum. de melanc.}

4\text{A fatuaite insepara-
bilium cerebr. frigidiæ.}

5\text{Ab internæ calore assist.}

6\text{Intempenses imnata exereunt, flavam bilum ac sanguinem in melancholiam convertunt.}

7\text{Si cerebrum sit calidius, spiritus animatis calidior, et
delirium maniaceum; si frigidior, delirium atque.
Mellancolitts capitæ accidit post phrenesin aut longam}
encum sub sole, aut percussionem in capite, \[\text{cap. 13. lib. 1.}\]
of the head, proceeding most part from much use of spices, hot wines, hot meats: all which Montanus reckons up, consil. 22. for a melancholy Jew; and Heurnius repeats, cap. 12. de Mania: hot bathes, garlic, onions, saith Guianerius, bad air, corrupt, much waking, &c., retention of seed or abundance, stopping of haemorrhagia, the midriff in affected; and according to Trallianus, l. 1. 16. immoderate cares, troubles, griefs, discontent, study, meditation, and, in a word, the abuse of all those six non-natural things. Hercules de Saxonii, cap. 16. lib. 1. will have it caused from a cautery, or boil dried up, or an issue. Amatus Lusitanus, cent. 2. cura. 67. gives instance in a fellow that had a hole in his arm, "after that was healed, ran mad, and when the wound was open, he was cured again." Trincavellius, consil. 13. lib. 1. hath an example of a melancholy man so caused by overmuch continuance in the sun, frequent use of venery, and immoderate exercise: and in his cons. 49. lib. 3. from a headpiece overheated, which caused head-melancholy. Prosper Galenus brings in Cardinal Cæsius for a pattern of such as are so melancholy by long study; but examples are infinite.

**SUBSECT. IV.—CAUSES OF HYPOCHONDRIACAL, OR WINDY MELANCHOLY.**

In repeating of these causes, I must crambem bis coctum apponere, say that again which I have formerly said, in applying them to their proper species. Hypochondriacal or flatulous melancholy, is that which the Arabians call myracchial, and is in my judgment the most grievous and frequent, though Brunel and Laurentius make it least dangerous, and not so hard to be known or cured. His causes are inward or outward. Inward from divers parts or organs, as midriff, spleen, stomach, liver, pylorus, womb, diaphragm, meseriac' veins, stopping of issues, &c. Montaltus, cap. 15. out of Galen recites, "heat and obstruction of those meseriac veins, as an immediate cause, by which means the passage of the chilus to the liver is detained, stopped or corrupted, and turned into rumbling and wind." Montanus, consil. 233, hath an evident demonstration, Trincavellius another, lib. 1, cap. 12, and Plater a third, observat. lib. 1, for a doctor of the law visited with this infirmity, from the said obstruction and heat of these meseriac veins, and bowels; quoniam inter ventriculum et jejunum venae effervescunt, the veins are inflamed about the liver and stomach. Sometimes those other parts are together misaffected; and concur to the production of this malady: a hot liver and cold stomach, or cold belly: look for instances in Hollerus, Victor Trincavellius, consil. 35. l. 3. Hildesheim, Spicel. 2, fol. 132, Solenander, consil. 9, pro cite Lugduniensi, Montanus, consil. 229, for the Earl of Montfort in Germany, 1549, and Frisimelica in the 233 consultation of the said Montanus. I. Cassar Claudinus gives instance of a cold stomach and over-hot liver, almost in every consultation, con. 89, for a certain count; and con. 106, for a Polonian baron, by reason of heat the blood is inflamed, and gross vapours sent to the heart and brain. Mercurialis subscribes to them, cons. 89, "the stomach being misaffected," which he calls the king of the belly, because if he be distempered, all the rest suffer with him, as being deprived of their nutriment, or fed with bad nourishment, by means of which come crudities, obstructions, wind, rumbling, griping, &c. Hercules de Saxonii, besides heat, will have the weakness of the liver and his obstruction a cause, faculatatem debilem jecinoris, which he calls the mineral of melancholy. Laurentius assigns this reason, because the liver over hot draws the meat undigested out of the stomach, and burns the humors. Montanus, cons. 244, proves that some-

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1. *Quid bhibit vina potestias, et sapè sunt sub sole.*
2. *Curae validas, largiores vini et aromatum usus.*
3. *A cautero et ulcere exsiccatum.*
4. *Ab ulcere curato incidunt in insaniam, aperto vulnere curatur.*
5. *A gaetae nihilis calcatum.*
7. *Sustamine lasso robur corporis immunitatis.*
times a cold liver may be a cause. Laurentius, c. 12, Trincavellius, lib. 12, consil., and Gualter Bruel, seems to lay the greatest fault upon the spleen, that doth not his duty in purging the liver as he ought, being too great, or too little, in drawing too much blood sometimes to it, and not expelling it, as P. Cueniandrus in a consultation of his noted tumorem lienis; he names it, and the fountain of melancholy. Diocles supposed the ground of this kind of melancholy to proceed from the inflammation of the pylorus, which is the neither mouth of the ventricle. Others assign the mesenterium or midriff distempered by heat, the womb misaffected, stopping of hæmorrhoids, with many such. All which Laurentius, cap. 13, reduceth to three, mesentery, liver, and spleen, from whence he denominates hepatic, splenetic, and mesericia melancholy. Outward causes, are bad diet, care, griefs, discontent, and in a word all those six non-natural things, as Montanus found by his experience, consil. 24. Solenander, consil. 9, for a citizen of Lyons, in France, gives his reader to understand that he knew this mischief procured by a medicine of cantharides, which an unskilful physician ministered his patient to drink ad nenarem excitandum. But most commonly fear, grief, and some sudden commotion, or perturbation of the mind, begin it, in such bodies especially as are ill-disposed. Melanchthon, tract. 14, cap. 2. de anim. will have it as common to men, as the mother to women, upon some grievous trouble, dislike, passion, or discontent. For as Camerarius records in his life, Melanchthon himself was much troubled with it, and therefore could speak out of experience. Montanus, consil. 22, pro dolorante Judexo confirms it, ‘grievous symptoms of the mind brought him to it. Randolotius relates of himself, that being one day very intent to write out a physician’s notes, molested by an occasion, he fell into a hypochondriacal fit, to avoid which he drank the decoction of wormwood, and was freed. ‘Melanchthon (“seeing the disease is so troublesome and frequent) holds it a most necessary and profitable study, for every man to know the accidents of it, and a dangerous thing to be ignorant,” and would therefore have all men in some sort to understand the causes, symptoms, and cares of it.

SUBSECT. V.—Causes of Melancholy from the whole Body.

As before, the cause of this kind of melancholy is inward or outward. Inward, "when the liver is apt to engender such a humour, or the spleen weak by nature, and not able to discharge his office." A melancholy temperature, retention of hæmorrhoids, monthly issues, bleeding at nose, long diseases, agues, and all those six non-natural things increase it. But especially "bad diet, as Piso thinks, pulse, salt meat, shell-fish, cheese, black wine, &c. Mercurialis out of Averroes and Aviceena condemns all herbs: Galen, lib. 3. de loc. affect. cap. 7, especially cabbage. So likewise fear, sorrow, discontent, &c., but of these before. And thus in brief you have had the general and particular causes of melancholy.

Now go and brag of thy present happiness, whosoever thou art, brag of thy temperature, of thy good parts, insult, triumph, and boast; thou seest in what a brittle state thou art, how soon thou mayest be dejected, how many several ways, by bad diet, bad air, a small loss, a little sorrow or discontent, an ague, &c.; how many sudden accidents may procure thy ruin, what a small tenure of happiness thou hast in this life, how weak and silly a creature thou art. "Humble thyself, therefore, under the mighty hand of God," 1 Peter, v. 6. know thyself, acknowledge thy present misery, and make right use of it.
Qui stat videat ne cadat. Thou dost now flourish, and hast bona animi, corporeis, et fortuna, goods of body, mind, and fortune, nescis quid serus secum vesper ferat, thou knowest not what storms and tempests the late evening may bring with it. Be not secure then, "be sober and watch," fortunam reverenter habe, if fortunate and rich; if sick and poor, moderate thyself. I have said.

SECT. III. MEMB. I.

SUBSECT. I.—Symptoms, or Signs of Melancholy in the Body.

Parrhasius, a painter of Athens, amongst those Olynthian captives Philip of Macedon brought home to sell, bought one very old man; and when he had him at Athens, put him to extreme torture and torment, the better by his example to express the pains and passions of his Prometheus, whom he was then about to paint. I need not be so barbarous, inhuman, or cruel, for this purpose to torture any poor melancholy man, their symptoms are plain, obvious and familiar, there needs no such accurate observation or far-fetched object, they delineate themselves, they voluntarily betray themselves, they are too frequent in all places, I meet them still as I go, they cannot conceal it, their grievances are too well known, I need not seek far to describe them.

Symptoms therefore are either "universal or particular, saith Gordonius, lib. med. cap. 19, part 2, to persons, to species: "some signs are secret, some manifest, some in the body, some in the mind, and diversely vary, according to the inward or outward causes," Cappivaccius: or from stars, according to Jovianus Pontanus, de reb. caelest. lib. 10. cap. 13, and celestial influences, or from the humours diversely mixed, Ficinus, lib. I, cap. 4, de sanit. tuendâ: as they are hot, cold, natural, unnatural, intended or remitted, so will Ætius have melancholica deliria multiformia, diversity of melancholy signs. Laurentius ascribes them to their several temperatures, delights, natures, inclinations, continuance of time, as they are simple or mixed with other diseases, as the causes are divers, so must the signs be, almost infinite, Altoramus, cap. 7. art. med. And as wine produceth divers effects, or that herb Tortocolla in "Laurentius, "which makes some laugh, some weep, some sleep, some dance, some sing, some howl, some drink," &c., so doth this our melancholy humour work several signs in several parties.

But to confine them, these general symptoms may be reduced to those of the body or the mind. Those usual signs appearing in the bodies of such as are melancholy, be these cold and dry, or they are hot and dry, as the humour is more or less adust.

From these first qualities arise many other second, as that of "colour, black, swarthy, pale, ruddy, &c., some are impes Rubri, as Montaltus, cap. 16, observes out of Galen, lib. 3, de locis effectus, very red and high coloured. Hippocrates in his book "de insania et melan. reckons up these signs, that they are ""clean, withered, hollow-eyed, look old, wrinkled, harsh, much troubled with wind, and a griping in their bellies, or belly-ache, belch often, dry bellies and hard, dejected looks, flaggy beards, singing of the ears, vertigo, light-headed, little or no sleep, and that interrupt, terrible and fearful dreams, "Anna soror, quae me suspensus insomnium terrent? The same symptoms are repeated by Melanilus in his book of melancholy collected out of Galen,

1 Ausonius. 2 Seneca, cont. lib. 10, cont. 5. 3 Quodam universalia, particularia, quodam manifesta, quodam in corpore, quodam in cogitatione et animo, quodam a stellis, quodam ab humoribus, qua ut vim corpos variæ dispone, &c. Diversa phantasmata pro varietate causæ externæ vel internae. 4 Lib. 1. de risu. fol. 17. Ad ejus sam ali sudant, ali venanat, dent, bibant, saltant, ali rident, fremunt, dormunt, &c. 5 T. Bright, cap. 20. 6 Nigreti his humor aliquando supercalificatus, aliquando superfrigificatus. Melancl. 7 Gal. 8 Interpretæ F. Calvo. 9 Oculus his excavanum, venti gignuntur circum praecidit, et acidi nuxus, eiecitur in ventrem, vertigo, tumultum auriun, somni pustuli, somnia terribilis et interrupta. 10 Virg. Æn.
Rufius, Eetus, by Rhasis, Gordonius, and all the juniors, "continual, sharp, and stinking belchings, as if their meat in their stomachs were putrefied, or that they had eaten fish, dry bellies, absurd and interrupt dreams, and many phantastical visions about their eyes, vertiginous, apt to tremble, and prone to venery." Some add palpitation of the heart, cold sweat, as usual symptoms, and a leaping in many parts of the body, salutum in multis corporis partibus, a kind of itching, saith Laurentius, on the superficies of the skin, like a flae-biting sometimes. Montaltus, cap. 21. puts fixed eyes and much twinking of their eyes for a sign, and so doth Avicenna, oculos habentes palpitantes, tremultis, vehementer rubicundis, &c., lib. 3. Fen. 1. Tract. 4. cap. 18. They stut most part, which he took out of Hippocrates' aphorisms. Rhasis makes "head-ache and a binding heaviness for a principal token, much leaping of wind about the skin, as well as staggering, or tripping in speech, &c., hollow eyes, gross veins, and broad lips." To some too, if they be far gone, mimical gestures are too familiar, laughing, grinning, fleering, murmuring, talking to themselves, with strange mouths and faces, inarticulate voices, exclamations, &c. And although they be commonly lean, hirsute, uncheerful in countenance, withered, and not so pleasant to behold, by reason of those continual fears, griefs, and vexations, dull, heavy, lazy, restless, unapt to go about any business; yet their memories are most part good, they have happy wits, and excellent apprehensions. Their hot and dry brains make them they cannot sleep, Tagenies habent et erbras vigilias (Areteus), mighty and often watchings, sometimes waking for a month, a year together. Hercules de Saxonia, faithfully averreth, that he hath heard his mother swear, she slept not for seven months together: Trincavelliis, Tom. 2. cons. 16. speaks of one that waked 50 days, and Skencius hath examples of two years, and all without offence. In natural actions their appetite is greater than their concoction, multa appetunt, pauca digerunt, as Rhasis hath it, they covet to eat, but cannot digest. And although they "do eat much, yet they are lean, ill-liking," saith Areteus, "withered and hard, much troubled with costiveness," crudities, opipulations, spitting, belching, &c. Their pulse is rare and slow, except it be of the Carotides, which is very strong; but that varies according to their intended passions or perturbations, as Struthius hath proved at large, Spigmatae artis, l. 4. c. 13. To say truth, in such chronic diseases the pulse is not much to be respected, there being so much superstition in it, as Crato notes, and so many differences in Galen, that he dares say they may not be observed, or understood of any man.

Their urine is most part pale, and low coloured, urina paucì, acri, biliosa, (Areteus), not much in quantity; but this, in my judgment, is all out as uncertain as the other, varying so often according to several persons, habits, and other occasions not to be respected in chronic diseases. "Their melancholy excrements in some very much, in others little, as the spleen plays his part," and thence proceeds wind, palpitation of the heart, short breath, plenty of humidity in the stomach, heaviness of heart and heartache, and intolerable stupidity and dulness of spirits. Their excrements or stool hard, black to some and little. If the heart, brain, liver, spleen, be misaffected, as usually they are, many inconveniences proceed from them, many diseases accompany, as incubs, apoplexy, epilepsy, vertigo, those frequent wakeings and terrible
spice of this disease, for when he was tormented with the pain of his stomach, he had a conceit to make away himself. Julius Caesar Claudinus, consul. 84. had a Polonian to his patient, so affected, that through 'fear and sorrow, with which he was still disquieted, hated his own life, wished for death every moment, and to be freed of his misery. Mercurialis another, and another that was often minded to dispatch himself, and so continued for many years.

Suspicion, jealousy.] Suspicion, and jealousy, are general symptoms: they are commonly distrustful, apt to mistake, and amplify, facilis irascibili, testy, pettish, peevish, and ready to snarl upon every small occasion, cum amicis simis, and without a cause, datum vel non datum, it will be scandulum acceptum. If they speak in jest, he takes it in good earnest. If they be not saluted, invited, consulted with, called to counsel, &c., or that any respect, small compliment, or ceremony be omitted, they think themselves neglected, and condemned; for a time that tortures them. If two talk together, discourse, whisper, jest, or tell a tale in general, he thinks presently they mean him, applies all to himself, de se putat omnia dicit. Or if they talk with him, he is ready to misconstrue every word they speak, and interpret it to the worst; he cannot endure any man to look steadily on him, speak to him almost, laugh, jest, or be familiar, or hem, or point, cough, or spit, or make a noise sometimes, &c. He thinks they laugh or point at him, or do it in disgrace of him, circumvint him, contemn him; every man looks at him, he is pale, red, sweats for fear and anger, lest somebody should observe him. He works upon it, and long after this false conceit of an abuse troubles him. Montanus, consul. 22. gives instance in a melancholy Jew, that was Iracundior Adria, so waspish and suspicious, tam facilis iratus, that no man could tell how to carry himself in his company.

Inconstancy.] Inconstant they are in all their actions, vertiginous, restless, unapt to resolve of any business, they will and will not, persuaded to and fro upon every small occasion, or word spoken: and yet if once they be resolved, obstinate, hard to be reconciled. If they abhor, dislike, or distrust, once settled, thought to the better by odds, by no counsel, or persuasion to be removed. Yet in most things wavering, irreolute, unable to deliberate, through fear, faciunt, et mon faciunt ponit (Areteus), avari, et paulo post prodigi. Now prodigal, and then covetous, they do, and by-and-by repent them of that which they have done, so that both ways they are troubled, whether they do or do not, want or have, hit or miss, disquieted of all hands, soon weary, and still seeking change, restless, I say, fickle, fugitive, they may not abide to tarry in one place long.

no company long, or to persevere in any action or business.

etfoons pleased, and anon displeased, as a man that's bitten with fleas, or that cannot sleep turns to and fro in his bed, their restless minds are tossed and vary, they have no patience to read out a book, to play out a game or two, walk a mile, sit an hour, &c., erected and dejected in an instant; animated to undertake, and upon a word spoken again discouraged.

Passionate.] Extreme passionate, Quoquid volunt valde volunt; and what they desire, they do most furiously seek: anxious ever and very solicitous, distrustful, and timorous, envious, malicious, profuse one while, sparing ano-
ther, but most part covetous, muttering, repining, discontent, and still complaining, grudging, peevish, injuriarum tenaces, prone to revenge, soon troubled, and most violent in all their imaginations, not affable in speech, or apt to vulgar compliment, but surly, dull, sad, austere; cogitabundi still, very intent, and as Albertus Durer paints melancholy, like a sad woman leaning on her arm with fixed looks, neglected habit, &c., held therefore by some proud, soft, sottish, or half-mad, as the Abderites esteemed of Democritus: and yet of a deep reach, excellent apprehension, judicious, wise, and witty: for I am of that "nobleman's mind, "Melancholy advancest men's conceits, more than any humour whatsoever," improves their meditations more than any strong drink or sack. They are of profound judgment in some things, although in others non recte judicant iniqui, saith Fracastorius, lib. 2. de Intell. And as Arculanus, c. 16. in 9. Rasis terms it, Judicium plerumque perversum. corrupti, cum judicant honesta inhonest, et amicitiam habent pro inimicitiis: they count honesty dishonesty, friends as enemies, they will abuse their best friends, and dare nor offend their enemies. Cowards most part et ad infernum injustium timidissimi, saith Cardan, lib. 8. cap. 4. de rerum varietate: loth to offend, and if they chance to overshoot themselves in word or deed: or any small business or circumstance be omitted, forgotten, they are miserably tormented, and frame a thousand dangers and inconveniences to themselves, ex musca elephantum, if once they conceit it: overjoyed with every good rumour, tale, or prosperous event, transported beyond themselves: with every small cross again, bad news, misconceived injury, loss, danger, afflicted beyond measure, in great agony, perplexed, dejected, astonished, impatient, utterly undone: fearful, suspicious of all. Yet again, many of them desperate hare-brains, rash, careless, fit to be assassins, as being void of all fear and sorrow, according to Hercules de Saxoni, "Most audacious, and such as dare walk alone in the night, through deserts and dangerous places, fearing none."

Amorous.] "They are prone to love," and *easy to be taken; Propensi ad amorem et excondescendentiam (Montaillus, cap. 21). quickly enamoured, and dote upon all, love one dearly, till they see another, and then dote on her, Et hanc, et hanc, et illum, et omnes, the present moves most, and the last commonly they love best. Yet some again Anteroetes, cannot endure the sight of a woman, abhor the sex, as that same melancholy duke of Muscovy, that was instantly sick if he came but in sight of them; and that *Anchorite, that fell into a cold palsy when a woman was brought before him.

Humorous.] Humorous they are beyond all measure, sometimes profusely laughing, extraordinarily merry, and then again weeping without a cause (which is familiar with many gentlewomen), groaning, sighing, pensive, sad, almost distracted, multa absurda fingunt, et a ratione aliena (saith *Frambesarius), they feign many absurdities, vain, void of reason: one supposeth himself to be a dog, cock, bear, horse, glass, butter, &c. He is a giant, a dwarf, as strong as an hundred men, a lord, duke, prince, &c. And if he be told he hath a stinking breath, a great nose, that he is sick, or inclined to such or such a disease, he believes it eftsoons, and peradventure by force of imagination will work it out. Many of them are innovable, and fixed in their conceits, others vary upon every object, heard or seen. If they see a stage-play, they run upon that a week after; if they hear music, or see dancing, they have nought but bagpipes in their brain; if they see a combat, they are all for arms. *If abused, an abuse troubles them long after; if crossed, that cross, &c.  

b In his Dutch work picture. *Howard, cap. 7. differ.  


*Consult. lib. 1. 17. Cona.  

* Generally as they are pleased or displeased, so are their continual cogitations pleasing or displeasing.
in their thoughts and actions, continually meditating. *Velet capri somnia, vanae fugiuntur species,* more like dreams, than men awake, they fain a company of antic, fantastical conceits, they have most frivolous thoughts, impossible to be effected; and sometimes think verily they hear and see present before their eyes such phantasm or goblins, they fear, suspect, or conceive, they still talk with, and follow them. In fine, *cogitationes somnianthibus similis, id vigilant, quod aliui somniante cogitationus:* still, saith Avicenna, they wake, as others dream, and such for the most part are their imaginations and conceits,* 1 absurd, vain, foolish toys, yet they are *most curious and solicitous, continual,* &c., *et supra medum, Rhaxis, cont. lib. 1. cap. 9. premeditantur de aliqua re.* As serious in a toy, as if it were a most necessary business, of great moment, importance, and still, still, still thinking of it: *seviant in se, macerating themselves.* Though they do talk with you, and seem to be otherwise employed, and to your thinking very intent and busy, still that toy runs in their mind, that fear, that suspicion, that abuse, that jealousy, that agony, that vexation, that cross, that castle in the air, that crotchet, that whimsy, that fiction, that pleasant waking dream, whatsoever it is. *Nec interrogant (saith 2 Fracastorius) nec interrogatls recte respondunt.* They do not much heed what you say, their mind is on another matter; ask what you will, they do not attend, or much intend that business they are about, but forget themselves what they are saying, doing, or should otherwise say or do, whither they are going, distracted with their own melancholy thoughts. One laughs upon a sudden, another smiles to himself, a third frowns, calls, his lips go still, he acts with his hand as he walks, &c. *Tis proper to all melancholy men, saith 3 Mercurialis, con. 11. "What conceit they have once entertained, to be most intent, violent, and continually about it." Inviatus occurrit, do what they may they cannot be rid of it, against their wills they must think of it a thousand times over, *Perpetuos molestantur nec obliviscunt possunt,* they are continually troubled with it, in company, out of company; at meat, at exercise, at all times and places, *non desinunt ea, quae minime volunt, cogitare,* if it be offensive especially, they cannot forget it, they may not rest or sleep for it, but still tormenting themselves, *Sysiphi saxum volvunt sibi ipsis,* as 4 Bruner observes, *Perpetua calamitas et miserabile flagellum.*

*Basphfulness.* 5 Crato, 6 Laurentius, and Fernelius, put basphfulness for an ordinary symptom, *subrasticius pudor,* or *vitiocous pudor,* is a thing which much haunts and torments them. If they have been misused, derided, disgraced, chidden, &c., or by any perturbation of mind misaffected, it so far troubles them, that they become quite moped many times, and so disheartened, dejected, they dare not come abroad, into strange companies especially, or manage their ordinary affairs, so childish, timorous, and basphful, they can look no man in the face; some are more disquieted in this kind, some less, longer some, others shorter, by fits, &c., though some on the other side (according to 7 Fracastorius) be *inverocundii et pertinaces,* impudent and peevish. But most part they are very shamefaced, and that makes them with Pet. Bisensis, Christopher Urswick, and many such, to refuse honours, offices and preferments, which sometimes fall into their mouths, they cannot speak, or put forth themselves as others can, *timor hos, pudor impedit illos,* timorousness and basphfulness hinder their proceedings, they are contented with their present estate, unwilling to undertake any office, and therefore never likely to rise. For that cause they seldom visit their friends, except some familiaris: *pauciloqui,* of few words,
and oftentimes wholly silent. *Frambesorius, a Frenchman, had two such patients, omnino taciturnos, their friends could not get them to speak: Rodericus à Fonseca, consult. tom. 2. 35. consil. gives instance in a young man, of twenty-seven years of age, that was frequently silent, bashful, moped, solitary, that would not eat his meat, or sleep, and yet again by fits apt to be angry, &c. 

"Solitariness." Most part they are, as Plater notes, de iade, taciturni, aegre impulsi nec nisi coacti procedunt, &c., they will scarce be compelled to do that which concerns them, though it be for their good, so diffident, so dull, of small or no compliment, unsociable, hard to be acquainted with, especially of strangers; they had rather write their minds than speak, and above all things love solitariness. Ob voluptatem, an ob timorem soli sunt? Are they so solitary for pleasure (one asks) or pain? for both; yet I rather think for fear and sorrow, &c.

"Hine metuant cupiantque, dolent fagiantque, nec auras Respiciunt, claui tenebris, et carere coaece."

"Hence is they grieve and fear, avoiding light, And shut themselves in prison dark from sight."

As Bellerophon in "Homer,

"Qui miser in syvibus moreris errato opacis,
Ipsa sunt et edens, hominum vestigia visitas."

"That wandered in the woods, sad, all alone,
Forsaking men's society, making great moan."

They delight in floods and waters, desert places, to walk alone in orchards, gardens, private walks, back lanes, averse from company, as Diogenes in his tub, or Timon Misanthropus, *they abhor all companions at last, even their nearest acquaintances and most familiar friends, for they have a covert (I say) every man observes them, will deride, laugh to scorn, or misuse them, confining themselves therefore wholly to their private houses or chambers, fugiam homines sine causa (saith Rhabis) et odio habent, cont. l. 1. c. 9. they will diet themselves, feed and live alone. It was one of the chiefest reasons why the citizens of Abdera suspected Democritus to be melancholy and mad, because that, as Hippocrates related in his epistle to Philopoemenes, "he forsook the city, lived in groves and hollow trees, upon a green bank by a brook side, or confinement of waters all day long, and all night." Quae quidem (saith he) plurimum atram bile vexatis et melancholicis eveniunt, desertae frequentant, hominumque congressum avertantur; *which is an ordinary thing with melancholy men. The Egyptians therefore in their hieroglyphics expressed a melancholy man by a hare sitting in her form, as being a most timorous and solitary creature, Pierius, Hieroglyph. l. 12. But this, and all precedent symptoms, are more or less apparent, as the humour is intended or remitted, hardly perceived in some, or not at all, most manifest in others. Childish in some, terrible in others; to be derided in one, pitied or admired in another; to him by fits, to a second continuet: and howsoever these symptoms be common and incident to all persons, yet they are the more remarkable, frequent, furious and violent in melancholy men. To speak in a word, there is nothing so vain, absurd, ridiculous, extravagant, impossible, incredible, so monstrous a chimera, so prodigious and strange, *such as painters and poets durst not attempt, which they will not really fear, feign, suspect and imagine unto themselves: and that which "Lod. Viv. said in a jest of a silly country fellow, that killed his ass for drinking up the moon, ut lunam mundo redderet, you may truly say of them in earnest; they will act, conceive all extremes, contrarieties, and contradictions, and that in infinite varieties. Melancholici plane incredibilia sibi persuadent, ut vix omnibus sensibus duo reperti sint, qui idem imaginati sint (Frastus de Lamiis), scarce two of two thousand that concur in the same symptoms. The tower of

Babel never yielded such confusion of tongues, as the chaos of melancholy doth variety of symptoms. There is in all melancholy *similitudo dissimilis*, like men's faces, a disagreeing likeness still; and as in a river we swim in the same place, though not in the same numerical water; as the same instrument affords several lessons, so the same disease yields diversity of symptoms. Which howsoever they be diverse, intricate, and hard to be confined, I will adventure yet in such a vast confusion and generality to bring them into some order; and so descend to particulars.

**SUBSECT. III.—Particular Symptoms from the influence of Stars, parts of the Body, and Humours.**

Some men have peculiar symptoms, according to their temperament and crisis, which they had from the stars and those celestial influences, variety of wits and dispositions, as Anthony Zara contends, *Anat. ingen. sect. I. memb. 11, 12, 13, 14, plurimum irritant influentia celestis, unde ciotur animi agritudines et morbi corporum*. *One saith, diverse diseases of the body and mind proceed from their influences,* as I have already proved out of Ptolemy, Pontanus, Lemnius, Cardan, and others, as they are principal significators of manners, diseases, mutually irradiated, or lords of the geniture, &c. Ptolemons in his centiloquy, Hermes, or whosoever else the author of that tract, attributes all these symptoms, which are in melancholy men, to celestial influences: which opinion, *Mercurialis de affect. lib. cap. 10. rejects;* but, as I say, *Jovianus Pontanus and others stilly defend. That some are solitary, dull, heavy, churlish; some again blithe, buxom, light, and merry, they ascribe wholly to the stars. As if Saturn be predominant in his nativity, and cause melancholy in his temperature, then he shall be very austere, sullen, churlish, black of colour, profound in his cogitations, full of cares, miseries, and discontent, sad and fearful, always silent, solitary, still delighting in husbandry, in woods, orchards, gardens, rivers, ponds, pools, dark walks and close: *Cognitiones sunt velle caulificare, velle arborum plantare, agros color, &c.* To catch birds, fishes, &c., still contriving and musing of such matters. If Jupiter domineers, they are more ambitious, still meditating of kingdoms, magistracies, offices, honours, or that they are princes, potentates, and how they would carry themselves, &c. If Mars, they are all for wars, brave combats, monomachies, testy, choleric, haresm, rash, furious, and violent in their actions. They will feign themselves victors, commanders, are passionate and satirical in their speeches, great braggards, ruddy of colour. And though they be poor in show, vile and base, yet like Telephus and Peleus in the *poet, Ampullas jactant et sesquipedalia verba, “forget their swelling and gigantic words,”* their mouths are full of myriads, and tetrarchs at their tongues' end. If the sun, they will be lords, emperors, in conceit at least, and monarchs, give offices, honours, &c. If Venus, they are still courting of their mistresses, and most apt to love, amorous given, they seem to hear music, plays, see fine pictures, dancers, merriments, and the like. Ever in love, and dote on all they see. Mercurialists are solitary, much in contemplation, subtile, poets, philosophers, and musing most part about such matters. If the moon have a hand, they are all for peregrinations, sea voyages, much affected with travels, to discourse, read, meditate of such things; wandering in their thoughts, diverse, much delighting in waters, to fish, foul, &c.

But the most immediate symptoms proceed from the temperature itself, and the organical parts, as head, liver, spleen, meseraic veins, heart, womb, stomach, &c., and most especially from distemper of spirits (which, as *Hercules de Saxonii contend, are wholly immaterial), or from the four humours in
those seats, whether they be hot or cold, natural, unnatural, innate or adventitious, intended or remitted, simple or mixed, their diverse mixtures, and several adustions, combinations, which may be as diversely varied, as those four first qualities in Clavius, and produce as many several symptoms and monstrous fictions as wine doth effect, which as Andreas Bachius observes, lib. 3. de vino, cap. 20. are infinite. Of greater note be these.

If it be natural melancholy, as Lod. Mercatus, lib. 1. cap. 17. de melan. T. Bright, c. 16. hath largely described, either of the spleen, or of the veins, faulty by excess of quantity, or thickness of substance, it is a cold and dry humour, as Moutanus affirms, consil. 26. the parties are sad, timorous and fearful. Prosper Calenus, in his book de atra bile, will have them to be more stupid than ordinary, cold, heavy, dull, solitary, sluggish; *Si multam atram bilem et frigidae habent.* Hercules de Saxoniià, c. 19. l. 7. "*Hold these that are naturally melancholy, to be of a leaden colour or black,*" and so doth Guianerius, c. 3. tract. 15. and such as think themselves dead many times, or that they see, talk with black men, dead men, spirits and goblins frequently, if it be in excess. These symptoms vary according to the mixture of those four humours adust, which is unnatural melancholy. For as Trallianus hath written, cap. 16. l. 7. "*There is not one cause of this melancholy, nor one humour which begets, but diverse diversely intermixed, from whence proceeds this variety of symptoms,*" and those varying again as they are hot or cold. "*Cold melancholy (saith Benedict. Vittorius Faventinus pract. mag.) is a cause of dotage, and more mild symptoms; if hot or more adust, of more violent passions, and furies.*" Fracastorius, l. 2. de intellect. will have us to consider well of it, "*with what kind of melancholy every one is troubled, for it much avail to know it; one is enraged by fervent heat, another is possessed by sad and cold; one is fearful, shamefaced; the other impudent and bold; as Ajax, Arma rapit superosque jurens in pretia poscit: quite mad or tending to madness: Nunc hos, nunc impetit illos.*" Bellerophon on the other side, solis errat male sanus in agris, wanders alone in the woods; one despairs, weeps, and is weary of his life, another laughs, &c. All which variety is produced from the several degrees of heat and cold, which *Hercules de Saxoniià will have wholly proceed from the distemperature of spirits alone, animal especially, and those immaterial, the next and immediate causes of melancholy, as they are hot, cold, dry, moist, and from their agitation proceeds that diversity of symptoms, which he reckon up in the thirteenth chap. of his Tract of Melancholy, and that largely through every part. Others will have them come from the diverse adustion of the four humours, which in this unnatural melancholy, by corruption of blood, adust choler, or melancholy natural, "*by excessive distemper of heat turned, in comparison of the natural, into a sharp lye by force of adustion, cause, according to the diversity of their matter, diverse and strange symptoms," which T. Bright reckons up in his following chapter. So doth *Arculanus, according to the four principal humours adust, and many others.*

For example, if it proceed from phlegm (which is seldom and not so frequently as the rest), *it stirs up dull symptoms, and a kind of stupidity, or impassionate hurt: they are sleepy, saith "Savaranola, dull, slow, cold, blockish, ass-like, Asininae melancholiæ, *Melanochton calls it, "they are much given to weeping, and delight in waters, ponds, pools, rivers, fishing, fowling," &c.

(Arnoldus, breviar. 1. cap. 18.) They are pale of colour, slothful, apt to sleep, heavy; much troubled with head-ache, continual meditation, and muttering to themselves; they dream of waters, "that they are in danger of drowning, and fear such things, Rhasis. They are fatter than others that are melancholy, of a muddy complexion, apter to spit, sleep, more troubled with rheum than the rest, and have their eyes still fixed on the ground. Such a patient had Heracles de Saxonia, a widow in Venice, that was fat and very sleepy still; Christophorus à Vaga another affected in the same sort. If it be inveterate or violent, the symptoms are more evident, they plainly denote and are ridiculous to others, in all their gestures, actions, speeches; imagining impossibilities, as he in Christophorus à Vaga, that thought he was a tun of wine, and that Siennois, that resolved within himself not to piss, for fear he should drown all the town.

If it proceed from blood a dusht, or that there be a mixture of blood in it, "such are commonly ruddy of complexion, and high-coloured," according to Salust Salvianus, and Herceules de Saxonia. And as Savinarola, Vittorius Fæventinus Emper. farther adds, "the veins of their eyes be red, as well as their faces." They are much inclined to laughter, witty and merry, conceited in discourse, pleasant, if they be not far gone, much given to music, dancing, and to be in women's company. They meditate wholly on such things, and think they see or hear plays, dancing, and such-like sports (free from all fear and sorrow, as Hercules de Saxonia supposeth). If they be more strongly possessed with this kind of melancholy, Arnoldus adds, Breviar., 1. cap. 18., like him of Argos in the Poet, that sate laughing all day long, as it he had been at a theatre. Such another is mentioned by Aristotle, living at Abydos, a town of Asia Minor, that would sit after the same fashion, as if he had been upon a stage, and sometimes act himself; now clap his hands, and laugh, as if he had been well pleased with the sight. Wolfius relates of a country fellow called Brunseiliius, subject to this humour, "that being by chance at a sermon, saw a woman fall off from a form half asleep, at which object most of the company laughed, but he for his part was so much moved, that for three whole days after he did nothing but laugh, by which means he was much weakened, and worse a long time following." Such a one was old Sophocles, and Democritus himself had hilaris delirium, much in this vein. Laurentius, cap. 3. de melan. thinks this kind of melancholy, which is a little a dusht with some mixture of blood, to be that which Aristotle meant, when he said melancholy men of all others are most witty, which causeth many times a divine ravishment, and a kind of enthusiasmus, which stirreth them up to be excellent philosophers, poets, prophets, &c. Mercurialis consil. 110. gives instance in a young man his patient, sanguine melancholy, "of a great wit, and excellently learned."

If it arise from choler a dusht, they are bold and impudent, and of a more harebrain disposition, apt to quarrel, and think of such things, battles, combats, and their manhood, furious; impatient in discourse, stiff, irrefrangible and prodigious in their tenets; and if they be moved, most violent, outrageous, ready to disgrace, provoke any, to kill themselves and others; Arnoldus adds, stark mad by fits, they sleep little, their urine is subtile and fiery. (Gua nerius.) In their fits you shall hear them speak all manner of languages,
Hebrew, Greek, and Latin, that never were taught or knew them before." Apponensis in com. in Pro. sec. 30. speaks of a mad woman that spake excellent good Latin: and Rhasis knew another, that could prophesy in her fit, and foretell things truly to come. * Guianerius had a patient could make Latin verses when the moon was combust, otherwise illiterate. Avicenna and some of his adherents will have these symptoms, when they happen, to proceed from the devil, and that they are rather daemoniaci, possessed, than mad or melancholy, or both together, as Jason Pratensis thinks, Immiscet se mali genii, &c., but most ascribe it to the humour, which opinion Montaltus, cap. 21. stiffly maintains, confuting Avicenna and the rest, referring it wholly to the quality and disposition of the humour and subject. Cardan de rerum var. lib. 8. cap. 10. holds these men of all others fit to be assassins, bold, hearty, fierce, and adventurous, to undertake any thing by reason of their choler adust. *

If it come from melancholy itself adust, those men, saith Avicenna, "are usually sad and solitary, and that continually, and in excess, more than ordinarily suspicious, more fearful, and have long, sore, and most corrupt imaginations," cold and black, bashful, and so solitary, that as * Arnoldus writes, "they will endure no company, they dream of graves still, and dead men, and think themselves bewitched or dead:" if it be extreme, they think they hear hideous noises, see and talk "with black men, and converse familiarly with devils, and such strange chimeras and visions" (Gordonius), or that they are possessed by them, that somebody talks to them, or within them. Tales melodolici plerumque daemoniaci, Montaltus, consil. 26. ex Avicenna. Vallescus de Taranta had such a woman in cure, "that thought she had to do with the devil:" and Gentilis Fulgosus quast. 55. writes that he had a melancholy friend, that "had a black man in the likeness of a soldier" still following him wheresoever he was. Laurentius, cap. 7., hath many stories of such as have thought themselves bewitched by their enemies; and some that would eat no meat as being dead. * Anno 1550 an advocate of Paris fell into such a melancholy fit, that he believed verily he was dead, he could not persuaded otherwise, or to eat or drink, till a kinsman of his, a scholar of Bourges, did eat before him dressed like a corse. The story, saith Serres, was acted in a comedy before Charles the Ninth. Some think they are beasts, wolves, hogs, and cry like dogs, foxes, bray like asses, and low like kine, as King Prætus' daughters. * Hildesheim, spicel. 2. de mani, hath an example of a Dutch baron so affected, and Trincavellius, lib. 1. consil. 11., another of a nobleman in his country, "that thought he was certainly a beast, and would imitate most of their voices," with many such symptoms, which may properly be reduced to this kind.

If it proceed from the several combinations of these four humours, or spirits, Herc. de Saxon. adds hot, cold, dry, moist, dark, confused, settled, constringed, as it participates of matter, or is without matter, the symptoms are likewise mixed. One thinks himself a giant, another a dwarf; one is heavy

as lead, another is as light as a feather. Marcellus Donatus, l. 2. cap. 41. makes mention out of Seneca, of one Senecchio, a rich man, " that thought himself and every thing else he had, great: great wife, great horses, could not abide little things, but would have great pots to drink in, great hose, and great shoes bigger than his feet." Like her in b Trallianus, that supposed she "could shake all the world with her finger;" and was afraid to clinch her hand together, lest she should crush the world like an apple in pieces: or him in Galen, that thought he was Atlas, and sustained heaven with his shoulders. Another thinks himself so little, that he can creep into a mouse-hole: one fears heaven will fall on his head: a second is a cock: and such a one, a Guianerius saith he saw at Padua, that would clap his hands together and crow. * Another thinks he is a nightingale, and therefore sings all the night long; another he is all glass, a pitcher, and will therefore let nobody come near him, and such a one b Laurentius gives out upon his credit, that he knew in France. Christophorus à Vega, cap. 3., l. 14., Skenckius and Marcellus Donatus, l. 2. cap. 1. have many such examples, and one amongst the rest of a baker in Ferrara, that thought he was composed of butter, and durst not sit in the sun, or come near the fire for fear of being melted: of another that thought he was a case of leather, stuffed with wind. Some laugh, weep; some are mad, some dejected, moped, in much agony, some by fits, others continue, &c. Some have a corrupt ear, they think they hear music, or some hideous noise as their phantasy conceives, corrupt eyes, some smelling: some one sense, some another. * Lewis the Eleventh had a conceit every thing did stink about him, all the odoriferous perfumes they could get, would not ease him, but still he smelled a filthy stink. A melancholy French poet in b Laurentius being sick of a fever, and troubled with waking, by his physicians was appointed to use uguentum populeum to anoint his temples; but he so disdained the smell of it, that for many years after, all that came near him he imagined to scent of it, and would let no man talk with him but aloof off, or wear any new clothes, because he thought still they smelled of it; in all other things wise and discreet, he would talk sensibly, save only in this. A gentleman in Limousin, saith Anthony Verdeur, was persuaded he had but one leg, affrighted by a wild boar, that by chance struck him on the leg; he could not be satisfied his leg was sound (in all other things well) until two Franciscans by chance coming that way, fully removed him from the conceit. Sed abunde fabularum audivimus,—enough of story-telling.

SUBSEC. IV.—Symptoms from Education, Custom, Continuance of Time, our Condition, mixed with other Diseases, by Fits, Inclination, &c.

Another great occasion of the variety of these symptoms proceeds from custom, discipline, education, and several inclinations, "this humour will imprint in melancholy men the objects most answerable to their condition of life, and ordinary actions, and dispose men according to their several studies and callings." If an ambitious man become melancholy, he forthwith thinks he is a king, an emperor, a monarch, and walks alone, pleasing himself with a vain hope of some future preferment, or present as he supposeth, and withal acts a lord's part, takes upon him to be some statesman or magnifico, makes conges, gives entertainment, looks big, &c. Francisco Sansovino records of a melancholy man in Cremona, that would not be induced to believe but that

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*a* Omnia magna putatbat, uxorem magnum, grandes equos, abhorruit omnia parva, magna pecora, et calicamenta pedibus majora.
*b* Lib. 1. cap. 16. putavit se uno digito posse totum mundum contenere.
*c* Susincter huncernis colonum cum Atlante. Alii eari ruinam imitant.
*d* Cap. 1. Tract. 18. alias se galum putat, alias Iucinianam.
*e* Trallianus.
*f* Cap. 7. de mel.
*g* Anthony de Verdeur.
*h* Cap. 7 de mel.
he was pope, gave pardons, made cardinals, &c. \*Christophorus à Vega makes mention of another of his acquaintance, that thought he was a king, driven from his kingdom, and was very anxious to recover his estate. A covetous person is still conversant about purchasing of lands and tenements, plotting in his mind how to compass such and such manners, as if he were already lord of, and able to go through with it; all he sees is his, re or spe, he hath devoured it in hope, or else in conceit esteems it his own: like him in \*Atheneus, that thought all the ships in the haven to be his own. A lascivious \*inamorato plots all the day long to please his mistress, acts and struts, and carries himself as if she were in presence, still dreaming of her, as Pamphilus of his Glycerium, or as some do in their morning sleep. \*Marcellus Donatus knew such a gentlewoman in Mantua, called Elionora Meliorina, that constantly believed she was married to a king, and "would kneel down and talk with him, as if he had been there present with his associates; and if she had found by chance a piece of glass in a muck-hill or in the street, she would say that it was a jewel sent from her lord and husband." If devout and religious, he is all for fasting, prayer, ceremonies, alms, interpretations, visions, prophecies, revelations, \*he is inspired by the Holy Ghost, full of the Spirit: one while he is saved, another while damned, or still troubled in mind for his sins, the devil will surely have him, &c. more of these in the third partition of love-melancholy. \*A scholar's mind is busied about his studies, he applauds himself for what he hath done, or hopes to do, while fearing to be out in his next exercise, another while contemplating all censures; envies one, emulates another; or else with indefatigable pains and meditation, consumes himself. So of the rest, all which vary according to the more remiss and violent impression of the object, or as the humour itself is intended or remitted. For some are so gently melancholy, that in all their carriage, and to the outward apprehension of others it can hardly be discerned, yet to them an intolerable burden, and not to be endured. \*Quædam oculata quædam manifesta, some signs are manifest and obvious to all at all times, some to few or seldom, or hardly perceived; let them keep their own counsel, none will take notice or suspect them. They do not express in outward show their depraved imaginations," as \*Hercules de Saxoniâ observes, "but conceal them wholly to themselves, and are very wise men, as I have often seen; some fear, some do not fear at all, as such think themselves kings or dead, some have more signs, some fewer, some great, some less, some vex, fret, still fear, grieve, lament, suspect, laugh, sing, weep, chafe, &c. by fits (as I have said) or more during and permanent." Some dote in one thing, are most childish, and ridiculous, and to be wondered at in that, and yet for all other matters most discreet and wise. To some it is in disposition, to another in habit; and as they write of heat and cold, we may say of this humour, one is \*melancholica\* ad octo, a second two degrees less, a third half-way. \*Tis superparticular, sesqui-\*altera, sesquitertia, and superbipartiens tertiaris, quintas \*Melancholica, &c., all those geometrical proportions are too little to express it. \*"It comes to many by fits, and goes; to others it is continuative: many (saith \*Faventinus) in spring and fall only are molested, some once a year, as that Roman \*Galén speaks of: \*one, at the conjunction of the moon alone, or some unfortunate aspects, at such and such set hours and times, like the sea-tides, to some

\*Lib. 3. cap. 14. qui se regem putavit regno expulsam.  
\*Dipnosophist. lib. Thrasmianus putavit omnes naves in Pireum portum appellantes suas esse.  
\*De hist. Med. mirab. lib. 2. cap. 1.  
\*Gaius

flexis loqui cum illo voluit, et adfere tam putavit, &c.  
\*Gordianus, quod si propheta, et infatius a spiritu sancto.  
\*Qui forensibus causis inebriatus, nulli nisi arresta cogit, et suplices biblicos, alias non

ut verum factum. P. Forestus.  
\*Gordianus.  
\*Verbo non exprimunt, nec opere, sed alta mente recondunt, et sunt viri prudentissimi, quo ego sepe movi, cum multa sint a me timores, ut qui se reges et mortuos putant, pluris signa quidam habent, pandora, majora, minora.  
\*Trajillas, lib. 1. 18. ali\* intervallum quædam habent, ut eum consenta administrantium, ali in continuo delirium sunt, &c.  
\*Præc. mag.  

Vere tantum et autumno.  
\*Lib. de hymneribus.  
\*Galénus.
women when they be with child, as Plater notes, never otherwise: to others, 'tis settled and fixed: to one led about and variable still by that ignis fatuus of phantasy, like an arthritis or running gout, 'tis here and there, and in every joint, always molesting some part or other; or if the body be free, in a myriad of forms exercising the mind. A second once peradventure in his life hath a most grievous fit, once in seven years, once in five years, even to the extremity of madness, death, or dotage, and that upon some fatal accident or perturbation, terrible object, and that for a time, never perhaps so before, never after. A third is moved upon all such troublesome objects, cross fortune, disaster, and violent passions, otherwise free, once troubled in three or four years. A fourth, if things be to his mind, or he be in action, well pleased, in good company, is most joyous, and of a good complexion: if idle, or alone, a la mort, or carried away wholly with pleasant dreams and phantasies, but if once crossed and displeased,

"Pectore conciptet nil nisi triste suo;"  "He will imagine nothing but sadness in his heart;"

his countenance is altered on a sudden, his heart heavy, irksome thoughts crucify his soul, and in an instant he is moped or weary of his life, he will kill himself. A fifth complains in his youth, a sixth in his middle age, the last in his old age.

Generally thus much we may conclude of melancholy: that it is "most pleasant at first, I say, mentis gratissimus error," a most delightful humour, to be alone, dwell alone, walk alone, meditate, lie in bed whole days, dreaming awake as it were, and frame a thousand fantastical imaginations unto themselves. They are never better pleased than when they are so doing, they are in paradise for the time, and cannot well endure to be interrupt; with him in the poet, "pol me occiditis, amici, non servasti, ait? you have undone him, he complains if you trouble him: tell him what inconvenience will follow, what will be the event, all is one," canis ad vomitum, "tis so pleasant he cannot refrain. He may thus continue peradventure many years by reason of a strong temperature, or some mixture of business, which may divert his cogitations: but at the last lessa imaginatio, his phantasy is crazed, and now habituated to such toys, cannot but work still like a fate, the scene alters upon a sudden, fear and sorrow supplant those pleasing thoughts, suspicion, discontent, and perpetual anxiety succeed in their places; so by little and little, by that shoeing-horn of idleness, and voluntary solitariness, melancholy this feral fiend is drawn on, "et quantum vertice ad ovarias; Etheraeas, tantum radice in Tartara tendit," extending up, by its branches, so far towards Heaven, as, by its roots, it does down towards Tartarus;" it was not so delicious at first, as now it is bitter and harsh; a cankered soul macerated with cares and discontent, tardium vitae, impatience, agony, inconstancy, irresolution, precipitate them unto unspeakable miseries. They cannot endure company, light, or life itself, some unit for action, and the like. "Their bodies are lean and dried up, withered, ugly, their looks harsh, very dull, and their souls tormented, as they are more or less entangled, as the humour hath been intended, or according to the continuance of time they have been troubled.

To discern all which symptoms the better, "Raxis the Arabian makes three degrees of them. The first is, falsa cogitatio, false conceits and idle thoughts: to misconstrue and amplify, aggravating every thing they conceive or fear; the second is, falsa cogitata logoi, to talk to themselves, or to use inarticulate incon- dite voices, speeches, obsoleat gestures, and plainly to utter their minds and conceits of their hearts, by their words and actions, as to laugh, weep, to be silent, not to sleep, eat their meat, &c.: the third is to put in practice that

which they 'think or speak. Savanarola, Rub. 11. Tract. 8. cap. 1. de aegritudine, confirms as much, "when he begins to express that in words, which he conceives in his heart, or talks idly, or goes from one thing to another," which Gordonius calls nec caput habentia nec caudam ("having neither head nor tail"), he is in the middle way: "but when he begins to act it likewise, and to put his fopperies in execution, he is then in the extent of melancholy, or madness itself." This progress of melancholy you shall easily observe in them that have been so affected, they go smiling to themselves at first, at length they laugh out; at first solitary, at last they can endure no company: or if they do, they are now dizzards, past sense and shame, quite moped, they care not what they say or do, all their actions, words, gestures, are furious or ridiculous. At first his mind is troubled, he doth not attend what is said, if you tell him a tale, he cries at last, what said you? but in the end he mutters to himself, as old women do many times, or old men when they sit alone, upon a sudden they laugh, whoop, hallow, or run away, and swear they see or hear players, devils, hobgoblins, ghosts, strike, or strut, &c., grow humorous in the end: like him in the poet, sepe ducentos, sepe decem servos ("at one time followed by two hundred servants, at another only by ten") he will dress himself, and undress, careless at last, grows insensible, stupid, or mad.

He howls like a wolf, burks like a dog, and raves like Ajax and Orestes, hears music and outeries, which no man else hears. As he did whom Amatus Lusitanus mentioneth cent. 3, cura. 65, or that woman in Springer, that spoke many languages, and said she was possessed: that farmer in Proper Calenus, that disputed and discoursed learnedly in philosophy and astronomy with Alexander Achilles his master, at Bologna, in Italy. But of these I have already spoken.

Who can sufficiently speak of these symptoms, or prescribe rules to comprehend them? as Echo to the painter in Ausonius, vane, quid affectas, &c., foolish fellow; what wilt? if you must needs paint me, paint a voice, et similium si vis pingere, pinge sonum; if you will describe melancholy, describe a phantastical conceit, a corrupt imagination, vain thoughts and different, which who can do? The four and twenty letters make no more variety of words in diverse languages, than melancholy conceits produce diversity of symptoms in several persons. They are irregular, obscure, various, so infinite, Proteus himself is not so diverse, you may as well make the moon a new coat, as a true character of a melancholy man; as soon find the motion of a bird in the air, as the heart of man, a melancholy man. They are so confused, I say, diverse, intermixed with other diseases. As the species be confounded (which I have shewed) so are the symptoms: sometimes with headache, cachexia, dropsy, stone; as you may perceive by those several examples and illustrations, collected by Hildesheim, spiciel. 2, Mercurialis, consil. 118. cap. 6 and 11, with headache, epilepsy, priapismus. Trincavellius, consil. 12. lib. 1. consil. 49. with gout: caninus appetitus. Montanus, consil. 26, &c. 23, 234, 249, with falling-sickness, headache, vertigo, lycaenophoria, &c. I. Cesar Claudinus, consult. 4. consult. 89 and 116, with gout, agues, haemorrhoids, stone, &c., who can distinguish these melancholy symptoms so intermixed with others, or apply them to their several kinds, confine them into method? 'Tis hard I confess, yet I have disposed of them as I could, and will descend to particularise them according to their species. For hitherto I have expatiated
in more general lists or terms, speaking promiscuously of such ordinary signs, which occur amongst writers. Not that they are all to be found in one man, for that were to paint a monster or chimera, not a man: but some in one, some in another, and that successively, or at several times.

Which I have been the more curious to express and report; not to upbraid any miserable man, or by way of derision (I rather pity them), but the better to discern, to apply remedies unto them; and to show that the best and soundest of us all is in great danger; how much we ought to fear our own fickle estates, remember our miseries and vanities, examine and humble ourselves, seek to God, and call to Him for mercy, that needs not look for any rods to scourge ourselves, since we carry them in our bowels, and that our souls are in a miserable captivity, if the light of grace and heavenly truth doth not shine continually upon us: and by our discretion to moderate ourselves, to be more circumspect and wary in the midst of these dangers.

MEMB. II.

SUBSECT. I.—Symptoms of Head-Melancholy.

"If no symptoms appear about the stomach, nor the blood be misaffected, and fear and sorrow continue, it is to be thought the brain itself is troubled, and reason of a melancholy juice bred in it, or otherwise conveyed into it, and that evil juice is from the distemper of the part, or left after some inflammation," thus far Piso. But this is not always true, for blood and hypochondries both are often affected even in head-melancholy. *Hercules de Saxonii differs here from the common current of writers, putting peculiar signs of head-melancholy, from the sole distemper of spirits in the brain, as they are hot, cold, dry, moist, "all without matter from the motion alone, and tenebrosity of spirits;" of melancholy which proceeds from humours by adustion, he treats apart, with their several symptoms and cures. The common signs, if it be by essence in the head, "are ruddiness of face, high sanguine complexion, most part rubro satureo, *one calls it a blueish, and sometimes full of pimples," with red eyes. Avicenna, l. 3, Fen, 2, Tract. 4, c. 18. Duretus and others out of Galen, de affect. l. 3, c. 6. *Hercules de Saxonii to this of redness of face, adds "heaviness of the head, fixed and hollow eyes. *If it proceed from dryness of the brain, then their heads will be light, vertiginous, and they most apt to wake, and to continue whole months together without sleep. Few exorments in their eyes and nostrils, and often bald by reason of excess of dryness," Montaltus adds, c. 17. If it proceed from moisture: dulness, drowsiness, headache follows; and as Salust. Salvianus, c. 1, l. 2, out of his own experience found, epileptic, with a multitude of humours in the head. They are very bashful, if ruddy, apt to blush, and to be red upon all occasions, presertim si metus accesserit. But the chiefest symptom to discern this species, as I have said, is this, that there be no notable signs in the stomach, hypochondries, or elsewhere, digna, as Montaltus terms them, or of greater note, because oftentimes the passions of the stomach concur with them. Wind is common to all three species, and is not excluded, only that of the hypochondries is *more windy than the rest, saith Hollerius. Abtius, tetrab. l. 2, sc. 2, c. 9.

and 10, maintains the same, * if there be more signs, and more evident in the head than elsewhere, the brain is primarily affected and prescribes head-melancholy to be cured by meats amongst the rest, void of wind, and good juice, not excluding wind, or corrupt blood, even in head-melancholy itself: but these species are often confounded, and so are their symptoms, as I have already proved. The symptoms of the mind are superfluous and continual cogitations: "b for when the head is heated, it scorches the blood, and from thence proceed melancholy fumes, which trouble the mind," Avicenna. They are very choleric, and soon hot, solitary, sad, often silent, watchful, discontented, Montanus, cap. 2. If any thing trouble them, they cannot sleep, but fret themselves still, till another object mitigate, or time wear it out. They have grievous passions, and immoderate perturbations of the mind, fear, sorrow, &c., yet not so continual, but that they are sometimes merry, apt to profuse laughter, which is more to be wondered at, and that by the authority of Galen himself, by reason of mixture of blood, proauri jor, visis, delectantur et irrisores pleuremque sunt, if they be ruddy, they are delighted in jests, and sometimes scoffers themselves, conceived: and as Rodericus à Vega comments on that place of Galen, merry, witty, of a pleasant disposition, and yet grievously melancholy anon after: omnia discunt sine doctore, saith Arateus, they learn without a teacher: and as Laurentius supposeth, those men passions and symptoms of such as think themselves glass, pitchers, feathers, &c., speak strange languages, proceed à calore cerebrî (if it be in excess), from the brain's distempered heat.

SUBSECT. II.—Symptoms of windy Hypochondriacal Melancholy.

"In this hypochondriacal or flatuious melancholy, the symptoms are so ambiguous," saith * Crato in a counsel of his for a noblewoman, "that the most exquisite physicians cannot determine of the part affected." Matthew Flaccius, consulted about a noble matron, confessed as much, that in this malady he with Hollerus, Fracastorius, Falopius, and others, being to give their sentence of a party laboured of hypochondriacal melancholy, could not find out by the symptoms which part was most especially affected; some said the womb, some heart, some stomach, &c., and therefore Crato, consil. 24. lib. 1. boldly avers, that in this diversity of symptoms, which commonly accompany this disease, "no physician can truly say what part is affected." Galen, lib. 3. de loc. affect. reckons up these ordinary symptoms, which all the Neoterics repeat of Diocles; only this fault he finds with him, that he puts not fear and sorrow amongst the other signs. Trincavellius excuseth Diocles, lib. 3. consil. 35. because that oftentimes in a strong head and constitution, a generous spirit, and a valiant, these symptoms appear not, by reason of his valour and courage. * Hercules de Saxoniâ (to whom I subscribe) is of the same mind (which I have before touched) that fear and sorrow are not general symptoms; some fear and are not sad; some be sad and fear not; some neither fear nor grieve. The rest are these, beside fear and sorrow, "sharp belchings, fulsome crudities, heat in the bowels, wind and rumbling in the guts, vehement gripings, pain in the belly and stomach sometimes, after meat that is hard of concoction, much watering of the stomach, and moist spittle, cold sweat, importum susce

*Si minus molestiae circa ventriculum aut ventrem, in utra cerebri primario afficiunt, et enare opportet hunc affeccion, per cibos flatu exsorret, et bona concoctionis, &c., raro cerebri afficiunt sine ventriculo.
*c Cap. 8.
unseasonable sweat all over the body,” as Octavius Horatianus, lib. 2. cap. 5. calls it; cold joints, indigestion, ‘they cannot endure their own fulsome belchings, continual wind about their hypochondries, heat and gripping in their bowels, precordia sursum convelluntur, midriff and bowels are pulled up, the veins about their eyes look red, and swell from vapours and wind.” Their ears sing now and then, vertigo and giddiness come by fits, turbulent dreams, dryness, leanness, apt they are to sweat upon all occasions, of all colours and complections. Many of them are high-coloured, especially after meals, which symptom Cardinal Cæcius was much troubled with, and of which he complained to Prosper Calenus his physician, he could not eat, or drink a cup of wine, but he was as red in the face as if he had been at a mayor’s feast. That symptom alone vexeth many. 

Some again are black, pale, ruddy, sometimes their shoulders, and shoulder blades ache, there is a leaping all over their bodies, sudden trembling, a palpitation of the heart, and that cardia ca passio, grief in the mouth of the stomach, which maketh the patient think his heart itself acheht, and sometimes suffocation, difficulitates anhelitid, short breath, hard wind, strong pulse, swooning. Montanus, consil. 55, Trincavellius, lib. 3. consil. 36, et 37. Fernelius, consil. 43. Frambesarius, consult. lib. 1. consil. 17. Hildesheim, Claudinus, &c., give instance of every particular. The peculiar symptoms, which properly belong to each part be these. If it proceed from the stomach saith ‘Savanarola, ’tis full of pain and wind, Guianerius aids vertigo, nausea, much spitting, &c. If from the myrach, a swelling and wind in the hypochondries, a loathing, and appetite to vomit, pulling upward. If from the heart, aching and trembling of it, much heaviness. If from the liver, there is usually a pain in the right hypochondrie. If from the spleen, hardness and grief in the left hypochondrie, a rumbling, much appetite and small digestion, Avicenna. If from the meseraic veins and liver on the other side, little or no appetite. Herc. de Saxonia. If from the hypochondries, a rumbling inflation, concoction is hindered, often belching, &c. And from these crudities, windy vapours ascend up to the brain which trouble the imagination, and cause fear, sorrow, dulness, heaviness, many terrible conceits and chimeras, as Lemnius well observes, l. 1. c. 16. “as “a black and thick cloud covers the sun, and intercepts his beams and light, so doth this melancholy vapour obnubilate the mind, enforce it to many absurd thoughts and imaginations,” and compel, good, wise, honest, discreet men (arising to the brain from the “lower parts, “as smoke out of a chimney”) to dote, speak, and do that which becomes them not, their persons, callings, wisdoms. One by reason of those ascending vapours and gripings, rumbling beneath, will not be persuaded but that he hath a serpent in his guts, a viper, another frogs. Trallianus relates a story of a woman, that imagined she had swallowed an eel, or a serpent, and Felix Platerus, observat. lib. 1. hath a most memorable example of a countryman of his, that by chance falling into a pit where frogs and frogs’ spawn was, and a little of that water swallowed, began to suspect that he had likewise swallowed frogs’ spawn, and with that conceit and fear, his phantasy wrought so far, that he verily thought he had young live frogs in his belly, qui vivabant ex alimento suo, that lived by his nourishment, and was so certainly persuaded of it, that for many years following he could not be rectified in his conceit: He studied physic seven years together to cure himself, travelled into Italy, France and Germany to confer with the best physicians about it, and A. 1609, asked his counsel amongst the rest; he told him it was wind, his conceit, &c., but mordicus contradicere, et ore et scriptis probare nitebatur: no saying would serve, it was no wind, but

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1 Circum precordia de secellatione inquenurant, et cum admodus totius corporis imperfecti, frigidos articulos secellantur, indigentia laborant, rarius suos insuaves perhorrescunt, viscerum dolores habent.  
2 Montalbus, c. 12.  
3 Wecker, Falsenius c. 13.  
4 Alomarus, c. 7.  
5 Laurentius, c. 73.  
6 Bruel, Gordon.  
7 Pract. major: dolor in eo et ventres, nausea.  
8 Ut arma densaque nobis soli effusa, radios et lumen ejus intercipit et effuseat; sic, &c.  
9 Ut fumus a camino
real frogs: "and do you not hear them crouch?" Platerus would have deceived him, by putting live frogs into his excrements; but he, being a physician himself, would not be deceived, "vir prudens aliis, et doctus, a wise and learned man otherwise, a doctor of physic, and after seven years' dotage in this kind, à phantasia liberatus est, he was cured. Laurentius and Goulart have many such examples, if you be desirous to read them. One commodity above the rest which are melancholy, these windy flatulents have, lucida intervalia, their symptoms and pains are not usually so continue as the rest, but come by fits, fear and sorrow, and the rest: yet in another they exceed all others; and that is, they are luxurious, incontinent, and prone to venery, by reason of wind, et fúcia amant, et quamlibet fere amant. (Jason Pratensis.) 2 Rhesis is of opinion, that Venus doth many of them much good; the other symptoms of the mind be common with the rest.

**Subsect. III.—Symptoms of Melancholy abounding in the whole body.**

Their bodies that are affected with this universal melancholy are most part black, "a the melancholy juice is redundant all over," hisute they are, and lean, they have broad veins, their blood is gross and thick. "Their spleen is weak," and a liver apt to engender the humour; they have kept bad diet, or have had some evacuation stopped, as haemorrhoids, or months in women, which Trallianus, in the cure, would have carefully to be inquired, and withal to observe of what complexion the party is of, black or red. For as Forrestus and Hollerius contend, if they be black, it proceeds from abundance of natural melancholy; if it proceed from causes, agony, discontents, diet, exercise, &c., they may be as well of any other colour: red, yellow, pale, as black, and yet their whole blood corrupt: prærubri colore saepe sunt tales, saepe fluxi, (saith Montaltus, cap. 22.) The best way to discern this species, is to let them bleed, if the blood be corrupt, thick and black, and they withal free from those hypochondriacal symptoms, and not so grievously troubled with them, or those of the head, it argues they are melancholy, à toto corpore. The fumes which arise from this corrupt blood, disturb the mind, and make them fearful and sorrowful, heavy hearted as the rest, dejected, discontented, solitary, silent, weary of their lives, dull and heavy, or merry, &c., and if far gone, that which Apuleius wished to his enemy, by way of imprecation, is true in them; "a Dead men's bones, hobgoblins, ghosts, are ever in their minds, and meet them still in every turn: all the bugbears of the night, and terrors, fairies, fairies, fairies, of the night, and terrors, fairies, fairies, fairies, of the night, and terrors, fairies, fairies, fairies, of the night, and terrors, fairies, fairies, fairies, of the night, and terrors, fairies, fairies, fairies, of the night, and terrors, fairies, fairies, fairies, of the night, and terrors, fairies, fairies, fairies, of the night, and terrors, fairies, fairies, fairies, of the night, and terrors, fairies, fairies, fairies, of the night, and terrors, fairies, fairies, fairies, of the night, and terrors, fairies, fairies, fairies, of the night, and terrors, fairies, fairies, fairies, of the night, and terrors, fairies, fairies, fairies, of the night, and terrors, fairies, fairies, fairies, of the night, and terrors, fairies, fairies, fairies, of the night, and terrors, fairies, fairies, fairies, of the night, and terrors, fairies, fairies, fairies, of the night, and terrors, fairies, fairies, fairies, of the night, and terrors, fairies, fairies, fairies, of the night, and terrors, fairies, fairies, fa"'

**Subsect. IV.—Symptoms of Maids, Nuns, and Widows' Melancholy.**

Because Lodovicus Mercatus in his second book de mulier. affect. cap. 4. and Hodericus à Castro de morb. mulier. cap. 3. lib. 2. two famous physicians...
in Spain, Daniel Sennertus of Wittenberg, lib. 1. part. 2. cap. 13. with others, have vouchsafed in their works, not long since published, to write two just treatises de Melancholica Virginum, Monialium et Viduarum, as a particular species of melancholy (which I have already specified) distinct from the rest; (for it much differs from that which commonly befalls men and other women, as having one only cause proper to women alone) I may not omit in this general survey of melancholy symptoms, to set down the particular signs of such parties so misaffected.

The causes are assigned out of Hippocrates, Cleopatra, Moschion, and those old Gymneciorum Scriptores, of this feral malady, in more ancient maids, widows, and barren women, ob septum transversum violatum, saith Mercatus, by reason of the midriff or Diaphragma, heart and brain offended with those vicious vapours which come from menstrual blood, inflammationem arteriae circa dorsum, Rodericus adds, an inflammation of the back, which with the rest is offended by that fuliginous exhalation of corrupt seed, troubling the brain, heart and mind; the brain, I say, not in essence, but by consent, Universa enim hujus affectus causa ab utero pendet, et a sanguinis menstrui malitia, for in a word, the whole malady proceeds from that inflammation, putridity, black smoky vapours, &c., from thence comes care, sorrow, and anxiety, obsfusation of spirits, agony, desperation, and the like, which are intended or remitted; si amatorius accesserit ardor, or any other violent object or perturbation of mind. This melancholy may happen to widows, with much care and sorrow, as frequently it doth, by reason of a sudden alteration of their accustomed course of life, &c. To such as lie in childhood ob suppressam purgationem; but to women and more ancient maids, and some barren women for the causes aforesaid, 'tis more familiar, crebris his quam religuis accidit, inquit Rodericus, the rest are not altogether excluded.

Out of these causes Rodericus defines it with Aretens, to be angorem animi, a vexation of the mind, a sudden sorrow from a small, light, or no occasion, with a kind of still dotage and grief of some part or other, head, heart, breasts, sides, back, belly, &c., with much solitariness, weeping, distraction, &c., from which they are sometimes suddenly delivered, because it comes and goes by fits, and is not so permanent as other melancholy.

But to leave this brief description, the most ordinary symptoms be these, pulsatio juxta dorsum, a beating about the back, which is almost perpetual, the skin is many times rough, squaid, especially, as Aretens observes, about the arms, knees, and knuckles. The midriff and heart-strings do burn and beat very fearfully, and when this vapour or fume is stirred, lieth upward, the heart itself beats, is sore grieved, and faints, fauces siccitate precluduntur, ut difficu- lter possit ab uteri strangulatione decerni, like fits of the mother, Albus plerisque nit reddit, alis exiguum, acre, biliosum, loquitum flavum. They complain many times, saith Mercatus, of a great pain in their heads, about their hearts, and hypochondries, and so likewise in their breasts, which are often sore, sometimes ready to swoon, their faces are inflamed, and red, they are dry, thirsty, suddenly hot, much troubled with wind, cannot sleep, &c. And from hence proceed ferina deliramenta, a brutish kind of dotage, troublesome sleep, terrible dreams in the night, subrusticus pudor et vercundia ignava, a foolish kind of bashfulness to some, perverse conceits and opinions, b dejection

差排如画 ab ca quae viris et reliquis feminis communitur contingit, propriae habens causae. a Ex: menstrui sanguinis tetra ad cor et cerebrum exhalationes, vittatam semen matrem perturbat, &c. non per essentiam, sed per consequens. Animus morrens et anxius inde malum trahit, et spiritus cerebrum obfus- cantur, qua causae augmentur, &c. * Cum tacito delirio ad dolore aliqua parvis internis, dolci, hypochon- drii, cordis regionem et universam mammam interdum occupantur, &c. Curia aliquando squalida, aspersa, rugosa, praecipue cubitus, genitus, et digitum articulis, preoccuper ingenii sepe torore astuante et pulsant, cumque vapor excitatus aurum evolat, cor palpitat aut premittis, animus deficit, &c. b Animis dejectis, perversa rerum existimatio, propter spurium judicium. Fastidiosa, languentes, radiosae, consilii inope, lachrymosae, timentes, mestae, cum summam rerum melliorum desperatione, nullum re delictantur, solitudinem amant, &c.
Symptoms of Women's Melancholy.

of mind, much discontent, preposterous judgment. They are apt to loathe, dislike, disdain, to be weary of every object, &c., each thing almost is tedious to them, they pine away, void of counsel, apt to weep, and tremble, timorous, fearful, sad, and out of all hope of better fortunes. They take delight in nothing for the time, but love to be alone and solitary, though that do-them more harm: and thus they are affected so long as this vapour lasteth; but by-and-by as pleasant and merry as ever they were in their lives, they sing, discourse, and laugh in any good company, upon all occasions, and so by fits it takes them now and then, except the malady be inveterate, and then 'tis more frequent, vehement, and continue. Many of them cannot tell how to express themselves in words, or how it holds them, what ails them, you cannot understand them, or well tell what to make of their sayings; so far gone sometimes, so stupified and distracted, they think themselves bewitched, they are in despair, apta ad fletum, desperationem, dolores mammis et hypochondriis. Mercatus therefore adds, now their breasts, now their hypochondries, belly and sides, then their heart and head aches, now heat, now wind, now this, now that offends, they are weary of all; and yet will not, cannot again tell how, where or what offends them, though they be in great pain, agony, and frequently complain, grieving, sighing, weeping, and discontented still, sine causâ manifestâ, most part, yet I say they will complain, grudge, lament, and not be persuaded, but that they are troubled with an evil spirit, which is frequent in Germany, saith Rodericus, amongst the common sort: and to such as are most grievously affected (for he makes three degrees of this disease in women), they are in despair, surely forspoken or bewitched, and in extremity of their dotage (weary of their lives), some of them will attempt to make away themselves. Some think they see visions, confer with spirits and devils, they shall surely be damned, are afraid of some treachery, imminent danger, and the like, they will not speak, make answer to any question, but are almost distracted, mad, or stupid for the time, and by fits: and thus it holds them, as they are more or less affected, and as the inner humour is intended or remitted, or by outward objects and perturbations aggravated, solitariness, idleness, &c.

Many other maladies there are incident to young women, out of that one and only causes above specified, many feral diseases. I will not so much as mention their names, melancholy alone is the subject of my present discourse, from which I will not swerve. The several cures of this infirmity, concerning diet, which must be very sparing, phlebotomy, physic, internal, external remedies, are at large in great variety in Rodericus à Castro, Sennertus, and Mercatus, which whose will, as occasion serves, may make use of. But the best and surest remedy of all, is to see them well placed, and married to good husbands in due time, hinc illes lacrymae, that is the primary cause, and this the ready cure, to give them content to their desires. I write not this to patronise any wanton, idle flirt, lascivious or light housewives, which are too forward many times, unruly, and apt to cast away themselves on him that comes next, without all care, counsel, circumspection, and judgment. If religion, good discipline, honest education, wholesome exhortation, fair promises, fame and loss of good name, cannot inhibit and deter such (which to chaste and sober maids cannot choose but avail much), labour and exercise, strict diet, rigour and threats, may more opportunely be used, and are able of themselves to qualify and divert an ill-disposed temperament. For seldom should you see an hired servant, a poor handmaid, though ancient, that is kept hard to her work, and bodily labour, a coarse country wench troubled in this kind, but noble virgins,

* Nolent sperire molestam quam patiuntur, sed conqueruntur tamen de capite, corda, mammis, &c. In puissas ferir manensibly, ac strangulandi captivat, nulla cura nullius ad capitis sanationem remunerat, &c. Familians non curant, non questuntur, non respondunt, &c., et haec graviora, si, &c.

* Cistores et Helleboressium Mathioli suntem laudat.
nice gentlewomen, such as are solitary and idle, live at ease, lead a life out of action and employment, that fare well, in great houses and jovial companies, ill disposed peradventure of themselves, and not willing to make any resistance, discontented otherwise, of weak judgment, able bodies, and subject to passions, (grandiores virgines, saith Mercatus, steriles et viduas plurumque melancholicae), such for the most part are misaffected, and prone to this disease. I do not so much pity them that may otherwise be eased, but those alone that out of a strong temperament, innate constitution, are violently carried away with this torrent of inward humours, and though very modest of themselves, sober, religious, virtuous, and well given (as many so distressed maids are), yet cannot make resistance, these grievances will appear, this malady will take place, and now manifestly show itself, and may not otherwise be helped. But where am I? Into what subject have I rushed? What have I to do with nuns, maids, virgins, widows? I am a bachelor myself, and lead a monastic life in a college, nce ego sans ineptius qui hac dicierim, I confess 'tis an indecorum, and as Pallas a virgin blushed, when Jupiter by chance spake of love matters in her presence, and turned away her face; me reprimam, though my subject necessarily require it, I will say no more.

And yet I must and will say something more, add a word or two in gratiam Virginitatem et Viduarum, in favour of all such distressed parties, in commiseration of their present estate. And as I cannot choose but condole their mishap that labour of this infirmity, and are destitute of help in this case, so must I needs inveigh against them that are in fault, more than manifest causes, and as bitterly tax those tyrannizing pseudo-politicians' superstitious orders, rash vows, hard-hearted parents, guardians, unnatural friends, allies (call them how you will), those careless and stupid overseers, that out of worldly respects, covetousness, supine negligence, their own private ends (cum sibi sit interim bené) can so severely reject, stubbornly neglect, and impiously contemn, without all remorse and pity, the tears, sighs, groans, and grievous miseries of such poor souls committed to their charge. How odious and abominable are those superstitious and rash vows of Popish monasteries! so to bind and enforce men and women to vow virginity, to lead a single life, against the laws of nature, opposite to religion, policy, and humanity, so to starve, to offer violence, to suppress the vigour of youth by rigorous statutes, severe laws, vain persuasions, to debar them of that to which by their innate temperature they are so furiously inclined, urgently carried, and sometimes precipitated, even irresistibly led, to the prejudice of their soul's health, and good estate of body and mind: and all for base and private respects, to maintain their gross superstition, to enrich themselves and their territories, as they falsely suppose, by hindering some marriages, that the world be not full of beggars, and their parishes pestered with orphans; stupid politicians, heacine fieri flagitia? ought these things so to be carried? better marry than burn, saith the Apostle, but they are otherwise persuaded. They will by all means quench their neighbour's house if it be on fire, but that fire of lust which breaks out into such lamentable flames, they will not take notice of, their own bowels oftentimes, flesh and blood shall so rage and burn, and they will not see it: miserum est, saith Austin, seipsum non miserescere, and they are miserable in the mean time that cannot pity themselves, the common good of all, and per consequens their own estates. For let them but consider what fearful maladies, feral diseases, gross inconveniences, come to both sexes by this enforced temperance, it troubles me to think of, much more to relate those frequent abortions and murdering of infants in their nunneries (read * Kemritius and others), their notorious fornications, those Spintrias, Tribadas, Ambubeias, &c., those rapes, incests, adulteries, mastitialions.

* Examen conc. Trident. de calibatu sacerd.
sodomies, buggeries of monks and friars. See Bale's visitation of abbeys, "Mercurialis, Rodericus à Castro, Peter Forestus, and divers physicians; I know their ordinary apologies and excuses for these things, sed viderint Politici, Medici, Theologi, I shall more opportunely meet with them elsewhere."

MEMB. III.

Immediate cause of these precedent Symptoms.

To give some satisfaction to melancholy men that are troubled with these symptoms, a better means in my judgment cannot be taken, than to show them the causes whence they proceed; not from devils as they suppose, or that they are bewitched or forsaken of God, hear or see, &c., as many of them think, but from natural and inward causes, that so knowing them, they may better avoid the effects, or at least endure them with more patience. The most grievous and common symptoms are fear and sorrow, and that without a cause to the wisest and discreetest men, in this malady not to be avoided. The reason why they are so Ælius discusseth at large, Tetrabib. 2. 2. in his first problem out of Galen, lib. 2. de causis sympt. 1. For Galen imputeth all to the cold that is black, and thinks that the spirits being darkened, and the substance of the brain cloudy and dark, all the objects thereof appear terrible, and the mind itself, by those dark, obscure, gross fumes, ascending from black humour, is in continual darkness, fear, and sorrow; divers terrible monstrous fictions in a thousand shapes and apparitions occur, with violent passions, by which the brain and phantasy are troubled and eclipsed. * Fracastorius, lib. 2, de intellect. "will have cold to be the cause of fear and sorrow; for such as are cold are ill-disposed to mirth, dull, and heavy, by nature solitary, silent; and not for any inward darkness (as physicians think) for many melancholy men dare boldly be, continue, and walk in the dark, and delight in it:"

"sedam frigidì timidi: if they be hot, they are merry; and the more hot, the more, furious, and void of fear, as we see in madmen; but this reason holds not, for then no melancholy, proceeding from choler adult, should fear. 1 Averroes scoffs at Galen for his reasons, and brings five arguments to repel them: so doth Herc. de Saxonìa, Tract. de Melanch. cap. 3. assigning other causes, which are copiously censured and confuted by Æliusanuus Montaltus, cap. 5 and 6, Lod. Mercatus de Inter. morb. cur. lib. 1. cap. 17, Altomarus, cap. 7. de mel., Guianerius, tract. 15. cap. 1, Bright, cap. 37, Laurentius, cap. 5, Valesius, med. cont. lib. 5, con. 1. "In Distemperature," they conclude, "makes black juice, blackness obscures the spirits, the spirits obscured, cause fear and sorrow." Laurentius, cap. 13, supposeth these black fumes offend specially the diaphragma or midriff, and so per consequens the mind, which is obscured as the sun by a cloud. To this opinion of Galen, almost all the Greeks and Arabians subscribe, the Latins new and old, internas tenebras officiunt animum, ut externas nocent pueros, as children are affrighted in the dark, so are melancholy men at all times, as having the inward cause with them, and still carrying it about. Which black vapours, whether they proceed from the black blood about the heart, as T. W. Jes. thinks in his Treatise of the passions of

1 Cap. de Satyr. et Priapi. 2 Part. 3. sect. 2. Membr. 5. Sub. 5. 3 Lest you may imagine that I patronize that widow of this virgin, I shall not add another word. 4 Vapores cesati et nigri, a ventriculo in cerebrum exhalant. Fel. Platerus. 5 Caldi hilares, frigidì indispositi ad latitiam, et ideo solidari, taciturni, non ob tenebras internas, ut mediolum, sed ob frigus: multi melancholici notce ambulant interpidii. 6 Vapores melancholici, spiritibus misti, tenebrarum cause sunt, cap. 1. 7 Interimperies facies siccum nigrum, a spiritibus obscuro spiritum, obscuratorio spiritibus facit mutum et tristilium. * Ut nebebas belem ofsuscitat. Constantinus, lib. de melanch. 8 Altomarus, c. 7. Can am timoris circumcinct at humor passionis materi, et atir spiritus perpetuum animo domicilio offundunt notem.
the mind, or stomach, spleen, midriff, or all the misaffected parts together, it boots not, they keep the mind in a perpetual dungeon, and oppress it with continual fears, anxieties, sorrows, &c. It is an ordinary thing for such as are sound to laugh at this dejected pusillanimity, and those other symptoms of melancholy, to make themselves merry with them, and to wonder at such, as toys and trifles, which may be resisted and withstood, if they will themselves: but let him that so wonders, consider with himself, that if a man should tell him on a sudden, some of his especial friends were dead, could he choose but grieve? Or set him upon a steep rock, where he should be in danger to be precipitated, could he be secure? His heart would tremble for fear, and his head be giddy. P. Byarus, Tract. depest. gives instance (as I have said) "And put case (saith he) in one that walks upon a plank, if it lie on the ground, he can safely do it: but if the same plank be laid over some deep water, instead of a bridge, he is vehemently moved, and 'tis nothing but his imagination, forma cadendi impressa, to which his other members and faculties obey." Yea, but you infer, that such men have a just cause to fear, a true object of fear; so have melancholy men an inward cause, a perpetual fume and darkness, causing fear, grief, suspicion, which they carry with them, an object which cannot be removed; but sticks as close, and is as inseparable as a shadow to a body, and who can expel or overrun his shadow? Remove heat of the liver, a cold stomach, weak spleen: remove those adust humours and vapours arising from them, black blood from the heart, all outward perturbations, take away the cause, and then bid them not grieve nor fear, or be heavy, dull, lumpish, otherwise counsel can do little good; you may as well bid him that is sick of an ague not to be a-dry; or him that is wounded not to feel pain.

Suspicion follows fear and sorrow at heels, arising out of the same fountain, so thinks Fracastorius, "that fear is the cause of suspicion, and still they suspect some treachery, or some secret machination to be framed against them, still they distrust." Restlessness proceeds from the same spring, variety of fumes make them like and dislike. Solitariness, avoiding of light, that they are weary of their lives, hate the world, arise from the same causes, for their spirits and humours are opposite to light, fear makes them avoid company, and absent themselves, lest they should be misused, hissed at, or overshot themselves, which still they suspect. They are prone to venery by reason of wind. Angry, waspish, and fretting still, out of abundance of choler, which causeth fearful dreams and violent perturbations to them, both sleeping and waking: That they suppose they have no heads, fly, sink, they are pots, glasses, &c., is wind in their heads. "Here. de Saxon. doth ascribe this to the several motions in the animal spirits, "their dilation, contraction, confusion, alteration, tenesmosity, hot or cold distemperature," excluding all material humours. "Fracastorius "accounts it a thing worthy of inquisition, why they should entertain such false conceits, as that they have horns, great noses, that they are birds, beasts," &c., why they should think themselves kings, lords, cardinals. For the first, Fracastorius gives two reasons: "One is the disposition of the body; the other, the occasion of the phantasy," as if their eyes be purblind, their ears sing, by reason of some cold and rheum, &c. To the second, Laurentius answers, the imagination inwardly or outwardly moved, represents to the understanding, not enticements only, to favour the passion or disliking, but a very intensive pleasure follows the passion or displeasure, and the will and reason are captivated by delighting in it.
Why students and lovers are so often melancholy and mad, the philosopher of "Conimbra assigns this reason, "because by a vehement and continual meditation of that wherewith they are affected, they fetch up the spirits into the brain, and with the heat brought with them, they incend it beyond measure; and the cells of the inner senses dissolve their temperature, which being dissolved, they cannot perform their offices as they ought."

Why melancholy men are witty, which Aristotle hath long since maintained in his problems; and that all learned men, famous philosophers, and law-givers, ad unum fere omnes melancholici, have still been melancholy, is a problem much controverted. Jason Prateusis will have it understood of natural melancholy, which opinion Melanetbon inlines to, in his book de Anima, and Marcilus Flacinus, de san. tuend. lib. 1. cap. 5. but not simple, for that makes men stupid, heavy, dull, being cold and dry, fearful, fools, and solitary, but mixed with the other humours, phlegm only excepted; and they not adjust, but so mixed as that blood be half with dry or no adustion, that they be neither too hot nor too cold. Apponensis, cited by Melanetbon, thinks it proceeds from melancholy adust, excluding all natural melancholy as too cold. Laurentius condemns his tenet, because adustion of humours makes men mad, as lime burns when water is cast on it. It must be mixed with blood, and somewhat adust, and so that old aphorism of Aristotle may be verified, Nullum magnum ingenium sine mixturae dementiae, no excellent wit without a mixture of madness. Fracastorius shall decide the controversy, "Phlegmatic are dull: sanguine lively, pleasant, acceptable, and merry, but not witty: choleric are too swift in motion, and furious, impatient of contemplation, deceitful wits: melancholy men have the most excellent wits, but not all; this humour may be hot or cold, thick or thin; if too hot, they are furious and mad: if too cold, dull, stupid, timorous, and sad: if temperate, excellent, rather inclining to that extreme of heat, than cold." This sentence of his will agree with that of Heraclitus, a dry light makes a wise mind, temperate heat and dryness are the chief causes of a good wit; therefore, saith Aelian, an elephant is the wisest of all brute beasts, because his brain is driest, et ob atra bilis copiam: this reason Cardan approves, subtil. l. 12. Jo. Baptista Silvacenus, a physician of Milan, in his first controversy, hath copiously handled this question: Rulandus in his problems, Callius Rhodiginus, lib. 17, Valleriola 6th narrat. med., Here. de Saxonis, Tract. posth. de mel. cap. 3, Lodovicus Mercatus, de Inter. morb. cur. lib. 1. cap. 17, Baptista Porta, Physiol. lib. 1. c. 13, and many others.

Weeping, sighing, laughing, itching, trembling, sweating, blushing, hearing and seeing strange noises, visions, wind, crudity, are motions of the body, depending upon these precedent motions of the mind: neither are tears, affections, but actions (as Scaliger holds) ""the voice of such as are afraid, trembles, because the heart is shaken," (Conim. prob. 6. sec. 3. de som.) why they stutter or falter in their speech, Mercurialis and Montaltus, cap. 17. give like reasons out of Hippocrates, "Dryness, which makes the nerves of the tongue torpid." Fast speaking (which is a symptom of some few) Aetius will have caused "from abundance of wind, and swiftness of imagination: baldness comes from excess of dryness," hirsuteness from a dry temperature. The cause of much waking in a dry brain, continual meditation, discontent, fears and cares, that suffer not the mind to be at rest, incontinency is from wind, and a hot liver, Montanus, cons. 26. Rumbling in the guts is caused from wind, and

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1. In pro. II. de colo. Vehemens et assidus cogitatione rel erca quam afflictum, spiritus in cerebrum evocat.  
3. Adae miscenter, ut sit duplum sanguinis ad reliqua sano.  
5. Trepidantium vox tremula, quia cor quoditatur.  
6. Ob ariditatem quae reddit nervos linguas torpidos.  
8. Calvitas ob succitatio excessum.
Symptoms of Melancholy.

[Part 1. Sec. 3.]

wind from ill conception, weakness of natural heat, or a distempered heat and cold; *Palpitation of the heart from vapours, heaviness and aching from the same cause. That the belly is hard, wind is a cause, and of that leaping in many parts. Redness of the face, and itching, as if they were flea-bitten, or stung with pismires, from a sharp subtile wind. *Cold sweat from vapours arising from the hypochondries, which pitch upon the skin; leanness for want of good nourishment. Why their appetite is so great, *Aetius answers: Os ventris frigore, cold in those inner parts, cold belly, and hot liver, causeth crudity, and intention proceeds from perturbations,* our souls for want of spirits cannot attend exactly to so many intentional operations, being exhausted, and overstrained by passion, she cannot consider the reasons which may dissuade her from such affections.

'Bashfulness and blushing is a passion proper to men alone, and is not only caused for *some shame and ignominy, or that they are guilty unto themselves of some foul fact committed, but as *Fracastorius well determines, ob defectum proprium, et timorem, "from fear, and a conceit of our defects; the face labours and is troubled at his presence that sees our defects, and nature, willing to help, sends thisither heat, heat draws the subtlest blood, and so we blush. They that are bold, arrogant, and careless, seldom or never blush, but such as are fearful." Anthonius Lodovicus, in his book de pudore, will have this subtle blood to arise in the face, not so much for the reverence of our betters, "* but for joy and pleasure, or if any thing at unwares shall pass from us, a sudden accident, occurse, or meeting;" *(which Disarius in *Macrobius confirms) any object heard or seen, for blind men never blush, as Dandinus observes, the night and darkness make men impudent. Or that we be staid before our betters, or in company we like not, or if any thing molest and offends us, erubescences turns to rubor, blushing to a continue redness. *Sometimes the extremity of the ears tingle, and are red, sometimes the whole face, Etius nihil vitiosum commiseris, as Lodovicus holds: though Aristotle is of opinion, omnis pudor ex vitio commisse, all shame for some offence. But we find otherwise, it may as well proceed *from fear, from force and inexperience (so *Dandinus holds), as vice; a hot liver, saith Duretus (notis in Hollerium:) "from a hot brain, from wind, the lungs heated, or after drinking of wine, strong drink, perturbations," &c.

"Laughter, what it is," saith *Tully, "how caused, where, and so suddenly breaks out, that desirous to stay it, we cannot, how it comes to possess and stir our face, veins, eyes, countenance, mouth, sides, let Democritus determine." The cause that it often affects melancholy men so much, is given by Gomesius, lib. 3. de sale geniul. cap. 18. abundance of pleasant vapours, which, in sanguine melancholy especially, break from the heart, "* and tickle the midriff, because it is transverse and full of nerves: by which titillation, the sense being moved, and arsters distorted or pulled, the spirits from thence move and possess the sides, veins, countenance, eyes." See more in Jostius de risu et lute, Vive 3 de Animâ. Tears, as Scaliger defines, proceed from grief and pity, "* or from the heating of a moist brain, for a dry cannot weep."

That they see and hear so many phantasms, chimeras, noises, visions, &c,
as Fienus hath discoursed at large in his book of imagination, and "Lavater de spectris, part. 1. cap. 2. 3. 4. their corrupt phantasy makes them see and hear that which indeed is neither heard nor seen, Qui multum fejumant, aut noctes ducent insomnes, they that much fast, or want sleep, as melancholy or sick men commonly do, see visions, or such as are weak-sighted, very timorous by nature, mad, distracted, or earnestly seek. Sabini quod volunt somniunt, as the saying is, they dream of that they desire. Like Sarmiento the Spaniard, who when he was sent to discover the straits of Magellan, and confine places, by the Proreex of Peru, standing on the top of a hill, Amonissimam plantium despicere sibi visus fuit, edificia magnifica, quamplurimos Pagos, altas Torres, splendida Templu, and brave cities, built like ours in Europe, not, saith mine "author, that there was any such thing, but that he was vanus-simus et nimis credulus, and would fain have had it so. Or as "Lod. Mercatus proves, by reason of inward vapours, and humours from blood, choler, &c., diversely mixed, they apprehend and see outwardly, as they suppose, divers images, which indeed are not. As they that drink wine think all runs round, when it is in their own brain; so is it with these men, the fault and cause is inward, as Galen affirms, "mad men and such as are near death, quas extra se videre putant Imagines, intra oculos habent, 'tis in their brain, which seems to be before them; the brain as a concave glass reflects solid bodies. Senes etiam decrøpti cerebrum habent concavum et aridum, ut imaginantur se videre (saith "Boissardus) quae non sunt, old men are too frequently mistaken and dote in like case: or as he that looketh through a piece of red glass, judgeth everything he sees to be red; corrupt vapours mounting from the body to the head, and distilling again from thence to the eyes, when they have mingled themselves with the watery crystal which receiveth the shadows of things to be seen, make all things appear of the same colour, which remains in the humour that overspreads our sight, as to melancholy men all is black, to phlegmatic all white, &c. Or else as before the organs, corrupt by a corrupt phantasy, as Lemnius, lib. 1. cap. 16. well quotes, "cause a great agitation of spirits, and humours, which wander to and fro in all the cruces of the brain, and cause such apparitions before their eyes." One thinks he reads something written in the moon, as Pythagoras is said to have done of old, another smells brimstone, hears Cerberus bark: Orestes now mad supposed he saw the furies tormenting him, and his mother still ready to run upon him—

"O mater obscura noli me persecut
His furias, aspectu anguineis, horribilibus,
Excece me invadant, in me jam ruunt;"* but Electra told him thus raving in his mad fit, he saw no such sights at all, it was but his crazed imagination.

"Quescer, quiesce miser in linteis tuis, Non cernis etiam quae videre te putas."*  

So Pentheus (in Bacchis Euripidis) saw two suns, two Thebes, his brain alone was troubled. Sickness is an ordinary cause of such sights. Cardan, subtil. 8. Mens agra laboribus et jejuniiis fracta, facit eos videre, audire, &c. And Osiander beheld strange visions, and Alexander ab Alexandre both, in their sickness, which he relates de rerum varietat. lib. 8. cap. 44. Albategnus that noble Arabian, on his death-bed, saw a ship ascending and descending, which Fracastorius records of his friend Baptista Tizianus. Weak sight and a vain persuasion withal, may effect as much, and second causes concurring, as an oar

*Res mirandae imaginantur: et putant se videre quae nescient, nesciunt. 2 Lact. lib. 15. cap. 2. 3 descript. Indus Occident. 4 Lib. 1. ca. 17. cap. de mel. 5 Insani, et qui morti vicini sunt, quas quas extrae se videre putant, intra oculos habent. 6 Cap. 10. de Spiritu. apparitione. 7 De ocelli. Nat. exor. 8 "O mother! I beseech you not to persecute me with those horrible-looking furies. See! see! they attack, they assault me!"* 9 Peace! peace! unhappy being, for you do not see what you think you see;
in water makes a refraction, and seems bigger, bended, double, &c. The thickness of the air may cause such effects, or any object not well discerned in the dark; fear and phantasy will suspect to be a ghost, a devil, &c. *Quod nimis
miseri timent, hoc facile credunt,* we are apt to believe, and mistake in such cases.

Marcellus Donatus, *lib. 2. cap. 1.* brings in a story out of Aristotle, of one Antephoron which likely saw, wheresoever he was, his own image in the air, as in a glass. Vitellio, *lib. 10. perspect.* hath such another instance of a familiar acquaintance of his, that after the want of three or four nights' sleep, as he was riding by a river side, saw another riding with him, and using all such gestures as he did, but when more light appeared, it vanished. Eremites and anchorites have frequently such absurd visions, revelations by reason of much fasting, and bad diet, many are deceived by legederemain, as Scot hath well showed in his book of the discovery of witchcraft, and Cardan, *subtit. 18.*

suffites, perfumes, suffumigations, mixed candles, perspective glasses, and such natural causes, make men look as if they were dead, or with horse-heads, bulls'-horns, and such like brutish shapes, the room full of snakes, adders, dark, light, green, red, of all colours, as you may perceive in Baptistis Porta, Alexis, Albertus, and others, glow-worms, fire-drakes, meteors, *Ignis fatuus,* which Plinius, *lib. 2. cap. 37.* calls Castor and Pollux, with many such that appear in moorish grounds, about churchyards, moist valleys, or where battles have been fought, the causes of which read in Goclenius, Velourius, Finkius, &c., such fears are often done, to frighten children with squibs, rotten wood, &c., to make folks look as if they were dead, *solito maioris, bigger, lesser, fairest, fouler, ut astantes sine captibus videuntur; aut toti igniti, aut forma daemonum, accipe pilos cansis nigri,* &c., saith Albertus; and so 'tis ordinary to see strange uncouth sights by catoptics; who knows not that if in a dark room, the light be admitted at one only little hole, and a paper or glass put upon it, the sun shining, will represent on the opposite wall all such objects as are illuminated by his rays? with concave and cylinder glasses, we may reflect any shape of men, devils, anticis (as magicians most part do, to gull a silly spectator in a dark room), we will ourselves, and that hanging in the air, when 'tis nothing but such an horrible image as Agrippa demonstrates, placed in another room.

Roger Bacon of old is said to have represented his own image walking in the air by this art, though no such thing appear in his perspectives. But most part it is in the brain that deceives them, although I may not deny, but that oftentimes the devil deludes them, takes his opportunity to suggest, and represent vain objects to melancholy men, and such as are ill-affected. To these you may add the knavish impostures of jugglers, exorcists, mass-priests, and mountebanks, of whom Roger Bacon speaks, &c., *de miraculis naturae et artis,* cap. 1. *they can counterfeit the voices of all birds and brute beasts almost, all tones and tunes of men, and speak within their throats, as if they spoke afar off, that they make their auditors believe they hear spirits, and are thence much astonished and affrighted with it. Besides, those artificial devices to over-hear their confessions, like that whispering place of Gloucester,* &c., like the duke's place at Mantua in Italy, where the sound is reverberated by a concave wall; a reason of which Blanconus in his *Echometria* gives, and mathematically demonstrates.

So that the hearing is as frequently deluded as the sight, from the same causes almost, as he that hears bells, will make them sound what he list. *As the fool thinketh, so the bell clinketh.* Theophrastus in Galen thought he heard music from vapours, which made his ears sound, &c. Some are deceived by

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1 Seneca. Quod metuant nimis, nunca amovere passu, nec tolli putant.
2 Sanguis unius cum makre composita et centaurea, &c. Albertus.
3 Lib. i. occult. philos. Imperiti homines daemonum et umbrae imaginis videre se putant, quam nihil annal est, quum simulachra animae experta.
4 Pytho-
5 nisiam vocem variatatem in venis et gutture fingentes, formant voces humanas a longe vel propinquus.
6 volat, sii si spiritus cum homine lequeret, et sonos frutum rongant, &c. Gloucester cathedra.
echoes, some by roaring of waters, or concaves and reverberation of air in the ground, hollow places and walls. 

At Cadurcum, in Aquitaine, words and sentences are repeated by a strange echo to the full, or whatsoever you shall play upon a musical instrument, more distinctly and louder, than they are spoken at first. Some echoes repeat a thing spoken seven times, as at Olympia, in Macedonia, as Pliny relates, lib. 36, cap. 15. Some twelve times, as at Charenton, a village near Paris, in France. At Delphos, in Greece, heretofore was a miraculous echo, and so in many other places. Cardan, subtil. 7. 18, hath wonderful stories of such as have been deluded by these echoes.

Blancanus the Jesuit, in his Echometria, hath variety of examples, and gives his reader full satisfaction of all such sounds by way of demonstration. At Barrey, an isle in the Severn mouth, they seem to hear a smith's forge: so at Lipari, and those sulphureous isles, and many such like which Olaus speaks of in the continent of Scandia, and those northern countries. Cardan, de rerum var. 7. 15, c. 84, mentioneth a woman, that still supposed she heard the devil call her, and speaking to her, was a painter's wife in Milan: and many such illusions and voices, which proceed most part from a corrupt imagination.

Whence it comes to pass, that they prophesy, speak several languages, talk of astronomy, and other unknown sciences to them (of which they have been ever ignorant): "I have in brief touched, only this I will here add, that Arculanus, Bodin. lib. 3. cap. 6, daemon. and some others, hold as a manifest token that such persons are possessed with the devil; so doth Hercules Saxonii, and Appomensis, and fit only to be cured by a priest. But Guianerus, Montaltus, Pomponatus of Padua, and Lemnus, lib. 2, cap. 2, refer it wholly to the ill-disposition of the humour, and that out of the authority of Aristotle, prob. 30. 1, because such symptoms are cured by purging; and as by the striking of a flint fire is enforced, so by the vehement motion of spirits, they do eicere voces inauditas, compel strange speeches to be spoken: another argument he hath from Plato's reminiscencia, which all out as likely as that which Marsilius Ficinus speaks of his friend Pierleonus; by a divine kind of infusion he understood the secrets of nature, and tenets of Grecian and barbarian philosophers, before ever he heard of, saw, or read their works: but in this I should rather hold with Avicenna and his associates, that such symptoms proceed from evil spirits, which take all opportunities of humours decayed, or otherwise to pervert the soul of man: and besides, the humour itself is Balneum Diaboli, the devil's bath; and as Agrippa proves, doth entice him to seize upon them.

SECT. IV. MEMB. I

Prognostics of Melancholy.

Prognostics, or signs of things to come, are either good or bad. If this malady be not hereditary, and taken at the beginning, there is good hope of cure, recens curationem non habet difficilium, saith Avicenna, l. 9, pen. 1, Tract. 4, c. 18. That which is with laughter, of all others is most secure, gentle, and remiss, Hercules de Saxonii. "If that evacuation of hemorrhoids, or varices, which they call the water between the skin, shall happen to a melan-
Prognostics of Melancholy.

[Part 1. Sec. 4.

choly man, his misery is ended," Hippocrates, Aphor. 6. 11. "Galen, l. 6, de morbis vulgar. com. 8, confirms the same; and to this aphorism of Hippocrates, all the Arabians, new and old Latins subscribe; Montaltus, c. 25, Hercules de Saxonii, Mercurialis, Vittorius Faventinus, &c. Skeneckius, l. 1, observat. med. c. de Mania, illustrates this aphorism, with an example of one Daniel Federer a coppersmith that was long melancholy, and in the end mad, about the 27th year of his age, these varices or water began to arise in his thighs, and he was freed from his madness. Marius the Roman was so cured, some say, though with great pain. Skeneckius hath some other instances of women that have been helped by flowing of their months, which before were stopped. That the opening of the haemorrhoids will do as much for men, all physicians jointly signify, so they be voluntary, some say, and not by compulsion. All melancholy are better after a quartan; "Jubertus saith, scarce any man hath that age twice; but whether it free him from this malady, 'tis a question; for many physicians ascribe all long agues for especial causes, and a quartan age amongst the rest. "Rhasis, cont. lib. 1, tract. 9. "When melancholy gets out at the superflcies of the skin, or settles breaking out in scabs, leprosy, morpewh, or is purged by stools, or by the urine, or that the spleen is enlarged, and those varices appear, the disease is dissolved." Guianerius, cap. 5, tract. 15, adds dropsy, jaundice, dysentery, leprosy, as good signs to these scabs, morphews, and breaking out, and proves it out of the 6th of Hippocrates' Aphorisms.

Evil prognostics on the other part. In veterata melancholia incurabilis, if it be inveterate, it is incurable, a common axiom, aut difficuller curabilis as they say that make the best, hardly cured. This Galen witnesseth, l. 3, de loc. affect. cap. 6, "*be it in whom it will, or from what cause soever, it is ever long, wayward, tedious, and hard to be cured, if once it be habituated." As Lucian said of the gout, she was "the queen of diseases, and inexorable, may we say of melancholy. Yet Paracelsus will have all diseases whatsoever curable, and laughs at them which think otherwise, as T. Erastus, par. 3, objects to him; although in another place, hereditary diseases he accounts incurable, and by no art to be removed. *Hildesheim, spicel. 2, de mel. holds it less dangerous if only "*imagination be hurt, and not reason," the gentlest is from blood. Worse from choler adjust, but the worst of all from melancholy putrefied." *Bruci esteems hypochondriac least dangerous, and the other two species (opposite to Galen) hardest to be cured. *The cure is hard in man, but much more difficult in women. And both men and women must take notice of that saying of Montanus, consil. 230, pro Abate Italo, "This malady doth commonly accompany them to their grave; physicians may ease, and it may lie hid for a time, but they cannot quite cure it, but it will return again more violent and sharp than at first, and that upon every small occasion or error:" as in Mercury's weather-beaten statue, that was once all over gilt, the open parts were clean, yet there was *in fimbriis aurum, in the chinks a remnant of gold: there will be some relics of melancholy left in the purest bodies (if once tainted) not so easily to be rooted out. *Oftentimes it degenerates into epilepsy, apoplexy, convulsions, and blindness: by the authority of Hippocrates and Galen, "*all aver, if once it possess the ventricles of the brain, Frambesarius, and Salust. Salvianus adds, if it get into the optic nerves, blindness. Mercu-

rialis, consil. 20, had a woman to his patient, that from melancholy became epileptic and blind. 1 If it come from a cold cause, or so continue cold, or increase, epilepsy; convulsions follow, and blindness, or else in the end they are moped, sottish, and in all their actions, speeches, and gestures, ridiculous. 1 If it come from a hot cause, they are more furious, and boisterous, and in conclusion mad. Calescentem melancholiam sapis sequitur mania. 2 If it heat and increase, that is the common event, 2 per circuitus, aut semper in- sanct, he is mad by fits, or altogether. For as 'Senecius contends out of Crato, there is seminarius ignis in this humour, the very seeds of fire. If it come from melancholy natural adjust, and in excess, they are often demoniacal, Montanus.

'Seldom this malady procures death, except (which is the greatest, most grievous calamity, and the misery of all miseries,) they make away themselves, which is a frequent thing, and familiar amongst them. 'Tis 'Hippocrates' observation, Galen's sentence: Etsi mortem timent, tamen plerunque sibi ipsi mortem consciscunt, l. 3. de locis affect. cap. 7. The doom of all physicians. 'Tis 'Rabbi Moses' Aphorism, the prognosticon of Avicenna, Rhasis, Ætius, Gordonius, Valesius, Altomarus, Salust, Salvianus, Capivac- cius, Mercurius, Hercules de Saxonìa, Piso, Bruel, Fuchsius, all, &c.

"Et sapèm usque adæ mortis formidines vites Percipit in felix oculus lusisque videnda, Ut sibi consciscat mentem pector leuthem," "And so far forth death's terror doth affright, He makes away himself, and hates the light: To make an end of fear and grief of heart, He voluntary dies to ease his smart."

In such sort doth the torture and extremity of his misery torment him, that he can take no pleasure in his life, but is in a manner enforced to offer violence unto himself, to be freed from his present insufferable pains. So some (saith 'Fracastorius') "in fury, but most in despair; sorrow, fear, and out of the anguish and vexation of their souls, offer violence to themselves: for their life is unhappy and miserable. They can take no rest in the night, nor sleep, or if they do slumber, fearful dreams astonish them." In the day-time they are affrighted still by some terrible object, and torn in pieces with suspicion, fear, sorrow, discontents, cares, shame, anguish, &c., as so many wild horses, that they cannot be quiet an hour, a minute of time, but even against their wills they are intent, and still thinking of it, they cannot forget it, it grinds their souls day and night, they are perpetually tormented, a burden to themselves, as Job was, they can neither eat, drink, or sleep. Psal. civii. 18. "Their soul abhorreth all meat, and they are brought to death's door, "being bound in misery and iron:" they "curse their stars with Job," 2 and day of their birth, and wish for death:" for as Pineda and most interpreters hold, Job was even melancholy to despair, and almost "madness itself; they mur- mur many times against the world, friends, allies, all mankind, even against God himself in the bitterness of their passion, "vivere nonult, mori nesciunt, live they will not, die they cannot. And in the midst of these squalid, ugly, and such irksome days, they seek at last, finding no comfort, 6 no remedy in this wretched life, to be eased of all by death. Omnia apparet bonum, all creatures seek the best, and for their good as they hope, sub specie, in show at least, vel quia mori pulchrum putant (saith 'Hippocrates) vel quia putant inde se majoribus malis liberari, to be freed as they wish. Though many times, as Æsop's fishes, they leap from the frying-pan into the fire itself, yet they hope

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to be eased by his means: and therefore (saith Felix 4 Platerus) "after many tedious days at last, either by drowning, hanging, or some such fearful end," they precipitate or make away themselves: "many lamentable examples are daily seen amongst us:" alius ante foris se laqueo suspendit (as Seneca notes), alius se proscriptavit à testa, ne dominiu stomachantem audiret, alius ne reducercetur à fuga ferrum rededit in viscera, "one hangs himself before his own door,—another throws himself from the house-top, to avoid his master's anger,—a third, to escape expulsion, plunges a dagger into his heart."—so many causes there are—His amor exitio est, furor his—love, grief, anger, madness, and shame, &c. 'Tis a common calamity, *a fatal end to this disease, they are condemned to a violent death, by a jury of physicians, furiously disposed, carried headlong by their tyrannising wills, enforced by miseries, and there remains no more to such persons, if that heavenly Physician, by his assisting grace and mercy alone do not prevent (for no human persuasion or art can help), but to be their own butchers, and execute themselves. Socrates his ciusa, Lucretia's dagger, Timon's halter, are yet to be had; Oato's knife, and Nero's sword are left behind them, as so many fatal engines, bequeathed to posterity, and will be used to the world's end, by such distressed souls: so intolerable, insufferable, grievous, and violent is their pain, 'so unspeakable and continue. One day of grief is an hundred years, as Cardan observes: 'Tis carnisificina hominem, angor animi, as well saith Areteus, a plague of the soul, the cramp and convulsion of the soul, an epitome of hell; and if there be a hell upon earth, it is to be found in a melancholy man's heart.

"For that deep torture may be call'd an hell,
When more is felt than one hath power to tell."

Yea, that which scoffing Lucian said of the gout in jest, I may truly affirm of melancholy in earnest.

"O triste hominem! o dilla edibile
8 Melancholia lacrymossa, Cocytii filla,
Tu Tartari specubus opaciis edita
Eriunys, utero quam Megara suo turit,
Et ubertibus alif, eulus parvulam
Amarulentum in os lac Alecio dedit,
Omnes abominabile te damnones
Protraxer in lucem, exito mortalum,
Non Jupiter facit talis telum fulminia
Non ullas sic procella smvit sequoris,
Non imperfecta tauis via est turberi,
An aspera sustineo morbus Cerberi?
Num virus Echidinae membros mas dopacutur?
Ant tunicae saepta Nathi sanguinis?
1lacrymable et immedicabile manum hoc"

"O sod and odious name! a name so full,
Is this of melancholy, but of hell,
There born in hellish darkness doth it dwell,
The Furies brought it up, Megara's teat,
Aleco gave it bitter milk to eat,
And all conspired a bane to mortal men,
To bring this devil out of that black den.

Fest paule Jupiter's thunderbolt, not storm at sea,
Nor whirl-wind doth our hearts so much dismay.
What? am I bit by that fierce Cerberus?
Or stung by serpent so pestiferous?
Or put on shirt that's dip'd in Moses' blood?
My pain's past cure; physic can do no good."

No torture of body like unto it, Sicuti non invenere tyrannai majus tormentum, no strappadoses, hot irons, Phalaris' bulls,

"Nee ira deum tantum, nec teles, nec hostis,
Quantum sola noce animis illapsa."

"Jove's wrath, nor devils can
Do so much harm to th' soul of man."

All fears, griefs, suspicions, discontents, imbonities, insuavitios are swallowed up, and drowned in this Euripus, this Irish sea, this ocean of misery, as so many small brooks; 'tis coagulum omnium arvumurum: which 8 Ammianus applied to his distressed Palladius. I say of our melancholy man, he is the cream of human adversity, the quintessence, and upshot; all other diseases whatsoever, are but flea-bittings to melancholy in extent: 'Tis the pith of them all, "Hospitium est calamitatis; quid verbis opus est ?

"Quamenceque malam rem quæris, illic reperies: "

"What need more words? 'tis calamities inn,
Where seek for any mischief, 'tis within;"

4 Cap. 3. de morbis alienis; mosti degunt, dum tandem mortem quam timent, suspendo aut submer amo, aut aliquis alia vi, precipitant ut multa tria exempla vidimus. 4 Ardealins in 8. Rheus, c. 16, cavendum ne ex aito so precipitent aut alius insident. 8 omnium opinionibus inescutibile malum. Lucian. Montesaque milles, milde dum vivit necesse gerit, perique. Heinsius Austrico. 8 Regnis morborum cui fumantur comes et obedient. Cardan. 8 Lib. 29. 8 Illic omnis imbonitas et insuavitia consistit, ut Tertulliani verba utar. craev ad, gartry. 8 Plautus.
and a melancholy man is that true Prometheus, which is bound to Caucasus; the true Titius, whose bowels are still by a vulture devoured (as poets feign) for so doth "Lilium Geralds interpret it, of anxieties, and those gaping cares, and so ought it to be understood. In all other maladies, we seek for help, if a leg or an arm ache, through any distemper or wound, or that we have an ordinary disease, above all things whatsoever, we desire help and health, a present recovery, if by any means possible it may be procured; we will freely part with all our other fortunes, substance, endure any misery, drink bitter potions, swallow those distasteful pills, suffer our joints to be seared, to be cut off, any thing for future health: so sweet, so dear, so precious above all other things in this world is life: 'tis that we chiefly desire, long life and happy days, * multos da, Jupiter, annos, increase of years all men wish; but to a melancholy man, nothing so tedious, nothing so odious; that which they so carefully seek to preserve * he abhors, he alone; so intolerable are his pains; some make a question, graviores morbi corporis an animi, whether the diseases of the body or mind be more grievous, but there is no comparison, no doubt to be made of it, multò enim saevior longèque est atrocior animi, quam corporis cruciatus (Lem. l. 1. c. 12.) the diseases of the mind are far more grievous.—

Totum hic pro vulnere corpus, body and soul is misaffected here, but the soul especially. — So Cardan testifies, de rerum var. lib. 8. 40. * Maximus Tyrius a Platonist, and Plutarch, have made just volumes to prove it. ' Dies adimit agritudinem hominibus, in other diseases there is some hope likely, but these unhappy men are born to misery, past all hope of recovery, incurably sick, the longer they live the worse they are, and death alone must ease them.

Another doubt is made by some philosophers, whether it be lawful for a man, in such extremity of pain and grief, to make away himself: and how these men that so do are to be censured. The Platonists approve of it, that it is lawful in such cases, and upon a necessity; Plotinus, l. de beatitud. c. 7. and Socrates himself defends it, in Plato’s Phædon, "if any man labour of an incurable disease, he may despatch himself, if it be to his good." Epicurus and his followers, the cynics and stoics in general, affirm it, Epictetus and 'Seneca amongst the rest, quamcumque veram esse viam ad libertatem, any way is allowable that leads to liberty, "let us give God thanks, that no man is compelled to live against his will;" "quid ad hominem clausura, carcer, custodia? librum ostium habet, death is always ready and at hand. Vides illum præcipitem locum, illud flumen, dost thou see that steep place, that river, that pit, that tree, there’s liberty at hand, effugia servitiis et doloris sunt, as that Laconian lad cast himself headlong (non serviam, aiebat puer) to be freed of his misery: every pain in thy body, if these be nimis operosi exitus, will set thee free, quid tua refert sine facias an accipias? there’s no necessity for a man to live in misery. Malum est necessitati vivere; sed in necessitate vivere, necessitas nulla est. Ignorans qui sine causa moritur, et stultus qui cum dolore vivit, Idem ep. 58. Wherefore hath our mother the earth brought out poisons, saith * Pliny, in so great a quantity, but that men in distress might make away themselves? which kings of old had ever in a readiness, ad incerta fortuna venenum sub custode promptum, Livy writes, and executioners always at hand. Spenser’s being sick was met by Diogenes, and, carried on his slaves’ shoulders, he made his mean to the philosopher; but I pity thee not, quoth Diogenes, qui cum talis vivere sustines, thou mayest be freed when thou wilt, meaning by death. * Seneca therefore commends Cato, Dido, and Lucretia, for their generous courage in so doing, and others that voluntarily die, to avoid a greater
mischief, to free themselves from misery, to save their honour, or vindicate their good name, as Cleopatra did, as Sophonisba, Syphax's wife did, Hannibal did, as Junius Brutus, as Vibi Cius Virtus, and those Campanian senators in Livy (Dec. 3. lib. 6.) to escape the Roman tyranny, that poisoned themselves. Themistocles drank bull's blood rather than he would fight against his country, and Demostrones chose rather to drink poison, Publius Crassii filius, Censorius and Plancus, those heroic Romans to make away themselves, than to fall into their enemies' hands. How many myriads besides in all ages might I remember, qui sib diem Insontes peperere manu? &c. Rhasis in the Macede is magnified for it, Samson's death approved. So did Saul and Jonas sin, and many worthy men and women, quorum memoria celebratur in Ecclesia, saith *Leminchus, for killing themselves to save their chastity and honour, when Rome was taken, as Austin instances, l. 1. de Civit. Dei, cap. 16. Jerom vindicateth the same in Ionam; et Ambrose, l. 3. de virginitate commendeth Pelagia for so doing. Eusebius, lib. 8. cap. 15. admires a Roman matron for the same fact to save herself from the lust of Maxentius the Tyrant. Adelhelmus, abbot of Malmesbury, calls them Beatas virges quas sic, &c. Titus Pomponius Atticus, that wise, discreet, renowned Roman senator, Tully's dear friend, when he had been long sick, as he supposed of an incurable disease, vitamque producet ad augendos dolores, sine spe salutis, was resolved voluntarily by famine to despatch himself to be rid of his pain; and when as Agrippa, and the rest of his weeping friends earnestly besought him, osculantes obscurarent ne id quod natura cogert, ipse acceleraret, not to offer violence to himself, "with a settled resolution he desired again they would approve of his good intent, and not seek to dehort him from it:" and so constantly died, preeceque eorum taciturna sub obtinacione depressit. Even so did Corellius Rufus, another grave senator, by the relation of Plinius Secundus, epist. lib. 1. epist. 12. famish himself to death; pedibus correptus eum incredibles cruciation et indignissima tormenta patetur, a cibis omnino abstinuit; *neither he nor Hispilla his wife could divert him, but destinatus mori obstat magis, &c., die he would, and die he did. So did Lycurgus, Aristotle, Zeno, Chrysippus, Empedocles, with myriads, &c. In wars, for a man to run rashly upon imminent danger, and present death, is accounted valour and magnanimity, "to be the cause of his own, and many a thousand's ruin besides, to commit wilful murder in a manner, of himself and others, is a glorious thing, and he shall be crowned for it. The *Massageeta in former times, *Barbiccians, and I know not what nations besides, did stifle their old men after seventy years, to free them from those grievances incident to that age. So did the inhabitants of the island of Ochoa, because their air was pure and good, and the people generally long lived, antevertebant fatum suum, priusquam munci forent aut imbecillos accederet, popavere vel cibuit, with poppy or hemlock they prevented death. Sir Thomas More in his Utopia commends voluntary death, if he be sibi aut alius molestus, troublesome to himself or others ("especially if to live be a torment to him), let him free himself with his own hands from this tedious life, as from a prison, or suffer himself to be freed by others." *And *tis the same tenet which Laertius relates of Zeno of old, Juste sapiens sibi mortem consciscit, si in acerbis doloribus versetur, membrorum mutilatione aut morbis agrad curandi, and which Plato 9. de legibus approves, if old age, poverty, ignominy, &c., oppress, and which Fabius expresseth in effect. (Pras. iam. 7. Institut.) Nemo nisi suad culpâ diu dolet. It is an ordinary thing in

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*闽. 14. 42.  *Vindicatio Apos. lib.  b "Finding that he would be destined to endure excruciating pain of the feet, and additional tortures, he abstained from food altogether." *As amongst Turks and others. *Bomhus, de moribus gent. *Elian. lib. 4. cap. 1. omnes 70. annum express interducunt. *Lib. 2. Presertim quum torrentum et vita sit, bona spe fratres, acerbâ vitâ velut a carcerâ se eximiat, vel ab aliis eximiat animae voluntate patiatur. *Nam quis amphoram exsecutus fœcisse exorbatur, (Seneca. epist. 58.) quis in panus et rursum vivere? multâ est manere in vitâ cum sit misère.
China, (saith Mat. Riccius the Jesuit,) "if they be in despair of better fortunes, or tired and tortured with misery, to bereave themselves of life, and many times, to spit their enemies the more, to hang at their door." Tacitus the historian, Plutarch the philosopher, much approve a voluntary departure, and Aust. de civ. Dei, l. 1. c. 29. defends a violent death, so that it be undertaken in a good cause, nemo sic mortuus, qui non fuerat aliquando mortius; quid autem interest quo mortis genere vita ita fiantur; quando ille cui finitur, iterum morti non cogitur? &c., no man so voluntarily dies, but volens volens, he must die at last, and our life is subject to innumerable casualties, who knows when they may happen, utrum satius est unam perpetui moriendo, or omnes timere vivendo, rather suffer one, than fear all. "Death is better than a bitter life." Eoclus. xxx. 17. 'and a harder choice to live in fear, than, by once dying, to be freed from all. Theombratus Ambraclieotes persuaded I know not how many hundreds of his auditors, by a luculent oration he made of the miseries of this, and happiness of that other life, to precipitate themselves. And having read Plato's divine tract de anima, for example's sake led the way first. That neat epigram of Callimachus will tell you as much, "Jamaque vele Soli cum diceret Ambroclod, In Stygios furtur desuisse lapas. Morto nihil aegurn passus: sed forte Platonis Divini exilium de nona legit opus." Calenus and his Indians hated of old to die a natural death: the Circumcellians and Donatists, loathing life, compelled others to make them away, with many such: "but these are false and pagan positions, profane stoical paradoxes, wicked examples, it boots not what heathen philosophers determine in this kind, they are impious, abominable, and upon a wrong ground. "No evil is to be done that good may come of it;" reclamation Christus, reclamation Scriptura, God, and all good men are against it: He that stabs another can kill his body; but he that stabs himself, kills his own soul. "Malè meretur qui dat mendico quod edat; nam et illud quod dat perit; et illi producit vitam ad misericordiam: he that gives a beggar an alms (as that comical poet saith) doth ill, because he doth but prolong his miseries. But Lactantius, l. 6. c. 7. de vero cultu, calls it a detestable opinion, and fully confutes it, lib. 3. de sep. cap. 18. and S. Austin, ep. 52. ad Macedonium, cap. 61. ad Dulcitum Tribunum: so doth Hierom to Marcella of Blesilla's death, Non recipio tales animas, &c., he calls such men martyres stulti Philosophia: so doth Cyprian de duplici martyrio: Si qui sic moriatur, aut insinuitur, aut ambitio, aut dementia cogit eos; 'tis mere madness so to do, "florum est ne moriare mori. To this effect writes Arist. 3. Ethic. Lipsius Manuduc. ad Stoicam Philosophiam lib. 3. dissertat. 23. but it needs no confirmation. This only let me add, that in some cases, those "hard censures of such as offer violence to their own persons, or in some desperate fit to others, which sometimes they do, by stabbing, slashing, &c., are to be mitigated, as in such as are mad, beside themselves for the time, or found to have been long melancholy, and that in extremity, they know not what they do, deprived of reason, judgment, all, as a ship that is void of a pilot, must needs impinge upon the next rock or sands, and suffer shipwreck.
P. Forestus hath a story of two melancholy brethren, that made away themselves, and for so foul a fact, were accordingly censured to be infamously buried, as in such cases they use: to terrify others, as it did the Milesian virgins of old, but upon farther examination of their misery and madness, the censure was revoked, and they were solemnly interred, as Saul was by David, 2 Sam. ii. 4. and Seneca well adviseth, *Irascere interfectori, sed miserere interfeci;* be justly offended with him as he was a murderer, but pity him now as a dead man. Thus of their goods and bodies we can dispose; but what shall become of their souls, God alone can tell; his mercy may come *inter pontem et fontem, inter gladium et jugulum,* betwixt the bridge and the brook, the knife and the throat. *Quod cuiquam contigit, cuivis potest:* Who knows how he may be tempted? It is his case, it may be thine: *Quae sua sors hodie est, cras fore vestra potest.* We ought not to be so rash and rigorous in our censures, as some are; charity will judge and hope the best: God be merciful unto us all.

*Observat.*  *Seneca tract. i. 1. 8. c. 4. Lex, Homicida in se insepultus abjicitur, contradictur; Eo quod affere sibi manus coactus sit assiduis malis; summam infamitatem suam in hoc removit, quod existit malat lectare miserum mori. * Buchanan. Eleg. lib.*
THE SYNONYMS OF THE SECOND PARTITION.

Section 1. General to all, which contains

Cure of melancholy is either

<table>
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<th>Mem.</th>
<th>Unlawful means forbidden.</th>
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<tr>
<td>Sect. 1.</td>
<td>or</td>
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<tr>
<td>Lawful means, which are</td>
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1. From the devil, magicians, witches, &c., by charms, spells, incantations, images, &c.
   Quest. 1. Whether they can cure this, or other such like diseases?
   Quest. 2. Whether, if they can so cure, it be lawful to seek to them for help?
2. Immediately from God, a Jove principium, by prayer, &c.
3. Quest. 1. Whether saints and their relics can help this infirmity?
   Quest. 2. Whether it be lawful in this case to sue to them for aid?

Subsect. 1. Physician, in whom is required science, confidence, honesty, &c.
2. Patient, in whom is required obedience, constancy, willingness, patience, confidence, bound, &c., not to practise on himself.
3. Physic, which consists of Chirurgical &c.
   Dietetical &c.
   Pharmaceutical &c.

Particular to the three distinct species, &c. &c.

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<th>Sect. 2. Diestetical, which consists in reforming those six non-natural things, as in</th>
<th>Matter and quality.</th>
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<td>Diet rectified. 1. Memb. or</td>
<td>1. Subs.</td>
</tr>
<tr>
<td>Fruits</td>
<td>Mountain birds, partridge, pheasant, quails, &amp;c.</td>
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<tr>
<td></td>
<td>Hen, capon, mutton, veal, kid, rabbit, &amp;c.</td>
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<tr>
<td></td>
<td>Fish. That live in gravelly waters, as pike, perch, trout, sea-fish, solid, white, &amp;c.</td>
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<td></td>
<td>Herbs. Borage, bugloss, balm, succory, endive, violets in broth, not raw, &amp;c.</td>
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<tr>
<td></td>
<td>Raisins of the sun, apples corrected for and roots. wind, oranges, &amp;c., parsnips, potatoes, &amp;c.</td>
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</table>
|                                | As seasonable and usual times of repeat, in good order, not before the first be concocted, sparing, not over-much of one dish.

2. Rectification of retention and evacuation, as costiveness, venery, bleeding at nose, months stopped, baths, &c.
3. Air, rectified, with a digression of the air.
   Naturally in the choice and site of our country dwelling-place, to be hot and moist, light, wholesome, pleasant, &c.
   Artificially, by often change of air, avoiding winds, fogs, tempests, opening windows, perfumes, &c.
   Of body and mind, but moderate, as hawking, hunting, riding, shooting, bowling, fishing, fowling, walking in fair fields, galleries, tennis, bar.
4. Exercise.
   Of mind, as chess, cards, tables, &c., to see plays, masks, &c., serious studies, business, all honest recreations.
5. Rectification of waking and terrible dreams, &c.
6. Rectification of passions and perturbations of the mind.
Synopsis of the Second Partition.

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<th>By using all good means of help, confessing to a friend, &amp;c.</th>
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<tr>
<td><strong>Memb. 6.</strong></td>
<td>Avoiding all occasions of his infirmity.</td>
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<td><strong>Passions</strong></td>
<td>Not giving way to passions, but resisting to his utmost.</td>
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<tr>
<td><strong>and pertur-</strong></td>
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<td><strong>bations of</strong></td>
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<td><strong>the mind</strong></td>
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<td><strong>rectified.</strong></td>
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<th><strong>Sect. 3.</strong></th>
<th>A consolatory digression, containing remedies to all discontents and passions of the mind.</th>
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<td><strong>Memb.</strong></td>
<td>1. General discontents and grievances satisfied.</td>
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<tr>
<td></td>
<td>2. Particular discontents, as deformity of body sickness, baseness of birth, &amp;c.</td>
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<tr>
<td></td>
<td>3. Poverty and want, such calamities and adversities.</td>
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<td></td>
<td>4. Against servitude, loss of liberty, imprisoninent, banishment, &amp;c.</td>
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<td></td>
<td>5. Against vain fears, sorrow for death of friends or otherwise.</td>
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<td></td>
<td>6. Against envy, livor, hatred, malice, emulation, ambition, and self-love, &amp;c.</td>
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<td></td>
<td>7. Against repulses, abuses, injuries, contents, disgraces, contumelies, slanders, and scotts, &amp;c.</td>
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<td></td>
<td>8. Against all other grievances and ordinary symptoms of this disease of melancholy.</td>
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<th><strong>Alterative</strong></th>
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<td>3. Subs.</td>
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<tr>
<td><strong>Subsect. 3.</strong></td>
<td>To the head; balm, hops, nemphar, &amp;c.</td>
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<td><strong>Subsect. 4.</strong></td>
<td>Liver; eupatory, artemisia, &amp;c.</td>
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<td><strong>Subsect. 5.</strong></td>
<td>Stomach; wormwood, centaury, pennyroyal.</td>
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<td><strong>Subsect. 6.</strong></td>
<td>Spleen; ceterache, ash, tamarisk.</td>
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<td>To purify the blood; endive, succory, &amp;c.</td>
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<td>Against wind; origan, fennel, anisseed, &amp;c.</td>
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<td><strong>Subsect. 9.</strong></td>
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<td><strong>Subsect. 10.</strong></td>
<td>Fluid</td>
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<td><strong>Subsect. 11.</strong></td>
<td>Wines; as of hellebore, bugloss, tamarisk, &amp;c.</td>
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<td><strong>Subsect. 12.</strong></td>
<td>Syrups of borage, bugloss, hops, epitymber, endive, succory, &amp;c.</td>
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<td><strong>Subsect. 13.</strong></td>
<td>or</td>
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<tr>
<td><strong>Subsect. 14.</strong></td>
<td>Conserves of violets, maidenhair, borage, bugloss, roses, &amp;c.</td>
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<td><strong>Subsect. 15.</strong></td>
<td>Confections; treacle, mithridates, ecleomes or linctures.</td>
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<td><strong>Subsect. 16.</strong></td>
<td><strong>or</strong></td>
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<td><strong>Subsect. 17.</strong></td>
<td>Diambra, dianthos.</td>
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<td><strong>Subsect. 18.</strong></td>
<td>Diamargaritum calidum.</td>
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<td><strong>Subsect. 19.</strong></td>
<td>Dianosemum dulce.</td>
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<td><strong>Subsect. 21.</strong></td>
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<td><strong>Subsect. 23.</strong></td>
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<td><strong>Subsect. 24.</strong></td>
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<td><strong>Subsect. 25.</strong></td>
<td>or</td>
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<td><strong>Subsect. 26.</strong></td>
<td>Diacorollis, diacidum with their tables.</td>
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<td><strong>Subsect. 27.</strong></td>
<td><strong>or</strong></td>
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<td><strong>Subsect. 28.</strong></td>
<td>Condities of all sorts, &amp;c.</td>
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<td><strong>Subsect. 29.</strong></td>
<td>Oils of camomile, violets, roses, &amp;c.</td>
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<td><strong>Subsect. 30.</strong></td>
<td>Ointments, alablastrium, populeum, &amp;c.</td>
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<tr>
<td><strong>Subsect. 31.</strong></td>
<td>Liniments, plasters, cerates, cataplasmata, frontals, fomentations, epitymber, sacks, bags, odoraments, posies, &amp;c.</td>
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| **Purging** | (Particular to the three distinct species, 38. 39. 40.) |
Synopsis of the Second Partition.

II Chirurgical physic, which consists of Memb. 3.

1. Subject.
Moderate diet, meat of good juice, moistening, easy of digestion.
Good air.
Sleep more than ordinary.
Excrements daily to be voided by art or nature.
Exercise of body and mind not too violent, or too remiss, passions of the mind, and perturbations to be avoided.

2. Blood-letting, if there be need, or that the blood be corrupt, in the arm, forehead, &c., or with cupping-glasses.


3. Preparatives and purgers.
Preparatives; as syrup of borage, bugloss, epithyme, hops, with their distilled waters, &c.
Purgers; as Montanus, and Matthiolius helleborismus, Quercatamus, syrup of hellebore, extract of hellebore, pulvis Halli, antimony prepared, Rulandi aqua mirabilis; which are used, if gentler medicines will not take place, with Arnoldus, vinum buglossatun, senna, cassia, myrobalans, aurum potabile, or before Hamech, Pil. Inda., Hiera, Pil. de lap. Armeno, lazuli.

4. Averters.
Cardan's nettle, frictions, clysters, suppositories, sneezings, masticatories, nasals, cupping-glasses.
To open the haemorrhoids with horseleeches, to apply horse-leeches to the forehead without scarification, to the shoulders, thighs.
Issues, boring, cauteries, hot irons in the suture of the crown.

5. Cordials, resolvers, hinderers.
A cup of wine or strong drink
Bezars stone, amber, spice.
Conserves of borage, bugloss, roses, fumitory.
Confection of alchermes.
Electuarium letificans Galeni et Rhasis, &c.
Diamargaritum frig. diaboraginatum, &c.
Synopsis of the Second Partition.

6. Correctors of accidents, as,

Odnoraments of roses, violets.
Irrigations of the head, with the decoctions of nymphae, lettuce, mallows, &c.
Epithymes, ointments, bags to the heart.
Fomentations of oil for the belly.
Baths of sweet water, in which were sod mallows, violets, roses, water-lilies, borage flowers, ramsheads, &c.

Simples

\[ \text{Simples} \]

\[ \text{Inwardly taken,} \]

\[ \text{Outwardly used, as} \]

Odnoraments of roses, violets.
Irrigations of the head, with the decoctions of nymphae, lettuce, mallows, &c.
Epithymes, ointments, bags to the heart.
Fomentations of oil for the belly.
Baths of sweet water, in which were sod mallows, violets, roses, water-lilies, borage flowers, ramsheads, &c.

\[ \text{Simples} \]

\[ \text{Inwardly taken,} \]

\[ \text{Outwardly used, as} \]

Oil of nymphae, poppy, violets, roses, mandrake, nutmegs.
Odnoraments of vinegar, rose-water, opium.
Frontals of rose-cake, rose-vinegar, nutmeg.
Ointments, alabastritum, unguentum pulviscarminativus, simple, or mixed with opium.
Irrigations of the head, feet, sponges, music, murmur and noise of waters.
Frictions of the head and outward parts, sacculi of henbane, wormwood at his pillow, &c.
Against terrible dreams; not to sup late, or eat peas, cabbage, venison, meats heavy of digestion, use balm, hart's tongue, &c.
Against raddiness and blushing, inward and outward remedies.

\[ \text{Subsect. 1.} \]

Phlebotomy, if need require.
Diet, preparatives, averters, cordials, purgers, as before, saving that they must not be so vehement.
Use of pennyroyal, wormwood, centaury sod, which alone hath cured many.
To provoke urine with anised, dancus, asarum, &c., and stools, if need be, by cysters and suppositories.
To respect the spleen, stomach, liver, hypochondries.
To use treacle now and then in winter.

\[ \text{Cure of hypochondriacal or windy melancholy over} \]

To correct and cleanse the blood with fumitory, senna, succory, dandelion, the body.

\[ \text{Roots,} \]

\[ \text{Simple} \]

\[ \text{Herbs,} \]

\[ \text{Spices,} \]

\[ \text{Seeds,} \]

\[ \text{Inwardly taken, or} \]

\[ \text{Compounded, &c.} \]

Galanga, gentian, enula, angelica, calamus aromaticus, zedoary, china, condite ginger, &c.
Pennyroyal, rue, calamint, bay leaves, and berries, scordium, betany, lavender, camomile, centaury, wormwood, cummin, broom, orange pills.
Saffron, cinnamon, mace, nutmeg, pepper, musk, zedoary with wine, &c.
Anised, fennel-seed, ammi, cary, cummin, nettle, bays, parsley, grana, paradosi.
Dianisum, diagalanga, diacalaminthes, electuarium de baccis lauri, benedictalaxativa, &c., pulvis carminativus, and pulvis descriv, Antidotario Florentino, aromaticum, rosatum, Mithridate.

Outwardly used, as cupping-glasses to the hypochondries without scarification, oil of camomile, rue, anised, their decoctions, &c.
THE SECOND PARTITION.

THE CURE OF MELANCHOLY.

THE FIRST SECTION, MEMBER, SUBSECTION.

Unlawful Cures rejected.

INVETERATE Melancholy, howsoever it may seem to be a continue, inexorable disease, hard to be cured, accompanying them to their graves, most part, as Montanus observes, yet many times it may be helped, even that which is most violent, or at least, according to the same "author, "it may be mitigated and much eased." Nil desperandum. It may be hard to cure, but not impossible for him that is most grievously affected, if he be but willing to be helped.

Upon this good hope I will proceed, using the same method in the cure, which I have formerly used in the rehearsing of the causes; first general, then particular; and those according to their several species. Of these cures some be lawful, some again unlawful, which though frequent, familiar, and often used, yet justly censured, and to be controverted. As first, whether by these diabolical means, which are commonly practised by the devil and his ministers, sorcerers, witches, magicians, &c., by spells, cabalistical words, charms, characters, images, amulets, ligatures, philters, incantations, &c., this disease and the like may be cured? and if they may, whether it be lawful to make use of them, those magnetical cures, or for our good to seek after such means in any case? The first, whether they can do any such cures, is questioned amongst many writers, some affirming, some denying. Valesius, cont. med. lib. 5. cap. 6. Malleus Maleficor. Heurnius, l. 3. pract. med. cap. 28. Celsius, lib. 16. c. 16. Delrio, tom. 3. Wierus, lib. 2. de prastig. dæm., Libanius Lavater, de spect. part. 2. cap. 7. Holbrenner the Lutheran in Pistorium, Polydor Virg., l. 1. de prodig., Tandlernus, Lemnies (Hippocrates and Avicenna amongst the rest), deny that spirits or devils have any power over us, and refer all with Pomponatus of Padua to natural causes and humours. Of the other opinion are Bodinus, Daemonomantica, lib. 3. cap. 2. Arnoldus, Marcellius Empiricus, l. Pistorius, Paracelsus, Apologia. Magic., Agrippa, lib. 2. de occult. Philos. cap. 36. 69. 71. 72. et l. 3. c. 23. et 10. Marcellius Ficinus, de vit. calcit. compar. cap. 13. 15. 18. 21. &c., Galeottus, de promiscua doct. cap. 24. Jovianus Pontanus, tom. 2, Plin. lib. 28. c. 2, Strabo, lib. 15. Geog. Leo Suavius: Goclenius, de ung. armar., Oswoldus Crollius, Ernestus Burgraveius, Dr. Flud, &c. Cardan de sub. brought many proofs out of Ars Notoria, and Solomon's decayed works, old Hermes, Artefius, Constabien Luca, Picatirix, &c., that such cures may be done. They can make fire it shall not burn, fetch back thieves or stolen goods, shew their absent faces in a glass, make serpents lie still, stanch blood, salve gouts, epilepsies, biting of mad dogs, tooth-ache.

*Consil. 235. pro Abbate Italo*  
*Consil. 23. aut curabitur, aut certè minus afflicietur, si volet.*
melancholy, et omnia mundi mala, make men immortal, young again as the Spanish marquess is said to have done by one of his slaves, and some which jugglers in China maintain still (as Tragaltius writes) that they can do by their extraordinary skill in physic, and some of our modern chemists by their strange limbecks, by their spells, philosopher's stones and charms. *Many doubt,* saith Nicholas Taurellus, *whether the devil can cure such diseases he hath not made, and some flatly deny it, howsoever common experience confirms to our astonishment, that magicians can work such feats, and that the devil without impediment, can penetrate through all the parts of our bodies, and cure such maladies by means to us unknown.* Daneus in his tract de Sortiaris subscribes to this of Taurellus; Erastus de Lamis, maintaineth as much, and so do most divines, out of their excellent knowledge and long experience they can commit *agentes cum patientibus, colligere secundum verum, exaque materiae applicare, as Austin infers de Civ. Dei et de Terris, lib. 3. cap. 7. et 8. they can work stupendous and admirable conclusions; we see the effects only, but not the causes of them. Nothing so familiar as to hear of such cures. Sorcerers are too common; cunning men, wizards, and white-witches, as they call them, in every village, which if they be sought unto, will help almost all infirmities of body and mind, Servatores in Latin, and they have commonly St. Catharine's wheel printed in the roof of their mouth, or in some other part about them, *resistunt incantatorum praestigii* (*Boissardus* writes), *morbos a sagis motos propulsant, &c.* that to doubt of it any longer, *nor to believe, were to run into that other sapeutical extreme of incredulity,* saith Taurellus. Leo Suavinus in his comment upon Paracelsus seems to make it an art, which ought to be approved; Pistorius and others stifly maintain the use of charms, words, characters, &c. *Ars vera est, sed pauci artifices reperintur;* the art is true, but there be but a few that have skill in it. Marcellus Donatus, *lib. 2. de hist. mir. cap. 1.* proves out of Josephus eight books of antiquities, that *"Solomon so cured all the diseases of the mind by spells, charms, and drove away devils, and that Eleazar did as much before Vespasian." Langius in his *med. spist.* holds Jupiter Menocrates, that did so many stupendous cures in his time, to have used this art, and that he was no other than a magician. Many famous cures are daily done in this kind, the devil is an expert physician, as Godelman calls him, *lib. 1. cap. 18.* and God permits oftentimes these witches and magicians to produce such effects, as Lavater, *cap. 3.* lib. 8. *part. 3. cap. 1.* Polid. Virg., *lib. 1. de prodigiosis,* Delrio and others admit. Such cures may be done, and as Paracelsus, *Tom. 4. de morb. ament.* stifly maintains, *"they cannot otherwise be cured but by spells, seals, and spiritual physic."* 1. *Arnoldus, lib. de sigillis,* sets down the making of them, so doth Rulandus and many others.

*Hoc posito,* they can effect such cures, the main question is whether it be lawful in a desperate case to crave their help, or ask a wizard's advice. *'Tis a common practice of some men to go first to a witch and then to a physician, if one cannot the other shall, Fleeter si nequeant superos Acheronta movebunt.* "It matters not," saith Paracelsus, *"whether it be God or the devil, angels, or unclean spirits cure him, so that he be eased." If a man fall into a ditch, as he prosecutes it, what matter is it whether a friend or an enemy help him out? and if I be troubled with such a malady, what care I whether the devil himself, or any of his ministers by God's permission, redeem me? He calls a
"magician God's minister and his vicar, applying that of vos estis divi profanely to them, for which he is lashed by T. Erastus, part. 1. fol. 45. And elsewhere he encourageth his patients to have a good faith, "a strong imagination, and they shall find the effects: let divines say to the contrary what they will." He proves and contends that many diseases cannot otherwise be cured. *Incantations orti incantatione exorti debent;* if they be caused by incantation, "they must be cured by incantation. Constantinus, *lib. 4.* approves of such remedies: Bartolus the lawyer, Peter *Ærodis,* *rerum* *Judic.* *lib. 3.* *tit.* 7. Salicetus Godfriedus, with others of that sect, allow of them; *modò sint ad sanationem, quae à magis fiunt, secús non,* so they be for the parties' good, or not at all. But these men are confuted by Remigius, Bodinins, dom. *lib. 3.* *cap.* 2. Godelmannus, *lib. 1.* *cap.* 8. Wierus, Delrio, *lib. 6.* *ques* 2. *tom.* 3. *mag.* *inquis.* Erastus de Lamis; all our *divines, schoolmen, and such as write* cases of conscience are against it, the scripture itself absolutely forbids it as a mortal sin, *Levit. cap.* xviii. xix. xx. *Deut.* xviii. &c., *Rom.* viii. 19, "Evil is not to be done, that good may come of it." Much better it were for such patients that are so troubled, to endure a little misery in this life, than to hazard their souls' health for ever, and as Delrio counselleth, "much better die, than be so cured." Some take upon them to expel devils by natural remedies, and magical exorcisms, which they seem to approve out of the practice of the primitive church, as that above cited of Josephus, Eleazar, Irenæus, Tertullian, Austin. Eusebius makes mention of such, and magic itself hath been publicly profess'd in many universities, as of old in Salamanca in Spain, and Cracow in Poland; but condemned anno 1318, by the chancellor and university of *Paris.* Our pontific writers retain many of these adjurations and forms of exorcisms still in the church; besides those in baptism used, they exercise meats, and such as are possessed, as they hold, in Christ's name. Read Hieron. Mengus *cap. 3.* Pet. Tyreus, *part.* 3. *cap.* 8. *what exorcisms they prescribe,* besides those ordinary means of "fire suffumigationis, lights, cutting the air with swords," *cap.* 57. herbs, odours; of which Tostatus treats, 2 *Reg.* *cap.* 16. *ques* 43. you shall find many vain and frivolous superstitious forms of exorcisms among them, not to be tolerated, or endured.

MEMB. II.

**Lawful Cures, first from God.**

Being so clearly evinced, as it is, all unlawful cures are to be refused, it remains to treat of such as are to be admitted, and those are commonly such which God hath appointed, "by virtue of stones, herbs, plants, meats, &c., and the like, which are prepared and applied to our use, by art and industry of physicians, who are the dispensers of such treasures for our good, and to be *honoured for necessities' sake," God's intermediate ministers, to whom in our infirmities we are to seek for help. Yet not so that we rely too much, or wholly upon them: *a Jove principium,* we must first begin with *prayer,* and then use physic; not one without the other, but both together. To pray alone, and reject ordinary means, is to do like him in *Æsop,* that when his cart was

* Magnus minister et Vicarius Dei.
* Utere forti imaginaciones et experieria effectum, dilect in adversum qui, quid volunt Theologii. *Idem Flinus contentit quosdam esse morbas qui in cantationibus suis causant. Qui talibus tradunt, aut ad eorum dores sustine, aut sui dominus introducit, aut interrogant, sanctae idem Christianam et baptismum pravarcissae, et Apostatas esse. Austin de superstiti. *observ. hoc pacto à Deo defecerit ad diabolum, P. Mart.*
* P. Lumbard.*
* Suffitis, gladiorem ieiun, etc.*
* The Lord hath created medicines of the earth,* *Exod.* *xxviii.* 4. *My son fail not in thy sickness, but pray unto the Lord, and he will make thee whole, Exod. xxviii.* 9.
stalled, lay flat on his back, and cried aloud, help Hercules! but that was to little purpose, except as his friend advised him, *rotis tute ipse annitaris*, he whipped his horses withal, and put his shoulder to the wheel. God works by means, as Christ cured the blind man with clay and spittle: *"Orandum est ut sit mens sana in corpore sano."* As we must pray for health of body and mind, so we must use our utmost endeavours to preserve and continue it. Some kind of devils are not cast out but by fasting and prayer, and both necessarily required, not one without the other. For all the physic we can use, art, excellent industry, is to no purpose without calling upon God, *noli juvat immensos Cratere promittere montes*: it is in vain to seek for help, run, ride, except God bless us.

**“Non Stendi dapes dulcem elaborabat saporem,**
**Non annimmus cytherave cantus.”**

We must use our prayer and physic both together: and so no doubt but our prayers will be available, and our physic take effect. *"Tis that Hezekiah practised, 2 Kings xx, Luke the Evangelist: and which we are enjoined, Coloss. iv. not the patient only, but the physician himself. Hippocrates, a heathen, required this in a good practitioner, and so did Galen, *lib. de Plat. et Hipp. dog. lib. 9. cap. 15.* and in that tract of his, *an mores sequantar temp. cor. ca.* 11. *'tis a rule which he doth inculcate,* and many others. Hyperius in his first book *de sacr. script. lect.* speaking of that happiness and good success which all physicians desire and hope for in their cures, *tells them that “it is not to be expected, except with a true faith they call upon God, and teach their patients to do the like.”* The council of Lateran, Canon 22. decreed they should do so; the fathers of the church have still advised as much; *"whatevsoever thou takest in hand (saith *Gregory*) let God be of thy counsel, consult with him; that healeth those that are broken in heart* (Psal. cxliv. 3. *) and bindeth up their sores."* Otherwise as the prophet Jeremiah, *cap. xlvi. 11.* denounced to Egypt, In vain shalt thou use many medicines, for thou shalt have no health. It is the same counsel which *Comines, that politic historiographer gives to all christian princes, upon occasion of that unhappy overthrow of Charles Duke of Burgundy, by means of which he was extremely melancholy, and sick to death: insomuch that neither physic nor persuasion could do him any good, perceiving his preposterous error belike, adviseth all great men in such cases, “to pray first to God with all submission and penitency, to confess their sins, and then to use physic.”* The very same fault it was, which the prophet reprehends in *Asa* king of Judah, that he relied more on physic than on God, and by all means would have him to amend it. And *’tis a fit caution to be observed of all other sorts of men. The prophet David was so observant of this precept, that in his greatest misery and vexation of mind, he put this rule first in practice. Psal. lxxvii. 3. *"When I am in heaviness, I will think on God."* Psal. lxxxvi. 4. *"Comfort the soul of thy servant, for unto thee I lift up my soul:"* and verse 7, *"In the day of trouble will I call upon thee, for thou hearest me."* Psal. liv. 1. *"Save me, O God, by thy name,"* &c. Psal. lxxxii. psal. xx. And *’tis the common practice of all good men, Psal. cvii. 13. *"When their heart was humbled with heaviness, they cried to the Lord in their trouble, and he delivered them from their distress.”*

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*Music and fine fare can do no good.*

*Non domus et fundus, non ars acervus et auris, egrot possent domino deducere fibres.*

*With house, with land, with money, and with gold, The master’s fever will not be controlled.*

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*Hort. 1. 1. ep. 2.*

*Sanctia de Deo debet in medico infans esse,*

*Sanctus omnes nigrantes Deus.*

*To you shall pray to your Lord, that he would prosper that which is given for ease, and then use physic for the prolonging of life, Elcucus. xxviiii. 4.*

*Omnis optant quamdam in medicina felicitatem, sed hanc non est quod expectant, nisi Deum verit deo invocant, atque aegros similiter ad ardentem vocacionem excitant.*

*Hortus ut Gregor. exibat. ad vitam opt. institut. cap. 48.*

*Quiquito meditariis aggredi aut percipere, Deum in consilium adsidito.*

*Commentari. lib. 7. ob infelices pignam contristatus, in agrifineda incidunt, ita ut medicis curari non posse.*

*In his animi mollis princeps imprima ad Deum precor et pecusat veniam exort, inde ad medicam, &c.*
And they have found good success in so doing, as David confesseth, Psal. xxx. 11, “Thou hast turned my mourning into joy, thou hast loosed my sackcloth, and girded me with gladness.” Therefore he adviseth all others to do the like, Psal. xxxii. 24, “All ye that trust in the Lord, be strong, and he shall establish your heart.” It is reported by *Suidas*, speaking of Hezekiah, that there was a great book of old, of King Solomon’s writing, which contained medicines for all manner of diseases, and lay open still as they came into the temple: but Hezekiah, king of Jerusalem, caused it to be taken away, because it made the people secure, to neglect their duty in calling and relying upon God, out of a confidence on those remedies. *Minutius* that worthy consul of Rome, in an oration he made to his soldiers, was much offended with them, and taxed their ignorance, that in their misery called more on him than upon God.

A general fault it is all over the world, and Minutius’s speech concerns us all, we rely more on physic, and seek oftener to physicians, than to God himself. As much faulty are they that prescribe, as they that ask, respecting wholly their gain, and trusting more to their ordinary receipts and medicines many times, than to him that made them. I would wish all patients in this behalf, in the midst of their melancholy, to remember that of Siracides, Ecc. i. 11, and 12, “The fear of the Lord is glory and gladness, and rejoicing. The fear of the Lord maketh a merry heart, and giveth gladness, and joy, and long life;” and all such as prescribe physic, to begin in *nomine Dei*, as Mesue did, to imitate Lælius à Fonte Eugubinus, that in all his consultations, still concludes with a prayer for the good success of his business; and to remember that of Cretone one of their predecessors, *fuge avarium, et sine oratione et invocatione Dei nihil facias, avoid covetousness, and do nothing without invocation upon God.*

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MEMB. III.

*Whether it be lawful to seek to Saints for Aid in this Disease.*

*That* we must pray to God, *no man doubts*; but whether we should pray to saints in such cases, or whether they can do us any good, it may be lawfully controverted. Whether their images, shrines, relics, consecrated things, holy water, medals, benedictions, those divine amulets, holy exorcisms, and the sign of the cross, be available in this disease? The papists, on the one side, stilly maintain how many melancholy, mad, demoniacal persons are daily cured at St. Anthony’s Church in Padua, at St. Vitus in Germany, by our Lady of Loreto in Italy, our Lady of Sichem in the Low Countries: *Quae et cæcis lumen, agris salutem, mortuis vitam, claude gressum reddit, omnes morbos corporis, animi, curat, et in ipsis daemones imperium exercet;* she cures halt, lame, blind, all diseases of body and mind, and commands the devil himself, saith Lipsius, “twenty-five thousand in a day come thither;” *quis nisi reu- men in illum locum sic induxit;* who brought them? *in avibus, in oculis omnium gesta, nova novitia;* new news lately done, our eyes and ears are full of her cures, and who can relate them all? They have a proper saint almost for every peculiar infirmity: for poison, gouts, agues, Petronella: St. Romanus for such as are possessed; Valentine for the falling sickness; St. Vitus for madmen, &c. and as of old *Pliny reckons up gods for all diseases* (*Febri funan dicatum est*), Lilius Giraldis repeats many of her ceremonies: all affec-

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* Greg. Tholos. To. 2. 1. 28. c. 7. Syntax. In vestibulo templi Solomonis liber remediornum cunlque morbi fuit, quem revivit Ezechias, quod populus neglecto Deo non invocato, sanatum inde petet.  
  * Livius 1. 23. Streptunt aures clamoribus plorantium sodorum, sepulcrum non quam demum invocantium opem.  
  * Lipsius.  
  * Cap. 26.  
  * Lib. 2. cap. 7. de Deo Morbique in generali descripsis deos reperimus.
tions of the mind were heretofore accounted gods," love, and sorrow, virtue, honour, liberty, contumely, impudence, had their temples, tempests, seasons, Crepituus Ventris, dea Vacuna, deaCloacina, there was a goddess of idleness, a goddess of the draught, or jakes, Prema, Premunda, Priapus, bawdy gods, and gods for all offices. Varro reckons up 30,000 gods: Lucian makes Podagra the gout a goddess, and assigns her priests and ministers: and melancholy comes not behind; for as Austin mentioneth, lib. 4. de Civit. Del. cap. 9. there was of old Angerona dea, and she had her chapel and feasts, to whom (saith Macrobius) they did offer sacrifice yearly, that she might be pacified as well as the rest. 'Tis no new thing, you see this of papists; and in my judgment, that old doting Lipsius might haveFILTER dedicated his pen after all his labours, to this our goddess of melancholy, than to his Virgo Halensis, and been her chaplain, it would have become him better: but he, poor man, thought no harm in that which he did, and will not be persuaded but that he doth well, he hath so many patrons, and honourable precedents in the like kind, that justify as much, as eagerly, and more than he there saith of his lady and mistress; read but superstitions Coster and Gretser's Tract de Cruce, Laur. Arcturus Fanteis de Invoc. Sanct., Bellarmine, Delrio, dis. mag. tom. 3. 7. 6. quast. 2. sect. 3, Greg. Tolosanu, tom. 2. lib. 8. cap. 24, Syntax. Strozius Cicogna, lib. 4. cap. 9, Tyreus, Hieronymus Mengus, and you shall find infinite examples of cures done in this kind, by holy waters, relics, crosses, exorcisms, amulets, images, consecrated beads, &c. Barradius the jesuit boldly gives it out, that Christ's countenance, and the Virgin Mary's, would cure melancholy, if one had looked steadfastly on them. P. Morales the Spaniard, in his book de pulch. Jes. et Mar. confirms the same out of Carthusianus, and I know not whom, that it was a common proverb in those days, for such as were troubled in mind to say, eamus ad videndum filium Mariz, let us see the son of Mary, as they now do post to St. Anthony's in Padua, or to St. Hilary's at Poitiers in France. 'In a closet of that church, there is at this day St. Hilary's bed to be seen, "to which they bring all the madmen in the country, and after some prayers and other ceremonies, they lay them down there to sleep, and so they recover." It is an ordinary thing in those parts, to send all their madmen to St. Hilary's cradle. They say the like of St. Tubery in another place. Giraldus Cambrensis Itin. Camb. c. 1. tells strange stories of St. Ciricius' staff, that would cure this and all other diseases. Others say as much (as Hospinian observes) of the three kings of Cologne; their names written in parchment, and hung about a patient's neck, with the sign of the cross, will produce like effects. Read Lipomannus, or that golden legend of Jacobus de Voragine, you shall have infinite stories, or those new relations of our "jesuits in Japan and China, of Mat. Riccius, Acosta, Loyola, Xavierius's life, &c. Jasper Belga, a jesuit, cured a mad woman by hanging St. John's gospel about her neck, and many such. Holy water did as much in Japan, &c. Nothing so familiar in their works, as such examples.

But we, on the other side, seek to God alone. We say with David, Psal. cxvi. 1, "God is our hope and strength, and help in trouble, ready to be found." For their catalogue of examples, we make no other answer, but that they are false fictions, or diabolical illusions, counterfeit miracles. We cannot deny but that it is an ordinary thing on St. Anthony's day in Padua, to bring diverse madmen and demoniacal persons to be cured: yet we make a doubt whether such parties be so affected indeed, but prepared by their priests, by...
certain ointments and drugs, to cozen the commonalty, as \*Hildesheim \* saith; the like is commonly practised in Bohemia as Mathiolius gives us to understand in his preface to his comment upon Dioscorides. But we need not run so far for examples in this kind, we have a just volume published at home to this purpose. \*A declaration of egregious popish impostures, to withdraw the hearts of religious men under pretence of casting out of devils, practised by Father Edmunds, alias Weston, a jesuit, and divers Romish priests, his wicked associates, with the several parties' names, confessions, examinations, \&c. which were pretended to be possessed." But these are ordinary tricks only to get opinion and money, mere impostures. \*Aesclus- pius of old, that counterfeit god, did as many famous cures; his temple (as \*Strabo relates) was daily full of patients, and as many several tables, inscriptions, pendants, donories, \&c. to be seen in his church, as at this day our Lady of Loreto's in Italy. It was a custom long since,

\*suspendisse potent

\*ventimenta maris deo." \*—Hor. Od. 1. lib. 6. Od.

To do the like, in former times they were seduced and deluded as they are now. \*Tis the same devil still, called heretofore Apollo, Mars, Neptune, Venus, \*Aescluspius, \&c. as \*Lactantius, lib. 2. de orig. erroris, c. 17. observes. The same Jupiter and those bad angels are now worshipped and adored by the name of St. Sebastian, Barbara, \&c. Christopher and George are come in their places. Our lady succeeds Venus (as they use her in many offices), the rest are otherwise supplied, as \*Lavater writes, and so they are deluded. \* And God often winks at these impostures, because they forsake his word, and betake themselves to the devil, as they do that seek after holy water, crosses, \&c. Wierus, lib. 4. cap. 3. What can these men plead for themselves more than those heathen gods, the same cures done by both, the same spirit that seduceth; but read more of the pagan gods' effects in Austin de Civitate Dei, l. 10. cap. 6. and of \*Aescluspius especially in Cicogna, l. 3. cap. 8. or put case they could help, why should we rather seek to them, than to Christ himself, since that he so kindly invites us unto him, "Come unto me all ye that are heavy laden, and I will ease you," Mat. xi. and we know that "there is one God, one Mediator between God and man, Jesus Christ" (1 Tim. ii. 5.), who gave himself a ransom for all men. We know that "we have an \*advocate with the Father, Jesus Christ" (1 John ii. 1.), that "there is no other name under heaven, by which we can be saved, but by his," who is always ready to hear us, and sits at the right hand of God, and from \*whom we can have no repulse, solus vult, solus potest, curat universos tanquam singulos, et \*omniumque nostrum ut solum, we are all as one to him, he cares for us all as one, and why should we then seek to any other but to him?

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**MEMB. IV.**

**SUBSECT. I.—Physician, Patient, Physic.**

Of those diverse gifts which our apostle Paul saith God hath bestowed on man, this of physic is not the least, but most necessary, and especially conducing to the good of mankind. Next therefore to God in all our extremities ("for of the extremest high cometh healing," Ecclus. xxxviii. 2.) we must seek to,

\*Spicil. de morbis \* daemoniis, \&c. \*sacrificiis parvis unguentis Magiae corpori illius, ut statim plebeius praeferent tales curari \* a Sancto Antonio. \*Printed at London 4to. by J. Roberts, 1605. \*Gr. \*lib. 8. Cujus \*sanum \*agrotanitium \*multitudine retortum, undiqueque et tabellis pendentibus, in quibus \*sanum \*linguere \*erant \*inscript. \*"To offer the sailor's garments to the deity of the deep." \*Mali angeli sumpserunt olim nomen Joris, Iunonis, Apollinis, \&c. quae Gentiles deis credebant, nunc S. Sebastiani, Barbara, \&c. nomen habent, et eorum. \*Part. 2. cap. 9. de spect. Veneri substituit Virginem Mariam. \*Ad hanc \*ludibria Deum \*convenit \*frequent, ubi \*relicto \*verbo \*Dei, \*ad \*Satanam \*curritur, quales \*hie sunt, qui \*aquam \*lustralem, crucem, \&c. \*inbice \*fidei \*homini \*lubris \*offerunt. \*Charior est \*ipsis \*homo \*quam \*sibi, Paul. \*Bernard. \*– Austin.
and rely upon the Physician, who is **Manus Dei**, saith Hierophilus, and to whom he hath given knowledge, that he might be glorified in his wondrous works. "With such doth he heal men, and take away their pains," Ecl. xxxviii. 6, 7. "When thou hast need of him, let him not go from thee. The hour may come that their enterprises may have good success," ver. 13. It is not therefore to be doubted, that if we seek a physician as we ought, we may be eased of our infirmities, such a one I mean as is sufficient, and worthy so called; for there be many mountebanks, quacksalvers, empirics, in every street almost, and in every village, that take upon them this name, make this noble and profitable art to be evil spoken of and contemned, by reason of these base and illiterate artificers: but such a physician I speak of, as is approved, learned, skilful, honest, &c., of whose duty Wecker, Antid. cap. 2. et Syntax. med. Crato, Julius Alexandrinus medic. Heurnius, prav. med. lib. 3. cap. 1. &c., treat at large.

For this particular disease, him that shall take upon him to cure it, Paracelsus will have to be a magician, a chemist, a philosopher, an astrologer; Thurnesserus, Severinus the Dane, and some other of his followers, require as much: "many of them cannot be cured but by magic." Paracelsus is so stiff for those chemical medicines, that in his cures he will admit almost of no other physic, deriding in the mean time Hippocrates, Galen, and all their followers: but magic and all such remedies I have already censured, and shall speak of chemistry elsewhere. Astrology is required by many famous physicians, by Ficinus, Crato, Fernelius; "doubted of, and exploded by others: I will not take upon me to decide the controversy myself, Johannes Hossurtus, Thomas Boderius, and Maginus in the preface to his mathematical physic, shall determine for me. Many physicians explode astrology in physic (saith he), there is no use of it, *unam artem ac quasi temerariam insetantur, ac gloriam sibi ab ejus imperitia auctupari:* but I will reprove physicians by physicians, that defend and profess it, Hippocrates, Galen, Avicea., &c., that count them butchers without it, *homicidas medicos Astrolagias ignaros, &c.* Paracelsus goes farther, and will have his physician "predestinated to this man's cure, this malady; and time of cure, the scheme of each geniture inspected, gathering of herbs, of administering astrologically observed; in which Thurnesserus and some iatromathematical professors, are too superstitious in my judgment. "*Hellebore will help, but not alway, not given by every physician,* &c., but these men are too peremptory and self-conceited as I think. But what do I do, interposing in that which is beyond my reach? A blind man cannot judge of colours, nor I peradventure of these things. Only thus much I would require, honesty in every physician, that he be not over-careless or covetous, harpy-like to make a prey of his patient; *Carnificis namque est* (as *Wecker notes*) *inter ipso cruciatius ingens precise exspersae,* as a hungry chirurgeon often produces and withdraws his cure, so long as there is any hope of pay, *Non missura outem, nisi piena orviris hirudo.* Many of them, to get a fee, will give physic to every one that comes, when there is no cause, and they do so *iritare silentem morbum,* as *Heurnius complains,* stir up a silent disease, as it often falleth out, which by good counsel, good advice alone, might have been happily composed, or by rectification of those six non-natural things otherwise cured. This is *Natura bellum inferre,* to oppugn nature, and to make a strong body weak. Arnoldus in his 8 and 11 Aphorisms gives cautions against, and expressly forbidth it. " *A wise phy-
sician will not give physic but upon necessity, and first try medicinal diet, before he proceed to medicinal cure."  In another place he laughs those men to scorn, that think longis syrupis expugnare daemones et animae phantasmata, they can purge phantastical imaginations and the devil by physic. Another caution is, that they proceed upon good grounds, if so be there be need of physic, and not mistake the disease; they are often deceived by the "similitude of symptoms, saith Herminus, and I could give instance in many consultations, wherein they have prescribed opposite physic. Sometimes they go too perfunctorily to work, in not prescribing a just course of physic: To stir up the humour, and not to purge it, doth often more harm than good. Montanus, consil. 30. inveighs against such perturbations, "that purge to the halves, tire nature, and molest the body to no purpose." 'Tis a crabbed humour to purge, and as Laurentius calls this disease, the reproach of physicians: Bessardus, flagellum medicorum, their lash; and for that cause, more carefully to be respected. Though the patient be averse, saith Laurentius, desire help, and refuse it again, though he neglect his own health, it behoves a good physician not to leave him helpless. But most part they offend in that other extreme, they prescribe too much physic, and tire out their bodies with continual potions, to no purpose. *Lelius, tetrabib. 2. 2. ser. cap. 90. will have them by all means therefore "to give some respite to nature," to leave off now and then; and Lælius à Fonte Engubinus in his consultations, found it (as he there witnesseth) often verified by experience, "that after a deal of physic to no purpose, left to themselves, they have recovered." 'Tis that which Nic. Piso, Donatus Altoramus, still inculcate, dare requiem nature, to give nature rest.

**SUBSECT. II.—Concerning the Patient.**

When these precedent cautions are accurately kept, and that we have now got a skilful, an honest physician to our mind, if his patient will not be conformable, and content to be ruled by him, all his endeavours will come to no good end. Many things are necessarily to be observed and continued on the patient's behalf: First that he be not too riggardedly miserable of his purse, or think it too much he bestows upon himself, and to save charges endanger his health. The Abderites, when they sent for "Hippocrates, promised him what reward he would, ""all the gold they had, if all the city were gold he should have it." Naaman the Syrian, when he went into Israel to Elisha to be cured of his leprosy, took with him ten talents of silver, six thousand pieces of gold, and ten change of raiments (2 Kings v. 5). Another thing is, that out of bashfulness he do not conceal his grief; if aught trouble his mind, let him freely disclose it, "Stullorum incurvata pudor malus ulcera celat:" by that means he procures to himself much mischief, and runs into a greater inconvenience: he must be willing to be cured, and earnestly desire it. Pars sanitatis selle sanari fuit (Seneca). 'Tis a part of his cure to wish his own health; and not to defer it too long.

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1 Brev. 1. c. 18. * Similitudo pseps bonis medicis imponit. 2 Qua melancholicis praebeat remedia non satis valida, Longiores morbi imprimis solertiae militat postulant et adfletatam, qui enim tumultuari hoe tractant, vires absque ullo commodo iacent et frangunt, sic. 3 Natural remissiorem dare optet. 4 Hincque hoc morbo medicina nihil profectae vis sent, et stibi detestat invulnerum. 5 Abderitan ex Hippoc. 6 Qualique auri apud nos est, libenter parvulum, etiam tota urbs nostra armum esset. *Seneca. 7 Pers. 3. Sat.
not of what city now, when rumour was brought their enemies were coming, could not abide to hear it; and when the plague begins in many places and they certainly know it, they command silence and hush it up; but after they see their foes now marching to their gates, and ready to surprise them, they begin to fortify and resist when 'tis too late; when the sickness breaks out and can be no longer concealed, then they lament their supine negligence: 'tis no otherwise with these men. And often out of prejudice, a loathing and distaste of physic, they had rather die, or do worse, than take any of it. "Barbarous immunity (Melancthon terms it) and folly to be deplored, so to contemn the precepts of health, good remedies, and voluntarily, to poll death, and many maladies upon their own heads." Though many again are in that other extreme too profuse, suspicious, and jealous of their health, too apt to take physic on every small occasion, to aggravate every slender passion, imperfection, impediment: if their finger do but ache, run, ride, send for a physician, as many gentlewomen do, that are sick, without a cause, even when they will themselves, upon every toy or small discontent, and when he comes, they make it worse than it is, by amplifying that which is not. Hier. Cappiaccius sets it down as a common fault of all "melancholy persons to say their symptoms are greater than they are, to help themselves." And which Mercurialis notes, consil. 53. "to be more troublesome to their physicians, than other ordinary patients, that they may have change of physic."

A third thing to be required in a patient, is confidence, to be of good cheer, and have sure hope that his physician can help him. Damascen the Arabian requires likewise in the physician himself, that he be confident he can cure him, otherwise his physic will not be effectual, and promise withal that he will certainly help him, make him believe so at least. Galeottus gives this reason, because the form of health is contained in the physician's mind, and as Galen holds "confidence and hope to be more good than physic," he cures most in whom most are confident. Axioclis sick almost to death, at the very sight of Socrates recovered his former health. Paracelsus assigns it for an only cause, why Hippocrates was so fortunate in his cures, not for any extraordinary skill he had; but "because the common people had a most strong conceit of his worth." To this of confidence we may add perseverance, obedience, and constancy, not to change his physician, or dislike him upon every toy; for he that so doth (saith Janus Damascen) "or consults with many, falls into many errors; or that useth many medicines." It was a chief caveat of "Seneca to his friend Lucilius, that he should not alter his physician, or prescribed physic: "Nothing hinders health more; a wound can never be cured that hath several plasters." Crato, consil. 186. taxeth all melancholy persons of this fault: "Tis proper to them, if things fall not out to their mind, and that they have not present case, to seek another and another;" (as they do commonly that have sore eyes) twenty one after another, and they still promise all to cure them, try a thousand remedies; and by this means they increase their malady, make it most dangerous and difficult to be cured. "They try many (saith Montanus) and profit by none:" and for this cause, consil. 24. he enjoins his patient before he take him in hand, "perseverance and sufferance, for in such...

a small time no great matter can be effected, and upon that condition he will administer physic, otherwise all his endeavour and counsel would be to small purpose." And in his 31. counsel for a notable matron, he tells her, "if she will be cured, she must be of a most abiding patience, faithful obedience, and singular perseverance; if she remit, or despair, she can expect or hope for no good success." Consil. 250. for an Italian abbot, he makes it one of the greatest reasons why this disease is so incurable, "because the parties are so restless and impatient, and will therefore have him that intends to be eased, 'to take physic, not for a month, a year, but to apply himself to their prescriptions all the days of his life.'" Last of all, it is required that the patient be not too bold to practise upon himself, without an approved physician's consent or to try conclusions, if he read a receipt in a book; for so, many grossly mistake, and do themselves more harm than good. That which is conducing to one man, in one case, the same time is opposite to another. "An ass and a mule went laden over a brook, the one with salt, the other with wool: the mule's pack was wet by chance, the salt melted, his burden the lighter, and he thereby much eased; he told the ass, who, thinking to speed as well, wet his pack likewise at the next water, but it was much the heavier, he quite tired. So one thing may be good and bad to several parties, upon diverse occasions. "Many things (saith "Penotus") are written in our books, which seem to the reader to be excellent remedies, but they that make use of them are often deceived, and take for physic poison." I remember in Valerio's observations, a story of one John Baptist, a Neapolitan, that finding by chance a pamphlet in Italian, written in praise of hellebore, would needs adventure on himself, and took one dram for one scruple, and had not he been sent for, the poor fellow had poisoned himself. From whence he concludes out of Damascenus, 2 Et 3 Aphorism. "that without exquisite knowledge, to work out of books is most dangerous: how unsavoury a thing it is to believe writers, and take upon trust, as this patient perceived by his own peril." I could recite such another example of mine own knowledge, of a friend of mine, that finding a receipt in Grassivola, would needs take hellebore in substance, and try it on his own person; but had not some of his familiars come to visit him by chance, he had by his indiscretion hazarded himself: many such I have observed. These are those ordinary cautions, which I should think fit to be noted, and he that shall keep them, as "Montanus" saith, shall surely be much eased, if not thoroughly cured.

**SUBSECT. III.—Concerning Physic.**

Physic itself in the last place is to be considered; "for the Lord hath created medicines of the earth, and he that is wise will not abhor them." Ecclus. xxxviii. 4. ver. 8. "of such doth the apothecary make a confection, 

&c. Of these medicines there be diverse and infinite kinds, plants, metals, animals, &c., and those of several natures, some good for one, hurtful to another: some noxious in themselves, corrected by art, very wholesome and good, simples, mixed, &c., and therefore left to be managed by discreet and skillful physicians, and thence applied to man's use. To this purpose they have invented method, and several rules of art, to put these remedies in order, for their particular ends. Physic (as Hippocrates defines it) is nought else but "addition and subtraction;" and as it is required in all other diseases, so in this of melan-

1 Si curat vult, opus est pertinenti perseverantia, fideli obedientia, et patientia singulari, si taceat aut desperet, nulimum habebit effectum.
2 Agitudine amintat patientiam, et inde morbi incurables.
3 Non ad menam aut annum, sed operatur et vice curricula curarsi operam dare.
4 Camerarius emb. 56. cent. 2.
5 Prefat. de nar. med. In libellis que vulgo versatur apud literatos, incertiores multa legunt, a quibus decidulputur, extima illis, sed portentosum hauriunt venenum.
6 Operari ex libris, absque cognitione et solerti ingenio, periculosum est. Unde monemur, quam insipidum scriptis auctoribus credere, quod hic suo didicit periculo.
7 Consil. 25. Hac omnia si quo ordine decent, egredit, val curabitur, vel certe minus afflictur.
8 Fuchsius, cap. 2. lib. 1.
choly it ought to be most accurate, it being (as "Mercurialis acknowledgeth) so common an affection in these our times, and therefore fit to be understood. Several prescripts and methods I find in several men, some take upon them to cure all maladies with one medicine, severally applied, as that Paracelsus reduceth all diseases to four principal heads, to whom Severinus, Ravelascus, Leo Suavius, and others adhere and imitate: those are leprosy, gout, dropsy, falling-sickness. To which they reduce the rest; as to leprosy, ulcers, itch, furfurs, scabs, &c. To gout, stone, cholic, toothache, headache, &c. To dropsy, agues, jaundice, cachexia, &c. To the falling-sickness, belong palsy, vertigo, cramps, convulsions, incubus, apoplexy, &c. "If any of these four principal be cured (saith Ravelascus) all the inferior are cured," and the same remedies commonly serve: but this is too general, and by some contradicted: for this peculiar disease of melancholy, of which I am now to speak, I find several cures, several methods and precepts. They that intend the practical cure of melancholy, saith Duretus in his notes to Hollerus, set down nine peculiar scopes or ends; Savanarola prescribes seven especial canons. "Aelianus Montaltus, cap. 26, Faventinus in his empirics, Hercules de Saxonia, &c., have their several injunctions and rules, all tending to one end. The ordinary is threelfold, which I mean to follow. Δαισαρτης, Pharmaceutica, and Chirurgica, diet, or living, apothecary, diet, or living, soberly, which Wecker, Crato, Guianerius, &c., and most, prescribe; of which I will insist, and speak in their order.

SECT. II. MEMB. I.

SUBSECT. I.—Diet rectified in Substance.

Diet, Δαισαρτης, victus, or living, according to "Fuchsius and others, comprehend those six non-natural things, which I have before specified, are especial causes, and being rectified, a sole or chief part of the cure. "Johannes Aurelianus, cap. 16. in 9. Rhode, accounts the rectifying of these six a sufficient cure. "Guianerius, tract. 15. cap. 9. calls them, propriam et primam curam, the principal cure: so doth Montanus, Crato, Mercurialis, Altomarus, &c., first to be tried, Lemnius, instit. cap. 22, names them the hinges of our health, 'no hope of recovery without them.' "Reinerius Solenander, in his seventh consultation for a Spanish young gentlewoman, that was so melancholy she abhorred all company, and would not sit at table with her familiar friends, prescribes this physic above the rest, 'no good to be done without it.' "Aretens, lib. 1. cap. 7. an old physician, is of opinion, that this is enough of itself, if the party be not too far gone in sickness. "Crato, in a consultation of his for a noble patient, tells him plainly, that if his highness will keep but a good diet, he will warrant him his former health. "Montanus, consil. 27. for a nobleman of France, admonisheth his lordship to be most circumspect in his diet, or else all his other physic will be to small purpose. The same injunction I find verbatim in J. Cæsar Claudinon, Respon. 34, Scoletii, consil. 183, Trailianus, cap. 16. lib. 1. Lactis à fonte Hæguribus often brags, that he hath done more cures in this kind by rectification of diet, than all other physic besides. So that in a word I may say to most melancholy men, as the fox said to the weasel, that could

not get out of the garner, Maeca carum repetes, quem maeca suæst, "the six non-natural things caused it, and they must cure it. Which howsoever I treat of, as proper to the meridian of melancholy, yet nevertheless, that which is here said with him in "Tully, though writ especially for the good of his friends at Tarentum and Sicily, yet it will generally serve* most other diseases, and help them likewise, if it be observed.

Of these six non-natural things, the first is diet, properly so called, which consists in meat and drink, in which we must consider substance, quantity, quality, and that opposite to the precedent. In substance, such meats are generally commended, which are "*moist, easy of digestion, and not apt to engender wind, not fried nor roasted, but sod (saith Valescus, Altomarus, Piso, &c.), hot and moist, and of good nourishment;" Crato, consil. 21. bib. 2. admits roast meat, "if the burned and scorched superficies, the brown we call it, be pared off. Salvianus, lib. 2. cap. 1. cries out on cold and dry meats; "young flesh and tender is approved, as of kid, rabbits, chickens, veal, mutton, capons, hens, partridge, pheasant, quails, and all mountain birds, which are so familiar in some parts of Africa, and in Italy, and as "Dublinius reports, the common food of boors and clowns in Palestine. Galen takes exception at mutton, but without question he means that rammy mutton, which is in Turkey and Asia Minor, which have those great fleshy tails, of forty-eight pounds weight, as Vertomannus witnesseth, novig. lib. 2. cap. 5. The lean of fat meat is best, and all manner of broths, and pottage, with borago, lettuce, and such wholesome herbs, are excellent good, especially of a cock boiled; all spoon meat. Arabians commend brains, but "Laurentius, c. 8. excepts against them, and so do many others; "eggs are justified as a nutritive wholesome meat, butter and oil may pass, but with some, limitation; so "Crato confines it, and "to some men sparingly at set times, or in sauce," and so sugar and honey are approved. "All sharp and sour sauces must be avoided, and spices, or at least seldom used; and so saffron sometimes in broth may be tolerated; but these things may be more freely used, as the temperature of the party is hot or cold, or as he shall find inconvenience by them. The thinnest, whitest, smallest wine is best, not thick, nor strong; and so of beer, the middling is fittest. Bread of good wheat, pure, well purged from the bran, is preferred; Laurentius, cap. 8. would have it kneaded with rain water, if it may be gotten.

Water.] Pure, thin, light water by all means use, of good smell and taste, like to the air in sight, such as is soon hot, soon cold, and which Hippocrates so much approves, if at least it may be had. Rain water is purest, so that it fall not down in great drops, and be used forthwith, for it quickly putrefies. Next to it, fountain water that riseth in the east, and runneth eastward, from a quick running spring, from flinty, chalky, gravelly grounds: and the longer a river runneth, it is commonly the purest, though many springs do yield the best water at their fountains. The waters in hotter countries, as in Turkey, Persia, India, within the tropics, are frequently purer than ours in the north, more subtle, thin, and lighter, as our merchants observe, by four ounces in a pound, pleasanter to drink, as good as our beer, and some of them, as Choasips in Persia, preferred by the Persian kings before wine itself.

*"Crollor die quiuecumq situm de fonte levitit.
Vina fugit gaudeaque meris abstemius undas.

Many rivers I deny not are muddy still, white, thick, like those in China, Nile in Egypt, Tiber at Rome, but after they be settled two or three days, defecate and clear, very commodious, useful and good. Many make use of deep wells, as of old in the Holy Land, lakes, cisterns, when they cannot be better provided; to fetch it in carts or gondolas, as in Venice, or camels' backs, as at Cairo in Egypt. * Radzivilius observed 8000 camels daily there, employed about that business; some keep it in trunks, as in the East Indies, made four square with descending steps, and *tis not amiss: for I would not have any one so nice as that Grecian Calis, sister to Nicophorus, emperor of Constantinople, and *married to Dominitius Silvius, duke of Venice, that out of incredible wantonness, communi aquâ uti nollebat, would use no vulgar water; but she died tantâ (saith mine author) festidissimi puris copiâ, of so fulsome a disease, that no water could wash her clean. * Plato would not have a traveller lodge in a city that is not governed by laws, or hath not a quick stream running by it; illud enim animum, hoc corrumpit valetudinem, one corrupts the body, the other the mind. But this is more than needs, too much curiosity is naught, in time of necessity any water is allowed. Howsoever, pure water is best, and which (as Pindarus holds) is better than gold; an especial ornament it is, and "very commodious to a city (according to *Vegetius) when fresh springs are included within the walls," as at Corinth, in the midst of the town almost, there was arx altissima scatens fontibus, a goodly mount full of fresh water springs: "if nature afford them not they must be had by art." It is a wonder to read of those *stupend aqueducts, and infinite cost hath been bestowed in Rome of old, Constantinople, Carthage, Alexandria, and such populous cities, to convey good and wholesome waters; read *Frontinus, Lépisius de admir. * Plin.ius, lib. 3. cap. 11, Strabo in his Geogr. That aqueduct of Claudius was most eminent, fetched upon arches fifteen miles, every arch 109 feet high: they had fourteen such other aqueducts, besides lakes and cisterns, 700 as I take it; every house had private pipes and channels to serve them for their use. Peter Gillius, in his accurate description of Constantinople, speaks of an old cistern which he went down to see, 336 feet long, 130 feet broad, built of marble, covered over with arch-work, and sustained by 336 pillars, 12 feet asunder, and in eleven rows, to contain sweet water. Infinite cost in channels and cisterns, from Nilus to Alexandria, hath been formerly bestowed, to the admiration of these times; their cisterns so curiously cemented and composed, that a beholder would take them to be all of one stone: when the foundation is laid, and cistern made, their house is half built. That Segovian aqueduct in Spain, is much wondered at in these days, upon three rows of pillars, one above another, conveying sweet water to every house: but each city almost is full of such aqueducts. Amongst the rest *he is eternally to be commended, that brought that new stream to the north side of London at his own charge: and Mr. Otho Nicholson, founder of our water-works and elegant conduit in Oxford. So much have all times attributed to this element, to be conveniently provided of it: although Galen hath taken exceptions at such waters, which run through leaden pipes, *ob cerussam qua in iis generatur, for that unctuous ceruse, which causeth dysenteries and fluxes; yet as Alsarius Crucius of Genna well answers, it is opposite to common experience. If that were true, most of our Italian cities, Montpelier in France, with infinite others, would find this inconvenience, but there is no such matter. For private families, in what

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* Peregr. Hier.  b The Dukes of Venice were then permitted to marry.  c De Legibus.  d Lib. 4. cap. 10. Magus urbis utilitas cum perennes fontes moris includitur, quod si natura non praestat, effodiendi, &c.  e Opera gigantum dicit aliquis.  f De aqueduct.  g Curtius Fons à quadrassimo lapide in urbem operis arcuatu producit. Flin. 36. 15.  h Quaque domus hestas faculas habebat et canales, &c.  i Lib. 2. ca. 30. Jod. a Meggen. cap. 15. peregr. Hier. Bellonius.  k Cypr. Echovius deit. hisp. Aquae pro-fluens unde in omnès fere ducès descendit, in iutibus quoque astivo tempore frigidissimam conservatur.  l Sir Lingh Middleton, Baronet.  m De quassatis med. cent. fol. 354.
sort they should furnish themselves, let them consult with P. Crescentius, de Agric. l. 1. c. 4, Pamphilus Hieralucus and the rest.

Amongst fishes, those are most allowed of, that live in gravelly or sandy waters, pikes, perch, trout, gudgeon, smelts, flounders, &c. Hippolitus Salvianus takes exception at carp; but I dare boldly say " Dubravius, it is an excellent meat, if it come not from muddy pools, that it retain not an unsavoury taste. Urinacius Marinus is much commended by Oribasius, Ætius, and most of our late writers.

*Crato, consil. 21 lib. 2. censures all manner of fruits, as subject to putrefaction, yet tolerable at sometimes, after meals, at second course, they keep down vapours, and have their use. Sweet fruits are best, as sweet cherries, plums, sweet apples, pear-mains, and pippins, which Laurentius extols, as having a peculiar property against this disease, and Plater magnifies, omnibus modis appropriate conventio, but they must be corrected for their windiness: ripe grapes are good, and raisins of the sun, musk-melons well corrected, and sparingly used. Figs are allowed, and almonds blanched. Trallianus recommends figs. Salvianus olives and capers, which others especially like of, and so of pistick nuts. Montanus and Mercurialis out of Avenzoar, admit peaches, pears, and apples baked after meals, only corrected with sugar and aniseed, or fennel-seed, and so they may be profitably taken, because they strengthen the stomach, and keep down vapours. The like may be said of preserved cherries, plums, marmalade of plums, quinces, &c., but not to drink after them. Pomegranates, lemons, oranges are tolerated, if they be not too sharp.

*Crato will admit of no herbs, but borage, bugloss, endive, fennel, aniseed, balm; Callenius and Arnoldus tolerate lettuce, spinach, beets, &c. The same Crato will allow no roots at all to be eaten. Some approve of potatoes, parsnips, but all corrected for wind. No raw salads; but as Laurentius prescribes, in broths; and so Crato commends many of them: or to use borage, hops, balm, steeped in their ordinary drink. *Avenzoar magnifies the juice of a pomegranate, if it be sweet, and especially rose water, which he would have to be used in every dish, which they put in practice in those hot countries about Damascus, where (if we may believe the relations of Vertomannus) many hogs-heads of rose water are to be sold in the market at once, it is in so great request with them.

SUBSECT. II.—Diet rectified in quantity.

MAN alone, saith *Cardan, eats and drinks without appetite, and use all his pleasure without necessity, animae vitio, and thence come many inconveniences unto him. For there is no meat whatsoever, though otherwise wholesome and good, but if unseasonably taken, or immoderately used, more than the stomach can well bear, it will engender cruelty, and do much harm. Therefore *Crato adviseth his patient to eat but twice a-day, and that at his set meals, by no means to eat without an appetite, or upon a full stomach, and to put seven hours' difference between dinner and supper. Which rule if we did observe in our colleges, it would be much better for our healths: but custom, that tyrant, so prevails, that, contrary to all good order and rules of physic, we scarce admit of five. If after seven hours' tarrying he shall have no stomach,
let him defer his meal, or eat very little at his ordinary time of repast. This very counsel was given by Prosper Calenus to Cardinal Cæsianus, labouring of this disease; and Platerus prescribes it to a patient of his, to be most severely kept. Guianerius admits of three meals a day, but Montanus, consil. 23. pro Aëbb. Italo, ties him precisely to two. And as he must not eat overmuch, so he may not absolutely fast; for as Celsius contends, lib. 1. Iacchius, 15 in 9. Rhusis, † repletion and inanition may both do harm in two contrary extremes. Moreover, that which he doth eat must be well ‡ chewed, and not hastily gobbled, for that causeth crudity and wind; and by all means to eat no more than he can well digest. "Some think (saith § Trincavelli, lib. 11. cap. 29. de curand. part. hum.) the more they eat the more they nourish themselves:"

"eat and live, as the proverb is, "not knowing that only repairs man which is well concocted, not that which is devoured." Melancholy men most part have good appetites, but ill digestion, and for that cause they must be sure to rise with an appetite: and that which Socrates and Disarius the physicians in Macrobius so much require, St. Hierom enjoins Rusticus to eat and drink no more than will satisfy hunger and thirst. "Lessius, the Jesuit, holds twelve, thirteen, or fourteen Courses, or in our northern countries, sixteen at most, for all students, weaklings, and such as lead an idle sedentary life, of meat, bread, &c., a fit proportion for a whole day, and as much or little more of drink. Nothing pesters the body and mind sooner than to be still fed, to eat and ingurgitate beyond all measure, as many do. "By overmuch eating and continual feasts they stifle nature, and choke up themselves; which, had they lived coarsely, or like galley slaves been tied to an oar, might have happily prolonged many fair years.

A great inconvenience comes by variety of dishes, which causeth the precedent distemperature, "than which (saith Avicenna) nothing is worse; to feed on diversity of meats, or overmuch," Sertorius-like, in hucem cenam, and as commonly they do in Muscovy and Iceland, to prolong their meals all day long, or all night. Our northern countries offend especially in this, and we in this island (ampliter viventes in prandiis et canis, as Polydore notes) are most liberal feeders, but to our own hurt. Persicos opti puor apparatus :

"Excess of meat breedeth sickness, and glutony causeth cholerick diseases: by surfeiting many perish, but he that dieteth himself prolongeth his life," Ecl. xxxvii. 29, 30. We account it a great glory for a man to have his table daily furnished with variety of meats; but hear the physician, he pulls thee by the ear as thou sittest, and tellleth thee, "that nothing can be more noxious to thy health than such variety and plenty." Temperance is a bridle of gold, and he that can use it aright, ego non summis viris comparo, sed simillimum Deo judico, is liker a god than a man: for as it will transform a beast to a man again, so will it make a man a god. To preserve thine honour, health, and to avoid therefore all those inflations, torments, obstructions, crudities, and diseases that come by a full diet, the best way is to feed sparingly of one or two dishes at most, to have ventrem bene moraturum, as Seneca calls it, "to choose one of many, and to feed on that alone," as Crato adviseth his patient. The same counsel Prosper Calenus gives to Cardinal Cæsianus, to use a moderate

* Observat. lib. I. Assuescat bis in die cibos sumere, certè semper horâ.  † Ne plus ingerat cavendum quum ventriculâ fœra potat, semperque surgat a mensâ non satur.  ‡ Sic quis semper seminum velociter ingerunt cibum, ventriculo laborem inserunt, et statu maximos promovunt, Crato. § Quidam maximè comedere nituntur, putantes ea ratione se vires refecerunt; ignoramones, non ea quae ingerunt posse vires refecer, sed quæ probò concœquent.  3 Multa appetunt, pauca digerunt.  4 Saturnali. lib. 7. cap. 4.  5 Medicinae et temperatâ cibus et carni et animis utile est.  6 Hygiæston reg. Utrique 14 vel 16 per diem sufficient, computato pane, carne oris, vel aliis obsoliis, et totidem vel paulo plus uincis potis.  7 Idem, reg. 27. Flures in dominibus sui brevi tempore pascentes extinguntur, qui si triremibus vincit fuisseant, aut egregio pane pasti, sané et incoleus in longam ætatem vitam prorogassent.  8 nihil deretur quum diversa nutricia simul adjungantur, et comœlium tempus praegressum.  9 lib. 1. hist.  10 Mor. add lib. 5. odo ult.  11 Ciborum varietate et copia in eadem mensa nihil nocentius hominum ad salutem, Fr. Valerio, observ. 1. 2. cap. 6.  12 Tull. cat. pro M. Marcel.  13 nihil cibum sumere debebit, nisi stomachus sit vacuus.  14 Gordon. lib. med. 1. 1. c. 11.  15 E multis auditis unum eligite, reticiletis easter, ex eo comed.
and and simple diet: and, though his table be jovially furnished by reason of his state and guests, yet for his own part to single out some one savoury dish, and feed on it. The same is inculcated by Crato, consil. 9. l. 2. to a noble personage affected with this grievance; he would have his highness to dine or sup alone, without all his honourable attendance and courtly company, with a private friend or so, a dish or two, a cup of Rhenish wine, &c. Montanus, consil. 24. for a noble matron enjoins her one dish, and by no means to drink between meals. The like, consil. 229. or not to eat till he be an hungry, which rule Berengarius did most strictly observe, as Hilbertus, Cenomcensis Episc. writes in his life.

and which all temperate men do constantly keep. It is a frequent solemnity still used with us, when friends meet, to go to the alehouse or tavern, they are not sociable otherwise: and if they visit one another's houses, they must both eat and drink. I reprehend it not, moderately used; but to some men nothing can be more offensive: they had better, I speak it with Saint Ambrose, pour so much water in their shoes.

It much avails likewise to keep good order in our diet, "to eat liquid things first, broths, fish, and such meats as are sooner corrupted in the stomach; harder meats of digestion must come last." Crato would have the supper less than the dinner, which Cardan, Contradict. lib. 1. Tract. 5. contradict. 18. disallows, and that by the authority of Galen, 7. art. curat. cap. 6. and for four reasons he will have the supper biggest: I have read many treatises to this purpose, I know not how it may concern some few sick men, but for my part generally for all, I should subscribe to that custom of the Romans, to make a sparing dinner, and a liberal supper; all their preparation and invitation was still at supper, no mention of dinner. Many reasons I could give, but when all is said pro and con, Cardan's rule is best, to keep that we are accustomed unto, though it be naught, and to follow our disposition and appetite in some things is not amiss; to eat sometimes of a dish which is hurtful, if we have an extraordinary liking to it. Alexander Severus loved hares and apples above all other meats, as Lampridius relates in his life; one pope pork, another peacock, &c.; what harm came of it? I conclude our own experience is the best physician; that diet which is most propitious to one, is often pernicious to another, such is the variety of palates, humours, and temperatures, let every man observe, and be a law unto himself. Tiberius, in "Tacitus, did laugh at all such, that thirty years of age would ask counsel of others concerning matters of diet; I say the same.

These few rules of diet he that keeps, shall surely find great ease and speedy remedy by it. It is a wonder to relate that prodigious temperance of some hermits, anchorites, and fathers of the church: he that shall but read their lives, written by Hierom, Athanasius, &c., how abstemious heathens have been in this kind, those Curii and Fabritii, those old philosophers, as Pliny records, lib. 11. Xenophon, lib. 1. de vit. Socrat., emperors and kings, as Nicephorus relates, Eccles. hist. lib. 18. cap. 8. of Mauritian, Ludovicus Pius, &c., and that admirable example of Ludovicus Cornarius, a patrician of Venice, cannot but admire them. This have they done voluntarily and in health; what shall these private men do that are visited with sickness, and

necessarily enjoined to recover, and continue their health? It is a hard thing to observe a strict diet, et qui mediæ vivit, miserè vivit,* as the saying is, quale hoc ipsum erit vivere, his si privatus fueris? as good be buried, as so much debarred of his appetite; excessit medicina malum, the physic is more troublesome than the disease, so he complained in the poet, so thou thinkest: yet he that loves himself will easily endure this little misery, to avoid a greater inconvenience; et malis minimum, better do this than do worse. And as "Tully holds, "better be a temperate old man than a lascivious youth." 'Tis the only sweet thing (which he adviseth) so to moderate ourselves, that we may have senectum in juventute, et in juventute senectutem, be youthful in our old age, staid in our youth, discreet and temperate in both.

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MEMB. II.

Retention and Evacuation rectified.

I have declared in the causes what harm costiveness hath done in procuring this disease; if it be so noxious, the opposite must needs be good, or mean at least, as indeed it is, and to this cure necessarily required; maxime conductit, saith Montaltus, cap. 27. it very much avails. *Altomarus, cap. 7. "commands walking in a morning into some fair green pleasant fields, but by all means first, by art or nature, he will have these ordinary excrements evacuated." Piso calls it Beneficium Ventrís, the benefit, help or pleasure of the belly, for it doth much ease it. Laurentius, cap. 8, Crato, consil. 21. & 2. prescribes it once a day at least: where nature is defective, art must supply, by those lenitive electuaries, suppositories, condite prunes, turpentine clysters, as shall be shown. Prosper Calenus, lib. de atra balle, commands clysters in hypochondriacal melancholy, still to be used as occasion serves; Peter Chennader, in a consultation of his pro hypochondriaco, will have his patient continually loose, and to that end sets down there many forms of potions and clysters. Mercenarius, consil. 88. if this benefit come not of its own accord, prescribes *clysters in the first place: so doth Montanus, consil. 24. consil. 31 et 229. he commands turpentine to that purpose: the same he ingenimates, consil. 230. for an Italian abbot. "Tis very good to wash his hands and face often, to shift his clothes, to have fair linen about him, to be decently and comely attired, for sordes vitiant, nastiness defiles and dejects any man that is so voluntarily, or compelled by want, it dulleth the spirits.

Baths are either artificial or natural, both have their special uses in this malady, and as *Alexander supposeoth, lib. 1. cap. 16. yield as speedy a remedy as any other physic whatsoever. *Etius would have them daily used, assidua balnea, Tetra. 2. sect. 2. cap. 9. Galen cracks how many several cures he hath performed in this kind by use of baths alone, and Rufus pills, moistening them which are otherwise dry. *Rhasis makes it a principal cure, Tota cura sit in humectando, to bathe and afterwards anoint with oil. *Jason Pratensis, Laurentius, cap. 8. and Montanus set down their peculiar forms of artificial baths. Crato, consil. 17. lib. 2. commends mallows, camomile, violets, borage to be boiled in it, and sometimes fair water alone, and in his following counsel, Pulvrum aquae dulcicis solum exsippisimé profuisset compartum habemus. So doth Fuchsius, lib. 1. cap. 33. Frisimelica, 2. consil. 42. in Trinacellius. Some

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beside herbs prescribe a ram’s head and other things to be boiled. *Ferne-
litus, consil. 44. will have them used ten or twelve days together; to which he
must enter fasting, and so continue in a temperate heat, and after that frictions
all over the body. Lselius Äengibinus, consil. 142. and Christoph. Äeverus, in a
consultation of his, hold once or twice a week sufficient to bathe, the “water
to be warm, not hot, for fear of sweating.” Felix Plater, observ. lib. 1. for a
melnacholy lawyer, “[w]ill have lotions of the head still joined to these baths,
with a lee wherein capital herbs have been boiled.” *Laurentius speaks of
baths of milk, which I find approved by many others. And still after bath, the
body to be anointed with oil of bitter almonds, of violets, new or fresh butter,
capon’s grease, especially the backbone, and then lotions of the head, embro-
cocations, &c. These kinds of baths have been in former times much fre-
quented, and diversely varied, and are still in general use in those eastern
countries. The Romans had their public baths very sumptuous and stupend,
as those of Antoninus and Dioclesian. Phin. 36. saith there were an infinite
number of them in Rome, and mightily frequented; some bathed seven times
a day, as Commodus the emperor is reported to have done: usually twice a
day, and they were after anointed with most costly ointments: rich women
bathed themselves in milk, some in the milk of five hundred she-asses at once: 
we have many ruins of such baths found in this island, amongst those parietines
Rosinus, Scot of Antwerp, and other antiquaries, tell strange stories of their
baths. Gillius, l. 4. cap. ult. Topogr. Constant. reckons up 156 public *baths
in Constantinople, of fair building; they are still frequented in that city by
the Turks of all sorts, men and women, and all over Greece and those hot
countries: to abstinence belike that fulsome ness of sweat, to which they are there
subject. *Busbequius, in his epistles, is very copious in describing the manner
of them, how their women go covered, a maid following with a box of ointment
to rub them. The richer sort have private baths in their houses; the poorer
go to the common, and are generally so curious in this behalf, that they will
not eat nor drink until they have bathed, before and after meals some, “and
will not make water (but they will wash their hands) or go to stool.” Leo
Afer, l. 3. makes mention of one hundred several baths at Fez in Africa,
most sumptuous, and such as have great revenues belonging to them. Bux-
in this kind; they are very superstitious in their baths, especially women.
Natural baths are praised by some, discommended by others; but it is in
a diverse respect. *Marcus, de Oddis in Hip. affect. consulted about baths, con-
demns them for the heat of the liver, because they dry too fast; and yet by and
by,” in another counsel for the same disease, he approves them because they
 cleanse by reason of the sulphur, and would have their water to be drunk.
Aretius, c. 7. commends alun baths above the rest; and *Mercurialis, consil.
83. those of Lucae in that hypochondriacal passion. “He would have his
patient tarry there fifteen days together, and drink the water of them, and to
be bucketed, or have the water poured on his head. John Baptist, Sylvaticus
cont. 64. commends all the baths in Italy, and drinking of their water, whether
they be iron, alum, sulphur; so doth *Hercules de Saxonii. But in that they
cause sweat and dry so much, he confines himself to hypochondriacal melancholy

*In quibus jejuna dixit sedea ost temperae, se sedorum excentum aut manifestum temproem, sed quaudam
refrigerationes humidem. *Aqua non sit calida, sed tepida, se sedor sequatur. *Lotiones capitis
ex liquide, in quo herbas capilates conexit. *Cap. 3. de mel. *Aut arxangia puli, Piso. **Thermis
Nymphae. *Sandes, lib. 1. saith, that women go twice a week to the baths at least. *Epist. 3.
Turcic. *Hildebrand, specul. 2. de mel. Hypopen, si non adscet fecuris callititas, Thermas laudarem,
et si non niuia deumivs excitata easst menumus. *Ep. 141. *Thermis Lucasem adea, ibique
aqua ejus per 13 dies potes, et caldarnm aquarum stiudiis a tum caput tum ventrem lemu de mora
subdiat. *In panth.
Cure of Melancholy.

alone, excepting that of the head and the other. Trincavellius, consil. 14. lib. 1. prefers those Porrectan baths before the rest, because of the mixture of brass, iron, alum, and consil. 35. l. 3. for a melancholy lawyer, and consil. 36. in that hypochondriacal passion, the baths of Aquaria, and 36. consil. the drinking of them. Frisimelica, consulted amongst the rest in Trincavellius, consil. 42. lib. 2. prefers the waters of Aponia before all artificial baths whatsoever in this disease, and would have one nine years affected with hypochondriacal passions fly to them as to a holy anchor. Of the same mind is Trincavellius himself there, and yet both put a hot liver in the same party for a cause, and send him to the waters of St. Helen, which are much hotter. Montanus, consil. 230. magnifies the Chalderinian baths, and consil. 237. et 239. he exhorteth to the same, but with this caution, "that the liver be outwardly anointed with some coolers that it be not overheated." But these baths must be warily frequented by melancholy persons, or if used, to such as are very cold of themselves, for as Gabelius concludes of all Dutch baths, and especially of those of Baden, "they are good for all cold diseases, naught for choleric, hot and dry, and all infirmities proceeding of choler, inflammations of the spleen and liver." Our English baths, as they are hot, must needs incur the same censure: but D. Turner of old, and D. Jones have written at large of them. Of cold baths I find little or no mention in any physician, some speak against them: Cardan alone out of Agathinus "commends bathing in fresh rivers and cold waters, and adviseth all such as mean to live long to use it, for it agrees with all ages and complexion, and is most profitable for hot temperatures." As for sweating, urine, blood-letting by hamsrots, or otherwise, I shall elsewhere more opportunity speak of them.

Immoderate Venus in excess, as it is a cause, or in defect; so moderately used to some parties an only help, a present remedy. Peter Forestus calls it aptissimum remedium, a most opposite remedy, "remitting anger, and reason, that was otherwise bound." Avicenna, Fen. 3. 20, Oribasius, med. collect. lib. 6. cap. 37. contend out of Rufus and others, "that many madmen, melancholy, and labouring of the falling sickness, have been cured by this alone." Montaltus, cap. 27. de melan. will have it drive away sorrow, and all illusions of the brain, to purge the heart and brain from ill smokes and vapours that offend them: "and if it be omitted," as Valessus supposeth, "it makes the mind sad, the body dull and heavy." Many other inconveniences are reckoned up by Mercatus, and by Rodericus a Castro, in their tract de melan-choliâ virginêm et monialium; ob seminis retentionem seviunt sepês moniales et virgines, but as Platerus adds, si vubant, sanamurat, they rave single, and pine away, much discontent, but marriage mends all. Marcellus Donatus, lib. 2. med. hist. cap. 1. tells a story to confirm this out of Alexander Benedictus, of a maid that was mad, ob manes inhibitos, cum in officinam meritorium incidisset, à quindecim viris eadem nocte compressa, mensum largo profluvius, quod pluribus annis ante consistorale, non sine magnò pudore mane menti restituisset. But this must be warily understood, for as Arnoldus objects, lib. 1. breviar. 18. cap. Quid coitus ad melancholicum succum? What affinity have these two? "except it be manifest that superabundance of seed, or fulness of blood be a cause, or that love, or an extraordinary desire of Venus, have gone before," or that as Lod. Mercatus excepts, they be very flatuous, and have

* Balsea Chalderina.  
* Hepar externe unguar ne celest.  
* Noent calidis et siccis, cholericae et omnibus morbis ex choleris, hepatis, spleniques afflentibus.  
* Lib. de aqua. Qui breve hoc vice curriculum capiunt sem transiges, frigidis aquis sepe lavare debent, nulli autem cum sit incoignus, calidis imprimit utilis.  
* Solvit Venus rationis vim impediment, ingentes iras remittit, &c.  
* Multi comitiales, melancholei, insanii, hejus usqle solo sanati.  
* Si omittatur coitus, contristat, et plurimum gravat corpus et animam.  
* Nisi cura constet, nilominum semet aut sanguinem causam esse, aut amor praecesserit, aut, &c.  

Part. 2. Sec. 2.
been otherwise accustomed unto it. Montaltus, cap. 27. will not allow of moderate Venus to such as have the gout, palsy, epilepsy, melancholy, except they be very lusty, and full of blood. "Lodovius Antonius, lib. med. miscel. in his chapter of Venus, forbids it utterly to all wrestlers, ditchers, labouring men, &c. "Ficinus and Marsilius Cognatus put Venus one of the five mortal enemies of a student: "it consumes the spirits, and weakeneth the brain." Halyabbes the Arabian, 5. Theor. cap. 36. and Jason Pratenisis make it the fountain of most diseases, "but most pernicious to them who are cold and dry;" a melancholy man must not meddle with it, but in some cases. Plutarch in his book de san. tuend. accounts of it as one of the three principal signs and preservers of health, temperance in this kind: "to rise with an appetite, to be ready to work, and abstain from venery," tria saluberrima, are three most healthful things. We see their opposites how pernicious they are to mankind, as to all other creatures they bring death, and many feral diseases: "Immodicius brevis est atas et rara senectus." Aristotle gives instance in sparrows, which are parum vivaces ob salacitatem, "short-lived because of their salacity, which is very frequent, as Scoppius in Priapiis will better inform you. The extremes being both bad, "the medium is to be kept, which cannot easily be determined. Some are better able to sustain, such as are hot and moist, phlegmatic, as Hippocrates insinuateth, some strong and lusty, well fed like Hercules, "Proculus the emperor, lusty Laurence, "prostibulum flaminc Mesalina the empress, that by philters, and such kind of lascivious meats, use all means to "enable themselves: and brag of it in the end, "condit mulus enim, occidit vero paucus per ventrem vidisti, as that Spanish "Celestina merrily said; others impotent, of a cold and dry constitution, cannot sustan those gymnics without great hurt done to their own bodies, of which number (though they be very prone to it) are melancholy men for the most part.

MEMB. III.

Air rectified. With a digression of the Air.

As a long-winged hawk, when he is first whistled off the mast, mounts aloft, and for his pleasure fetcheth many a circuit in the air, still soaring higher and higher till he come to his full pitch, and in the end, when the game is sprung, comes down amain, and stoops upon a sudden: so will I, having now come at last into these ample fields of air, wherein I may freely expatiate and exercise myself for my recreation, awhile rove, wander round about the world, mount aloft to those ethereal orbs and celestial spheres, and so descend to my former elements again. In which progress I will first see whether that relation of the friar of "Oxford be true, concerning those northern parts under the Pole (if I meet obiter with the wandering Jew, Elias Artifex, or Lucian's Icaromenippus, they shall be my guides) whether there be such, 4. Euripes, and a great rock of loadstones, which may cause the needle in the compass still to bend that way, and what should be the true cause of the variation of the compass, is it a magnetic rock, or the pole-star, as Cardan will; or some other

star in the bear, as Marsilius Ficinus; or a magnetical meridian, as Maurolius; *Vel situs in venâ terre, as Agricola; or the nearness of the next continent, as Cabeus will; or some other cause, as Scaliger, Cortesius, Conimbricenses, Peregrinus contend; why at the Azores it looks directly north, otherwise not? In the Mediterranean or Levant (as some observe) it varies 7. grad. by and by 12. and then 22. In the Baltic Seas, near Raseburg in Finland, the needle runs round, if any ships come that way, though *Martin Ridley write otherwise, that the needle near the Pole will hardly be forced from his direction. *Tis fit to be inquired whether certain rules may be made of it, as 11. grad. Lond. *variat. alibi 36. &c., and that which is more prodigious, the variation varies in the same place, now taken accurately, *tis so much after a few years quite altered from that it was: till we have better intelligence, let our Dr. Gilbert, and Nicholas Cabeus the Jesuit, that have both written great volumes of this subject, satisfy these inquirers. Whether the sea be open and navigable by the Pole arctic, and which is the likeliest way, that of Bartison the Hollander, under the Pole itself, which for some reasons I hold best: or by Fretum Davis, or Nova Zembla. Whether *Hudson's discovery be true of a new found ocean, any likelihood of Button's Bay in 50. degrees, Hubberd's Hope in 60. that of *ut ultra, near Sir Thomas Roe's welcome in Northwest Fox, being that the sea ebbs and flows constantly there 15 foot in 13 hours, as our *new cards inform us that California is not a cape, but an island, and the west winds make the neap tides equal to the spring, or that there be any probability to pass by the straits of Anian to China, by the promontory of Tabin. If there be, I shall soon perceive whether *Marcus Polus the Venetian's narration be true or false, of that great city of Quinsay and Cambalu; whether there be any such places, or that as *Matth. Ricinus the Jesuit hath written, China and Cataya be all one, the great Cham of Tartary and the king of China be the same; Xuntain and Quinsay, and the city of Cambalu be that new Peking, or such a wall 400 leagues long to part China from Tartary: whether *Presbyter John be in Asia or Africa; M. Polus Venetus puts him in Asia, *the most received opinion is, that he is emperor of the Abyssines, which of old was Ethiopia, now Nubia, under the equator in Africa. Whether *Guinea be an island or part of the continent, or that hungry *Spanyard's discovery of Terra Australis Incognita, or Magellania, be as true as that of Mercurius Britannicus, or his of Utopia, or his of Lucinia. And yet in likelihood it may be so, for without all question it being extended from the tropic of Capricorn to the circle Antarctic, and lying as it doth in the temperate zone, cannot choose but yield in time some flourishing kingdoms to succeeding ages, as America did unto the Spaniards. Shouten and Le Meir have done well in the discovery of the Straits of Magellan, in finding a more convenient passage to *Mar pacificum: methinks some of our modern argument should proseecute the rest. As I go by Madagascar, I would see that great bird *rack, that can carry a man and horse or an elephant, with that Arabian phoenix described by *Adricomius; see the pelicans of Egypt, those Scythian grypbes in Asia: and afterwards in Africa examine the fountains of Nilus, whether Herodotus, *Seneca, Plin. *lib. 5. cap. 9, Strabo. *lib. 5. give a true cause of his annual flowing, *Pagaphetta discourse rightly of it, or of Niger and Senegal; examine Cardan, *Scaliger's reasons, and the rest. Is it from those Etesian winds, or melting of snow in the mountains under the equator (for Jordan yearly overflows when the snow melts in Mount Libanus), or from those great

dropping perpetual showers which are so frequent to the inhabitants within the tropics, when the sun is vertical, and cause such vast inundations in Senegal, Maragnan, Oronoco and the rest of those great rivers in Zona Torrida, which have all commonly the same passions at set times: and by good husbandry and policy hereafter no doubt may come to be as populous, as well tilled, as fruitful, as Egypt itself or Cauchintha? I would observe all those motions of the sea, and from what cause they proceed, from the moon (as the vulgar hold) or earth’s motion, which Galilæus, in the fourth dialogue of his system of the world, so eagerly proves, and firmly demonstrates; or winds, as “some will. Why in that quiet ocean of Zur, *in mari pacifico*, it is scarce perceived, in our British seas most violent, in the Mediterranean and Red Sea so vehement, irregular, and diverse? Why the current in that Atlantic Ocean should still be in some places from, in some again towards the north, and why they come sooner than go? and so from Moabar to Madagascar in that Indian Ocean, the merchants come in three weeks, as *Scaliger discusseth, they return scarce in three months, with the same or like winds: the continual current is from east to west. Whether Mount Athos, Pelion, Olympus, Ossa, Caucasus, Atlas, be so high as Pliny, Solinus, Mela relate, above clouds, meteors, *ubi nec aere nec venti spirant* (insomuch that they that ascend die suddenly very often, the air is so subtle), 1250 paces high, according to that measure of Dicearchus, or 78 miles perpendicularly high, as Jacobus Mazonius, *see 3. et 4.*, expounding that place of Aristotle about Caucasus; and as *Blaninus the Jesuit contends out of Clavius and Nonius demonstrations de Erepticulis*: or rather 32 stadiums, as the most received opinion is; or 4 miles, which the height of no mountain doth perpendicularly exceed, and is equal to the greatest depths of the sea, which is, as Scaliger holds, 1580 paces, *Exerc. 38*, others 100 paces. I would see those inner parts of America, whether there be any such great city of Manos, or Eldorado, in that golden empire, where the highways are as much beaten (one reports) as between Madrid and Valadolid in Spain; or any such Amazons as he relates, or gigantic Patagones in Chica; with that miraculous mountain *Ybouyapab in the Northern Brazil, a cibus jugum sternitur in amennisiam planitiam*, &c. or that of Pariacacca so high elevated in Peru. *The pike of Teneriffe how high it is? 70 miles, or 50 as Patricius holds, or 9 as Snellius demonstrates in his Eratosthenes: see that strange *Cirknickerseyke lake in Carniola*, whose waters gush so far out of the ground, that they will overtake a swift horseman, and by and by with as incredible celebrity are supped up: which Lazius and Wernerus make an argument of the Argonauts sailing under ground. And that vast den or hole called *Esmellen in Muscovia, quae visitur horrendo hiatu, &c.* which if any thing casually fall in, makes such a roaring noise, that no thunder, or ordnance, or warlike engine can make the like; such another is Gilber’s Cave in Lapland, with many the like. I would examine the Caspian Sea, and see where and how it exonerates itself, after it hath taken in Volga, Jazares, Oxus, and those great rivers; at the mouth of Oby, or where? *What vent the Mexican lake hath, the Titicacan in Peru, or that circular pool in the vale of Terapea, of which Acosta, l. 3. c. 16. hot in a cold country, the spring of which boils up in the middle twenty foot square, and hath no vent but exhalation: and that of *Mare mortuum* in Palestine, of Tharsyemne, at Peruzium in Italy: the Mediterranean itself. For from the ocean, at the Straits of Gibraltar, there is a perpetual current into the Levant, and so likewise by the Thracian Bosphorus out of the*

Euxine or Black Sea, besides all those great rivers of Nile, Po, Rhone, &c. how is this water consumed, by the sun or otherwise? I would find out with Trajan the fountains of Danube, of Ganges, Oxus, see those Egyptian pyramids, Trajan's bridge, Grotto de Sybilla, Lucullus's fish-ponds, the temple of Nidrose, &c. And, if I could, observe what becomes of swallows, storks, cranes, cuckoos, nightingales, redstarts, and many other kind of singing birds, water-fowls, hawks, &c. some of them are only seen in summer, some in winter; some are observed in the snow, and at no other times, each having their seasons. In winter not a bird is in Muscovy to be found, but at the spring in an instant the woods and hedges are full of them, saith *Herbastein: how comes it to pass? Do they sleep in winter, like Gesner's Alpine mice; or do they lie hid (as Olaus affirms) "in the bottom of lakes and rivers, spiritum continent?" often so found by fishermen in Poland and Scandia, two together, mouth to mouth, wing to wing; and when the spring comes they revive again, or if they be brought into a stove, or to the fire-side?" Or do they follow the sun, as Peter Martyr, legit. Babylonica l. 2. manifestly convicts, out of his own knowledge; for when he was ambassador in Egypt, he saw swallows, Spanish kites, *and many such other European birds, in December and January very familiarly flying, and in great abundance, about Alexandria, ubi floridas tunc arbores ac viridaria. Or lie they hid in caves, rocks, and hollow trees, as most think, in deep tin-mines or sea-cliffs, as Mr. Carew gives out? I conclude of them all, for my part, as Munster doth of cranes and storks; whence they come, whither they go, incompertum adhuc, as yet we know not. We see them here, some in summer, some in winter; "their coming and going is sure in the night: in the plains of Asia (saith he) the storks meet on such a set day, he that comes last is torn in pieces, and so they get them gone." Many strange places, Isthmi, Euripi, Chersonesi, creeks, hedges, promontories, straits, lakes, baths, rocks, mountains, places, and fields, where cities have been ruined or swallowed, battles fought, creatures, sea-monsters, remoras, &c. minerals, vegetals, Zoophytes were fit to be considered in such an expedition, and amongst the rest that of Harbastein his Tartar lamb, Hector Boethius' goosebearing tree in the orchards, to which Cardan, lib. 7. cap. 36. de rerum varietat. subscribes: *Vertomannus' wonderful palm, that fly in Hispaniola, that shines like a torch in the night, that one may well see to write; those spherical stones in Cuba which nature hath so made, and those like birds, beasts, fishes, crowns, swords, saws, pots, &c. usually found in the metal mines in Saxony about Mansfield, and in Poland near Nokow and Pallucke, as Munster and others relate. Many rare creatures and novelties each part of the world affords: amongst the rest, I would know for a certain whether there be any such men, as Leo Savius, in his comment on Paracelsus de sanit. tuend. and Gaguinus records in his description of Muscovy, "that in Lucormia, a province in Russia, lie fast asleep as dead all winter, from the 27th of November, like frogs and swallows, benumbed with cold, but about the 24th of April in the spring they revive again, and go about their business." I would examine that demonstration of Alexander Picolomineus, whether the earth's

superficies be bigger than the sea's: or that of Archimedes be true, the super-

ficies of all water is even? Search the depth, and see that variety of sea-

monsters and fishes, mermaids, sea-men, horses, &c. which it affords. Or

whether that be true which Jordanus Brunus scoffs at, that if God did not
detain it, the sea would overflow the earth by reason of his higher site, and

which Josephus Blancanus the Jesuit in his interpretation on those mathema-
tical places of Aristotle, foolishly fears, and in a just tract proves by many cir-

cumstances, that in time the sea will waste away the land, and all the globe

of the earth shall be covered with waters; risum teneat, amici? what the sea
takes away in one place it adds in another. Methinks he might rather sus-
pect the sea should in time be filled by land, trees grow up, carcasses, &c. that
all-devouring fire, omnia devorans et consumens, will sooner cover and dry up
the vast ocean with sand and ashes. I would examine the true seat of that
terrestrial 'paradise, and where Ophir was whence Solomon did fetch his
gold: from Peruana, which some suppose, or that Aurea Chersonesus, as Do-
iminious Niger, Arias Montanus, Goropius, and others will. I would censure
all Pliny's, Solinus', Strabo's, Sir John Mandeville's, Olans Magnus', Marcus
Polus' lies, correct those errors in navigation, reform cosmographical charts,
and rectify longitudes, if it were possible; not by the compass, as some dream,
with Mark Ridley in his treatise of magnetical bodies, cap. 43. for as Cabeus,
magnet. philos. lib. 3. cap. 4. fully resolves, there is no hope thence, yet I
would observe some better means to find them out.

I would have a convenient place to go down with Orpheus, Ulysses,
Hercules, * Lucian's Menippus, at St. Patrick's purgatory, at Trophonius' den,
Heela in Iceland, Aetna in Sicily, to descend and see what is done in the
bowels of the earth: do stones and metals grow there still? how come fir trees to be 'digged out from tops of hills, as in our mosses, and marshes all over
Europe? How come they to dig up fish bones, shells, beams, ironworks, many
fathoms under ground, and anchors in mountains far remote from all seas.
^Anno 1460 at Bern in Switzerland 50 fathom deep, a ship was dug out of
a mountain, where they got metal ore, in which were 48 carcases of men,
with other merchandise. That such things are ordinarily found in tops of hills,
Aristotle insinuates in his meteors. *Pomponius Mela in his first book, c. de
Numidia, and familiarly in the Alps, saith *Blancanus the Jesuit, the like is
to be seen: came this from earthquakes, or from Noah's flood, as Christians
suppose, or is there a viceisitude of sea and land, as Anaximenes held of old,
the mountains of Thessaly would become seas, and seas again mountains?
The whole world belike should be new moulded, when it seemed good to those
all-commanding powers, and turned inside out, as we do haycocks in harvest,
top to bottom, or bottom to top: or as we turn apples to the fire, move the
world upon his centre; that which is under the poles now, should be translated
to the equinoctial, and that which is under the torrid zone to the circle arctic
and antarctic another while, and so be reciprocally warmed by the sun: or if the
worlds be infinite, and every fixed star a sun, with his compassing planets (as
Brunus and Campanella conclude) cast three or four worlds into one; or else of
one world make three or four new, as it shall seem to them best. To proceed,
if the earth be 21,500 miles in *compass, its diameter is 7,000 from us to our
antipodes, and what shall be comprehended in all that space? What is the
centre of the earth? is it pure element only, as Aristotle decrees, inhabited (as
*Paracelsus thinks) with creatures, whose chaos is the earth: or with fairies,
as the woods and waters (according to him) are with nymphs, or as the air with spirits? Dionisiodorus, a mathematician in Pliny, that sent a letter ad superos after he was dead, from the centre of the earth, to signify what distance the same centre was from the superficies of the same, viz., 42,000 stadiums, might have done well to have satisfied all these doubts. Or is it the place of hell, as Virgil in his Æneides, Plato, Lucian, Dante, and others poetically describe it, and as many of our divers think? In good earnest, Anthony Rusca, one of the society of that Ambrosian College, in Milan, in his great volume de Inferno, lib. 1. cap. 47. is stiff in this tenet, 'tis a corporeal fire tow, cap. 5, l. 2. as he there disputes. "Whatsoever philosophers write (saith 1 Surius), there be certain mouths of hell, and places appointed for the punishment of men's souls, as at Hecla in Iceland, where the ghosts of dead men are familiarly seen, and sometimes talk with the living: God would have such visible places, that mortal men might be certainly informed, that there be such punishments after death, and learn hence to fear God." Kranzius, Dun. hist. lib. 2. cap. 24. subscribes to this opinion of Surius, so doth Colerus, cap. 12. lib. de immortali. animae (out of the authority belike of St. Gregory, Durand, and the rest of the schoolmen, who derive as much from Ætna in Sicily, Lipari, Hiera, and those sulphurous vulcanian islands) making Terra del Fuego, and those frequent volcanoes in America, of which Acosta, lib. 3. cap. 24. that fearful mount Hecklebing in Norway, an especial argument to prove it, "where lamentable sereches and howlings are continually heard, which strike a terror to the auditors; fiery chariots are commonly seen to bring in the souls of men in the likeness of crows, and devils ordinarily go in and out." Such another proof is that place near the Pyramids in Egypt, by Cairo, as well to confirm this as the resurrection, mentioned by "Kornmannus, mirac. mort. lib. 1. cap. 38, Camerarius, oper. suc. cap. 37, Brenbachius, pereg. ter. sanct. and some others, "where once a year dead bodies arise about March, and walk, after awhile hide themselves again: thousands of people come yearly to see them." But these and such like testimonies others reject, as fables, illusions of spirits, and they will have no such local known place, more than Styx or Phlegethon, Pluto's court; or that poetical Infernus, where Homer's soul was seen hanging on a tree, &c., to which they ferried over in Charon's boat, or went down at Hermione in Greece, compendiaria ad inferos via, which is the shortest cut, quia nullum à mortuis nautum eo loco exposcunt (saith 1 Gerbelius), and besides there were no fees to be paid. Well then, is it hell, or purgatory, as Bellarmine: or Limbus patrum, as Gallus will, and as Rusca will (for they have made maps of it), 2 or Ignatius parlour? Virgil, sometime bishop of Salzburg (as Aventinus Anno 745. relates) by Bonifacius bishop of Mentz was therefore called in question, because he held antipodes (which they made a doubt whether Christ died for), and so by that means took away the seat of hell, or so contracted it, that it could bear no proportion to heaven, and contradicted that opinion of Austin, Basil, Lactantius, that held the earth round as a trencher (whom Acosta and common experience more largely confute), but not as a ball; and Jerusalem where Christ died the middle of it; or Delos, as the fabulous Greeks feigned: because when Jupiter let two eagles loose, to fly from the world's ends east and west, they met at Delos. But that scruple of Bonifacius is now quite taken away by our latter divines: Franciscus Ribera, in cap. 14. Apocalyps. will have hell a material and local fire in the centre of the earth, 200 Italian miles in diameter, as he defines it out of those words, Exvivi sanguis de terræ——per stadia mile sexcenta, &c. But Lessins

1. Lib. 2. c. 112.
2. Commentar. ad annum 1637. Quiquid dicit Philosophi, quaedam sunt Tartari cotas, et loca puniendis animis destinata, ut Hecla mons, &c. ubi mortuum spiritus visuitur, &c. voluit Deus extare tali loco, ut discent mortales. 1 Ubi miserabiles ejulantiam voces audirentur, qui audirebant horrorem inuentum haud vulnerem, &c. 2 Ex sepulchris apparent mente Marci, et ratus sub terram se ascedunt, &c. 3 Descrip.-Graec. lib. 6. de Pelop. 4 Conclavse Ignatin.
lib. 13. de moribus divinis, cap. 24. will have this local hell far less, one Dutch mile in diameter, all filled with fire and brimstone; because, as he there demonstrates, that space, cubically multiplied, will make a sphere able to hold eight hundred thousand millions of damned bodies (allowing each body six foot square) which will abundantly suffice; Cuit certum sit, inquit, facta subductione, non futuros centes mille milliones damnandorum. But if it be no material fire (as Sco-Thomas, Bonaventure, Soncinas, Vossius, and others argue) it may be there or elsewhere, as Keckerman disputes, System. Theol. for sure somewhere it is, certum est alicubi, eti definitus circulus non assignetur. I will end the controversy in "Austin's words, "Better doubt of things concealed, than to contend about uncertainties, where Abraham's bosom is, and hell fire." *Vix à mansuetis, à contentiosis vanguum inventur; scarce the meek, the contentious shall never find. If it be solid earth, 'tis the fountain of metals, waters, which by his innate temper turns air into water, which springs up in several chinks, to moisten the earth's superficies, and that in a tenfold proportion (as Aristotle holds) or else these fountains come directly from the sea, by secret passages, and so made fresh again, by running through the bowels of the earth; and are either thick, thin, hot, cold, as the matter or minerals are by which they pass; or as Peter Martyr, Ocean. Decad. lib. 9. and some others hold, from abundance of rain that falls, or from that ambient heat and cold, which alters that inward heat, and so per consequens the generation of waters. Or else it may be full of wind, or a sulphureous innate fire, as our meteorologists inform us, which sometimes breaking out, causeth those horrible earthquakes, which are so frequent in these days in Japan, China, and oftentimes swallow up whole cities. Let Lucian's Menippus consult with or ask of Tiresias, if you will not believe philosophers, he shall clear all your doubts when he makes a second voyage.

In the mean time let us consider of that which is sub dio, and find out a true cause, if it be possible, of such accidents, meteors, alterations, as happen above ground. Whence proceed that variety of manners, and a distinct character (as it were) to several nations? Some are wise, subtle, witty; others dull, sad and heavy; some big, some little, as Tully de Fato, Plato in Timæo, Vegetius and Bodine prove at large, method. cap. 5. some soft, and some hardy, barbarous, civil, black, dun, white, is it from the air, from the soil, influence of stars, or some other secret cause? Why doth Africa breed so many venomous beasts, Ireland none? Athens owls, Crete none? Why hath Dalus and Thebes no swallows (so Pausanias informeth us) as well as the rest of Greece, "Ithaca no hares, Pontus asses, Scythia swine?" whence comes this variety of complexions, colours, plants, birds, beasts, metals; peculiar almost to every place? Why so many thousand strange birds and beasts proper to America alone, as Acosta demands, lib. 4. cap. 36. were they created in the six days, or ever in Noah's ark? if there, why are they not dispersed and found in other countries? It is a thing (saith he) hath long held me in suspense; no Greek, Latin, Hebrew ever heard of them before, and yet as differing from our European animals, as an egg and a chestnut; and which is more, kine, horses, sheep, &c., till the Spaniards brought them, were never heard of in those parts? How comes it to pass, that in the same site, in one latitude, to such as are Periocii, there should be such difference of soil, complexion, colour, metal, air, &c. The Spaniards are white, and so are Italians, when as the inhabitants about "Copus

* Melius dubitare de occultis, quam l'igere de incertiis, ubi simula inferni, &c. * See Dr. Reynolds project. 55. in Apoc. * As they come from the sea, so they return to the sea again by secret passages, as in all likelihood the Caspian Sea rents itself into the Euxine or ocean. * Seneca, quast. lib. cap. 3, 4, 5, 6, 7, 8, 9, 10, 11, 12. de causis aquirum perpetuis. * In isae pullos hirundines excludunt, neque, &c. Th. Ravennas, lib. de vit. hum. prærog. ca. ult. * At Quito in Peru. Plus sunt quam terras fed tur in aurifodinis. * Ad Copus bonus spet locum sunt nigerim; Si sol causas, cur non Hispani sit Itali aequo ugo, in eadem latitudine, aequa distantias ab equatore, illi ad Australum, illi ad Boream? qu
bonae spei are blackamores, and yet both alike distant from the equator: nay, they that dwell in the same parallel line with these negroes, as about the Straits of Magellan, are white coloured, and yet some in Presbyter John's country in Ethiopia are dun; they in Zeilan and Malabar parallel with them again black: Manamotata in Africa, and St. Thomas Island are extreme hot, both under the line, coal black their inhabitants, whereas in Peru they are quite opposite in colour, very temperate, or rather cold, and yet both alike elevated. Moscow in 53. degrees of latitude extreme cold, as those northern countries usually are, having one perpetual hard frost all winter long; and in 52. deg. lat. sometimes hard frost and snow all summer, as Button's Bay, &c. or by fits; and yet England near the same latitude, and Ireland very moist, warm, and more temperate in winter than Spain, Italy, or France. Is it the sea that causeth this difference, and the air that comes from it? Why then is 'tis so cold near the Euxine, Pontus, Bithynia, and all Thrace? frigidas regiones Maginus calls them, and yet their latitude is but 42. which should be hot: Quevira, or Nova Albion in America, bordering on the sea, was so cold in July, that our Englishmen could hardly endure it. At Noremberga in 45. lat. all the sea is frozen, and yet in a more southern latitude than ours. New England, and the island of Cambrial Colchos, which that noble gentleman Mr. Vaughan, or Orpheus junior, describes in his Golden Fleece, is in the same latitude with Little Britain in France, and yet their winter begins not till January, their spring till May; which search he accounts worthy of an astrologer: is this from the easterly winds, or melting of ice and snow dissolved within the circle arctic; or that the air being thick, is longer before it be warm by the sunbeams, and once heated like an oven will keep itself from cold? Our olimes breed lice, Hungary and Ireland male audium in this kind; come to the Azores, by a secret virtue of that air they are instantly consumed, and all our European vermin almost, saith Ortelius. Egypt is watered with Nilus not far from the sea, and yet there it seldom or never rains: Rhodes, an island of the same nature, yields not a cloud, and yet our islands ever dropping and inclining to rain. The Atlantic Ocean is still subject to storms, but in Del Zur, or Mari pacifico, seldom or never any. Is it from tropic stars, aperto portarum, in the dodecetemories or constellations, the moon's mansions, such aspects of planets, such winds, or dissolving air, or thick air, which causeth this and the like differences of heat and cold? Bodine relates of a Portuguese ambassador, that coming from Lisbon to Dantzic in Spruce, found greater heat there than at any time at home. Don Garcia de Sylva, legate to Philip III., king of Spain, residing at Ispanah in Persia, 1619, in his letter to the Marquess of Bedmar, makes mention of greater cold in Ispanah, whose latitude is 31. gr. than ever he felt in Spain, or any part of Europe. The torrid zone was by our predecessors held to be uninhabitable, but by our modern travellers found to be most temperate, bedewed with frequent rains, and moistening showers, the breeze and cooling blasts in some parts, as Acosta describes, most pleasant and fertile. Arica in Chili is by report one of the sweetest places that ever the sun shined on, Olympus terra, a heaven on earth: how incomparably do some extol Mexico in Nova Hispania, Peru, Brazil, &c., in some again hard, dry, sandy, barren, a very desert, and still in the same latitude. Many times we find great diversity of air in the same country, by reason of the site to seas,
hills or dales, want of water, nature of soil, and the like: as in Spain Arragon is aspera et sicca, harsh and evil inhabited; Estremadura is dry, sandy, barren most part, extreme hot by reason of his plains; Andalusia another paradise; Valencia a most pleasant air, and continually green; so is it about Granada, on the one side fertile plains, on the other, continual snow to be seen all summer long on the hill tops. That their houses in the Alps are three quarters of the year covered with snow, who knows not? That Teneriffe is so cold at the top, extreme hot at the bottom: Mons Atlas in Africa, Liban in Palestine, with many such, tantos inter arbores fidos vivibus, "Tacitus calls them, and Radzivilus, epist. 2. fol. 27. yields it to be far hotter there than in any part of Italy: 'tis true; but they are highly elevated, near the middle region, and therefore cold, ob paucam solarium radiorum refractionem, as Serrarian answers, com. in 3. cap. Josua quest. 5. Abydenis, quest. 37. In the heat of summer, in the king's palace in Esorial, the air is most temperate, by reason of a cold blast which comes from the snowy mountains of Sierra de Cadarama hard by, when as in Toledo it is very hot: so in all other countries. The causes of these alterations are commonly by reason of their nearness (I say) to the middle region; but this diversity of air, in places equally situated, elevated and distant from the pole, can hardly be satisfied with that diversity of plants, birds, beasts, which is so familiar with us: with Indians, everywhere, the sun is equally distant, the same vertical stars, the same irradiations of planets, aspects like, the same nearness of seas, the same superficies, the same soil, or not much different. Under the equator itself, amongst the Sierras, Andes, Lanas, as Herrera, Laet, and 'Acosta contend, there is tam mirabilis et inopinata varietas, such variety of weather, ut meridio exercet ingenia, that no philosophy can yet find out the true cause of it. When I consider how temperate it is in one place, saith 'Acosta, within the tropic of Capricorn, as about Laplata, and yet hard by at Potosi, in that same altitude, mountainous alike, extreme cold; extreme hot in Brazil, &c. Hic ego, saith 'Acosta, philosophiam Aristotelis meteorologicam vehementer irrisi, cùm, &c., when the sun comes nearest to them, they have great tempests, storms, thunder and lightning, great store of rain, snow, and the foulest weather: when the sun is vertical, their rivers overflow, the morning fair and hot, noon-day cold and moist: all which is opposite to us. How comes it to pass? Scaliger, poetices, lib. 3. c. 16. discourse thus of this subject. How comes, or wherefore is this teme-raria siderum dispositio, this rash placing of stars, or as Epicurus will, fortuita, or accidental? Why are some big, some little, why are they so confusedly, unequally situated in the heavens, and set so much out of order? In all other things nature is equal, proportionable, and constant; there be justas dimensiones, et prudens partium dispositio, as in the fabric of man, his eyes, ears, nose, face, members are correspondent, cur non idem calo operae omnium pulcherrimo? Why are the heavens so irregular, neque paribus molibus, neque paribus inter-vallis, whence is this difference? Diversos (he concludes) efficere locorum Genios, to make diversity of countries, soils, manners, customs, characters, and constitutions among us, ut quantum vicinia ad charitatem addat, sidera distractant ad perniciem, and so by this means fluvio vel monte distincti sunt dissimi-miles, the same places almost shall be distinguished in manners. But this reason is weak and most insufficient. The fixed stars are removed since Ptolemy's time 26 gr. from the first of Aries, and if the earth be immovable, as their site varies, so should countries vary, and diverse alterations would follow. But this we perceive not; as in Tully's time with us in Britain, calum visu fœdum, et in quo facieli generantur nubes, &c., 'tis so still. Wherefore Bodine,
Theat. nat. lib. 2. and some others, will have all these alterations and effects immediately to proceed from those genii, spirits, angels, which rule and domineer in several places; they cause storms, thunder, lightning, earthquakes, ruins, tempests, great winds, floods, &c., the philosophers of Conimbriga, will refer this diversity to the influence of that empyrean heaven: for some say the eccentricity of the sun is come nearer to the earth than Ptolemy’s time, the virtue therefore of all the vegetals is decayed, *men grow less, &c. There are that observe new motions of the heavens, new stars, palantia sidera, comets, clouds, call them what you will, like those Medicean, Bourbonian, Austrian planets, lately detected, which do not decay, but come and go, rise higher and lower, hide and show themselves amongst the fixed stars, amongst the planets, above and beneath the moon, at set times, now nearer, now farther off, together, asunder; as he that plays upon a sackbut by pulling it up and down alters his tones and tunes, do they their stations and places, though to us undiscovered; and from those motions proceed (as they conceive) diverse alterations. Clavius conjectures otherwise, but they be but conjectures. About Damascus in Cali-Syria, is a *Paradise, by reason of the plenty of waters, in promptu causa est, and the deserts of Arabia barren, because of rocks, rolling seas of sands, and dry mountains quod inaquosa (saith Adrimicus) montes habens asperos, saxosos, precipitae, horridus et mortis spectem prae se ferentes, “uninhabitable therefore of men, birds, beasts, void of all green trees, plants, and fruits, a vast rocky horrid wilderness, which by no art can be manured, *tis evident.” Bohemia is cold, for that it lies all along to the north. But why should it be so hot in Egypt, or there never rain? Why should those *etesian and north-eastern winds blow continually and constantly so long together, in some places, at set times, one way still, in the dog-days only: here perpetual drought, there dropping showers; here foggy mists, there a pleasant air; here *terrible thunder and lightning at such set seasons, here frozen seas all the year, there open in the same latitude, to the rest no such thing, nay quite opposite is to be found? Sometimes (as in *Peru) on the one side of the mountains it is hot, on the other cold, here snow, there wind, with infinite such. Fromondius in his Meteors will excuse or solve all this by the sun’s motion, but when there is such diversity to such as Periacti, or very near site, how can that position hold?

Who can give a reason of this diversity of meteors, that it should rain *stones, frogs, mice, &c., rats, which they call Lemmer in Norway, and are manifestly observed (as *Munster writes) by the inhabitants, to descend and fall with some feculent showers, and like so many locusts, consume all that is green. Leo Afer speaks as much of locusts, about Fez in Barbary there be infinite swarms in their fields upon a sudden; so at Arles in France, 1558, the like happened by the same mischief, all their grass and fruits were devoured, magna incolarum admiratim et consternatione (as Valeriola, observ. med. lib. I. obser. 1. relates) calum subito omnembrant, &c., he concludes, *it could not be from natural causes, they cannot imagine whence they come, but from heaven. Are these and such creatures, corn, wood, stones, worms, wool, blood, &c., lifted up into the middle region by the sunbeams, as *Barcellus the physician disputes, and thence let fall with showers, or there engendered? *Cornelius Gemma is of that opinion, they are there conceived by celestials influences: others suppose they are immediately from God, or prodigies raised by art and illusions of spirits, which are princes of the air; to whom Bodin., lib. 2. Theat.

Dissertation on the Air.

N. 1. In fine, of meteors in general, Aristotle's reasons are exploded by Bernardinus Teleius, by Paracelsus his principles confuted, and other causes assigned, sal, sulphur, mercury, in which his disciples are so expert, that they can alter elements, and separate at their pleasure, make perpetual motions, not as Cardan, Tasneir, Peregirinus, by some magneticall virtue, but by mixture of elements, immutate thunder, like Salmoineus, snow, hail, the sea's ebbing and flowing, give life to creatures (as they say) without generation, and what not? P. Nonius Salucnisepis and Jordauus a Paracelsians and the meteors, P. vomiting, they Nat. subscribes. first and own, lower, gers and Ptolemy, castorius, and sumed Claremontius and as about vomit, the air be so angust, what proportion is there betwixt the other three elements and it? To what use serves it? Is it full of spirits which inhabit it, as the Paracelsians and Platonists hold, the higher the more noble, full of birds, or a mere vacuum to no purpose? It is much controverted between Tycho Brahe and Christopher Rotman, the landgrave of Hesse's mathematician, in their astronomical epistles, whether it be the same Diaphanum, clearness, matter of air and heavens, or two distinct essences? Christopher Rotman, John Pena, Jordanus Brunus, with many other late mathematicians, contend it is the same and one matter throughout, saving that the higher still the purer it is, and more subtle; as they find by experience in the top of some hills in America; if a man ascend, he feasts instantly for want of thicker air to refrigerate the heart. Acosta, l. 3. a. 9. calls this mountain Periaceca in Peru; it makes men cast and vomit, he saith, that climb it, as some other of those Andes do in the deserts of Chili for five hundred miles together, and for extremity of cold to lose there fingers and toes. Tycho will have two distinct matters of heaven and air; but to say truth, with some small qualification, they have one and the self-same opinion about the essence and matter of heavens; that it is not hard and impenetrable, as peripatetics hold, transparent, of a quinta essentia, "but that it is penetrable and soft as the air itself is, and that the planets move in it, as birds in the air, fishes in the sea. This they prove by motion of comets, and otherwise (though Clarmedontius in his Antitycho stiffly opposes), which are not generated, as Aristotelicke teutheth, in the aerial region, of a hot and dry exhalation, and so consumed: but as Anaxagoras and Democritis held of old, of a celestial matter: and as Tycho, Eliseus, Roselin, Thaddeus, Hagesius, Pena, Rotman, Fra- castorius, demonstrate by their progress, parallaxes, refractions, motions of the planets, which interfere and cut one another's orbs, now higher, and then lower, as among the rest, which sometimes, as Kepler confirmes by his own, and Tycho's accurate observations, comes nearer the earth than the ☉, and is again etsoons aloft in Jupiter's orb; and other sufficient reasons, far above the moon: exploding in the mean time that element of fire, those fictitious first watery mowers, those heavens I mean above the firmament, which Delrio, Lodovicus Imola, Patricius, and many of the fathers affirm; those monstrous orbs of eccentricies, and Eccentri Epicyles deserentes. Which howsoever Ptolemy, Alhasen, Vitello, Purbachius, Maginus, Clavius, and many of their associates, stilly maintain to be real orbs, eccentric, concentric, circles sequant,
&c., are absurd and ridiculous. For who is so mad to think that there should be so many circles, like subordinate wheels in a clock, all impenetrable and hard, as they feign, add and subtract at their pleasure. *Maginus makes eleven heavens, subdivided into their orbs and circles, and all too little to serve those particular appearances: Fracastorius, seventy-two homocentres; Tycho Brahé, Nicholas Ramerius, Helisæus Ræslin, have peculiar hypotheses of their own inventions; and they be but inventions, as most of them acknowledge, as we admit of equators, tropics, colures, circles arctic and antarctic, for doctrine's sake (though Ramus thinks them all unnecessary), they will have them supposed only for method and order. Tycho hath feigned I know not how many subdivisions of epicycles in epicycles, &c., to calculate and express the moon's motion: but when all is done, as a supposition, and no otherwise; not (as he holds) hard, impenetrable, subtle, transparent, &c., or making music, as Pythagoras maintained of old, and Robert Constantine of late, but still, quiet, liquid, open, &c.

If the heavens then be penetrable, as these men deliver, and no lets, it were not amiss in this aerial progress to make wings and fly up, which that Turk in Busbequius made his fellow-citizens in Constantinople believe he would perform: and some new-fangled wits, methinks, should some time or other find out: or if that may not be, yet with a Galileo's glass, or Tirameniippus' wings in Lucian, command the spheres and heavens, and see what is done amongst them. Whether there be generation and corruption, as some think, by reason of ethereal comets, that in Cassiopeia, 1572, that in Cygno, 1600, that in Sagittarius, 1604, and many like, which by no means Jul. Caesar la Galla, that Italian philosopher, in his physical disputation with Galilæus, de phænomenis in orbis lunaæ, cap. 9. will admit: or that they were created ab initio, and show themselves at set times: and as "Helisæus Ræslin contends, have poles, axle-trees, circles of their own, and regular motions. For, non perseverat sed minuuntur et disparent. *Blancanus holds they come and go by fits, casting their tails still from the sun: some of them, as a burning-glass projects the sunbeams from it; though not always neither: for sometimes a comet casts his tail from Venus, as Tycho observes. And as * Helisæus Ræslin of some others, from the moon, with little stars about them ad stuporem astronomorum; cum multis aliis in caelo miraculis, all which argue with those Medicean, Austrian, and Burbonian stars, that the heaven of the planets is indistinct, pure, and open, in which the planets move certis legibus ac metis. Examine likewise, An caelum sit coloratum? Whether the stars be of that bigness, distance, as astronomers relate, so many in *number, 1026, or 1725, as J. Bayerus; or as some Rabbins, 29,000 myriads; or as Galileo discovers by his glasses, infinite, and that via lactea, a confused light of small stars, like so many nails in a door: or all in a row, like those 12,000 isles of the Maldives in the Indian ocean? Whether the least visible star in the eighth sphere be eighteen times bigger than the earth; and as Tycho calculates, 14,000 semi-diameters distant from it? Whether they be thicker parts of the orbs, as Aristotle delivers: or so many habitable worlds, as Democritus? Whether they have light of their own, or from the sun, or give light round, as Patritius discourse? *An aequé distant ac centro mundi? Whether light be of their essence; and that light be a substance or an accident? Whether they be hot by themselves, or by accident cause heat? Whether there be such a precession of the equinoxes as Copernicus holds, or that the eighth sphere move? *An bene philosophentur, R. Bacon and J. Dee, Aphorism. de multiplicatione specierum: Whether there be any such images ascending with each degree of the zodiac in the east, as Aliacensis feigns? An

1 In Theoricae planetarum, three above the firmament, which all wise men reject. *Theor. nova coelest. Meteor. 2 Lib. de fabrica mundi. 7 Lib. de Cometa. 3 An sit crux et umbelca in cellis ad Polum Antarcticum, quod ex Corallo refert Patritius.
Mem. 3.] Digression of Air. 325

aqua super calum? as Patritius and the schoolmen will, a crystalline 
watery heaven, which is certainly to be understood of that in the middle region? for otherwise, if at Noah's flood the water came from thence, it must be above a hundred years falling down to us, as some calculate. Besides, An terra sit animata? which some so confidently believe, with Orpheus, Hermes, Averroes, from which all other souls of men, beasts, devils, plants, fishes, &c., are derived, and into which again, after some revolutions, as Plato in his Timeus, Plotinus in his Enneades more largely discuss, they return (see Chalcidius and Ben- 
nius, Plato's commentators), as all philosophical matter, in materiam primam. Keplerus, Patritius, and some other Neoters, have in part revived this opinion. And that every star in heaven hath a soul, angel or intelligence to animate or move it, &c. Or to omit all smaller controversies, as matters of less moment, and examine that main paradox, of the earth's motion, now so much in question: Aristarchus Samius, Pythagoras maintained it of old, Democritus and many of their scholars, Didaeus Astanica, Anthony Faccarinus, a Carmelite, and some other commentators, will have Job to insinuate as much, cap. 9. ver. 4. Qui commovet terram de loco suo, &c., and that this one 
place of scripture makes more for the earth's motion than all the other prove against it; whom Eineda confutes most contradict. Howsoever, it is re- 
vived since by Copernicus, not as a truth, but as a supposition, as he himself 
confesseth in the preface to pope Nicholas, but now maintained in good 
earnest by Calcagninus, Telesius, Kepler, Rotman, Gilbert, Digges, Galileo, 
Campanella, and especially by Lansbergius, natura, ratione, et veritati 
consentaneum, by Origanus, and some others of his followers. For if the 
earth be the centre of the world, stand still, and the heavens move, as the 
most received opinion is, which they call inordinatum cali dispositionem, 
though stiffly maintained by Tycho, Ptolemeus, and their adherents, quis ille 
favor? &c., what fury is that, saith Dr. Gilbert, satis animos?, as Cabeus 
notes, that shall drive the heavens about with such incomprehensible celerity 
in twenty-four hours, when as every point of the firmament, and in the equator, 
must needs move (so Clavius calculates) 176,660 in one 246th part of an 
hour: and an arrow out of a bow must go seven times about the earth whilst 
a man can say an Ave Maria, if it keep the same space, or compass the earth 
1884 times in an hour, which is supra humanam cogitationem, beyond human 
conceit: ocyor et jacule, et ventos aequante sagitta. A man could not ride so 
much ground, going 40 miles a day, in 2904 years, as the firmament goes in 
23 hours: or so much in 2.03 years, as the firmament in one minute: quod 
incredibile videtur: and the pole-star, which to our thinking scarce moveth out 
of its place, goeth a bigger circuit than the sun, whose diameter is much larger 
than the diameter of the heaven of the sun, and 20,000 semi-diameters of 
the earth from us, with the rest of the fixed stars, as Tycho proves. To avoid 
therefore these impossibilities, they ascribe a triple motion to the earth, the 
sun immovable in the centre of the whole world, the earth centre of the moon, 
alone, above 2 and 8 beneath 24, 28, (or as Origanus and others will, one 
single motion to the earth, still placed in the centre of the world, which is more 
probable,) a single motion to the firmament, which moves in 30 or 26 thou- 
sand years: and so the planets, Saturn in 30 years absolves his sole and proper 
motion, Jupiter in 12, Mars in 3, &c., and so solve all appearances better than 
any way whatsoever: calculate all motions, be they in longum or latum, 
direct, stationary, retrograde, ascent or descent, without epicycles, intricate

* Gilbertus Origanus.  
* See this discussed in Sir Walter Raleigh's history, in Zanch. ad Casman. 
* Vid. Frouundum de Meteoris, lib. 5. artic. 6. et Lansbergiam.  
* Peculiar libello.  
* Comment, in motum terrae, Middlebergi, 1630. 4.  
* Peculiar libello.  
* See Mr. Carpenter's Geogr. cap. 4. lib. 1.  
* Campanella at Origanus pref. Epheurm. where Scripture places are answered.  
* De Magneti.  
* Dist. 3. or. 1. a Polo.  
* Prof. Ephem.
eccentricities, &c., rectius commodiusque per unicum motum terræ, saith Lansbergius, much more certain than by those Alphonsine, or any such tables, which are grounded from those other suppositions. And 'tis true they say, according to optic principles, the visible appearances of the planets do so indeed answer to their magnitudes and orbs, and come nearest to mathematical observations and precedent calculations, there is no repugnancy to physical axioms, because no penetration of orbs; but then between the sphere of Saturn and the firmament, there is such an incredible and vast space or distance (7,000,000 semi-diameters of the earth, as Tycho calculates) void of stars; and besides, they do so enhance the bigness of the stars, enlarge their circuit, to solve those ordinary objections or parallaxes and retrogradations of the fixed stars, that alteration of the poles, elevation in several places or latitude of cities here on earth (for, say they, if a man's eye were in the firmament, he should not at all discern that great annual motion of the earth, but it would still appear punctum indivisible and seem to be fixed in one place, of the same bigness:) that it is quite opposite to reason, to natural philosophy, and all out as absurd as disproportional (so some will) as prodigious, as that of the sun's swift motion of heavens. But hoc posito, to grant this their tenet of the earth's motion: if the earth move, it is a planet, and shines to them in the moon, and to the other planetary inhabitants, as the moon and they do to us upon the earth: but shine she doth, as Galileo, Kepler, and others prove, and then per consequens, the rest of the planets are inhabited, as well as the moon, which he grants in his dissertation with Galileo's Nuncius Sidereus "that there be Jovial and Saturn inhabitants," &c., and those several planets have their several moons about them, as the earth hath hers, as Galileo hath already evinced by his glasses: 4 four about Jupiter, two about Saturn (though Sitius the Florentine, Fortunius Licetus, and Jul. Cesar, la Galla cavil at it) yet Kepler, the emperor's mathematician, confirms out of his experience that he saw as much by the same help, and more about Mars, Venus, and the rest they hope to find out, peradventure even amongst the fixed stars, which Brunius and Brutos have already averred. Then (I say) the earth and they be planets alike, inhabited alike, moved about the sun, the common centre of the world alike, and it may be those two green children which Nubrigensis speaks of in his time, that fell from heaven, came from thence; and that famous stone that fell from heaven in Aristotle's time, olymp. 84, anno tertio, ad Capua Fluenta, recorded by Laertius and others, or Ancile or buckler in Numa's time, recorded by Festus. We may likewise insert with Campanella and Brunus, that which Pythagoras, Aristarchus, Samius, Heraclitus, Epicurus, Melissus, Democritus, Leucippus maintained in their ages, there be infinite worlds, and infinite earths or systems, in infinito cathere, which Eusebius collects out of their tenets, because infinite stars and planets like unto this of ours, which some stick not still to maintain and publicly defend, sperabundus expecto innumerabilitum mundorum in aeternitatem per ambulationem, &c. (Nic. Hill. Londinensis philos. Epicur.) For if the firmament be of such an incomparable bigness, as these Copernical giants will have it, infinitum, aut infinito proximum, so vast and full of innumerable stars, as being infinite in extent, one above another, some higher, some lower, some nearer, some farther off, and so far asunder, and those so huge and great, inso-

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**Note:**

- Which may be fall of planets, perhaps to us unseen, as those about Jupiter, &c.
- Luna circum-terrestria Planeta quam sit, consentaneum est esse in Luna viventes creatureas, et angulis Planetarum globus sui servienti circulares, ex qua consideratione, de eorum incolla summa probabilitate conclusimur, quod et Tychonis Brahe, & soli considerationes vastitatis eorum visum fut. Repl. dissert. cum san. ati. f. 4
- Temperare non possum quin ex inveniis tuis hoc moneam, veri non assimile, non tam in Luna, sed etiam in Jove, et reliquis Planets incollas esse. Kep. fo. 26. Si non sint accoles in Jovis globo, qui notent admi-
- randam hanc varietatem oculis, cui hane quanor illi Planetae Jovem circumcursant? 7 Some of those above Jupiter I have seen myself by the help of a glass eight feet long.
- Infiniti ali mundi, vel ut Brunus, terræ huic nostra similes. 8 Libro Cont. philos. cap. 29.
much that if the whole sphere of Saturn, and all that is included in it, *tutum aggregatum* (as Fromundus of Louvain in his tract, *de immobile terræ argus*) evolatur inter stellas, videi à nobis non poterat, tam immanis est distantia inter tellurem et fixas, sed instar puncti, &c. If our world be small in respect, why may we not suppose a plurality of worlds, those infinite stars visible in the firmament to be so many suns, with particular fixed centres; to have likewise their subordinate planets, as the sun hath his dancing still round him? which Cardinal Cusanus, Walkarinius, Brunus, and some others have held, and some still maintain, *Animus Aristotelismo inmutatis, et minutis speculatioibus assuetus, secus forsan, &c.* Though they seem close to us, they are infinitely distant, and so *per consequens*, they are infinite habitable worlds: what hinder? Why should not an infinite cause (as God is) produce infinite effects? as Nic. Hill. *Democrit. philos. disputes:* Kepler (I confess) will by no means admit of Brunus's infinite worlds, or that the fixed stars should be so many suns, with their compassing planets, yet the said *Kepler between jest and earnest in his perspectives, lunar geography,* "et somnio suo, dissertat. cum nunc sider. seems in part to agree with this, and partly to contradict; for the planets, he yields them to be inhabited, he doubts of the stars; and so doth Tycho in his astronomical epistles, out of a consideration of their vastity and greatness, break out into some such like speeches, that he will never believe those great and huge bodies were made to no other use than this that we perceive, to illuminate the earth, a point insensible in respect of the whole. But who shall dwell in these vast bodies, earths, worlds, "*if they be inhabited? rational creatures?"* as Kepler demands, "or have they souls to be saved? or do they inhabit a better part of the world than we do? Are we or they lords of the world? And how are all things made for man?" *Difficile est nudum hunc expediere, eò quod nonnulla omnia quae huc pertinent explorata habemus:* 'tis hard to determine: this only he proves, that we are *precipua mundi sina,* in the best place, best world, nearest the heart of the sun. *Thomas Campanella, a Calabrian monk, in his second book de sensu verum, cap. 4,* subscribes to this of Kepler; that they are inhabited he certainly supposeth, but with what kind of creatures he cannot say, he labours to prove it by all means: and that there are infinite worlds, having made an apology for Galileo, and dedicates this tenet of his to Cardinal Cajetan. Others freely speak, mutter, and would persuade the world (as *Marinus Marcellus complains*) that our modern divines are too severe and rigid against mathematicians; ignorant and peevish, in not admitting their true demonstrations and certain observations, that they tyrannise over art, science, and all philosophy, in suppressing their labours (saith Pomponatus), forbidding them to write, to speak a truth, all to maintain their superstition, and for their profit's sake. As for those places of Scripture which oppugn it, they will have spoken *ad captivum vulgi,* and if rightly understood, and favourably interpreted, not at all against it: and as Otho Casman, *Astrol. cap. 1. part. 1. notes,* many great divines, besides Porphyryus, Proclus, Simplicius, and those heathen philosophers, *doctorin et aetate venerandii, Mosis Genesin mundanam popularis nescio cuius rudis, que longe absit à verbo Philosophorum eruditione, insinuam:* for Moses makes mention but of two planets, 扱 and 扱 no four elements, &c. Read more on him, in *Grossius and Junius.* But to proceed, these and such like.


*Theat. Biblic.*
involuntary and bold attempts, prodigious paradoxes, inferences must needs follow, if it once be granted, which Robeman, Kepler, Gilbert, Diggesus, Origanus, Galileo, and others, maintain of the earth's motion, that 'tis a planet, and shines as the moon doth, which contains in it "both land and sea as the moon doth:" for so they find by their glasses that *Macula in facie Lune, "the brighter parts are earth, the dusky sea, which Thales, Plutarch, and Pythagoras formerly taught: and manifestly discern hills and dales, and such like concavities, if we may subscribe to, and believe Galileo's observations. But to avoid these paradoxes of the earth's motion (which the Church of Rome hath lately *condemned as heretical, as appears by Blancaus and Fromundus' writings) our later mathematicians have rolled all the stones that may be stirred: and, to solve all appearances and objections, have invented new hypotheses, and fabricated new systems of the world, out of their own dedicated heads. Fracastorius will have the earth stand still, as before; and to avoid that supposition of eccentrics and epicycles, he hath coined seventy-two homocentrics, to solve all appearances. Nicholas Ramerus will have the earth the centre of the world, but movable, and the eighth sphere immovable, the five other planets to move about the sun, the sun and moon about the earth. Of which orbs Tycho Brahe puts the earth the centre immovable, the stars immovable, the rest with Ramerus, the planets without orbs to wander in the air, keep time and distance, true motion, according to that virtue which God hath given them. Helisæus Ræslin censureth both, with Copernicus (whose hypothesis *de terra motu, Philippus Lansbergius hath lately vindicated, and demonstrated with solid arguments in a just volume, Jansonius Cesius *hath illustrated in a sphere). The said Johannes Lansbergius, 1633, hath since defended his assertion against all the cavils and calumnies of Fromundus his Anti-Aristarchus, Baptista Morinus, and Petrus Bartholinus: Fromundus, 1634, hath written against him again, J. Rosseus of Aberdeen, &c. (sound drums and trumpets), whilst Ræslin (I say) censures all, and Ptolemeus himself as insufficient: one offends against natural philosophy, another against optic principles, a third against mathematical, as not answering to astronomical observations: one puts a great space between Saturn's orb and the eighth sphere, another too narrow. In his own hypothesis he makes the earth as before the universal centre, the sun to the five upper planets, to the eighth sphere he ascribes diurnal motion, eccentrics, and epicycles to the seven planets, which hath been formerly exploded; and so, *Dum vitat stulti vitia in contraria currunt, *as a tinker stops one hole and makes two, he corrects them, and doth worse himself; reforms some, and mars all. In the mean time, the world is tossed in a blanket amongst them, they hoist the earth up and down like a ball, make it stand and go at their pleasures: one saith the sun stands, another he moves; a third comes in, taking them all at rebound, and lest there should any paradox be wanting, he *finds certain spots and clouds in the sun, by the help of glasses, which multiply (saith Keplerus) a thing seen a thousand times bigger in plano, and makes it come thirty-two times nearer to the eye of the beholder: but see the demonstration of this glass in *Tarde, by means of which, the sun must turn round upon his own centre, or they about the sun. Fabricius puts only three, and those in the sun: *A pelles 15, and those without the sun, floating like the Cyanean Isles in the Euxine sea. *Tarde, the Frenchman, hath observed thirty-three, and those neither spots nor clouds, as Galileo, *Epist. ad Valerum, supposeth, but planets concentric with the sun, and not far from him with regular motions. *Christo-

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pher Shemer, a German Suizer Jesuit, *Uræicó Roād, divides them in *macculus et faculas, and will have them to be fixed in *Solís superficie: and to absolve their periodical and regular motion in twenty-seven or twenty-eight days, holding within the rotation of the sun upon his centre; and all are so confident, that they have made schemes and tables of their motions. The *Hollander, in his dissertatiunculad cum Apelle, censures all; and thus they disagree amongst themselves, old and new, irreconcilable in their opinions; thus Aristarchus, thus Hipparchus, thus Ptolemeus, thus Albateginus, thus Alfraganus, thus Tycho, thus Ramerus, thus Roslius, thus Fracastorius, thus Copernicus and his adherents, thus Clavius and Maginus, &c., with their followers, vary and determine of these celestial orbs and bodies: and so whilst these men contend about the sun and moon, like the philosophers in Lucian, it is to be feared, the sun and moon will hide themselves, and be as much offended as *she was with those, and send another messenger to Jupiter, by some new-fangled Icaromenippus, to make an end of all those curious controversies, and scatter them abroad.

But why should the sun and moon be angry, or take exceptions at mathematicians and philosophers? When as the like measure is offered unto God himself by a company of theologasters: they are not contented to see the sun and moon, measure their site and biggest distance in a glass, calculate their motions, or visit the moon in a poetical fiction, or a dream, as he saith, "*Audax facinus et memorabile nunc incipiám, neque hoc sæculo usurpatum prius, quid in Luna regno huc notae gestum sit exponam, et quo nemo unquam visus sommiando perveni," but he and Menippus: or as *Peter Cuneus, Bondía fide amem, nihil corum quae scripturus sum, verum esse scito, &c., que nec facta, nec futura sunt, dicam, "still tantum et ingenii causa, not in jest, but in good earnest these gigantical Cyclops will transcend spheres, heaven, stars, into that empyrean heaven; soar higher yet, and see what God himself doth. The Jewish Talmudists take upon them to determine how God spends his whole time, sometimes playing with Leviathan, sometimes overseeing the world, &c., like Lucian's Jupiter, that spent much of the year in painting butterflies' wings, and seeing who offered sacrifice; telling the hours when it should rain, how much snow should fall in such a place, which way the wind should stand in Greece, which way in Africa. In the Turks' Alcoran, Mahomet is taken up to heaven, upon a Pegasus sent on purpose for him, as he lay in bed with his wife, and after some conference with God is set on ground again. The pagans paint him and mangle him after a thousand fashions; our heretics, schismatics, and some schoolmen, come not far behind: some paint him in the habit of an old man, and make maps of heaven, number the angels, tell their several *names, offices: some deny God and his providence, some take his office out of his hand, will *bind and loose in heaven, release, pardon, forgive, and be quarter-master with him; some call his Godhead in question, his power, and attributes, his mercy, justice, providence: they will know with *Cecilius, why good and bad are punished together, war, fires, plagues, infest all alike, why wicked men flourish, good are poor, in prison, sick, and ill at ease. Why doth he suffer so much mischief and evil to be done, if he be *able to help? why doth he not assist good, or resist bad, reform our wills, if he be not the author of sin, and let such enormities be committed, unworthy of his knowledge, wisdom, govern-

*Longinus. Bñ. An. 1612. 1 Ne se subducant, et relicta statione dececssum parent, ut curiousvis singulare

*Herodes tuae splendidiae Satyr. Menip. edit. 1608. 2 *I shall now enter upon a bold and memorable exploit; one never before attempted in this age. I shall explain this night's transactions in the kingdom of the moon, a place where no one has yet arrived, save in his dreams." 3 Sadini venales Satyr. Menip. An. 1612. 4 Putani Comus sic incipit, or as Lipsius Satyr in a dream. 5 Trismus, L. de 7. secundum. 6 They have fetched Traganus soul out of hell, and canonce for saints whom they list. 7 In Minutis, sine defectu tempertatis tantum loca sacra et profana, bonorum et malorum fati juxta, nullum ordine res flunt, sumtis legibus fortuna dominatur. 8 Vel malus vel imputos, qui peccatum permitit, &c. unde hace superstite 
ment, mercy, and providence, why lets he all things be done by fortune and chance? Others as prodigiously inquire after his omnipotency, an possit plumas similes creare deos? an ex scarabeo deum? &c., et quo domum ruetis sacrificuli? Some, by visions and revelations, take upon them to be familiar with God, and to be of privy council with him; they will tell how many, and who shall be saved, when the world shall come to an end, what year, what month, and whatsoever else God hath reserved unto himself, and to his angels. Some again, curious fantasties, will know more than this, and inquire with Epicurus, what God did before the world was made? was he idle? Where did he hide? What did he make the world of? why did he then make it, and not before? If he made it new, or to have an end, how is he unchangeable, infinite, &c. Some will dispute, cavil, and object, as Julian did of old, whom Cyril confutes, as Simon Magnus is feigned to do, in that dialogue betwixt him and Peter: and Ammonius the philosopher, in that dialogical disputation with Zacharias the Christian. If God be infinitely and only good, why should he alter or destroy the world? if he confound that which is good, how shall himself continue good? If he pull it down because evil, how shall he be free from the evil that made it evil? &c., with many such absurd and brain-sick questions, intricacies, froth of human wit, and excrements of curiosity, &c., which, as our Saviour told his inquisitive disciples, are not fit for them to know. But hoo! I am now gone quite out of sight, I am almost giddy with roving about: I could have ranged farther yet; but I am an infant, and not able to dive into these profundities, or sound these depths; not able to understand, much less to discuss. I leave the contemplation of these things to stronger wits, that have better ability, and happier leisure to wade into such philosophical mysteries; for put case I were as able as willing, yet what can one man do? I will conclude with Scaliger, Nequaquam nos homines sumus, sed partes hominis, ex omnibus aliquid fieri potest, utque non magnum; ex singularis feri nihil. Besides (as Nazianzen hath it), Deus latere nos multa voluit: and with Seneca, cap. 35. de Cometis, Quid miramur tam rara mundi spectacula non teneri certis legibus, nondum intelligi? multae sunt gentes quae tantum de facie securi colent, venient tempus fortasse, quo ista quae nunc latent in luem dies extrahat et longioris eui diligentia, una etas non suffict, posteri, &c., when God sees his time, he will reveal these mysteries to mortal men, and show that to some few at last, which he hath concealed so long. For I am of his mind, that Columbus did not find out America by chance, but God directed him at that time to discover it: it was contingent to him, but necessary to God; he reveals and conceals to whom and when he will. And which one of history and records of former times, "God in his providence, to check our presumptuous inquisition, wraps up all things in uncertainty, bars us from long antiquity, and bounds our search within the compass of some few ages:" many good things are lost, which our predecessors made use of, as Panchirola will better inform you; many new things are daily invented, to the public good; so kingdoms, men, and knowledge ebb and flow, are hid and revealed, and when you have all done, as the Preacher concluded, Nihil est sub sole novum (nothing new is in the sun). But my melancholy spaniel's quest, my game is sprung, and I must suddenly come down and follow.

Jason Pratensis, in his book de morbis capitis, and chapter of melancholy, hath these words out of Galen, *Let them come to me to know what meat and drink they shall use, and besides that, I will teach them what temper of

* Quid fecit Deus ante mundum creatum? ubi virit otiosus a suo subjecto, &c. ** Lib. 3. recog. Pet. cap. 3. Peter answers by the simile of an egg-shell, which is cunningly made, yet of necessity to be broken; se is the world, &c., that the excellent state of heaven might be made manifest. 7 Ut me pluma levat, sic grave margit omm. * Exercit. 184. ** Last. descript. ccid. Indiam, * Daniel principi historiis. 3 Veniant ad me auditi qui esculent quas, quas volum defunti ut habeant, et pretie alimentum ipsum potamine, laetus ipso docebo, item aeris ambiantis temperiensem, insuper regiones quas eligere, quas visare ex usu a.
ambient air they shall make choice of, what wind, what countries they shall choose, and what avoid.” Out of which lines of his, thus much we may gather, that to this cure of melancholy, amongst other things, the rectification of air is necessarily required. This is performed, either in reforming natural or artificial air. Natural is that which is in our election to choose or avoid: and ’tis either general, to countries, provinces; particular, to cities, towns, villages, or private houses. What harm those extremities of heat or cold do in this malady, I have formerly shown: the medium must needs be good, where the air is temperate, serene, quiet, free from bogs, fens, mists, all manner of putrefaction, contagious and filthy noisome smells. The Egyptians by all geographers are commended to be hilares, a conceited and merry nation: which I can ascribe to no other cause than the serenity of their air. They that live in the Orcades are registered by *Hector Boethius and *Cardan, to be of fair complexion, long-lived, most healthful, free from all manner of infirmities of body and mind, by reason of a sharp purifying air, which comes from the sea. The Boeotians in Greece were dull and heavy, crassæ Boci, by reason of a foggy air in which they lived, *Bœcum in crasso jurares aère natum, Attica most acute, pleasant, and refined. The clime changes not so much customs, manners, wits (as Aristotle Polit. lib. 6. cap. 4. Vegetius, Plato, Bodine, method. hist. cap. 5. hath proved at large) as constitutions of their bodies, and temperature itself. In all particular provinces we see it confirmed by experience, as the air is, so are the inhabitants, dull, heavy, witty, subtle, neat, cleanly, clownish, sick, and sound. In *Périgord in France the air is subtle, healthful, seldom any plague or contagious disease, but hilly and barren: the men sound, nimble, and lusty; but in some parts of Guienne, full of moors and marshes, the people dull, heavy, and subject to many infirmities. Who sees not a great difference between Surrey, Sussex, and Romney Marsh, the wolds in Lincolnshire and the fens. He therefore that loves his health, if his ability will give him leave, must often shift places, and make choice of such as are wholesome, pleasant, and convenient: there is nothing better than change of air in this malady, and generally for health to wander up and down, as those *Tartari Zumolhenses, that live in hordes, and take opportunity of times, places, seasons. The kings of Persia had their summer and winter houses; in winter at Sardis, in summer at Susa; now at Persepolis, then at Pasargada. Cyrus lived seven cold months at Babylon, three at Susa, two at Ecbatana, saith *Xenophon, and had by that means a perpetual spring. The great Turk sojourns sometimes at Constantinople, sometimes at Adrianople, &c. The kings of Spain have their Escorial in heat of summer, *Madrid for a wholesome seat, Valladolid a pleasant site, &c., variety of secessus as all princes and great men have, and their several progresses to this purpose. Lucullus the Roman had his house at Rome, at Baiae, &c. *When Cn. Pompeius, Marcus Cicero (saith Plutarch) and many noble men in the summer came to see him, at supper Pompeius jested with him, that it was an elegant and pleasant village, full of windows, galleries, and all offices fit for a summer house; but in his judgment very unfit for winter: Lucullus made answer that the lord of the house had wit like a crane, that changeth her country with the season; he had other houses furnished, and built for that purpose, all out as commodious as this. So Tully had his Tusculan, Plinius his Lauretan village, and every gentleman of any fashion in our times hath the like. The bishop of Exeter had fourteen several houses all furnished, in times past. In Italy, though they bide in cities in winter, which is more gentleman-
like, all the summer they come abroad to their country-houses, to recreate themselves. Our gentry in England live most part in the country (except it be some few castles) building still in bottoms (saith *Jovius) or near woods, *corona arborum virentium; you shall know a village by a tuft of trees at or about it, to avoid those strong winds wherewith the island is infested, and cold winter blasts. Some recommend moated houses, as unwholesome; so Camden saith of *Greselies, that it was therefore unfrequented, *ob stagni vicini halitus, and all such places as be near lakes or rivers. But I am of opinion that these inconveniences will be mitigated, or easily corrected by good fires, as *one reports of Venice, that *gravvolentia and fog of the moors is sufficiently qualified by those innumerable smokes. Nay more, *Thomas Philol. Ravenlas, a great physician, contends that the Venetians are generally longer-lived than any city in Europe, and live many of them 120 years. But it is not water simply that so much offends, as the slime and noisome smells that accompany such overflowed places, which is but at some few seasons after a flood, and is sufficiently recompensed with sweet smells and aspects in summer, *Ver pinget vario gemmantia prata colore, and many other commodities of pleasure and profit; or else may be corrected by the site, if it be somewhat remote from the water, as Lindley, *Orton super montem, *Drayton, or a little more elevated, though nearer, as *Canout, *Amington, *Polesworth, *Wedddington (to insist in such places best to me known, upon the river of Anker, in Warwickshire, *Swarston, and *Drakely upon Trent). Or howsoever they be unseasonable in winter, or at some times, they have their good use in summer. If so be that their means be so slender as they may not admit of any such variety, but must determine once for all, and make one house serve each season, I know no men that have given better rules in this behalf than our husbandry writers. *Cato and Columella prescribe a good house to stand by a navigable river, good highways, near some city, and in a good soil, but that is more for commodity than health.

The best soil commonly yields the worst air, a dry sandy plat is fittest to build upon, and such as is rather hilly than plain, full of downs, a Cotswold country, as being most commodious for hawking, hunting, wood, waters, and all manner of pleasures. Périgord in France is barren, yet by reason of the excellency of the air, and such pleasures that it affords, much inhabited by the nobility; as Nuremberg in Germany, Toledo in Spain. Our countryman Tussor will tell us so much, that the fieldone is for profit, the woodland for pleasure and health; the one commonly a deep clay, therefore noisome in winter, and subject to bad highways: the other a dry sand. Provision may be had elsewhere, and our towns are generally bigger in the woodland than the fieldone, more frequent and populous, and gentlemen more delight to dwell in such places. Sutton Coldfield in Warwickshire (where I was once a grammar scholar), may be a sufficient witness, which stands, as Camden notes, *loci in grato et sterilis, but in an excellent air, and full of all manner of pleasures. *Wadley in Berkshire is situate in a vale, though not so fertile a soil as some vales afford, yet a most commodious sight, wholesome, in a delicious air, a rich and pleasant seat. So Segrave in Leicestershire (which town *I am now bound to remember) is situated in a champaign, at the edge of the wolds, and more barren than the villages about it, yet no place likely yields a better air. And he that built that fair house, *Wollerton in Nottinghamshire, is much to be commended (though the tract be sandy and barren about it) for making choice
of such a place. Constantine, lib. 2. cap. de Agricult. praiseth mountains, hilly, steep places, above the rest by the seaside, and such as look toward the north upon some great river, as Farmack in Derbyshire, or the Trent, environed with hills, open only to the north, like Mount Edgecombe in Cornwall, which Mr. Carew so much admires for an excellent seat: such is the general site of Bohemia: serenat Boreas, the north wind clarifies, "but near lakes or marshes, in holes, obscure places, or to the south and west, he utterly disproves."

Those winds are unwholesome, putrefying, and make men subject to diseases. The best building for health, according to him, is in "high places, and in an excellent prospect," like that of Cuddeston in Oxfordshire (which place I must honoris ergo mention) is lately and fairly "built in a good air; good prospect, good soil, both for profit and pleasure, not so easily to be matched."

P. Crescentius, in his lib. 1. de Agric. cap. 5. is very copious in this subject, how a house should be wholesomely sited, in a good coast, good air, wind, &c., Varro de re rust. lib. 1. cap. 12. "forbids lakes and rivers, marshy and manured grounds, they cause a bad air, gross diseases, hard to be cured: "if it be so that he cannot help it, better (as he adviseth) sell thy house and land than lose thine health." He that respects not this in choosing of his seat, or building his house, is mente captus, mad," Cato saith, "and his dwelling next to hell itself," according to Columella: he commends, in conclusion, the middle of a hill, upon a descent. Baptistis Porta, Villa, lib. 1. cap. 22. censures Varro, Cato, Columella, and those ancient rustics, approving many things, disallowing some, and will by all means have the front of a house stand to the south, which how it may be good in Italy and hotter climes, I know not, in our northern countries I am sure it is best: Stephanus, a Frenchman, praelio rustic. lib. 1. cap. 4. subscribes to this, approving especially the descent of a hill south or south-east, with trees, to the north, so that it be well watered; a condition in all sites which must not be omitted, as Herbaestine inculcates, lib. 1.

Julius Cesar Claudinus, a physician, consult. 24, for a nobleman in Poland, melancholy given, adviseth him to dwell in a house inclining to the east, and by all means to provide the air be clear and sweet; which Montanus, consult. 229, counselleth the earl of Monfort, his patient, to inhabit a pleasant house, and in a good air. If it be so the natural site may not be altered of our city, town, village, yet by artificial means it may be helped. In hot countries, therefore, they make the streets of their cities very narrow, all over Spain, Africa, Italy, Greece, and many cities of France, in Languedoc especially, and Provence, those southern parts: Montpelier, the habitation and university of physicians, is so built, with high houses, narrow streets, to divert the sun's scalding rays, which Tacitus commends, lib. 15, Annales, as most agreeing to their health, "because the height of buildings, and narrowness of streets, keep away the sunbeams."

Some cities use galleries, or arched cloisters towards the street, as Damascus, Bologna, Padua, Berne in Switzerland, Westchester with us, as well to avoid tempests, as the sun's scorching heat. They build on high hills, in hot countries, for more air; or to the seaside, as Baiae, Naples, &c. In our northern coasts we are opposite, we commend straight, broad, open, fair streets, as most befitting and agreeing to our clime. We build in bottoms for warmth: and that site of Mitylene in the island of Lesbos, in the Aegean sea, which Vitruvius

*Montant et maritime salubritates, acclives, et ad Boream vergentes.*

*The dwelling of Sir To. Burde, Knight, Baronet.*

*In his Survey of Cornwall, book 2.*

*Propser paludes, stagnas, et loca convaca, vel ad Austrum, vel ad Occidentem inclinantes, domus sunt morbose.*

*Oportet igitur ad sanitatem domus in alioribus edisciscar, et ad speculationem.*

*By John Bancroft, Dr. of Divinity, my quondam tutor in Christ-church, Oxon, now the Right Reverend Lord Bishop Oxon, who built this house for himself and his successors.*

*Hyene eor vehemens frigida, et estate non salubris: paludes enim faciant erasum aerem, et difficiles morbes.*

*Vendas quaor assimis posse, et si nequeas, reliquas.*

*Lib. 1. cap. 2. in Orce habitat.*

*Arora musis atque, Vitruv.*

*Edes Orientalis spectante vir nobilissimus inhabites, et cures ut sit aer clarus, lucidus, odoriferus.*

*Egitat habitationem optimo aere iacuandum.*

*Quomiam anthemia inner and altitudo tectorum, non perinde Solis calorem admittit.*
so much commends, magnificently built with fair houses, sed imprudenter positum, unadvisedly sited, because it lay along to the south, and when the south wind blew, the people were all sick, would make an excellent site in our northern climates.

Of that artificial site of houses I have sufficiently discoursed: if the plan of the dwelling may not be altered, yet there is much in choice of such a chamber or room, in opportune opening and shutting of windows, excluding foreign air and winds, and walking abroad at convenient times. Crato, a German, commends east and south site (disallowing cold air and northern winds in this case, rainy weather and misty days), free from putrefaction, fens, bogs, and muckhills. If the air be such, open no windows, come not abroad. Montanus will have his patient not to stir at all, if the wind be big or tempestuous, as most part in March it is with us; or in cloudy, lowering, dark days, as in November, which we commonly call the black month; or stormy, let the wind stand how it will, consil. 27. and 30. he must not “open a casement in bad weather,” or in a boisterous season, consil. 299, he especially forbids us to open windows to a south wind. The best sites for chamber windows, in my judgment, are north, east, south, and which is the worst, west. Levinus Lemnius, lib. 3. cap. 3. de occult. nat. mir. attributes so much to air, and rectifying of wind and windows, that he holds it alone sufficient to make a man sick or well; to alter body and mind. “A clear air cheers up the spirits, exhilarates the mind; a thick, black, misty, tempestuous, contracts, overthrows.” Great heed is therefore to be taken at what times we walk, how we place our windows, lights, and houses, how we let in or exclude this ambient air. The Egyptians, to avoid immediate heat, make their windows on the top of the house like chimneys, with two tunnels to draw a thorough air. In Spain they commonly make great opposite windows without glass, still shutting those which are next to the sun: so likewise in Turkey and Italy (Venice excepted, which brags of her stately glazed palaces), they use paper windows to like purpose; and lie, sub dio, in the top of their flat-roofed houses, so sleeping under the canopy of heaven. In some parts of Italy they have windmills, to draw a cooling air out of hollow caves, and disperse the same through all the chambers of their palaces, to refresh them; as at Costoza, the house of Cassareo Trento, a gentleman of Vicenza, and elsewhere. Many excellent means are invented to correct nature by art. If none of these courses help, the best way is to make artificial air, which howsoever is profitable and good, still to be made hot and moist, and to be seasoned with sweet perfumes, pleasant and lightsome as it may be; to have roses, violets, and sweet-smelling flowers ever in their windows, posies in their hand. Laurentius commends water-lilies, a vessel of warm water to evaporate in the room, which will make a more delightful perfume, if there be added orange-flowers, pills of citrons, rosemary, cloves, bays, rose-water, rose-vinegar, benzoin, labdanum, styrax, and such like gums, which make a pleasant and acceptable perfume. Bessardus Bisantinus prefers the smoke of juniper to melancholy persons, which is in great request with us at Oxford, to sweeten our chambers. Guianerus prescribes the air to be moistened with water, and sweet herbs boiled in it, vine, and sallow leaves, cæc. to besprinkle the ground and posts with rose-water, rose-vinegar, which Avicenna much approves. Of colours it is best to behold green, red, yellow, and white, and by all means to have light

enough, with windows in the day, wax candles in the night, neat chambers, good fires in winter, merry companions; for though melancholy persons love to be dark and alone, yet darkness is a great increaser of the humour.

Although our ordinary air be good by nature or art, yet it is not amiss, as I have said, still to alter it; no better physic for a melancholy man than change of air, and variety of places, to travel abroad and see fashions. "Leo Afer speaks of many of his countrymen so cured, without all other physic: amongst the negroes, "there is such an excellent air, that if any of them be sick elsewhere, and brought thither, he is instantly recovered, of which he was often an eye-witness." *Lipsius, Zuinger, and some others, add as much of ordinary travel. No man, saith Lipsius, in an epistle to Phil. Latioius, a noble friend of his, now ready to make a voyage, "can be such a stock or stone, whom that pleasant speculation of countries, cities, towns, rivers, will not affect." *Seneca the philosopher was infinitely taken with the sight of Scipio Africanus' house, near Linternum, to view those old buildings, cisterns, baths, tombs, &c. And how was *Tully pleased with the sight of Athens, to behold those ancient and fair buildings, with a remembrance of their worthy inhabitants. Paulus Æmilius, that renowned Roman captain, after he had conquered Persians, the last king of Macedonia, and now made an end of his tedious wars, though he had been long absent from Rome, and much there desired, about the beginning of autumn (as *Livy describes it) made a pleasant peregrination all over Greece, accompanied with his son Scipio, and Atheneus the brother of king Eumenes, leaving the charge of his army with Sulpicius Gallus. By Thessaly he went to Delphos, thence to Megaris, Aulis, Athens, Argos, Lacedæmon, Megalopolis, &c. He took great content, exceeding delight in that his voyage, as who doth not that shall attempt the like, though his travel be ad jactationem magis quam ad usum reipub. (as *one well observes) to crack, gaze, see fine sights and fashions, spend time, rather than for his own or public good? (as it is to many gallants that travel out their best days, together with their means, manners, honesty, religion) yet it availeth howsoever. For peregrination charms our senses with such unspeakable and sweet variety, "that some count him unhappy that never travelled, and pity his case, that from his cradle to his old age beholds the same still; still, still the same, the same. Insomuch that *Rhasis, cont. lib. 1. Tract. 2. doth not only commend, but enjoin travel, and such variety of objects to a melancholy man, "and to lie in diverse inns, to be drawn into several companies:" Montaltus, cap. 36. and many necroters are of the same mind: Celsus adviseth him therefore that will continue his health, to have varium vitae genus, diversity of callings, occupations, to be busied about, "sometimes to live in the city, sometimes in the country; now to study or work, to be intent, then again to hawk or hunt, swim, run, ride, or exercise himself." A good prospect alone will ease melancholy, as Comesius contends, lib. 2. c. 7. de Sale. The citizens of *Barcino, saith he, otherwise penned in, melancholy, and stirring little abroad, are much delighted with that pleasant prospect their city hath into the sea, which like that of old Athens besides *Egina Salamina, and many pleasant islands, had all the variety of delicious objects: so are those Neapolitans and inhabitants of Genoa, to see the ships, boats, and passengers go by, out of their windows, their whole cities being situated on the side of a hill, like Peru by Constantinople, so that each house almost hath a free prospect to the sea, as some part of London to the Thames: or to have a

free prospect all over the city at once, as at Granada in Spain, and Fez in Africa, the river running betwixt two declining hills, the steepness causeth each house almost as well to oversee, as to be overseen of the rest. Every country is full of such delightsome prospects, as well within land, as by sea, as Hermon and Rann in Palestina, Colalto in Italy, the top of Tagetus, or Acrocorinthus, that old decayed castle in Corinth, from which Peloponnesus, Greece, the Ionian and Ægean seas were semel et simul at one view to be taken. In Egypt the square top of the great pyramid, three hundred yards in height, and so the sultan’s palace in Grand Cairo, the country being plain, hath a marvellous fair prospect as well over Nilus, as that great city, five Italian miles long, and two broad, by the river side: from mount Sion in Jerusalem, the Holy Land is of all sides to be seen: such high places are infinite; with us those of the best note are Glastonbury tower, Box Hill in Surrey, Bever Castle, Rodway Grange, Walsby in Lincolnshire, where I lately received a real kindness, by the munificence of the right honourable my noble lady and patroness, the Lady Frances, countess dowager of Exeter: and two amongst the rest, which I may not omit for vicinity’s sake, Oldbury in the confines of Warwickshire, where I have often looked about me with great delight, at the foot of which hill, I was born: and Hanbury in Staffordshire, contiguous to which is Falde, a pleasant village, and an ancient patrimony belonging to our family, now in the possession of mine elder brother, William Burton, Esquire. Barclay the Scot commends that of Greenwich tower for one of the best prospects in Europe, to see London on the one side, the Thames, ships, and pleasant meadows on the other. There be those that say as much and more of St. Mark’s steeple in Venice. Yet these are at too great a distance: some are especially affected with such objects as be near, to see passengers go by in some great road-way, or boats in a river, in subjectum forum despicere, to oversee a fair, a market-place, or out of a pleasant window into some thoroughfare street, to behold a continual concourse, a promiscuous rout, coming and going, or a multitude of spectators at a theatre, a mask, or some such like show. But I rove: the sum is this, that variety of actions, objects, air, places, are excellent good in this infirmity, and all others, good for man, good for beast. Constantine the emperor, lib. 18. cap. 13. ex Leontio, "holds it an only cure for rotten sheep, and any manner of sick cattle.” Lælius à fonte Æugubinus, that great doctor, at the latter end of many of his consultations (as commonly he doth set down what success his physic had,) in melancholy most especially approves of this above all other remedies whatsoever, as appears consult. 69, consult. 229. &c. “Many other things helped, but change of air was that which wrought the cure, and did most good.”

MEMB. IV.

Exercise rectified of Body and Mind.

To that great inconvenience, which comes on the one side by immoderate and unseasonable exercise, too much solitariness and idleness on the other, must be opposed as an antidote, a moderate and seasonable use of it, and that both of body and mind, as a most material circumstance, much conducing to this cure, and to the general preservation of our health. The heavens themselves run continually round, the sun riseth and sets, the moon increaseth and decreaseth, stars and planets keep their constant motions, the air is still tossed by the winds, the waters ebb and flow to their conservation no doubt, to

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*a* Landatürque domus longos quaer prospicit agros.  
*b* Many towns there are of that name, saith Adri- 
continus, all high-sited.  
*c* Lately resigned for some special reasons.  
*d* At Lindley in Leicestershire, the 
possession and dwelling-place of Ralph Burton, Esquire, my late deceased father.  
*e* In locum animorum.  
*f* Agrotransa e aus in alien locum transportandae sunt, ut alium aerem et aquam participantes, coalescant et corroborentur.  
*g* Alla utilia, sed ex mutatione acris potellimur curatius.
teach us that we should ever be in action. For which cause Hieron prescribes Rusticus the monk, that he be always occupied about some business or other, "that the devil do not find him idle." Seneca would have a man do something, though it be to no purpose. Xenophon wisheth one rather to play at tables, dice, or make a jester of himself (though he might be far better employed), than do nothing. The Egyptians of old, and many flourishing commonwealths since, have enjoined labour and exercise to all sorts of men, to be of some vocation and calling, and to give an account of their time, to prevent those grievous mischiefs that come by idleness; "for as fodder, whip, and burthen belong to the ass; so meat, correction, and work unto the servant," Eccl. xxxii. 23. The Turks enjoin all men whatsoever, of what degree, to be of some trade or other, the Grand Seignior himself is not excused. "In our memory (saith Sabellicus), Mahomet the Turk, he that conquered Greece, at that very time when he heard ambassadors of other princes, did either carve or cut wooden spoons, or frame something upon a table." This present sultan makes notches for bows. The Jews are most severe in this examination of time. All well-governed places, towns, families, and every discreet person will be a law unto himself. But amongst us the badge of gentry is idleness: to be of no calling, not to labour, for that's derogatory to their birth, to be a mere spectator, a drone, fruges consumere natus, to have no necessary employment to busy himself about in church and commonwealth (some few governors exempted), "but to rise to eat," &c., to spend his days in hawking, hunting, &c., and such like disports and recreations ('which our casuists tax), are the sole exercise almost, and ordinary actions of our nobility, and in which they are too immoderate. And theuce it comes to pass, that in city and country so many grievances of body and mind, and this feral disease of melancholy so frequently rageth, and now domines almost all over Europe amongst our great ones. They know not how to spend their time (disports excepted, which are all their business), what to do, or otherwise how to bestow themselves: like our modern Frenchmen, that had rather lose a pound of blood in a single combat, than a drop of sweat in any honest labour. Every man almost hath something or other to employ himself about, some vocation, some trade, but they do all by ministers and servants, ad utia duxtacent se natos existimant, inò ad sui ipsius plerumque et alienor perniciem, as one freely taxeth such kind of men, they are all for pastimes, 'tis all their study, all their invention tends to this alone, to drive away time, as if they were born some of them to no other ends. Therefore to correct and avoid these errors and inconveniences, our divines, physicians, and politicians, so much labour, and so seriously exhort; and for this disease in particular, "there can be no better cure than continual business," as Rhasis holds, "to have some employment or other, which may set their mind awoak, and distract their cogitations." Riches may not easily be had without labour and industry, nor learning without study, neither can our health be preserved without bodily exercise. If it be of the body, Guianerius allows that exercise which is gentle, "and still after those ordinary frications" which must be used every morning. Montaltus, cap. 26. and Jason Pratensis use almost the same words, highly commending exercise if it be moderate; "a wonderful help so used," Crato calls it, "and a grea-
means to preserve our health, as adding strength to the whole body, increasing natural heat, by means of which the nutriment is well concocted in the stomach, liver, and veins, few or no crudities left, is happily distributed over all the body." Besides, it expels excrements by sweat and other insensible vapours; insomuch, that Galen prefers exercise before all physic, rectification of diet, or any regimen in what kind soever; 'tis nature's physician. 'Fulgentius, out of Gordonis de conserv. vit. hom. lib. 1. cap. 7. terms exercise, "a spur of a dull, sleepy nature, the comforter of the members, cure of infirmity, death of diseases, destruction of all mischiefs and vices." The fittest time for exercise is a little before dinner; a little before supper, or at any time when the body is empty. Montanus, consil. 31, prescribes it every morning to his patient, and that, as Calenus adds, "after he hath done his ordinary needs, rubbed his body, washed his hands and face, combed his head, and gargarised." What kind of exercise he should use, Galen tells us, lib. 2. at 3. de sanat. tuend. and in what measure, "till the body be ready to sweat," and roused up; ad ruborem, some say, non ad sudorem, lest it should dry the body too much; others enjoin those wholesome businesses, as to dig so long in his garden, to hold the plough, and the like. Some prescribe frequent and violent labour and exercises, as sawing every day so long together (epid. 6. Hippocrates confounds them), but that is in some cases, to some peculiar men; the most forbid, and by no means will have it go farther than a beginning sweat, as being perilous if it exceed.

Of these labours, exercises, and recreations, which are likewise included, some properly belong to the body, some to the mind, some more easy, some hard, some with delight, some without, some within doors, some natural, some are artificial. Amongst bodily exercises, Galen commends ludum parve piae, to play at ball, to be it with the hand or racket, in tennis-courts or otherwise, it exerciseth each part of the body, and doth much good, so that they sweat not too much. It was in great request of old amongst the Greeks, Romans, Barbarians, mentioned by Homer, Herodotus, and Plinian. Some write, that Aganella, a fair maid of Corecyra, was the inventor of it, for she presented the first ball that ever was made to Nausica, the daughter of King Alcinous, and taught her how to use it.

The ordinary sports which are used abroad are hawking, hunting, hilarres venandi labores, one calls them, because they recreate body and mind, another, the "best exercise that is, by which alone many have been freed from all feral diseases." Hegesippus, lib. 1. cap. 37, relates of Herod, that he was eased of a grievous melancholy by that means. Plato, 7. de leg. highly magnifies it, dividing it into three parts, "by land, water, air." Xenophon, in Cyroped. graces it with a great name, Deorum munus, the gift of the gods, a princely sport, which they have ever used, saith Langius, epist. 59. lib. 2. as well for health as pleasure, and do at this day, it being the sole almost and ordinary sport of our noblemen in Europe, and elsewhere all over the world. Bohemus, de mor. gent. lib. 3. cap. 12. styles it therefore, studium nobilium, communiter venantur, quid sibi solis licere contendunt, 'tis all their study, their exercise, ordinary business, all their talk: and indeed some dote too much after it, they can do nothing else, discourse of nought else. Paulus Jovius, descr.

Exercise rectified.

Brit. doth in some sort tax our "*English nobility for it, for living in the country so much, and too frequent use of it, as if they had no other means but hawking and hunting to approve themselves gentleman with."

Hawking comes near to hunting, the one in the air, as the other on the earth, a sport as much affected as the other, by some preferred. It was never heard of amongst the Romans, invented some twelve hundred years since, and first mentioned by Firmicus, lib. 5. cap. 8. The Greek emperors began it, and now nothing so frequent: he is nobody that in the season hath not a hawk on his fist. A great art, and many *books written of it. It is a wonder to hear *what is related of the Turks’ officers in this behalf, how many thousand men are employed about it, how many hawks of all sorts, how much revenues consumed on that only disport, how much time is spent at Adrianople alone every year to that purpose. The *Persian kings hawk after butterflies with sparrow made to that use, and stales: lesser hawks for lesser games they have, and bigger for the rest, that they may produce their sport to all seasons. The Muscovian emperors reclaim eagles to fly at hinds, foxes, &c., and such a one was sent for a present to *Queen Elizabeth: some reclaim ravens, castrils, pies, &c., and man them for their pleasures.

Fowling is more troublesome, but all out as delightful to some sorts of men, be it with guns, lime, nets, glades, gins, strings, baits, pitfalls, pipes, calls, stalking-horses, setting-dogs, decoy-ducks, &c., or otherwise. Some much delight to take larks with day-nets, small birds with chaff-nets, plovers, parachute, herons, snipe, &c. Henry the Third, king of Castile (as Miriana the Jesuit reports of him, lib. 3. cap. 7.) was much affected "*with catching of quails," and many gentlemen take a singular pleasure at morning and evening to go abroad with their quail-pipes, and will take any pains to satisfy their delight in that kind. The *Italians have gardens fitted to such use, with nets, bushes, glades, sparing no cost or industry, and are very much affected with the sport. Tycho Brahe, that great astronomer, in the chirography of his Isle of Huena, and Castle of Uraniburge, puts down his nets, and manner of catching small birds, as an ornament and a recreation, wherein he himself was sometimes employed.

Fishing is a kind of hunting by water, be it with nets, weedes, baits, angling, or otherwise, and yields all out as much pleasure to some men as dogs or hawks; "*When they draw their fish upon the bank," saith Nic. Henselius Silesiographia, cap. 3. speaking of that extraordinary delight his countrymen took in fishing, and in making of pools. James Dubravius, that Moravian, in his book de pisc. telletb, how travelling by the highway side in Silesia, he found a nobleman, "*booted up to the groins," wading himself, pulling the nets, and labouring as much as any fisherman of them all: and when some belike objected to him the baseness of his office, he excused himself, "*that if other men might hunt hares, why should not he hunt carps?" Many gentlemen in like sort with us will wade up to the arm-holes upon such occasions, and voluntarily undertake that to satisfy their pleasure, which a poor man for a good stipend would scarce be hired to undergo. Plutarch, in his book de soler. animal. speaks against all fishing, "*as a filthy, base, illiberal employment, having neither wit nor perspicacity in it, nor worth the labour." But he that shall consider the variety of baits for all seasons, and pretty de-
vices which our anglers have invented, peculiar lines, false flies, several sleights, &c., will say, that it deserves like commendation, requires as much study and perspicacity as the rest, and is to be preferred before many of them. Because hawking and hunting are very laborious, much riding, and many dangers accompany them; but this is still and quiet: and if so be the angler catch no fish, yet he hath a wholesome walk to the brookside, pleasant shade by the sweet silver streams; he hath good air, and sweet smells of fine fresh meadow flowers, he hears the melodious harmony of birds, he sees the swans, herons, ducks, water-horns, coots, &c., and many other fowl, with their brood, which he thinketh better than the noise of hounds, or blast of horns, and all the sport that they can make.

Many other sports and recreations there be, much in use, as wringing, bowling, shooting, which Ascam commends in a just volume, and hath in former times been enjoyned by statute as a defensive exercise, and an honour to our land, as well may witness our victories in France. Keelpins, trooks, quoits, pitching bars, hurling, wrestling, leaping, running, fencing, mustring, swimming, wasters, foils, football, baloon, quintan, &c., and many such, which are the common recreations of the countryfolsks. Riding of great horses, running at rings, tilts and tournaments, horse-races, wild-goose chases, which are the disorders of greater men, and good in themselves, though many gentlemen by that means gallop quite out of their fortunes.

But the most pleasant of all outward pastimes is that of Aretens, decumbulatio per amena loca, to make a petty progress, a merry journey now and then with some good companions, to visit friends, see cities, castles, towns,

"To see the pleasant fields, the crystal fountains, Et placidas summis securari in montibus aurum."

*To walk amongst orchards, gardens, bowers, mounts, and arbours, artificial wildernesses, green thickets, arches, groves, lawns, rivulets, fountains, and such like pleasant places, like that Antiochian Daphne, brooks, pools, fishponds, between wood and water, in a fair meadow, by a river side, ubi varius avium cantationes, flavum, prata, prata, &c., to disport in some pleasant plain, park, run up a steep hill sometimes, or sit in a shady seat, must needs be a delectable recreation. Hortus principis et domus ad delectionem facta, cum syri, monte et piscin, vulgo la montagna: the prince’s garden at Ferrara. Schottus highly magnifies, with the groves, mountains, ponds, for a delectable prospect, he was much affected with it; a Persian paradise, or pleasant park, could not be more delectable in his sight. St. Bernard, in the description of his monastery, is almost ravished with the pleasures of it. "A sick man (saith he) sits upon a green bank, and when the dog-star parcheth the plains, and dries up rivers, he lies in a shady bower," Fronde arborea ventitio temperat astros, and feeds his eyes with variety of objects, herbs, trees, to comfort his misery, he receives many delightful smells, and fills his ears with that sweet and various harmony of birds: good God (saith he), what a company of pleasures hast thou made for man! He that should be admitted on a sudden to the sight of such a palace as that of Escorial in Spain, or to that which the Moors built at Grenada, Fontainebleau in France, the Turk’s gardens in his seraglio, wherein all manner of birds and beasts are kept for pleasure; wolves, bears, lynxes, tigers, lions, elephants, &c., or upon the banks of that Thracian Bosphorus: the pope’s Belvedere in Rome, as pleasing as those horti

pensiles in Babylon, or that Indian king’s delightful garden in *Aelian; or *those famous gardens of the Lord Cantelow in France, could not choose, though he were never so ill paid, but be much recreated for the time; or many of our noblemen’s gardens at home. To take a boat in a pleasant evening, and with music *to row upon the waters, which Plutarch so much applauds, Aelian admires, upon the river Pincus: in those Thessalian fields, beset with green bays, where birds so sweetly sing that passengers, enchanted as it were with their heavenly music, omnium laborum et curvarum obliovicantur, forget forthwith all labours, care, and grief: or in a gondola through the Grand Canal in Venice, to see those goodly palaces, must needs refresh and give content to a melancholy dull spirit. Or to see the inner rooms of a fair-built and sumptuous edifice, as that of the Persian kings, so much renowned by Diodorus and Curtius, in which all was almost beaten gold, *chairs, stools, thrones, tabernacles, and pillars of gold, plane trees, and vines of gold, grapes of precious stones, all the other ornaments of pure gold.

"*Pulget gemma flora, et jaspiide fulva suppelex, Strata micans Tyrio.*"

With sweet odours and perfumes, generous wines, opiparous fare, &c., besides the gallantest young men, the fairest *virginis, puellas scutulae ministrantes, the rarest beauties the world could afford, and those set out with costly and curious attires, ad stiporem usque spectantiam, with exquisite music, as in *Trimaltion’s house, in every chamber sweet voices ever sounding day and night, incomparabilis luxus, all delights and pleasures in each kind which to please the sensest could possibly be devised or had, convivus coronati, delittis sibi, &c. Telemachus, in Homer, is brought in as one raved almost at the sight of that magnificent palace, and rich furniture of Menelaus, when he beheld

"*Arus fulgorem et resonantia tecta corusce, Auro arque electro nihil, sacroque elephantis, Argentoque simul. Talis Jovis ardua sedes, Aulaque coelitum stellians splendescit Olympa.""

"Such glittering of gold and brightest brass to shine, Clear amber, silver pure, and ivory so fine; Jupiter’s lofty palace, where the gods do dwell, Was even such a one, and did it not excel."

It will *lascio animos, refresh the soul of man to see fair-built cities, streets, theatres, temples, obelisks, &c. The temple of Jerusalem was so fairly built of white marble, with so many pyramids covered with gold; tectumque templi fulvo coruscans auro, nimio suo fulgore obscuravit oculos itineremitum, was so glorious, and so glistened afar off, that the spectators might not well abide the sight of it. But the inner parts were all so curiously set out with cedar, gold, jewels, &c., as he said of Cleopatra’s palace in Egypt,—*Grassunque trabes absconsertat aurum, that the beholders were amazed. What so pleasant as to see some pageant or sight go by, as at coronations, weddings, and such like solemnities, to see an ambassador or a prince met, received, entertained with masks, shows, fireworks, &c. To see two kings fight in single combat, as Porus and Alexander; Canute and Edmund Ironside; Scanderbeg and Ferat Bassa the Turk; when not honour alone but life itself is at stake, as the *poet of Hector,

"nee enim pro turgore Tauri, Pro bove nec certamen erat, qua premia curas Esse solent, sed pro magni vitaque animaque—Hectoris."

To behold a battle fought, like that of Cressy, or Agincourt, or Poictiers, quæ nescio (saith Froissart) an vetustas ullam profere possit clariorem. To see one of Cassar’s triumphs in old Rome revived, or the like. To be present at an
interview, *as that famous of Henry the Eighth and Francis the First, so much renowned all over Europe; ubi tanto apparatu (saith Hubertus Vellius) tamque triumphali pompa ambo reges cum eorum conjubus coire, ut nulla unquam cetas tam celebria festa viderit aut audierit, no age ever saw the like. So infinitely pleasant are such shows, to the sight of which oftentimes they will come hundreds of miles, give any money for a place, and remember many years after with singular delight. Bodine, when he was ambassador in England, said he saw the noblemen go in their robes to the parliament house, summm: cum ju-cunditate vidimus, he was much affected with the sight of it. Pomponius Columna, saith Jovius in his life, saw thirteen Frenchmen, and so many Italians, once fight for a whole army: Quod juvendissimum spectaculum in vitâ dictâ sud, the pleasantest sight that ever he saw in his life. Who would not have been affected with such a spectacle? Or that single combat of 'Breante the Frenchman, and Anthony Schets a Dutchman, before the walls of Sylvaaricus in Brabant, anno 1600. They were twenty-two horse on the one side, as many on the other, which like Livy's Horatii, Torquati and Corvini fought for their own glory and country's honour, in the sight and view of their whole city and army. *When Julius Caesar warred about the banks of Rhone, there came a barbarian prince to see him and the Roman army, and when he had beheld Caesar a good while, "I saw the gods now (saith he) which before I heard of," nec feliciorum ullam vitae meae aut optavi, aut sensi diem: it was the happiest day that ever he had in his life. Such a sight alone were able of itself to drive away melancholy; if not for ever, yet it must needs expel it for a time. Radzivilus was much taken with the pasha's palace in Cairo, and amongst many other objects which that place afforded, with that solemnity of cutting the banks of the Nile by Imram Pasha, when it overflowed, besides two or three hundred galled galleys on the water, he saw two millions of men gathered together on the land, with turbans as white as snow; and *twas a goodly sight. The very reading of feasts, triumphs, interviews, nuptials, tilts, tournaments, combats, and monomachies, is most acceptable and pleasant. 1Franciscus Modinus hath made a large collection of such solemnities in two great tomes, which whose will may peruse. The inspection alone of those curious iconographies of temples and palaces, that of the Lateran church in Albertus Durer, that of the temple of Jerusalem in *Josephus, Adricomius, and Villalpandus: that of the Escurial in Guadas, of Diana at Ephesus in Pliny, Nero's golden palace in Rome, 1Justinian's in Constantinople, that Peruvian Jugo's in *Cusco, ut non ab hominibus, sed à demonis constructum videatur; St. Mark's in Venice, by Ignatius, with many such; priscorum artificem opera (saith that "interpreter of Pausanias), the rare workmanship of those ancient Greeks, in theatres, obelisks, temples, statues, gold, silver, ivory, marble images, non minore fermé quem leguntur, quam quem cernuntur, animium delectatione complent, affect one as much by reading almost as by sight.

The country hath his recreations, the city his several gymnics and exercises, May games, feasts, wakes, and merry meetings, to solace themselves; the very being in the country; that life itself is a sufficient recreation to some men, to enjoy such pleasures, as those old patriarchs did. Dioclesian, the emperor, was so much affected with it, that he gave over his sceptre, and turned gardener. Constantine wrote twenty books of husbandry. Lyssander, when ambassadors came to see him, bragged of nothing more than of his orchard, hi sunt ordines mei. What shall I say of Cincinnatus, Cato, Tully, and many such! how they have been pleased with it, to prune,
Exercise rectified.

plant, inculcate and graft, to show so many several kinds of pears, apples, plums, peaches, &c.

- Nunc captura feras laqueo, nunc fallere visco.  Atque etiam magno canibus circumdari sumus, inasidias avibus moliri, incendere vepres." | "Sometimes with traps deceit, with line and string
To catch wild birds and beasts, encompassing
The grove with dogs, and out of bushes firing."

Jucundus, in his preface to Cato, Varro, Columella, &c., put out by him, confesseth of himself, that he was mightily delighted with these husbandry studies, and took extraordinary pleasure in them: if the theory or speculation can so much affect, what shall the place and exercise itself: the practical part do? The same confession I find in Herbststein, Porta, Camerarius, and many others, which have written of that subject. If my testimony were aught worth, I could say as much of myself; I am vero Saturnus; no man ever took more delight in springs, woods, groves, gardens, walks, fishponds, rivers, &c. But

- Tantalus à labris atitens fugientia captat
Flumina:"

And so do I; "Velle licet, potiri non licet."†

Every palace, every city almost hath his peculiar walks, cloisters, terraces, groves, theatres, pagesants, games, and several recreations; every country, some professed gymnics to exhilarate their minds, and exercise their bodies. The Greeks had their Olympian, Pythian, Isthmian, Nemean games, in honour of Neptune, Jupiter, Apollo; Athens hers: some for honour, garlands, crowns; for beauty, dancing, running, leaping, like our silver games. The Romans had their feasts, as the Athenians, and Lacedaemonians held their public banquets, in Piritaneæ, Panatheneis, Thesperiis, Phiditiis, plays, nautemachies, places for sea-fights, theatres, amphitheatres, able to contain 70,000 men, wherein they had several delightful shows to exhilarate the people; gladiators, combats of men with themselves, with wild beasts, and wild beasts one with another, like our bull-baitings, or bear-baitings (in which many countrymen and citizens amongst us so much delight, and so frequently use), dancers on ropes. Jugglers, wrestlers, comedies, tragedies, publicly exhibited at the emperor’s and city’s charge, and that with incredible cost and magnificence. In the Low Countries (as Meteran relates), before these wars, they had many solemn feasts, plays, challenges, artillery gardens, colleges of rhymer, rhetoricians, poets: and to this day, such places are curiously maintained in Amsterdam, as appears by that description of Isaacus Pontanus, Rerum Amstelod. lib. 2. cap. 25. So likewise not long since at Friburg, in Germany, as is evident by that relation of Neander, they had Ludos septennales, solemn plays every seven years, which Bocerus, one of their own poets, hath elegantly described:

- At numique spectacula structa parata
Quid memorem, veteri non concessura Quirino,
Ludorum pompis?" &c.

In Italy they have solemn declarations of certain select young gentlemen in Florence (like those reciters in old Rome), and public theatres in most of their cities, for stage-players and others, to exercise and recreate themselves. All seasons almost, all places have their several pastimes; some in summer, some in winter; some abroad, some within; some of the body, some of the mind: and diverse men have diverse recreations and exercises. Domitian,

- Virgil. I. Georg.  "The thirsting Tantalus gapes for the water that eludes his lips."  † "I may desire, but can’t enjoy."  ‡ Boterus, lib. 8. polit. cap. 1.  § See Athenæus dipnoso.  ¶ Ludi vovici, saec. Iudorii, Megalenses, Cereales, Floraæ, Martiales, &c. Rosinus, 8. 12.  || See Lipsius Amphitheatrum. Rosinus, lib. 8. Menonius de Indis Graecorum. 1,500 men at once, tigers, lions, elephants, horses, dogs, bears, &c.  * Lib. ult. et 1. 1. ad finem consequantur non minus laudabili quam veteri contubernia Rhetorum, Rhytmorum in urbibus et municipis, certisque dibus exercensant se sagittarii, gladiatores, &c. Alla ingenii, animique exercitatio, quorum praecipuum studium, principem populum tragediis, comedia, fabulis scoticis, aliisque id genibus indus recreare.  α Οίσεις χρηστίς, part. 3.  β "What shall I say of their spectacles produced with the most magnificent decorations—a degree of costliness never indulged in even by the Romans?"

"And so do I; Velle licet, potiri non licet."

† "I may desire, but can’t enjoy."

‡ Boterus, lib. 8. polit. cap. 1.  § See Athenæus dipnoso.  ¶ Ludi vovici, saec. Iudorii, Megalenses, Cereales, Floraæ, Martiales, &c. Rosinus, 8. 12.  || See Lipsius Amphitheatrum. Rosinus, lib. 8. Menonius de Indis Graecorum. 1,500 men at once, tigers, lions, elephants, horses, dogs, bears, &c.  * Lib. ult. et 1. 1. ad finem consequantur non minus laudabili quam veteri contubernia Rhetorum, Rhytmorum in urbibus et municipis, certisque dibus exercensant se sagittarii, gladiatores, &c. Alla ingenii, animique exercitatio, quorum praecipuum studium, principem populum tragediis, comedia, fabulis scoticis, aliisque id genibus indus recreare.  α Οίσεις χρηστίς, part. 3.  β "What shall I say of their spectacles produced with the most magnificent decorations—a degree of costliness never indulged in even by the Romans?"
the emperor, was much delighted with catching flies; Augustus to play with nuts amongst children; *Alexander Severus was often pleased to play with whoels and young pigs. *Adrian was so wholly enamoured with dogs and horses, that he bestowed monuments and tombs of them, and buried them in graves. In foul weather, or when they can use no other convenient sports, by reason of the time, as we do cock-fighting, to avoid idleness, I think (though some be more seriously taken with it, spend much time, cost and charges, and are too solicitous about it), bSeverus used partridges and quails, as many Frenchmen do still, and to keep birds in cages, with which he was much pleased, when at any time he had leisure from public cares and businesses. He had (saith Lampridius), tame pheasants, ducks, partridges, peacocks, and some 20,000 ringdoves and pigeons. Busbequius, the emperor's orator, when he lay in Constantinople, and could not stir much abroad, kept for his recreation, busying himself to see them fed, almost all manner of strange birds and beasts; this was something, though not to exercise his body, yet to refresh his mind. Conradus Gesner, at Zurich in Switzerland, kept so likewise for his pleasure, a great company of wild beasts; and (as he saith) took great delight to see them eat their meat. Turkey gentlewomen, that are perpetual prisoners, still mewed up according to the custom of the place, have little else besides their household business, or to play with their children to drive away time, but to dally with their cats, which they have in delitis, as many of our ladies and gentlewomen use monkeys and little dogs. The ordinary recreations which we have in winter, and in most solitary times busy our minds with, are cards, tables, and dice, shovelboard, chess-play, the philosopher's game, small trunks, shuttlecock, billiards, music, masks, singing, dancing, inglekines, frolics, jests, riddles, catches, purposes, questions and commands, "merry tales of errant knights, queens, lovers, lords, ladies, giants, dwarfs, thieves, cheaters, witches, fairies, goblins, friars, &c., such as the old woman told Psyche in 4Apuleius, Boccace novels, and the rest, quorum auditione puernu delisctantur, senes narrations, which some delight to hear, some to tel; all are well pleased with. Amaranthus, the philosopher, met Hermocles, Diophantus, and Philolaus, his companions, one day busily discoursing about Epicurus and Democritus' tenets, very solicitous which was most probable and came nearest to truth: to put them out of that surly controversy, and to refresh their spirits, he told them a pleasant tale of Stratocles the physician's wedding, and of all the particulars, the company, the cheer, the music, &c., for he was new come from it; with which relation they were so much delighted, that Philolaus wished a blessing to his heart, and many a good wedding, "many such merry meetings might he be at, "to please himself with the sight, and others with the narration of it." News are generally welcome to all our ears, avido audinm, aures enim hominem novitare letantur 1(as Pliny observes), we long after rumour to hear and listen to it, *densus humeris bibit aure vulgas. We are most part too inquisitive and apt to hearken after news, which Caesar, in his bCommentaries, observes of the old Gauls, they would be inquiring of every carrier and passenger what they had heard or seen, what news abroad?

1 Lampridius. 2 Spartan. 3 Delectatus inas calculorum, porcellorum, ut perides inter as pagamentum, aut ut aves parvula suis et deorum voluntatis, me fatis delectatus, et solitudines publicae sublevavit. 4 Bramales listet ut possit produere noces. 4 Miles. 4. 5 O dii similis sepe convivis date ut ipse videndo delectetur, et postmodum narrando delectet. Theod. prodrromus Amorum dial. interpret. Gilberto. 6 Lib. 4. Gallices necessitudines est ut viatores etiam invito consistere cogant, et qui quisque eorum audientia aut cognoscat qui re quinquat. 7 Vitae quae lib. ut.
choly thoughts, was to hear news, and to listen after those ordinary occurrences, which were brought him cum primis, by letters or otherwise out of the remotest parts of Europe. Some men’s whole delight is to take tobacco, and drink all day long in a tavern or alehouse, to discourse, sing, jest, roar, talk of a cock and bull over a pot, &c. Or when three or four good companions meet, tell old stories by the fireside, or in the sun, as old folks usually do, quaerit meminere senser, remembering afresh and with pleasure ancient matters, and such like accidents, which happened in their younger years: others’ best pastime is to game, nothing to them so pleasant. Hic Veneri indulet, hunc decoquit alua—many too nicely take exceptions at cards,1 tables, and dice, and such mixed furious lots, whom Gataker well confutes. Which though they be honest recreations in themselves, yet may justly be otherwise excepted at, as they are often abused, and forbidden as things most pernicious; insanae rem et damnosam, Lemnius calls it. “For most part in these kind of disports tis not art or skill, but subtlety, cunningly catching, knavery, chance and fortune carries all away;” tis ambulatoria pecunia.

—*gente mobilia hora
Permutat dominus, et cedit in altera Jura.*

They labour most part not to pass their time in honest dispot, but for filthy lucre, and covetousness of money. In fidelissimum lucrum et averram hominum convertitur, as Danens observes. *Pons fraudum et maleficiarum,* tis the fountain of cozenage and villainy. “A thing so common all over Europe at this day, and so generally abused, that many men are utterly undone by it,” their means spent, patrimories consumed, they and their posterity beggar’d; besides swearing, wrangling, drinking, loss of time, and such inconveniences, which are ordinary concomitants: “for when once they have got a haunt of such companies, and habit of gaming, they can hardly be drawn from it, but as an itch it will tickle them, and as it is with wholemasters, once entered, they cannot easily leave it off.” Vexat mentes insania cupido, they are mad upon their sport. And in conclusion (which Charles the Seventh, that good French king, published in an edict against gamesters) unde pie et hilaris vitae suffugium sibi suisque liberis totique familie, &c. “That which was once their livelihood, should have maintained wife, children, family, is now spent and gone;” maeror et egestas, &c., sorrow and beggary succeeds. So good things may be abused, and that which was first invented to *refresh men’s weary spirits, when they come from other labours and studies to exhilarate the mind, to entertain time and company, tedious otherwise in those long solitary winter nights, and keep them from worse matters, an honest exercise is contrarily perverted.

Chess-play is a good and witty exercise of the mind for some kind of men, and fit for such melancholy, Rhasis holds, as are idle, and have extravagant impertinent thoughts, or troubled with cares, nothing better to distract their mind, and alter their meditations: invented (some say) by the general of an army in a famine, to keep soldiers from mutiny: but if it proceed from overmuch study, in such a case it may do more harm than good; it is a game too troublesome for some men’s brains, too full of anxiety, all out as bad as study; besides it is a testy choleric game, and very offensive to him that loatheth the mate. *William the Conqueror, in his younger years, playing at chess with

*Juven. They account them unlawful because sortiliegous. *Sanct. c. 44. In his libis pleurumque non ara aut perita viget, sed fraud, fallacia, dolus, astutia, casus, fortuna, temeritas locum habent, non ratio, consilium, sapientia, &c. *"In a moment of fleeting time it changes masters and submits to new control. *Abuses tam frequentis hostie in Europa ut plerique credere hanc use patrimonium profundante, haesitat infra, ad inopiam redigantur. *ubi semel prunge ista munim occultat seque disulire, sollicitantibus undique ejusdem farine hominibus, damnosas illas voluteantes repetunt, quod et scortoribus institutum, &c. *Institutur ista exercitatio, non luceri, sed valetudinii et oblectamentii ratione, et quo animus defatigatus resipiet, novasque vires ad subseuos labores duos con cepit. *Lustramolium lates inventus est in duce, ut cum miles intolerbali fust laboraret, altero die edent altero laudes, famis obliviaceretur, Bellomius. See more of this game in Daniel Scot the Palamendes, vol de varia libis, 1. 3. D. Hayward in vita quin.
the Prince of France (Dauphiné was not annexed to that crown in those days) losing a mate, knocked the chess-board about his pate, which was a cause afterward of much enmity between them. For some such reason it is belike, that Patritius, in his 3. book, tit. 12. de reg. instit. forbids his prince to play at chess; hawking and hunting, riding, &c. he will allow; and this to other men, but by no means to him. In Muscovy, where they live in stoves and hot houses all winter long, come seldom or little abroad, it is again very necessary, and therefore in those parts, (saith *Herbastein) much used. At Fez in Africa, where the like inconvenience of keeping within doors is through heat, it is very laudable; and (as *Leo Afer relates) as much frequented. A sport fit for idle gentlewomen, soldiers in garrison, and courtiers that have nought but love matters to busy themselves about, but not altogether so convenient for such as are students. The like I may say of Col. Bruxer's philosophy game, D. Fulke's Metromachia and his Ouronomachia, with the rest of those intricate astrological and geometrical fictions, for such especially as are mathematically given; and the rest of those curious games.

Dancing, singing, masking, mumming, stage plays, howsoever they be heavily censured by some severe Catos, yet if opportunely and soberly used, may justly be approved. *Melius est fodere, quam saltare,* saith Austin: but what is that if they delight in it? *Nemo salut sobrius.* But in what kind of dance? I know these sports have many oppugners, whole volumes writ against them; when as all they say (if duly considered) is but ignoratio Elench: and some again, because they are now cold and wayward, past themselves, cavil at all such youthful sports in others, as he did in the comedy; they think them, *illico nasci senes,* &c. Some out of preposterous zeal object many times trivial arguments, and because of some abuse, will quite take away the good use, as if they should forbid wine because it makes men drunk; but in my judgment they are too stern: there "is a time for all things, a time to mourn, a time to dance," Eccles. iii. 4. "a time to embrace, a time not to embrace (verse 5), and nothing better than that a man should rejoice in his own works," verse 22; for my part, I will subscribe to the king's declaration, and was ever of that mind, those May games, wakes, and Whitsun ales, &c., if they be not at unseasonable hours, may justly be permitted. Let them freely feast, sing and dance, have their puppet-plays, hobby-horses, tabors, crowds, bagpipes, &c., play at ball, and barley-breaks, and what sports and recreations they like best. In France, a province of Germany, (saith *Aubanus Bohemus) the old folks, after evening prayer, went to the alehouse, the younger sort to dance: and to say truth with *Salisburyensis, satius fuerat sic otari, quam turpior occupari,* better do so than worse, as without question otherwise (such is the corruption of man's nature) many of them will do. For that cause, plays, masks, jesters, gladiators, tumbrels, jugglers, and all that crew is admitted and winked at: *Tota jocularium scena procedit, et ideo spectacula admissa sunt, et infinita tyrannia exsustum, ut his occupentur, qui perniciosissi otari solent,* that they might be busied about such toys, that would otherwise more perniciously be idle. So that as *Tacitus said of the astrologers in Rome, we may say of them, genus hominum est quod in civitate nostra et vitabatur semper et retinebitur,* they are a debauched company most part, still spoken against, as well they deserve some of them (for I so relish and distinguish them as fiddlers, and musicians), and yet ever retained. "Evil is not to be done (I confess) that good may come of it;" but this it evil per accidens, and, in a qualified sense, to avoid a greater inconvenience, may justly be tolerated. Sir Thomas More, in

his Utopian Commonwealth, "as he will have none idle, so will he have no man labour over hard, to be toiled out like a horse, 'tis more than slavish infelicity, the life of most of our hired servants and tradesmen elsewhere (excepting his Utopians) but half the day allotted for work, and half for honest recreation, or whatsoever employment they shall think fit for themselves." If one half day in a week were allowed to our household servants for their merry-meetings, by their hard masters, or in a year some feasts, like those Roman Saturnals, I think they would labour harder all the rest of their time, and both parties be better pleased: but this needs not (you will say), for some of them do nought but loiter all the week long.

This which I am at, is for such as are 
fracti animis, troubled in mind, to ease them, over-toiled on the one part, to refresh: over idle on the other, to keep themselves busied. And to this purpose, as any labour or employment will serve to the one, any honest recreation will conduce to the other, so that it be moderate and sparing, as the use of meat and drink; not to spend all their life in gaming, playing, and pastimes, as too many gentlemen do; but to revive our bodies and recreate our souls with honest sports: of which as there be diverse sorts, and peculiar to several callings, ages, sexes, conditions, so there be proper for several seasons, and those of distinct natures, to fit that variety of humours which is amongst them, that if one will not, another may: some in summer, some in winter, some gentle, some more violent, some for the mind alone, some for the body and mind: (as to some it is both business and a pleasant recreation to oversee workmen of all sorts, husbandry, cattle, horse, &c. To build, plot, project, to make models, cast up accounts, &c.) some without, some within doors; new, old, &c, as the season serveth, and as men are inclined. It is reported of Philippus Bonus, that good duke of Burgundy (by Lodovicus Vives, in Epist. and Font. *Heuter in his history) that the said duke, at the marriage of Eleonora, sister to the king of Portugal, at Bruges in Flanders, which was solemnized in the deep of winter, when, as by reason of unseasonable weather, he could neither hawk nor hunt, and was now tired with cards, dice, &c, and such other domestic sports, or to see ladies dance, with some of his courtiers, he would in the evening walk disguised all about the town. It so fortunet, as he was walking late one night, he found a country fellow dead drunk, snorting on a bulk; he caused his followers to bring him to his palace, and there stripping him of his old clothes, and attiring him after the court fashion, when he waked, he and they were all ready to attend upon his excellency, persuading him he was some great duke. The poor fellow admiring how he came there, was served in state all the day long; after supper he saw them dance, heard music, and the rest of those court-like pleasures: but late at night, when he was well tippled, and again fast asleep, they put on his old robes, and so conveyed him to the place where they first found him. Now the fellow had not made them so good sport the day before as he did when he returned to himself; all the jest was, to see how he looked upon it. In conclusion, after some little admiration, the poor man told his friends he had seen a vision, constantly believed it, would not otherwise be persuaded, and so the jest ended.

Antiochus Epiphanes would often disguise himself, steal from his court, and go into merchants', goldsmiths', and other tradesmen's shops, sit and talk with them, and sometimes ride or walk alone, and fall aboard with any tinker, clown, serving man, carrier, or whosoever he met first. Sometimes he did 
ex imperato give a poor fellow money, to see how he would look, or on set

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4 Nemo desideret otiosus, ita nemo asinino more ad seram noctem laborat: nam ea placuam serviliis servum, quae opificem vita est, exceptis Utopiensibus, qui diem in 24 horas dividunt, sex dux tantat operi deputant, reliquam in somno et cibus cajusque arutio permitterunt. • Berum Burgund. lib. 4. • Jussit hominem deforn ad palatium et lecto dulci collocari, &c. mirari homo ubi se loci videt. • Quid interest, inquit Lodovicus Vives, (epist. ad Franciscus. Barducem) inter diem illius et nostros aliquid anno? nihil penius, nihil quid, &c. • Hen. Stephan. prast. Herodot.
purpose lose his purse as he went, to watch who found it, and withal how he would be affected, and with such objects he was much delighted. Many such tricks are ordinarily put in practice by great men, to exhilarate themselves and others, all which are harmless jests, and have their good uses.

But amongst those exercises, or recreations of the mind within doors, there is none so general, so aptly to be applied to all sorts of men, so fit and proper to expel idleness and melancholy, as that of study: _Studia sensuclam oblectant, adolescentiam alunt, secundas res ornant, adversis perfugiam et solutum prebent, domi delectant, &c._ find the rest in _Tully pro Archia Poeta._ What so full of content, as to read, walk, and see maps, pictures, statues, jewels, marbles, which some so much magnify, as those that Phidias made of old so exquisite and pleasing to be beheld, that as "Chrysostom thinketh, "if any man be sickly, troubled in mind, or that cannot sleep for grief, and shall but stand over against one of Phidias' images, he will forget all care, or whatsoever else may molest him, in an instant?" There be those as much taken with Michael Angelo's, Raphael de Urbino's, Francesco Francia's pieces, and many of those Italian and Dutch painters, which were excellent in their ages; and esteem of it as a most pleasing sight, to view those neat architectures, devices, escutcheons, coats of arms, read such books, to peruse old coins of several sorts in a fair gallery; artificial works, perspective glasses, old relics, Roman antiquities, variety of colours. A good picture is _falsa veritas, et muta poesia:_ and though (as 'Vives saith) _artificialia delectant, sed max fasidimus, artificial toys please but for a time; yet who is he that will not be moved with them for the present? When Achilles was tormented and sad for the loss of his dear friend Patroclus, his mother Thetis brought him a most elaborate and curious buckler made by Vulcan, in which were engraven sun, moon, stars, planets, sea, land, men fighting, riding, running, women scolding, hills, dales, towns, castles, brooks, rivers, trees, &c., with many pretty landscapes, and perspective pieces; with sight of which he was infinitely delighted, and much eased of his grief.

"Quo con chose spectaculo captus deletus mora
Oblectatur, in manibus tenens dei splendida dona."

Who will not be affected so in like case, or to see those well-furnished cloisters and galleries of the Roman cardinals, so richly stored with all modern pictures, old statues and antiquities? Cuius se — spectando recreri simul et legendo, to see their pictures alone and read the description, as "Boissardus well adds, whom will it not affect? which Bozius, Pompeonius Latus, Marlianus, Schottus, Cavelerius, Ligorius, &c., and he himself hath well performed of late. Or in some prince's cabinets, like that of the great dukes in Florence, of Felix Platerus, or noblemen's houses, to see such variety of attires, faces, so many, so rare, and such exquisite pieces, of men, birds, beasts, &c., to see those excellent landscapes, Dutch works, and curious cuts of Sadler of Prague, Albertus Durer, Goltzius Vrintes, &c., such pleasant pieces of perspective, Indian pictures made of feathers, China works, frames, thumaturgical motions, exotic toys, &c. Who is he that is now wholly overcome with idleness, or otherwise involved in a labyrinth of worldly cares, troubles and discontents, that will not be much lightened in his mind by reading of some enticing story, true or feigned, where as in a glass he shall observe what our forefathers have done, the beginnings, ruins, falls, periods of commonwealths, private men's actions displayed to the life, &c.  — Plutarch therefore calls them, _secundas mensas et

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1 "Study is the delight of old age, the support of youth, the ornament of prosperity, the solace and refuge of adversity, the comfort of domestic life," &c.
2 Orat. 12. _qui sequi animo fuerit afflicitus aut ager, nec somnum admittere, ita videtur e regionibus stans talis imaginis, obliviis omnium possis, quae humanae vitae aricia et difficilia scindere solent.
3 2. De anima.
4 11. 19.
5 Topogr. Rom. part. 1.
6 Quod heroon convivium legit solius.
bellaria, the second course and junkets, because they were usually read at
noblemen's feasts. Who is not earnestly affected with a passionate speech,
well penned, an elegant poem, or some pleasant bewitching discourse, like that
of Heliodorus, ubi oblectatio quaedam placide fusit cum hilaritate conjuncta?
Julian the Apostle was so taken with an oration of Iabanius, the sophister,
that, as he confessed, he could not be quiet till he had read it all out. Lega
orationem tuam magna ex parte, hestern die ante grandium, pransus vero, sine
ullâ intermissione totam absolvì. O argumenta! O compositionem! I may
say the same of this or that pleasing tract, which will draw his attention
along with it. To most kind of men it is an extraordinary delight to study.
For what a world of books offers itself, in all subjects, arts, and sciences, to
the sweet content and capacity of the reader? In arithmetic, geometry, per-
spective, optics, astronomy, architecture, sculpture, painting, of which so many
and such elaborate treatises are of late written: in mechanics and their mys-
teries, military matters, navigation, riding horses, fencing, swimming,
gardening, planting, great tomes of husbandry, cookery, falconry, hunting,
fishing, fowling, &c., with exquisite pictures of all sports, games, and what not?
In music, metaphysics, natural and moral philosophy, philology, in policy,
heraldry, genealogy, chronology, &c., they afford great tomes, or those studies
of antiquity, &c., et quid subtilius Arithmeticis inventionibus, quid jucundius
Musicis rationibus, quid divinius Astronomicis, quid rectius Geometricis demon-
strationibus? What so sure, what so pleasant? He that shall but see that
geometrical tower of Garezenda at Bologna in Italy, the steeple and clock at
Strasburg, will admire the effects of art, or that engine of Archimedes, to
remove the earth itself, if he had but a place to fasten his instrument: Archi-
medis Cochlea, and rare devices to corriplate waters, musical instruments, and
tri-syllable echoes again, again, and again repeated, with myriads of such.
What vast tomes are extant in law, physic, and divinity, for profit, pleasure, practice,
speculation, in verse or prose, &c.! their names alone are the subject of
whole volumes, we have thousands of authors of all sorts, many great libraries
full well furnish'd, like so many dishes of meat, served out for several palates;
and he is a very block that is affected with none of them. Some take an in-
finitie delight to study the very languages wherein these books are written,
Hebrew, Greek, Syriac, Chaldee, Arabic, &c. Methinks it would please any
man to look upon a geographical map, suavi animum delectatione allocere, ob
incredibilem verum varietatem et jucunditatem, et ad pleniorem sui cognitionem
excitare, chorographical, topographical delineations, to behold, as it were, all
the remote provinces, towns, cities of the world, and never to go forth of the
limits of his study, to measure by the scale and compass their extent, distance,
xamine their site. Charles the Great, as Platina writes, had three fair silver
tables, in one of which superficies was a large map of Constantinople, in the
second Rome neatly engraved, in the third an exquisite description of the whole
world, and much delight he took in them. What greater pleasure can there
now be, than to view those elaborate maps of Ortelius, Mercator, Hondius, &c.?
To peruse those books of cities, put out by Braunus and Hogenbergius? To
read those exquisite descriptions of Maginus, Munster, Herrera, Laet, Merula,
Boterus, Leander, Albertus, Camden, Leo Aër, Adricomium, Nic. Gerbelius,
&c.1 Those famous expeditions of Christoph. Columbus, Americus Vespucius,

*Melanchthon de Heliodoro.
I read a considerable part of your speech before dinner, but after I had
dined I finished it completely. Oh what arguments, what eloquence!
Plutarch.
As in travelling the rest go forward and look before them, so antiquary alone looks round about him,
seeing things past, &c., hath a complete horizon. Janus Bifrons.
Cardan. "What is more subtle than arithmetical conclusions, what more agreeable than musical harmonies; what more divine than
astronomical, what more certain than geometrical demonstrations?"
Hondius, prefixed. Mercators.
"It allures the mind by its agreeable attraction, on account of the incredible variety and pleasant-
ness of the subjects, and excites to a further step in knowledge." Atlas Geog.
Marcus Polus the Venetian, Lod. Vertomannus, Aloysius Cadamustus, &c. Those accurate diaries of Portuguese, Hollanders, of Bartison, Oliver à Nort, &c. Hakluyt’s voyages, Pet. Martyr’s Decades, Benzo, Lerius, Linschoten’s relations, those Hodiojeronicones of Jod. a Maggen, Brocard the monk, Bredenbachius, Jo. Dublinius, Sands, &c., to Jerusalem, Egypt, and other remote places of the world? those pleasant itineraries of Paulus Huentzern, Jodocus Sincerus, Dux Polonus, &c., to read Bellonius’ observations, P. Gillius his surveys; those parts of America, set out, and curiously cut in pictures, by Fratres a Bry. To see a well-cult herbal, herbs, trees, flowers, plants, all vegetables expressed in their proper colours to the life, as that of Matthiollus upon Dioscorides, Delacampius, Lobel, BanMinus, and that last voluminous and mighty herbal of Beslar of Nuremburg, wherein almost every plant is to his own bigness. To see birds, beasts, and fishes of the sea, spiders, gnats, serpents, flies, &c., all creatures set out by the same art, and truly expressed in lively colours, with an exact description of their natures, virtues, qualities, &c., as hath been accurately performed by Ælian, Gesner, Ulysses Aldrovandus, Bellonius, Rondoleius, Hippolytus Salvianus, &c. Arcana coli, naturæ secretæ, ordinem universi sceire majoris felicitatis et dulcedinis est, quam cogitatione quis assequi possit, aut mortalis sperare. What more pleasing studys can there be than the mathematic, theoretical or practical parts? as to survey land, make maps, models, dials, &c., with which I was ever much delighted myself. Talis est Mathematum pulchritudo (saith “Plutarch”) ut his indignum sit divitiarum phaleras istas et bullas, et paullaria spectacula comparari; such is the excellency of these studies, that all those ornaments and childish bubbles of wealth, are not worthy to be compared to them: credi mihi (“saith one”) extingui dulce erit Mathematicarum arsium studio. I could even live and die with such meditations, and take more delight, true content of mind in them, than thou hast in all thy wealth and sport, how rich soever thou art. And as “Cardan well secondes me, Honorijecum magis est et gloriosum hae intelligere, quam provinciis praesse, formosum aut ditem juvemum esse.” The like pleasure there is in all other studies, to such as are truly addicted to them, ea suavitias (one holds) ut cum quis ea degustaverit, quasi poculis Circcei captus, non possit unquam ab ilis divellit; the like sweetness, which as Circe’s cup bewitcheth a student, he cannot leave off, as well may witness those many laborious hours, days and nights, spent in the voluminous treatises written by them; the same content. Julius Scaliger was so much affected with poetry, that he brake out into a pathetical protestation, he had rather be the author of twelve verses in Lucan, or such an ode in Horace, than emperor of Germany. Nicholas Gerbelius, that good old man, was so much ravished with a few Greek authors restored to light, with hope and desire of enjoying the rest, that he exclaims forthwith, Arabiouis atque Indis omnibus erimus idiores, we shall be richer than all the Arabic or Indian princes; of such esteem they were with him, incomparable worth and value, Seneca prefers Zeno and Chrysippus, two doting stoics (he was so much enamoured of their works), before any prince or general of an army; and Orontius, the mathematician, so far admires Archimedes, that he calls him, Divinum et homine majorem, a petty god, more than a man; and well he might, for aught I see, if you respect fame or worth. Pindarus, of Thebes, is as much renowned for his poems, as Epaminondas, Pelopidas, Hercules or Bacchus, his fellow citizens, for their warlike actions; et si jamam respiciam, non pauciores

* Cardan. “To learn the mysteries of the heavens, the secret workings of nature, the order of the universe, is a greater happiness and gratification than any mortal can think or expect to obtain.” * Lib. de capil. divitiarum. * 1 Leon. Diggis. prefat. ad perpet. progenet. * Plur capio volupatias, &c. * In Hipparch. divis. 3. * 2 It is more honourable and glorious to understand these truths than to govern provinces, to be beautiful, or to be young.” * Cardan. prefat. rerum variet. * Poet. lib. 3. * Lib. 3. Qud 9 Donee grani eram tibi, &c. * De Pelopevas. lib. 6. descript. Græc. * Quos si integros habereamus, Dil boni, quas opes, quos thesauros teneres
Aristotelis quam Alexandri meminorunt (as Cardan notes), Aristotle is more known than Alexander; for we have a bare relation of Alexander's deeds, but Aristotle, totus vitæ in monumentis, is whole in his works: yet I stand not upon this; the delight is it, which I aim at, so great pleasure, such sweet content there is in study. ¹King James, 1605, when he came to see our University of Oxford, and amongst other edifices now went to view that famous library, renewed by Sir Thomas Bodley, in imitation of Alexander, at his departure brake out into that noble speech, If I were not a king, I would be a university man: "and if it were so that I must be a prisoner, if I might have my wish, I would desire to have no other prison than that library, and to be chained together with so many good authors et mortuis magistris." So sweet is the delight of study, the more learning they have (as he that hath a dropsy, the more he drinks the thirstier he is) the more they covet to learn, and the last day is prioris discipulus; harsh at first learning is, radices amarae, but fructus dulces, according to that of Isocrates, pleasant at last; the longer they live, the more they are enamoured with the Muses. Heinsius, the keeper of the library at Leyden in Holland, was mewed up in it all the year long; and that which to thy thinking should have bred a loathing, caused in him a greater liking. "I no sooner (saith he) come into the library, but I bolt the door to me, excluding lust, ambition, avarice, and all such vices, whose nurse is idleness, the mother of ignorance, and melancholy herself, and in the very lap of eternity, amongst so many divine souls, I take my seat, with so lofty a spirit and sweet content, that I pity all our great ones, and rich men that know not this happiness." I am not ignorant in the meantime (notwithstanding this which I have said) how barbarously and basely, for the most part, our ruder gentry esteem of libraries and books, how they neglect and contemn so great a treasure, so inestimable a benefit, as Æsop's cock did the jewel he found in the dunghill; and all through error, ignorance, and want of education. And 'tis a wonder, withal, to observe how much they will vainly cast away in unnecessary expenses, quot modis perante (saith ²Erasmus) magnatibus pecuniae, quantum absunt alea, scorta, computationes, profectiones non necessarias, pompe, bella quiesia, ambitio, colac, morio, ludio, &c., what in hawks, homds, lawsuits, vain building, gormandising, drinking, sports, plays, pastimes, &c. If a well-minded man to the Muses would sue to some of them for an exhibition, to the farther maintenance or enlargement of such a work, be it college, lecture, library, or whatsoever else may tend to the advancement of learning, they are so unwilling, so averse, that they had rather see these which are already, with such cost and care erected, utterly ruined, demolished or otherwise employed; for they repine many and grudge at such gifts and revenues so bestowed; and therefore it were in vain, as Erasmus well notes, vel ab his, vel a negotiatoribus qui se Mammonas dediderunt, improbum, fortasse tale officium exigere, to solicit or ask any thing of such men that are likely damned to riches; to this purpose. For my part I pity these men, studios juveo esse libenter, let them go as they are, in the catalogue of Ignoramus. How much, on the other side, are all we bound that are scholars, to those munificent Ptolomies, bountiful Mæcenate, heroic patrons, divine spirits,

"Quo nobis haec etiam fuerunt, namque erit illæ mihi semper Deus." ³

These blessings, friend, a Deity bestow'd.
For never can I deem him less than God.

That have provided for us so many well-furnished libraries, as well as in our

¹Isaac Wace muse regnantes. = Si unquam mihi in factis sit, ut captivas ducar, ut mihi daturus opto, hoc cupeream carere conclude, his catenis illigari, cum hisse captivis concatenatis atatem aeger. ²Epist. Primero. Plurumque in qua simul ac pedem poseris, fortibus possim auln obd; ambitionem autem, amorem, libidinem, etc. excude, quorum parentes esse ignavia, imperiosa nutrix, et in ipso errantem gremio, inter tot illustres animas sedem mihi sumo, cum ingenti quidem anime, ut habitat magnanimum me miseratum, qui falsitatem hanc ignorat. ³Chil. 2. Cent. 1. Adag. 1. ⁴Virg. eclog. 1.
public academies in most cities, as in our private colleges? How shall I remember "Sir Thomas Bodley, amongst the rest, "Otho Nicholson, and the Right Reverend John Williams, Lord Bishop of Lincoln (with many other pious acts), who besides that at St. John's College in Cambridge, that in Westminster, is now likewise in Fierck with a library at Lincoln (a noble precedent for all corporate towns and cities to imitate), O quam te memorem (vir illustissime), quibus elogis? " But to my task again.

Whosoever he is therefore that is overrun with solitariness, or carried away with pleasing melancholy and vain conceits, and for want of employment knows not how to spend his time, or crucified with worldly care, I can prescribe him no better remedy than this of study, to compose himself to the learning of some art or science. Provided always that this malady proceed not from overmuch study; for in such case he adds fuel to the fire, and nothing can be more pernicious; let him take heed he do not overstretch his wits, and make a skeleton of himself; or such inamoratos as read nothing but play-books, idle poems, jests, Amadis de Gaul, the Knight of the Sun, the Seven Champions, Palmerin de Oliva, Eunom de Bourdeaux, &c. Such many times prove in the end as mad as Don Quixote. Study is only prescribed to those that are otherwise idle, troubled in mind, or carried headlong with vain thoughts and imaginations, to distract their cogitations (although variety of study, or some serious subject, would do the former no harm), and divert their continual meditations another way. Nothing in this case better than study; semper aliquid memoriter ediscant, saith Piso, let them learn something without book, transcribe, translate, &c. Read the Scriptures, which Hyperius, lib. 1. de quotid. script. lect. fol. 77. holds available of itself, " the mind is erected thereby from all worldly cares, and hath much quiet and tranquillity." For as 'Austin well hath it, 'tis scientia scientiarum, omni melle dulior, omni pane suavior, omni vino hilarior: 'tis the best nepenthe, surest cordial, sweetest alternative, presentest diverter: for neither as "Chrysostom well adds, "those boughs and leaves of trees which are plashed for cattle to stand under, in the heat of the day, in summer, so much refresh them with their acceptable shade, as the reading of the Scripture doth recreate and comfort a distressed soul, in sorrow and affliction." Paul bids "pray continually;" quod cibus corpori, lectio animas facit, saith Seneca, as meat is to the body, such is reading to the soul. "To be at leisure without books is another hell, and to be buried alive." Cardan calls a library the physic of the soul; "divine authors fortify the mind, make men bold and constant; and (as Hyperius adds) godly conference will not permit the mind to be tortured with absurd cogitations." Rphasis enjoins continual conference to such melancholy men, perpetual discourse of some history, tale, poem, news, &c., alteros sermones edere ac bibere, æque jucundum quam cibus, sive potus, which feeds the mind as meat and drink doth the body, and pleaseth as much: and therefore the said Rphasis, not without good cause, would have somebody still talk seriously, or dispute with them, and sometimes "to cavil and wrangle (so that it break not out to a violent perturbation), for such altercation is like stirring of a dead fire to make it burn afresh," it whets a dull spirit, "and will not suffer the mind to be drowned in those profound cogitations, which melancholy men are commonly troubled with." Ferdinand and Alphonso, kings of Arragon and Sicily, were both cured by reading the history, one of Curtius, the other of Livy, when no prescribed physic would take place. Came-
rarius relates as much of Lorenzo de’ Medici. Heathen philosophers are so full of divine precepts in this kind, that, as some think, they alone are able to settle a distressed mind. 4 sunt verba et voces, quibus hunc tentire dolorem, &c. Epictetus, Plutarch, and Seneca; quails ille, quas tela, saith Lipsius, adversus omnes animi causas administrat, et ipsum mortem, quomodo vitia eripit, infert virtutes? when I read Seneca, “methinks I am beyond all human fortunes, on the top of a hill above mortality.” Plutarch saith as much of Homer, for which cause belike Niceraus, in Xenophon, was made by his parents to con Homer’s Iliads and Odysseys, without book, ut in virum bonum evaderet, as well to make him a good and honest man, as to avoid idleness. If this comfort be got from philosophy, what shall be had from divinity? What shall Austin, Cyprian, Gregory, Bernard’s divine meditations afford us?

“Qui quid sit pulchrum, quid turpe, quid utilis, quid non, Plinius et melius Chrysippo et Cran tore dixant.”

Nay, what shall the Scripture itself? Which is like an apothecary’s shop, wherein are all remedies for all infirmities of mind, purgatives, cordials, alternatives, corroboratives, lenitives, &c. “Every disease of the soul,” saith 5 Austin, “hath a peculiar medicine in the Scripture; this only is required, that the sick man take the potion which God hath already tempered.” 6 Gregory calls it “a glass wherein we may see all our infirmities,” ignitum colloquium, Psalm cxix. 140, 1 Origen a charm. And therefore Hierom prescribes Rusticus the monk, “continually to read the Scripture, and to meditate on that which he hath read; for as mastication is to meat, so is meditation on that which we read.” I would for these causes wish him that is melancholy to use both human and divine authors, voluntarily to impose some task upon himself, to divert his melancholy thoughts: to study the art of memory, Cosmus Roscelius, Pet. Ravennas, Scenkelius’ Detectus, or practise Brachygraphy, &c., that will ask a great deal of attention: or let him demonstrate a proposition in Euclid, in his five last books, extract a square root, or study Algebra: than which, as Clavius holds, “in all human disciplines nothing can be more excellent and pleasant, so abstruse and recondite, so bewitching, so miraculous, so ravishing, so easy withal and full of delight,” omnem humanum captim suprare videtur. By this means you may define ex unque leonem, as the diverb is, by his thumb alone the bigness of Hercules, or the true dimensions of the great Colossus, Solomon’s temple, and Domitian’s amphitheatre out of a little part. By this art you may contemplate the variation of the twenty-three letters, which may be so infinitely varied, that the words compounded and deduced thence will not be contained within the compass of the firmament; ten words may be varied 40,820 several ways: by this art you may examine how many men may stand one by another in the whole superficies of the earth, some say 148,456,800,000,000, assignando singulis passum quadratum (assigning a square foot to each), how many men, supposing all the world as habitable as France, as fruitful and so long-lived, may be born in 60,000 years, and so may you demonstrate with Archimedes how many sands the mass of the whole world might contain if all sandy, if you did but first know how much a small cube as big as a mustard-seed might hold, with infinite such. But in all nature what is there so stupendous as to examine and calculate the motion of the planets, their magnitudes, apogees, perigees, eccentricities, how far distant from the
earth, the bigness, thickness, compass of the firmament, each star, with their diameters and circumference, apparent area, superficies, by those curious helps of glasses, astrolabes, sextants, quadrants, of which Tycho Brahe in his me-
chanics, optics ("divine optics), arithmetic, geometry, and such like arts and instruments? What so intricate and pleasing withal, as to peruse and prac-
tise Heron Alexandriaus's works, de spiritibus, de machinis bellicis, de machinæ se movente, Jordani Nemorarii de ponderibus proposit. 13, that pleasant tract of Machometes Bragedinus de superficierum divisionibus, Apollonius's Conics, or Commandinus's labours in that kind, de centro gravitatis, with many such geometrical theorems and problems? Those rare instruments and mechanical inventions of Jac. Bessonius, and Cardan to this purpose, with many such experiments intimated long since by Roger Bacon, in his tract de "Secretis artis et nature," as to make a chariot to move sine animâ, diving boats, to walk on the water by art, and to fly in the air, to make several cranes and pulleys, qui-
bus homo trahat ad se mille homines, lift up and remove great weights, mills to move themselves, Archita's dove, Albertus's brazen head, and such thauma-
turgical works. But especially to do strange miracles by glasses, of which Proclus and Bacon writ of old, burning glasses, multiplying glasses, perspec-
tives, ut unus homo apparat exercitus, to see afar off, to represent solid bodies by cylinders and concaves, to walk in the air, ut veracter videant (saith Bacon) aurum et argentum et quicquid aliud voluam, et quum veniant ad locum visio-
num, nihil inventant, which glasses are much perfected of late by Baptista Porta and Galilee, and much more is promised by Magninus and Midorgius, to be performed in this kind. Ocoulousticans some speak of, to intend hearing, as the other do-
sight; Marcellus Vrencken, a Hollander, in his epistle to Burgraveus, makes mention of a friend of his that is about an instrument, quo videbit quæ in alió horizonte sint. But our alchemists, methinks, and Rosicrucians afford most rarities, and are fuller of experiments: they can make gold, separate and alter metals, extract oils, salts, lees, and do more strange works than Geber, Lullius, Bacon, or any of those ancients. Crollius hath made after his master Para-
celsus, aurum fulminans, or aurum volatil, which shall imitate thunder and lightning, and crack louder than any gunpowder; Cornelius Drible a perpetual motion, mextinguishable lights, nonum non ardens, with many such feats; see his book de naturæ elementorum, besides hail, wind, snow, thunder, lightning, &c., those strange fire-works, devilish petards, and such like warlike machinations derived hence, of which read Tartalea and others. Ernestus Burgraveus, a disciple of Paracelsus, hath published a discourse, in which he specifies a lamp to be made of man's blood, Lucerna vitæ et mortis index, so he terms it, which chemically prepared forty days, and afterwards kept in a glass, shall show all the accidents of this life; si lampas hic clarus, tunc homo hilaris et sanus cor-
pore et animo; si nebulosus et depressus, malè affictur, et sic pro statu hominis variatur, unde sumptus suens; and which is most wonderful, it dies with the party, cum homineumperit, et evanesceit, the lamp and the man whence the blood was taken, are extinguished together. The same author hath another tract of Mumia (all out as vain and prodigious as the first) by which he will cure most diseases, and transfer them from a man to a beast, by drawing blood from one, and applying it to the other, vel in plantam derivare, and an Alexi-
pharmaceutum, of which Roger Bacon, of old in his Tract. de retardandâ sexentûtx, to make a man young again, live three or four hundred years. Besides pan-
cëas, martial amulets, unguentum armarium, balsams, strange extracts, elixirs, and such like magico-magnetical cures. Now what so pleasing can there be as the speculation of these things, to read and examine such experiments, or

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* Distantias centorum sola Optica diuidicat.  
* Cap. 4. et 5.  
* "If the lamp burn brightly, then the man is cheerful and healthy in mind and body; if, on the other hand, he from whom the blood is taken be melancholic or a spendthrift, then it will burn dimly, and flicker in the socket."
if a man be more mathematically given, to calculate, or peruse Napier's Logarithms, or those tables of artificial "sines and tangents, not long since set out by mine old college, good friend, and late fellow-student of Christ-church in Oxford, * Mr. Edmund Granger, which will perform that by addition and subtraction only, which heretofore Regiomontanus's tables did by multiplication and division, or those elaborate conclusions of his 'sector, quadrant, and cross-staff. Or let him that is melancholy calculate spherical triangles, square a circle, cast a nativity, which howsoever some tax, I say with "Garcaeus, <dabimus hoc petulantibus ingenitis, we will in some cases allow: or let him make an ephemeredes, read Suisset, the calculator's works, Scaliger de emendatione temporum, and Petavius his adversary, till he understand them, perseute subtle Scottus and Suarez's metaphysics, or school divinity, Occam, Thomas, Entisberus, Durand, &c. If those other do not affect him, and his means be great, to employ his purse and fill his head, he may go find the philosopher's stone; he may apply his mind, I say, to heraldry, antiquity, invent impresses, emblems; make epithalamiums, epitaphs, elegies, epigrams, palindroma epigrammata, anagrams, chronograms, acrostics, upon his friends' names; or write a comment on Martianus Capella, Tertullian de patris, the Nubian geography, or upon Ælia Leila Crispis, as many idle fellows have essayed; and rather than do nothing, vary a verse a thousand ways with Putean, so torturing his wits, or as Rainnerus of Luneburgh, 20160 times in his Proteus Poeticus, or Scaliger, Chrysolithus, Cleppissius, and others, have in like sort done. If such voluntary tasks, pleasure and delight, or crabbedness of these studies, will not yet divert their idle thoughts, and alienate their imaginations, they must be compelled, saith Christophorus à Vega, cogi debent, 7. 5. c. 14, upon some mulet, if they perform it not, quod ex officio incidat, loss of credit or disgrace, such as our public University exercises. For, as he that plays for nothing will not heed his game; no more will voluntary employment so thoroughly affect a student, except he be very intent of himself, and take an extraordinary delight in the study, about which he is conversant. It should be of that nature his business, which volens nolens he must necessarily undergo, and without great loss, mulet, shame, or hinderance, he may not omit.

Now for women, instead of laborious studies, they have curious needleworks, cut-works, spinning, bone-lace, and many pretty devices of their own making, to adorn their houses, cushions, carpets, chairs, stools ("for she eats not the bread of idleness,"

 truthful maid; and this I did myself.

This they have to busy themselves about, household offices, &c., "neat gardens, full of exotic, versicolour, diversely varied, sweet-smelling flowers, and plants in all kinds, which they are most ambitious to get, curious to preserve and keep, proud to possess, and much many times brag of." Their merry meetings and frequent visitations, mutual invitations in good towns, I voluntarily omit, which are so much in use, gossiping among the meaner sort, &c., old folks have their beads; an excellent invention to keep them from idleness, that are by nature melancholy, and past all affairs, to say so many paternosters, avemarias, creeds, if it were not profane and superstitious. In a word, body and mind must be exercised, not one, but both, and that in a mediocrity; otherwise it

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will cause a great inconvenience. If the body be overtired, it tires the mind. The mind oppresseth the body, as with students it oftentimes falls out, who (as Plutarch observes) have no care of the body, "but compel that which is mortal to do as much as that which is immortal: that which is earthly, as that which is ethereal. But as the ox tired, told the camel (both serving one master), that refused to carry some part of his burden, before if he were long he should be compelled to carry all his pack, and skin to boot (which by and by, the ox being dead, fell out), the body may say to the soul, that will give him no respite or remission: a little after, an ague, vertigo, consumption, seizeth on them both, all his study is omitted, and they must be compelled to be sick together:" he that tenders his own good estate, and health, must let them draw with equal yoke, both alike, "that so they may happily enjoy their wished health."

MEMB. V.

Waking and terrible Dreams rectified.

As waking that hurts, by all means must be avoided, so sleep, which so much helps, by like ways, "must be procured, by nature or art, inward or outward medicines, and be protracted longer than ordinary, if it may be, as being an especial help." It moistens and fattens the body, concocts, and helps digestion (as we see in dormice, and those Alpine mice that sleep all winter), which Gesner speaks of, when they are so found sleeping under the snow in the dead of winter, as fat as butter. It expels cares, pacifies the mind, refresheth the weary limbs after long work:

"*Sonne, quies rerum, placidissime sonne deorum, Pax animi, quem cura fugit, qui corpora duris Fossa ministeria mulces reparasse labori."  "Sleep, rest of things, O pleasing deity, Peace of the soul, which cares dost cruelty, Weary bodies refresh and mollify.""

The chiefest thing in all physic, Paracelsus calls it, omnia arcana gemmarum superans et metallicorum. The fittest time is "two or three hours after supper, when as the meat is now settled at the bottom of the stomach, and 'tis good to lie on the right side first, because at that site the liver doth rest under the stomach, not molesting any way, but heating him as a fire doth a kettle, that is put to it. After the first sleep 'tis not amiss to lie on the left side, that the meat may the better descend;" and sometimes again on the belly, but never on the back. Seven or eight hours is a competent time for a melancholy man to rest, as Crato thinks; but as some do, to lie in bed and not sleep, a day, or half a day together, to give assent to pleasing conceits and vain imaginations, is many ways pernicious. To procure this sweet moistening sleep, it's best to take away the occasions (if it be possible) that hinder it, and then to use such inward or outward remedies, which may cause it. Constat hodie (saith Boissardus in his tract de magia, cap. 4.) multos ita fasioinari ut noctes integras exigient insomnes, summd inquietudine animorum et corporum; many cannot sleep for witches and fascinations, which are too familiar in some places; they call it, dare aliqui malam noctem. But the ordinary causes are heat and dryness, which must first be removed: a hot and dry brain never sleeps well: grief, fears, cares, expectations, anxieties, great businesses, In aurem utramque

otiose ut dormias, and all violent perturbations of the mind, must in some sort be qualified, before we can hope for any good repose. He that sleeps in the day time, or is in suspense, fear, any way troubled in mind, or goes to bed upon a full stomach, may never hope for quiet rest in the night; nec enim meritoria somnos admittunt, as the poet saith; inn and such like troublesome places are not for sleep; one calls ostler, another tapster, one cries and shouts, another sings, whoops, halloos,

"n—- absentem cantat anileam,
Multub proluitus vappi natn arquu viator."

Who not accustomed to such noises can sleep amongst them? He that will intend to take his rest must go to bed animo seanco, quieto et libero, with a secure and composed mind, in a quiet place: omnia noctes erunt placida composta quiete: and if that will not serve, or may not be obtained, to seek then such means as are requisite. To lie in clean linen and sweet; before he goes to bed, or in bed, to hear "sweet music," which Ficinus commends, lib. 1. cap. 24, or as Jobertus, med. pract. lib. 3. cap. 10, "to read some pleasant author till he be asleep, to have a bason of water still dropping by his bedside," or to lie near that pleasant murmur, lene somantis aquae. Some flood-gates, arches, falls of water, like London Bridge, or some continuate noise which may benumb the senses, lenis motus, silentium et tenetra, tum et ipsa voluntas somnos faciunt; as a gentle noise to some procures sleep, so, which Bernardinus Tliesius, lib. de somno, well observes, silence, in a dark room, and the will itself, is most available to others. Piso commends frications, Andrew Borde a good draught of strong drink before one goes to bed; I say, a nutmeg and ale, or a good draught of muscadine, with a toast and nutmeg, or a posset of the same, which many use in a morning, but methinks, for such as have dry brains, are much more proper at night; some prescribe a sup of vinegar as they go to bed, a spoonful, saith Aetius Tetrabib. lib. 2. ser. 2. cap. 10. lib. 6. cap. 10. Aegimeta, lib. 3. cap. 14. Piso, "a little after meat, because it rareifies melancholy, and procures an appetite to sleep." Donat. ab Altomar. cap. 7. and Mercurialis approve of it, if the malady proceed from the spleen. Salust. Salvian. lib. 2. cap. 1. de remed., Hercules de Saxoniac in Pan. Aetius, Montaltus de morb. capitis, cap. 28. de melam. are altogether against it. Lod. Mercatus, de inter. Morb. cau. lib. 1. cap. 17. in some cases doth allow it. "Rhasis seems to deliberate of it, though Simeon commend it (in sauce peradventure) he makes a question of it: as for baths, fomentations, oils, potions, simples or compounds, inwardly taken to this purpose, 'I shall speak of them elsewhere. If, in the midst of the night, when they lie awake, which is usual to toss and tumble, and not sleep, Ranzovius would have them, if it be in warm weather, to rise and walk three or four turns (till they be cold) about the chamber, and then go to bed again.

Against fearful and troublesome dreams, Incubus and such inconveniences, wherewith melancholy men are molested, the best remedy is to eat a light supper, and of such meats as are easy of digestion, no hare, venison, beef, &c., not to lie on his back, not to meditate or think in the day-time of any terrible objects, or especially talk of them before he goes to bed. For, he said in Lucian after such conference, Hecates somnium mihi video: I can think of nothing but hobgoblins: and as Tully notes, "for the most part our


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speeches in the day-time cause our fantasy to work upon the like in our sleep," which Ennius writes of Homer: Et canis in somnis leporis vestigia latrat: as a dog dreams of a hare, so do men on such subjects they thought on last.

"Somnia que mentes induit volitantibus umbris, 
Nec delubra delum, nec ab athere numina mitunt,
Sed sibi quisque facit," &c.

For that cause when Ptolemy, king of Egypt, had posed the seventy interpreters in order, and asked the nineteenth man what would make one sleep quietly in the night, he told him, "the best way was to have divine and celestial meditations, and to use honest actions in the day-time." Lod. Vives wonders how schoolmen could sleep quietly, and were not terrified in the night, or walk in the dark, they had such monstrous questions, and thought of such terrible matters all day long." They had need, amongst the rest, to sacrifice to god Morpheus, whom "Philostratus paints in a white and black coat, with a horn and ivory box full of dreams, of the same colours, to signify good and bad. If you will know how to interpret them, read Artemidorus, Sambucus and Cardan; but how to help them, "I must refer you to a more convenient place.

MEMB. VI.
SUBSECT. I.—Perturbations of the mind rectified. From himself, by resisting to the utmost, confessing his grief to a friend, &c.

Whosoever it is that shall hope to cure this malady in himself or any other, must first rectify these passions and perturbations of the mind: the chiefest cure consists in them. A quiet mind is that voluptas, or summum bonum of Epicurus; non dolere, curis vacare, animo tranquillo esse, not to grieve, but to want cares, and to have a quiet soul, is the only pleasure of the world, as Seneca truly recites his opinion, not that of eating and drinking, which injurious Aristotle maliciously puts upon him, and for which he is still mistaken, malè audit et vaculet, slandered without a cause, and lashed by all posterity. "Fear and sorrow, therefore, are especially to be avoided, and the mind to be mitigated with mirth, constancy, good hope; vain terror, bad objects are to be removed, and all such persons in whom the gods be not well pleased." Gualter Bruel, Fernelius, consil. 43, Mercurialis, consil. 6, Piso, Jachinthus, cap. 15. in 9. Rhasis, Capivaccius, Hildesheim, &c, all inculcate this as an especial means of their cure, that their "minds be quietly pacified, vain conceits diverted, if it be possible, with terrors, cares, fixed studies, cogitations, and whatsoever it is that shall any way molest or trouble the soul," because that otherwise there is no good to be done. "The body's mischiefs," as Plato proves, "proceed from the soul: and if the mind be not first satisfied, the body can never be cured." Acliabides raves (saith 1 Maximus Tyrius) and is sick, his furious desires carry him from Ilyceus to the pleasing place, thence to the sea, so into Sicily, thence to Lacedaemon, thence to Persia, thence to Samos, then again to Athens; Critias tyranniseth over all the city; Sardanapalus is love-sick; these men are ill-afflicted all, and can never be cured, till their minds be otherwise qualified. Crato, therefore, in that often-cited Counsel

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1 Aristæ hist. "Neither the shrines of the gods, nor the deities themselves, send down from the heavens those dreams which mock our minds with these flitting shadows,—we cause them to ourselves."
of his for a nobleman his patient, when he had sufficiently informed him in
diet, air, exercise, Venus, sleep, concludes with these as matters of greatest
moment, Quod reliquum est, animas accidentia corrigitur, from which alone
proceeds melancholy; they are the fountain, the subject, the hinges whereon
it turns, and must necessarily be reformed.  "For anger stirs choler, heats
the blood and vital spirits; sorrow on the other side refrigerates the body,
and extinguisheth natural heat, overthrows appetite, hinders concoction, dries
up the temperature, and perverts the understanding:" fear dissolves the
spirits, infects the heart, attenuates the soul: and for these causes all passions
and perturbations must, to the utmost of our power and most seriously, be
removed.  Abulius Montaltus attributes so much to them, "that he holds the
rectification of them alone to be sufficient to the cure of melancholy in most
patients." Many are fully cured when they have seen or heard, &c., enjoy
their desires, or be secured and satisfied in their minds; Galen, the common
master of them all, from whose fountain they fetch water, brags, lib. I. de san.
tuend., that he, for his part, hath cured divers of this infirmity, solum animis
ad rectum instituitis, by right settling alone of their minds.

Yea, but you will here infer, that this is excellent good indeed if it could
be done; but how shall it be effected, by whom, what art, what means? hic
labor, hoc opus est.  "Tis a natural infirmity, a most powerful adversary, all
men are subject to passions, and melancholy above all others, as being distem-
pered by their innate humours, abundance of choler adust, weakness of parts,
outward occurrences; and how shall they be avoided? the wisest men, greatest
philosophers of most excellent wit, reason, judgment, divine spirits, cannot
moderate themselves in this behalf; such as are sound in body and mind,
Stoics, heroes, Homer's gods, all are passionate, and furiously carried some-
times; and how shall we that are already crazed, fracti animis, sick in body,
sick in mind, resist? we cannot perform it. You may advise and give good
precepts, as who cannot? But how shall they be put in practice? I may not
deny but our passions are violent, and tyrannise of us, yet there be means to
curb them; though they be headstrong, they may be tamed, they may be
qualified, if he himself or his friends will but use their honest endeavours, or
make use of such ordinary helps as are commonly prescribed.

He himself (I say); from the patient himself the first and chiefest remedy
must be had; for if he be averse, peevish, waspish, give way wholly to his
passions, will not seek to be helped, or be ruled by his friends, how is it pos-
sible he should be cured? But if he be willing, at least, gentle, tractable, and
desire his own good, no doubt but he may magnam morbi deponere partem,
be eased at least, if not cured. He himself must do his utmost endeavours
to resist and withstand the beginnings. Principis obsta.  "Give not water pas-
sage, no not a little," Ecclus. xxv. 27. If they open a little, they will make a
greater breach at length. Whatsoever it is that runneth in his mind, vain
conceit, be it pleasing or displeasing, which so much affects or troubleth him,
"by all possible means he must withstand it, expel those vain, false, frivo-
lous imaginations, absurd conceits, feigned fears and sorrows; from which,"
said Piso, "this disease primarily proceeds, and takes his first occasion or
beginning, by doing something or other that shall be opposite unto them,
thinking of something else, persuading by reason, or howsoever to make a sud-
den alteration of them." Though he have hitherto run in a full career, and
precipitated himself, following his passions, giving reins to his appetite, let him

De mel. cap. 26. ex illis solam remediu; multi ex visis, auditis, &c. sanati sunt.  "Pro viribus ammitendum in predictis, tum in aliis, a quibus
malum velut in primaria causa occasionem nactus est, imaginaciones absurde falsaque et mosuia qua-
cunque subseri; propulseatur, aut aliud agendum, aut ratione persuadendo curam mutationem subito facere.
now stop upon a sudden, curb himself in; and as "LEMNUS adviseth, "strive against with all his power, to the utmost of his endeavour, and not cherish those fond imaginations, which so covertly creep into his mind, most pleasing and amiable at first, but bitter as gall at last, and so headstrong, that by no reason, art, counsel, or persuasion, they may be shaken off." Though he be far gone, and habituated unto such fantastical imaginations, yet as "Tully and Plutarch advise, let him oppose, fortify, or prepare himself against them, by premeditation, reason, or as we do by a crooked staff, bend himself another way.

"Tu tamen interea effigito quaque trista mentem
Solicitans, procul esse jube curasque metuamus
Fallentes, utrisses iras, ina omnia levia."

"In the meantime expel them from thy mind,
Fale fears, sad cares, and griefs which do it grind,
Remove innumerable tasks and discontent,
Let all thy soul be set on merriment."

*Curae tolle graves, vasi crede profanium. If it be idleness hath caused this
infirmitie, or that he perceive himself given to solitariness, to walk alone, and
please his mind with fond imaginations, let him by all means avoid it; 'tis a bosom enemy, 'tis delightful melancholy, a friend in show, but a secret devil, a sweet poison, it will in the end be his undoing; let him go presently, task or set himself a work, get some good company. If he proceed, as a gnat flies about a candle so long till at length he burns his body, so in the end he will undo himself: if it be any harsh object, ill company, let him presently go from it.
If by his own default, through ill diet, bad air, want of exercise, &c., let him now begin to reform himself. "It would be a perfect remedy against all corruption, if," as "Roger Bacon hath it, "we could but moderate ourselves in those six non-natural things." "If it be any disgrace, abuse, temporal loss, calumny, death of friends, imprisonment, banishment, be not troubled with it, do not fear, be not angry, grieve not at it, but with all courage sustain it." (Gordonius, lib. 1. c. 15. de conser. vit). Tu contra audentior ito. "If it be sickness, ill success, or any adversity that hath caused it, oppose an invincible courage, "fortify thyself by God's word, or otherwise," mala bonis persuadenda, set prosperity against adversity, as we refresh our eyes by seeing some pleasant meadow, fountain, picture, or the like: recreate thy mind by some contrary object, with some more pleasing meditation divert thy thoughts.

Yea, but you infer again, facile consilium damnum aliis, we can easily give counsel to others; every man, as the saying is, can tame a shrew but he that hath her; si hic esses, aliter sentires; if you were in our misery, you would find it otherwise, 'tis not so easily performed. We know this to be true; we should moderate ourselves, but we are furiously carried, we cannot make use of such precepts, we are overcome, sick, malae sanii, distempered and habituated to these courses, we can make no resistance; you may as well bid him that is diseased not to feel pain, as a melancholy man not to fear, not to be sad: 'tis within his blood, his brains, his whole temperature, it cannot be removed. But he may choose whether he will give way too far unto it, he may in some sort correct himself. A philosopher was bitten with a mad dog, and as the nature of that disease is to abhor all waters, and liquid things, and to think still they see the picture of a dog before them: he went for all this, reluctante se, to the bath, and seeing there (as he thought) in the water the picture of a dog, with reason overcame this conceit, quid cani cum balneo? what should a dog do in a bath? a mere conceit. Thou thinkest thou heardest and seest devils, black men, &c.,"
tis not so, tis thy corrupt fantasy; settle thine imagination, thou art well. Thou thinkest thou hast a great nose, thou art sick, every man observes thee, laughs thee to scorn; persuade thyself tis no such matter: this is fear only, and vain suspicion. Thou art discontent, thou art sad and heavy; but why? upon what ground? consider of it: thou art jealous, timorous, suspicious; for what cause? examine it thoroughly, thou shalt find none at all, or such as is to be contemned, such as thou wilt surely deride, and contemn in thyself, when it is past. Rule thyself then with reason, satisfy thyself, accustom thyself, wean thyself from such fond conceits, vain fears, strong imaginations, restless thoughts. Thou mayest do it; Est in nobis assuescere (as Plutarch saith), we may frame ourselves as we will. As he that useth an upright shoe, may correct the obliquity, or crookedness, by wearing it on the other side; we may overcome passions if we will. Quoquid sibi imperavit animus obtinuit (as 1Seneca saith) nulli tam feri affectus, ut non disciplinâ perdomenetur, whatsoever the will desires, she may command: no such cruel affections, but by discipline they may be tamed; voluntarily thou wilt not do this or that, which thou oughtest to do, or refrain, &c., but when thou art lashed like a dull jade, thou wilt reform it; fear of a whip will make thee do, or not do. Do that voluntarily then which thou canst do, and must do by compulsion: thou mayest refrain if thou wilt, and master thine affections. 2 As in a city (saith Melancthon) they do by stubborn rebellious rogues, that will not submit themselves to political judgment, compel them by force; so must we do by our affections. If the heart will not lay aside those vicious motions, and the fantasy those fond imaginations, we have another form of government to enforce and restrain our outward members, that they be not led by our passions. If appetite will not obey, let the moving faculty overrule her, let her resist and compel her to do otherwise." In an agony the appetite would drink; sore eyes that itch would be rubbed; but reason saith no, and therefore the moving faculty will not do it. Our fantasy would intrude a thousand fears, suspicions, chimeras upon us, but we have reason to resist, yet we let it be overcome by our appetite; "an imagination enforceth spirits, which, by an admirable league of nature, compel the nerves to obey, and they our several limbs:" we give too much way to our passions. And as to him that is sick of an agony, all things are distasteful and unpleasant, non ex cibi viito, saith Plutarch, not in the meat, but in our taste: so many things are offensive to us, not of themselves, but out of our corrupt judgment, jealousy, suspicion, and the like; we pull these mischiefs upon our own heads.

If then our judgment be so depraved, our reason overruled, will precipitated, that we cannot seek our own good, or moderate ourselves, as in this disease commonly it is, the best way for ease is to impart our misery to some friend, not to smother it up in our own breast: aliur vitium crescitque legendo, &c., and that which was most offensive to us, a cause of fear and grief, quod nunc te cogit, another hell; for 3 strangulat inclusus dolor atque excrutiat intus, grief concealed strangles the soul; but when as we shall but impart it to some discreet, trusty, loving friend, it is 4 instantly removed, by his counsel happily, wisdom, persuasion, advice, his good means, which we could not otherwise apply unto ourselves. A friend's counsel is a charm, like mandrake wine, curas sopit; and as a 5 bull that is tied to a fig-tree becomes gentle on a sudden (which some; 6 Plutarch, interpret of good words),

1 Lib. 2. de Ira. 2 Cap. 3. de affect. anim. Ut in cœpatibus contumaces qui non cedunt politico imperio vi coercendi sunt; ita Deus nobis indit alteram imperii formam: si cor non deponit vitiosum affectum, membra fors coercenda sunt, ne manet in quod affectus impellat; et locomova, quæ harum imperii obtemperat, alteri resistat. 3 Imaginatio impellit spiritus, et inde nervi moverant, &c., et obtemperant imaginacion et appetitum mtrabilis sedere, ad exequandum quod jubet. 4 Ovid. Trist. lib. 6. 5 Participes inde calamitatis nostrae sunt, et velut exornata in eos sacrina onere levamur. Arist. Eth. lib. 9. 6 Camerarius, Exemp. 25. cent. 2. 7 Sympos. lib. 6. cap. 19.
so is a savage, obdurate heart mollified by fair speeches. "All adversity finds ease in complaining (as Isidore holds), and 'tis a solace to relate it;" *Aquam de sequestrum istov atnivb. Friends' confabulations are comfortable at all times, as fire in winter, shade in summer, quale sopor fessis in gramine, meat and drink to him that is hungry or athirst; Democritus's collyrium is not so sovereign to the eyes as this is to the heart; good words are cheerful and powerful of themselves, but much more from friends, as so many props, mutually sustaining each other like ivy and a wall, which Camerarius hath well illustrated in an emblem. Lenit animum simplex vel sapè narratio, the simple narration many times easeth our distressed mind, and in the midst of greatest extremities; so diverse have been relieved, by *exonerating themselves to a faithful friend: he sees that which we cannot see for passion and discontent, he pacifies our minds, he will ease our pain, assuage our anger; \( \text{quantity indol voluptas, quanta securitas, } \) Chrysostom adds, what pleasure, what security by that means! "Nothing so available, or that so much refresheth the soul of man." Tully, as I remember, in an epistle to his dear friend Atticus, much condoes the defect of such a friend. "I live here (saith he) in a great city, where I have a multitude of acquaintance, but not a man of all that company with whom I dare familiarly breathe, or freely jest. Wherefore I expect thee, I desire thee, I send for thee; for there be many things which trouble and molest me, which had I but thee in presence, I could quickly disburden myself of in a walking discourse." The like, perdurance, may he and he say with that old man in the comedy,

"Nemo est meorum amicorum hodie,

Apud quem exprerem occulti mea ansedem,"

and much inconvenience may both he and he suffer in the meantime by it. He or he, or whatsoever then labours of this malady, by all means let him get some trusty friend, *Semper habens Pylademque aliquem qui cures Ostrem, a Pylades, to whom freely and securely he may open himself. For as in all other occurrences, so it is in this, *Si quis in caelum ascendisset, &c., as he said in *Tully, if a man had gone to heaven, "seen the beauty of the skies," stars errant, fixed, &c., *insuvius erit admiratio, it will do him no pleasure, except he have somebody to impart to what he hath seen. It is the best thing in the world, as *Seneca therefore adviseth in such a case, "to get a trusty friend, to whom we may freely and sincerely pour out our secrets; nothing so delighteth and easeth the mind, as when we have a prepared bosom, to which our secrets may descend, of whose conscience we are assured as our own, whose speech may ease our succourless estate, counsel relieve, mirth expel our mourning, and whose very sight may be acceptable unto us." It was the counsel which that politic *Commineus gave to all princes, and others distressed in mind, by occasion of Charles Duke of Burgundy, that was much perplexed, "first to pray to God, and lay himself open to him, and then to some special friend, whom we hold most dear, to tell all our grievances to him; nothing so forcible to strengthen, recreate, and heal the wounded soul of a miserable man."

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*a* Epist. 8. lib. 3. Adversa fortuna habet in querellas levamentum; et malorum relatio, &c. *b* Alloquium chari juват, et solamen amid. Emblem. 54. cent. 1. *c* As David did to Jonathan, 1 Sam. 25. *d* Seneca, Epist. 67. *e* He in civitate magna et turba magna neminem reperire possumus quacum suspire familiarer aut fecerat liberta possimum. Quare te expectamus, te desideramus, te ascendamus. Mutta sint enim que me sollicitant et angunt, que mihi video aures tuae nactus, unius ambulationis sermone exhaurire posse. *f* "I have not a single friend this day to whom I dare disclose my secrets." *Ovid. *g* De amicitia. *h* De tranquili. c. 7. Optimum est amicum fidelem nasci in quies secretum; nimirum video aures tuae, et præter secretum; quorum consilientes seque es tua: quorum nemo solitum etiam, sententia consili, expediat, hilaritas etiam diis ipsiipse ditecet. *i* Comment. 1. 7. Ad Deum confugiamus, et pecora veniam precemur, lude ad amicos, et eum plurimum tribulumus, nos pateticaeos fuisse, eas animo valutus quo affligimus: nihil ad refectionem animum efficaciss.
SUBSECT. II.—Help from friends by counsel, comfort, fair and foul means, artily devices, satisfaction, alteration of his course of life, removing objects, &c.

When the patient of himself is not able to resist, or overcome these heart-eating passions, his friends or physician must be ready to supply that which is wanting. Suae erit humanitatis et sapientiae (which Tully enjoineth in like case) siquid erratum, curare, aut improvisum, suadiligenter corrigere. They must all join; nec satis medicus, saith Hippocrates, suum facisse officium, nisi suum quoque aegrotus, suum astantes, &c. First, they must especially beware, a melancholy discontented person (be it in what kind of melancholy soever) never be left alone or idle: but as physicians prescribe physic, cure custodia, let them not be left unto themselves, but with some company or other, lest by that means they aggravate and increase their disease; non oporlet aegros humusmodi esse solos vel inter ignotas, vel inter eos quos non amant aut negligentum, as Rod. à Fonseca, tom. 1. consil. 35. prescribes. Lugentes custodire solemus (saith Seneca) ne solitudine malè utantur; we watch a sorrowful person, lest he abuse his solitaryness, and so should we do a melancholy man; set him about some business, exercise or recreation, which may divert his thoughts, and still keep him otherwise intent; for his fantasy is so restless, operative and quick, that if it be not in perpetual action, ever employed, it will work upon itself, melancholise, and be carried away instantly, with some fear, jealousy, discontent, suspicion, some vain conceit or other. If his weakness be such that he cannot discern what is amiss, correct, or satisfy, it behoves them by counsel, comfort, or persuasion, by fair or foul means, to alienate his mind, by some artificial invention, or some contrary persuasion, to remove all objects, causes, companies, occasions, as may any ways molest him, to humour him, please him, divert him, and if it be possible, by altering his course of life, to give him security and satisfaction. If he conceal his grievances, and will not be known of them, "they must observe by his looks, gestures, motions, fantasy, what it is that offends," and then to apply remedies unto him: many are instantly cured, when their minds are satisfied. Alexander makes mention of a woman, "that by reason of her husband's long absence in travel, was exceeding peevish and melancholy, but when she heard her husband was returned, beyond all expectation, at the first sight of him, she was freed from all fear, without help of any other physic restored to her former health." Trincavellius, consil. 1. lib. 1. hath such a story of a Venetian, that being much troubled with melancholy, "and ready to die for grief, when he heard his wife was brought to bed of a son, instantly recovered." As Alexander concludes, "If our imaginations be not inverete, by this art they may be cured, especially if they proceed from such a cause." No better way to satisfy, than to remove the object, cause, occasion, if by any art or means possible we may find it out. If he grieve, stand in fear, be in suspicion, suspense, or any way molested, secure him, Solvitur malum, give him satisfaction, the cure is ended; alter his course of life, there needs no other physic. If the party be sad, or otherwise affected, "consider (saith Trallianus) the manner of it, all circumstances, and forthwith make a sudden alteration," by removing the occasions, avoid all terrible objects, heard or seen, "monstrous and prodigious aspects, tales of devils, spirits, ghosts, tragic stories; to such as are in fear they strike a great impression, renewed many times, and recall such chimeras.

and terrible fictions into their minds. "Make not so much as mention of them in private talk, or a dull show tending to that purpose: such things (saith Galateus) are offensive to their imaginations." And to those that are now in sorrow, "Seneca "forbids all sad companions, and such as lament; a groaning companion is an enemy to quietness." Or if there be any such party, at whose presence the patient is not well pleased, he must be removed: gentle speeches, and fair means, must first be tried; no harsh language used, or uncomfortable words; and not expel, as some do, one madness with another; he that so doth, is madder than the patient himself": all things must be quietly composed; *versa non evertenda, sed erigenda, things down must not be deflected, but reared, as Crato counselleth; "he must be quietly and gently used," and we should not do any thing against his mind, but by little and little effect it. As a horse that starts at a drum or trumpet, and will not endure the shooting of a piece, may be so manned by art, and animated, that he can not only endure, but is much more generous at the hearing of such things, much more courageous than before, and much delighteth in it: they must not be reformed, *ex abrupto, but by all art and insinuation, made to such companies, aspects, objects they could not formerly away with. Many at first cannot endure the sight of a green wound, a sick man, which afterward become good chirurgeons, bold empirics: a horse starts at a rotten post afar off, which coming near he quietly passeth. 'Tis much in the manner of making such kind of persons, be they never so averse from company, bashful, solitary, timorous, they may be made at last with those Roman matrons, to desire nothing more than in a public show, to see a full company of gladiators breathe out their last.

If they may not otherwise be accustomed to brook such distasteful and displeasing objects, the best way then is generally to avoid them. Montanus, consul. 239. to the Earl of Montfort, a courtier, and his melancholy patient, advised him to leave the court, by reason of those continual discontents, crosses, abuses, "cares, suspicions, emulations, ambition, anger, jealousy, which that place afforded, and which surely caused him to be so melancholy at the first:" *Maxima quaque domus servis est plena superbis; a company of scoffers and proud Jacks are commonly conversant and attendant in such places, and able to make any man that is of a soft, quiet disposition (as many times they do) *ex stulto insanum, if once they humour him, a very idiot, or stark mad. A thing too much practised in all common societies, and they have no better sport than to make themselves merry by abusing some silly fellow, or to take advantage of another man's weakness. In such cases as in a plague, the best remedy is citó, longè, tardè: (for to such a party, especially if he be apprehensive, there can be no greater misery) to get him quickly gone fareth off and not to be over-hasty in his return. If he be so stupid that he do not apprehend it, his friends should take some order, and by their discretion supply that which is wanting in him, as in all other cases they ought to do. If they see a man melancholy given, solitary, averse from company, please himself with such private and vain meditations, though he delight in it, they ought by all means seek to divert him, to dehort him, to tell him of the event and danger that may come of it. If they see a man idle, that by reason of his means otherwise will betake himself to no course of life, they ought seriously to admonish him, he makes a noise to entangle himself, his want of employment will be his undoing. If he have sustained any great loss, suffered a repulse, disgrace, &c., if it be possible,
Mind rectified.

If that may not be hoped or expected, yet ease him with comfort, cheerful speeches, fair promises, and good words, persuade him, advise him. "Many," saith "Galen, "have been cured by good counsel and persuasion alone." "Hea-

viness of the heart of man doth bring it down, but a good word rejoiceth it," Prov. xii. 25. "And there is he that speaketh words like the pricking of a

sword, but the tongue of a wise man is health," ver. 18. Oratio namque saucius animi est remedium, a gentle speech is the true cure of a wounded soul, as "Plutarch contends out of "Apollodorus and "Euripides: "if it be wisely administered it easeth grief and pain, as diverse remedies do many other diseases." 'Tis "incontinentis instar, a charm, estuans animi refrigerrium, that true "Nepenthe of Homer, which was no Indian plant, or feigned medicine, which "Epidamnus, "Thonis' wife, sent "Helena for a token, as "Macrobius, Saturn., "Cornelius, Gregorius "Hermath. lib. 9., Greg. Nazianzen, and others suppose, but opportu-

nity of speech: for "Helena's bowl, Medea's unction, "Venus's girdle, Circe's cup, cannot so enchant, so forcibly move or alter as it doth. A letter sent or read will do as much; multum alevor quum tuas litteras lego, I am much eased, as "Tully wrote to "Pomponius Atticus, when I read thy letters, and as "Julianus the Apostate once signified to "Maximus the philosopher; as "Alexander slept with "Homer's works, so do I with thine epistles, tanquam "Pecunias medicamentis, easque assimilis tanquam recentes et novas iteramus; scribe ergo, et assidue scribe, or else come thyself; amicus ad amicum venies. Assuredly a wise and well-spoken man may do what he will in such a case; a good orator alone, as "Tully holds, can alter affections by power of his eloquence, "comfort such as are afflicted, erect such as are depressed, expel and mitigate fear, lust, anger," &c. And how powerful is the charm of a discreet and dear friend? Ille regit dictis animos at temperat iras. What may not he effect? As "Chremes told "Menedemus, "Fear not, conceal it not, O friend! but tell me what it is that troubles thee, and I shall surely help thee by comfort, counsel, or in the matter itself." "Arnoldus, lib. 1. breviar. cap. 18. speaks of a usurer in his time, that upon a loss, much melancholy and discontent, was so cured. As imagination, fear, grief, cause such passions, so conceits alone, rectified by good hope, counsel, &c., are able again to help: and 'tis incredible how much they can do in such a case, as "Trincavellius illustrates by an example of a patient of his; "Porphyrius, the philosopher, in "Plotinus's life (written by him), relates, that he was going to make away himself: but meeting by chance his master "Plotinus, who perceiving by his distracted looks all was not well, urged him to confess his grief: which when he had heard, he used such comforting speeches, that he redeemed him & fusciosus Erebì, pacified his unquiet mind, insomuch that he.

"Oculum non curabis sine toto capite, Nec caput sine toto corpore, Nec toton corpus sine anima."
was easily reconciled to himself, and much abashed to think afterwards that he should ever entertain so vile a motion. By all means, therefore, fair promises, good words, gentle persuasions, are to be used, not to be too rigorous at first, "or to insult over them, not to deride, neglect, or contempt, but rather," as Lemnius exhorteth, "to pity, and by all plausible means to seek to redress them:" but if satisfaction may not be had, mild courses, promises, comfortable speeches, and good counsel will not take place; then as Christopherus à Vega determines, lib. 3. cap. 14. de Mel. to handle them more roughly, to threaten and chide, saith 4 Altomarus, terrify sometimes, or as Salvianus will have them, to be lashed and whipped, as we do by a starting horse, 1 that is affrighted without a cause, or as 2 Rhasis adviseth, "one while to speak fair and flatter, another while to terrify and chide, as they shall see cause."

When none of these precedent remedies will avail, it will not be amiss, which Savenarola and Aelian Montaltius so much commend, clavum clavo pellore, "to drive out one passion with another, or by some contrary passion," as they do bleeding at nose by letting blood in the arm, to expel one fear with another, one grief with another. 1 Christopherus à Vega accounts it rational physic, non alienum à ratione: and Lemnius much approves it, "to use a hard wedge to a hard knot," to drive out one disease with another, to pull out a tooth, or wound him, to geld him, saith 1 Platerus, as they did epileptical patients of old, because it quite alters the temperature, that the pain of the one may mitigate the grief of the other; "and I knew one that was so cured of a quartan ague, by the sudden coming of his enemies upon him." If we may believe 2 Pliny, whom Scaliger calls mendaciorum patrem, the father of lies, Q. Fabius Maximus, that renowned consul of Rome, in a battle fought with the king of the Allobroges, at the river Isaurus, was so rid of a quartan ague. Valesius, in his controversies, holds this an excellent remedy, and if it be discreetly used in this malady, better than any physic.

Sometimes again by some feigned lie, strange news, witty device, artificial invention, it is not amiss to deceive them. "As they hate those," saith Alexander, "that neglect or deride, so they will give ear to such as will soothe them up. If they say that they have swallowed frogs or a snake, by all means grant it, and tell them that you can easily cure it; 'tis an ordinary thing. Philodotus, the physician, cured a melancholy king, that thought his head was off, by putting a leaden cap thereon; the weight made him perceive it, and freed him of his fond imagination. A woman, in the said Alexander, swallowed a serpent as she thought; he gave her a vomit, and conveyed a serpent, such as she conceived, into the basin; upon the sight of it she was amended. The pleasantest dotage that ever I read, saith 1 Laurentius, was of a gentleman at Senes in Italy, who was afraid to piss, lest all the town should be drowned; the physicians caused the bells to be rung backward, and told him the town was on fire, wherever he made water, and was immediately cured. Another supposed his nose so big, that he should dash it against the wall if he stirred; his physician took a great piece of flesh, and holding it in his hand, pinched by the nose, making him believe that flesh was cut from it. Forestus, obs. lib. 1, had a melancholy patient, who thought he was dead, "he put a fellow in a

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2 Nemo istusmodi conditionis hominibus insollet, aut in illos sit severior, verum misericordia potius indicaret, vixque deploret. lib. 2. cap. 16. 1 Cap. 7. Idem Piso Laurentius, cap. 8. 1 Quod timet nihil est,ubi cogitare et videre. 1 Una vice blanditant, un vice liadem terrorem incitant. 1 Si vero fuerit ex novo male, audit, vel ex animi accidente, aut de amissione mercium, aut morte amicis, introducantur nova contraria his quae gaudia movant; de hoc semper niti debemus, &c. 1 Cap. 14. 1 Cap. 3. Castratio olim à veteribus usus in morbis desperatis, &c. 1 Lib. 1. cap. 5. 1 Lib. 3. 1 Lib. 7. cap. 50. In acie pugnans ferre quaranta librasus est. 1 Tacchinius, c. 15. in 9. Rhasia, Mont. cap. 26. 1 Lib. 1. cap. 16. 1 Cap. 3. de mel. 1 Cistam posuit ex Medicorum consilio propius eum, in quem allum se mortuum fingentem posuit; hic in cista jaceat, &c.
cheat, like a dead man, by his bedside, and made him rear himself a little, and eat: the melancholy man asked the counterfeit, whether dead men use to eat meat? He told him yea; whereupon he did eat likewise and was cured." Lemnius, lib. 2. cap. 6. de 4. complex. hath many such instances, and Jovianus Fontanus, lib. 4. cap. 2. of Wisd. of the like: but amongst the rest I find one most memorable, registered in the French chronicles of an advocate of Paris before mentioned, who believed verily he was dead, &c. I read a multitude of examples of melancholy men cured by such artificial inventions.

SUBSECT. III.—Music a remedy.

Many and sundry are the means which philosophers and physicians have prescribed to exhilarate a sorrowful heart, to divert those fixed and intent cares and meditations, which in this malady so much offend; but in my judgment none so present, none so powerful, none so apposite as a cup of strong drink, mirth, music, and merry company. Ecclus. xl. 20. “Wine and music rejoice the heart.” 4Rhasis, cont. 9. Tract. 15. Altomarus, cap. 7, Ælianus Montaltus, c. 26. Flcinus, Bened. Victor. Faventinus are almost inmoderate in the commendation of it; a most forcible medicine 5Jacchinus calls it: Jason Pratensis, “a most admirable thing, and worthy of consideration, that can so mollify the mind, and stay those tempestuous affections of it.” Musica est mentis medicina maesta, a roaring-meg against melancholy, to rear and revive the languishing soul; “affecting not only the ears, but the very arteries, the vital and animal spirits, it erects the mind, and makes it nimble.” Lemnius, instit. cap. 44. This it will effect in the most dull, severe and sorrowful souls, “expel grief with mirth, and if there be any clouds, dust, or dregs of cares yet lurking in our thoughts, most powerfully it wipes them all away,” Salisbury. polit. lib. 1. cap. 6, and that which is more, it will perform all this in an instant: 2Chear up the countenance, expel anxiery, bring in hilarity (Giral. Comb. cap. 12. Topog. Hiber.), inform our manners, mitigate anger, 6Atheneus (Dipnosophon. lib. 14. cap. 10.), calleth it an infinite treasure to such as are endowed with it: Dulcisonum reficit tristia corda melos, Eobanus Hessus. Many other properties 1Cassiodorus, epist. 4. reckons up of this our divine music, not only to expel the greatest griefs, but “it doth extenuate fears and furies, appeaseth cruelty, abateth heaviness, and to such as are watchful it causeth quiet rest; it takes away spleen and hatred,” be it instrumental, vocal, with strings, wind, 8Qui a spiritu, sine manuum dexterritate gubernatur, &c. it cures all irksomeness and heaviness of the soul. 1Labouring men that sing to their work, can tell as much, and so can soldiers when they go to fight, whom terror of death cannot so much affright, as the sound of trumpet, drum, fife, and such like music animates; metus enim mortis, as 9Censorinus informeth us, musicâ depellitur. “It makes a child quiet,” the nurse’s song, and many times the sound of a trumpet on a sudden, bells ringing, a carman’s whistle, a boy singing some ballad tune early in the street, alters, revives, recreates a restless patient that cannot sleep in the night, &c. In a word, it is so powerful a thing that it ravisbeth the soul, regina sensuum, the queen of the senses, by sweet pleasure (which is a happy cure), and corporal tunes pacify our incorporeal soul, sine ore loquens, dominatum in animam exercet, and carries it beyond itself, helps,
elevates, extends it. Scaliger, exerct. 302, gives a reason of these effects, "as because the spirits about the heart take in that trembling and dancing air into the body, are moved together, and stirred up with it," or else the mind, as some suppose harmonically composed, is roused up at the tunes of music. And 'tis not only men that are so affected, but almost all other creatures. You know the tale of Hercules Gallus, Orpheus, and Amphion, fabels animas Ovid calls them, that could saxa movere sono testudinis, &c. make stocks and stones, as well as beasts and other animals, dance after their pipes: the dog and hare, wolf and rabe; vicinumque hupo præbuit agna latus; clamous graculus, stridula cornix, et Jovis aquila, as Philostratus describes it in his images, stood all gaping upon Orpheus; and "trees pulled up by the roots came to hear him, Et comitem quercum pinus amica trahit.

Arion made fishes follow him, which, as common experience evinceth, are much affected with music. All singing birds are much pleased with it, especially nightingales, if we may believe Calcagninus; and bees amongst the rest, though they be flying away, when they hear any tingling sound, will tarry behind. "Harts, hinds, horses, dogs, bears, are exceedingly delighted with it." Scal. exerct. 302. Elephants, Agrippa adds, lib. 2. cap. 24, and in Lydia in the midst of a lake there be certain floating islands (if ye will believe it), that after music will dance.

But to leave all declamatory speeches in praise of divine music, I will confine myself to my proper subject: besides that excellent power it hath to expel many other diseases, it is a sovereign remedy against despair and melancholy, and will drive away the devil himself. Canus, a Rhodian fiddler, in Philostratus, when Apollonius was inquisitive to know what he could do with his pipe, told him, "That he would make a melancholy man merry, and him that was merry much merrier than before, a lover more enamoured, a religious man more devout." Ismenias the Theban, "Chiron the centaur, is said to have cured this and many other diseases by music alone: as now they do those, saith Bodine that are troubled with St. Vitus's Bedlam dance.

Timotheus, the musician, compelled Alexander to skip up and down, and leave his dinner (like the tale of the Friar and the Boy), whom Austin, de civ. Dei, lib. 17. cap. 14. so much commends for it. Who hath not heard how David's harmony drove away the evil spirits from king Saul, 1 Sam. xvi. and Elisha when he was much troubled by importunate kings, called for a minstrel, "and when he played, the hand of the Lord came upon him," 2 Kings iii. 17. Censorinus de natali, cap. 12. reports how Aesoppiades the physician helped many frantic persons by this means, phrenetonicum mentes morbo turbatás—Jason Pratensis, cap. de Maniâ, hath many examples, how Clinias and Empedocles cured some desperately melancholy, and some mad, by this our music. Which because it hath such excellent virtues, belike Homer brings in Phœnicians playing, and the Muses singing at the banquet of the gods. Aristotle, Polit. l. 8. c. 5, Plato 2. de legis, highly approve it, and so do all politicians. The Greeks, Romans, have graced music, and made it one of the liberal sciences, though it be now become mercenary. All civil Common-wealths allow it: Cneius Manlius (as Livius relates) anno ab urb. cond. 567. brought first out of Asia to Rome singing wenches, players, jesters, and all

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*Quod spiritus qui in corde agitant tremulum et subaltantem redplunt aerem in pectus, et indi excitantur, a spiritu musculi movetur.* 

*Caevus radicibus anules, &c.* 

*Arbores radicibus avulse,* &c. 

*Carv. in antonius,* in description. 

*Corv. alae, tali que, sive confitent eouren dancing at the sound of a trump,* fol. 35. 1. et fol. 154. 2. book. 

*De sero, ceto, cane, urso idem compertum; musica affiliactum.* 

*Numen inst numera.* 

*Sawe graves morbus modulium currem aegrit, Et desperatia conciliavit opem.* 

*Lib. 5. cap. 7. Morcutzins muncrez odumum, laticum vero sepsio reddam hallucitorem, amenter calidiiorem, religiosum divinum numine corruptum, et ad Deos colendos paratem.* 

*Nataeus Comes Myth. lib. 4. cap. 12.* 

*Lib. 6. de rep. Curat Musicae furorum Sancti Viti.* 

*Exilite hoc convivio, Cardan, sublib. lib. 12.* 

*Libro 9. cap. 1. Fenestias, sambuciatriasque et convivialit furorum oblectamenta addit.* 

*Equulis ex Asia invext in urbem.*
kind of music to their feasts. Your princes, emperors, and persons of any quality, maintain it in their courts; no mirth without music. Sir Thomas More, in his absolute Utopian commonwealth, allows music as an appendix to every meal, and that throughout, to all sorts. Epictetus calls mensam mutam praecepe, a table without music a manger; for "the concert of musicians at a banquet, is a carbuncle set in gold; and as the signet of an emerald well trimmed with gold, so is the melody of music in a pleasant banquet." Ecclus. xxxii. 5, 6. *Louis the Eleventh, when he invited Edward the Fourth to come to Paris, told him that as a principal part of his entertainment, he should hear sweet voices of children, Ionic and Lydian tunes, exquisite music, he should have a——, and the cardinal of Bourbon to be his confessor, which he used as a most plausible argument: as to a sensual man indeed it is. *Lucian in his book, de saltatione, is notashamed to confess that he took infinite delight in singing, dancing, music, women's company, and such like pleasures: "and if thou (said he) didst but hear them play and dance, I know thou wouldst be so well pleased with the object, that thou wouldst dance for company thyself, without doubt thou wilt be taken with it." So Scaliger ingenuously confesseth, exeret. 274. *d I am beyond all measure affected with music, I do most willingly behold them dance, I am mightily detained and allured with that grace and comeliness of fair women, I am well pleased to be idle amongst them." And what young man is not? As it is acceptable and conducing to most, so especially to a melancholy man. Provided always, his disease proceed not originally from it, that he be not some light inamorato, some idle phantastic, who capers in conceit all the day long, and thinks of nothing else, but how to make jigs, sonnets, madrigals, in commendation of his mistress. In such cases music is most pernicious, as a spur to a free horse will make him run himself blind, or break his wind; Incitamentum enim amoris musica, for music enchants, as Menander holds, it will make such melancholy persons mad, and the sound of those jigs and hornpipes will not be removed out of the ears a week after. *Plato for this reason forbids music and wine to all young men, because they are most part amorous, ne ignis addatur igni, lest one fire increase another. Many men are melancholy by hearing music, but it is a pleasing melancholy that it causeth; and therefore to such as are discontent, in woe, fear, sorrow, or dejected, it is a most present remedy: it expels cares, alters their grieving minds, and easeth in an instant. Otherwise, saith 'Plutarch, Musica magis dementat quam vinum; music makes some men mad as a tiger; like Astolphos' horn in Ariosto; or Mercury's golden wand in Homer, that made some wake, others sleep, it hath divers effects: and *Theophrastus right well prophesied, that diseases were either procured by music or mitigated.

SUBSECT. IV.—Mirth and merry company, fair objects, remedies.

Mirth and merry company may not be separated from music, both concerning and necessarily required in this business. "Mirth" (saith *Vives) "purgeth the blood, confirms health, causeth a fresh, pleasing and fine colour, prorogues life, whets the wit, makes the body young, lively and fit for any manner of employment. The merrier the heart the longer the life; "A merry heart is the life of the flesh," Prov. xiv. 30. "Gladness prolongs his days," Ecclus. xxx. 22; and this is one of the three Salernitan doctors, Dr.

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* Comines.  
* Jota libenter et magnà cum volupitate spectare soleo. Et scio te illecebris hisce captum ire et insuper tributariam, hanc dubie demulcere.  
* In musica supra omnem findem caper et obiecto; choræs libentissimæ spúda, pulchrum féminarum vénstrate disillusion, otiari inter has solutes cutis possum.  
* De legibus.  
* Sympos. quest. 5. Musica multós magí dementat quam vinum.  
* Animì morbi vel à musica curantur vel infernantur.  
* Lib. 3. d' anima. Lætitia purgat sanguinem, valetudinem conservat, colorem inducto florentem, nitidum, gratum. 

2 B
Merryman, Dr. Diet, Dr. Quiet, 1 which cure all diseases—Mens hilaris, requies, moderata dieta. 2 Gomesius, praefut. lib. 3. de saq. gen. is a great magnifier of honest mirth, by which (saith he) "we cure many passions of the mind in ourselves, and in our friends;" which 1 Galateus assigns for a cause why we love merry companions: and well they deserve it, being that as Magnirnus hol,s, a merry companion is better than any music, and as the saying is, *comes jucundus in via pro vehicuio*, as a waggon to him that is wearied on the way. *Jucunda confabulatio, sale, joci, pleasant discourse, jests, conceits, merry tales, melliti verborum globuli, as Petronius, 3 Pliny, 4 Spondanus, 5 Calius, and many good authors plead, are that sole Nepenthes of Homer, Helena's bowl, Venus's girdle, so renovated of old 6 to expel grief and care, to cause mirth and gladness of heart, if they be rightly understood, or seasonably applied. In a word, "Gratification, pleasure, love, joy, Mirth, sport, pleasant words and no alloy." are the true Nepenthes. For these causes our physicians generally prescribe this as a principal engine to better the walls of melancholy, a chief antidote, and a sufficient cure of itself. "By all means (saith 7 Mesue) procure mirth to these men in such things as are heard, seen, tasted or smelled, or any way perceived, and let them have all amusements and fair promises, the sight of excellent beauties, attires, ornaments, delightful passages to distract their minds from fear and sorrow, and such things on which they are so fixed and intent. Let them use hunting, sports, plays, jests, merry company," as Rhasis prescribes, "which will not let the mind be molested, a cup of good drink now and then, hear music, and have such companions with whom they are especially delighted; merry tales or toys, drinking, singing, dancing, and whatsoever else may procure mirth: and by no means, saith Guianerus, suffer them to be alone. Benedictus Victorius Faventinus, in his empirics, accounts it an especial remedy against melancholy, "*to hear and see singing, dancing, maskers, mummers, to converse with such merry fellows and fair maid." 8 For the beauty of a woman cheereth the countenance," Ecclus. xxxvi. 22. "Beauty alone is a sovereign remedy against fear, grief, and all melancholy fits; a charm, as Peter de la Seine and many other writers affirm, a banquet itself; he gives instance in discontented Menelaus, that was so often freed by Helen's fair face: and 9 Tully 3 Tusc. cites Epicurus as a chief patron of this tenet. To expel grief, and procure pleasure, sweet smells, good diet, touch, taste, embracing, singing, dancing, sports, plays, and above the rest, exquisite beauties, *quibus occuli jucundi moventur et animi*, are most powerful means, *obvia forma*, to meet or see a fair maid pass by, or to be in company with her. He found it by experience, and made good use of it in his own person, if Plutarch belie him not; for he reckons up the names of some more elegant pieces; *Leontia, Boedina, Hedieia, Nicedia, that were frequently seen in Epicurus' garden, and very familiar in his house. Neither did he try it himself alone, but if we may give credit to 10 Athenesus, he practised it upon others. For when a sad and sick patient was brought unto him to be cured, "he laid him on a down bed, 1 Spiritus temperat, calorem excitat, naturalen vicrum corroburat; juvenile corpus diu servat, vitam prorogat, ingenium acutat, et hominem negotios quibilibet appetitum reddet. Schola Salern. 2 Dum contumeliam vacant et festiva leviat mordem, mediocres animi agritudines sanari solent, &c. 3 De mor. fol. 57. "Animus idem esse quod sunt faciei et juvendi. "Regim. sanit. part. 2. Nota quod amicus bonos et dilectos socios, narrationibus suis juventus superat omnem melodieam. 4 Lib. 21. cap. 1. Comment. in 4 Odys. 5 Lib. 26. c. 15. 6 Homericum illud Nepenthes quod marescum tollit, et cubilium, et hilaritatem parcit. 7 Plant. Bacch. 'De agrind. capitis. Omni modo generat lestitation in his, de is quae audientur et videntur, aut odorantur, aut gustat, aut quaque omne modo sentiri possunt, et aspectum formarum multa decoratis et ornatis, et negotiatione juvendae, et belli, digestibus, et promissa distrahantur coram ani et re aliqua quam timente et dolent. 8 Utatur venationibus, ego illud nepenthes, his qui non sanet animam turbari, vino et canta et loci mutatione, et biberis, et gaudio, ex quisque praecepte delectat. 9 Hispanicus, quod rectitum, sunt, cantus et aretes ad lestitiam presunt. 10 Precipus valet ad expellendam melancholiam stare in cantibus, ludis, et sonis, et habitarum cum familiaribus, et praeceptum. In avunculam, lib. de absolvendo locuta. 11 Corporum complexus, cantus, ludi, formas, &e. Circa horos Epicuri frequentes. 12 Dytophas. lib. 10. Coronarit floris seu incendens odoribus, in culicis plures collocavit dulciuicam potionem prophana. Psaltrium adduxit, &e.
crowned him with a garland of sweet-smelling flowers, in a fair perfumed closet delicately set out, and after a portion or two of good drink, which he administered, he brought in a beautiful young "wench that could play upon a lute, sing, and dance," &c., Tully, 3 Tusc. scots at Epicurus, for this his profane physic (as well he deserved), and yet Plauvinus and Stobeus highly approve of it; most of our looser physicians in some cases, to such parties especially, allow of this; and all of them will have a melancholy, sad, and discontented person; make frequent use of honest sports, companies, and recreations, et incitandos ad Venarem, as "Rodericus a Fonseca will, aspectu et contactu pulcherrimaram feminarum, to be drawn to such consorts whether they will or no. Not to be an auditor only, or a spectator, but sometimes an actor himself. Dulce est desipere in loco, to play the fool now and then is not amiss, there is a time for all things. Grave Socrates would be merry by fits, sing, dance, and take his liquor too, or else Theodoret belies him; so would old Cato, "Tully by his own confession, and the rest. Xenophon, in his Sympos. brings in Socrates as a principal actor, no man merrier than himself, and sometimes he would "ride a cockhorse with his children," — equitare in arundine longâ (though Alcibiades scoffed at him for it), and well he might; for now and then (saith Plutarch) the most virtuous, honest, and grave men will use feasts, jests, and toys, as we do sauces to our meats. So did Scipio and Lelius.

"Qui nobis a valgo et scena in secreta remoránt,
Virtus Sulpianus et nitit sapientia Lelii,
Nugari cum illo, et ille lucere, danc
Desequeretur olus, solit."

Machiavel, in the eighth book of his Florentine history, gives this note of Cosmo de' Medici, the wisest and gravest man of his time in Italy, that he would "now and then play the most egregious fool in his carriage, and was so much given to jesters, players and childish sports, to make himself merry, that he that should but consider his gravity on the one part, his folly and lightness on the other, would surely say, there were two distinct persons in him." Now methinks he did well in it, though 'Salisburiensis be of opinion, that magistrates, senators, and grave men, should not descend to lighter sports, ne republica ludere videatur: but as Themistocles, still keep a stern and constant carriage. I commend Cosmo de' Medici and Castruccius Castracanus, than whom Italy never knew a worthier captain, another Alexander, if "Machiavel do not deceive us in his life: "when a friend of his reproached him for dancing beside his dignity" (belike at some cushion dance), he told him again, qui sapit interditi, vis unquam noctu desipi, he that is wise in the day may do a little in the night. Paulus Jovius relates as much of Pope Leo Decimus, that he was a grave, discreet, staid man, yet sometimes most free, and too open in his sports. And 'tis not altogether 'unfit or misbeaming the gravity of such a man, if that decorum of time, place, and such circumstances be observed.

"Misce stultitiam consulis brevem; and as he said in an epigram to his wife, I would have every man say to himself, or to his friend,

Moll, once in a pleasant company by chance,
I wished that you for company would dance:
Which you refused, and said, your years require,
Now, matron-like, both manners and attire.
Well, Moll, if needs you will be matron-like,
Then trust to this, I will thee matron-like:
Yet so to you my love may never lessen,
As you for church, house, bed, observe this lesson:
Sit in the church, and eat in a tavern.
No deed, word, thought, your due devotion taint.

Well, if you will, your head, your soul reveal
To him that only wounded souls can heal:
Be in my house as busy as a bee,
Having a sting for every one but me;
Buoying in every corner, gathering honey;
Let nothing waste, that costs or yieldeth money.
* And when thou seest my heart to mirth incline,
Thy tongue, wit, blood, warm with good cheer & wine:
Then of sweet sports let no occasion escape,
But be as wanton, trying as an ape."
Those old Greeks had their Lubentium Dean, goddess of pleasure, and the Lacedemonians, instructed from Lycurgus, did Deo Risu sacrifícere, after their wars especially, and in times of peace, which was used in Thessaly, as it appears by that of Apuleius, who was made an instrument of their laughter himself: "Because laughter and merriment was to season their labours and modester life. "Ríus enim divum atque hominum est cetera volúptas. Princes use jesters, players, and have those masters of revels in their courts. The Romans at every supper (for they had no solemn dinner) used music, gladiators, jesters, &c., as Suetonius relates of Tiberius, Dion of Commodus, and so did the Greeks. Besides music, in Xenophon's Sympos. Philippus ridendi artífex, Philip, a jester, was brought to make sport. \[Part. 2. Sec. 2.\] Paulus Jovius, in the eleventh book of his history, hath a pretty digression of our English customs, which howsoever some may misconstrue, I, for my part, will interpret to the best. "The whole nation beyond all other mortal man, is most given to banqueting and feasts; for they prolong them many hours together, with dainty cheer, exquisite music, and facete jesters, and afterwards they fall a dancing and courting their mistresses, till it be late in the night. "Volsteran gives the same testimony of this island, commending our jovial manner of entertainment and good mirth, and methinks he saith well, there is no harm in it; long may they use it, and all such modest sports. Oesias reports of a Persian king, that had 150 maids attending at his table, to play, sing, and dance by turns; and \[Lil. Geraldus of an Egyptian prince, that kept nine virgins still to wait upon him, and those of most excellent feature, and sweet voices, which afterwards gave occasion to the Greeks of that fiction of the nine Muses. \[Footnote: The king of Ethiopia in Africa, most of our Asiatic princes have done so and do; those Sophies, Mogors, Turks, &c., solace themselves after supper amongst their queens and concubines, quæ jucundioris oblectamentis causa (saith mine author) coram rege psallere et saltare consueravit, taking great pleasure to see and hear them sing and dance. This and many such means to exhilarate the heart of men, have been still practised in all ages, as knowing there is no better thing to the preservation of man's life. What shall I say then, but to every melancholy man,\]

\[Verse: Utetra convivis, non tristibus utere amicis, Quos nugas et risus, et joca salsa juvant.\] \[Verse: Feast often, and use friends not still so sad, Whose jests and merriments may make thee glad.\] Use honest and chaste sports, scenical shows, plays, games; \[Accehdant juvenumque Chori, mistaquis sculea.\] And as Marsilius Ficinus concludes an epistle to Bernard Canisianus, and some other of his friends, will I this tract to all good students, "Live merrily, O my friends, free from cares, perplexity, anguish, grief of mind, live merrily," \[latticam coliam vos ereatim: \[Verse: Again and again I request you to be merry, if any thing trouble your hearts, or vex your souls, neglect and connive at. \[Verse: And this I enjoin you, not as a divine alone, but as a physician; for without this mirth, which is the life and quintessence of physic, medicines, and whatsoever is used and applied to prolong the life of man, is dull, dead, and of no force. \[Verse: Dum jussit sinunt, vivite latii (Seneca), I say be merry. \[Verse: \n
It was Tiresias the prophet's counsel to \[Menippus, that travelled all the

\[Footnote: Nec lusibus virentem Vindueus hane juvenatum.\]
world over, even down to hell itself to seek content, and his last farewell to Menippus, to be merry. "Contemn the world (saith he), and count that is in it vanity and toys; this only covet all thy life long; be not curious, or over solicitous in any thing, but with a well composed and contested estate to enjoy thyself, and above all things to be merry."

"Si Numerus uit censet sine amore jocosique, Nil est iucundum, vivas in amore jocosique."1

Nothing better (to conclude with Solomon, Eccles. iii. 22.), "Than that a man should rejoice in his affairs." 'Tis the same advice which every physician in this case rings to his patient, as Capivaccius to his, "Avoid overmuch study and perturbations of the mind, and as much as in thee lies, live at heart's-ease." Prosper Calenus to that melancholy Cardinal Cæsarius, "amidst thy serious studies and business, use jests and conceits, plays and toys, and whatsoever else may recreate thy mind." Nothing better than mirth and merry company in this malady. "It begins with sorrow (saith Manatus), it must be expelled with hilarity."

But see the mischief; many men, knowing that merry company is the only medicine against melancholy, will therefore neglect their business; and in another extreme, spend all their days among good fellows in a tavern or an ale-house, and know not otherwise how to bestow their time but in drinking; malt-worms, men-fishes, or water-snakes, "Quis bibunt solum rumarum more, nihil comedentes, like so many frogs in a puddle. 'Tis their sole exercise to eat, and drink; to sacrifice to Volupia, Rumina, Edulica, Potina, Mellona, is all their religion. They wish for Philoxenus' neck, Jupiter's trinocium, and that the sun would stand still as in Joshua's time, to satisfy their lust, that they might dies noctesque pergracari et bibere. Flourishing wits, and men of good parts, good fashion, and good worth, basely prostitute themselves to every rogue's company, to take tobacco and drink, to roar and sing sourilous songs in base places.

"Invenite aliquem cum perscrutare facientem, Fumetum nautis, aut furibus, aut fugatius."2

Which Thomas Erastus objects to Paracelsus, that he would lie drinking all day long with carmen and tapsters in a brothel-house, is too frequent amongst us, with men of better note: like Timocreon of Rhodes, mutiis bibens, et multa volens, &c. They drown their wits, seethe their brains in ale, consume their fortunes, lose their time, weaken their temperatures, contract filthy diseases, rheums, dropsies, calentures, tremor, get swoln jugulars, pimpled red faces, sore eyes, &c.; heat their livers, alter their complexions, spoil their stomachs, overthrow their bodies; for drink drowns more than the sea and all the rivers that fall into it (mere fugas and casks), confound their souls, suppress reason, go from Scylla to Charybdis, and use that which is a help to their undoing. "Quid refert morbo an fervo pereamus ruinæ? 3When the Black Prince went to set the exiled king of Castile into his kingdom, there was a terrible battle fought between the English and the Spanish: at last the Spanish fled, the English followed them to the river side, where some drowned themselves to avoid their enemies, the rest were killed. Now tell me what difference is between drowning and killing? As good be melancholy.

1 The world think that nothing can be happy without love and mirth, then live in love and jollity. 2 Fidelesma, spic. 2. de Mania. fol. 101. Studia literarum et animi perturbationes fugiat, et quantum potest iucundam vivat. 3 Lib. de arte bibe. Graviliius curis lude et facetas aliquando interpone, luce, et quae solent animum relaxare. 4 Athen. dypnoph. lib. 1. 5 Juven. sat. 8. "You will find him beside some cut throat, along with sailors, or thieves, or runaways." 6 Hor. "What does it signify whether I perish by disease or by the sword!" 7 Frossard, hist. lib. 1. Hispani cum Anglorum vires ferre non possunt, in fugam se dederunt, &c. Prawses in fluvium se dorment, nec in hostium manus venient.
still, as drunken beasts and beggars. Company a sole comfort, and an only remedy to all kind of discontent, is their sole misery and cause of perdition. As Hermione lamented in Euripides, *malea mulieres me fecerunt malum.* Evil company marred her, may they justly complain, bad companions have been their bane. For, "*malus malum vult ut sit sui similis;* one drunkard in a company, one thief, one whoremaster, will by his goodwill make all the rest as bad as himself,

Nocturnes jures te formidare vapores,"

be of what complexion you will, inclination, love or hate, be it good or bad, if you come amongst them, you must do as they do: yea, ‘though it be to the prejudice of your health, you must drink *venenum pro vino.* And so like grasshoppers, whilst they sing over their cups all summer, they starve in winter; and for a little vain merriment shall find a sorrowful reckoning in the end.

**SECT. III. MEMB. I.**

**SUBSECT. I.—A Consolatory Digression, containing the Remedies of all manner of Discontents.**

Because in the preceding digression I have made mention of good counsel, comfortable speeches, persuasion, how necessarily they are required to be the cure of a discontented or troubled mind, how present a remedy they yield, and many times a sole sufficient cure of themselves; I have thought fit in this following section, a little to digress (if at least it be to digress in this subject), to collect and glean a few remedies, and comfortable speeches out of our best orators, philosophers, divines, and fathers of the church, tending to this purpose. I confess, many have copiously written of this subject, Plato, Seneca, Plutarch, Xenophon, Epictetus, Theophrastus, Xenocrates, Crantor, Lucian, Boethius; and some of late, Sadoletus, Cardan, Budaex, Stella, Petrarach, Erasmus, besides Austin, Cyprian, Bernard, &c. And they so well, that as Hierome in like case said, *st nostrum areret ingenium, de illorum posset nonibus irrigari,* if our barren wits were dried up, they might be copiously irrigated from those well-springs: and I shall but *actum agere;* yet because these tracts are not so obvious and common, I will epitomise, and briefly insert some of their divine precepts, reducing their voluminous and vast treatises to my small scale; for it were otherwise impossible to bring so great vessels into so little a creek. And although (as Cardan said of his book *de consol.*) "I know beforehand, this tract of mine many will contemn and reject; they that are fortunate, happy, and in flourishing estate, have no need of such consolatory speeches; they that are miserable and unhappy, think them insufficient to ease their grieved minds, and comfort their misery; yet I will go on; for this must needs do some good to such as are happy, to bring them to a moderation, and make them reflect and know themselves, by seeing the inconstancy of human felicity, others' misery: and to such as are distressed, if they will but attend and consider of this, it cannot choose but give some content and comfort." "*Tis true, no medicine can cure all diseases, some affections of the mind are altogether incurable; yet these helps of art, physic, and philosophy must not be contemned." Arrianus and Plotinus are still in the contrary opinion, that such precepts can do little good. Boethius himself cannot comfort in some cases, they will reject such speeches like bread of stones, *Insana stultae mentis hoc solatia.*

*Ter. Hor. "Although you swear that you dread the night air." "*H ei ha & wio, *either drink or depart." *Lib. de lib. prorsis. Hos libros scot multis spembris, nam fellece his se non indulgere putant, infelices ad solationem miseris non sufficiere. Et taber feliibas moderateam, dum inscons tantiam humana felicitatis docent, prastant; infelices et omnia recte aestimare velint, felices reddere possunt. Nullum medicamentum omnium sanare potest; sunt auctae animi cui prorsus sunt insanables; non tamen actis ovos sperii debet; aut medicinae. aut philosophia. "The insane consolations of a foolish mind."
Words add no courage, which "Catiline once said to his soldiers, "a captain's oration doth not make a coward a valiant man;" and as Job "feelingly said to his friends, "you are but miserable comforters all." 'Tis to no purpose in that vulgar phrase to use a company of obsolete sentences, and familiar sayings: as "Plinius Secundus, being now sorrowful and heavy for the departure of his dear friend Cornelius Rufus, a Roman senator, wrote to his fellow Tiro in like case, adhíbe solatia, sed nova aliqua, sed fortiæ, qua audierim nonquam, legerim nonquam: nam quæ auditivi, qua legi omnia, tanto dolore superanunt, either say something that I never read nor heard of before, or else hold thy peace. Most men will here except trivial consolations, ordinary speeches, and known persuasions in this behalf will be of small force; what can any man say that hath not been said? To what end are such parenthetical discourses? you may as soon remove Mount Caucasus, as alter some men's affections. Yet sure I think they cannot choose but do some good, and comfort and ease a little, though it be the same again, I will say it, and upon that hope I will adventure. "Non meus hic sermo, 'tis not my speech this, but of Seneca, Plutarch, Epictetus, Austin, Bernard, Christ and his Apostles. If I make nothing, as "Montaigne said in like case, I will mar nothing; "tis not my doctrine but my study, I hope I shall do nobody wrong to speak what I think, and deserve not blame in imparting my mind. If it be not for thy ease, it may for mine own; so Tully, Cardan, and Boethius wrote de consol. as well to help themselves as others; be it as it may I will essay.

Discontents and grievances are either general or particular; general are wars, plagues, dearth, famine, fires, inundations, unseasonable weather, epidemical diseases which afflict whole kingdoms, territories, cities: or peculiar to private men, as cares, crosses, losses, death of friends, poverty, want, sickness, orblities, injuries, abuses, &c. Generally all discontent, "hominès quotimur fortuntis salo. No condition free, quique suos patimur manes. Even in the midst of our mirth and jollity, there is some grudging, some complaint, as 'he saith, our whole life is a glucupricon, a bitter-sweet passion, honey and gall mixed together, we are all miserable and discontent, who can deny it? If all, and that it be a common calamity, an inevitable necessity, all distressed, then as Cardan infers, "who art thou that hope to go free? Why dost thou not grieve thou art a mortal man, and not governor of the world?" Jorua quam sortem patiuntur omnes, Nemo recuset, "If it be common to all, why should one man be more disquieted than another?" If thou alone wert distress'd, it were indeed more irksome, and less to be endured; but when the calamity is common, comfort thyself with this, thou hast more fellows, Salamen miserris socios habuisse doloris; 'tis not thy sole case, and why shouldst thou be so impatient? "Ay, but alas we are more miserable than others, what shall we do? Besides private miseries, we live in perpetual fear and danger of common enemies: we have Bellona's whips, and pitiful outcries, for epithalamiuns; for pleasant music, that fearful noise of ordnance, drums, and warlike trumpets still sounding in our ears; instead of nuptial torches, we have firing of towns and cities; for triumphs, lamentations; for joy, tears." "So it is
and so it was, and so it ever will be. He that refuseth to see and hear, to suffer this, is not fit to live in this world, and knows not the common condition of all men, to whom so long as they live, with a reciprocal course, joys and sorrows are annexed, and succeed one another." It is inevitable, it may not be avoided, and why then shouldst thou be so much troubled? Graviss nihil est homini quod fort necessitas, as Tully deems out of an old poet, "that which is necessary cannot be grievous." If it be so, then comfort thyself in this, "that whether thou wilt or no, it must be endured:" make a virtue of necessity, and conform thyself to undergo it. "Si longa est, levis est; si gravis est, brevis est. If it be long, 'tis light; if grievous, it cannot last. It will away, dies dolorum minuit, and if nought else, time will wear it out; custom will ease it; "oblivion is a common medicine for all losses, injuries, griefs, and detriments whatsoever, "and when they are once past, this commodity comes of infelicity, it makes the rest of our life sweeter unto us:" "Atque haec olim meminisse juvabit, " recollection of the past is pleasant:" "the privation and want of a thing many times makes it more pleasant and delightful than before it was. We must not think, the happiest of us all, to escape here without some misfortunes,

Heaven and earth are much unlike: "Those heavenly bodies indeed are freely carried in their orbs without any impediment or interruption, to continue their course for innumerable ages, and make their conversions: but men are urged with many difficulties, and have diverse hindrances, oppositions still crossing, interrupting their endeavours and desires, and no mortal man is free from this law of nature." We must not therefore hope to have all things answer our own expectation, to have a continuance of good success and fortunes, Fortuna nunguam perpetuus est bona. And as Minutius Felix, the Roman consul, told that insulting Coriolanus, drunk with his good fortunes, look not for that success thou hast hitherto had; "It never yet happened to any man since the beginning of the world, nor ever will, to have all things according to his desire, or to whom fortune was never opposite and adverse." Even so it fell out to him as he foretold. And so to others, even to that happiness of Augustus: though he were Jupiter's almoner, Pluto's treasurer, Neptune's admiral, it could not secure him. Such was Alcibiades' fortune, Narsetes, that great Gonsalvus, and most famous men's, that as Jovius concludes, "it is almost fatal to great princes, through their own default or otherwise circumvented with envy and malice, to lose their honours, and die contumeliously." 'Tis so, still hath been, and ever will be, Nihil est ab omni parte beatum,

Whatever is under the moon is subject to corruption, alteration; and so long as thou livest upon earth look not for other. "Thou shalt not here find peaceable and cheerful days, quiet times, but rather clouds, storms, calamities; such is our fate." And as those errant planets in their distinct orbs have their several motions, sometimes direct, stationary, retrograde, in apogee, perige,

oriental, occidental, combus, feral, free, and as our astrologers will, have
their fortitudes and debilities, by reason of those good and bad irradiations,
conferred to each other's site in the heavens, in their terms, houses, case,
detriments, &c. So we rise and fall in this world, ebb and flow, in and out,
reared and dejected, lead a troublesome life, subject to many accidents and
casualties of fortunes, variety of passions, infirmities as well from ourselves
as others.

Yea, but thou thinkest thou art more miserable than the rest, other men
are happy but in respect of thee, their miseries are but fleas-biting to thine,
thou alone art unhappy, none so bad as thyself. Yet if, as Socrates said,
"All men in the world should come and bring their grievances together, of
body, mind, fortune, sores, ulcers, madness, epilepsies, aches, and all those
common calamities of beggary, want, servitude, imprisonment, and lay them
on a heap to be equally divided, wouldst thou share alike, and take thy
portion? or be as thou art?" Without question thou wouldst be as thou
art. If some Jupiter should say, to give us all content,

"Jams facias quos velitis; eris tu, qui molis miles, Mercator; tu consularis modo, rusticus; hinc vos, Vos hinc mutatis discidetis partibus; eia Quid statis? nolint." 

"Every man knows his own, but not others' defects and miseries; and 'tis
the nature of all men still to reflect upon themselves, their own misfortunes,
not to examine or consider other men's, not to compare themselves with others;
To recount their miseries, but not their good gifts, fortunes, benefits, which
they have, or ruminate on their adversity, but not once to think on their
prosperity, not what they have, but what they want: to look still on them that go
before, but not on those infinite numbers that come after. "Whereas many
a man would think himself in heaven, a petty prince, if he had but the least
part of that fortune which thou so much repinest at, abhorrest, and accountest
a most vile and wretched estate." How many thousands want that which
thou hast? how many myriads of poor slaves, captives, of such as work day and
night in coal-pits, tin-mines, with sore toil to maintain a poor living, of such as
labour in body and mind, live in extreme anguish and pain, all which thou art
free from? O fortunatus nimium bona si sua nörint: Thou art most happy if
thou could'st be content, and acknowledge thy happiness; "Rem correndo non
fruendo cognosceimus, when thou shalt hereafter come to want that which thou
now besthest, abhorrest, and art weary of, and tired with, when 'tis past thou
 wilt say thou wast most happy: and after a little miss, wish with all thine
heart thou hadst the same content again, mightest lead but such a life, a world
for such a life: the remembrance of it is pleasant. Be silent then, rest satisfied,
destinat, intuenquesque in aliorum infortunia solare mentem, comfort thyself
with other men's misfortunes, and as the moldiwart in Esop told the fox,
complaining for want of a tail, and the rest of his companions, tacete, quando me
oculis captum videtis, you complain of toys, but I am blind, be quiet. I say
to thee, be thou satisfied. It is recorded of the hares, that with a general con-
sent they went to drown themselves, out of a feeling of their misery; but when
they saw a company of frogs more fearful than they were, they began to take
courage and comfort again. Compare thine estate with others. Similes
aliorum respice casus, mitiust ista feres. Be content and rest satisfied, for thou
art well in respect to others: be thankful for that thou hast, that God hath
done for thee, he hath not made thee a monster, a beast, a base creature, as

*Si omnes homines sua mala suasaque curas in unum camumum conferrent, aquis divisura portonibus, &c.
*Hor. ser. lib. 1. *Quod uniuersaque prorsus mala novit, aliorum necesse, in causa est, ut se alter aliis
misericordium pateat. Cardan, lib. 3. de consul. Flintarch. de consul. ad Apollonium. *Quam multos putas
qui se cum proximos putarent, totidem regulos, si de fortunae tuae reliquis pars his minima contingat.
Boeth. de consul. lib. 2. pros. 4. 
*You know the value of a thing from wanting more than from enjoying it." *Hesiod. Esto quod est; quod sunt alii, sine quaedambet esse; Quod non es, nilas; quod
he might, but a man, a Christian, such a man; consider aright of it, thou art full well as thou art. "Quicquid vult, habere nemo potest, no man can have what he will, Illud potest nolle quod non habet, he may choose whether he will desire that which he hath not. Thy lot is fallen, make the best of it. "If we should all sleep at all times (as Endymion is said to have done), who then were happier than his fellow?" Our life is but short, a very dream, and while we look about, "Immortalitas adest, eternity is at hand: "our life is a pilgrimage on earth, which wise men pass with great alacrity." If thou be in woe, sorrow, want, distress, in pain, or sickness, think of that of our apostle, "God chastiseth them whom he loveth: they that sow in tears shall reap in joy," Psal. cxxxvi. 5. "As the furnace proveth the potter's vessel, so doth temptation try men's thoughts." Ecclus. xxv. 5, "tis for thy good, Periisses nisi periisses: hadst thou not been so visited, thou hadst been utterly undone: "as gold in the fire," so men are tried in adversity. Tribulation dilat: and which Came- rarius hath well shadowed in an emblem of a threshers and corn.

"Si trituris abit pales sunt adita grana, Nos cruces mundanis separat apaleis:" "As threshing separates from straw the corn, By crosses from the world's chaff are we born."

'Tis the very same which Chrysostom comments, hom. 2, in 3 Mat. "Corn is not separated but by threshing; nor men from worldly impediments but by tribulation." 'Tis that which Cyprian ingeminares, Ser. 4. de immort. 'Tis that which Hierom, which all the fathers inculcate, "so we are catechised for eternity." 'Tis that which the proverb insinuates. Nocumentum documentum; 'tis that which all the world rings in our ears. Deus unicum habit jubium sine peccato, nullum sine flagello: God, saith Austin, hath one son without sin, none without correction. "An expert seaman is tried in a tempest, a runner in a race, a captain in a battle, a valiant man in adversity, a Christian in tentation and misery." Basil. hom. 8. We are sent as so many soldiers into this world, to strive with it, the flesh, the devil; our life is a warfare, and who knows it not? Non est ad astra mollis et terris via: "and therefore peradventure this world here is made troublesome unto us," that, as Gregory notes, "we should not be delighted by the way, and forget whither we are going."

Go on then merrily to heaven. If the way be troublesome, and you in misery, in many grievances: on the other side you have many pleasant sports, objects, sweet smells, delightsome tastes, music, meats, herbs, flowers, &c. to recreate your senses. Or put case thou art now forsaken of the world, dejected, con- Temned, yet comfort thyself, as it was said to Agar in the wilderness, "God sees thee, he takes notice of thee:" there is a God above that can vindicate thy cause, that can relieve thee. And surely Seneca thinks he takes delight in seeing thee. "The gods are well pleased when they see great men contend- ing with adversity," as we are to see men fight, or a man with a beast. But these are toys in respect, "Behold," saith he, "a spectacle worthy of God; a good man contented with his estate." A tyrant is the best sacrifice

to Jupiter, as the ancients held, and his best object "a contented mind." For thy part then rest satisfied, "cast all thy care on him, thy burthen on him, rely on him, trust on him, and he shall nourish thee, care for thee, give thee thine heart's desire;" say with David, "God is our hope and strength, in troubles ready to be found," Psal. xlv. 1. "for they that trust in the Lord shall be as Mount Zion, which cannot be removed," Psal. cxxv. 1, 2. "as the mountains are about Jerusalem, so is the Lord about his people, from henceforth and for ever."

MEMB. II.

Deformity of body, sickness, baseness of birth, peculiar discontents.

Particular discontents and grievances, are either of body, mind, or fortune, which as they wound the soul of man, produce this melancholy, and many great inconveniences, by that antidote of good counsel and persuasion may be eased or expelled. Deformities and imperfections of our bodies, as lameness, crookedness, deafness, blindness, be they innate or accidental, torture many men: yet this may comfort them, that those imperfections of the body do not a whit blemish the soul, or hinder the operations of it, but rather help and much increase it. Thou art lame of body, deformed to the eye, yet this hinders not but that thou mayest be a good, a wise, upright, honest man. "Seldom," saith Plutarch, "honesty and beauty dwell together;" and oftentimes under a thread-bare coat lies an excellent understanding, sepe sub attrid latitat sapientia veste. * Cornelius Musus, that famous preacher in Italy, when he came first into the pulpit in Venice, was so much contemned by reason of his outside, a little, lean, poor, dejected person, * they were all ready to leave the church; but when they heard his voice they did admire him, and happy was that senator who could enjoy his company, or invite him first to his house. A silly fellow to look to, may have more wit, learning, honesty, than he that struts it out Ampullis jactans, &c., grandia gradiens, and is admired in the world's opinion: Vitis sepe cadus nobile habet, the best wine comes out of an old vessel. How many deformed princes, kings, emperors, could I reckon up, philosophers, orators? Hannibal had but one eye, Appius Claudius, Timoleon, blind, Muleasse, king of Tunis, John, king of Bohemia, and Tiresias the prophet. "The night hath his pleasure;" and for the loss of that one sense such men are commonly recompensed in the rest; they have excellent memories, other good parts, music, and many recreations; much happiness, great wisdom, as Tully well discerneth in his Tuscan questions: Homer was blind, yet who (saith he) made more accurate, lively, or better descriptions, with both his eyes? Democritus was blind, yet as Laertius writes of him, he saw more than all Greece besides, as Plato concludes, Tum sanè mentis oculus acutè incipit cernere, quum primum corporis oculus deforescit, when our bodily eyes are at worst, generally the eyes of our soul see best. Some philosophers and divines have evirated themselves, and put out their eyes voluntarily, the better to contemplate. Angelus Politianus had a tetter in his nose continually running, fulsome in company, yet no man so eloquent and pleasing in his works. *Aesop was crooked, Socrates purblind, long-legged, hairy; Democritus withered; Seneca lean and harsh, ugly to behold, yet shew me so many flourishing wits, such divine spirits: Horace, a little bleary-eyed contemptible fellow, yet who so sententious and wise? Marcellus Ficinus, Faber Stapulensis, a couple of dwarfs; *Melanthon a short

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hard-favoured man, parvus erat, sed magnus erat, &c., yet of incomparable parts all three. ¹ Ignatius Loyola, the founder of the Jesuits, by reason of a hurt he received in his leg, at the siege of Pampeluna, the chief town of Navarre in Spain, unfit for wars, and less serviceable at court, upon that accident betook himself to his books, and by those means got more honour than ever he should have done with the use of his limbs, and properness of person:

² Vulnus non penetrat animum, a wound hurts not the soul. Gaiba the emperor was crook-backed, Epictetus lame: that great Alexander a little man of stature;

³ Augustus Caesar of the same pitch; Agesilaus despicabili forma; Boccharis a most deformed prince as ever Egypt had, yet as ¹Diodorus Siculus records of him, in wisdom and knowledge far beyond his predecessors. A. Dom. 1306.

⁴ Uladeslaus Cubitalis that pigmy king of Poland reigned and fought more victorious battles than any of his long-shanked predecessors. Nullam virtus respectit staturam, virtute refuseth no stature, and commonly your great vast bodies, and fine features, are sottish, dull, and leaden spirits. What's in them? ¹ Quid nisi pondus iners stolidaque ferocia mentis, What in Osus and Epsilon (Neptune's sons in Homer), nine acres long?

"² Quæ ut magnus Orion,
Cum pedes incedit, mediæ per maximæ Neræ
Stagno, viam findens humero supereminent undas."

³ Like tall Orion stalking o'er the flood:
When with his brawny breast he cuts the waves,
His shoulder scarce the topmost bellow laves."

What in Maximinus, Ajax, Caligula, and the rest of those great Zanzumins, or gigantical Anakims, heavy, vast, barbarous lubbers?

Menti aegs? ¹

Their body, saith "² Lemnins, 'a is a burden to them, and their spirits not so lively, nor they so erect and merry:' Non est in magno corpore mica salis: a little diamond is more worth than a rocky mountain: which made Alexander Aphrodisseus conclude, "The lesser, the 'wiser, because the soul was more contracted in such a body." Let Bodine in his ²c. method. hist. plead the rest: the lesser they are, as in Asia, Greece, they have generally the finest wits. And for bodily stature which some so much admire, and goodly presence, 'tis true, to say the best of them, great men are proper, and tall, I grant, -- caput inter nubila condit (hide their heads in the clouds); but bellu pusilli, little men are pretty: "³ Sed si bellus homo est Cotta, pusillus homo est." Sickness, diseases, trouble many, but without a cause; "² It may be 'tis for the good of their souls:" Pars fata fuit, the flesh rebels against the spirit; that which hurts the one, must needs help the other. Sickness is the mother of modesty, putteth us in mind of our mortality; and when we are in the full career of worldly pomp and jollity, she pulleth us by the ear, and maketh us know ourselves. "² Pliny calls it, the sum of philosophy, "If we could but perform that in our health, which we promise in our sickness." Quum infirmi sumus, ³ optimi sumus; for "what sick man" (as "²Secundus expostulates with Rufus") "² was ever lascivious, covetous, or ambitious? he envies no man, admires no man, flatters no man, despiseth no man, listens not after lies and tales," &c. And were it not for such gentle remembrances, men would have no moderation of themselves, they would be worse than tigers, wolves, and lions: who should keep them in awe? "² princes, masters, parents, magistrates, judges, friends, enemies, fair or foul means cannot contain us, but a little sickness (as "²Chrysostom observes), will correct and amend us." And therefore

¹Riber. vit. ejus. ²Macrobius. ³Sueton. c. 7. 9. ¹Lib. 1. Corpore exili et despecto, sed ingenio et prudentia longe ante se reges cæteros præveniunt. ²Alexander Gaguius hist. Poloniae. Corpore parvus eram, culigo vix aliter uno, Sed tamen in parvo corpore magnus eram. ³Ovid. = Virg. Ænéi. 10. ²*If the fates give you large proportions, do you not require faculties?" ³Corpore breves praestantiores quum coercitata sit anima. "²Ingenio pollet cui vin natura negavit. ²Maier ad salutem animæ profuit corporis adipitudo, Petarch. ³Lib. 7. Summa est totius Philosophiæ, si tales, &c. ²* When we are sick we are most amiable." ²Plinins, epist. 7. lib. Quem infirimum libido sollicitat, aut avaritia, aut honores? nemini invideat, neminem miratur, neminem despicit, sermonem maligno non alitur. ³Non terret princeps, magister, pares, judex; at agritudine superveniens, omnia corrigit.
with good discretion, "Jovianus Pontanus caused this short sentence to be engraved on his tomb in Naples: "Labour, sorrow, grief, sickness, want and woe, to serve proud masters, bear that superstitious yoke, and bury your dearest friends, &c., are the sauces of our life." If thy disease be continual and painful to thee, it will not surely last: "and a light affliction which is but for a moment, causeth unto us a far more excellent and eternal weight of glory," 2 Cor. iv. 17. bear it with patience; women endure much sorrow in childbed, and yet they will not contain; and those that are barren, wish for this pain; "be courageous, there is as much valour to be shewn in thy bed, as in an army, or at a sea fight;" aux vincetur, aut vincet, thou shalt be rid at last. In the mean time, let it take its course, thy mind is not any way disabled. Bilibaldus Pirkimerus, senator to Charles the Fifth, ruled all Germany, lying most part of his days sick of the gout upon his bed. The more violent thy torture is, the less it will continue: and though it be severe and hideous for the time, comfort thyself as martyrs do, with honour and immortality. "That famous philosopher Epicurus, being in as miserable pain of stone and cholic, as a man might endure, solaced himself with a conceit of immortality; "the joy of his soul for his rare inventions repelled the pain of his bodily torments."

Baseness of birth is a great disparagement to some men, especially if they be wealthy, bear office, and come to promotion in a commonwealth; then (as he observes), if their birth be not answerable to their calling, and to their fellows, they are much abashed and ashamed of themselves. Some scorn their own father and mother, deny brothers and sisters, with the rest of their kindred and friends, and will not suffer them to come near them, when they are in their pomp, accounting it a scandal to their greatness to have such beggarly beginnings. Simon in Lucian, having now got a little wealth, changed his name from Simon to Simonides, for that there were so many beggars of his kin, and set the house on fire where he was born, because nobody should point at it. Others buy titles, coats of arms, and by all means screw themselves into ancient families, falsifying pedigrees, usurping scutcheons, and all because they would not seem to be base. The reason is, for that this gentility is so much admired by a company of outsides, and such honour attributed unto it, as amongst Germans, Frenchmen, and Venetians, the gentry scorn the commonality, and will not suffer them to match with them; they depress, and make them as so many asses, to carry burdens. In our ordinary talk and fallings out, the most opprobrious and scurrile name we can fasten upon a man, or first give, is to call him base rogue, beggarly rascal, and the like: whereas in my judgment, this ought of all other grievances to trouble men least. Of all vanities and fopperies, to brag of gentility is the greatest; for what is it they crack so much of, and challenge such superiority, as if they were demi-gods? Birth? "Tamante vos generis tenuit fibula vestri?" It is non ens, a mere flash, a ceremony, a toy, a thing of nought. Consider the beginning, present estate, progress, ending of gentry, and then tell me what it is. "Oppression, fraud, cozening, usury, knavery, bawdry, murder, and tyranny, are the beginning of many ancient families: one hath been a blood-sucker, a parricide, the death of many a silly soul in some unjust quarrels, seditions, made many an orphan and poor widow, and for that he is made
a lord or an earl, and his posterity gentlemen for ever after. Another hath been a bawd, a pandar to some great men, a parasite, a slave, *prostituted himself, his wife, daughter,* to some lascivious prince, and for that he is exalted. Tiberius preferred many to honours in his time, because they were famous whore-masters and sturdy drinkers; many come into this parchmen-
trow (so one calls it), by flattery or cozening; search your old families, and you shall scarce find of a multitude (as Eneas Sylvius observes), quis seclerata non habent ortum, that have not a wicked beginning; aut qui venit dolo eo fasti-
tiui non ascendant, as that plebeian in Machiavel in a set oration proved to
his fellows, that do not rise by knavery, force, foolery, villainy, or such indirect
means. "They are commonly able that are wealthy; virtue and riches seldom settle on one man: who then sees not the beginning of nobility? spoils enrich one, usury another, treason a third, witchcraft a fourth, flattery a fifth, lying, stealing, bearing false witness a sixth, adultery the seventh," &c. One makes a fool of himself to make his lord merry, another dandles my young master, bestows a little nag on him, a third marries a cracked piece, &c. Now may it please your good worship, your lordship, who was the first founder of your
family? The poet answers, "Aule Pastor fuit, aut illud quod dicere nolo.
Are he or you the better gentleman? If he, then we have traced him to his
form. If you, what is it of which thou boasteest so much? That thou art his son. It may be his heir, his reputed son, and yet indeed a priest or a serv-
ing man may be the true father of him; but we will not controvert that now;
marryed women are all honest; thou art his son's son, begotten and born
infra quatuor maria, &c. Thy great great great grandfather was a rich citizen,
and then in all likelihood a usurer, a lawyer, and then a — a courtier, and
then a — a country gentleman, and then he scraped it out of sheep, &c. And you are the heir of all his virtues, fortunes, titles; so then, what is
your gentry, but as Hierom saith, Opes antiqua, inveterata divitas, ancient
wealth? that is the definition of gentility. The father goes often to the devil,
to make his son a gentleman. For the present, what is it?" It began (saith
Agrippa), with strong impiety, with tyranny, oppression," &c., and so it is
maintained: wealth began it (no matter how got), wealth continueth and
increaseth it. Those Roman knights were so called, if they could dispense
per annum so much. *In the kingdom of Naples and France, he that buys
such lands, buys the honour, title, barony together with it; and they that can
dispend so much amongst us, must be called to bear office, to be knights, or
fine for it, as one observes, nobiliorum ex censu judicant, our nobles are mea-
sured by their means. And what now is the object of honour? What main-
tains our gentry but wealth? *Nobilitas sine re projecta vilior algid. Without
means gentry is naught worth, nothing so contemptible and base. "Disputare
de nobilitatis generis, sine divitiis, est disputare de nobilitate stercoris, saith
Nevisanus the lawyer, to dispute of gentry without wealth, is (saving your
reverence), to discuss the original of a mard. So that it is wealth alone that
denominates, money which maintains it, gives esse to it, for which every man
may have it. And what is their ordinary exercise? "Sit to eat, drink, lie
down to sleep, and rise to play;" wherein lies their worth and sufficiency? in a
few coats of arms, eagles, lions, serpents, bears, tigers, dogs, crosses, bends,
fessses, &c., and such like baubles, which they commonly set up in their gal-

* Plures ob prostitutas filias, uxores, nobilis facti; multos venationes, rapines, cadeas, prestigia, &c.
7 Sat. Mem. 8 Cum enim hos dici nobiles videmus, qui divitis abundant, divitis vero rare virtutis sunt
comites, quis non videat ortum nobilitatis degenerem? lune usque daturum, illum spolia, preditiones; his
venefactus dixit, ille adulationibus, huic adulteria lucrum praebeat, nonnullis mendacia, quidam ex con-
tingu quantum fadunt, plenique ex natis, &c. Placent hist. lib. 3. 9 Juven. 8 A shepherd, or something
that I should rather not tell." 1 Robusta improbitas a tyrannide incepta, &c. 2 Jasper Ens thesauro
quit. 3 Grasserus, itinerar. fol. 266. 4 Hor. "Nobility without wealth is more worthless than sea-wood:"
Mem. 2. Remedies against Discontents.

leries, porches, windows, on bowls, platters, coaches, in tombs, churches, men's sleeves, &c. "If he can hawk and hunt, ride a horse, play at cards and dice, swagger, drink, swear," take tobacco with a grace, sing, dance, wear his clothes in fashion, court and please his mistress, talk big fustian, "insult, scorn, strut, contempt others, and use a little mimical and apish compliment above the rest, he is a complete, (Egregiam verò laudem) a well-qualified gentleman; these are most of their employments, this their greatest commendation. What is gentry, this parchment nobility then, but as Agrippa defines it, "a sanctuary of knavery and naughtiness, a cloak for wickedness and execrable vices, of pride, fraud, contempt, boasting, oppression, dissimulation, lust, gluttony, malice, fornication, adultery, ignorance, impiety?" A nobleman therefore, in some likelihood, as he concludes, is an "atheist, an oppressor, an epicure, a 'gull, a dizzard, an illetterate idiot, an outside, a glow-worm, a proud fool, an arrant ass," Ventris et inginus mancipium, a slave to his lust and belly, solaque libidine fortis. And as Salvianus observed of his countrymen the Aquitanes in France, sicut titulis primita fuere, sic et vitiss (as they were the first in rank so also in roteness); and Cabinet du Roy, their own writer, distinctly of the rest. "The nobles of Berry are most part lechers, they of Touraine thieves, they of Narbonne covetous, they of Guienne coiners, they of Provence atheists, they of Rheims superstitious, they of Lyons treacherous, of Normandy proud, of Picardy insolent," &c. We may generally conclude, the greater men, the more vicious. In fine, as Æneas Sylvius adds, "they are most part miserable, sottish, and filthy fellows, like the walls of their houses, fair without, foul within." What dost thou vaunt of now? "What dost thou gape and wonder at? admire him for his brave apparel, horses, dogs, fine houses, mansors, orchards, gardens, walks? Why? a fool may be possessor of this as well as he; and he that accounts him a better man, a nobleman for having of it, he is a fool himself." Now go and brag of thy gentility. This is it belike which makes the Turks at this day scorn nobility, and all those huffing bombast titles, which so much elevate their poles: except it be such as have got it at first, maintain it by some supereminent quality, or excellent worth. And for this cause, the Ragusian commonwealth, Switzers, and the united provinces, in all their aristocracies, or democratical monarchies (if I may so call them), exclude all these degrees of hereditary honours, and will admit of none to bear office, but such as are learned, like those Athenian Areopagites, wise, discreet, and well brought up. The Chinese observe the same customs, no man amongst them noble by birth; out of their philosophers and doctors they choose magistrates: their politic nobles are taken from such as be moraliter nobiles, virtuous noble; nobilitas ut obim ab officio, non à naturâ, as in Israel of old, and their office was to defend and govern their country in war and peace, not to hawk, hunt, eat, drink, game alone, as too many do. Their Lysii, Mandarini, literati, licentiatii, and such as have raised themselves by their birth, are their noblemen only, though fit to govern a state; and why then should any that is otherwise of worth be ashamed of his birth? why should not he be as much respected that leaves a noble posterity, as he that hath had noble ancestors? nay, why not more? for plures soleri orientem, we adore the sun rising most part; and how much better it is to say, Ego meis majoribus virtute produxi (I have outshone my ancestors in virtues), to boast
himself of his virtues, than of his birth? Catoscbeius, sultan of Egypt and Syria, was by his condition a slave, but for worth, valour, and manhood second to no king, and for that cause (as Jovius writes) elected emperor of the Mamelukes. That poor Spanish Pizarro for his valour made by Charles the Fifth Marquess of Analtito: the Turkey Pashas are all such. Pentinax, Philippus Arabs, Maximinus, Probus, Aurelius; &c., from common soldiers became emperors, Cato, Cincinnati, &c., consuls. Pius Secundus, Sixtus Quintus, Joho Secundus, Nicholas Quintus, &c., popes. Socrates, Virgil, Horace, libertina parte naturis. * The kings of Denmark fetch their pedigree, as some say, from one Ulfo, that was the son of a bear. * E tenii caso sepe vir magnus exit, many a worthy man comes out of a poor cottage. Hercules, Romulus, Alexander (by Olympia's confession), Themistocles, Jugurtha, King Arthur, William the Conqueror, Homer, Demosthenes, P. Lombard, P. Comes- tor, Bartholom, Adrian the fourth Pope, &c., bastards; and almost in every kingdom, the most ancient families have been at first princes' bastards: their worthiest captains, best wits, greatest scholars, bravest spirits in all our annals, have been base. * Cardan, in his Subtleties, gives a reason why they are most part better able than others in body and mind, and so, per conseques, more fortunate. Castruccius Castrucanus, a poor child, found in the field, exposed to misery, became prince of Lucca and Senes in Italy, a most complete soldier and worthy captain; Machiavel compares him to Scipio or Alexander. "And 'tis a wonderful thing (saith he) to him that shall consider of it, that all those, or the greatest part of them, that have done the greatest exploits here upon earth, and excelled the rest of the nobles of their time, have been still born in some abject, obscure place, or of base and obscure abject parents." A most memorable observation, * Scaliger account it, et non pretererundum, maximorum virorum plerosque patres ignotatos, matres impudicas fuisse. * I could recite a great catalogue of them," every kingdom, every province will yield innumerable examples; and why then should baseness of birth be objected to any man? Who thinks worse of Tully for being Arpinas, an upstart? Or Agathocles, that Sicilian king, for being a potter's son? * Ipbercates and Marius were meanly born. What wise man thinks better of any person for his nobility? as he said in *Machiavel, omnes eodem pate nati, Adam's sons, conceived all and born in sin, &c." We are by nature all as one, all alike, if you see us naked; let us wear theirs and they our clothes, and what is the difference?" To speak truth, as *Bale did of P. Schalichius, "I more esteem thy worth, learning, honesty, than thy nobility; honour thee more that thou art a writer, a doctor of divinity, than Earl of the Huns, Baron of Skradine, or hast title to such and such provinces," &c. "Theu art more fortunate and great" (so Jovius writes to Cosmo de' Medici, then Duke of Florence) "for thy virtues, than for thy lovely wife, and happy children, friends, fortunes, or great duchy of Tuscany." So I account thee; and who doth not so indeed? * Abdolminus was a gardener, and yet by Alexander for his virtues made king of Syria. How much better is it to be born of mean parentage, and to excel in
worth, to be morally noble, which is preferred before that natural nobility, by
divines, philosophers, and 'politicians, to be learned, honest, discreet, well-
qualified, to be fit for any manner of employment, in country and common-
wealth, war and peace, than to be Degeneres Neoptolemus, as many brave nobles are,
only wise because rich, otherwise idiots, illiterate, unfit for any manner of
service. "Udalricus, Earl of Clia, upbraided John Huniades with the base-
ness of his birth, but he replied, in te Ciliensis comitatus turpiter extinguitur, in
me gloriose Bistricensim exoritur; thine exaltation is consumed with riot, mine
begins with honour and renown. Thou hast had so many noble ancestors; what
is that to thee! "Via ca nostra voco, "when thou art a dizzard thyself;
quod prodest, Pontice, longo stemmate censori? &c. I conclude, hast thou a
sound body, and a good soul, good bringing up? Art thou virtuous, honest,
learned, well-qualified, religious, are thy conditions good?—thou art a true
nobleman, perfectly noble, although born of Thersites—dum modo tu sis—
Hlacidas similis, non natius, sed fictus, noble var' &c., "for neither sword,
fire, nor water, nor sickness, nor outward violence, nor the devil himself
can take thy good parts from thee." Be not ashamed of thy birth then, thou
art a gentleman all the world over, and shalt be honoured, when he, strip
him of his fine clothes, dispossess him of his wealth, is a funge (which Poly-
nices in his banishment found true by experience, gentry was not esteemed)
like a piece of coin in another country, that no man will take, and shall be con-
temned. Once more, though thou be a barbarian, born at Tontoncun, a villain,
a slave, a Saldanian negro, or a rude Virginian in Damascusque, he a French
monsieur, a Spanish don, a seignior of Italy, I care not how descended, of
what family, of what order, baron, count, prince, if thou be well qualified, and
he not, but a degenerate Neoptolemus, I tell thee in a word, thou art a man,
and he is a beast.

Let no terra filius, or upstart, insult at this which I have said, no worthy
gentleman take offence. I speak it not to detract from such as are well
deserving, truly virtuous and noble: I do much respect and honour true gentry
and nobility; I was born of worshipful parents myself, in an ancient family,
but I am a younger brother, it concerns me not: or had I been some great
heir, richly endowed, so minded as I am, I should not have been elevated at
all, but so esteemed of it, as of all other human happiness, honours, &c., they
have their period, are brittle and inconstant. As he said of that great
river Danube, it riseth from a small fountain, a little brook at first, sometimes
broad, sometimes narrow, now slow, then swift, increased at last to an incredible
greatness by the confluence of sixty navigable rivers, it vanisheth in conclusion,
loseth his name, and is suddenly swallowed up of the Euxine sea: I may say
of our greatest families, they were mean at first, augmented by rich marriages,
many, offices, they continue for some ages, with some little alteration of
circumstances, fortunes, places, &c., by some prodigal son, for some default,
or for want of issue they are defaced in an instant, and their memory blotted out.

So much in the meantime I do attribute to Gentility, that if he be well-
descended, of worshipful or noble parentage, he will express it in his conditions,

"nec satvm feroxem
Progenant aqüias columbas."

And although the nobility of our times be much like our coins, more in number
and value, but less in weight and goodness, with finer stamps, cuts, or outside

1 Beding de rep. lib. 12. cap. 8.  2 Eneas Silvius, lib. 2. cap. 35.  3 "If children be proud,
haughty, foolish, they defile the nobility of their kindred," Eccl. xxiii. 8.
4 Cujusse possedisse nec furti
ecrip, nec incendio alumn, nec avarice aemulam, vel vi morbi destrui potes .
5 Send them both to some strange place naked, ad ignatos, as Aristippus said, you shall see the difference. Bacon's
Essays.
6 Filiae splendor nihil opus atalit, &c.  7 Plutus his illustri. Humanarium rerum image,
qua pars duce sub initia, in immensa crescit, et subito evanescit. Exillis hunc flumus, in ad-
8 For fierce eagles do not procure timid ring-doves.
than of old; yet if he retain those ancient characters of true gentry, he will be more affable, courteous, gently disposed, of fairer carriage, better temper, or a more magnanimous, heroic, and generous spirit, than that vulgus hominum, those ordinary boors and peasants, qui adeo improbi, agrestes, et incultii plorumque sunt, ne dicam maliciosi, ut nemini aulam humanitatis officium praestent, ne ipsi Deo si adverseritis, as *one observes of them, a rude, brutish, uncivil, wild, a currish generation, cruel and malicious, incapable of discipline, and such as have scarce common sense. And it may be generally spoken of all, which 'Lemnius the sullen, dogged clowns, sed mitior nobilitas, ad omne humanitas officium paratissima, the gentlemen were courteous and civil. If it so fall out (as often it doth) that such peasants are preferred by reason of their wealth, chance, error, &c., or otherwise, yet as the cat in the fable, when she was turned to a fair maid, would play with mice; a cur will be a cur, a clown will be a clown, he will likely savour of the stock whence he came, and that innate rusticity can hardly be shaken off.

"* Liset superbus amuleto pecuniis,
Fortuna non mutat genus."

And though by their education such men may be better qualified, and more refined; yet there be many symptoms by which they may likely be described, an affected fantastical carriage, a tailor-like sprueness, a peculiar garb in all their proceedings; choicer than ordinary in his diet, and as *Hierome well describes such a one to his Nepotian; " An upstart born in a base cottage, that scarce at first had coarse bread to fill his hungry guts, must now feed on kickshaws and made dishes, will have all variety of flesh and fish, the best oysters," &c. A beggar's brat will be commonly more scornful, imperious, insulting, insolent, than another man of his rank: "Nothing so intolerable as a fortunate fool," as *Tully found out long since out of his experience; Asperius nubil est humilis cum surgit in alium, set a beggar on horseback, and he will ride a gallop, a gallop, &c.

"*— deservit in omnes
Dum se posset putat, nec bellus savor ulli est.
Quam servis rabies in libera collis fruuntis;"

he forgets what he was, domineers, &c., and many such other symptoms he hath, by which you may know him from a true gentleman. Many errors and obliquities are on both sides, noble, ignoble, factis, natis; yet still in all callings, as some degenerate, some are well deserving, and most worthy of their honours. And as Bosbequius said of Solyma the Magnificent, he was tanto dignus imperio, worthy of that great empire. Many meanly descended are most worthy of their honour, politi nobles, and well deserve it. Many of our nobility so born (which one said of Hephæston, Ptolemeus, Seleucus, Antigonus, &c., and the rest of Alexander's followers, they were all worthy to be monarchs and generals of armies) deserve to be princes. And I am so far forth of *Seselius's mind, that they ought to be preferred (if capable) before others, "as being nobly born, ingenuously brought up, and from their infancy trained to all manner of civility.” For learning and virtue in a nobleman is more eminent, and, as a jewel set in gold is more precious, and much to be respected, such a man deserves better than others, and is as great an honour to his family as his noble family to him. In a word, many noblemen are an ornament to their order: many poor men's sons are singularly well endowed, most eminent, and well deserving for their worth, wisdom, learning, virtue, valour, integrity;
excellent members and pillars of a commonwealth. And therefore to conclude that which I first intended, to be base by birth, meanly born, is no such disparagement. Et sic demonstratur, quod erat demonstrandum.

Memb. III.

Against Poverty and Want, with such other Adversities.

One of the greatest miseries that can befal a man, in the world's esteem, is poverty or want, which makes men steal, bear false witness, swear, forswear, contend, murder and rebel, which breaketh sleep, and causeth death itself, serv., servus, &c. for man, money, &c. and all this in the world's esteem: yet if considered aright, it is a great blessing in itself, a happy estate, and yields no cause of discontent, or that men should therefore account themselves vile, hated of God, forsaken, miserable, unfortunate. Christ himself was poor, born in a manger, and had not a house to hide his head in all his life, “lest any man should make poverty a judgment of God, or an odious estate.” And as he was himself, so he informed his Apostles and Disciples, they were all poor, Prophets poor, Apostles poor (Acts iii. “Silver and gold have I none”). “As sorrowing (saith Paul) and yet always rejoicing; as having nothing, and yet possessing all things,” 1 Cor. vi. 10. Your great Philosophers have been voluntarily poor, not only Christians, but many others. Crates Thebanus was adored for a god in Athens, “a nobleman by birth, many servants he had, an honourable attendance, much wealth, many manors, fine apparel; but when he saw this, that all the wealth of the world was but brittle, uncertain and no whit availling to live well, he flung his burden into the sea, and renounced his estate.” Those Curii and Fabricii will be ever renowned for contempt of these fopperies, wherewith the world is so much affected. Amongst Christians I could reckon up many kings and queens, that have forsaken their crowns and fortunes, and wilfully abdicated themselves from these so much esteemed toys; many that have refused honours, titles, and all this vain pomp and happiness, which others so ambitiously seek, and carefully study to compass and attain. Riches I deny not are God’s good gifts, and blessings; and honor est in honorante, honours are from God; both rewards of virtue, and fit to be sought after, sured for, and may well be possessed: yet no such great happiness in having, or misery in wanting of them.

Dantur quidem bonis, saith Austin, ne quis mala estime: malis autem ne quis nimis bona, good men have wealth that we should not think it evil; and bad men that they should not rely on or hold it so good; as the rain falls on both sorts, so are riches given to good and bad, sed bonis in bonum, but they are good only to the godly. But compare both estates, for natural parts they are not unlike; and a beggar’s child, as Cardan well observes, “is no whit inferior to a prince’s, most part better;” and for those accidents of fortune, it will easily appear there is no such odds, no such extraordinary happiness in the one, or misery in the other. He is rich, wealthy, fat; what gets he by it? pride, insolency, lust, ambition, cares, fears, suspicion, trouble, anger, emulation, and many filthy diseases of body and mind. He hath indeed

\[\text{Nullum pauperitate gravius omnis.}\]
\[\text{Ne quis ira divinitus judicium putaret, ant pauperitas ex ore forer.}\]
\[\text{Gral. in cap. 2. ver. 18. Luce.}\]
\[\text{t Inter processe Thebanos numerates, lectum habuit genius, frequens familiaritatem, nomus amples, &c. Apuleius Florid. 1. 4.}\]
\[\text{P. Eusebias, ep. 72. et 235. oblatos reputato his honores ex omero medius; motus ambitioniosi regatus non ivi, &c.}\]
\[\text{Sudar pauper foras in opere, dives in oscilationis; hic ex aperit oscilatione, hic ructatione; gravius illa fastidio, quam hic indolia cruciatur.}\]
\[\text{Bar. en.}\]
\[\text{In Hyperechen. Natura aquis est, pusrosaque videmus mendicorum nulla ex parte regnumInitis dissimiles, puerisque sanctiores.}\]
variety of dishes, better fare, sweet wine, pleasant sauce, dainty music, gay
Clothes, lords it bravely out, &c., and all that which Misillus admired in
Lucian; but with them he hath the gout, dropsies, apoplexies, palsy, stone, pox, rheums, catarrhs, crudities, oppilations, melancholy, &c., lust enters
in, anger, ambition, according to Chrysostom, "the sequel of riches is pride,
riot, intemperance, arrogancy, fury, and all irrational courses."

"1 turpi fragment sequa lux
Divitis molles." 

with their variety of dishes, many such maladies of body and mind get in,
which the poor man knows not of. As Saturn in Lucian answered the
discontented commonalty (which, because of their neglected Saturnal
feasts in Rome, made a grievous complaint and exclamation against rich men), that
they were much mistaken in supposing such happiness in riches; "you see
the best (said he) but you know not their several gripings and discontents:
they are like painted walls, fair without, rotten within: diseased, filthy,
crazy, full of intemperance's effects; "and who can reckon half? if you but
knew their fears, cares, anguish of mind and vexation, to which they are
subject, you would hereafter renounce all riches.

Yeas, but he hath the world at will that is rich, the good things of the earth:
suave est de magnio tollere acervo (it is sweet to draw from a great heap), he is
a happy man, adored like a god, a prince, every man seeks to him, applauds,
honours, adores him. He hath honours indeed, abundance of all things;
but (as I said) withal "pride, lust, anger, faction, emulation, fears, cares,
suspicion enter with his wealth; for his intemperance he hath aches,
crudities, gouts, and as fruits of his idleness, and fulness, lust, surfeiting and
drunkenness, all manner of diseases: pecunias aegetur improbitas, the
wealthier, the more dishonest. "He is exposed to hatred, envy, peril and
treason, fear of death, degradation, &c., "tis lubrica statio et proxima precipitio,
and the higher he climbs, the greater is his fall.

the lightning commonly sets on fire the highest towers; "in the more
eminient place he is, the more subject to fall.

As a tree that is heavy laden with fruit breaks her own boughs, with their
own greatness they ruin themselves: which Joachimus Camerarius hath
elegantly expressed in his 13 Emblem, cent. 1. Inopem se copia facit. Their
means is their misery, though they do apply themselves to the times, to lie,
dissemble, colloque and flatter their lieges, obey, second his will and
commands, as much as may be, yet too frequently they miscarry, they fat them-
selves like so many hogs, as Aeneas Sylvius observes, that when they are
full fed, they may be devoured by their princes, as Seneca by Nero was served,
Sejanus by Tiberius, and Haman by Ahasuerus: I resolve with Gregory,
potestas culminis, est tempestas mentis; et quo dignitatis altior, casus gravior,
honour is a tempest, the higher they are elevated, the more grievously depressed. For the rest of his prerogatives which wealth affords, as he hath more his expenses are the greater. "When goods increase, they are increased that eat them; and what good cometh to the owners, but the beholding thereof with the eyes?" Eccles. iv. 10.

"B. Millia frument suit triverti area centum, Non tuns hinc capiur ventur plus quam mens"—

"an evil sickness," Solomon calls it, "and reserved to them for an evil," 12 verse. "They that will be rich fall into many fears and temptations, into many foolish and noisome lusts, which drown men in perdition." 1 Tim. vi. 9. "Gold and silver hath destroyed many," Ecclus. viii. 2. divitiis sanulis sunt lagus diaboli: so writes Bernard; worldly wealth is the devil's bait: and as the Moon when she is fuller of light is still farthest from the Sun, the more wealth they have, the farther they are commonly from God. (If I had said this of myself, rich men would have pulled me to pieces; but hear who saith, and who seconds it, an Apostle) therefore St. James bids them "weep and howl for the miseries that shall come upon them; their gold shall rust and canker, and eat their flesh as fire," James v. 1, 2, 3. I may then boldly conclude with "Theodore, quotiesunque divitiis affluentem, &c. "As often as you shall see a man abounding in wealth," quem geminis bibit et Serrano dormit in ostro, "and naught withal, I beseech you call him not happy, but esteem him unfortunate, because he hath many occasions offered to live unjustly; on the other side, a poor man is not miserable, if he be good, but therefore happy, that those evil occasions are taken from him."

Wherein now consists his happiness? what privileges hath he more than other men? or rather what miseries, what cares and discontentes hath he not more than other men?

"Non enim guses, neque consularis Summvet ieter miseris funalibus Mentis, et curas laquetas circum Tecta volantes."

"He is not happy that is rich, And hath the world at will, But he that wisely can God's gifts Possess and use them still: That suffers and with patience Abides hard poverty, And chooseth rather for to die, Than do such villany."

'Tis not his wealth can vindicate him, let him have Job's inventory, sicut Crasse et Cassi licet, non hos Pactolus aureas undas agens, eripiat unquam a miseria, Cressus or rich Cassus cannot now command health, or get himself a stomach.

"His worship," as Apuleius describes him, in all his plenty and great provision, is forbidden to eat, or else hath no appetite (sick in bed, can take no rest, sore grieved with some chronic disease, contracted with full diet and ease, or troubled in mind), when as, in the meantime, all his household are merry, and the poorest servant that he keeps doth continually feast. 'Tis Bracteata felicitas, as 4Seneca terms it, tinfoiled happiness, infelice felicitas, an unhappy kind of happiness, if it be happiness at all. His gold, guard, clattering of harness, and fortifications against outward enemies, cannot free him from inward fears and cares.

"Reversaque metus hominum, curaque sequaces Nec metuant fremissis armorum, aut ferreis tels, Adestaque inter reges, regumque potentias Versantur, neque fulgorem reverentur ab auro."
Look how many servants he hath, and so many enemies he suspects; for liberty he entertains ambition; his pleasures are no pleasures; and that which is worst, he cannot be private or enjoy himself as other men do, his state is a servitude. *A countryman may travel from kingdom to kingdom, province to province, city to city, and glut his eyes with delightful objects, hawk, hunt, and use those ordinary sports, without any notice taken, all which a prince or a great man cannot do. He keeps in for state, ne majestatis dignitas evilescat, as our China, kings, of Borneo, and Tartarian Chams, those aurea mancipia, are said to do, seldom or never seen abroad, ut major sit hominum erga se observantia, which the *Persian kings so precisely observed of old. A poor man takes more delight in an ordinary meal's meat, which he hath but seldom, than they do with all their exotic dainties and continual viands; Quippe voluptatem commendat rarior usus, 'tis the rarity and necessity that makes a thing acceptable and pleasant. Darius, put to flight by Alexander, drank puddle water to quench his thirst, and it was pleasanter, he swore, than any wine or mead. All excess, as *Epictetus argues, will cause a dislike; sweet will be sour, which made that temperate Epicurus sometimes voluntarily fast. But they being always accustomed to the same *dishes (which are nastily dressed by slovenly cooks, that after their obscenities never wash their bawdy hands), be they fish, flesh, compounded, made dishes, or whatsoever else, are therefore cloyed; nectar's self grows loathsome to them, they are weary of all their fine palaces, they are to them but as so many prisons. A poor man drinks in a wooden dish, and eats his meat in wooden spoons, wooden platters, earthen vessels, and such homely stuff: the other in gold, silver, and precious stones; but with what success? in *auro bibitur venenum, fear of poison in the one, security in the other. A poor man is able to write, to speak his mind, to do his own business himself; locuples mitis parasitum, saith 1Philostatus, a rich man employs a parasite, and as the major of the city, speaks by the town clerk, or by Mr. Recorder, when he cannot express himself. *Nonius the senator hath a purple coat as stiff with jewels as his mind is full of vices; rings on his fingers worth 20,000 sesterces, and as *Perox the Persian king, an union in his ear worth one hundred pounds weight of gold: *Cleopatra bath whole boars and sheep served up to her table at once, drinks jewels dissolved, 40,000 sesterces in value; but to what end?

Doth a man that is adry desire to drink in gold? Doth not a cloth suit become him as well, and keep him as warm, as all their silks, satins, damasks, taffeties and tissues? Is not homespun cloth as great a preservative against cold, as a coat of Tartar lambs'-wool, dyed in grain, or a gown of giants' beards? Nero, saith *Sueton., never put on one garment twice, and thou hast scarce one to put on! what's the difference? one's sick, the other sound; such is the whole tenor of their lives, and that which is the consummation and upshot of all, death itself makes the greatest difference. One like a hen feeds on the dunghill all his days, but is served up at last to his Lord's table; the other as a falcon is fed with partridge and pigeons, and carried on his master's fist, but when he dies is flung to the muckhill, and there lies. The rich man lives like Dives jovially here on earth, temulentus divitiiis, make the best of it; and "boasts himself in the multitude of his riches," Psalm xlix. 6, 11. he thinks his house "called after his own name, shall continue for ever;" "but he

*Hor. et mihi curto Tre libet mala vel si libet usque Tarentum.  f Brisonius.  1 Zonaras 3. annal.  
*si modum excesseris, 2 Flin. lib. 57. cap. 6.  
1 Plutarch. vit. ejus.  1 Epist.  
2 Hor. Ser. lib. 1. Sat. 2.  3 Cardan. 1. 3. cap. 46. de rerum varietate.
perisheth like a beast," verse 20. "his way utter his folly," verse 13. *malè parta malè dilabuntur,* "like sheep they lie in the grave," verse 14. *Puncto descendunt ad infernum,* "they spend their days in wealth, and go suddenly down to hell," Job xxi. 13. For all physicians and medicines enforcing nature, a swooning wife, families' complaints, friends' tears, dirges, masses, *nemias,* funerals, for all orations, counterfeit hired acclamations, eulogiums, epitaphs, hearses, heralds, black mourners, solemnities, obelisks, and Mausoleum tombs, if he have them, at least, *he, like a hog, goes to hell with a guilty conscience (propter hos dilatatit infernus os suum), and a poor man's curse: his memory stinks like the snuff of a candle when it is put out; sordid libels, and infamous obloquies accompany him. When as poor Lazarus is Dei sacrarium, the temple of God, lives and dies in true devotion, hath no more attendants but his own innocency, the heaven a tomb, desires to be dissolved, buried in his mother's lap, and hath a company of *Angels ready to convey his soul into Abraham's bosom, he leaves an everlasting and a sweet memory behind him. Crassus and Sylla are indeed still recorded, but not so much for their wealth as for their victories: Crassus for his end, Solomon for his wisdom. In a word, "to get wealth is a great trouble, anxiety to keep, grief to lose it."

But consider all those other unknown, concealed happinesses, which a poor man hath (I call them unknown, because they be not acknowledged in the world's esteem, or so taken), *O fortunatos nimium bona si sua norio: happy they are in the meantime if they would take notice of it, make use, or apply it to themselves. "A poor man wise is better than a foolish king," Eccles. ii. 13. "Poverty is the way to heaven, "the mistress of philosophy, "the mother of religion, virtue, sobriety, sister of innocency, and an upright mind." How many such encomiums might I add out of the fathers, philosophers, orators? It troubles many that are poor, they account of it as a great plague, curse, a sign of God's hatred, *ipsum scelus, damned villainy itself, a disgrace, shame and reproach; but to whom, or why? "If fortune hath envied me wealth, thieves have robbed me, my father hath not left me such revenues as others have, that I am a younger brother, basely born,—cui sine luce genus, surdumque parentem,—nomen, of mean parentage, a dirt-dauber's son, am I therefore to be blamed? an eagle, a bull, a lion is not rejected for his poverty, and why should a man?" "Tis *fortunae telum, non culpae, fortune's fault, not mine. "Good Sir, I am a servant (to use 'Seneca's words), howsoever your poor friend; a servant, and yet your chamber-fellow, and if you consider better of it, your fellow-servant. I am thy drudge in the world's eye, yet in God's sight peradventure thy better, my soul is more precious, and I dearer unto him. *Etiam servi diis curae sunt, as Evangelus at large proves in Microbius, the meanest servant is most precious in his sight. Thou art an epicure, I am a good Christian; thou art many parasangs before me in means, favour, wealth, honour, Claudius's Narcissus, Nero's Massa, Domitian's Parthenius, a favourite, a gold slave; thou coverest thy floors with marble, thy roofs with gold, thy walls with statues, fine pictures, curious hangings, &c.,
what of all this? *caloos opes, &c., what's all this to true happiness? I live and
breathe under that glorious heaven, that august capitol of nature, enjoy the
brightness of stars, that clear light of sun and moon, those infinite creatures,
plants, birds, beasts, fishes, herbs, all that sea and land afford, far surpassing
all that art and opulentia can give. I am free, and which Seneca said of Rome,
culmen liberos taxit, sub marmore et auro postea servitus habitavit, thou hast
Amaheba cornz, plenty, pleasure, the world at will. I am despicable and poor;
but a word overshot, a blow in choler, a game at tables, a loss at sea, a sud-
den fire, the prince's dislike, a little sickness, &c., may make us equal in an
instant; howsoever take thy time, triumph and insult awhile, *cinis equeat,
as Alphonsus said, death will equalise us all at last. I live sparingly, in the
mean time, am clad homely, fare hardly; is this a reproach? am I the worse
for it? am I contemptible for it? am I to be reprehended? A learned man
in Nevisanus was taken down for sitting amongst gentlemen, but he replied,
"my nobility is about the head, yours declines to the tail," and they were
silent. Let them mock, scoff, and revile, 'tis not thy scorn, but his that made
thee so; "he that mocketh the poor, reproacheth him that made him," Prov.
xi. 5. "and he that rejoiceth at affliction, shall not be unpunished." For the
rest, the poorer thou art, the happier thou art, *ditior est, at non melior, saith
Epictetus, he is richer, not better than thou art, not so free from lust, envy,
hate, ambition.

"Beatus ille qui proenl negotis
Paterna rura bobus exercet sua."

Happy he, in that he is 'freed from the tumults of the world, he seeks no
honours, gapes after no preferment, flatters not, envies not, temperseth not,
but lives privately, and well contented with his estate;

"Nec spec corde avidas, nec curam pascit inanem
Seclusus qui falsa cadat."

He is not troubled with state matters, whether kingdoms thrive better by
succession or election; whether monarchies should be mixed, temperate, or abso-
late; the house of Ottomans and Austria is all one to him; he inquires
not after colonies or new discoveries; whether Peter were at Rome, or Constan-
tine's donation be of force; what comets or new stars signify, whether the
earth stand or move, there be a new world in the moon, or infinite worlds,
&c. He is not touched with fear of invasions, factions or emulations;

"Felix ille animi, divisque similimum ipsi,
Quem non mordaci re.Dialenda gloria fuco
Solicitat, non fastosi mala gaudias luxus,
Secl tactesinit irre dies, et papeso cultu
Exigit innocens tranquilla silentia vita."  

A secure, quiet, blissful state he hath, if he could acknowledge it. But here
the misery, that he will not take notice of it; he repines at rich men's
wealth, brave hangings, dainty fare, as Simonides objecteth to Hiero, he
hath all the pleasures of the world, *in lectis eburnesi dormit, vinum phialis
bibit, optimis unguintis delibitur, "he knows not the affliction of Joseph,
stretching himself on ivory beds, and singing to the sound of the viol." And
it troubles him that he hath not the like; there is a difference (he grumbles)
between Lepolazy and Pheasants, to tumble i' th' straw and lie in a laid bed,
bewtix wine and water, a cottage and a palace. "He hates nature (as Pliny
characteriseth him) that she hath made him lower than a god, and is angry

b Epist. 66 et 90. •Panormitan. rebus gestis Alph.  
 b. Lib. 4. num. 218. quidam depreheniens quad
sederet loco nobilium, mea nobilitas, est, or circas caput, vestra declinat ad caudam.
 b. Tanto beator es quanto collector.  
 b. Non amoribus inservit, non appetit honores, et quallerunque relictus satis habe,
hominem se esse meminit, invadit nemini, neminem despiciat, neminem miratur, sermonibus malignis not
attendit aut altur. Plinio.  
 b. Politianus in rustico.  
 b. Gyges, regno Lydias indatus, scelereiat misi
Apollinem, an quis mortualem se felicior esse at. Aglaion Arecaum pauperrimum Apollo praeluit, qui ten
minos agri sui nuncupar exscesserat, rare suo contentus. Val. lib. 1. c. 7.  
 b. Hor. hae est Vita solutorum
maera ambitions, gravique.  
 b. Amos vi. 1. Prixfat. lib. 7. Odit naturam quod infra deos alt; irascit se
dis quid quis illi antecolat.
with the gods that any man goes before him;” and although he hath received much, yet (as Seneca follows it) “he thinks it an injury that he hath no more, and is so far from giving thanks for his tribuneship, that he complains he is not pretor, neither doth that please him, except he may be consul.” Why is he not a prince, why not a monarch, why not an emperor? Why should one man have so much more than his fellows, one have all, another nothing? Why should one man be a slave or drudge to another? One surfeit, another starve, one live at ease, another labour, without any hope of better fortune? Thus they grumble, matter, and repine: not considering that inconstancy of human affairs, judicially conferring one condition with another, or well weighing their own present estate. What they are now, thou mayest shortly be; and what thou art they shall likely be. Expect a little, compare future and times past with the present, see the event, and comfort thyself with it. It is as well to be discerned in commonwealths, cities, families, as in private men’s estates. Italy was once lord of the world, Rome the queen of cities, vaunted herself of two “myriads of inhabitants; now that all-commanding country is possessed by petty princes, Rome a small village in respect. Greece of old the seat of civility, mother of sciences and humanity; now forlorn, the nurse of barbarism, a den of thieves. Germany then, saith Tacitus, was inculc and horrid, now full of magnificent cities: Athens, Corinth, Carthage, how flourishing cities, now buried in their own ruins! Corvorum, forarum, aprorum et bestiarum lustra, like so many wildernesses, a receptacle of wild beasts. Venice, a poor fishertown; Paris, London, small cottages in Cæsar’s time, now most noble emporiums. Valois, Plantagenet, and Scaliger how fortunate families, how likely to continue! now quite extinguished and rooted out. He stands aloft to-day, full of favour, wealth, honour, and prosperity, in the top of fortune’s wheel: to-morrow in prison, worse than nothing, his son’s a beggar. Thou art a poor servile drudge, Fæx populi, a very slave, thy son may come to be a prince, with Maximinus, Agathocles, &c., a senator, a general of an army; thou standest bare to him now, worsted for him, drudggest for him and his, taketh an alms of him: stay but a little, and his next heir peradventure shall consume all with riot, be degraded, thou exalted, and he shall be of thee. Thou shalt be his most honourable patron, he thy devout servant, his posterity shall run, ride, and do as much for thine, as it was with Frisgobald and Cromwell, it may be for thee. Citizens devour country gentlemen, and settle in their seats; after two or three descents, they consume all in riot, it returns to the city again.

A lawyer buys out his poor client, after a while his client’s posterity buy out him and his; so things go round, ebb and flow.

as he said then, aeger cujus, quot habes Dominos? So say I of land, houses, moveables and money, mine to-day, his anon, whose to-morrow? In fine (as Machiavel observes), “virtue and prosperity beget rest; rest idleness; idleness riot; riot destruction: from which we come again to good laws: good laws

De Ira, cap. 31. lib. 3. Et si multum asciperis, injuriam putas pluram non acceptas; non agit pro tribunatu gradas, sed queritur quod non sit ad praetarem perductus; neque hae grata, si desit consularis. * Lips. admir. * Of some 50,000 inhabitants now. Read the story at large in John Fox, his Acts and Monuments. Hor. Sat. 2. ser. lib. 2. 5 Florent. hist. virtus quidem parat, quies olim, olim pavor luxum general, luxus interitem, in quo iterum ad saluberrimam, &c.
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engender virtuous actions; virtue, glory, and prosperity: and 'tis not dishonour then (as Guicciardine adds) for a flourishing man, city, or state to come to ruin, "nor infelicity to be subject to the law of nature." Ergo terrenæ calcandæ, sitienda celestia, therefore (I say) scorn this transitory state, look up to heaven, think not what others are, but what thou art: "Quid parte locatur us in re: and what thou shalt be, what thou mayest be. Do (I say) as Christ himself did, when he lived here on earth, imitate him as much as in thee lies. How many great Caesars, mighty monarchs, tetrarchs, dynasties, princes lived in his days, in what plenty, what delicacy, how bravely attended, what a deal of gold and silver, what treasure, how many sumptuous palaces had they, what provinces and cities, ample territories, fields, rivers, fountains, parks, forests, lawns, woods, cells, &c.? Yet Christ had none of all this, he would have none of this, he voluntarily rejected all this, he could not be ignorant, he could not err in his choice, he esteemed all this, he chose that which was safer, better, and more certain, and less to be repented, a mean estate, even poverty itself; and why dost thou then doubt to follow him, to imitate him, and his apostles, to imitate all good men: so do thou tread in his divine steps, and thou shalt not err eternally, as too many worldlings do, that run on in their own dissolute courses, to their confusion and ruin, thou shalt not do amiss. Whatsoever thy fortune is, be contented with it, trust in him, rely on him, refer thyself wholly to him. For know this, in conclusion, Non est volentis nec currentis, sed miseriösis Dei, 'tis not as men, but as God will. "The Lord maketh poor and maketh rich, bringeth low, and exalteth (1 Sam. ii. ver. 7, 8), he lifteth the poor from the dust, and raiseth the beggar from the dunghill, to set them amongst princes, and make them inherit the seat of glory;" 'tis all as he pleaseth, how, and when, and whom; he that appoints the end (though to us unknown) appoints the means likewise subordinate to the end.

Yea, but their present estate crucifies and torments most mortal men, they have no such forecast, to see what may be, what shall likely be, but what is, though not wherefore, or from whom; hoc angit, their present misfortunes grind their souls, and an envious eye which they cast upon other men's prosperity, Vicinumque pecus grandius uber habet, how rich, how fortunate, how happy is he? But in the meantime he doth not consider the other miseries, his iminities of body and mind, that accompany his estate, but still reflects upon his own false conceived woes and wants, whereas if the matter were duly examined he is in no distress at all, he hath no cause to complain.

"Tolle querelas, Fauper enim non est cui rerum sequi usum," "Then cease complaining, friend, and learn to live. He is not poor to whom kind fortune grants, Even with a frugal hand, what Nature wants," he is not poor, he is not in need. "Nature is content with bread and water; and he that can rest satisfied with that, may contend with Jupiter himself for happiness." In that golden age, somnos dedit umbra salubres, potum quoque, lubricus amnis, the tree gave wholesome shade to sleep under, and the clear rivers drink. The Israelites drank water in the wilderness; Samson, David, Saul, Abraham's servant when he went for Isaac's wife, the Samaritan woman, and how many besides might I reckon up, Aegypt, Palestine, whole countries in the Indies, that drank pure water all their lives. The Persian kings themselves drink no other drink than the water of Chaos, that runs by Susa, which was carried in bottles after them, whithersoever they went. Jacob desired no more of God, but bread to eat, and clothes to put on in his journey: Gen. xxviii. 20. Bene est cui Deus obtulit Parea quod satis est manu; bread is enough "to strengthen the heart." And if you study philosophy aright,
saith "Mandarensis, "whatsoever is beyond this moderation, is not useful, but troublesome." * Agellius, out of Euripides, accounts bread and water enough to satisfy nature, "of which there is no surfeit, the rest is not a feast, but a riot." * S. Hierome esteems him rich "that hath bread to eat, and a potent man that is not compelled to be a slave; hunger is not ambitious, so that it hath to eat, and thirst doth not prefer a cup of gold." It was no epicurean speech of an epicure, he that is not satisfied with a little will never have enough: and very good counsel of him in the *poet, "O my medio-
crity of means agrees best with men; too much is pernicious."

"Divitiae grandi hominii sunt vivere parcè, 
Aequo animo."*

And if thou cannot be content, thou hast abundance, nihil est, nihil desest, thou hast little, thou wantest nothing. 'Tis all one to be hanged in a chain of gold, or in a rope; to be filled with dainties or coarser meat.

"Si ventri bene, si lateri, pedibusque tuis, nil Divitiae poterunt regales addere magis."

"If belly, sides, and feet be well at ease, A prince's treasure can thee no more please."

Socrates in a fair, seeing so many things bought and sold, such a multitude of people convicted to that purpose, exclaimed forthwith, "O ye gods what a sight of things do not I want? 'Tis thy want alone that keeps thee in health of body and mind, and that which thou persecutest and abhorrest as a feral plague is thy physician and chiefest friend, which makes thee a good man, a healthful, a sound, a virtuous, an honest and happy man." For when virtue came from heaven (as the poet feigns), rich men kicked her up, wicked men abhorred her, courtiers scoffed at her, citizens hated her, *and that she was thrust out of doors in every place, she came at last to her sister Poverty, where she had found good entertainment. Poverty and Virtue dwell together.

"Virtus tutas faciunt 
Pauperis, angustique lares, 5 munera nondum Intellecis dehinc."*

How happy art thou if thou couldst be content. "Godliness is a great gain, if a man can be content with that which he hath." 1 Tim. vi. 6. And all true happiness is in a mean estate. I have a little wealth, as he said, *sed quas animus magnas faciit, a kingdom in conceit:

"Nil amplus opto 
Maior nate, nisi ut propriis habeas munera faxis;"

I have enough and desire no more.

"Dil bene fecerunt inopis me quoque pusill 
Fecerunt animo!"*

'tis very well, and to my content. p Vestem et fortunam concinnam potius quam laxum probe, let my fortune and my garments be both alike fit for me. And which *Sebastian Foscarius, sometime Duke of Venice, caused to be engraven on his tomb in St. Mark's Church, "Hear, O ye Venetians, and I will tell you which is the best thing in the world; to contemn it." I will engrave it in my heart, it shall be my whole study to contemn it. Let them take wealth, Stercora sterco amet, so that I may have security: bene qui latuit, bene visit; though I live obscure, 'yet I live clean and honest; and when as the lofty oak is blown down, the silly reed may stand. Let them take glory, for that's their misery; let them take honour, so that I may have heart's ease.

* Si recte philosophemini, quicquid aptam moderationem supergregitudin, onari potius quam usui est.
* Lib. 7. 16. Cereris munus et aque pocos mortales querunt habere, et quorum habesnamum est, luxus autem, sunt certa, non epule.
* Satius est dures qui pane non indignet; nihil potens qui servire non cogat. Ambitio non est famos, &c. * Euripides, Monalip. * nisi, mediecras divitiae hominibus conveniant, nisiva vero moles pereiiciis.
Duc me, O Jupiter, et tu fatum, &c. Lead me, O God, whither thou wilt, I am ready to follow; command, I will obey. I do not envy at their wealth, titles, offices;

"Et quiunque velis potens
Aula calcinis lubrico,
Me dulcis saturat quiues;"

let me live quiet and at ease. *Primum fortasse (as he comforted himself) quando illi non erunt, when they are dead and gone, and all their pomp vanished, our memory may flourish:

"**dat perennis
Stemmata non perpetura Musae."

Let him be my lord, patron, baron, earl, and possess so many godly castles, 'tis well for me7 that I have a poor house, and a little wood, and a well by it, &c.

"His me consolor victorium suavis, as at [sent.]|
Quætor avus pater aequa meæ, patruusque suis.

I live, I thank God, as merrily as he, and triumph as much in this my mean estate, as if my father and uncle had been lord treasurer, or my lord mayor. He feeds of many dishes, I of one: * qui Christum curat, non multum curatquam de preciosis cibus stercus conficiat, what care I of what stuff my excrements be made? * He that lives according to nature cannot be poor, and he that exceeds can never have enough," totus non sufficit orbis, the whole world cannot give him content. * A small thing that the righteous hath, is better than the riches of the ungodly, Psal. xxxvii. 16; "and better is a poor morsel with quietness, than abundance with strife," Prov. xvii. 1.

Be content then, enjoy thyself, and as Chysostom adviseth, "be not angry for what thou hast not, but give God hearty thanks for what thou hast received."

"et si dat oleuscula
Mensa minuscula
pace referas,

But what wantest thou, to expostulate the matter? or what hast thou not better than a rich man? * health, competent wealth, children, security, sleep, friends, liberty, diet, apparel, and what not," or at least mayest have (the means being so obvious, easy, and well known), for as he inculcated to himself,

"*Vitam quæ factum beatiorum,
Jucundissime Martialis, hosce sunt; Res non parta labore, sed relictæ,
Lis nunquam," &c.

I say again thou hast, or at least mayest have it, if thou wilt thyself, and that which I am sure he wants, a merry heart. "Passing by a village in the territory of Milan," saith *St. Austin, "I saw a poor beggar that had got belike his bellyful of meat, jesting and merry; I sighed, and said to some of my friends that were then with me, What a deal of trouble, madness, pain, and grief do we sustain and exaggerate unto ourselves, to get that secure happiness which this poor beggar hath prevented us of, and which we peradventure shall never have? For that which he hath now attained with the begging of some small pieces of silver, a temporal happiness, and present heart's ease, I cannot com-

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*Epictetus, 77. cap. quo sum destinatus, et sequar saceritor. * Let whosoever covets it occupy the highest pinnacle of fame, sweet tranquility shall satisfy me.*


*Seneca, consil. ad Albaniæ c. 11. qui continent se intra natura limites, panpertatem non sentit; qui excedit, sum in opibus paupertas sequitur. * Hom. 12. Pro his quæ acceptis gratias agite, noli indigare pro his quo non acceptis.


Cure of Melancholy. [Part. 2. Sec. 3.]

| 476 | 436 | 486 | 536 | 616 | 646 | 716 | 766 | 816 | 846 | 866 | 886 | 916 | 936 | 966 | 996 |
pass with all my careful windings, and running in and out. "And surely the beggar was very merry, but I was heavy; he was secure, but I timorous. And if any man should ask me now, whether I had rather be merry, or still so solicitious and sad, I should say, merry. If he should ask me again, whether I had rather be as I am, or as this beggar was, I should sure choose to be as I am, tortured still with cares and fears; but out of peevishness, and not out of truth." That which St. Austin said of himself here in this place, I may truly say to thee, thou discontented wretch, thou covetous niggar, thou churl, thou ambitious and swelling toad, 'tis not want but peevishness which is the cause of thy woes; settle thine affections, thou hast enough.

Make an end of scraping, purchasing this manor, this field, that house, for this and that child; thou hast enough for thyself and them:

--- "Si quod petis hic est,
Est Umbiris, animus si to non deficit aquas."

Tis at hand, at home already, which thou so earnestly seekest. But

--- "O si angatus illa
Proximus accedat, qui nunc denormat agelim."

O that I had but that one nook of ground, that field there, that pasture, O si veniam argentis fors quis mihi monstraret——O that I could but find a pot of money now, to purchase, &c., to build me a new house, to marry my daughter, place my son! &c. "O if I might but live a while longer to see all things settled, some two or three years, I would pay my debts," make all my reckonings even! but they are come and past, and thou hast more business than before. "O madness, to think to settle that in thine old age when thou hast more, which in thy youth thou canst not now compose having but a little."

1 Pyrrhus would first conquer Africa, and then Asia, et tum suaviter agere, and then live merrily and take his ease: but when Cynneas the orator told him he might do that already, id jam posse fieri, rested satisfied, condemning his own folly. Si parva licet componere magnis, thou mayest do the like, and therefore be composed in thy fortune. Thou hast enough: he that is wet in a bath, can be no more wet if he be flung into Tiber, or into the ocean itself: and if thou hadst all the world, or a solid mass of gold as big as the world, thou canst not have more than enough; enjoy thyself at length, and that which thou hast; the mind is all; be content, thou art not poor, but rich, and so much the richer, as "Censorinus well writ to Cerellius, quanto parviorsa optas, non quo plura possides, in wishing less, not having more. I say then, Non adijce opes, sed minus cupdititates (tis "Epicurus' advice), add no more wealth, but diminish thy desires; and as "Chrysostom well seconds him, Si vis dicti, contemnas divitias; that's true plenty, not to have, but not to want riches, non habere, sed non indigere, vera abundantia: 'tis more glory to content, than to possess; et nihil egere, est deorum, "and to want nothing is divine." How many deaf, dumb, halt, lame, blind, miserable persons could I reckon up that are poor, and withal distressed, in imprisonment, banishment, galley slaves, condemned to the mines, quarries, to gyves, in dungeons, perpetual thraldom, than all which thou art richer, thou art more happy, to whom thou art able to give

--- "Et certe illa latitabatur, ego animus; secum illa, ego trepidus. Et si percontaretur me ululam an exultare mallem, an meutera, responderem, exultare: et si rursus interrogaret in ego talis essem, in qualla nunc sum, me ipsus curia confectum eligerem; sed permissit, non veritate."

--- "Hor. 1 Her. ep. lib. 1. 1 O si nunc morier, inequ, quanta et qualia nihil imperfecta nonarent: sed si mensibus decem vel octo superavigeris, omnis rei publicae a libellum, ab oculi debeat credulique me explicare: proteruant interim mensae decem, et octo, et cum illis annis, et adhuc restant plura quam prouis; quisque sit aequus."


--- "Mem. 3. Remedies against Discontentes."
an alms, a lord, in respect, a petty prince! be contented then I say, repine and mutter no more, "for thou art not poor indeed but in opinion."

Yea, but this is very good counsel, and rightly applied to such as have it, and will not use it, that have a competency, that are able to work and get their living by the sweat of their brows, by their trade, that have something yet; he that hath birds, may catch birds; but what shall we do that are slaves by nature, impotent, and unable to help ourselves, mere beggars, that languish and pine away, that have no means at all, no hope of means, no trust of delivery, or of better success? as those old Britons complained to their lords and masters the Romans, oppressed by the Picts, mare ad barbaros, barbari ad mare, the barbarians drove them to the sea, the sea drove them back to the barbarians: our present misery compels us to cry out and howl, to make our moan to rich men: they turn us back with a scornful answer to our misfortune again, and will take no pity of us; they commonly overlook their poor friends in adversity; if they chance to meet them, they voluntarily forget and will take no notice of them; they will not, they cannot help us. Instead of comfort they threaten us, miscal, scoff at us, to aggravate our misery, give us bad language, or if they do give good words, what's that to relieve us? According to that of Thales, Facile est alios monere; who cannot give good counsel? 'tis cheap, it costs them nothing. It is an easy matter when one's belly is full to declare against fasting, Qui satur est pleno laudat jejunia ventre; "Doth the wild ass bray when he hath grass, or loweth the ox when he hath fodder?" Job vi. 5. Necque enim populo Romano quidquam potest esse lutiis, no man living so jocund, so merry as the people of Rome when they had plenty; but when they came to want, to be hunger-starved, "neither shame, nor laws, nor arms, nor magistrates, could keep them in obedience." Seneca pleadeth hard for poverty, and so did those lazy philosophers: but in the meantime he was rich, they had wherewithal to maintain themselves; but doth any poor man extol it? There "are those (saith Bernard), that approve of a mean estate, but on that condition they never want themselves: and some again are meek so long as they may say or do what they list; but if occasion be offered, how far are they from all patience?" I would to God (as he said), "No man should commend poverty, but he that is poor," or he that so much admires it, would relieve, help, or ease others.

"a Nunc si nos andis, atque es divinis Apollo, 
Dies mihi, qui nummos non habet, unde petat?" | "Now if thou hear'st us, and art a good man, 
Tell him that wants, to get means, if you can." .

But no man hears us, we are most miserably dejected, the scum of the world. *Vix habet in nobis jam nova plagam locum. We can get no relief, no comfort, no succour.* Et nihil inveni quod mihi ferret opem. We have tried all means, yet find no remedy: no man living can express the anguish and bitterness of our souls, but we that endure it; we are distressed, forsaken, in torture of body and mind, in another hell; and what shall we do? When *Crassus the Roman consul warred against the Parthians, after an unlucky battle fought, he fled away in the night, and left four thousand men, sore, sick, and wounded in his tents, to the fury of the enemy, which, when the poor men perceived, clamoribus et ululatibus omnia complerunt, they made lamentable moan, and roared downright, as loud as Homer's Mars when he was hurt, which the noise of 10,000 men could not drown, and all for fear of present death. But our estate is far more tragi-"
good fortune hath forsaken us, we are left to the rage of beggary, cold, hunger, thirst, nastiness, sickness, irksomeness, to continue all torment, labour and pain, to derision, and contempt, bitter enemies all, and far worse than any death; death alone we desire, death we seek, yet cannot have it, and what shall we do? 

Quod malè fers, assuesce; feres bene—accustom thyself to it, and it will be tolerable at last. Yea, but I may not, I cannot. In me consumpsit vires fortuna nocendo, I am in the extremity of human adversity; and as a shadow leaves the body when the sun is gone, I am now left and lost, and quite forsaken of the world. Qui jacet in terra, non habet unde cadat; comfort thyself with this yet, thou art at the worst, and before it be long it will either overcome thee or thou it. If it be violent, it cannot endure, aut solvetur, aut solvet: let the devil himself and all the plagues of Egypt come upon thee at once, Ne tu cede malis, sed contra audientior te, be of good courage; misery is virtue's whetstone.

Dulcia virtutis,"

as Cato told his soldiers marching in the deserts of Lyibia, “Thirst, heat, sands, serpents, were pleasant to a valiant man;” honourable enterprises are accompanied with dangers and damages, as experience evinceth; they will make the rest of thy life relish the better. But put case they continue; thou art not so poor as thou wast born, and as some hold, much better to be pitied than envied. But be it so thou hast lost all, poor thou art, deserted, in pain of body, grief of mind, thine enemies insult over thee, thou art as bad as Job; yet tell me (saith Chrysostom), “was Job or the devil the greater conqueror? surely Job; the devil had his goods, he sat on the muck-hill and kept his good name; he lost his children, health, friends, but he kept his innocence; he lost his money, but he kept his confidence in God, which was better than any treasure.” Do thou then as Job did, triumph as Job did, “and be not molested as every fool is. Sed quid rationes poterit? How shall this be done? Chrysostom answers, facilti si cadum cogitaveris, with great facility, if thou shalt but meditate on heaven. 4 Hannah wept sore, and troubled in mind, could not eat; “but why weepest thou,” said Elkanah her husband, “and why eatest thou not? why is thine heart troubled? am not I better to thee than ten sons?” and she was quiet. Thou art here vexed in this world; but say to thyself, “Why art thou troubled, O my soul?” Is not God better to thee than all temporalities, and momentary pleasures of the world? be then pacified. And though thou best now peradventure in extreme want, it may be tis for thy further good, to try thy patience, as it did Job’s, and exercise thee in this life: trust in God, and rely upon him, and thou shalt be crowned in the end. What’s this life to eternity? The world hath forsaken thee, thy friends and fortunes all are gone: yet know this, that the very hairs of thine head are numbered, that God is a spectator of all thy miseries, he sees thy wrongs, woes, and wants. a " Tis his good-will and pleasure it should be so, and he knows better what is for thy good than thou thyself. His providence is over all, at all times; he hath set a guard of angels over us, and keeps us as the apple of his eye,” Ps. xvii. 8. Some he doth exalt, prefer, bless with worldly riches, honours, offices, and preferments, as so many glistening stars he makes to shine above the rest: some he doth miraculously protect from thieves, incursions, sword, fire, and all violent mischances, and as the poet feigns of

* Lucan. lib. 9.  
* An quum super fimo sedit Job, an omn. omnia ablant diabolum, &c., psaminia privatus fiduciam de habuit, omn. thumus praecipue.  
* Hac videntes sponde philosophandum, nec insipientiam affectus agitamus.  
* 1 Sam. i. 8.  
* James i. 2.  
* “My brethren, count it an exceeding joy, when you fall into divers temptations.”  
* Afflictio dat intellectum; quos Deus diligat, castigat. Deus optimum quemque aut mala valetudine aut lactu afflict. Senec.  
* Quam sorbet mihi terra quum coele. intuer.  
* Senec. de providentia, cap. 2. Deus ha visus, dixi malum nimirum quid sit in commodum meum,  
* Hom. Illad. 4.
that Lycian Pandarus, Lycaon's son, when he shot at Menelaus the Grecian
with a strong arm, and deadly arrow, Pallas, as a good mother keeps flies
from her child's face asleep, turned by the shaft, and made it hit on the buckle
of his girdle; so some he solicitously defends, others he exposeth to danger,
poverty, sickness, want, misery, he chastiseth and corrects, as to him seems
best, in his deep, unsearchable and secret judgment, and all for our good.
"The tyrant took the city (saith k Chrysostom), God did not hinder it; led
them away captives, so God would have it; he bound them, God yielded to
it: flung them into the furnace, God permitted it: heat the oven hotter, it
was granted: and when the tyrant had done his worst, God showed his
power, and the children's patience; he freed them:" so can he thee, and can
help in an instant, when it seems to him good. "Rejoice not against me, O my enemy; for though I fall, I shall rise: when I sit in darkness, the
Lord shall lighten me." Remember all those martyrs what they have en-
dured, the utmost that human rage and fury could invent, with what patience
they have borne, with what willingness embraced it. "Though he kill me,"
saith Job, "I will trust in him." Justus * in expegnabillis, as Chrysostom
holds, a just man is impregnable, and not to be overcome. The gout may
hurt his hands, lameness his feet, convulsions may torture his joints, but not
rectum mentem, his soul is free.

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My cattle, money, moveables, or land.

Then take them all. - But, slave, if I command,
A cruel jaller shall thy freedom seize."

"Take away his money, his treasure is in heaven: banish him his country,
he is an inhabitant of that heavenly Jerusalem: cast him into bands, his
conscience is free; kill his body, it shall rise again; he fights with a shadow
that contends with an upright man:" he will not be moved

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"si fractus illabatur orbis,
Impavidum ferent ruinae.

Though heaven itself should fall on his head, he will not be offended. He
is impenetrable, as an anvil hard, as constant as Job.

"Ipse deus simul atque volet me solvet, opinor." | "A god shall set me free when'er I please."

Be thou such a one; let thy misery be what it will, what it can, with patience
endure it; thou mayest be restored as he was. Terris proscriptus, ad caelum
propera; ab hominibus desertus, ad Deum fuge. "The poor shall not always
be forgotten, the patient abiding of the meek shall not perish for ever,"
Psal. ix. 18; ver. 9, "The Lord will be a refuge of the oppressed, and a
defence in the time of trouble."

"Servus Epictetus, multipli corporis, Irun
Pauper: at hae inter charus erat superis." | "Lamæ was Epictetus, and poor Irun,
Yet to them both God was propitious."

Lodovicus Vertomannus, that famous traveller, endured much misery, yet
surely, saith Scaliger, he was vir deo charus, in that he did escape so many
dangers, "God especially protected him, he was dear unto him:" Modo in
egestate, tribulatione, convale deplorationis, &c. "Thou art now in the vale
of misery, in poverty, in agony, in temptation; rest, eternity, happiness, im-
mortality, shall be thy reward," as Chrysostom pleads, "If thou trust in God,
and keep thine innocence." Non, si male nunc et olim, sic erit semper; a good
hour may come upon a sudden; i' expect a little.

k Hom. 9. Voluit urbem tyrannus evertere, et Deus non prohibuit; voluit captivos ducer, non impeditit; voluit ligare, concedit, &c. 1 Psl. exult. De terra Inopem, de stercore erigit pauperem. b Micah, vii. 8. c Premat, prema, ego cum Findaro, quævnonam huius de bellis in h suo, immemalis sum scire suam super maris septam. Lipsius. d Hic urae, hic seca, ut in aeternum parce, Austin. Dils fruitor frualis, superat et erasit mala. Mutum ignis, Fabricium uppertas, Regnum formentas, Socratem venenum superare non potuit. e Hor. epist. 16. lib. 1. f Hom. 5. Aurelii pecuniae i habet in collis; patriæ dejecti, at in coelestem civitatem mittit: vincula inflictia i habet solutam conscientiam: corpus inter-
fectum, at iterum resurgit; can umbræ pingatur qui cum justo pingat. g Leoniades. h Modo in pressura,
in tentationibus, est postea bonum tumque requies, aternitas, immortalitas. i Dabit Deus his quoque finem.
Mem. 3. [ Remedies against Discontents.

Yea, but this expectation is it which tortures me in the mean time; *futura expectans presentibus angor, whilst the grass grows the horse starves: *despair not, but hope well,

"Spera, Batte, tibi melius lux Cruistina ducet:
Dum spiras spera"——

Cheer up, I say, be not dismayed; Spes alit agricolas; "he that sows in tears, shall reap in joy," Psal. cxxxvi. 5.

"Si fortune me tormenta,
Esperance me contenta,"

Hope refresheth, as much as misery depresseth; hard beginnings have many times prosperous events, and that may happen at last which never was yet. "A desire accomplished delights the soul," Prov. xiii. 19.

"Grata superveniet quae non speravit hora:" |
"Which makes me enjoy my joys long wish'd at last,
Welcome that hour shall come when hope is past;" |

a lowering morning may turn to a fair afternoon, *Nube solet puls'd candidus ire dies. "The hope that is deferred, is the fainting of the heart, but when the desire cometh, it is a tree of life," Prov. xiii. 12, *suavissimum est voti compos fieri. Many men are both wretched and miserable at first, but afterwards most happy; and oftentimes it so falls out, as "Machiavel relates of Cosmo de' Medici, that fortunate and renowned citizen of Europe, *that all his youth was full of perplexity, danger, and misery, till forty years were past, and then upon a sudden the sun of his honour broke out as through a cloud." Hurniades was fetched out of prison, and Henry the Third of Portugal out of a poor monastery, to be crowned kings.

"Multa cadunt inter calicem supremaque labra, |
"Many things happen between the cup and the lip," beyond all hope and expectation many things fall out, and who knows what may happen? *Nondum omnium dierum Solcs occi-derunt, as Philippus said, all the suns are not yet set, a day may come to make amends for all. "Though my father and mother forsake me, yet the Lord will gather me up," Psal. xxvii. 10. "Wait patiently on the Lord, and hope in him," Psal. xxxvii. 7. "Be strong, hope and trust in the Lord, and he will comfort thee, and give thee thine heart's desire," Psal. xxvii. 14.

"Spera et vomem rebus servare secundis." |
"Hope, and reserve yourself for prosperity."

Fret not thyself because thou art poor, contemned, or not so well for the present as thou wouldest be, not respected as thou oughtest to be, by birth, place, worth; or that which is a double corrosive, thou hast been happy, honourable, and rich, art now distressed and poor, a scorn of men, a burden to the world, irksome to thyself and others, thou hast lost all: Miserum est fuisse felicem, and as Boethius calls it, Infelicissimum genus infortunii; this made Timon half mad with melancholy, to think of his former fortunes and present misfortunes; this alone makes many miserable wretches discontent. I confess it is a great misery to have been happy, the quintessence of in felicity, to have been honourable and rich, but yet easily to be endured; *security succeeds, and to a judicious man a far better estate. The loss of thy goods and money is no loss; "thou hast lost them, they would otherwise have lost thee." If thy money be gone, *thou art so much the lighter," and as Saint Hierome persuades Rusticus the monk, to forsake all and follow Christ: *Gold and silver are too heavy metals for him to carry that seeks heaven."

"vel nos in mare proximum,
Gammis ct lapides, aurum et intuile," |
"Summi materiam malis
Mittamus, secernam si bene penitet."
Zeno the philosopher lost all his goods by shipwreck; he might like of it, fortune had done him a good turn: Opes à me animum auferre non potest: she can take away my means, but not my mind. He set her at defiance ever after, for she could not rob him that had nought to lose; for he was able to contend more than they could possess or desire. Alexander sent a hundred talents of gold to Phocion of Athens for a present, because he heard he was a good man: but Phocion returned his talents back again with a permitte me in posterum virum bonum esse to be a good man still; let me be as I am: Non mi aurum posco, nec mi precium!—That Theban Crates flung of his own accord his money into the sea, abite, nummi, ego vos mergam ne mergar: I had rather drown you, than you should drown me. Can stoics and epicures thus contend wealth, and shall not we that are Christians? It was mascula vox et praecora, a generous speech of Cotta in Sallust, "Many miseries have happened unto me at home, and in the wars abroad, of which by the help of God some I have endured, some I have repelled, and by mine own valour overcome: courage was never wanting to my designs, nor industry to my intents: prosperity nor adversity could never alter my disposition." "A wise man's mind," as Seneca holds, "is like the state of the world above the moon, ever serene." Come then what can come, befall what may befall, infractum invictumque animum opponas: Rebus angustis animosus atque fortis appare. (Hor. Od. 11. lib. 2.) Hope and patience are two sovereign remedies for all, the surest repossals, the softest cushions to lean on in adversity:

"Sed dum sed levis fit patientia, Quicquid corrigit e nefas." & "What can't be cured must be endured."

If it cannot be helped, or amended, "make the best of it; necessitati qui se accommodat, supit, he is wise that suits himself to the time. As at a game at tables, so do by all such inevitable accidents.

"Si vita est hominum, quasi cam ludas tesseris, Si illud quod est maxime opus, jactu non cadit, Illud quod ecclivit forte, id arte ut corrigit;"

If thou canst not fling what thou wouldst, play thy cast as well as thou canst. Everything, saith Epictetus, hath two handles, the one to be held by, the other not: 'tis in our choice to take and leave whether we will (all which Simplicius's commentator hath illustrated by many examples), and 'tis in our power, as they say, to make or mar ourselves. Conform thyself then to thy present fortune, and cut thy coat according to thy cloth, "Ut quinmus (quod ait) quando quod volumus non licet, "Be contented with thy loss, state, and calling, whatsoever it is, and rest as well satisfied with thy present condition in this life."

"Esto quod es; quod sunt ali, sine quamlibet esse; Quod non es, non; quod potes esse, velis." & "Be as thou art; and as they are, so let Others be still; what is and may be covet." And as he that is invited to a feast eats what is set before him, and looks for no other, enjoy that thou hast, and ask no more of God than what he thinks fit to bestow upon thee. Non ovibus contingit adire Corinthum, we may not be all gentlemen, all Catos, or Lælii, as Tully telleth us, all honourable, illustrious, and serene, all rich; but because mortal men want many things, "therefore," saith Theodoret, "hath God diversely distributed his gifts, wealth to one, skill to another, that rich men might encourage and set poor men at work, poor men

[Part. 2. Sec. 3.]

Cure of Melancholy.
might learn several trades to the common good. As a piece of arras is composed of several parcels, some wrought of silk, some of gold, silver, crewel of diverse colours, all to serve for the exonerating of the whole: music is made of diverse disorders and keys, a total sum of many small numbers, so is a commonwealth of several unequal trades and callings. *If all should be Cræsi and Darii, all idle, all in fortunes equal, who should till the land? As Mene-nius Agrippa well satisfied the tumultuous rout of Rome, in his elegant apologue of the belly and the rest of the members. Who should build houses, make our several stuffs for raiments? We should all be starved for company, as Poverty declared at large in Aristophanes' Plutus, and sue at last to be as we were at first. And therefore God hath appointed this inequality of states, orders, and degrees, a subordination, as in all other things. The earth yields nourishment to vegetables, sensible creatures feed on vegetables, both are substitutes to reasonable souls, and men are subject amongst themselves, and all to higher powers, so God would have it. All things then being rightly examined and duly considered as they ought, there is no such cause of so general discontent, *tis not in the matter itself, but in our mind, as we moderate our passions and esteem of things. Nihil aliud necessarium ut sis miser (saith *Cardan), quam ut te miserum credas, let thy fortune be what it will, *tis thy mind alone that makes thee poor or rich, miserable or happy. Vidi ego (saith divine Seneca), in villâ hilarâ et amovâ maestos, et mediiât solitudine occupatos; non locus sed animus facit ad tranquisitatem. I have seen men miserably dejected in a pleasant village, and some again well occupied and at good ease in a solitary desert. *Tis the mind not the place that causeth tranquillity, and that gives true content. I will yet add a word or two for a corollary. Many rich men, I dare boldly say it, that lie on down beds, with delicacies pampered every day, in their well-furnished houses, live at less heart's ease, with more anguish, more bodily pain, and through their intemperance, more bitter hours, than many a prisoner or galley-slave; *Macedos in plumâ aequo vigilat ac Regulus in doJo: those poor starved Hollanders, whom *Bartison their captain left in Nova Zembia, anno 1596, or those *eight miserable Englishmen that were lately left behind, to winter in a stove in Greenland, in 77 deg. of lat. 1630, so pitifully forsaken, and forced to shift for themselves in a vast, dark, and desert place, to strive and struggle with hunger, cold, desperation, and death itself. *Tis a patient and quiet mind (I say it again and again), gives true peace and content. So for all other things, they are, as old *Chremes told us, as we use them.

*Parentes, patriam, amicos, genos, cognatos, divitas, Hoc perdite sunt ac illius animus qui ea possidet; Qui uti sit, ei bona; qui niti non recte, mala.*

"Parents, friends, fortunes, country, birth, alliance, &c., ebb and flow with our conceit; please or displease, as we accept and construe them, or apply them to ourselves." *Faber quisque fortunae sua, and in some sort I may truly say, prosperity and adversity are in our own hands. Nemo editur nisi a seipso, and which Seneca confirms out of his judgment and experience. "*Every man's mind is stronger than fortune, and leads him to what side he will; a cause to himself each one is of his good or bad life." But will we, or ill we, make the worst of it, and suppose a man in the greatest extremity, *tis a fortune which some indefinitely prefer before prosperity; of two extremes it is the best. Luxuriant animi rebus pleurumque secundis, men in * prosperity forget

God and themselves, they are besotted with their wealth, as birds with honey: *miserae if fortune forsake them, but more miserable if she tarry and overwhelm them: for when they come to be in great place, rich, they that were most temperate, sober, and discreet in their private fortunes, as Nero, Otho, Vitellius, Heliogabalus (optim imperatores nisi imperassent) degenerate on a sudden into brute beasts, so prodigious in lust, such tyrannical oppressors, &c., they cannot moderate themselves, they become monsters, odious, harpies, what not? Cum triumphos, opes, honores adepti sunt, ad voluptatem et oblivio deinceps se convertunt: 'twas *Cato's note, "they cannot contain." For that cause belike,

"Entrapulus cucinaque nocere volabant,
Vestimenta dabat pretiosae; beatus enim jam,
Cum paludris tunicis suum nova consilia et age,
Henio monebat postero, post quo post posthumum
Officium."

On the other side, in adversity many mutter and repine, despair, &c., both bad, I confess.

--- ae at calceus clima
Si pede major eif, subvertit; si minor, uret."".

"As a shoe too big or too little, one pincheth, the other sets the foot awry, sed e malis minimum. If adversity hath killed his thousand, prosperity hath killed his ten thousand: therefore adversity is to be preferred; 'hac frano indiget, illa solatio: illa fallit, hac instruct: the one deceives, the other instructs; the one miserably happy, the other happily miserable; and therefore many philosophers have voluntarily sought adversity, and so much commend it in their precepts. Demetrius, in Seneca, esteemed it a great infelicity, that in his lifetime he had no misfortune, miseriam cui nihil unquam accidisset adversi. Adversity then is not so heavily to be taken, and we ought not in such cases so much to macerate ourselves: there is no such odds in poverty and riches. To conclude in Hierom’s words, “I will ask our magnificos that build with marble, and bestow a whole manor on a thread, what difference between them and Paul the Eremites, that bare old man? They drink in jewels, he in his hand: he is poor and goes to heaven, they are rich and go to hell.”

MEMB. IV.

Against Servitude, Loss of Liberty, Imprisonment, Banishment.

SERVITUDE, loss of liberty, imprisonment, are no such miseries as they are held to be: we are slaves and servants the best of us all: as we do reverence our masters, so do our masters their superiors: gentlemen serve nobles, and nobles subordinate to kings, omne sub regno graviores regnum, princes themselves are God’s servants, reges in ipso imperium est Jovis. They are subject to their own laws, and as the kings of China endure more than slavish imprisonment, to maintain their state and greatness, they never come abroad. Alexander was a slave to fear, Caesar of pride, Vespasian to his money (nihil enim referet verum sis servus an hominum”), Heliogabalus to his gut, and so of the rest. Lovers are slaves to their mistresses, rich men to their gold, courtiers generally to lust and ambition, and all slaves to our affections, as Evangelus well discourseth in *Macrobius, and *Seneca the philosopher, assiduum servitutem extremam et ineluctabilem he calls it, a continual slavery, to be so captivated by vices; and who is free? Why then dost thou repine?

* Seneca de beat. vit. cap. 14. miseris si deserasur ab ea, miseriae si obruantur.
* Pintarch, vit. elus. 1 Hor. epist. lib. 1. ep. 18. 2 Hor. 1 Bosth. 2. 3 Epist. lib. 3. vit. Paul. Ermil. Libet eos unum interroga qui domus maritibus vestinent, qui uno filo villarum ponunt proeis, haec sem ni modo quid unquam defuit? vos gemmas bibitae, ille concavis manibus naturae satisfactit; ille panum paradisum capili, vos avaros gehenum suspicit.
* "It matters little whether we are enslaved by men or things.”
* Satur. l. 11. Allius libidini servit, allius ambitioni, omnes spei, omnes timori.
* P Nat. lib. 9.
Satis est potens, Hierom saith, qui servire non cogitum. Thou carriest no burdens, thou art no prisoner, no drudge, and thousands want that liberty, those pleasures which thou hast. Thou art not sick, and what wouldst thou have? But nimium in vetitum, we must all eat of the forbidden fruit. Were we enjoined to go to such and such places, we would not willingly go; but being barred of our liberty, this alone torments our wandering soul that we may not go. A citizen of ours, saith Cardan, was sixty years of age, and had never been forth of the walls of the city of Milan; the prince hearing of it, commanded him not to stir out: being now forbidden that which all his life he had neglected, he earnestly desired, and being denied, dolores confectus mortem obitit, he died for grief.

What I have said of servitude, I again say of imprisonment, we are all prisoners. *What is our life but a prison?* We are all imprisoned in an island. The world itself to some men is a prison, our narrow seas as so many ditches, and when they have compassed the globe of the earth, they would fail go see what is done in the moon. In Muscovy, and many other northern parts, all over Scandia, they are imprisoned half the year in stoves, they dare not peep out for cold. At Aden in Arabia, they are penned in all day long with that other extreme of heat, and keep their markets in the night. What is a ship but a prison? And so many cities are but as so many hives of bees, anthills; but that which thou abhorrest, many seek: women keep in all winter, and most part of summer, to preserve their beauties; some for love of study: Demosthenes shaved his beard because he would cut off all occasions from going abroad: how many monks and friars, anchorites, abandon the world! Monachus in urbe, piscis in arido. Art in prison? Make right use of it, and mortify thyself; "Where may a man contemplate better than in solitariness," or study more than in quietness? Many worthy men have been imprisoned all their lives, and it hath been occasion of great honour and glory to them, much public good by their excellent meditation. Ptolemeus king of Egypt, cum viribus attenuatius infima valetudine laboraret, miro discondi studio affectus, &c., now being taken with a grievous infirmity of body that he could not stir abroad, became Strato's scholar, fell hard to his book, and gave himself wholly to contemplation, and upon that occasion (as mine author adds), pulcherrimum regis opulentissimum monumentum, &c., to his great honour built that renowned library at Alexandria, wherein were 400,000 volumes. Severinus Boethius never writ so elegantly as in prison, Paul so devoutly, for most of his epistles were dictated in his bands: "Joseph," saith Austin, "got more credit in prison, than when he distributed corn, and was lord of Pharaoh's house." It brings many a lewd riotous fellow home, many wandering rogues it settles, that would otherwise have been like raving tigers, ruined themselves and others.

Banishment is no grievance at all, Omne solum forti patria, &c., et patria est ubicunque bene est, that's a man's country where he is well at ease. Many travel for pleasure to that city, saith Seneca, to which thou art banished, and what a part of the citizens are strangers born in other places! Incolentibus patria, tis their country that are born in it, and they would think themselves banished to go to the place which thou leavest, and from which thou art so loth to depart. Tis no disparagement to be a stranger, or so irksome to be an exile. "The rain is a stranger to the earth, rivers to the sea, Jupiter in Egypt, the sun to us all. The soul is an alien to the body, a nightingale to the air, a swallow in a house, and Ganymede in heaven, an elephant at

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*a* Consol. 1. 5.  
*b* O generosca, quid est vita nist carcer animi!  
*c* Herbstlein.  
*d* Vertomannus, navig.  
*e* I. 2. c. 4. Commercia in mandinis noctu hora secunda ob nimilos qui serviant interdum estus exercit.  
*f* Ubi verbor contemplatio quam in solitudine? ubi studium solidius quam in quiete?  
*g* Lex ab. Alex. gens. 
*h* Am. lib. 1. cap. 2.  
*i* In Ps. LXXVI. non sua dominator Joseph num frumenta distruisset, ac quum carcerem habitaret.  
*j* Boethius.  
*k* Philostratus in delicia. Peregrini sunt imbres in terra et fluvii in mari, Jupiter apud Egyptians, sol apud omnes; hospes anima in corpore, insulas in aere, hierundo in domo, Ganymedes colo, &c.
Rome, a Phenix in India;" and such things commonly please us best, which are most strange and come the farthest off. Those old Hebrews esteemed the whole world Gentiles; the Greeks held all barbarians but themselves; our modern Italians account of us as dull Transalpines by way of reproach, they scorn thee and thy country which thou so much admirest. "Tis a childish humour to hate after home, to be discontent at that which others seek; to prefer, as base islanders and Norwegians do, their own ragged island before Italy or Greece, the gardens of the world. There is a base nation in the north, saith "Pliny, called Chauci, that live amongst rocks and sands by the seaside, feed on fish, drink water: and yet these base people account themselves slaves in respect, when they come to Rome. *Ita est profecto (as he concludes), multis fortuna parcit in panam, so it is, fortune favours some to live at home, to their further punishment: 'tis want of judgment. All places are distant from heaven alike, the sun shines happily as warm in one city as in another, and to a wise man there is no difference of climes; friends are everywhere to him that behaves himself well, and a prophet is not esteemed in his own country. Alexander, Caesar, Trajan, Adrian, were as so many land-leapers, now in the east, now in the west, little at home, and Polus Venetus, Lod. Vertomannus, Pinzonus, Cadamustus, Columbus, Americus Vespucius, Vascus Gama, Drake, Candish, Oliver Anort, Schoutien, got all their honour by voluntary expeditions. But you say such men's travel is voluntary; we are compelled, and as malefactors must depart: yet know this of *Plato to be true, *ultori Deo summa cura peregrinus est, God hath an especial care of strangers, "and when he wants friends and allies, he shall deserve better and find more favour with God and men." Besides the pleasure of peregrination, variety of objects will make amends; and so many nobles, Tully, Aristides, Themistocles, Theseus, Codrus, &c., as have been banished, will give sufficient credit unto it. Read Pet. Alcionius his two books of this subject.

Memb. V.

Against Sorrow for Death of Friends or otherwise, vain Fear, &c.

Death and departure of friends are things generally grievous, *Omnium quae in humana vita contingit, luctus atque mors sunt acerbissima, the most austere and bitter accidents that can happen to a man in this life, in externum valedicere, to part for ever, to forsake the world and all our friends, *tis ultimum terror inæmuli, the last and the greatest terror, most irksome and troublesome unto us, *Homo quoties moritur, toties amittit suos. And though we hope for a better life, eternal happiness, after these painful and miserable days, yet we cannot compose ourselves willingly to die; the remembrance of it is most grievous unto us, especially to such who are fortunate and rich: they start at the name of death, as a horse at a rotten post. Say what you can of that other world, *Montezuma that Indian prince, *Bonum est esse hic, they had rather be here. Nay, many generous spirits, and grave staid men otherwise, are so tender in this, that at the loss of a dear friend they will cry out, roar, and tear their hair, lamenting some months after, bowing "O Home," as those Irish women and Greeks at their graves, commit many indecent actions, and almost go beside themselves. My dear father, my sweet husband, mine only brother's dead, to whom shall I make my moan? *O me miserum! *Qua dabit in lacrymas fontem, &c. What shall I do?

"Sen sit tum habendus luctus fratrum nullius moris, Abestis, huius fratrum aeternus mors!" | "My brother's death my study hath undone, Won'ts me, alas, my brother he is gone!"

Mezentius would not live after his son:

"Nunc vivo, nec adhuc homines insecque relinquuo,
Sed inquam——"

And Pompey's wife cried out at the news of her husband's death,

"Turpe mori post te solo non posse dolore,
Violenta lucu et necula tolerandum."

as Tacitus of Agrippina, not able to moderate her passions. So when she heard her son was slain, she abruptly broke off her work, changed countenance and colour, tore her hair, and fell a roaring downright.

"abditus misere color essa reliquit,
Excusas manibus vadi, revolutaque panea:
Evolut infelix et feminae ululant
Seussa comam——"

Another would needs run upon the sword's point after Euryalus' departure,

"Figitte me, aliqu est pietas, in me omnia tela
Conjicite, d Rutill——"

O let me die, some good man or other make an end of me. How did Achilles take on for Patroclus' departure! A black cloud of sorrows overshadowed him, saith Homer. Jacob rent his clothes, putsackcloth about his loins, sorrowed for his son a long season, and could not be comforted, but would needs go down into the grave unto his son, Gen. xxxviii. 37. Many years after, the remembrance of such friends, of such accidents, is most grievous unto us, to see or hear of it, though it concern not ourselves but others. Scaliger saith of himself, that he never read Socrates' death, in Plato's Phaedon, but he wept:

"Austin shed tears when he read the destruction of Troy. But howsoever this passion of sorrow be violent, bitter, and seizeth familiarly on wise, valiant, discreet men, yet it may surely be withstood, it may be diverted. For what is there in this life, that it should be so dear unto us? or that we should so much deplore the departure of a friend? The greatest pleasures are common society, to enjoy one another's presence, feasting, hunting, Brooks, woods, hills, music, dancing, &c., all this is but vanity and loss of time, as I have sufficiently declared.

"dum bibimus, dum sertis, unguntis,
Poscimus, obrepit non intellectus senectus."

As alchemists spend that small modicum they have to get gold, and never find it, we lose and neglect eternity for a little momentary pleasure which we cannot enjoy, nor shall ever attain to in this life. We abhor death, pain, and grief, all, yet we will do nothing of that which should vindicate us from, but rather voluntarily thrust ourselves upon it. "The lascivious prefers his whore before his life, or good estate; an angry man his revenge; a parasite his gut; ambitious, honours; covetous, wealth; a thief his booty; a soldier his spoil; we abhor diseases, and yet we pull them upon us." We are never better or frer from cares than when we sleep, and yet, which we so much avoid and lament, death is but a perpetual sleep; and why should it, as Epicurus argues, so much affright us? When we are, death is not: but when death is, then we are not: "our life is tedious and troublesome unto him that lives best; "tis a misery to be born, a pain to live, a trouble to die;" death makes an end of our miseries, and yet we cannot consider of it; a little before Socrates drank his portion of cicuta, he bid the citizens of Athens cheerfully farewell, and con-

\[\text{virgil.} \quad "\text{I live now, nor as yet relinquish society and life, but I shall resign them.}"\]
\[\text{linian.} \quad "\text{Overcome by grief, and unable to endure it, she exclaimed, 'Not to be able to die through sorrow for thee were base.'}"\]
\[\text{annul.} \quad "\text{The colour suddenly fled her cheek, the distaff forsook her hand, the red revolved, and with dishevelled locks she broke away, weeping as a woman.'}"\]
\[\text{virg. an. 10.} \quad "\text{Transfix me, O Ruthil, if you have any pity; pierce me with your thousand arrows.'}"\]
\[\text{confess. b. 1.} \quad "\text{Jauvalet.}"
\[\text{amator scortum vites preposuit, Iucundus vindictam, parietis gula, ambitious honores, avarus opes, miles raptam, tur prodom; morbes odium et acceramina. Card.}
\[\text{seneca; quum nos sumus, moris non adeunt; cum vero moris adeunt, tum nos non sumus.}
\[\text{bernard. c. 3. med. nasci miserum vivere pons, angustia mori.}
\[\text{plato, apol. socrates. sed jam hora est hinc abire, &c.}
cluded his speech with this short sentence; "My time is now come to be gone. I to my death, you to live on; but which of these is best, God alone knows." For there is no pleasure here but sorrow is annexed to it, repentance follows it. "If I feel liberally, I am likely sick or surfeit; if I live sparingly, my hunger and thirst is not allayed; I am well neither full nor fasting; if I live honest, I burn in lust; if I take my pleasures, I tire and starve myself, and do injury to my body and soul." 

"Of so small a quantity of mirth, how much sorrow! after so little pleasure, how great misery! 'Tis both ways troublesome to me, to rise and go to bed, to eat and provide my meat; cares and contentions attend me all day long, fears and suspicions all my life. I am discontented, and why should I desire so much to live? But a happy death will make an end of all our woes and miseries; omnis una, nisi certa medelia malia; why shouldst not thou then say with old Simeon, since thou art so well affected, "Lord, now let thy servant depart in peace," or with Paul, "I desire to be dissolved, and to be with Christ?" 

"Béata mors que ad beatam vitam aditum aperit, 'tis a blessed hour that leads us to a "blessed life, and blessed are they that die in the Lord. But life is sweet, and death is not so terrible in itself as the concomitants of it, a loathsome disease, pain, horror, &c., and many times the manner of it, to be hanged, to be broken on the wheel, to be burned alive. 

"Servetus the heretic, that suffered in Geneva, when he was brought to the stake, and saw the executioner come with fire in his hand, homo viso igne tam horrendam exclamavit, ut universum populum perturberetur, roared so loud, that he terrified the people. An old stoic would have scorned this. It troubles some to be unburied, or so:

"non te optima mater
Condit humi, patrione onorabit membra sepulchro;
Alitis linguere feris, et gurgite mercuri
Unda feret, pescasque impasti vulnera lambent.

"Thy gentle parents shall not bury thee,
Amongst thine ancestors entombed to be,
But feral fowl thy carcass shall devour,
Or drowned corpse hungry fish maws shall scour."

As Socrates told Crito, it concerns me not what is done with me when I am dead; Faciles jactura sepulchri: I care not so long as I feel it not; let them set mine head on the pike of Teneriffe, and my quarters in the four parts of the world,—pascam locet in cruce corves, let wolves or bears devour me; 

"Caelo tegitur qui non habet urnam, the canopy of heaven covers him that hath no tomb. So likewise for our friends, why should their departure so much trouble us? They are better, as we hope, and for what then dost thou lament, as those do whom Paul taxed in his time, 1 Thes. iv. 13, "that have no hope? "Tis fit there should be some solemnity.

"Sed sepeliris deest defunctum, pectori fortis,
Constantes, unumque diem dedit indulgentia."

Job's friends said not a word to him the first seven days, but let sorrow and discontent take their course, themselves sitting sad and silent by him. When Jupiter himself wept for Sarpedon, what else did the poet insinuate, but that some sorrow is good.

"Quis matrem, nisi mentia inops, in funere sati
Fiere vetat?"

who can blame a tender mother if she weep for her children? Beside, as Plutarch holds, 'tis not in our power not to lament, Indolentia non cuivis contingit, it takes away mercy and pity, not to be sad; 'tis a natural passion to weep for our friends, an irresistible passion to lament and grieve. "I know

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a Comed. ad satiastatem, gravitas me effendit; parce ced, non est apellatum desiderium; venereas delicias sequor, hinc morbus, lassando, &c. 

b Bern. c. 8. med. De tantilla lactia, quanta tristitia; post tantam voluptatem quam gravia miseria!

b Est enim mors plorium felix transitus ad refrigerium, de expectatione ad premium, de aegone ad bravanum.

a Vatican. vita ejus. 

b V. 8. Homer. 

a It is proper that, having indulged in becoming grief for one whole day, you should commit the dead to the sepulchre."

b Ovid. 

b Comed. ad Apollon. non est libertate movum postum non dolore, misericordiam absolv. &c.
not how (saith Seneca) but sometimes 'tis good to be miserable in misery: and for the most part all grief evacuates itself by tears."

"yet after a day's mourning or two, comfort thyself for thy heaviness," Ecclus. xxxviii. 17. "Non dect defunctum ignavo questu prosequi; 'twas Germanicus' advice of old, that we should not dwell too long upon our passions, to be desperately sad, immoderate griever, to let them tyrannise, there's indolentiae ares, a medium to be kept: we do not (saith Austin) forbid men to grieve, but to grieve overmuch. "I forbid not a man to be angry, but I ask for what cause he is so? Not to be sad, but why is he sad? Not to fear, but wherefore is he afraid?" I require a moderation as well as a just reason. "The Romans and most civil commonwealths have set a time to such solemnities; they must not mourn after a set day, "or if in a family a child be born, a daughter or son married, some state or honour be conferred, a brother be redeemed from his bands, a friend from his enemies," or the like, they must lament no more. And 'tis fit it should be so; to what end is all their funeral pomp, complaints, and tears? When Socrates was dying, his friends Apollodorus and Crito, with some others, were weeping by him, which he perceiving, asked them what they meant: "'tis for that very cause he put all the women out of the room, upon which words of his they were abashed, and ceased from their tears." Lodovicus Cortesius, a rich lawyer of Padua (as Bernardinus Scardoenus relates), commanded by his last will, and a great mulct if otherwise to his heir, that no funeral should be kept for him, no man should lament: but as at a wedding, music and minstrels to be provided; and instead of black mourners, he took order, "that twelve virgins clad in green should carry him to the church." His will and testament was accordingly performed, and he buried in St. Sophia's church. Tully was much grieved for his daughter Tulliola's death at first, until such time that he had confirmed his mind with some philosophical precepts, "then he began to triumph over fortune and grief, and for her reception into heaven to be much more joyed than before he was troubled for her loss." If a heathen man could so fortify himself from philosophy, what shall a Christian from divinity? "Why dost thou so mace-rate thyself? 'Tis an inevitable chance, the first statute in Magna Charta, an everlasting Act of Parliament, all must die."

It cannot be revoked, we are all mortal, and these all commanding gods and princes "die like men." —involuti humile pariter et celsum caput, aquae summis imina. "O weak condition of human estate," Sylvius exclaimed: "Ladislaus, king of Bohemia, eighteen years of age, in the flower of his youth, so potent, rich, fortunate and happy, in the midst of all his friends, amongst so many physicians, now ready to be married, in thirty-six hours sickened and died. We must so be gone sooner or later all, and as Calliopeius in the comedy took his leave of his spectators and auditors, Vos valet et plaudite, Calliopeius recensui, must we bid the world farewell (Exit Calliopeius), and having now played our parts, for ever be gone. Tombs and monuments have been
the like fate, data sunt ipsis quoque fata sepulchris, kingdoms, provinces, towns, and cities, have their periods, and are consumed. In those flourishing times of Troy, Mycenae was the fairest city in Greece, Graciae cunctae imperitabant, but it, alas, and that "Assyrian Nineveh are quite overthrown;" the like fate hath that Egyptian and Boetian Thebes, Delos, commune Graeciae conciliabulum, the common council-house of Greece, "and Babylon, the greatest city that ever the sun shone on, hath now nothing but walls and rubbish left. "Quid Pandionica restat nisi nomen Athenae?" Thus Pausanias complained in his times. And where is Troy itself now, Persepolis, Carthage, Cizicum, Sparta, Argos, and all those Grecian cities? Syracuse and Agrigentum, the fairest towns in Sicily, which had sometimes 700,000 inhabitants, are now decayed: the names of Hiero, Empedocles, &c., of those mighty numbers of people, only left. One Anacharsis is remembered amongst the Scythians; the world itself must have an end; and every part of it. Cetera igitur urbes sunt mortales, as Peter Gillius concludes of Constantinople, have some quamdiu erunt homines, futura mihi videtur immortalis; but 'tis not so: nor site, nor strength, nor sea, nor land, can vindicate a city, but it and all must vanish at last. And as to a traveller, great mountains seem plains afar off, at last are not discerned at all; cities, men, monuments decay, and only left, those at length forgotten, and are involved in perpetual night.

Returning out of Asia, when I sailed from Aegina towards Megara, I began (saith Servius Sulpicius, in a consolatory epistle of his to Tully) to view the country round about. Aegina was behind me, Megara before, Piraeus on the right hand, Corinth on the left, what flourishing towns heretofore, now prostrate and overwhelmed before mine eyes, I began to think with myself, alas, why are we so much disquieted with the departure of a friend, whose life is much shorter, "when so many goodly cities lie buried before us? Remember, O Servius, thou art a man; and with that I was much confirmed, and corrected myself." Correct then likewise, and comfort thyself in this, that we must necessarily die, and all die, that we shall rise again: as Tully held; Juendumque multo congressus noster futurus, quam insuevis et acerbus digressus, our second meeting shall be much more pleasant than our departure was grievous.

Ay, but he was my most dear and loving friend, my sole friend, Thou mayest be ashamed, I say with Seneca, to confess it, "in such a tempest as this to have but one anchor," go seek another: and for his part thou dost him great injury to desire his longer life. "Wilt thou have him crazed and sickly still," like a tired traveller that comes weary to his inn, begin his journey afresh, "or to be freed from his miseries: thou hast more need rejoice that he is gone." Another complains of a most sweet wife, a young wife, Non-dum sustulerat flavum Proserpina crinem, such a wife as no mortal man ever had, so good a wife, but she is now dead and gone, lethaeoque jactat condita sarcophago. I reply to him in Seneca's words, if such a woman at least ever was to be had, He did either so find or make her; if he found her, he may as happily find another; if he made her," as Critobulus in Xenophon did by his, he may as good cheap inform another, et bona tam sequitur, quam bona...
prima fuit; "he need not despair, so long as the same master is to be had." But was she good? Had she been so tried peradventure as that Ephesian widow in Petronius, by some swaggering soldier, she might not have held out. Many a man would have been willingly rid of his; before thou wast bound, now thou art free; "and 'tis but a folly to love thy fettiors though they be of gold." Come into a third place, you shall have an aged father singing for a son, a pretty child;

"He now lies asleep, would make an impious Thracian weep."

Or come a fine daughter that died young. Nondum exparta novi gaudia primator. Or a forlorn son for his deceased father. But why? Prior existi, prior intravit, he came first, and he must go first. 'Tu frustra pius, heu, &c. What, wouldst thou have the laws of nature altered, and him to live always? Julius Caesar, Augustus, Alcibiades, Galen, Aristotle, lost their fathers young. And why on the other side shouldst thou so heavily take the death of thy little son?

"Num quia nee facto, merita nee morte peribat, sed miser ante item"—

he died before his time, perhaps, not yet come to the solstice of his age, yet was he not mortal? Hear that divine Epictetus, "If thou covet thy wife, friends, children should live always, thou art a fool." He was a fine child indeed, dignus Apollinis lachrymis, a sweet, a loving, a fair, a witty child, of great hope, another Eteocles, whom Pindarus the poet and Aristides the rhetorician so much lament; but who can tell whether he would have been an honest man? He might have proved a thief, a rogue, a spendthrift, a disobedient son, vexed and galled thee more than all the world beside; he might have wrangled with thee and disagreed, or with his brothers, as Eteocles and Polynices, and broke thy heart; he is now gone to eternity, as another Ganymede, in the "flower of his youth," as if he had risen," said Plutarch, "from the midst of a feast," before he was drunk, "the longer he had lived, the worse he would have been," et quo vita longior (Ambrose thinks), culpa numerosior, more sinful, more to answer he would have had. If he was naught, thou mayest be glad he is gone; if good, be glad thou hastd such a son. Or art thou sure he was good? It may be he was an hypocrite, as many are, and howsoever he spake thee fair, peradventure he prayed, amongst the rest that Icaro Menippus heard at Jupiter's whispering-place in Lucian, for his father's death, because he now kept him short, he was to inherit much goods, and many fair manors after his decease. Or put case he was very good, suppose the best, may not thy dead son expostulate with thee, as he did in the same Lucian, "why dost thou lament my death, or call me miserable that am much more happy than thyself? what misfortune is befallen me? is it because I am not so bald, crooked, old, rotten, as thou art? What have I lost, some of your good cheer, gay clothes, music, singing, dancing, kissing, merry-meetings, thalami lubentius, &c., is that it? Is it not much better not to hunger at all than to eat: not to thirst than to drink to satisfy thirst: not to be cold than to put on clothes to drive away cold? You had more need rejoice that I am freed from diseases, agues, cares, anxieties, livor, love, covetousness, hatred, envy, malice, that I fear no more thieves, tyrants, enemies, as you do." Id cinereum et maris credis curare sepulcos? "Do they concern us at all, think you, when we are once
dead?" Condole not others then overmuch, "wish not or fear thy death."
Summum nec optes diem nec metuas; 'tis to no purpose.

"Excessit a vitis arumnis facilissime tabensque
Ne pejora ipsa morte deline videam." | "I left this illsome life with all mine heart,
Last worse than death should happen to my part."

Cardinal Brundinus caused this epitaph in Rome to be inscribed on his tomb, to show his willingness to die, and tax those that were so loth to depart. Weep and howl no more then, 'tis to small purpose; and as Tully adviseth us in the like case, Non quos amisimus, sed quantum lugeres par sit cogitamus: think what we do, not whom we have lost. So David did, 2 Sam. xxii., "While the child was yet alive, I fasted and wept; but being now dead, why should I fast? Can I bring him again? I shall go to him, but he cannot return to me." He that doth otherwise is an intemperate, a weak, a silly, and indiscreet man. Though Aristotle deny any part of intemperance to be conversant about sorrow, I am of Seneca's mind, "he that is wise is temperate, and he that is temperate is constant, free from passion, and he that is such a one, is without sorrow," as all wise men should be. The 'Thracians wept still when a child was born, feasted and made mirth when any man was buried: and so should we rather be glad for such as die well, that they are so happily freed from the miseries of this life. When Eteoneus, that noble young Greek, was so generally lamented by his friends, Pindarus the poet feigns some god saying, Silete, homines, non emit miser est, &c., be quiet good folks, this young man is not so miserable as you think; he is neither gone to Styx nor Acheron, sed gloriosus et senii expera heros, he lives for ever in the Elysian fields. He now enjoys that happiness which your great kings so earnestly seek, and wears that garland for which ye contend. If our present weakness is such, we cannot moderate our passions in this behalf, we must divert them by all means, by doing something else, thinking of another subject. The Italians most part sleep away care and grief, if it unseasonably seize upon them, Danes, Dutchmen, Polanders and Bohemians drink it down, our countrymen go to plays: do something or other, let it not transpose thee, or by "premeditation make such accidents familiar," as Ulysses that wept for his dog, but not for his wife, quod paratus esset animo obfirmato, (Plut. de anim. tranq.) "accustom thyself, and harden beforehand by seeing other men's calamities, and applying them to thy present estate;" Praevisum est levius quod fuit ante malum. I will conclude with Epictetus, "If thou lovest a pot, remember 'tis but a pot thou lovest, and thou wilt not be troubled when 'tis broken: if thou love a son or wife, remember they were mortal, and thou wilt not be impatient." And for false fears and all other fortuitous inconveniences, mischances, calamities, to resist and prepare ourselves, not to faint is best: Solum est timere quod vitari non potest, 'tis a folly to fear that which cannot be avoided, or to be discouraged at all.

"Nam quisquis trepidus pavet vel optat,
Abjeetic plegeam, locoque motus
Nequit quis valeat trahil catenam.

"For he that so faints or fears, and yields to his passion, flings away his own weapons, makes a cord to bind himself, and pulls a beam upon his own head."

Memb. VI.
Against Envy, Livor, Emulation, Hatred, Ambition, Self-love, and all other Affections.

Against those other "passions and affections, there is no better remedy than as mariners when they go to sea, provide all things necessary to resist a tem-
pest: to furnish ourselves with philosophical and Divine precepts, other men's examples. The "Periculum ex aliis facere, sibi quod ex usu sit": To balance our hearts with love, charity, meekness, patience, and counterpoise those irregular motions of envy, livor, spleen, hatred, with their opposite virtues, as we bend a crooked staff another way, to oppose "sufferance to labour, patience to reproach," bounty to covetousness, fortune to pusillanimity, meekness to anger, humility to pride, to examine ourselves for what cause we are so much disquieted, on what ground, what occasion is it just or feigned? And then either to pacify ourselves by reason, to divert by some other object, contrary passion, or premeditation. Meditari secum oportet quo pacto adversam arumnam ferat, Pericula, damna, exilia peregrinad semper cogitat, aut filii peccatum, aut uxor is mortem, aut morbum filia, communia esse hac: fieri posse, ut ne quid animo sit novum. To make them familiar, even all kind of calamities, that when they happen they may be less troublesome unto us. In secundis meditare, quo pacto feras adversa: or out of mature judgment to avoid the effect, or disannul the cause, as they do that are troubled with toothache, pull them quite out.

"Ut vivat castor, sibi testes amputat ipsae: Tu quoque diguas nocent, abijae, tuus eris." "The beaver bites off its stones to save the rest: Do thou the like with that thou art oppressed."

Or as they that play at wasters, exercise themselves by a few cudgels how to avoid an enemy's blows: let us arm ourselves against all such violent incursions, which may invade our minds. A little experience and practice will inure us to it; vetula vulpes, as the proverb saith, laqueo habatur, an old fox is not so easily taken in a snare; an old soldier in the world methinks should not be disquieted, but ready to receive all fortunes, encounters, and with that resolute captain, come what may come, to make answer,

O virgo nova mi facies inopinique surgit, Omnia percepi atque animo mecum ante peregrini. "No labour comes at unawares to me, For I have long before cast what may be." The commonwealth of Venice in their armoury have this inscription, "Happy is that city which, in time of peace, thinks of war," a fit motto for every man's private house: happy is the man that provides for a future assault. But many times we complain, repine, and mutter without a cause, we give way to passions wemay resist, and will not. Socrates was bad by nature, envious, as he confessed to Zopirus the physiognomer, accusing him of it, froward and lascivious: but as he was Socrates, he did correct and amend himself. Thou art malicious, envious, covetous, impatient, no doubt, and lascivious, yet as thou art a Christian, correct and moderate thyself. "Tis something, I confess, and able to move any man, to see himself contemned, obscure, neglected, disgraced, undervalued, "left behind;" some cannot endure it, no, not constant Lipsius, a man discretion otherwise, yet too weak and passionate in this, as his words express, collegas olim, quos ego sine fremitu non intueror, super terrae filios, nunc Mace natos et Agrippas habeos,—summo jam monte potitos. But he was much to blame for it: to a wise staid man this is nothing, we cannot all be honoured and rich, all Caesars; if we will be content, our present state is good; and in some men's opinion to be preferred. Let them go on, get wealth, offices, titles, honours, preferments, and what they will themselves, by chance, fraud, imposture, simony, and indirect means, as too many do, by bribery, flattery, and parasitical insinuation, by impudence and time-serving, let them climb up to advancement in despite of virtue, let them go before, cross me on every
side," I am non offendunt modo non in oculos incurrant, as he said, correcting his former error, they do not offend me so long as they run not into mine eyes. I am inglorious and poor, composita paupertate, but I live secure and quiet: they are dignified, have great means, pomp, and state, they are glorious; but what have they with it? "Envy, trouble, anxiety, as much labour to maintain their place with credit, as to get it at first." I am contented with my fortunes, spectator è longinguo, and love Neptunum procudà terræ spectare furentem: he is ambitious, and not satisfied with his: "but what "gets he by it? to have all his life laid open, his reproaches seen: not one of a thousand but he hath done more worthy of dispraise and animadversion than commendation; no better means to help this than to be private." Let them run, ride, strive as so many fishes for a crumb, scrape, climb, catch, snatch, cozen, colloque, temporise and fleire, take all amongst them, wealth, honour, and get what they can, it offends me not:

"...me metellus
Lace secreto fateque tegat,"

"I am well pleased with my fortunes," Vído et regno simul ista reliquens.
I have learned "in what state soever I am, therewith to be contented," Philip, iv. 11. Come what can come, I am prepared. Nave ferar magnà an parvèd, ferar unus et idem. I am the same. I was once so mad to bustle abroad, and seek about for preferment, tire myself, and trouble all my friends, sed nihil labor tantus profecti; nam dum alios amicorum mors avoat, alius ignotus sum, his invisis, alii largù promittunt, intereundù illi mecum soliciit, hi vanà spe lactant; dum alios ambio, hos capto, illis innotescit, estas perit, anni defluunt, amici fatigantur, ego deferor, et jam, mundi tensus, humanaeque satùn infidelitas, acquisecess. "And so I say still; although I may not deny, but that I have had some bountiful patrons and noble benefactors, ne sim interim ingratus, and I do thankfully acknowledge it, I have received some kindness, quod Deus illis beneficiùc repondat, si non pro votis, fortasse pro meritis, more peradventure than I deserve, though not to my desire, more of them than I did expect, yet not of others to my desert; neither am I ambitious or covetous, for this while; or a Suffenus to myself; what I have said, without prejudice or alteration shall stand. And now as a mired horse that struggles at first with all his might and main to get out, but when he sees no remedy, that his beating will not serve, lies still, I have laboured in vain, rest satisfied, and if I may usurp that of Prudentius,

"Inveni portum; spes et fortuna vaele,
Nil mihi robiscum, indite nune alioe."  

And what about the other side?

MEMB. VII.

Against Repulse, Abuses, Injuries, Contempts, Disgraces, Contumelies, Slanders, Scoffs, &c.

Repulse.] I may not yet conclude, think to appease passions, or quiet the mind, till such time as I have likewise removed some other of their more eminent and ordinary causes, which produce so grievous tortures and discontents: to divert all, I cannot hope; to point alone at some of their fewest, is that which I aim at.

1 Lipsius, epist. Fb. I. epist. 7. 2 Quod alius dignius sibi parat quam ut probra ejus pateant? nam vivens qui non habet in vitæ plura visperationes quam laude digna; huius non melius occurratur, quam a bene latueris. 3 Er omnes fana per urbes garrula laudet. 4 Sen. Ep. Fusc. 5 Hor. "I live like a king, without any of these acquisitions." 6 But all my labour was unprofitable; for while death took off some of my friends, to others I remain unknown, or little liked, and these deceive me with false promises. Whilst I am canvassing one party, captivating another, making myself known to a third, my age increases, years glide away, I am put off, and now tired of the world, and surfeited with human worthlessness, I rest content.

The right honourable Lady Frances Countess Dowager of Exeter. The Lord Berkeley.

The Dictichon quæ in militem Christianam à Graeco. Engraven on the tomb of Fr. Puecils the Florentine in Rome. Chytresus in delicis.
Mem. 7. Remedies against Discontents.

Repulse and disgrace are two main causes of discontent, but to an understanding man not so hardly to be taken. Caesar himself hath been denied, and when two stand equal in fortune, birth, and all other qualities alike, one of necessity must lose. Why shouldst thou take it so grievously? It hath a familiar thing for thee thyself to deny others. If every man might have what he would, we should all be defied, emperors, kings, princes; if whatsoever vain hope suggests, insatiable appetite affects, our preposterous judgment thinks fit were granted, we should have another chaos in an instant, a mere confusion. It is some satisfaction to him that is repelled, that dignities, honours, offices, are not always given by desert or worth, but for love, affinity, friendship, affection, great men’s letters, or as commonly they are bought and sold. *Honours in court are bestowed not according to men’s virtues and good conditions (as an old courtier observes), but as every man hath means, or more potent friends, so he is preferred.* With us in France (for so their own countryman relates) most part the matter is carried by favour and grace; he that can get a great man to be his mediator, runs away with all the preferment." *Indignissimus plerumque prefertur, Vatinius Catoni, illaudatus laudatissimo;*  

--- "Servi dominantur; assili
Ornantr phaleris, gpehalerant equal."

An illiterate fool sits in a man’s seat, and the common people hold him learned, grave and wise. "One professeth (Cardan well notes) for a thousand crowns, but he deserves not ten, when as he that deserves a thousand cannot get ten." *Salarium non dat multis salam.* As good horses draw in carts as coaches. And oftentimes, which Machiavel seconds, *Principes non sunt qui ob insignem virtutem principatu digni sunt, he that is most worthy wants employment; he that hath skill to be a pilot wants a ship, and he that could govern a commonwealth, a world itself; a king in conceit, wants means to exercise his worth, hath not a poor office to manage, and yet all this while he is a better man that is fit to reign, esti carere regno, though he want a kingdom, than he that hath one, and knows not how to rule it:" a lion serves not always his keeper, but oftentimes the keeper the lion, and as Polydore Virgil hath it, *multis reges ut pupilli ob inscitiam non regunt sed reguntur.* Hiero of Syracuse was a brave king, but wanted a kingdom; Perseus of Macedon had nothing of a king, but the bare name and title, for he could not govern it: so great places are often ill bestowed, worthy persons unrespected. Many times too, the servants have more means than the masters whom they serve, which Epictetus counts an eye-sore and inconvenient. But who can help it? It is an ordinary thing in these days to see a base impudent ass, illiterate, unworthy, insufficient, to be preferred before his betters, because he can put himself forward, because he looks big, can bustle in the world, hath a fair outside, can temperise, colloquae, insinuate, or hath good store of friends or money; whereas a more discreet, modest, and better-deserving man shall lie hid or have a repulse. T’was so of old, and ever will be, and which Tiresias adviseth Ulysses in the 2 poet,—*Accipe quod ratione quaeque ditescere,* &c. is still in use; lie, flatter and dissemble: if not, as he concludes,—*Fraga passer eris,* then go like a beggar as thou art. Erasmus, Melancthon, Lipsius, Budeus, Cardan,

*Pederatus in 300 Lacedamoniiorum numerum non electus ruit, gratulatur se dicens civitatem habere 300 elaves se meliores.* *Kissing goes by favour. V. Eneas Syl. de miser. curial. Dantur honoros in curialis non secundum honores et virtutes, sed ut quaque dixer est utque potestas, eo magis honoratur.* *Seselius, lib. 2. de repub. Gallorum. Favores apud nos et gratis plebemque res agimus et qui commodum aliquem nati sunt interessecurum, aditum ferar habant ad omnes praefecturas.* *Slaves govern; asses are decked with trappings; horses are deprived of them.* *Imperius perit munus occupat, et sic apud vulgus habitatur. His profetetur milia coronas, cum nec decem mercatum; alius et diverso milie dignus, sic decem conselui potest.* *Epist. dedic. diput. Zebbeo Bondementis, et Cosmo Beccadiso.* *Quam est qui regnat, et regnandi sit imperius.* *Lib. 22. hist.* *Ministri locupletiores sunt in quibus ministrait.*  

*Hor. lib. 2. Sat. 6. *Learn how to grow rich.*
lived and died poor. Gesner was a silly old man, *baculo innixus*, amongst all those huffing cardinals, swelling bishops that flourished in his time, and rode on foot-clothes. It is not honesty, learning, worth, wisdom, that prefers men, "The race is not to the swift, nor the battle to the strong," but as the wise man said, Chance, and sometimes a ridiculous chance. Casus plerumque ridiculus multis elevavit. "Tis fortune’s doings as they say, which made Brutus now dying exclaim, O misera virtus, ergo nihil quidem verba eras, atqui ego te tangquam rem exercerebam, sed tu serviebas fortune." Believe it hereafter, O my friends! virtue serves fortune. Yet be not discouraged (O my well deserving spirits) with this which I have said, it may be otherwise, though seldom I confess, yet sometimes it is. But to your farther content, I'll tell you a tale. In Moronia pia, or Moronia felix, I know not whether, nor how long since, nor in what cathedral church, a fat prebend fell void. The carcass scarce cold, many suitors were up in an instant. The first had rich friends, a good purse, and he was resolved to outbid any man before he would lose it, every man supposed he should carry it. The second was my lord Bishop’s chaplain (in whose gift it was), and he thought it his due to have it. The third was nobly born, and he meant to get it by his great parents, patrons, and allies. The fourth stood upon his worth, he had newly found out strange mysteries in chemistry, and other rare inventions, which he would detect to the public good. The fifth was a painful preacher, and he was commended by the whole parish where he dwelt, he had all their hands to his certificate. The sixth was the prebendary’s son lately deceased, his father died in debt (for it, as they say), left a wife and many poor children. The seventh stood upon fair promises, which to him and his noble friends had been formerly made for the next place in his lordship’s gift. The eighth pretended great losses, and what he had suffered for the church, what pains he had taken at home and abroad, and besides he brought noblemen’s letters. The ninth had married a kinswoman, and he sent his wife to sue for him. The tenth was a foreign doctor, a late convert, and wanted means. The eleventh would exchange for another, he did not like the former’s site, could not agree with his neighbours and fellows upon any terms, he would be gone. The twelfth and last was (a suitor in conceit) a right honest, civil, sober man, an excellent scholar, and such a one as lived private in the university, but he had neither means nor money to compass it; besides he hated all such courses, he could not speak for himself, neither had he any friends to solicit his cause, and therefore made no suit, could not expect, neither did he hope for, or look after it. The good bishop, amongst a jury of competitors thus perplexed, and not yet resolved what to do, or on whom to bestow it, at the last, of his own accord, mere motion and bountiful nature, gave it freely to the university student, altogether unknown to him but by name; and to be brief, the academical scholar had the prebend sent him for a present. The news was no sooner published abroad, but all good students rejoiced, and were much cheered up with it, though some would not believe it; others, as men amazed, said it was a miracle; but one amongst the rest thanked God for it, and said *Nunc juvat tandem studiosum esse, et Deo integro corde servire.* You have heard my tale: but alas it is but a tale, a mere fiction, ’twas never so, never like to be, and so let it rest. Well, be it so then, they have wealth and honour, fortune and preferment, every man (there’s no remedy) must scramble as he may, and shift as he can; yet Cardan comforted himself with this, "*I’m the star Fomahanti would make him immortal, and that*" after his decease his books should

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h Solomon. Eccles. i. 11. i Sat. Menip. k "O wretched virtue! you are therefore nothing but words, and I have all this time been looking upon you as a reality, while you are yourself the slave of fortune." l’Sal. quid est apud Valent. Androm. Apolog. manip. 5. apol. 39. m Stella Fomahant immortalitatem dabit. n Lib. de lib. propriis.
be found in ladies' studies: "Dignum laude virum Musa vetat mori. But why shouldst thou take thy neglect, thy canvas so to heart? It may be thou art not fit; but a child that puts on his father's shoes, hat, headpiece, breastplate, breeches, or holds his spear, but is neither able to wield the one, or wear the other; so wouldest thou do by such an office, place, or magistracy: thou art unfit: "And what is dignity to an unworthy man, but" (as Salvianus holds), "a gold ring in a swine's snout? Thou art a brute. Like a bad actor (so Plutarch compares such men in a tragedy), dideuma fert, at vox non auditor: Thou wouldest play a king's part, but actest a clown, speakest like an ass. *Magna petis, Phaëton, et quæ non viribus istis, &c., as James and John the sons of Zebedee, did ask they knew not what: nescis, temperarie, nescis; thou dost, as another Suffenus, overween thyself; thou art wise in thine own conceit, but in other more mature judgment altogether unfit to manage such a business. Or be it thou art more deserving than any of thy rank, God in his providence hath reserved thee for some other fortunes, sic superis visum. Thou art humble as thou art, it may be; hadst thou been preferred, thou wouldest have forgotten God and thyself, insulted over others, contemned thy friends, 'been a block, a tyrant, or a demi-god, sequiturque superbia formam: "*Therefore," saith Chrysostom, "good men do not always find grace and favour, lest they should be puffed up with turgid titles, grow insolent and proud."

Injuries, abuses, are very offensive, and so much the more in that they think veterem ferendo invitant novam, "by taking one they provoke another:" but it is an erroneous opinion, for if that were true, there would be no end of abusing each other; tia liitem generat; 'tis much better with patience to bear, or quietly to put it up. If an ass kick me, saith Socrates, shall I strike him again? And when his wife Xantippa struck and misused him, to some friends that would have had him strike her again, he replied, that he would not make them sport, or that they should stand by and say, Eta Socrates, eta Xantippa, as we do when dogs fight, animate them the more by clapping of hands. Many men spend themselves, their goods, friends, fortunes, upon small quarrels, and sometimes at other men's procurements, with much vexation of spirit and anguish of mind, all which with good advice, or mediation of friends, might have been happily composed, or if patience had taken place. Patience in such cases is a most sovereign remedy, to put up, conceal, or dissemble it, to forget and forgive, "not seven, but seventy-seven times, as often as he repents forgive him." Luke xvii. 3. as our Saviour enjoins us, stricken, "to turn the other side." as our Apostle persuades us, "to recom pense no man evil for evil, but as much as is possible to have peace with all men: not to avenge ourselves, and we shall heap burning coals upon our adversary's head." "For "if you put up wrong (as Chrysostom comments), you get the victory; he that loseth his money, loseth not the conquest in this our philosophy." If he contend with thee, submit thyself unto him first, yield to him. Durum et durum non faciunt nurum, as the diver is, two refractory spirits will never agree, the only means to overcome is to relent, obsquo vinces. Euclid in Plutarch, when his brother had angered him, swore he would be revenged; but he gently replied, "Let me not live if I do not make thee to love me again," upon which meek answer he was pacified,

"Flectitur obsquo curvatus ab arbo re ramos, Frangis si vires experire tuss."

"A branch if easily bended yields to thee, Full hard it breaks; the difference you see."
The noble family of the Colonna in Rome, when they were expelled the city by that furious Alexander the Sixth, gave the bending branch therefore as an impress, with this motto, *Flecti potest, frangi non potest*, to signify that he might break them by force, but so never make them stoop, for they fled in the midst of their hard usage to the kingdom of Naples, and were honourably entertained by Frederick the king, according to their callings. Gentleness in this case might have done much more, and let thine adversary be never so perverse, it may be by that means thou mayest win him; *si favere et benevolentia etiam immannis animus manescit*, soft words pacify wrath, and the fiercest spirits are so soonest overcome; *a generous lion will not hurt a beast that lies prostrate, nor an elephant an innocuous creature, but is infestus infestis, a terror and scourge alone to such as are stubborn, and make resistance. It was the symbol of Emanuel Philibert, Duke of Savoy, and he was not mistaken in it, for

"*Quo quisque est major, magis est placabilis ira,\nEt facilis motus mans generosa capit.*"  |  "*A greater man is soonest pacified,\nA noble spirit quickly satisfied.*"

It is reported by *Gualter Mapes, an old historiographer of ours (who lived 400 years since), that King Edward senior, and Llewellyn prince of Wales, being at an interview near Aust upon Severn, in Gloucestershire, and the prince sent for, refused to come to the king; he would needs go over to him; which Llewellyn perceiving, "he went up to the arms in water, and embracing his boat, would have carried him out upon his shoulders, adding that his humility and wisdom had triumphed over his pride and folly; and thereupon was reconciled unto him and did his homage." If thou canst not so win him, put it up, if thou best a true Christian, a good divine, an imitator of Christ, ("for he was reviled and put it up, whipped and sought no revenge"), thou wilt pray for thine enemies, ("and bless them that persecute thee,"

*be patient, meek, humble, &c. An honest man will not offer thee injury, probus non vult;* if he were a brangling knave, 'tis his fashion so to do; where is least heart is most tongue; *quo quisque stultior có magis insolescit*, the more sottish he is, the more insolent: ("Do not answer a fool according to his folly." If he be thy superior, "bear it by all means, grieve not at it, let him take his course; Amnitus and Melitus "*may kill me, they cannot hurt me;" as that generous Socrates made answer in like case. *Mens immotæ manet*, though the body be torn in pieces with wild horses, broken on the wheel, pinched with fiery tongs, the soul cannot be distracted. Tis an ordinary thing for great men to vilify and insult, oppress, injure, tyrannize, to take what liberty they list, and who dare speak against? *Miserrum est ab eo luudi, quo non possis queri*, a miserable thing 'tis to be injured of him, from whom is no appeal: ("and not safe to write against him that can prescribe and punish a man at his pleasure, which Asinius Pollio was aware of, when Octavianus provoked him. "Tis hard I confess to be so injured: one of Chilo's three difficult things: ("To keep counsel; spend his time well; put up injuries:" but be thou patient, and leave revenge unto the Lord. ("Vengeance is mine and I will repay, saith the Lord."—"I know the Lord," saith "David, "will avenge the afflicted and judge the poor." ("No man (as 'Plato farther adds) can so severely punish his adversary, as God will such as oppress miserable men.

*: *Iterum ille rem judicatam judicat,\nMajoerque munita multae.*"
If there be any religion, any God, and that God be just, it shall be so; if thou believest the one, believe the other: *Erit, erit*, it shall be so. *Nemesis* comes after, *seró sed serió*, stay but a little and thou shalt see God’s just judgment overtake him.

"Raro antecedentem secellum Desceruit pede ponsa clando."

"Yet with sure steps, though lame and slow, Vengeance overtakes the trembling villain’s speed."

Thou shalt perceive that verified of Samuel to Agag, 1 Sam. xv. 33. "Thy sword hath made many women childless, so shall thy mother be childless amongst other women." It shall be done to them as they have done to others. Conradinus, that brave Suevian prince, came with a well-prepared army into the kingdom of Naples, was taken prisoner by King Charles, and put to death in the flower of his youth; a little after (*ulterior Conradini mortis*, Pandolphius Callimachi, *Hist. Neap. lib. 5*, calls it) King Charles’s own son, with two hundred nobles, was so taken prisoner, and beheaded in like sort. Not in this only, but in all other offences, *quos quisque peccat in eo punietur*, *they* shall be punished in the same kind, in the same part, like nature, eye with or in the eye, head with or in the head, persecution with persecution, lust with lust; let them march on with ensigns displayed, let drums beat on, trumpets sound tarantantarra, let them sack cities, take the spoil of countries, murder infants, deflower virgins, destroy, burn, persecute, and tyrannise, they shall be fully rewarded at last in the same measure, they and theirs, and that to their desert.

"Ad generum Ceres sine caede et sanguine pauci Descedunt reges et siles morte tyrann." "Few tyrants in their beds do die, But stabb’d or maim’d to hell they be.""Oftentimes too a base contemptible fellow is the instrument of God’s justice to punish, to torture, and vex them, as an ichneumon doth a crocodile. They shall be recompensed according to the works of their hands, as Haman was hanged on the gallows he provided for Mordeciah; "They shall have sorrow of heart, and be destroyed from under the heaven," Thren. iii. 64, 65, 66. Only be thou patient: *vincit qui patitur*: and in the end thou shalt be crowned. Yes, but *tis a hard matter to do this, flesh and blood may not abide it; *tis grave, grave! no* (Chrysostom replies), *non est grave, ó homo!* *tis not so grievous, *o* neither had God commanded it, if it had been so difficult. But how shall it be done? "Easily," as he follows it, "if thou shalt look to heaven, behold the beauty of it, and what God hath promised to such as put up injuries." But if thou resist and go about *viam vi repellere*, as the custom of the world is, to right thyself, or hast given just cause of offence, *tis no injury then, but a condign punishment; thou hast deserved as much: *A te principium, in te recidit crimen quod á te fuit; peccásti, quiesce*, as Ambrose expostulates with Cain, *lib. 3. de Abel et Cain.* Dionysius of Syracuse, in his exile, was made to stand without door, *patienter ferendum, fortasse nos tale quid fecimus, quum in honore essesmus*, he wisely put it up, and laid the fault where it was, on his own pride and scorn, which in his prosperity he had formerly showed others. *Tis *Tully’s axiom, *ferre ea molestissimè homines non debent, qua ipsorum culpà contracta sunt*, self do, self have, as the saying is, they may thank themselves. For he that doth wrong must look to be wronged again; *habet et musca splenem, et formica sua bilis caest*. The least fly hath a spleen, and a little bee a sting. *An* an ass overwhelmed a thistlewarp’s nest, the little bird pecked his galled back in revenge; and the humble-bee in the fable flung down the eagle’s eggs out of Jupiter’s lap. Bracides, in Plutarch, put his hand into a mouse’s nest and hurt her young ones, she bit him by the finger: *I see now (saith he) there is no creature so contemptible, that will not be revenged. *Tis

lex talionis, and the nature of all things so to do: if thou wilt live quietly thyself, "do no wrong to others; if any be done thee, put it up, with patience endure it, for "this is thankworthy," saith our apostle, "if any man for conscience towards God endure grief, and suffer wrong undeserved; for what praise is it if when ye be buffeted for your faults, ye take it patiently? But if when you do well, ye suffer wrong and take it patiently, there is thanks with God; for hereunto verily we are called." Qui malo non fert, ipsa sibi testis est per impatietiam quod bonus non est, "he that cannot bear injuries, witnesseth against himself that he is no good man," as Gregory holds. "Tis the nature of wicked men to do injuries, as it is the property of all honest men patiently to bear them." Improbitus nullo flectitur obsequio. The wolf in the emblem sucked the goat (so the shepherd would have it), but he kept nevertheless a wolf's nature; 'a knave will be a knave. Injury is on the other side a good man's footboy, his fuius Achates, and as a lackey follows him wheresoever he goes. Besides, misera est putna quae caret inimico, he is in a miserable estate that wants enemies: it is a thing not to be avoided, and therefore with more patience to be endured. Cato Censorius, that upright Cato of whom Patereculus gives that honourable eulogium, benè fecit quod aliter facere non potuit, was fifty times indicted and accused by his fellow citizens, and as Ammianus well hath it, Quis erit innocens si clam vel palam accussasse sufficiat? if it be sufficient to accuse a man openly or in private, who shall be free? If there were no other respect than that of Christianity, religion and the like, to induce men to be long-suffering and patient, yet methinks the nature of injury itself is sufficient to keep them quiet, the tumults, uproars, miseries, discontents, anguish, loss, dangers that attend upon it might restrain the calamities of contention: for as it is with ordinary gamesters, the games go to the box, so falls it out to such as contend; the lawyers get all; and therefore if they would consider of it, aliena pericula cautos, other men’s misfortunes in this kind, and common experience might detain them. *The more they contend, the more they are involved in a labyrinth of woes, and the catastrophe is to consume one another, like the elephant and dragon’s conflict in Pliny; the dragon got under the elephant’s belly, and sucked his blood so long, till he fell down dead upon the dragon, and killed him with the fall, so both were ruined. 'Tis a hydra’s head, contention; the more they strive, the more they may: and as Praxiteles did by his glass, when he saw a scurvy face in it, brake it in pieces: but for that one he saw many more as bad in a moment: for one injury done they provoke another cum janore, and twenty enemies for one. Noli irritare crabrones, oppose not thyself to a multitude: but if thou hast received a wrong, wisely consider of it, and if thou canst possibly, compose thyself with patience to bear it. This is the safest course, and thou shalt find greatest ease to be quiet.

*I say the same of scoffs, slanders, contumelies, obloquies, defamations, detractions, pasquilling libels, and the like, which may tend any way to our disgrace: tis but opinion; if we could neglect, content, or with patience digest them, they would reflect on them that offered them at first. A wise citizen, I know not whence, had a scold to his wife: when she brawled, he played on his drum, and by that means madded her more, because she saw that he would not be moved. Diogenes in a crowd when one called him back, and told him how the boys laughed him to scorn, Ego, inquit, non rideo, took no notice of it. Socrates was brought upon the stage by Aristophanes, and

8 Quod tibi fieri non vis, alteri nec feceris. 9 I Pet. II. 1 Signum malorum proprium est inferre damna, et bonus regidisset tuae. 2 Licet. emb. 3 Naturam expellas furca ficta, neque recurreat. 4 By many indignities we come to dignities. Tibi subjectio quam suum addidit, fortunam, convivita, ccc. Et in his in admiranda num encandescas. Epictetus. 5 Fustarch, qui Anglicis Cato dixit dicta ab Immundis. 6 Lib. 18. 7 Hoc modo pro certo quod in summa re certo, vacuo suo vacuo, semper ego sanior. 8 Lib. 3. cap. 2. 9 Obloquorum est, probrumque tibi intitulis quisplam, sive vera in dixieris, sive falsa, maximum tibi coronam texueris at manus tue convitium tulere. Chrys. in 6. cap. ad Rom. ser. 10.
misused to his face, but he laughed as if it concerned him not: and as Ælian relates of him, whatsoever good or bad accident or fortune befell him, going in or coming out, Socrates still kept the same countenance; even so should a Christian do, as Hierom describes him, per infamiam et bonam famam grasse ad immortalitatem, march on through good and bad reports to immortality, 'not to be moved: for honesty is a sufficient reward, probia sibi præmium; and in our times the sole recompense to do well, is, to do well: but naughtiness will punish itself at last.' *Improbis ipsa nequitia supplicium. As the diverb is,

"Qui bene facerunt, illi sua facta sequuntur; Qui male fecerunt, facta sequuntur eos:"

"They that do well, shall have reward at last; But they that ill, shall suffer for that's past."

Yea, but I am ashamed, disgraced, dishonoured, degraded, exploded: my notorious crimes and villainies are come to light (deprendi miserum est), my filthy lust, abominable oppression and avarice lies open, my good name's lost, my fortune's gone. I have been stigmatised, whipt at post, arraigned and condemned, I am a common obloquy, I have lost my ears, odious, execrable, abhorred of God and men. Be content, 'tis but a nine days' wonder, and as one sorrow drives out another, one passion another, one cloud another, one humour is expelled by another; every day almost come new news unto our ears, as how the sun was eclipsed, meteors seen in the air, monsters born, prodigies, how the Turks were overthrown in Persia, an earthquake in Helvetia, Cabalalia, Japan, or China, an inundation in Holland, a great plague in Constantinople, a fire at Prague, a dearth in Germany, such a man is made a lord, a bishop, another hanged, deposed, pressed to death, for some murder, treason, rape, theft, oppression, all which we do hear at first with a kind of admiration, detestation, consternation, but by and by they are buried in silence: thy father's dead, thy brother robbed, wife runs mad, neighbour hath killed himself; 'tis heavy, ghastly, fearful news at first, in every man's mouth, table talk; but after a while who speaks or thinks of it? It will be so with thee and thine offence, it will be forgotten in an instant, be it theft, rape, sodomy, murder, incest, treason, &c., thou art not the first offender, nor shalt not be the last, 'tis no wonder, every hour such malefactors are called in question, nothing so common, Quocunque in populo, quocunque sub aæte.

Comfort thyself, thou art not the sole man. If he that were guiltless himself should fling the first stone at thee, and he alone should accuse thee that were faultless, how many executioners, how many accusers wouldst thou have? If every man's sins were written in his forehead, and secret faults known, how many thousands would parallel, if not exceed thine offence? It may be the judge that gave sentence, the jury that condemned thee, the spectators that gazed on thee, deserved much more, and were far more guilty than thou thyself. But it is thine infidelity to be taken, to be made a public example of justice, to be a terror to the rest; yet should every man have his desert, thou wouldst peradventure be a saint in comparison; omnium censuris columbas, poor souls are punished; the great ones do twenty thousand times worse, and are not so much as spoken of.

"*Non rete ascipitr tendiur neque milvio,
Qui male faciunt nobis, illis qui nil faciunt tenditur."

"The net's not laid for kites or birds of prey,
But for the harmless still our sins we lay."
credit by some noble exploit, as Themistocles did, for he was a most debauched and vicious youth, sed juventae maculas praecertas fascis delevit, but made the world amends by brave exploits; at last become a new man, and seek to be reformed. He that runs away in a battle, as Demosthenes said, may fight again; and he that hath a fall may stand as upright as ever he did before. Nemo desperet meliora lapsus, a wicked liver may be reclaimed, and prove an honest man; he that is odious in present, hissed out, an exile, may be received again with all men's favours, and singular applause; so Tully was in Rome, Alcibiades in Athens. Let thy disgrace then be what it will, quod fit, infection non potest esse, which that is past cannot be recalled; trouble not thyself, vex and grieve thyself no more, be it obloquy, disgrace, &c. No better way, than to neglect, contemn, or seem not to regard it, to make no reckoning of it, Deesse robur arguit dicactias: if thou be guiltless it concerns thee not:—

"Irrita vanus quo quid curas splendida lingua,
Latrotem cucutae alta Diana canem?"

Doth the moon care for the barking of a dog? They detract, scoff, and rail, saith one, and bark at me on every side; but I, like that Albanian dog sometimes given to Alexander for a present, vindico me ab illis solo contemptis, I lie still and sleep, vindicate myself by contempt alone. * Expers terroris Achillem armatam: as a tortoise in his shell, *virtus mea invocavi, or an urchin round, nil moror ictus, a lizard in camomile, I decline their fury and am safe.

"Integritas virtusque mea munimentum tua,
Non pateat adversae moribus invisibis:"

Let them rail then, scoff, and slander, sapiens contumeliad non afficitur, a wise man, Senea thinks, is not moved because he knows, contra Sycophanta morum non est remedium, there is no remedy for it: kings and princes, wise, grave, prudent, holy, good men, divine, all are so served alike. * O Jane à tergo quem nullus eiconia pinxit, Antevorta and Postvorta, Jupiter's guardian,-may not help in this case, they cannot protect; Moses had a Dathan, a Corath, David a Shimei, God himself is blasphemed: nondum fexia es si te nondum turba deridet. It is an ordinary thing so to be misused. *Regium est cum bene feceris malè audire, the chiefest men and most understanding are so vilified; let him take his course. And as that lusty courser in Æsop, that contemned the poor ass, came by and by after with his bowels burst, a pack on his back, and was derided of the same ass: contemnentur ab ipsis prius contemptus, et irridebuntur ab ipsis ipsius irissere, they shall be contemned and laughed to scorn of those whom they have formerly derided. Let them contemn, defame, or undervalue, insult, oppress, scoff, slander, abuse, wrong, curse and swear, feign and lie, do thou comfort thyself with a good conscience, in sine gaudes, when they have all done, "a good conscience is a continual feast," innocency will vindicate itself: and which the poet gave out of Hercules, diis fructur iratis, enjoy thyself, though all the world be set against thee, contemn and say with him, Elogium mihi prae foribus, my posy is, "not to be moved, that my palladium, my breastplate, my buckler, with which I ward all injuries, offences, lies, slanders; I lean upon that stake of modesty, so receive and break asunder all that foolish force of liver and spleen." And whosoever he is that shall observe these short instructions, without all question he shall much ease and benefit himself.

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In fine, if princes would do justice, judges be upright, clergymen truly devout, and so live as they teach, if great men would not be so insolent, if soldiers would quietly defend us, the poor would be patient, rich men would be liberal and humble, citizens honest, magistrates meek, superiors would give good example, subjects peaceable, young men would stand in awe; if parents would be kind to their children, and they again obedient to their parents, brethren agree amongst themselves, enemies be reconciled, servants trusty to their masters, virgins chaste, wifes modest, husbands would be loving and less jealous: if we could imitate Christ and his apostles, live after God's laws, these mischiefs would not so frequently happen amongst us; but being most part so irreconcilable as we are, perverse, proud, insolent, factious, and malicious, prone to contention, anger and revenge, of such fiery spirits, so captious, impious, irreligious, so opposite to virtue, void of grace, how should it otherwise be? Many men are very testy by nature, apt to mistake, apt to quarrel, apt to provoke and misinterpret the worst, every thing that is said or done, and thereupon heap unto themselves a great deal of trouble, and disquietness to others, smatterers in other men's matters, tale-bearers, whisperers, liars, they cannot speak in season, or hold their tongues when they should, "Et suam partem iihdem tacere, cum aliena est oratio: they will speak more than comes to their shares, in all companies, and by those bad courses accumulate much evil to their own souls (qui contendit, stib convicitium facit), their life is a perpetual brawl, they snarl like so many dogs, with their wives, children, servants, neighbours, and all the rest of their friends, they can agree with nobody. But to such as are judicious, meek, submissive, and quiet, these matters are easily remedied: they will forbear upon all such occasions, neglect, contemn, or take no notice of them, dissemble, or wisely turn it off. If it be a natural impediment, as a red nose, squint eyes, crooked legs, or any such imperfection, infirmity, disgrace, reproach, the best way is to speak of it first thyself, 'and so thou shalt surely take away all occasions from others to jest at, or contemn, that they may perceive thee to be careless of it. Vatinius was wont to scoff at his own deformed feet, to prevent his enemies' obloquies and sarcasms in that kind; or else by prevention, as Cotys, king of Thrace, that brake a company of fine glasses presented to him, with his own hands, lest he should be overmuch moved when they were broken by chance. And sometimes again, so that it be discreetly and moderately done, it shall not be amiss to make resistance, to take down such a saucy companion, no better means to vindicate himself to purchase final peace: for he that suffers himself to be ridden, or through pusillanimity or sottishness will let every man baffle him, shall be a common laughing stock to flout at. As a cur that goes through a village, if he clap his tail between his legs, and run away, every cur will insult over him: but if he bristle up himself, and stand to it, give but a counter-snarl, there's not a dog dares meddle with him: much is in a man's courage and discreet carriage of himself.

Many other grievances there are, which happen to mortals in this life, from friends, wives, children, servants, masters, companions, neighbours, our own defaults, ignorance, errors, intemperance, indiscretion, infirmities, &c., and many good remedies to mitigate and oppose them, many divine precepts to counterpoise our hearts, special antidotes both in Scripture and human authors, which, whose will observe, shall purchase much ease and quietness unto himself: I will point out a few. Those prophetical, apostolical admonitions are well known to all; what Solomon, Siracides, our Saviour Christ himself hath said tending to this purpose, as "Fear God: obey the prince:
be sober and watch: pray continually: be angry but sin not: remember thy last: fashion not yourselves to this world, &c., apply yourselves to the times: strive not with a mighty man: recompense good for evil, let nothing be done through contention or vain-glory, but with meekness of mind, every man esteeming of others better than himself: love one another;" or that epitome of the law and the prophets, which our Saviour inculcates, "love God above all, thy neighbour as thyself," and "whatsoever you would that men should do unto you, so do unto them," which Alexander Severus writes in letters of gold, and used as a motto. Hierom commends to Celantia as an excellent way, amongst so many enticements and worldly provocations, to rectify her life. Out of human authors take these few cautions. Know thyself. Be contented with thy lot. Trust not wealth, beauty, nor parasites, they will bring thee to destruction. Have peace with all men, war with vice. Be not idle. Look before you leap. Beware of, Had I wist. Honour thy parents, speak well of friends. Be temperate in four things, linguæ, lociæ, oculiæ, et populi. Watch thine eye. Moderate thine expenses. Hear much, speak little, sus-tine et abistine. If thou seest aught amiss in another, mend it in thyself. Keep thine own counsel, reveal not thy secrets, be silent in thine intentions. Give not ear to tale-tellers, babblers, be not scurrilous in conversation: jest without bitterness: give no man cause of offence: set thine house in order: take heed of suretyship. Write, as a fox on the ice, take heed whom you trust. Live not beyond thy means. Give cheerfully. Pay thy dues willingly. Be not a slave to thy money; omit not occasion, embrace opportunity, lose no time. Be humble to thy superiors, respective to thine equals, affable to all, but not familiar. Flatter no man. Lie not, dissemble not. Keep thy word and promise, be constant in a good resolution. Speak truth, Be not opiniative, maintain no factions. Lay no wagers, make no comparisons. Find no faults, meddle not with other men's matters. Admire not thyself. Be not proud or popular. Insult not. Fortunam reverenter habe. Fear not that which cannot be avoided. Grieve not for that which cannot be recalled. Undervalue not thyself. Accuse no man, commend no man rashly. Go not to law without great cause. Strive not with a greater man. Cast not off an old friend, take heed of a reconeiled enemy. If thou come as a guest stay not too long. Be not unthankful. Be meek, merciful, and patient. Do good to all. Be not fond of fair words. Be not a neuter in a faction; moderate thy passions. Think no place without a witness. Admonish thy friend in secret, commend him in public. Keep good company. Love others to be beloved thyself. Ama tanquam orsus. Amicus tardio fias. Provide for a tempest. Noli irritare cabrones. Do not prostitute thy soul for gain. Make not a fool of thyself to make others merry. Marry not an old croney or a fool for money. Be not over solicitous or curious. Seek that which many's examples. Go as thou wouldest be met, sit as thou wouldest be
found, "yield to the time, follow the stream. Wilt thou live free from fears and cares? "Live innocently, keep thyself upright, thou needest no other keeper," &c. Look for more in Isocrates, Seneca, Plutarch, Epictetus, &c., and for defect, consult with cheese-trenchers and painted cloths.


MEMB. VIII.
Against Melancholy itself.

"Every man," saith 7 Seneca, "thinks his own burthen the heaviest," and a melancholy man above all others complains most; weariness of life, abhorring all company and light, fear, sorrow, suspicion, anguish of mind, bashfulness, and those other dreadful symptoms of body and mind, must needs aggravate this misery; yet compared to other maladies, they are not so heinous as they be taken. For first this disease is either in habit or disposition, curable or incurable. If new and in disposition, 'tis commonly pleasant, and it may be helped. If inveterate, or a habit, yet they have lucida intervalla, sometimes well, and sometimes ill; or if more continue, as the 2 Vejentes were to the Romans, 'tis hostis magis assiduus quam gravis, a more durable enemy than dangerous: and amongst many inconveniences, some comforts are annexed to it. First it is not catching, and as Erasmus comforted himself, when he was grievously sick of the stone, though it was most troublesome, and an intolerable pain to him, yet it was no whit offensive to others, not loathsome to the spectators, ghastly, fulsome, terrible, as plagues, apoplexies, leprosies, wounds, sores, tetters, pox, pestilent agues are, which either admit of no company, terrify or offend those that are present. In this malady, that which is, is wholly to themselves: and those symptoms not so dreadful, if they be compared to the opposite extremes. They are most part bashful, suspicious, solitary, &c., therefore no such ambitious, impudent intruders as some are, no stalkers, no conycatchers, no prowlers, no smell-feasts, praters, panders, parasites, bawds, drunkards, whoremasters; necessity and defect compel them to be honest, as Mitio told Demea in the 3 comedy,

"Hac si nequeo ego neque tu factus,
Non einit agestas facere nos."

"If we be honest 'twas poverty made us so:;" if we melancholy men be not as bad as he that is worst, 'tis our dame melancholy kept us so: Non deerat voluntas sed facultas. b

Besides they are freed in this from many other infirmities, solitariness makes them more apt to contemplate, suspicion wary, which is a necessary humour in these times, 6 Nam pot qui maximè covet, is sape cautor captus est, "he that takes most heed, is often circumvented and overtaken." Fear and sorrow keep them temperate and sober, and free them from any dissolute acts, which jollity and boldness thrust men upon: they are therefore no sicarii, roaring boys, thieves or assassins. As they are soon dejected, so they are as soon, by soft words and good persuasions reared. Weariness of life makes them are not so besotted on the transitory vain pleasures of the world. If they dote in one thing, they are wise and well understanding in most other. If it be inveterate, they are insensati, most part doting, or quite mad, insensible of any wrongs, ridiculous to others, but most happy and secure to themselves. Dotage is a state which many much magnify and commend: so is simplicity and folly, as he said, d hic furor, 6 superi, sit mihi perpetus. Some think fools and dizzards live the merriest lives, as Ajax in Sophocles, Nimil

a Deum furor in cursu currens cede fureri. Cretizandum cum Crete. Temporibus servi, nec contra flamina flato. b Nulla certior custodia innocentiæ: inexplorabilium munimentum munimento non agere. c Unileque summa omnium intolerabile videtur. d Livius. e Ter. Scen. 2. Adelphus. b "This was not the will but the way was wanting." c Plautus. d Petronius Catul.
seire vita iucundissima, "tis the pleasantest life to know nothing; iners ma-
lorum remedii ignorantia, "ignorance is a downright remedy of evils." These
curious arts and laborious sciences, Galen's, Tully's, Aristotle's, Justin-
inian's, do but trouble the world some think; we might live better with that
illiterate Virginian simplicity, and gross ignorance; entire idiots do best, they
are not macerated with cares, tormented with fears, and anxiety, as other
wise men are: for as he said, if folly were a pain, you should hear them
howl, roar, and cry out in every house, as you go by in the street, but they
are most free, jocund, and merry, and in some countries, as amongst the
Turks, honoured for saints, and abundantly maintained out of the common
stock. They are no dissemblers, liars, hypocrites, for fools and madmen
tell commonly truth. In a word, as they are distressed, so are they pitied,
which some hold better than to be envied, better to be sad than merry, better
to be foolish and quiet, quam sapere et riri, to be wise and still vexed; bet-
ter to be miserable than happy: of two extremes it is the best.

SECT. IV. MEMB. I.

SUBSECT. I.—Of Physic which cureth with Medicines.

After a long and tedious discourse of these six non-natural things and their
several rectifications, all which are comprehended in diet, I am come now at
last to Pharmaceutics, or that kind of physic which cureth by medicines, which
apothecaries most part make, mingle, or sell in their shops. Many cavil at
this kind of physic, and hold it unnecessary, unprofitable to this or any other
disease, because those countries which use it least, live longest, and are best
in health, as Hector Boethius relates of the isles of Orcades, the people are
still sound of body and mind, without any use of physic, they live commonly
120 years, and Ortelius in his itinerary of the inhabitants of the Forest of
Arden, "they are very painful, long-lived, sound, &c. Martianus Capella,
spoking of the Indians of his time, saith, they were (much like our western
Indians now) "bigger than ordinary men, bred coarsely, very long-lived, inso-
much, that he that died at a hundred years of age, went before his time." &c.
Damianus A-Goæs, Saxo-Grammaticus, Aubamus Bohemus, say the like of
them that live in Norway, Lapland, Finmark, Biarmia, Corelia, all over
Scandia, and those northern countries, they are most healthful, and very long-
lived, in which places there is no use at all of physic, the name of it is not once
heard. Dithmarus Bleskenius in his accurate description of Iceland, 1607,
makes mention, amongst other matters, of the inhabitants, and their manner of
living, "which is dried fish instead of bread, butter, cheese, and salt meats,
most part they drink water and whey, and yet without physic or physician,
they live many of them 250 years." I find the same relation by Lerius, and
some other writers, of Indians in America. Paulus Jovius in his description
of Britain, and Levinus Lemnian, observe as much of this our island, that there
was of old no use of physic amongst us, and but little at this day, except it
be for a few nice idle citizens, surfeiting courtiers, and stall-fed gentlemen
rubbers. The country people use kitchen physic, and common experience tells
us, that they live freest from all manner of infortunes, that make least use
of apothecaries' physic. Many are overthrown by preposterous use of it, and

\(^{a}\) Parmeno Celestinae, Act. 8. Si stultitia dolor esset, in nulla non domo ejus est andes.
\(^{b}\) Busbe-
\(^{c}\) Quid holie beater, quam cui licet stultum esse, et corundem immunita-
tibus frui. Sat. Menip.
\(^{d}\) Lib. Hist. Parvo vivente, laborio, longavi, suo contenti, de centum
annos vivunt.
\(^{e}\) Lib. 6. de Nup. Philol. Ultra humanum fragilitatem prolix, ut immaturæ personae
qui
\(^{f}\) Victor corum casse et facto consistit, potus aqua et serum; piscas loco
panis habent; ha multos annos saepe 250 abesse medico et medicina vivunt.
thereby get their bane, that might otherwise have escaped: 2 some think physicians kill as many as they save, and who can tell, " 3 Quot Thomison aequos autumno occiderit uno?" 4 "How many murders they make in a year," qui-bus imputat lectet hominem occidere, "that may freely kill folks," and have a reward for it, and according to the Dutch proverb, a new physician must have a new church-yard; and who daily observes it not? Many that did ill under physicians' hands, have happily escaped, when they have been given over by them, left to God and nature, and themselves; 'twas Pliny's dilemma of old, "a every disease is either curable or incurable, a man recovers of it or is killed by it; both ways physic is to be rejected. If it be deadly it cannot be cured; if it may be helped, it requires no physician, nature will expel it of itself." Plato made it a great sign of an intemperate and corrupt commonwealth, where lawyers and physicians did abound; and the Romans distasted them so much that they were often banished out of their city, as Pliny and Celsus relate, for 600 years not admitted. It is no art at all, as some hold, no not worthy the name of a liberal science (nor law neither), as Pet. And. Canonherius, a patrician of Rome and a great doctor himself, "one of their own tribe," 5 proves by sixteen arguments, because it is mercenary as now used, base, and as fiddlers play for a reward. Juridicis, medicis, fisco fas vivere raptu, 'tis a corrupt trade, no science, art, no profession; the beginning, practice, and progress of it, all is nought, full of imposture, uncertainty, and doth generally more harm than good. The devil himself was the first inventor of it: Inventum est medicina meum, said Apollo, and what was Apollo, but the devil? The Greeks first made an art of it, and they were all deluded by Apollo's sons, priests, oracles. If we may believe Varro, Pliny, Columella, most of their best medicines were derived from his oracles. 

Hippocrates, a son had his temples erected to his deity, and did many famous cures; but, as Lactantius holds, he was a magician, a mere impostor, and as his successors, Phaon, Podalirius, Melampus, Menecrates (another god), by charms, spells, and ministry of bad spirits, performed most of their cures. The first that ever wrote in physic to any purpose, was Hippocrates, and his disciple and commentator Galen, whom Scaliger calls Pimbrion Hippocratis; but as Carden censures them, both immethodical and obscure, as all those old ones are, their precepts confused, their medicines obsolete, and now most part rejected. Those cures which they did, Paracelsus holds, were rather done out of their patients' confidence, 6 and good opinion they had of them, than out of any skill of theirs, which was very small, he saith, they themselves idiots and infants, as are all their academical followers. The Arabians received it from the Greeks, and so the Latins, adding new precepts and medicines of their own, but so imperfect still, that through ignorance of professors, impostors, mountebanks, empirics, disagreeing of sectaries (which are as many almost as there be diseases), envy, covetousness, and the like, they do much harm amongst us. They are so different in their consultations, prescriptions, mistaking many times the parties' constitution, 7 disease, and causes of it, they give quite contrary physic; "a one saith this, another that," out of singularity or opposition, as he said of Adrian, multitudo medicorum principem interfect, "a multitude of physicians hath killed the emperor;" plus à medico quam à morbo periculi, "more danger there is from the physician, than from the disease." Besides, there is much imposture and malice amongst them. "All arts (saith Carden)
admit of cozening, physic, amongst the rest, doth appropriate it to herself;" and tells a story of one Curtius, a physician in Venice; because he was a stranger, and practised amongst them, the rest of the physicians did still cross him in all his precepts. If he prescribed hot medicines they would prescribe cold, miscentes pro calidis frigida, pro frigidis humida, pro purgantibus astrin-
gentibus, binders for purgatives, omnia perturbabant. If the party miscarried, Curtium damnabant, Curtius killed him, that disagreed from them: if he re-
covered, then they cured him themselves. Much emulation, imposture, malice, there is amongst them: if they be honest and mean well, yet a knave apo-
thecary that administers the physic, and makes the medicine, may do infinite harm, by his old obsolete doses, adulterine drugs, bad mixtures, quid pro quo, &c. See Fuchsius, lib. 1. sect. 1. cap. 8, Cordus' Dispensatory, and Brassivola's Examen simpli. &c. But it is their ignorance that doth more harm than rash-
ness, their art is wholly conjectural, if it be an art, uncertain, imperfect, and got by killing of men, they are a kind of butchers, leeches, men-slayers; chirurgeons and apothecaries especially, that are indeed the physicians' hang-
men, carnifices, and common executioners; though to say truth, physicians themselves come not far behind; for according to that facete epigram of Maximilianus Urenius, what's the difference?

"Chirurgicus medico quo differt? scilicet isto,
Enecat hic suces, enecat ille mann:
Carnifices hoc ambo tantum differre videntur,
Tarlatis ilia faciant, quod facile ilia citi." 2

But I return to their skill; many diseases they cannot cure at all, as ap-
oplexy, epilepsy, stone, strangury, gout, Tollere nodosum necedit medicina Podagrom; 3 a quartan agues, a common ague sometimes stumbles them all, they cannot so much as ease, they know not how to judge of it. If by pulses, that doctrine, some hold, is wholly superstitious, and I dare boldly say with b Andrew Dudeth, "that variety of pulses, described by Galen, is neither observed nor understood of any." And for urine, that is merebrix medicorum, the most deceitful thing of all, as Forestus and some other physicians have proved at large: I say nothing of critic days, errors in indications, &c. The most rational of them, and skilful, are so often deceived, that as c Tholosan infers, "I had rather believe and commit myself to a mere empiric, than to a mere doctor, and I cannot sufficiently commend that custom of the Babylonians, that have no professcd physicians, but bring all their patients to the market to be cured:" which Herodotus relates of the Egyptians: Strabo, Sardus, and Aubanus Bohemus of many other nations. And those that prescribed physic, amongst them, did not so arrogantly take upon them to cure all diseases, as our professors do, but some one, some another, as their skill and experience did serve; "d one cured the eyes, a second the teeth, a third the head, another the lower parts," &c., not for gain, but in charity to do good, they made nei-
ther art, profession, nor trade of it, which in other places was accustomed: and therefore Cambyses in e Xenophon told Cyrus, that to his thinking phy-
sicians "were like tailors and cloggers, the one mended our sick bodies, as the other did our clothes." But I will urge these cavilling and contumelious arguments no farther, lest some physician should mistake me, and deny me physic when I am sick: for my part, I am well persuaded of physic: I can distinguish the abuse from the use, in this and many other arts and sciences;

3 Omnis agrotus propriis culpis perit, sed nemo nisi mediici beneficio restititur. Agrippa.
2 "How does the surgeon differ from the doctor? In this respect: one kills by drugs, the other by the hand; both only differ from the hangman in this way, they do slowly what he does in an instant." a "Medicine cannot cure the knotty gout." b Lib. 3. Crat. ep. Wenceslao Rapphano. Asum dicere, tot pulsuum differentias, que descriptur a Galeno, nec a quoquam intelligi, nec observari posse. c Lib. 28. cap. 7. syntax. art. mirab. Malen ege experta credere solum, quam seb rallochianibus: neque ait laudeae passum institutum Babylonicae, &c. d Herod. Enterpe de Egyptis. Apud eos singularum morborum sunt singuli medici; aliis curat oculos, aliis dentes, aliis caput, partes occultas alienis. e Cyrip. lib. 1. Veluti vestium fractarum reazarctatorum &c.
Aliud vinum, aliud ebrietatis, wine and drunkenness are two distinct things. I acknowledge it a most noble and divine science, in so much that Apollo, Æsculapius, and the first founders of it, meritor pro diis habitis, were worthily counted gods by succeeding ages, for the excellency of their invention. And whereas Apollo at Delos, Venus at Cyprus, Diana at Ephesus, and those other gods were confined and adored alone in some peculiar places: Æsculapius had his temple and altars everywhere, in Corinth, Lacedemon, Athens, Thebes, Epidaurus, &c. Pausanius records, for the latitude of his art, dicty, worth, and necessity. With all virtuous and wise men therefore I honour the name and calling, as I am enjoined "to honour the physician for necessity's sake. The knowledge of the physician lifteth up his head, and in the sight of great men he shall be admired. The Lord hath created medicines of the earth, and he that is wise will not abhor them," Ecclus. lviii. 1. But of this noble subject how many panegyres are worthily written? For my part, as Sallust said of Carthage, præstet silere quam pauca dicere; I have said, yet one thing I will add, that this kind of physic is very moderately and advisedly to be used, upon good occasion, when the former of diet will not take place. And "tis no other which I say, then that which Arnoldus prescribes in his 8. Aphorism.

"A discreet and goodly physician doth first endeavour to expel a disease by medicinal diet, then by pure medicine:" and in his ninth, "he that may be cured by diet, must not meddle with physic." So in 11. Aphorism. "A modest and wise physician will never hasten to use medicines, but upon urgent necessity, and that sparingly too:" because (as he adds in his 13. Aphorism.), "Whosoever takes much physic in his youth, shall soon bewail it in his old age:" purgative physic especially, which doth much debilitate nature. For which causes some physicians refrain from the use of purgatives, or else sparingly use them. "Henricus Ayrerus in a consultation for a melancholy person, would have him take as few purges as he could, "because there be no such medicines, which do not steal away some of our strength, and rob the parts of our body, weaken nature, and cause that eacochymia," which Celsus and others observe, or ill digestion, and bad juice through all the parts of it. Galen himself confesseth, "that purgative physic is contrary to nature, takes away some of our best spirits, and consumes the very substance of our bodies:"

But this, without question, is to be understood of such purges as are unseverely or immoderately taken: they have their excellent use in this, as well as other inner infirmities. Of alteratives and cordials no man doubts, be they simples or compounds, I will amongst that infinite variety of medicines, which I find in every pharmacopoeia, every physician, herbalist, &c., single out some of the chiefest.

SUBSECT. II.—Simples proper to Melancholy, against Exotic Simples.

Medicines properly applied to melancholy, are either simple or compound. Simples are alterative or purgative. Alteratives are such as correct, strengthen nature, alter, any way hinder or resist the disease; and they be herbs, stones, minerals, &c., all proper to this humour. For as there be diverse distinct infirmities continually vexing us,

So there be several remedies, as he saith, "each disease a medicine, for every
hurnour; and as some hold, every clime, every country, and more than that, every private place hath his proper remedies growing in it, peculiar almost to the domineering and most frequent maladies of it. As one discourseth, "wormwood groweth sparingly in Italy, because most part there they be misthought with hot diseases: but henbane, poppy, and such cold herbs: with us in Germany and Poland, great store of it in every waste. Baracellus Horto genialii, and Baptista Porta Physiognomicae lib. 6. cap. 23, give many instances and examples of it, and bring many other proofs. For that cause belike that learned Fuchsius of Nuremburg, "when he came into a village, considered always what herbs did grow most frequently about it, and those he distilled in a silver alembic, making use of others amongst them as occasion served." I know that many are of opinion, our northern simples are weak, imperfect, not so well concocted, of such force, as those in the southern parts, not so fit to be used in physic, and will therefore fetch their drugs afar off: senna, cassia out of Egypt, rhubarb from Barbary, aloes from Socotra: turbith, agaric, myrobalans, hermodactilis, from the East Indies, tobacco from the West, and some as far as China, hellebore from the Anticire, or that of Austria which bears the purple flower, which Matthiolus so much approves, and so of the rest. In the kingdom of Valencia in Spain, "Maginus commendis two mountains, Mariola and Renagolosa, famous for simples;" Leander Albertus, "Baldus a mountain near the Lake Venacus in the territory of Verona, to which all the herbalists in the country continually flock; Ortelius one in Apulia, Munster, Mons major in Istria: others Montpelier in France; Prosper Altinus prefers Egyptian simples, Garcias ab Horto Indian before the rest, another those of Italy, Crete, &c. Many times they are over-curious in this kind, whom Fuchsius taxeth, Instit. l. 1. sec. 1. cap. 1. "that think they do nothing, except they rake all over India, Arabia, Ethiopia, for remedies, and fetch their physic from the three quarters of the world, and from beyond the Garamantes. Many an old wise or country woman doth often more good with a few known and common garden herbs, than our bombast physicians, with all their prodigious, sumptuous, far-fetched, rare, conjectural medicines;" without all question if we have not these rare exotic simples, we hold that at home which is in virtue equivalent unto them, ours will serve as well as theirs, if they be taken in proportionable quantity, fitted and qualified aight, if not much better, and more proper to our constitutions. But so 'tis for the most part, as Pliny writes to Gallus, "We are careless of that which is near us, and follow that which is afar off, to know which we will travel and sail beyond the seas, wholly neglecting that which is under our eyes." Opium in Turkey doth scarce offend, with us in a small quantity it stupifies: cicuta or hemlock is a strong poison in Greece, but with us it hath no such violent effects: I conclude with I. Vocchius, who as he much inveighs against those exotic medicines, so he promises, by our European, a full cure and absolute of all diseases; "a capite ad calcem, nostra regionis herbas nostri corporibus magis conducunt, our own simples agree best with us. It was a thing that Fernelius much laboured in his French practice, to reduce all his cure to our proper and domestic physic: so did I. Cornarius, and Martin Rulandus in Germany, T. B. with us, as appeareth by a treatise of his divulged in our tongue 1615, to prove the suffi

9 Ptenottus damar, med. Quae cuque regio producit simplicia, pro morbis regionis; crecit raro abysnum in Italia, quod ibi plurumque morb. calidi, sed cianta, papaver, et herba frigida gentis nostrae Germanos et Polonos ubique provenit abysnum.
10 Quam in villam venit, consideravit quis ibi crescent medica-
mentsa, simplicia frequentiora, et ibi plenumque var. distillata, et aliter, albamucum idea argenteum circum-
ferens.
11 Herba medicinalis utiles omnium in Apulia faraissimae.
12 God. ad quas magnum herbariorum numerus undisque conduxit. Sincerus Ilirius. Galia.
13 Baldus mops prope Nenacum herbilegis maximae
notae.
14 Qui si nihil efficaces arbitrantur, nisi Indianam, Ethiopiam, Arabiam, et ultra Garamantes a
tribus mundi partibus exquisita remedia corrudent. Tutius sape medeat rustica anum sua, &c.
15 Ep. lib. 6. Proximorum incursio longa equestre sectamur; et ut ex cognoscenda iter ingredi et mare transmittere
soleamus; ut quae sub oculis posit us negligamus.
16 Exotica reiect, domestica solutum suis contentos esse

[Part. 2. Sec. 4.]
ciency of English medicines, to the cure of all manner of diseases. If our simples be not altogether of such force, or so apposite, it may be, if like industry were used, those far-fetched drugs would prosper as well with us, as in those countries whence now we have them, as well as cherries, artichokes, tobacco, and many such. There have been diverse worthy physicians, which have tried excellent conclusions in this kind, and many diligent, painful apothecaries, as Gesner, Besler, Gerard, &c., but amongst the rest those famous public gardens of Padua in Italy, Nuremberg in Germany, Leyden in Holland, Montpelier in France (and ours in Oxford now in fieri, at the cost and charges of the Right Honourable the Lord Danvers, Earl of Danby), are much to be commended, wherein all exotic plants almost are to be seen, and liberal allowance yearly made for their better maintenance, that young students may be the sooner informed in the knowledge of them: which as *Fuchsius holds, "is most necessary for that exquisite manner of curing," and as great a shame for a physician not to observe them, as for a workman not to know his axe, saw, square, or any other tool which he must of necessity use.

SUBSECT. III.—Alteratives, Herbs, other Vegetables, &c.

Amongst these 800 simples, which Galeottus reckons up, *lib. 3. de promise. doctor. cap. 3, and many exquisite herbalists have written of, these few following alone I find appropriated to this humour: of which some be alteratives; "*which by a secret force," saith Renodæus, "*and special quality expel future diseases, perfectly cure those which are, and many such incurable effects." This is as well observed in other plants, stones, minerals, and creatures, as in herbs, in other maladies as in this. How many things are related of a man's skull? What several virtues of corns in a horse-leg, "*of a wolf's liver, &c., Of *diverse excrement of beasts, all good against several diseases? What extraordinary virtues are ascribed unto plants? *Satyrium et erucæ semen erigunt, vitex et nymphaea semen extinguint, *some herbs provoke lust, some again, as agrus castus, water-lily, quite extinguisheth seed; poppy causeth sleep, cabbage resisteth drunkenness, &c., and that which is more to be admired, that such and such plants should have a peculiar virtue to such particular parts, *as to the head, aniseed, foalfoot, betony, calamint, eye-bright, lavender, bays, roses, rue, sage, marjoram, peony, &c. For the lungs, calamint, liquorice, enula campana, hyssop, horehound, water germander, &c. For the heart, borag, bugloss, saffron, balm, basil, rosemary, violet, roses, &c. For the stomach, wormwood, mints, betony, balm, centaury, sorrel, purslain. For the liver, daphsine or campsis, germander, agrimony, fennel, endive, succory, liverwort, barberries. For the spleen, maidenhair, finger fern, dodder of thyme, hop, the kind of ash, betony. For the kidneys, gr-Newel, parsley, saxifrage, plantain, mallow. For the womb, mugwort, pennyroyal, fetherfew, savine, &c. For the joints, camomile, St. John's wort, organ, rue, cowslips, centaury the less, &c. And so to peculiar diseases. To this of melancholy you shall find a catalogue of herbs proper, and that in every part. See more in Wecker, Renodæus, Heurnius, *lib. 2. cap. 19, &c., I will briefly speak of them, as first of alteratives, which Galen in his third book of diseased parts, prefers before diminutives, and Trallianus brags, that he hath done more cures on melancholy men *by moistening, than by purging of them.

*Borage.] In this catalogue, borage and bugloss may challenge the chiefest place, whether in substance, juice, roots, seeds, flowers, leaves, decoctions,
distilled waters, extracts, oils, &c., for such kind of herbs be diversely varied. Bugloss is hot and moist, and therefore worthily reckoned up amongst those herbs which expel melancholy, and to exhilarate the heart, Galen, lib. 6. cap. 80. de simpl. med. Dioscorides, lib. 4. cap. 123. Pliny much magnifies this plant. It may be diversely used; as in broth, in wine, in conserves, syrups, &c. It is an excellent cordial, and against this malady most frequently prescribed; a herb indeed of such sovereignty, that as Diodorus, lib. 7. lib. Plinius, lib. 25. cap. 2. et lib. 21. cap. 22. Plutarch, sympos. lib. 1. cap. 1. Dioscorides, lib. 5. cap. 40. Cælius, lib. 19. c. 3. suppose it was that famous Nepentes of 1 Homer, which Polydamma, Thonis’s wife (then king of Thebes in Egypt), sent Helena for a token of such rare virtue, “if that taken steeped in wine, if wife and children, father and mother, brother and sister, and all thy dearest friends should die before thy face, thou couldst not grieve or shed a tear for them.”

Helena’s commended bowl to exhilarate the heart, had no other ingredient as most of our critics conjecture, than this of borage.

Balm.] Melissa balm hath an admirable virtue to alter melancholy, be it steeped in our ordinary drink, extracted, or otherwise taken. Cardan, lib. 8. much admires this herb. It beats and dries, saith 2 Heurnius, in the second degree, with a wonderful virtue comforts the heart, and purgeth all melancholy vapours from the spirits, Matthiol. in lib. 3. cap. 10. in Dioscorideum. Besides they ascribe other virtues to it, “as to help concotion, to cleanse the brain, expel all careful thoughts, and anxious imaginations;” the same words in effect are in Avicenna, Pliny, Simon Sethi, Fuchsius, Leobel, Delacampius, and every herbalist. Nothing better for him that is melancholy than to steep this and borage in his ordinary drink.

Matthiolus, in his fifth book of Medicinal Epistles, reckons up scorzonera, “not against poison only, falling sickness, and such as are vertiginous, but to this malady; the root of it taken by itself expels sorrow, causeth mirth and lightness of heart.”

Antonius Musa, that renowned physician to Cæsar Augustus, in his book which he writ of the virtues of betony, cap. 6. wonderfully commends that herb, animas hominum et corpora custodit, securas de metu reddit, it preserves both body and mind, from fears, cares, griefs; cures falling sickness, this and many other diseases, to whom Galen subscribes, lib. 7. simp. med. Dioscorides, lib. 4. cap. 1. &c.

Marigold is much approved against melancholy, and often used therefore in our ordinary broth, as good against this and many other diseases.

Hop.] Lupulus, hop, is a sovereign remedy; Fuchsius, cap. 58. Plant. hist. much extols it; “It purges all choler, and purifies the blood. Matthiol. cap. 140. in 4. Dioscor. wonders the physicians of his time made no more use of it, because it rarifies and cleanseth: we use it to this purpose in our ordinary beer, which before was thick and fulsome.

Wormwood, centaury, pennyroyal, are likewise magnified and much prescribed (as I shall after show), especially in hypochondriac melancholy, daily to be used, sod in whey: and as Ruffus Ephesias, 4 Areteus relate, by breaking wind, helping concotion, many melancholy men have been cured with the frequent use of them alone.

1 Dioscorides, lib. 2. cap. 2. prax. med. mira vi laticiæ præstet et cor confirmat, vapores melancholicos purgat a spiritibus.
2 Proprium est ejus animo hilaritatem reddere, concencionem jauere, cerebrum obstruzione ressecare, sollicitudines fugare, sollicitas imaginations tollere.
3 Scorzonera non solus ad vipersum morsum, similiaque vertiginosis, sed et in accommodatio radix triestimam dicentium, hilaritatemque conciliat.
4 Plin. utranque detrahit, sanguinem purgat.
And because the spleen and blood are often misaffected in melancholy, I may not omit endive, succory, dandelion, fumitory, &c., which cleanse the blood. Scolopendria, cuscuta, ceterache, mugwort, liverwort, ash, tamarisk, genist, maidenhair, &c., which must help and ease the spleen.

To these I may add roses, violets, capers, featherfew, scordium, stochas, rosemary, ros solis, saffron, ochyme, sweet apples, wine, tobacco, sanders, &c. That Peruvian chamico, monstrosa facultate, &c., Linshcestus Datura; and to such as are cold, the decocction of guaiacum, China, sarsaparilla, sassafras, the flowers of carduus benedictus, which I find much used by Montanus in his Consultations, Julius Alexandrinus, Lelius Eugubinus, and others. "Bernardus Penottus prefers his herba solis, or Dutch sindaw, before all the rest in this disease, "and will admit of no herb upon the earth to be comparable to it." It excels Homer's moly, cures this, falling sickness, and almost all other infirmities. The same Penottus speaks of an excellent balm out of Aponensis, which, taken to the quantity of three drops in a cup of wine, "will cause a sudden alteration, drive away dumps, and cheer up the heart." Ant. Guianerius, in his Antidotary, hath many such. "Jacobus de Doncis the aggregator, repeats ambergrase, nutmegs, and allspice amongst the rest. But that cannot be general. Amber and spice will make a hot brain mad, good for cold and moist. Garcia ab Horto hath many Indian plants, whose virtues he much magnifies in this disease. Lemnius, inst. cap. 58. admires rue, and commands it to have excellent virtue, "to expel vain imaginations, devils, and to ease afflicted souls." Other things are much magnified by writers, as an old cock, a ram's head, a wolf's heart borne or eaten, which Mercurialis approves; Prosper Alinus, the water of Nilus; Gomesius all sea-water, and at seasonable times to be sea-sick: goat's milk, whey, &c.

SUBSECT. IV.—Precious Stones, Metals, Minerals, Aliteratives.

Precious stones are diversely censured; many explode the use of them or any mineral in physic, of whom Thomas Erastus is the chief, in his tract against Paracelsus, and in an epistle of his to Peter Monavius, "That stones can work any wonders, let them believe that list, no man shall persuade me; for my part, I have found by experience there is no virtue in them." But Matthiolus, in his comment upon Dioscorides, is as profuse on the other side, in their commendation; so is Cardan, Renodeus, Alardus, Rueus, Encelius, Marbodeus, &c. Matthiolus specifies in coral: and Oswaldus Crollius, Basil. Chym. prefers the salt of coral. "Christoph. Encelius, lib. 3. cap. 181. will have them to be as so many several medicines against melancholy, sorrow, fear, dulness, and the like; "Renodeus admires them, "besides they adorn kings' crowns, grace the fingers, enrich our household stuff, defend us from enchantments, preserve health, cure diseases, they drive away grief, cares, and exilarate the mind." The particulars be these.

Granatus, a precious stone so called, because it is like the kernels of a pomegranate, and imperfect kind of ruby, it comes from Calecut; "if hung about the neck, or taken in drink, it much resisteth sorrow, and recreates the heart." The same properties I find ascribed to the hyacinth and topaz. "They allay

2 Henrullus, 1. 2. consil. 185. Scolitis consil. 77. 3 Pref. denar. med. Omnes captis doloros e plantanumat tollis; scias bullam herbam in terris luco comparandam viribus et bonitate nasci. Optimum medicamentum in celeri cordis confectione, et ad omnes qui tristan tur, &c.

8 Rendoloti. Etenim quod vim habet miram ad hilaritatem et malo pro secr. habet. Schenckius, obs. med. cap. 5. obs. 88. Ad notic. montes relevat, animi imaginatioes et damones expellit. 4 Schenckius, Mirabilius, Rhua.

2 Dracatis op. vol. 1. Credat qui vult gemmas mirabilis efficere; qui habet et ratione et experientia didici aliter rem habere, nullus facile pernadebit falsum esse verum. 5 L. de gemmis. 6 Margaritae et corialium ad melancholiam praevent. 7 Margarites et gemmam spiritali confortat et cor, melan choliam fagant. 8 Prefat. ad lap. prec. lib. 2. sect. 2. de mag. med. Regnum corone ornat, digitos illustrat, supellet, eum in sito est. 9 Eucelius, 1. 3. c. 4. Suspenitus vel ebitias triarius multum resistit, et cor rectatur. 10 Idem, cap. 5. et cap. 6. de Hyacintho et Topazo. Irram sedat et animi tristitiam pellett.
anger, grief, diminish madness, much delight and exhilarate the mind. "If it be either carried about, or taken in a potion, it will increase wisdom," saith Cardan, "expel fear; he brags that he hath cured many madmen with it, which, when they laid by the stone, were as mad again as ever they were at first." Petrus Bayerus, lib. 2. cap. 13. veni mecum, Fran. Ruesus, cap. 19. de gemmis, say as much of the chrysolite, a friend of wisdom, an enemy to folly. Pliny, lib. 37, Solinus, cap. 53, Albertus de Lapid., Cardan., Encelius, lib. 3. cap. 66. highly magnifies the virtue of the beryl, "it much avails to a good understanding, represseth vain conceits, evil thoughts, causeth mirth," &c. In the belly of a swallow there is a stone found called chelidonius, "which if it be lapped in a fair cloth, and tied to the right arm, will cure lunatics, madmen, make them amiable and merry."

There is a kind of onyx called a chalcedony, which hath the same qualities, "avails much against fantastic illusions which proceed from melancholy," preserve the vigour and good estate of the whole body.

The Eban stone, which goldsmiths use to sleeken their gold with, borne about or given to drink, hath the same properties, or not much unlike. Levinus Lemnius, Institut. advit. cap. 58. amongst other jewels, makes mention of two more notable; carbuncle and coral, "which drive away childish fears, devils, overcome sorrow, and hung about the neck repress troublesome dreams," which properties almost Cardan gives to that green-coloured sapphire if it be carried about, or worn in a ring; Ruesus to the diamond.

Nicholas Cabes, a Jesuit of Ferrara, in the first book of his Magnetic Philosophy, cap. 3. speaking of the virtues of a loadstone, recites many several opinions; some say that if it be taken in parcels inward, st quis per frustra voret, juveni tem restituet, it will, like viper’s wine, restore one to his youth; and yet, if carried about them, others will have it to cause melancholy; let experience determine.

Mercurialis admires the emerald for its virtues in pacifying all affections of the mind; others the sapphire, which is "the fairest of all precious stones, of sky colour, and a great enemy to black choler, frees the mind, mends manners," &c. Jacobus de Doncis, in his catalogue of simples, hath ambergrease, et in corde cero, "the bone in a stag’s heart, a monocerot’s horn, bezaro’s stone (of which elsewhere), it is found in the belly of a little beast in the East Indies, brought into Europe by Hollanders, and our countrymen merchants. Renodens, cap. 22. lib. 3. de ment. med. saith he saw two of these beasts alive, in the castle of the Lord of Vitry at Coubert.

Lapis lazuli and armensus, because they purge, shall be mentioned in their place.

Of the rest in brief thus much I will add out of Cardan, Renodeus, cap. 23. lib. 3. Rondoletius, lib. 1. de Testat. c. 15, &c. "That almost all jewels and precious stones have excellent virtues to pacify the affections of the mind, for which cause rich men so much covet to have them: and those smaller unions which are found in shells amongst the Persians and Indians, by the consent of all writers, are very cordial, and most part avail to the exhilaration of the heart.

[Part. 2. Sec. 4.]

Lapis laco est amatus aut ebitus prudensiam angat, nocturnos timores pellet; insanos haec sanari, et quom lapidem abjecerint, erupit iterum stultitia. In ductit sapientiam, fugat stultitiam. Idem Cardanus, lunaestus juvat. 1 Confess ad bonum intellectum, comprimit malas cogitationes, &c. Alacres reddit. 2 Albertus, Encelius, cap. 44. lib. 3. Pinn. lib. 37. cap. 16. Jacobus de Doncis: dextra brachio alligatus sanat lunaticos, insanos, facit amabilis, juvandos. 3 Valet contra phantasticas illusiones ex melancolica. 4 Amentes sanat, testitiam pellet, iram, &c. 5 Valet ad fugandas timores et demones, turbulentis somnia abigeit, et nocturnos auerorum timores compositit. 6 Somnia latu facit arte ergastum anno stabatur. 7 Alius haec adhuc antiqua omnium gemmarum pulcherrima, conti colorem refert, animam ab errore liberat, mores in melius mutat. 8 Longa mercurialis feliciter medistit, deliquit, &c. 9 Sec. 3. Membr. 1. Subs. 5. 10 Gestamen lapidum et gemmarum maximum ferte auxilium et iuvamen: nuda qui dotes sunt gemmas secum fieri susceat. 11 Margarita et unones quas a conclus et piscibus apud Persas et Indos, valde cordiales sanat, &c.
Minerals.] Most men say as much of gold and some other minerals, as these have done of precious stones. Erastus still maintains the opposite part. Disput. in Paracelsum, cap. 4. fol. 196. he confesseth of gold, "that it makes the heart merry, but in no other sense but as it is in a miser's chest:" at mihi plaudo simul ac nummos contemplor in arcâ, as he said in the poet, it so revives the spirits, and is an excellent recipe against melancholy,

\[2\] For gold in physic is a cordial, Therefore he loved gold in special.

Aurum potabile, he discommends and inveighs against it, by reason of the sorrosive waters which are used in it: which argument our Dr. Guin urgeth against D. Antonius. \[2\] Erastus concludes their philosophical stones and potable gold, &c., "to be no better than poison," a mere imposture, a non etsi; dug out of that broody hill belike this golden stone is, ubi nascetur ridiculus mus. Paracelsus and his chemical followers, as so many Promethei, will fetch fire from heaven, will cure all manner of diseases with minerals, accounting them the only physic on the other side. \[2\] Paracelsus calls Galen, Hippocrates, and all their adherents, infants, idiots, sophisters, &c. Apogesis sitos qui Vulcanias istas metamorphoses sugiliant, inscitiae soboles, supinae pertinac.Alumnos, &c., not worthy the name of physicians, for want of these remedies: and brags that by them he can make a man live 160 years, or to the world's end, with their \[b\] Alexipharmacums, Panaceas, Mammias, unguentum Arma-rium, and such magnetic cures, Lampas vitæ et mortis, Bainum Diane, Balsamum, Electrum Magico-physicum, Amuleta Martialia, &c. What will not he and his followers effect? He brags, moreover, that he was primus medicorum, and did more famous cures than all the physicians in Europe besides, "a drop of his preparations should go farther than a drachm, or ounce of theirs," those loathsome and fulsome filthy potions, heteroclitical pills (so he calls them), horse medicines, ad quorum aspectum Cyclops Polyphemus exhor-rserceret. And though some condemn their skill and magnetic cures as tending to magical superstition, witchery, charms, &c., yet they admire, stilly vindicate nevertheless, and infinitely prefer them. But these are both in extremes, the middle sort approve of minerals, though not in so high a degree. Lemnian, lib. 3. cap. 6. de occult. nat. mir. commends gold inwardly and outwardly used, as in rings, excellent good in medicines; and such mixtures as are made for melancholy men, saith Wecker, antidi. spec. lib. 1. to whom Renæsus subscribes, lib. 2. cap. 2. Ficinus, lib. 2. cap. 19. Fernel. med. med. lib. 5. cap. 21. de Cordiacis. Daniel Sennertius, lib. 1. part. 2. cap. 9. Audernacius, Libavius, Quercetanus, Oswaldus Crollius, Euonymus, Rubeus, and Matthiolus in the fourth book of his Epistles, Andreas & Blaven epist. ad Matthiolum, as commended and formerly used by Avicenna, Arnoldus, and many others: Matthiolus in the same place approves of potable gold, mercury, with many such chemical confections, and goes so far in approbation of them, that he holds "no man can be an excellent physician that hath not some skill in chemical distillations, and that chronic diseases can hardly be cured without mineral medicines:" look for antimony among purgers.

\[a\] Aurum lastitiam generat, non in corde, sed in arca vitærum. \[x\] Chaucer. \[x\] Aurum non aurum. Norium ob aquas rodentes. \[x\] Ep. ad Monasium. Metallica omnia in universum quosamodo paras, nec tutó nec commodo intra corpus sunt. \[a\] In parag. Stultitiam plus spectat mel plus aut quam omnes vestri doctores, et calcemur mersus annulus doctores sunt quam vester Galenus et Avicenna, barba mea plus expers est quam vestrum omnes Academiae. \[b\] Vide Ernestum Burgogatam, edit.ualaquier. \[a\] Vide Ernestum Burgogatam, edit. Francar. \[a\] vid. 1611. Crollius and others. \[a\] Plus proficiat gratia mea, quam toto corpus drachmus et uncia. \[a\] Monasium huse supra modum indulgent, usum est non adeo magnum, non tamen abhiscendum censeo. \[a\] Ausum dicere neminem medicum excellentem, qui non in hac distillationes chemicas ult versatus. Morbi chronici devinci crita metallica vitæ possint, aut ubi sanga uranurit.
SUBSECT. V.—Compound alternatives; censure of compounds, and mixed physic.

Pliny, lib. 24. c. 1, bitterly taxeth all compound medicines, "Men's knavery, imposture, and captious wits, have invented these shops, in which every man's life is set to sale: and by and by came in those compositions and inexplicable mixtures, far-fetched out of India and Arabia; a medicine for a botch must be had as far as the Red Sea." And "tis not without cause which he saith; for out of question they are much to blame in their compositions, whilst they make infinite variety of mixtures, as Fuchosius notes. "They think they get themselves great credit, excel others, and to be more learned than the rest, because they make many variations, but he accounts them fools, and whilst they brag of their skill, and think to get themselves a name, they become ridiculous, betray their ignorance and error." A few simples well prepared and understood, are better than such a heap of nonsense, confused compounds, which are in apothecaries' shops ordinarily sold. "In which many vain, superfluous, corrupt, exolete, things out of date are to be had (saith Cornarius); a company of barbarous names given to syrups, juleps, an unnecessary company of mixed medicines;" rudis indigestaque moles. Many times (as Agrippa taxeth), there is by this means "more danger from the medicine than from the disease," when they put together they know not what, or leave it to an illiterate apothecary to be made, they cause death and horror for health. Those old physicians had no such mixtures; a simple potion of helles-bore in Hippocrates' time was the ordinary purge; and at this day, saith Mat. Riccius, in that flourishing commonwealth of China, "their physicians give precepts quite opposite to ours, not unhappy in their physic; they use altogether roots, herbs, and simples in their medicines, and all their physic in a manner is comprehended in a herbal: no science, no school, no art, no degree, but like a trade, every man in private is instructed of his master."

Cardan cracks that he can cure all diseases with water alone, as Hippocrates of old did most infirmities with one medicine. Let the best of our rational physicians demonstrate and give a sufficient reason for those intricate mixtures, why just so many simples in mithridate or treacle, why such and such quantity; may they not be reduced to half or a quarter? Frustra fit per plura (as the saying is) quod fieri potest per pauciora; 300 simples in a julep, potion, or a little pill, to what end or purpose? I know not what Alkindus, Capivaccius, Montagna, and Simon Eitover, the best of them all and most rational, have said in this kind; but neither he, they, nor any one of them, gives his reader, to my judgment, that satisfaction which he ought; why such, so many simples? Rog. Bacon hath taxed many errors in his tract de graduationibus, explained some things, but not cleared. Mercurialis, in his book de compost. medicina, gives instance in Hamech, and Philonius a Roman, long since composed, but crassè as the rest. If they be so exact, as by him it seems they were, and those mixtures so perfect, why doth Fernelius alter the one, and why is the other obsolete?

Cardan taxeth Galen for presuming out of his ambition to correct Theriacum Andromachi, and we as justly may carp at all the rest. Galen's medicines are now exploded and rejected; what Nicholas Meripsa, Mesue, Celsius, Scribanus,
Actuarius, &c. writ of old, are most part contemned. Mellichius, Cordus, Wecker, Quercetan Renodeus, the Venetian, Florentine states have their several receipts and magistrates: they of Nuremberg have theirs, and Augustana Pharmacopoeia, peculiar medicines to the meridian of the city: London hers, every city, town, almost every private man hath his own mixtures, compositions, receipts, magistrates, precepts, as if he scorned antiquity, and all others in respect of himself. But each man must correct and alter to show his skill, every opinionative fellow must maintain his own paradox, be it what it will; Delirant reges, pleatumtur Achivi: they dote, and in the meantime the poor patients pay for their new experiments, the commonalty rue it.

Thus others object, thus I may conceive out of the weakness of my apprehension; but to say truth, there is no such fault, no such ambition, no novelty, or ostentation, as some suppose; but as one answers, this of compound medicines, "is a most noble and profitable invention found out, and brought into physic with great judgment, wisdom, counsel and discretion." Mixed diseases must have mixed remedies, and such simples are commonly mixed as have reference to the part affected, some to qualify, the rest to comfort, some one part, some another. Cardan and Brassivola both hold that Nullum simplex, medicamentum sine noxxa, no simple medicine is without hurt or offence; and although Hippocrates, Erasistratus, Diocles of old, in the infancy of this art, were content with ordinary simples: yet now, saith P"Albis, necessity compelleth to seek for new remedies, and to make compounds of simples, as well to correct their harms if cold, dry, hot, thick, thin, insipid, noisome to smell, to make them savoury to the palate, pleasant to taste and take, and to preserve them for continuance, by admixture of sugar, honey, to make them last months and years for several uses." In such cases, compound medicines may be approved, and Arnoldus, in his 18. aphorism, doth allow of it. "If simples cannot, necessity compels us to use compounds:" so for receipts and magistrates, dies diem docet, one day teacheth another, and they are as so many words or phrases, Quae nunc sunt in honore vocabula si volct usus, ebb and flow with the season, and as wits vary, so they may be infinitely varied. "Quisque suum placitum, quo capiatur, habet." "Every man as he likes, so many men so many minds," and yet all tending to good purpose, though not the same way. As arts and sciences, so physic is still perfected amongst the rest; Horae musarum nautes, and experience teacheth us every day many things which our predecessors knew not of. Nature is not effete, as he saith, or so lavish, to bestow all her gifts upon an age, but hath reserved some for posterity, to show her power, that she is still the same, and not old or consumed. Birds and beasts can cure themselves by nature, natura usus ea plerumque cognoscat, quae homines vix longo labore et doctrinae assequantur, but "men must use much labour and industry to find it out." But I digress.

Compound medicines are inwardly taken or outwardly applied. Inwardly taken, be either liquid or solid: liquid, are fluid or consisting. Fluid, as wines, and syrups. The wines ordinarily used to this disease are wormwood wine, tamarisk, and buglossatum, wine made of borage and bugloss, the composition of which is specified in Arnoldus Villanovanus, lib. de vinis, of borage, balm, bugloss, cinnamon, &c, and highly commended for its virtues: "it drives

* Quercetan, pharmacop. restitut. cap. 2. Nobilissimum et utilissimum inventum summa cum necessitate adfectum et introducunt. 9 Cap. 25. Tetrabib. 4. ser. 2 Necessitas nunc cognit aliquando noxia, quare erea remedia, et ex simplicibus compositis facere, tum ad saporum, odorum, palati gratiam, ad correctionem simplicium, tum ad futuros usus, conservatio, &c. 8 Cum simplicia non possunt, necessitas cogit ad composita. 5 Lapa. Epist. 2. Theod. Prodromus Amor. lib. 9. 6 Sangüinem corruptum emaculat, scabiem aseolat, lepram curat, splinitus recreat, et animam exhalit. Melancholicoa humores per urinam educat, et cerebrum a crassa, annomosis melanochloa funis purgat, quibus addo dementes et furiosas vincula retinetos plurimum juvat, et ad rationem usum ducit. Testis est mihi conscientia, quod viderim matronam quandam binc liberatam, quae frequens ex frustulis demens, et impex animi decenti facenda loquebatur, adeo furens ut ligari cogentur. Fuit ei praeantissimo remedio vitis iustus usus, indicatus a percecrio homine mendico, dedicatorem proribus dictae matronae implorant.
away leprosy, scabs, clears the blood, recreates the spirits, exhilarates the mind, purgeth the brain of those anxious black melancholy fumes, and cleanseth the whole body of that black humour by urine. To which I add," saith Villanovanus, "that it will bring madmen, and such raging bedlamites as are tied in chains, to the use of their reason again. My conscience bears me witness, that I do not lie, I saw a grave matron helped by this means; she was so choleric, and so furious sometimes, that she was almost mad, and beside herself; she said and did she knew not what, scolded, beat her maids, and was now ready to be bound till she drank of this borage wine, and by this excellent remedy was cured, which a poor foreigner, a silly beggar, taught her by chance, that came to crave an alms from door to door." The juice of borage, if it be clarified, and drunk in wine, will do as much, the roots sliced and steeped, &c. saith Ant. Mizaldus, *art. med.* who cites this story verbatim out of Villanovanus, and so doth Magninus, a physician of Milan, in his regimen of health. Such another excellent compound water I find in Rubeus *de distil. sec. 3.* which he highly magnifies out of Savanarola, "for such as are solitary, dull, heavy, or sad without a cause, or be troubled with trembling of heart." Other excellent compound waters for melancholy, he cites in the same place, "if their melancholy be not inflamed, or their temperature over-hot." Evonimus hath a precious *aquavitce* to this purpose, for such as are cold. But he and most commend *aurum potabile*, and every writer prescribes clarified whey, with borage, bugloss, endive, succory, &c. of goat's milk especially, some indefinitely at all times, some thirty days together in the spring, every morning fasting, a good draught. Syrups are very good, and often used to digest this humour in the heart, spleen, liver, &c. As syrup of borage (there is a famous syrup of borage highly commended by Laurentius to this purpose in his tract of melancholy), *de pomis* of king Sabor, now obsolete, of thyme and epithyme, hops, scolopendria, fumitory, maidenhair, bizantine, &c. These are most used for preparatives to other physic, mixed with distilled waters of like nature, or in juleps otherwise.

Consisting, are conserve or confections; conserves of borage, bugloss, balm, fumitory, succory, maidenhair, violets, roses, wormwood, &c. Confections, treacle, mithridate, celegms, or linctures, &c. Solid, as aromatical confections: hot, *diambra*, *diamargaritum calidum*, *dianthus*, *diamoschum dulce*, *electuarium de gemmis*, *latexicans Galeni et Rhaüs*, *diaqalinga*, *dianygmum*, *dianismium*, *diatrion piperion*, *dianzizer*, *diaqapers*, *diancinnamonum*: Cold, as *diamargaritum frigidum*, *diacoroli*, *diarrhodon abbatis*, *diacodion*, &c. as every *pharmacopeia* will show you, with their tables or losing that are made out of them; with condites and the like.

Outwardly used as occasion serves, as amulets, oils hot and cold, as of camomile, stechados, violets, roses, almonds, poppy, nymphea, mandrake, &c. to be used after bathing, or to procure sleep.

Ointments composed of the said species, oils and wax, &c., as *Alablastritum populeum*, some hot, some cold, to moisten, procure sleep, and correct other accidents.

Liniments are made of the same matter to the like purpose: emplasters of herbs, flowers, roots, &c., with oils, and other liquors mixed and boiled together.

Cataplasms, salves, or poultices made of green herbs, pounded or sod in water till they be soft, which are applied to the hypochondries, and other parts when the body is empty.

Cerotes are applied to several parts and frontals, to take away pain, grief,

*Ils qui tristiantur sine cause, et vitant amiloorum societatem et tremunt corde
melur melancholiae, sunt calidiores temperamente sit.*
heat, procure sleep. Fomentations or sponges, wet in some decoctions, &c., epithemata, or those moist medicines, laid on linen, to bathe and cool several parts misaffected.

Sacreli, or little bags of herbs, flowers, seeds, roots, and the like, applied to the head, heart, stomach, &c., odoraments, balls, perfumes, posies to smell to, all which have their several uses in melancholy, as shall be shown, when I treat of the cure of the distinct species by themselves.

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**MEMB. II.**

**SUBSECT. I.—Purging Simples upward.**

MELANAGOGA, or melancholy purging medicines, are either simple or compound, and that gently, or violently, purging upward or downward. These following purge upward. 

Asarum or Assarabaccia, which, as Mesue saith, is hot in the second degree, and dry in the third, “it is commonly taken in wine, whey,” or as with us, the juice of two or three leaves, or more sometimes, pound in posset drink qualified with a little liquorice, or aniseed, to avoid the fulsome ness of the taste, or as Diaserum Pernelli. Brassivola, in Catarrh. reckons it up amongst those simples that only purge melancholy, and Ruellius confirms as much out of his experience, that it purgeth “black choler, like hellebore itself. Galen, lib. 6. simplic. and Matthiolus ascribe other virtues to it, and will have it purge other humours as well as this.

Laurel, by Heurnius’s method, *ad prax. lib. 2. cap. 24.* is put amongst the strong purgers of melancholy; it is hot and dry in the fourth degree. Dioscorides, *lib. 11. cap. 114.* adds other effects to it. Pliny sets down fifteen berries in drink for a sufficient potion: it is commonly corrected with his opposites, cold and moist, as juice of onive, purslane, and is taken in a potion to seven grains and a half. But this and assarabaccia, every gentlewoman in the country knows how to give; they are two common vomitas.

Scilla, or sea-onion, is hot and dry in the third degree. Brassivola in Catarrh. out of Mesue, others, and his own experience, will have this simple to purge “melancholy alone. It is an ordinary vomit, *vinum scilliticum,* mixed with rubel in a little white wine.

White hellebore, which some call sneezing-powder, a strong purger upward, which many reject, as being too violent; Mesue and Averroes will not admit of it, “by reason of danger of suffocation,” “great pain and trouble it puts the poor patient to,” saith Dodonaeus. Yet Galen, *lib. 6. simp. med.* and Dioscorides, *cap. 145.* allows of it. It was indeed “terrible in former times,” as Pliny notes, but now familiar, insomuch that many took it in those days, “that were students, to quicken their wits,” which Persius, *Sat. 1.* objects to Accius the poet, *Ilia Acci ebría veratro.* “It helps melancholy, the falling sickness, madness, gout, &c., but not to be taken of old men, youths, such as are weaklings, nice, or effeminate, troubled with headache, high-coloured, or fear strangling,” saith Dioscorides. Oribasius, an old physician, hath written very copiously, and approves of it, “in such affections which can otherwise hardly be cured.”

Heurnius, *lib. 2. prax. med. de vomitioribus,* will not have it used but with great caution by reason of its strength, and then when antimony will do no good,” which caused Hermophilus to compare it to a stout
Cure of Melancholy. [Part 2. Sec. 4.
captain (as Codronchus observes, cap. 7. comment. de Helleb.) that will see all his soldiers go before him and come post principia, like the bragging soldier, last himself; when other helps fail in inveterate melancholy, in a desperate case, this vomit is to be taken. And yet for all this, if it be well prepared, it may be securely given at first. Matthiolius brags, that he hath often, to the good of many, made use of it, and Heurnius, "that he hath happily used it, prepared after his own prescript," and with good success. Christophorus à Vega, lib. 3. c. 41, is of the same opinion, that it may be lawfully given; and our country gentlewomen find by it their common practice, that there is no such great danger in it. Dr. Turner: speaking of this plant in his Herbal, telleth us, that in his time it was an ordinary receipt among good wives, to give hellobeare in powder to ii weight, and he is not much against it. But they do commonly exceed, for who so bold as blind Bayard, and prescribe it by penny-worths, and such irrational ways, as I have heard myself market folks ask for it in an apothecary's shop: but with what success God knows; they smart often for their rash boldness and folly, break a vein, make their eyes ready to start out of their heads, or kill themselves. So that the fault is not in the physic, but in the rude and indiscreet handling of it. He that will know, therefore, when to use, how to prepare it aright, and in what dose, let him read Heurnius, lib. 2. præc. med., Brassivola de Catart., Godefridus Stegius, the emperor Rudolphus' physician, cap. 16. Matthiolius in Dioscor, and that excellent commentary of Baptist Codronchus, which is instar omnium de Helleb. alb. where we shall find great diversity of examples and receipts.

Antimony or stibium, which our chemists so much magnify, is either taken in substance or infusion, &c., and frequently prescribed in this disease. "It helps all infirmities," saith Matthiolius, "which proceed from black choler, falling sickness, and hypochondriacal passions;" and for farther proof of his assertion, he gives several instances of such as have been freed with it: one of Andrew Gallus, a physician of Trent, that after many other essays, "impedes the recovery of his health, next after God, to this remedy alone." Another of George Handshius, that in like sort, when other medicines failed, "was by this restored to his former health, and which of his knowledge others have likewise tried, and by the help of this admirable medicine, been recovered." A third of a parish priest at Prague in Bohemia," that was so far gone with melancholy that he doted, and spake he knew not what; but after he had taken twelve grains of stibium (as I myself saw, and can witness, for I was called to see this miraculous accident), he was purged of a deal of black choler, like little goblets of flesh, and all his excrements were as black blood (a medicine fitter for a horse than a man), yet it did him so much good, that the next day he was perfectly cured." This very story of the Bohemian priest, Sckenkies relates verbatim, Exoster. experiment. ad var. morb. cent. 6. obscr. 6. with great approbation of it. Hercule de Saxonia calls it a profitable medicine, if it be taken after meat to six or eight grains, of such as are apt to vomit. Rodericus à Fonseca the Spaniard, and late professor of Padua in Italy, extols it to this disease, Tom. 2. consul. 85. so doth Lod. Mercatus de inter. morb. cur. lib. 1. cap. 17. with many others. Jacobus Gervinus a French physician, on the other side, lib. 3. de venenis confut. explodes all this, and saith he took three grains only upon Matthiolius and some others' com-

1 Lutus tetrab. cap. 1. ser. 2. Hæs colon dari vult; Helleborum album, qui secus speam non habent, non ha quinquenim tempus, &c. 2 Cap. 12. de morbis cap. 3 Non factum utrumque nostrum preparatum Hellebori album. 4 In lib. 5. Dioscor. cap. 3. Omnibus opinatur morbis, quibus strabiles excitavit, obitalibus, &c. quae praesertim qui Hypochondriacas obstatent passionis. 5 Andreas Gallus, Tridentins medicus, saatum huius medicamento post Deum debeat. 6 Integre sanitati, brevi restituta. Id quod alia accidisse solo, qui hoc mirabile medicamento vel sunt. 7 Qui melancholiam factus plantae desidebat, multaque stulta loquebatur, huius exhibuit lib. 12. gr. stibium, quod Paulo post aurum dixit ex auro eduxerat (ut ego vidi, qui vocatus tarnquam ad miraculum ad fulfilled testatur), et ramenta tamquam carnis dissecata in partes totum excrementum tamquam sanguinem nigrum etum repertabant.
mendation, but it almost killed him, whereupon he concludes, "antimonium is rather poison than a medicine." Th. Erastus concurrs with him in his opinion, and so doth Aelian Montaltus, cap. 30. de melan. But what do I talk? 'tis the subject of whole books; I might cite a century of authors pro and con. I will conclude with "Zuinger, antimonium is like Scanderbeg's sword, which is either good or bad, strong or weak, as the party is that prescribes, or useth it: "a worthy medicine if it be rightly applied to a strong man, otherwise poison." For the preparing of it, look in Evonymi thesaurus, Quercetan, Oswaldus Crollius, Basil. Chim. Basil. Valentinus, &c.

Tobacco, divine, rare, superexcellent tobacco, which goes far beyond all the panaceas, potable gold, and philosopher's stones, a sovereign remedy to all diseases. A good vomit, I confess, a virtuous herb, if it be well qualified, opportune taken, and medicinally used; but as it is commonly abused by most men, which take it as tinkers do ale, 'tis a plague, a misschief, a violent purger of goods, lands, health, hellish, devilish and damned tobacco, the ruin and overthrow of body and soul.

SUBSECT. II.—Simples purging Melancholy downward.

POLYPODY and epiphyme are, without all exceptions, gentle purgers of melancholy. Dioscorides will have them void phlegm; but Brassivola out of his experience averreth, that they purge this humour; they are used in decoction, infusion, &c., simple, mixed, &c.

Myrobalanes, all five kinds, are happily prescribed against melancholy and quartan agues; Brassivola speaks out of a thousand experiences, he gave them in pills, decoctions, &c., look for peculiar receipts in him.

Steechas, fumitory, dodder, herb mercury, roots of capers, genista or broom, pennyroyal and half-boiled cabbage, I find in this catalogue of purgers of black choler, origan, featherfew, ammoniac salt, saltpetre. But these are very gentle; alyppus, dragon root, centaury, dittany, colutea, which Fuchsius, cap. 168, and others take for senna, but most distinguish. Senna is in the middle of violent and gentle purgers downward, hot in the second degree, dry in the first. Brassivola calls it a wonderful herb against melancholy, it scourc the blood, lightens the spirits, shakes off sorrow, a most profitable medicine," as Dodonaus terms it, invented by the Arabians, and not heard of before. It is taken diverse ways, in powder, infusion, but most commonly in the infusion, with ginger, or some cordial flowers added to correct it. Actuarious commends it sodden in broth, with an old cock, or in whey, which is the common conveyer of all such things as purge black choler; or steeped in wine, which Heurnius accounts sufficient without any farther correction.

Aloes by most is said to purge choler, but Aurelianus, lib. 2. c. 6. de morb. chron., Arculanus, cap. 6. in 9, Rhasis, Julius Alexandrinus, consil. 185. Scoltz., Crato, consil. 189. Scoltz. prescribe it to this disease; as good for the stomach and to open the hæmorrhoids, out of Mesue, Rhasis, Serapio, Avicenna: Menardus, ep. lib. 1. epist. 1. opposeth it, aloes, "doth not open the veins," or move the hæmorrhoids, which Leonhartus Fuchsius, paradox. lib. 1. likewise affirres; but Brassivola and Dodonaus defend Mesue out of their experience; let Valesius end the controversy.

Lapis armenus and lazuli are much magnified by Alexander, lib. 1. cap. 16, Avicenna, Aëtius, and Actuarius, if they be well washed, that the water
be no more coloured, fifty times, some say. "That good Alexander (saith Guanierius), puts such confidence in this one medicine, that he thought all melancholy passions might be cured by it; and I for my part have oftentimes happily used it, and was never deceived in the operation of it." The like may be said of lapis lazuli, though it be somewhat weaker than the other. Garcia ab Horto, hist. lib. 1. cap. 65. relates, that the physicians of the Moors familiarly prescribe it to all melancholy passions, and Matthiolius, ep. lib. 3. h brags of that happy success which he still had in the administration of it. Nicholas Meripisa puts it amongst the best remedies, sect. 1. cap. 12. in Antidotis; "i and if this will not serve (saith Rhasis), then there remains nothing but lapis armenus and hellebore itself." Valescus and Jason Pratensis much commend pulvis hali, which is made of it. James Damascen. 2. cap. 12. Hercules de Saxoniâ, &c., speaks well of it. Crato will not approve this; it and both hellebores, he saith, are no better than poison. Victor Trincavellius, lib. 2. cap. 14. found it in his experience, "k to be very noisome, to trouble the stomach, and hurt their bodies that take it overmuch."

Black hellebore, that most renowned plant, and famous purger of melancholy, which all antiquity so much used and admired, was first found out by Melanpodius a shepherd, as Pliny records, lib. 25. cap. 5. 1 who, seeing it to purge his goats when they raved, practised it upon Elige and Calene, King Prætus' daughters, that ruled in Arcadia, near the fountain Clitorius, and restored them to their former health. In Hippocrates' time it was in only request, insomuch that he write a book of it, a fragment of which remains yet. Theophrastus, galen, Pliny, Caius Aurelianus, as ancient as Galen, lib. 1. cap. 6. Aretus, lib. 1. cap. 5. Oribasius, lib. 7. collect. a famous Greek, Ætius, ser. 3. cap. 112 & 113 p. Ægineta, Galen's Ape, lib. 7. cap. 4., Actarius, Trallianus, lib. 5. cap. 15., Cornelius Celsus only remaining of the old Latins, lib. 3. cap. 23. extol and admire this excellent plant; and it was generally so much esteemed of the ancients for this disease amongst the rest, that they sent all such as were crazed, or that doted, to the Anticyra, or to Phoecis in Achaea, to be purged, where this plant was in abundance to be had. In Strabo's time it was an ordinary voyage, Naviget Anticyras; a common proverb among the Greeks and Latins, to bid a dizzard or a mad man go take hellebore; as in Lucian, Menippus to Tantalus, Tantale, desipis, helleb ro epo to bi opus est, eoque same meraco, thou art out of thy little wit, O Tantalus, and must needs drink hellebore, and that without mixture. Aristophanes en Vespis, drink hellebore, &c., and Harpax in the a Comedian, told Simo and Ballio, two doting fellows, that they had need to be purged with this plant. When that proud Macedonites & ëtèc., had write an arrogant letter to Philip of Macedon, he sent back no other answer but this, Consulo tibi ut ad Anticyram te conferas, noting thereby that he was crazed, atque helleboro indigere, had much need of a good purge. Iliias Geraldus saith, that Hercules, after all his mad pranks upon his wife and children, was perfectly cured by a purge of hellebore, which an Anticyrian administered unto him. They that were sound commonly took it to quicken their wits (as Enniius of old). c Qui non nisi potus ad arma—prostituit dicendo, and as our poets drink sack to improve their inventions (I find it so registered by Agellius, lib. 17, cap. 15.) Carneades the academic, when he was to write against Zeno the stoic, purged himself with hellebore first, which p Petronius puts upon Chrysippus. In such esteem it continued for many ages,

1 Tract. 15. c. 6. Bonus Alexander, tantam lapide Arsono confiditiam habuit, ut omnes melancholici passions ab eo curari posses crederet, et ego inde sapientiis usus sum, et in ejus exhibitione nisquam fraudatus fui. 2 Maurorum medicis lapide pleruncque purgant melancholiam, &c. h Qus ego sapis feliciter usus sum, et magno cum auxilio. 3 Si non hoc, nihil est ha helleboreus, et lapis armenus. Consil. 184. Scol. 4. Multa corpora vidit gravissime hisce agitata, et stomacho multum obstinis. 4 Gum vidisset ab eo curari capras furantes, &c. 5 Lib. 6. simpl. med. Psuedale, act. 4. scen. ult. hellebore hisce hominibus opus est. 6 Hor. P In Satyr.
till at length Mesue and some other Arabians began to reject and reprehend it, upon whose authority for many following lustres, it was much debased and quite out of request, held to be poison and no medicine; and is still opposed to this day by Crato and some junior physicians. Their reasons are, because Aristotle, t. 1. de plant. c. 3. said, henbane and hellebore were poison; and Alexander Aphrodisius, in the preface of his problems, gave out, that (speaking of hellebore) "Quails fed on that which was poison to men." Galen, l. 6. Epid. com. 5. Text. 35. confirms as much: "Constantine the emperor in his Geoponicks, attributes no other virtue to it, than to kill mice and rats, flies and mouldwarpes, and so Micalus, Nicander of old, Gervinus, Sekenkius, and some other Neoterics that have written of poisons, speak of hellebore in a chief place. Nicholas Leonius hath a story of Solon, that besieging, I know not what city, steeped hellebore in a spring of water, which by pipes was conveyed into the middle of the town, and so either poisoned, or else made them so feeble and weak by purging, that they were not able to bear arms. Notwithstanding all these cavils and objections, most of our late writers do much approve of it. Gariopontus, lib. 1. cap. 13, Codronchus, com. de hellesb., Fallopins, lib. de. med. purg. simpl. cap. 69. et consil. 15. Trincavelii, Montanus 239, Frisemelia consil. 14. Hercules de Saxoniā, so that it be opportunely given. Jacobus de Dondis, Agg. Amatus, Lucet. cent. 66, Godef. Stegius, cap. 13, Hollerius, and all our herbalists subscribe. Fernelius, meth. med. lib. 5. cap. 18, "confesseth it to be a terrible purgative and hard to take, yet well given to strong men, and such as have able bodies." P. Forestus and Capivaçius forbid it to be taken in substance, but allow it in decoction or infusion, both which ways, P. Monavius approves above all others, Epist. 231. Scoltzii; Jacobinus in 9. Rhasis commends a receipt of his own preparing; Penottus another of his chemically prepared, Evonimus another. Hildesheim, speciz. 2. de mol. hath many examples how it should be used, with diversity of receipts. Heurnius, lib. 7. prax. med. cap. 14, "calls it an innocent medicine howsoever, if it be well prepared." The root of it is only in use, which may be kept many years, and by some given in substance, as by Fallopis and Brassivola amongst the rest, who brags that he was the first that restored it again to its use, and tells a story how he cured one Melasta, a madman, that was thought to be possessed, in the Duke Ferrara's court, with one purge of black hellebore in substance; the receipt is there to be seen; his excrements were like ink, he perfectly healed at once; Vidus Vidius, a Dutch physician, will not admit of it in substance, to whom most subscribe, but as before in the decoction, infusion, or which is all in all, in the extract, which he prefers before the rest, and calls suave medicamentum, a sweet medicine, an easy, that may be securely given to women, children, and weaklings. Baracellus, horto geniali, terms it maxime prastantius medicamentum, a medicine of great worth and note. Quercetan in his Spagir. Ph. and many others, tell wonders of the extract. Paracelsus, above all the rest, is the greatest admirer of this plant; and especially the extract, he calls it theriacum, terræstræ balsamum, another treacle, a terrestrial balm, instar omnium, "all in all, the sole, and last refuge to cure this malady, the gout, epilepsy, leprosy," &c. If this will not help, no physic in the world can but mineral, it is the upshot of all. Matthiolius languish at those that except against it, and though some abhor it out of the authority of Mesue,

and dare not adventure to prescribe it, "yet I, (saith he) have happily used it six hundred times without offence, and communicated it to divers worthy physicians, who have given me great thanks for it." Look for receipts, dose, preparation, and other cautions concerning this simple, in him, Brassivola, Paracelsus, Codronchus, and the rest.

**Subsect. III.—Compound Purgers.**

*Compound medicines which purge melancholy, are either taken in the superior or inferior parts: superior at mouth or nostrils. At the mouth swallowed or not swallowed: If swallowed liquid or solid: liquid, as compound wine of hellebore, scilla or sea-onion, senna, *Vinum Scilliticum, Hellebratum,* which Quercetan so much applauds "for melancholy and madness, either inwardly taken, or outwardly applied to the head, with little pieces of linen dipped warm in it." *Oxymel Scilliticum, Syrupus Hellebratus* major and minor in Quercetan, and *Syrupus Genistae* for hypochondriacal melancholy in the same author, compound syrup of succory, of fumitory, polyody, &c. Heurnius his purging cockbroth. Some except against these syrups, as appears by *Udalrinius Leonor* his epitistle to Matthiolus, as most pernicious, and that out of Hippocrates, *cocta-movere, et medicari, non cruda,* no raw things to be used in physic; but this in the following epitistle is exploded and soundly confuted by Matthiolus: many juleps, potions, receipts, are composed of these, as you shall find in Hildesheim, *spicel. 2.* Heurnius, *lib. 2.* cap. 14. George Sckenkius, *Ital. med. praxe.* &c.

Solid purges are confections, electurys, pills by themselves, or compound with others, as *de lapide lasulo, armeno, pil. inde,* of fumitory, &c. Confection of Hamech, which though most approve, Solenander, *sec. 5.* consil. 22. bitterly inveighs against, so doth Rondoletius Pharmacop. officina, Fernelius and others; *diasena, diapolyodium, diacassia, diaathlicon,* Wecker's electurys of Epithymo, Ptolemy's hierogladium, of which divers receipts are daily made.

Ætius, 22. 23. commends Hieram Ruffi. Trincavellius, consil. 12. *lib. 4.* approves of Hiera; *non, inquit, invenio melius medicamentum,* I find no better medicine, he saith. Heurnius adds *pil. aggregat, pillos de Epithymo,* pil. *Ind.* Mesue describes in the *Florentine Antidotary,* *Piliae sine quibus esse nolo,* *Piliae Cochiae cum Helleboro,* *Pil. Arabice, Fetidae, de quique generibus mirabolanorum,* &c. Moreproper to melancholy, not excluding in the meantime, turbith, manna, rhubarb, agaric, elesope, &c., which are not so proper to this humour. For, as Montaltus holds *cap. 30.* and Montanus, *choleraretiam purganda quod atra sit palatum,* choler is to be purged because it feeds the other; and some are of an opinion, as Erasistratus and Asclepiades maintained of old, against whom Galen disputes, "that no physic doth purge one humour alone, but all alike or what is next." Most therefore in their receipts and magistrals which are coined here, make a mixture of several simples and compounds to purge all humours in general as well as this. Some rather use potions than pills to purge this humour, because that as Heurnius and Crato observe, *hic succus à sicco remedio acré trahitur,* this juice is not so easily drawn by dry remedies, and as Montanus adviseth *25 cons.* "All "drying medicines are to be repelled, as aloe, hiera," and all pills whatsoever, because the disease is dry of itself.

I might here insert many receipts of prescribed potions, boles, &c. The doses of these, as they are common in every good physician, and that I am loth to incur the censure of Forestus, *lib. 3.* cap. 6. *de urinis,* "against
those that divulge and publish medicines in their mother-tongue," and lest I should give occasion thereby to some ignorant reader to practise on himself, without the consent of a good physician.

Such as are not swallowed, but only kept in the mouth, are gargarisms used commonly after a purge, when the body is soluble and loose. Or apoplecticmata, masticatories, to be held and chewed in the mouth, which are gentle, as hyssop, origan, pennyroyal, thyme, mustard; strong, as pellitory, pepper, ginger, &c.

Such as are taken into the nostrils, errhina are liquid or dry, juice of pimpernel, onions, &c., castor, pepper, white hellebore, &c. To these you may add odouraments, perfumes, and suffumigations, &c.

Taken into the inferior parts are clasters strong or weak, suppositories of Castilian soap, honey boiled to a consistence; or stronger of scammony, hellebore, &c.

These are all used, and prescribed to this malady upon several occasions, as shall be shown in its place.

MEMB. III.
Chirurgical Remedies.

In letting of blood three main circumstances are to be considered, "Who, how much, when." That is, that it be done to such a one as may endure it, or to whom it may belong; that he be of a competent age, not too young, nor too old, overweak, fat, or lean, sore laboured, but to such as have need, are full of bad blood, noxious humours, and may be eased by it.

The quantity depends upon the party's habit of body, as he is strong or weak, full or empty, may spare more or less.

In the morning is the fittest time: some doubt whether it be best fasting, or full, whether the moon's motion or aspect of planets be to be observed; some affirm, some deny, some grant in acute, but not in chronic diseases, whether before or after physic. 'Tis Heurnius' aphorism à phlebotomia auspiciandum esse curationem, non à pharmacia, you must begin with blood-letting and not physic; some except this peculiar malady. But what do I? Horatius Augustinus, a physician of Padua, hath lately writ 17 books of this subject, Jobertus, &c.

Particular kinds of blood-letting in use are three, first is that opening a vein in the arm with a sharp knife, or in the head, knees, or any other parts, as shall be thought fit.

Cupping-glasses with or without scarification, ocussimè compescunt, saith Fernelius, they work presently, and are applied to several parts, to divert humours, aches, winds, &c.

Horse-leeches are much used in melancholy, applied especially to the hæmorrhoids. Horatius Augustinus, lib. 10, cap. 10. Platerus, de mentis alienat. cap. 3. Altoranus, Piso, and many others, prefer them before any evacuations in this kind.

\^Cauteries or searing with hot irons, combustions, borings, lancings, which, because they are terrible, Dropax and Sinapismus are invented by plasters to raise blisters, and heating medicines of pitch, mustard-seed, and the like.

Issues still to be kept open, made as the former, and applied in and to several parts, have their use here on divers occasions, as shall be shown.

SECT. V. MEMB. I.

SUBSECT. I.—Particular Cure of the three several Kinds; of Head-Melancholy.

The general cures thus briefly examined and discussed, it remains now to apply these medicines to the three particular species or kinds, that, according to the several parts affected, each man may tell in some sort how to help or ease himself. I will treat of head-melancholy first, in which, as in all other good cures, we must begin with diet, as a matter of most moment, able-often-times of itself to work this effect. I have read, saith Laurentius, cap. 8. de Melanch. that in old diseases which have gotten the upper hand or a habit, the manner of living is to more purpose, than whatsoever can be drawn out of the most precious boxes of the apothecaries. This diet, as I have said, is not only in choice of meat and drink, but of all those other non-natural things. Let air be clear and moist most part: diet moistening, of good juice, easy of digestion, and not windy: drink clear, and well brewed, not too strong, nor too small. "Make a melancholy man fat," as "Rhasis saith, "and thou hast finished the cure." Exercise not too remiss, nor too violent. Sleep a little more than ordinary. "Excrements daily to be voided by art or nature; and which Fernelius enjoins his patient, consil. 44. above the rest, to avoid all passions and perturbations of the mind. Let him not be alone or idle (in any kind of melancholy), but still accompanied with such friends and familiars he most affects, neatly dressed, washed, and combed, according to his ability at least, in clean sweet linen, spruce, handsome, decent, and good apparel; for nothing sooner dejects a man than want, squalor, and nastiness, foul or old clothes out of fashion. Concerning the medicinal part, he that will satisfy himself at large (in this precedent of diet) and see all at once, the whole cure and manner of it in every distinct species, let him consult with Gordonius, Valeseus, with Prosper Calemus, lib. de atra bile ad Card. Cesium, Laurentius, cap. 8. et 9. de melan. Ælian Montaltus, de mel. cap. 26, 27, 28, 29, 30. Donat. ab Altomari, cap. 7. artis med. Hercules de Saxoniis, in Panth. cap. 7. et Tract. ejus peculiar. de melan. per Bolsetam, edit. Venetiis, 1620. cap. 17, 18, 19. Savanarola, Rub. 82. Tract. 8. cap. 1. Sckenius, in prax. curat. Ital. med. Heurnus, cap. 12. de morb. Victorius Faventinus, pract. Magn. et Empir. Hildesheim, Spicel. 2. de man. et mel. Fel. Platter, Stockerus, Bruel, P. Bayerus, Forestus, Fuchsius, Cappivacei, Rondoletius, Jason Pratensis, Salust. Salvian. Adr. Salvian. de remed. lib. 2. cap. 1. Jacchinus, in 9. Rhasis, Lod. Mercatus, de Inter. morb. cur. lib. 1. cap. 17. Alexan. Messaria, pract. med. lib. 1. cap. 21. de mel. Piso, Holleri, &c. that have culled out of those old Greeks, Albanians, and Latins, whatsoever is observable or fit to be, used. Or let him read those counsels and consultations of Hugo Senensis, consil. 13. et 14. Renerus Solinander, consil. 6. sec. 1. et consil. 3. sec. 3. Orato, consil. 16. lib. 1. Montanus, 20, 22. and his following counsels. Lælius à Fonte Eugubinus, consult. 44, 69, 77, 125, 129, 142. Fernelius, consil. 44, 45, 46. Jul. Cesar Claudinus, Mercurialis, Frambesarius, Sennertus, &c. Wherein he shall find particular receipts, the whole method, preparatives, purgers, correctors, averters, cordials in great variety and abundance: out of which, because every man cannot attend to read or peruse them, I will collect for the benefit of the reader, some few more notable medicines.

SUBSECT. II.—Blood-letting.

PHLEBOTOMY is promiscuously used before and after physic, commonly before, and upon occasion is often reiterated, if there be any need at least of it. For

\(^{m}\) Cont. lib. 1. et 9. festines ad impinguationem, et cum impinguantur, renovetur malum.  
\(^{n}\) Beneficium ventris.
Galen, and many others, make a doubt of bleeding at all in this kind of head-melancholy. If the malady, saith Piso, cap. 23. and Atomarus, cap. 7. Fuchsian, cap. 33. "shall proceed primarily from the misaffected brain, the patient in such case shall not need at all to bleed, except the blood otherwise abound, the veins be full, inflamed blood, and the party ready to run mad."

In immaternal melancholy, which especially comes from a cold distemper of spirits, Hercules de Saxonii, cap. 17. will not admit of phlebotomy; Laurentius, cap. 9. approves it out of the authority of the Arabians; but as Mesue, Rhasis, Alexander appoint, "especially in the head, to open the veins in the forehead, nose and ears is good. They commonly set cupping-glasses on the party's shoulders, having first scarified the place, they apply horse-leeches on the head, and in all melancholy diseases, whether essential or accidental, they cause the hæmorrhoids to be opened, having the eleventh aphorism of the sixth book of Hippocrates for their ground and warrant, which saith, "That in melancholy and mad men, the varicose tumour and hæmorrhoids appearing doth heal the same." Valescus prescribes blood-letting in all three kinds, whom Sallust. Salvian follows. "If the blood abound, which is discerned by the fulness of the veins, his precedent diet, the party's laughter, age, &c. begin with the median or middle vein of the arm: if the blood be ruddy and clear, stop it, but if black in the spring time, or a good season, or thick, let it run, according to the party's strength: and some eight or twelve days after, open the head vein, and the veins in the forehead, or provoke it out of the nostrils, or cupping glasses," &c. Trallianus allows of this, "If there have been any suppression or stopping of blood at nose, or hæmorrhoids, or women's months, then to open a vein in the head or about the ankles." Yet he doth hardly approve of this course, if melancholy be situated in the head alone, or in any other dotage, "except it primarily proceed from blood, or that the malady be increased by it; for blood-letting refrigerates and dries up, except the body be very full of blood, and a kind ofuddiness in the face." Therefore I conclude with Areteus, "before you let blood, deliberate of it," and well consider all circumstances belonging to it.

SUBSECT. III.—Preparatives and Purgers.

After blood-letting we must proceed to other medicines; first prepare, and then purge, Augens stabulum purgare, make the body clean before we hope to do any good. Walter Bruel would have a practitioner begin first with a clyster of his, which he prescribes before blood-letting: the common sort, as Mercurialis, Montaltus, cap. 30. &c. proceed from lenitives to preparatives, and so to purgers. Lenitives are well known, electuarium lenitivum, diaphenticum, diacathaticum, &c. Preparatives are usually syrups of borage, bugloss, apples, fumitory, thyme and epipheme, with double as much of the same decoction or distilled water, or of the waters of bugloss, balm, hops, endive, scolopendry, fumitory, &c. or these sodden in whey, which must be reiterated and used for many days together. Purges come last, "which must not be used at all, if the malady may be otherwise helped," because they weaken nature and dry so much; and in giving of them, "we must begin with the gentlest first."

Some forbid all hot medicines, as Alexander, and Salvianus, &c. Ne in sae-
Purge downward rather than upward, use potions rather than pills, and when you begin physic, persevere and continue in a course; for as one observes, *moveret et non educere in omnibus malum est*; to stir up the humor (as one purge commonly doth) and not to prosecute, doth more harm than good. They must continue in a course of physic, yet not so that they tire and oppress nature, *danda quies nature*", they must now and then remit, and let nature have some rest. The most gentle purges to begin with, are *senna, cassia, ethyphyme, myrobolanum*, catholic: if these prevail not, we may proceed to stronger, as the confection of hamech, pil. Inde, fumitorio, de assaiet, of lapis armenus and lazuli, diasena. Or if pills be too dry; *some prescribe both hellebores in the last place, amongst the rest Aretus,* "because this disease will resist a gentle medicine." Laurentius and Herences de Saxonia would have antimony tried last, "if the *party be strong, and it waryly given.*" Trincavellius prefers hierologium, to whom Francis Alexander in his *Apol. rad. 5.* subscribes, a very good medicine they account it. But Orato in a counsel of his, for the Duke of Bavaria's chancellor, wholly rejects it.

I find a vast chaos of medicines, a confusion of receipts and magistrals, amongst writers, appropriated to this disease; some of the chiefest I will rehearse. "To be sea-sick first, is very good at seasonable times. Helleborismus Matthioli, with which he vaunts and boasts he did so many several cures, "if I never gave it (saith he), but after once or twice, by the help of God, they were happily cured." The manner of making it he sets down at large in his third book of Epist. to George Hankshius a physician. Walter Bruel, and *the* Humbirius, make mention of it with great approbation; so doth Sokenkius in his memorable cures, and experimental medicines, *cen. 6. obs. 37.* That famous Helleborisme of Montanus, which he so often repeats in his consultations and counsels, as 28. *pro melan. sacerdote, et consil. 148. pro hypochondriaco,* and cracks, "to be a most sovereign remedy for all melancholy persons, which he hath often given without offence, and found by long experience and observations to be such."

Quercetan prefers a syrup of hellebore in his *Spagyrica Pharmac.* and Hellebore's extract *cap. 5.* of his invention likewise ("a most safe medicine and not unfit to be given children") before all remedies whatsoever.

Paracelsus, in his book of black hellebore, admits this medicine, but as it is prepared by him. "It is most certain (saith he) that the virtue of this herb is great, and admirable in effect, and little differing from balm itself; and he that knows well how to make use of it, hath more art than all their books contain, or all the doctors in Germany can show."

Aelianus Montaltus in his exquisite work *de morbor. capitis, cap. 31. de mel.* sets a special receipt of his own, which in his practice "he fortunately used; because it is but short I will set it down."

"*R* Syrupi de ponis 3ij, aquae borag. 3iij. Elabori nigri per noctem infusio in ligaturas.

6 vel 8 gr. manu facta collaturn exhibit." Other receipts of the same to this purpose you shall find in him. Valescens admires pulvis Hali, and Jason Pratensis after him: the confection of which

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*[Footnotes]*

1 Quis corpus exsiccat, morbum augent. 2 Guianerius, *Tract.* 13. c. 6. 3 Plano. 4 Thesias, sapo valent ex Hellebore. 5 Lib. 7. Exiguos medicamentos morbus non obsoletur. 6 Modo caute detor et robustis. 7 Consil. 10. 1. 1. 8 Plin. 1. 31. c. 6. Navigations ob vominis eam frequent plurimum morbis capitis, et omnibus ob quo Helleborum bibitur. Iadem Dioscorides, lib. 6. cap. 13. Avicenna tertis improvisus. 9 Nunquam desinatis, quin ex una aut altera assumptione, Deo juvante, fuerint ad salutem restituti. 10 Lib. 2. Inter composita purgantia melancholeam. 11 Longo experimento a se observatum esse, melancholeos sine offensione egregie curarentes valores. Iadem responsione ad Ambertum, veratrum nigrum, alias innovations et homines et oleo communi eam usui redditur, ut eam puerus tuto administret. 12 Icertum est hujus herbas virtutem maximam et mirabilissim esse, parumque distant a basilisco. Et qui nort e recte uti, plus habet artis quam tota sect ambitionis cohors, aut omnes doctorum in Germania. 13 Quo felicitur unus sum.
our new London Pharmacoopoeia hath lately revived. "1Put case (saith he), all other medicines fail, by the help of God this alone shall do it, and 'tis a crowned medicine which must be kept in secret."

"B. Epithymi somunc., lapidis Ianuli, aegarid. an 3j.
Scammonii, 3j, Charhiphilorum numero 20: pulviscentur
Omnia, et ipsius pulveris scrup. 4. singulae septimannis assumat."

To these I may add Arnoldi vinum Buglossatam, or borage wine before mentioned, which Mizzaldus calls vinum mirabile, a wonderful wine, and Stockerus vouches to repeat verbatim amongst other receipts. Rubeus his 2 compound water out of Sauvanarola; Pinetus his balm; Cardan's Pulvis Hyscinthy, with which, in his book de curis admirandis, he boasts that he had cured many melancholy persons in eight days, which Skenkius puts amongst his observable medicines; Altomarus his syrup, with which he calls God so solemnly to witness, he hath in his kind done many excellent cures, and which Skenkius cent. 7, observ. 80. mentioneth, Daniel Semnertus, lib. 1, part. 2, cap. 12 so much commends; Rulandus' admirable water for melancholy, which cent. 2, cap. 96. he names Spiritum vitis aureum, Panaceam, what not, and his absolute medicine of 50 eggs, curat. Empir. cent. 1. cur. 5, to be taken three in a morning, with a powder of his. 3 Paventinus, prac. Empir. doubles this number of eggs, and will have to be taken by three and three in like sort, which Sallust Salvian approves, de red. med. lib. 2, c. 1, with some of the same powder, till all be spent, a most excellent remedy for all melancholy and mad men.

"B. Epithymi, thymi, ana drachmas duas, sacchari admodum unam, croci granaria, Cinnamomi drachman unam; miscæ, sat pulvis."

All these are nothing to those 4 chemical preparatives of Aqua Chalidoniar, quintessence of hellebore, salts, extracts, distillations, oils, Aurum potabile, &c. Dr. Anthony in his book de auero potab., edit. 1600, is all and all for it. "5 And though all the schools of Galenists, with a wicked and unthankful pride and scorn, detest it in their practice, yet in more grievous diseases, when their vegetables will do no good, they are compelled to seek the help of minerals, though they use them rashly, unprofitably, slackly, and to no purpose," Rhenanus, a Dutch chemist, in his book de Sale è puteo emergente, takes upon him to apologise for Anthony, and sets light by all that speak against him. But what do I meddle with this great controversy, which is the subject of many volumes? Let Paracelsus, Quercetan, Crullis, and the brethren of the rosy cross, defend themselves as they may. Crato, Erastus, and the Galenists oppugn. Paracelsus, he brags on the other side, he did more famous cures by this means, than all the Galenists in Europe, and calls himself a monarch; Galen, Hippocrates, infants, illiterate, &c. As Thessalus of old railed against those ancient Asclepiadean writers, "6 the condemns others, insults, triumphs, overcomes all antiquity (saith Galen as if he spake to him), declares himself a conqueror, and crowns his own doings." "One drop of their chemical preparatives shall do more good than all their fulsome potions. Erastus, and the rest of the Galenists vilify them on the other side, as heresies in physic; "7Paracelsus did that in physic, which Luther in divinity." "8 A drunken rogue he was, a base fellow, a magician, he had the devil for his master, devils his familiar companions, and
what he did, was done by the help of the devil." Thus they contend and rail, and every mart write books pro and con, et ad hue sub judice bis est: let them agree as they will, I proceed.

Subsect. IV.—Averters.

Averters and purgers must go together, as tending all to the same purpose, to divert this rebellious humour, and turn it another way. In this range, clysters and suppositories challenge a chief place, to draw this humour from the brain and heart, to the more ignoble parts. Some would have them still used a few days between, and those to be made with the boiled seeds of amiese, fennel, and bastard saffron, hops, thyme, epithyme, mallows, fumitory, bugloss, polypody, senna, diasene, hameeh, diacatholicon, hierolodogium, oil of violets, sweet almonds, &c. For without question, a clyster opportunely used, cannot choose in this, as most other maladies, but to do very much good; Clysters nutritient, sometimes clysters nourish, as they may be prepared, as I was informed not long since by a learned lecture of our natural philosophy reader, which he handled by way of discourse, out of some other noted physicians. Such things as provoke urine most commend, but not sweat. Trincavellius, consil. 16. cap. 1. in head-melancholy forbids it. P. Bayerus and others approve frictions of the outward parts, and to bathe them with warm water. Instead of ordinary frictions, Cardan prescribes rubbing with nettles till they blister the skin, which likewise Basardus Visintinus so much magnifies.

Sneezing, masticatories, and nasals are generally received. Montaltus, c. 34. Hildesheim, spicel. 3. fol. 136 and 238 give several receipts of all three. Hercules de Saxoniâ relates of an empiric in Venice that had a strong water to purge by the mouth and nostrils, which he still used in head-melancholy, and would sell for no gold.

To open mouths and hemorrhoids is very good physic, if they have been formerly stopped. Faventinus would have them opened with horse-leeches, so would Hercul. de Sax.; Julius Alexandrinus, consil. 185. Scoltziæ thinks aloes fitter: most approve horse-leeches in this case, to be applied to the forehead, nostrils, and other places.

Montaltus, cap. 29. out of Alexander and others, prescribes "cuppingglasses, and issues in the left thigh." Arethus, lib. 7. cap. 5; P. Paulus Regolinus, Sylvius will have them without scarification, "applied to the shoulders and back, thighs and feet:" Montaltus, cap. 34. bids open an issue in the arm, or hinder part of the head." Fiso enjoins ligatures, frictions, suppositories, and cupping-glasses, still without scarification, and the rest.

Cauteries and hot irons are to be used "in the suture of the crown, and the seared or ulcerated place suffered to run a good while. 'Tis not amiss to bore the skull with an instrument, to let out the fuliginous vapours." Sallust. Salvinius, de re medic. lib. 2. cap. 1. "because this humour hardly yields to other physic, would have the leg cauterised, or the left leg, below the knee, and the head bored in two or three places," for that it much avails to the exhalation of the vapours: "I saw (saith he) a melancholy man at Rome, that by no remedies could be healed, but when by chance he was wounded in the head, and the skull broken, he was excellently cured." Another, to the admiration

* Master D. Lapworth.  
* Ant. Philos. cap. de melan. frictio vertice, &c.  
* Aqua fortisima purgans os, nares, quam non vult aure vendere.  
* Mercureius, consil. 6. et 30. hæmorrhoidum et meningum provocaturo jurat, modo eorum suppressione ortum habentur.  
* Laurentius, Brasel, &c.  
* P. Bayerus, l. 2. cap. 13. marinus, &c.  
* Cucurbitales sicco, et fontanellae crure sinistro.  
* Hildesheim, spicel. 2. Vapores a cerebro trahendi sunt frictionibus universi, cucurbitalis sicco, humeras ad dorsum affixis, circa pedes et crura.  
* Fontanellam apert suavis occupatim, aut brevem num.  
* Balani, ligatures, frictions, &c.  
* Cauterium flat sutura coronal, diu sine permittantur locos ulcerores.  
* Trogano etiam aurantia laetitia inflammati potent, ut vaporibus fuliginosis extus patatur.  
* Quoniam difficiliter cedd aliquot medicamenta, ideo flat in vertice cauterium, aut ceru sinistro infra genu.  
* Plant duo aut tria castoria, cum oasis perforatione.  
* Vidit Romanus melanocholicum qui, exhibebat multis medica, sani non poterat, sed cum cranium gladio fracturam cessat, optimo sanatus estut.
of the beholders, "...breaking his head with a fall from on high, was instantly recovered of his dotage." Gordonius, cap. 13. part. 2. would have these cauteries tried last, when no other physic will serve. "The head to be shaved and bored to let out fumes, which without doubt will do much good. I saw a melancholy man wounded in the head with a sword, his brain-pan broken; so long as the wound was open he was well, but when his wound was healed, his dotage returned again." But Alexander Messaria, a professor in Padua, lib. 1. pract. med. cap. 21. de melanchol. will allow no cauteries at all, 'tis too stiff a humour and too thick as he holds, to be so evaporated.

Guianerius, c. 8. Tract. 15. cured a nobleman in Savoy, by boring alone, "...leaving the hole open a month together," by means of which, after two years' melancholy and madness, he was delivered. All approve of this remedy in the suture of the crown; but Arculanus would have the cautery to be made with gold. In many other parts, these cauteries are prescribed for melancholy men, as in the thighs, (Mercurialis, consil. 86.) arms, legs. Idem, consil. 6. and 19 and 25. Montanus, 86. Rodericus à Fonseca, tom. 2. consil. 84. pro hypochord. cord. dextra, &c., but most in the head, "if other physic will do no good."

**SUBSEC. V.—Alteratives and Cordials, corroborating, resolving the Reliques, and mending the Temperament.**

Because this humour is so malign of itself, and so hard to be removed, the reliques are to be cleansed, by alteratives, cordials, and such means: the temper is to be altered and amended, with such things as fortify and strengthen the heart and brain, "...which are commonly both affected in this malady, and do mutually misaffect one another: which are still to be given every other day, or some few days inserted after a purge, or like physic, as occasion serves, and are of such force, that many times they help alone, and as Arnoldus holds in his Aphorisms, are to be "preferred before all other medicines, in what kind soever."

Amongst this number of cordials and alteratives, I do not find a more present remedy, than a cup of wine or strong drink, if it be soberly and opportunely used. It makes a man bold, hardy, courageous, "...wheteth the wit," if moderately taken, (and as Plutarch saith, Symp. 7. quaest. 12.) "it makes those which are otherwise dull, to exhale and evaporate like frankincense, or quicken, (Xenophon adds) "as oil doth fire." "A famous cordial," Matthiolus in Dioscoridem calls it, "an excellent nutriment to refresh the body, it makes a good colour, a flourishing age, helps concoction, fortifies the stomach, takes away obstructions, provokes urine, drives out excrements, procures sleep, clears the blood, expels wind and cold poisons, attenuates, concocts, dissipates all thick vapours, and fuliginous humours." And that which is all in all to my purpose, it takes away fear and sorrow. "Curas edaces dissipat Evius. "It glads the heart of man," Psal. civ. 15. hilariatis dulcis seminariam. Helena's bowl, the sole nectar of the gods, or that true nepenthes in Homer, which puts away care and grief, as Oribasius, 5. Collect. cap. 7. and some others will, was nought else but a cup of good wine. It makes the mind of the king and of the fatherless both one, of the bond and free man, poor and rich; it turneth all his thoughts to joy and mirth, makes him remember no sorrow or debt, but

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*Et alterum vidi melancholicum, qui ex alto cadens non sive astantium admirations, liberatus est.*  
*Radatur caput et fiat cauterium in capite; procuit dabo ista faciunt ad humorem exhalationem; vidit melancholicum a fortuna gladio vulneratum, et cranium fracturum, quandam vulnus apertum, curatus opime; at cum vulnus sanatum, reversa est mania.*  
*Usque ad duram matrem trepessi faci, et per mensem aperta stelt.*  
*Cordis ratio sepper habens quod cerebro compertuit, et ase invicem officinat.*  
*Aphor. 38. Medicina Theraulicae pro easter elogendo.*  
*Galen. de temp. lib. 3. c. 8. moderate visum summum acuit ingenium.*  
*Tardas alter et tristes thures in modum exhalare facti.*  
*Hilaritatem ut oleum flammat excitat.*  
*Viribus retenedies cardium eximium, nutriendo corpori alimentum optimum, statem floridam fact, calorem innatum voget, concoctionem jurat, stomacum roborat, excrementia viam parat, urinam movet, somnum conjicit, venena, flagidos status dissipat, crassae humores attenuat, coquit, discutit, &c.*  
*Hor. lib. 2. ed. 11.*  
*"Percussion dissipates corroding cares."*  
*Odys. A.*
enricheth his heart, and makes him speak by talents," Esdras iii. 19, 20, 21.  It gives life itself, spirits, wit, &c. For which cause the ancients called Bacchus, Liber pater à liberando, and 3 sacrificed to Bacchus and Pallas still upon an altar. "Wine measureably drunk, and in time, brings gladness and cheerfulness of mind, it cheereth God and men," Judges ix. 13. laetitiae Bacchus dator, it makes an old wine dance, and such as are in misery to forget evil, and be "merry.

"Bacchus et afflictes requiem mortalibus affect, Grura licet duro compedio vinca forest."  

"Wine makes a troubled soul to rest; Though feet with fetters be oppress."  

Demetrius in Platarch, when he fell into Seleucus's hands, and was prisoner in Syria, "spent his time with dice and drink that he might so ease his discontented mind, and avoid those continual cogitations of his present condition wherewith he was tormented." Therefore Solomon, Prov. xxxi. 6, bids "wine be given to him that is ready to perish, and to him that hath grief of heart, let him drink that he forget his poverty, and remember his misery no more."  

Solicitis animis onus eximit, it easeth a burdened soul, nothing speedier, nothing better; which the prophet Zachariah perceived, when he said, "that in the time of Messias, they of Ephraim should be glad, and their heart should rejoice as through wine." All which makes me very well approve of that pretty description of a feast in "Bartholomeus Anglicus, when grace was said, their hands washed, and the guests sufficiently exhilarated, with good discourse, sweet music, dainty fare, exhalerationis gratia, pocula iterum aigue iterum offeruntur, as a corollary to conclude the feast, and continue their mirth, a grace cup came in to cheer their hearts, and they drank healths to one another again and again. Which as I. Fredericus Matenesius, Crit. Christ. lib. 2. cap. 5, 6, & 7, was an old custom in all ages in every commonwealth, so as they be not enforced, bibere per violentiam, but as in that royal feast of "Ahasuerus, which lasted 180 days, "without compulsion they drank by order in golden vessels," when and what they would themselves. This of drink is a most easy and parable remedy, a common, a cheap, still ready against fear, sorrow, and such troublesome thoughts, that molest the mind; as brimstone with fire, the spirits on a sudden are enlightened by it. "No better physic" (saith 'Rhasis) "for a melancholy man: and he that can keep company, and carouse, needs no other medicines," "is enough. His countryman Avicenna, 31. doct. 2. cap. 8. proceeds farther yet, and will have him that is troubled in mind, or melancholy, not to drink only, but now and then to be drunk: excellent good physic it is for this and many other diseases. Magnus, Reg. san. part. 3. c. 31. will have them to be so once a month at least, and gives his reasons for it, "because it scouris the body by vomit, urine, sweat, of all manner of superfluities, and keeps it clean." Of the same mind is Seneca the Philosopher, in his book de tranqüil. lib. 1. c. 15. nonnunquam ut in aliis morbis ad ebiectatem usque veniendum; Curas deprimit, tristia medetur, it is good sometimes to be drunk, it helps sorrow, depresseth cares, and so concludes this tract with a cup of wine: Habes, Serene charissime, quaæ ad tranquillitatem animæ pertinent. But these are epicureal tenets, tending to looseness of life, luxury and atheism, maintained alone by some heathens, dissolute Arabinians, profane Christians, and are exploded by Rabbi Moses, tract. 4. Guliel. Placentius, lib. 1. cap. 8. Valescus de Taranta, and most accurately ventilated by Jo. Sylvaticus, a late writer and physician of Milan, med. cont. cap. 14. where you shall find this tenet copiously confuted.
Howsoever you say, if this be true, that wine and strong drink have such virtue to expel fear and sorrow, and to exhilarate the mind, ever hereafter let’s drink and be merry.

“Pronc reconditum, Lyde strenuus, cascahum, Capaciore, puer, hunc affer Scyphos, Et Chis vina aut Lesbia.”

“Come, busy Lyda, fill’s a cup of sack, And, sirrah drawer, bigger pots we lack, And Selo wines that have so good a smack.”

I say with him in [A. Gellius, “Let’s maintain the vigour of our souls with a moderate cup of wine,”] "Natis in usum letitie scyphis, “and drink to refresh our mind; if there be any cold sorrow in it, or torpid bashfulness, let’s wash it all away.”—N'unc vino polite curas; so saith Horace, so saith Anacreon.

Let’s drive down care with a cup of wine: and so say I too (though I drink none myself), for all this may be done, so that it be modestly, soberly, opportunely used: so that “they be not drunk with wine, wherein is excess,” which our Apostle forewarns; for as Chrysostom well comments on that place, ad letitiam datum est vinem, non ad ebrietatem, ‘tis for mirth wine, but not for madness: and will you know where, when, and how that is to be understood? Vis diocese ubi bonum sit vinum? Audi quid dicat Scriptura, hear the Scriptures, “Give wine to them that are in sorrow,” or as Paul bid Timothy drink wine for his stomach’s sake, for concoction, health, or some such honest occasion. Otherwise, as [P]liny tells us; if singular moderation be not had, “nothing so pernicious, ‘tis mere vinegar, blandus daemon, poison itself.”

But hear a more fearful doom, Habac. ii. 15. & 16. “Woe be to him that makes his neighbour drunk, shameful spewing shall be upon his glory.” Let not good fellows triumph therefore (saith Matthioli), that I have so much commended wine; if it be immoderately taken, “instead of making glad, it confounds both body and soul, it makes a giddy head, a sorrowful heart.” And ‘twas well said of the poet of old, “Wine causeth mirth and grief,” nothing so good for some, so bad for others, especially as “one observes, qui a causa calida malo habent, that are hot or inflamed. And so of spices, they alone, as I have showed, cause head-melancholy themselves, they must not use wine as an ordinary drink, or in their diet. But to determine with Laurentius, c. 8. de melan. wine is bad for madmen, and such as are troubled with heat in their inner parts or brains; but to melancholy which is cold (as most is), wine, soberly used, may be very good.

I may say the same of the decoction of China roots, sassafras, sarsaparilla, guaiacum: China, saith Manardus, makes a good colour in the face, takes away melancholy, and all infirmities proceeding from cold, even so sarsaparilla provokes sweat mightily, guaiacum dries, Claudinus, [consult.] 89. & 46. Montanus, Capivaccius, consult. 188. Scultzi, make frequent and good use of guaiacum and China, “so that the liver be not incensed,” good for such as are cold, as most melancholy men are, but by no means to be mentioned in hot.

The Turks have a drink called coffee (for they use no wine), so named of a berry as black as soot, and as bitter (like that black drink which was in use amongst the Lacedæmonians, and perhaps the same), which they sip still of, and sup as warm as they can suffer; they spend much time in those coffee-houses, which are somewhat like our alehouses or taverns, and there they sit chatting and drinking to drive away the time, and to be merry together,
because they find by experience that kind of drink, so used, helps digestion, and procureth salutary. Some of them take opium to this purpose.

Borage, balm, saffron, gold, I have spoken of; Montaltus, c. 23. commends scorzonera roots condite. Garcias ab Horto, plant. hist. lib. 2. cap. 25. makes mention of an herb called datura, "which, if it be eaten, for twenty-four hours following takes away all sense of grief, makes them incline to laughter and mirth;" and another called bugnus, like in effect to opium, "which puts them for a time into a kind of ecstasy," and makes them gently to laugh. One of the Roman emperors had a seed, which he did ordinarily eat to exhilarate himself. yChristophorus Ayrurus prefers bezoar stone, and the confection of alkermes, before other cordials, and amber in some cases. "Alkermes comforts the inner parts;" and bezoar stone hath an especial virtue against all melancholy affections, "it refresheth the heart, and corroborates the whole body." bAmber provokes urine, helps the body, breaks wind, &c. After a purge, 3 or 4 grains of bezoar stone, and 3 grains of amber grease, drunk or taken in borage or bugloss water, in which gold hot hath been quenched, will do much good, and the purge will diminish less (the heart so refreshed) of the strength and substance of the body.

To bezoar stone most subscribe, Manardus, and "many others; "it takes away sadness, and makes him merry that useth it; I have seen some that have been much diseased with faintness, swooning, and melancholy, that taking the weight of three grains of this stone, in the water of oxtongue, have been cured." Garcia's ab Horto brags how many desperate cures he hath done upon melancholy men by this alone, when all physicians had forsaken them. But alkermes many except against; in some cases it may help, if it be good and of the best, such as that of Montpellier in France, which "Todocus Sincerus, Itinerario Gallica, so much magnifies, and would have no traveller omit to see it made. But it is not so general a medicine as the other. Fernelius, consil. 49, suspects alkermes by reason of its heat, "nothing (saith he), sooner exasperates this disease, than the use of hot working meats and medicines, and would have them for that cause warily taken." I conclude, therefore, of this and all other medicines, as Thucydid's of the plague at Athens, no remedy could be prescribed for it, Nam quod uni profuit, hoc aliis erat exitio: there is no catholic medicine to be had: that which helps one is pernicious to another.

Diamargaritum frigidum, diambra, diaboraginatum, electuarium latificans Galeni et Rasis, de gemmis, dianthos, dianoshum dulce et amarum, electuarium conciliatorius, syrup. Cidoniorum, de pomis, conserves of roses, violets, fumitory, enula campana, satyrions, lemons, orange-pils condite, &c, have their good use.

"f B. Diamoci dulce et amari, ana jij. Diaboglossati, Dianorganati, sacchari violaeet, ana j. misce cum syrupo de pomis."

Every physician is full of such receipts: one only I will add for the rareness of it, which I find recorded by many learned authors, as an approved medicine

against dote, head-melancholy, and such diseases of the brain. Take a
ram's head that never meddled with an ewe, cut off at a blow, and the horns
only take away, boil it well, skin and wool together; after it is well sod, take
out the brains, and put these spices to it, cinnamon, ginger, nutmeg, mace,
cloves, am& $, mingle the powder of these spices with it, and heat them in
a platter upon a chafing-dish of coals together, stirring them well, that they
do not burn; take heed it be not overmuch dried, or drier than a calf's brains
ready to be eaten. Keep it so prepared, and for three days give it the patient
fasting, so that he fast two hours after it. It may be eaten with bread, in an
egg or broth, or any way, so it be taken. For fourteen days let him use this
diet, drink no wine, &c. Gesner, hist. animal. lib. 1. pag. 917; Caricerius,
praec. 13. in Nich. de metri, pag. 129. Intro : Witenberg. edit. Tubing. pag. 62,
mention this medicine, though with some variation; he that list may try it,
* and many such.

Odoraments to smell to, of rose-water, violet flowers, balm, rose-cakes,
vinegar, &c., do much recreate the brains and spirits, according to Solomon.
Prov. xxvii. 9. "They rejoice the heart," and, as some say, nourish: "tis a
question commonly controverted in our schools, an odoros nutriant: let Ficinus,
lib. 2. cap. 18. decide it; "many arguments he brings to prove it; as of Demo-
critus, that lived by the smell of bread alone, applied to his nostrils, for some
few days, when for old age he could eat no meat. Ferrerius, lib. 2. meth.
speaks of an excellent confection of his making, of wine, saffron, &c., which
he prescribed to dull, weak, feeble, and dying men to smell to, and by it to
have done very much good, aequè forè profusius oductus et potu, as if he had
given them drink. Our noble and learned Lord Vermilian, in his book de vitæ
et morte, commends, therefore, all such cold smells as any way serve to re-
frigerate the spirits. Montanus, consil. 31, prescribes a form which he would
have his melancholy patient never to have out of his hands. If you will have
them lapaginically prepared, look in Oswaldus Crollius, Basil. Chymica.

Irrigations of the head shaven, "of the flowers of water-lilies, lettuce,
violets, camomile, wild mallows, wether's-head," &c., must be used many
mornings together. Montan., consil. 31, would have the head so washed once
a week. Lelius à fonte Eugubinus, consult. 44, for an Italian count, troubled
with head-melancholy, repeats many medicines which he tried, "but two
alone which did the cure; use of whey made of goats' milk, with the extract
of hellebore, and irrigations of the head with water-lilies, lettuce, violets,
camomile, &c., upon the suture of the crown." Piso commends a ram's lungs
applied hot to the fore part of the head, or a young lamb divided in the back,
exenterated, &c.; all acknowledge the chief cure in moistening throughout.
Some, saith Laurentius, use powders and caps to the brain; but forasmuch as
such aromatical things are hot and dry, they must be sparingly administered.

Unto the heart we may do well to apply bags, epitheisms, ointments, of
which Laurentius, c. 9. de melan. gives examples. Bruel prescribes an epithe-
theme for the heart, of bugloss, borage, water-lily, violet waters, sweet wine,
balms, nutmegs, cloves, &c.

For the belly, make a fomentation of oil, in which the seeds of cummin,
rue, carrots, dill, have been boiled.

Baths are of wonderful great force in this malady, much admired by Galen,
Amulets and things to be borne about, I find prescribed, taxed by some, approved by Renodaus, Platerus (amuleta inquit non neglignenda), and others; look for them in Mizaldus, Porta, Albertus, &c. Bassardus Viscontius, anti. philos. commends hypericon, or St. John’s wort gathered on a Friday in the hour of “Jupiter, when it comes to his effectual operation (that is, about the full moon in July); so gathered and borne, or hung about the neck, it mightly helps this affection, and drives away all fantastical spirits.” Philes, a Greek author that flourished in the time of Michael Paleologus, writes, that a sheep or kid’s skin, whom a wolf worried, “Hæclus inhummans raptus ab ore lupi, ought not at all to be worn about a man, because it causeth palpitation of the heart,” not for any fear, but a secret virtue which amulets have. A ring made of the hoof of an ass’s right fore foot carried about, &c. I say with Renodaus, they are not altogether to be rejected. Peony doth cure epilepsy; precious stones, most diseases; a wolf’s dung borne with one helps the colic, a spider an ague, &c. Being in the country in the vacation time not many years since, at Lindley in Leicestershire, my father’s house, I first observed this amulet of a spider in a nut-shell lapped in silk, &c., so applied for an ague by my mother; whom, although I knew to have excellent skill in chirurgery, sore eyes, aches, &c., and such experimental medicines, as all the country where she dwelt can witness, to have done many famous and good cures upon diverse poor folks, that were otherwise destitute of help: yet among all other experiments, this metthought was most absurd and ridiculous, I could see no warrant for it. Quid aranea cum febre? For what antipathy? till at length rambling amongst authors (as often I do) I found this very medicine in Dioscorides, approved by Matthiolus, repeated by Alderovandus, cap. de Aranea, lib. de insectis, I began to have a better opinion of it, and to give more credit to amulets, when I saw it in some parties answer to experience. Some medicines are to be exploded, that consist of words, characters, spells, and charms, which can do no good at all, but out of a strong conceit, as Pomponatus proves; or the devil’s policy, who is the first founder and teacher of them.

SUBSECT. VI.—Correctors of Accidents to procure Sleep. Against fearful Dreams, Redness, &c.

When you have used all good means and helps of alteratives, averters, diminutives, yet there will be still certain accidents to be corrected and amended, as waking, fearful dreams, flushing in the face to some ruddiness, &c.

Waking, by reason of their continual cares, fears, sorrows, dry brains, is a symptom that much crucifies melancholy men, and must therefore be speedily helped, and sleep by all means procured, which sometimes is a sufficient remedy of itself without any other physic. Sokenius, in his Observations, hath an example of a woman that was so cured. The means to procure it, are inward or outward. Inwardly taken, are simples, or compounds; simples, as poppy, nymphae, violets, roses, lettuce, mandrake, henbane, nightshade or solanum, saffron, hemp-seed, nutmegs, willows, with their seeds, juice, decoctions, dis-

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* Tetab. 2. ser. 1. cap. 10. 2 Cap. de mol. collectum die vener. hora Jovis cum ad Energiam venit, l. c. ad plenilunium Jovis, inde gesta et colo appended hunc affectum apprime juravit et fanatice spiritus expellit. 3 L. de proprietat. animal. ovis & lupi corrupte pellem non esse pro indumento corporis usum pandam. cordis enim palpitationem excitat, &c. 4 Mart. 5 Phar. lib. 1. cap. 12. 6 Etius. cap. 31. 7 Tet. 8 ser. 4. 8 Dioscorides, Ulysses Alderovandus de aranea. 9 Mistress Dorothy Burton, she died, 1629. 10 Solo somno curata est citra medicum auxiliar, fol. 164.
tilled waters, &c. Compounds are syrups, or opiates, syrup of poppy, violets, verbasc, which are commonly taken with distilled waters.

* Requies Nicholai, Philonium Romanum, Triphera magna, pilulae de Cyan-glossa, Dioscoridium, Laudanum Paracelsi, Opium, are in use, &c. Country folks commonly make a posset of hemp-seed, which Fuchsius in his herbal so much discommends; yet I have seen the good effect, and it may be used where better medicines are not to be had.

Laudanum Paracelsi is prescribed in two or three grains, with a drachm of Dioscoridium, which Oswald. Crollius commends. Opium itself is most part used outwardly, to smell to in a ball, though commonly so taken by the Turks to the same quantity for a cordial, and at Goa in the Indies; the dose 40 or 50 grains.

Rulandus calls Requiem Nicholai, ultimum refugium, the last refuge; but of this and the rest look for peculiar receipts in Victtorius Faventinus, cap. de phrensi, Heurnius, cap. de mania, Hildesheim, ep. 4. de somno et vigil. &c. Outwardly used, as oil of nutmegs by extraction, or expression with rosewater to anoint the temples, oils of poppy, nemaphar, mandrake, purslain, violets, all to the same purpose.

Montan. consil. 24 and 25. much commends odoraments of opium, vinegar, and rosewater. Laurentius, cap. 9. prescribes pomeanders and nodules; see the receipts in him; Codronchus, a wormwood to smell to.

Unguementum Alabastrum, populeum, are used to anoint the temples, nostrils, or if they be too weak, they mix saffron and opium. Take a grain or two of opium, and dissolve it with three or four drops of rosewater in a spoon, and after mingle with it as much Unguementum populeum as a nut, use it as before; or else take half a drachm of opium, Unguementum populeum, oil of nemaphar, rosewater, rose-vinegar, of each half an ounce, with as much virgin wax as a nut, anoint your temples with some of it, ad horam somni.

Sacks of wormwood, mandrake, henbane, roses made like pillows and laid under the patient’s head, are mentioned by Cardan and Mizaldus, “to anoint the soles of the feet with the fat of a dormouse, the teeth with ear wax of a dog, swine’s gall, hare’s ears:” charms, &c.

Frontlets are well known to every good wife, rosewater and vinegar, with a little woman’s milk, and nutmegs grated upon a rose-cake applied to both temples.

For an emplaster, take of castorium a drachm and a half, of opium half a scruple, mixed both together with a little water of life, make two small plasters thereof, and apply them to the temples.

Rulandus, cent. 1. cur. 17. cent. 3. cur. 94. prescribes epithemes and lotions of the head, with the decoction of flowers of nymphae, violet-leaves, mandrake roots, henbane, white poppy. Here, de Saxonia, stillicidia, or droppings, &c. Lotions of the feet do much avail of the said herbs: by these means, saith Laurentius, I think you may procure sleep to the most melancholy man in the world. Some use horseleeches behind the ears, and apply opium to the place.

Bayerus, lib. 2. c. 13. sets down some remedies against fearful dreams, and such as walk and talk in their sleep. Baptista Porta, Mag. nat. l. 2. c. 6. to procure pleasant dreams and quiet rest, would have you take hippoglossa, or the herb horsetongue, balm, to use them or their distilled waters after

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*a* Bellonius, observat. lib. 3. cap. 15. laesitufinum et labores animi tollunt; Inde Garciae ab Horto, lib. 1. cap. 4. stol. med. 
*b* Absinthium somnos aliquot olfactu.
*c* Head Lemnis, lib. ber. bib. cap. 2. of Mandrake.
*d* Hyoscyamus sub cervicale viridus.
*e* Plantam pedis ingemere pinguedinum gltre dicens efficaciousum, et qualia vis credi potest, dentes innotet ex seriatitie aurium canis somnum profundum cancellari, &c. Cardian de rerum varietat.
*f* Veni mecum lib.
Cure of Melancholy over all the Body.

Where the melancholy blood possesseth the whole body with the brain, it is best to begin with blood-letting. The Greeks prescribe the median or middle vein to be opened, and so much blood to be taken away as the patient may well spare, and the cut that is made must be wide enough. The Arabians hold it fittest to be taken from that arm on which side there is more pain and heaviness in the head: if black blood issue forth, bleed on; if it be clear and good, let it be instantly suppressed, "because the malice of melancholy is much corrected by the goodness of the blood." If the party's strength will not admit much evacuation in this kind at once, it must be assayed again and again: if it may not be conveniently taken from the arm, it must be taken from the knees and ankles, especially to such men or women whose haemorrhoids or months have been stopped. "If the malady continue, it is not amiss to evacuate in a part in the forehead, and to virgins in the ankles, who are melancholy for love matters; so to widows that are much grieved and troubled with sorrow and cares; for bad blood flows in the heart, and so crucifies the mind. The hemorrhoids are to be opened with an instrument or horse-leeches, &c. See more in Montaltus, cap. 29. Scenknius hath an example of one that was cured by an accidental wound in his thigh, much bleeding freed him from melancholy. Diet, diminutives, alteratives, cordials, correctors as before, intermixed as occasion serves, "all their study must be to make a melancholy man fat, and then the cure is ended." Diuretica, or medicines to procure urine, are prescribed by some in this kind, hot and cold: hot, where the heat of the liver doth not forbid; cold, where the heat of the liver is very great: amongst hot are parsley roots, lovage, fennel, &c.: cold, melon seeds, &c., with whey of goats' milk, which is the common conveyer.

To purge and purify the blood, use sowthistle, succory, senna, endive, carduus benedictus, dandelion, hop, maidenhair, fumitory, bugloss, borage, &c., with their juice, decoctions, distilled waters, syrups, &c.  

1 Crato prescribes the condite fruit of wild rose, to a nobleman his patient, to be taken before dinner or supper, to the quantity of a chestnut. It is made of sugar, as that of quinces. The decoction of the roots of sowthistle before meat, by the same author is much approved. To eat of a baked apple some advise, or of a preserved quince, cumminseed prepared with meat instead of salt, to keep down fumes: not to study or to be intentive after meals.

"B. Nucellum peric. seminis melonum, ana unc.98 aquae fragorum 1. b. misc. utatur manu."
Oswaldus Crollius, Basil. Chym. much admires salt of corals in this case, and Ætius, tetribib. ser. 2. cap. 114. Hieram Archigenis, which is an excellent medicine to purify the blood, "for all melancholy affections, falling sickness, none to be compared to it."

MEME, III.

SUBSECT. I.—Cure of Hypochondriacal Melancholy.

In this cure, as in the rest, is especially required the rectification of those six non-natural things above all, as good diet, which Montanus, consil. 27. enjoins a French nobleman, "to have an especial care of it, without which all other remedies are in vain." Blood-letting is not to be used, except the patient's body be very full of blood, and that it be derived from the liver and spleen to the stomach and his vessels, then to draw it back, to cut the inner vein of either arm, some say the salvatella, and if the malady be continuative, to open a vein in the forehead.

Preparatives and alteratives may be used as before, saving that there must be respect had as well to the liver, spleen, stomach, hypochondries, as to the heart and brain. To comfort the stomach and inner parts against wind and obstructions, by Areteus, Galen, Ætius, Aurelianus, &c. and many latter writers, are still prescribed the decoctions of wormwood, centaury, pennyroyal, betony sodden in whey, and daily drunk; many have been cured by this medicine alone.

Prosper Altinus and some others as much magnify the water of Nile against this malady, an especial good remedy for windy-melancholy. For which reason belike Ptolemeus Philadelphus, when he married his daughter Berenice to the king of Assyria (as Celsius, lib. 2. records), magnis impensis Nili aguam offerre jussit, to his great charge caused the water of Nile to be carried with her, and gave command that during her life she should use no other drink. I find those that commend use of apples, in splenetic and this kind of melancholy (lamb's wool, some call it), which howsoever approved must certainly be corrected of cold rawness and wind.

Codronchus in his book de sall abysinie magnifies the oil and salt of wormwood above all other remedies, "which works better and speedier than any simple whatsoever, and much to be preferred before all those fulsome decoctions and infusions, which must offend by reason of their quantity; this alone in a small measure taken, expels wind, and that most forcibly, moves urine, cleanseth the stomach of all gross humours, crudities, helps appetite," &c. Arnoldus hath a wormwood wine which he would have used, which every pharmacopoeia speaks of.

Diminutives and purges may be taken as before, of hiera, manna, cassia, which Montanus, consil. 230. for an Italian abbot, in this kind prefers before all other simples, "and these must be often used, still abstaining from those which are more violent, lest they do exasperate the stomach, &c., and the mischief by that means be increased." Though in some physicians I find very strong purgers, hellebore itself prescribed in this affection. If it long continue, vomits may be taken after meat, or otherwise gently procured with warm water, oxymel, &c., now and then. Fuchsius, cap. 33. prescribes hellebore; but still take heed in this malady, which I have often warned, of hot

1Laurentius, cap. 18. erulisalis gravis venam internam alterius brachii secanum. 8Si pertinax morbus, venum frutus secundus. Bruchi. 9Ex maximam curam stomacho delegato. Oeta. Horianus, lib. 2. c. 7. 6Citus et efficaciss. aperire vitas excess quam solent decrata ac dilata in quantitate multis, et magna cum assensum molestias desumpit. Flatus his sal efficacior disjicat, urinam movet, humores eliquidat, stomachum egregie contrectat, cruditatem, nauseam, appetitum minum in modum renovat, &c. 7Piso, Altemartus, Laurentius, c. 15. 1His utendum amplus hortatis a vehementiorius semper abstineendum ne ventrem exasperent.
medicines, "because (as Salvianus adds) drought follows heat, which increaseth the disease;" and yet Baptisa Sylvaticus, contr. 32. forbids cold medicines, "because they increase obstructions, and other bad symptoms." But this varies as the parties do, and 'tis not easy to determine which to use. "The stomach most part in this infirmity is cold, the liver hot; scarce therefore (which Montanus insinuates, consil. 229. for the Earl of Manfort) can you help the one and not hurt the other." much discretion must be used; take no physic at all he concludes without great need. Lelius Esgubinus, consil. for an hypochondriacal German prince, used many medicines; but it was after signified to him in letters, that the decoction of China and sassafras, and salt of sassafras, wrought him an incredible good." In his 108 consil. he used as happily the same remedies; this to a third might have been poison, by overheating his liver and blood.

For the other parts look for remedies in Savanarola, Gordonius, Massariss, Mercatus, Johnson, &c. One for the spleen, amongst many other, I will not omit, cited by Hildesheim, spic. 2. prescribed by Mat. Flacus, and out of the authority of Benevenus. Anthony Benevenus in a hypochondriacal passion, "cured an exceeding great swelling of the spleen with capers alone, a meat befitting that infirmity, and frequent use of the water of a smith's forge; by this physic he helped a sick man, whom all other physicians had forsaken, that for seven years had been splenetic." And of such force is this water, "that those creatures as drink of it, have commonly little or no spleen." See more excellent medicines for the spleen in him, and Lod. Mercatus, who is a great magnifier of this. This Chalybs preparatus, or steel-drink, is much likewise commended to this disease by Daniel Sennertus, l. 1. part 2. cap. 12. and admired by J. Caesar Claudinus, Respons. 20. he calls steel the proper aleixpharmacum of this malady, and much magnifies it; look for receipts in them. Averters must be used to the liver and spleen, and to scour the meseraic veins; and they are either too open or provoke urine. You can open no place better than the haemorrhoids, "which if by horse-leeches they be made to flow, there may not be again such an excellent remedy," as Plater holds. Salust. Salvian, will admit no other phlebotomy but this; and by his experience in an hospital which he kept, he found all mad and melancholy men worse for other bloodletting. Laurentius, cap. 15. calls this of horse-leeches a sure remedy to empty the spleen and meseraic membrane. Only Montanus, consil. 241. is against it; "to other men (saith he) this opening of the haemorrhoids seems to be a profitable remedy; for my part I do not approve of it, because it draws away the thinnest blood, and leaves the thickest behind."

Ætius, Vidus Vedius, Mercurialis, Fuchsius, recommend diuretics, or such things as provoke urine, as aniseds, dill, fennel, germander, ground pine, sodden in water, or drunk in powder; and yet P. Bayerus is against them; and so is Hollerus: "All melancholy men (saith he) must avoid such things as provoke urine, because by them the subtle or thinnest is evacuated, the thicker matter remains."

Clysters are in good request. Trincavellius, lib. 3. cap. 38. for a young nobleman, esteems of them in the first place, and Hercules de Saxonia, Panth.

Lib. 2. cap. 1. Quoniam caliditate conjuncta est sicclitas quas malum auget.
2. Quisquis frigidos auxilis hoc morbo unus fuerit, is obstructionem aliquae symptomata agerit.
3. Venenumque frigidum, opar calidum: quodmodo ergo venenum calefact, vel refrigerabit haper sine aliis maximo detrimento?
4. Signification per literas, incredibilem utilitatem ex deceto China, et Sassafras percepisse.
5. Tumorum splenis incurabiledem sola cappari curavit, cibo tali agritudini aptissimo: Soloque usus aqua, in qua faverit ferrum sepse capiens ferrum extinxerat, &c.
6. Animalia quae apud hos harbus educantur, exiguos habent hemas.
7. L. 1. cap. 19.
8. Continus ejus usus semper felicem in agris alienum est assurgunt.
9. Si Hemorrhoides fluxerint, nullum praestantis esset remedium, quas sanguinolis admixtas provocari potuerunt. observat. lib. 1. pro hypoc legaleis.
10. Aliis aperito hac in hoc morbo videtur utilissima; nisi non admodum probatur, quae sanguinem tamquam et crassum reclinuit.
11. Lib. 2. cap. 13. omnes melancholeb desinent emittere urinam provocat, quorum per ea educatur subile, et omne crassum.
lib. 1. cap. 16. is a great approver of them. "I have found (saith he) by experience, that many hypochondriacal melancholy men have been cured by the sole use of cataplasms," receipts are to be had in them.

Besides those fomentations, irrigations, inunctions, odoraments, prescribed for the head, there must be the like used for the liver, spleen, stomach, hypochondries, &c. "In crudity (saith Piso) 'tis good to bind the stomach hard" to hinder wind, and to help concoction.

Of inward medicines I need not speak; use the same cordials as before. In this kind of melancholy, some prescribe \textsuperscript{b} breacle in winter, especially before or after purges, or in the spring, as Avicenna, \textsuperscript{c} Trincavellius mithridate, \textsuperscript{d} Montaltus peony seeds, unicorn's horn; \textit{os de corde cervi}, &c.

Amongst topics or outward medicines, none are more precious than baths, but of them I have spoken. Fomentations to the hypochondries are very good, of wine and water in which are sodden southernwood, melilot, epithyme, mugwort, sena, polypody, as also \textsuperscript{e} cerotes, \textsuperscript{f} plasters, liniments, ointments for the spleen, liver, and hypochondries, of which look for examples in Laurentius, Jobertus, \textit{lib. 3. c. 1. pra. med.}, Montanus, \textit{consil. 231}. Montaltus, \textit{cap. 33}. Hercules de Saxonii, Faventinus. And so of epithemes, digestive powders, bags, oils, Octavius Horatianus, \textit{lib. 2. c. 5.} prescribes calastic cataplasms, or dry purging medicines, \textit{Piso} \textsuperscript{g} dropsies of pitch, and oil of rue, applied at certain times to the stomach, to the metaphrene, or part of the back which is over against the heart, \textit{Ætius} sinapisms; Montaltus, \textit{cap. 35.} would have the thighs to be \textsuperscript{2} cauterised, Mercurialis prescribes beneath the knees; \textit{Lælius Æugubinus \textit{consil. 77.}} for a hypochondriacal Dutchman, will have the cautery made in the right thigh, and so Montanus, \textit{consil. 55}. The same Montanus, \textit{consil. 34.} approves of issues in the arms or hinder part of the head. Bernardus Paternus in Hildesheim, \textit{spicel. 2.} would have \textsuperscript{i} issues made in both the thighs; \textsuperscript{k} Lod. Mercatus prescribes them near the spleen, \textit{aut prope ventriculi regionem}, or in either of the thighs. Ligatures, frictions, and cupping-glasses above or about the belly, without scarification, which \textsuperscript{l} Felix Platerus so much approves may be used as before.

\textbf{SUBSECT. II.—Correctors to expel Wind. Against Costiveness, &c.}

In this kind of melancholy one of the most offensive symptoms is wind, which, as in the other species, so in this, hath great need to be corrected and expelled.

The medicines to expel it are either inwardly taken, or outwardly. Inwardly to expel wind, are simples or compounds: simples are herbs, roots, &c., as galanga, gentian, angelica, enula, calamus aromaticus, valerian, zeodoti, iris, condite ginger, aristolochy, cicliminus, China, dittandor, pennyroyal, rue, calamint, bay-berries, and bay-leaves, betony, rosemary, hyssop, sabine, centaury, mint, camomile, stœchas, agnus castus, broom-flowers, origan, orange pills, &c.; spices, as saffron, cinnamon, bezooar stone, myrrh, mace, nutmegs, pepper, cloves, ginger, seeds of anise, fennel, amni, cari, nettle, rue, &c., juniper berries, grana paradisi; compounds, dianism, diagangla, diancumum, diacalaminth, \textit{electuarium de baccis lauri}, \textit{benedicta laxativa}, \textit{pulvis ad status}, antid. florent. \textit{pulvis carminativo}, \textit{aromatico rosatum}, treacle, mithridate, &c.

This one caution of \textsuperscript{m} Gualter Brueill is to be observed in the administering of

\textsuperscript{2} Ego experientia probavi, multis Hypochondriaco solo ut Cysterautum frusit sensatas.
\textsuperscript{b} In cruditate optimum, ventriculum arctius alligari.
\textsuperscript{3} j. Thericae, vere prescriptam et aequo.
\textsuperscript{c} Cons. 12.
\textsuperscript{d} Cap. 33.
\textsuperscript{e} Trincavellius, \textit{consil. 15.} cerotum pro sane melancholico ad Jejun. optimum.
\textsuperscript{f} Emplastrum pro spleene, Fennel. \textit{consil. 43.}
\textsuperscript{g} Dropox pro pso navelli, et oleo ruaceo alligant ventriculo, et toti metaphreni.
\textsuperscript{h} Cautere crusibus bona. 
\textsuperscript{i} Fontanelis sinit in utroque crure. 
\textsuperscript{j} Lib. 1. c. 17.
\textsuperscript{k} De mentis aliantat. c. 3. Status aegrescit discutient materia lumque evocant.
\textsuperscript{l} Cavendum his diligenter & multum calcaculentibus, acque exaequamentibus, aene alimenta fuerint haec, aere medicamenta: nonnulli enim ut vento-
these hot medicines and dry, "that whilst they covet to expel wind, they do not inflame the blood, and increase the disease; sometimes (as he saith) medicines must more decline to heat, sometimes more to cold, as the circumstances require, and as the parties are inclined to heat or cold."

Outwardly taken to expel wind, are oils, as of camomile, rue, bay, &c.; fomentations of the hypochondriac, with the decoctions of dill, pennyroyal, rue, bay leaves, cummin, &c., bags of camomile flowers, anised, cummin, bays, rue, wormwood, ointments of the oil of spikenard, wormwood, rue, &c.

Aretius prescribes cataplasms of camomile flowers, fennel, anised, cummin, rosemary, wormwood-leaves, &c.

Cupping-glasses applied to the hypochondriac, without scarification, do wonderfully resolve wind. Fernelius, consil. 43. much approves of them at the lower end of the belly; Lod. Mercatus calls them a powerful remedy, and testifies moreover out of his own knowledge, how many he hath seen suddenly eased by them. Julius Caesar Claudinus, Respons. med. resp. 33. admires these cupping-glasses, which he calls out of Galen, "a kind of enchantment, they cause such present help."

Empyrics have a myriad of medicines, as to swallow a bullet of lead, &c., which I voluntarily omit. Amatus Lusitanus, cent. 4. curat. 54, for a hypochondriac person, that was extremely tormented with wind, prescribes a strange remedy. Put a pair of bellows' end into a clyster pipe, and applying it into the fundament, open the bowels, so draw forth the wind, natura non admittit vacuum. He vaunts he was the first invented this remedy, and by means of it speedily eased a melancholy man. Of the cure of this flatulent melancholy, read more in Fienus, de flatibus, cap. 26. et passim alia.

Against headache, vertigo, vapours which ascend forth of the stomach to molest the head, read Hercules de Saxonìa, and others.

If costiveness offend in this, or any other of the three species, it is to be corrected with suppositories, clysters or enemities, powder of senna, condite prunes, &c. Elect. lenit. è succo rosar. ana 2 j. misce. Take as much as a nutmeg at a time, half an hour before dinner or supper, or pil. masticin. 2 j. in six pills, a pill or two at a time. See more in Montan., consil. 229. Hildesheim, spicel. 2. P. Cyprian, and Montanus, commend 2 Cyprian turpentine, which they would have familiarly taken, to the quantity of a small nut, two or three hours before dinner and supper, twice or thrice a week if need be; for besides that it keeps the belly soluble, it clears the stomach, opens obstructions, cleanseth the liver, provokes urine."

These in brief are the ordinary medicines which belong to the cure of melancholy, which if they be used aright, no doubt may do much good; Si non levando, saltem leniendo valent peculia ria benè selecta, saith Bessardus, a good choice of particular receipts must needs ease, if not quite cure, not one, but all or most, as occasion serves. Et qua non prosunt singula, multa juvant.
# THE SYNOPTIC OF THE THIRD PARTITION.

## Preface or Introduction. **Subsect. I.**

Love's definition, pedigree, object, fair, amiable, gracious, and pleasant, from which comes beauty, grace, which all desire and love, parts affected.

- Natural, in things without life, as love and hatred of elements; and with life, as vegetable, vine and elm, sympathy, antipathy, &c.
- Sensible, as of beasts, for pleasure, preservation of kind, mutual agreement, custom, bringing up together, &c.

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His name, definition, extent, power, tyranny, Memb. 1.

Division, Equivo-
cations, kinds,

Subs. 1.

Improper or Proper

In the parties themselves, or from others.

Causes, Sect. 2.

In excess of such as do that which is not required.

Mem. 1.

Symptoms, Subs. 3.

General or Particu-
lar.

Prognostics, Subs. 4.

Cures, Subs. 5.

Secure, void of grace and fears.

or

In defect, as

Mem. 2.

Distrustful, or too timorous, as desperate.

In despair consider,

Symp- toms, Subs. 3.

Prognostics.

Cures, S. 5.

Improper or Proper

To many beasts, as swans, cocks, bulls.

To kings and princes, of their subjects, successors.

To friends, parents, tutors over their children, or otherwise.

Before marriage, rivals, &c.

After as in this place our present subject.

Idleness, impotency in one party, melancholy, long absence.

They have been taught themselves. Hard usage, unkindness, wantonness, inequality of years, persons, fortunes, &c.

Outward enticements and provocations of others.

Despair, madness, to make away themselves, and others.

By avoiding occasions, always busy, never to be idle.

By good counsel, advice of friends, to contemn or dissemble it. Subs. 1.

To marry such as are equal in years, birth, fortunes, beauty, of like conditions, &c.

Of a good family, good education. To use them well.

A proof that there is such a species of melancholy, name, object God, what his beauty is, how it allureth, part and parties affected, superstitions, idolaters, prophets, heretics, &c., Subs. 1.

From others, or from themselves.

Causes, Subs. 2.

Simplicity, fear, ignorance, solitariness, melancholy, curiosity, pride, vain-glory, decayed image of God.

Zeal without knowledge, obstinacy, superstition, strange devotion, stupidity, confidence, stiff defence of their tenets, mutual love & hate of other sects, belief of incredibilities, impossibilities.

Of heretics, pride, contumacy, contempt of others, wilfulness, vain-glory, singularity, prodigious paradoxes.

In superstitions blind zeal, obedience, strange works, fasting, sacrifices, oblations, prayers, vows, pseudo-martyrdom, mad and ridiculous customs, ceremonies, observations.

In pseudo-prophets, visions, revelations, dreams, prophecies, new doctrines, &c., of Jews, Gentiles, Mahometans, &c.

New doctrines, paradoxes, blasphemies, madness, stupidity, despair, damnation.

By physic, if need be, conference, good counsel, persuasion, compulsion, correction, punishment. 

Quareitur an cogi debent? Affir.

The devil and his allurements, rigid preachers, that wound their consciences, melancholy, contemplation, solitariness.

How melancholy and despair differ. Distrust, weakness of faith. Guilty conscience for offence committed, misunderstanding Scr.

Fear, sorrow, anguish of mind, extreme tortures and horror of conscience, fearful dreams, conceits, visions, &c.

Blasphemy, violent death, Subs. 4.

Physic, as occasion serves, conference, not to be idle or alone. Good counsel, good company, all comforts and contents, &c.
THE THIRD PARTITION.

LOVE-MELANCHOLY.

THE FIRST SECTION, MEMBER, SUBSECTION.

The Preface.

There will not be wanting, I presume, one or other that will much recommend some part of this treatise of love-melancholy, and object (which Erasmus in his preface to Sir Thomas More suspects of his) "that it is too light for a divine, too comical a subject to speak of love symptoms, too fantastical, and fit alone for a wanton poet, a feeling young love-sick gallant, an effeminate courtier, or some such idle person." And 'tis true they say: for by the naughtiness of men it is so come to pass, as Caussinus observes, ut castis auribus voc amoris suspecta sit, et invisa, the very name of love is odious to chaster ears; and therefore some again, out of an affected gravity, will dislik all for the name's sake before they read a word; dissembling with him in Petronius, and seem to be angry that their ears are violated with such obscene speeches, that so they may be admired for grave philosophers and staid carriage. They cannot abide to hear talk of love toys, or amorous discourses, vuls, gestu, oculis in their outward actions averse, and yet in their cogitations they are all out as bad, if not worse than others.

"d Brubhit, postulque meum Lucretia librum, Sed caro Bruto, Brute recede, legit."

But let these cavillers and counterfeit Catos know, that as the Lord John answered the queen in that Italian Guazzo, an old, a grave discreet man is fittest to discourse of love matters, because he hath likely more experience, observed more, hath a more staid judgment, can better discern, resolve, discuss, advise, give better cautions, and more solid precepts, better inform his auditors in such a subject, and by reason of his riper years sooner divert. Besides, nihil in hoc amoris vace subtimendum, there is nothing here to be excepted at; love is a species of melancholy, and a necessary part of this my treatise, which I may not omit; operi susceplio inserviendum, fuit: so Jacobus Mysillus pleadeth for himself in his translation of Lucian's dialogues, and so do I; I must and will perform my task. And that short excuse of Mercerus for his edition of Aristaeetus shall be mine, "If I have spent my time ill to write, let not them be so idle as to read." But I am persuaded it is not so ill spent, I ought not to excuse or repent myself of this subject, on which many grave and worthy men have written whole volumes, Plato, Plutarch,

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*a* Encom. Moris leviores esse nugas quam ut Theologum decent. *b* Lib. 8. Elloquent cap. 14. de affectibus mortaliut vitio fit qui praela quasse in pravos suus vertunt. *c* Quaestiones de amatoris mento facta est, tam vehementer exaudia; tam severa tristitia violati aurea mens obscene sermone nodali, ut mel tanquam umx 
Philosophus intuerentur. *d* Martial. "In Brutus' presence Lucretia blushed and laid my book aside; when he retired, she took it up again and read." *e* Lib. 4. of civil conversation. *f* Si male locata est opera scribendo, ne ipse locent in legendo.
Plotinus, Maximus Tyrius, Alcinous, Avicenna, Leon Hébreus in three large dialogues, Xenophon, sympo. Theophrastus, if we may believe Athenæus, lib. 13. cap. 9. Picos Miranda, Marius Æquicole, both in Italian, Kornmannus, de linea Amoris, lib. 3. Petrus Godefrois has handled in three books, P. Hædus, and which almost every physician, as Arnoldus, Villanovanus, Valeriana, Observat. med. lib. 2. obs. 7. Ælian Montaltus and Laurentius in their treatises of melancholy, Jason Pratenesis, de morb. cap. Valescus de Taranta, Gordonius, Hercules de Saxonia, Savanarola, Langius, &c., have treated of apart, and in their works. I excuse myself therefore with Peter Godefrois, Valeriana, Ficinus, and in 6 Langius' words: "Cadmus Milesius write fourteen books of love, and why should I be ashamed to write an epistle in favour of young men, of this subject?" A company of stern readers dislike the second of the Æneids, and Virgil's gravity, for inserting such amorous passions in an heroic subject; but Servius, his commentator, justly vindicates the poet's worth, wisdom, and discretion in doing as he did. Castalio would not have young men read the 1 Canticles, because to his thinking it was too light and amorous a tract, a ballad of ballads, as our old English translation hath it. He might as well forbid the reading of Genesis, because of the loves of Jacob and Rachael, the stories of Sichem and Dinah, Judah and Thamar; reject the Book of Numbers, for the fornications of the people of Israel with the Moabites; that of Judges, for Sampson and Dalilah's embraces; that of the Kings, for David and Bursheba's adulteries, the incest of Ammon and Thamar, Solomon's concubines, &c., the stories of Esther, Judith, Susanna, and many such. Dicæarchus, and some other, carp at Plato's majesty, that he would vouchsafe to indite such love toys: amongst the rest, for that dalliance with Agatho,

"Saivia dans Agathonis, animam ipsa In labra tenesens; 
Ægna etemis propears tantum abita futus;"

For my part, saith 2 Maximus Tyrius, a great platonist himself, me non tantum admiratio habet, sed etiam stupor, I do not only admire but stand amazed to read, that Plato and Socrates both should expel Homer from their city, because he writ of such light and wanton subjects, Quod Janunum cum Jove in Ida concubentes inducuit, ab immortali nube contectos, Vulcan's net, Mars and Venus' fopperies before all the gods, because Apollo fled when he was persecuted by Achilles, the gods were wounded and ran whining away, as Mars that roared louder than Stentor, and covered nine acres of ground with his fall, Vulcan was a summer's day falling down from heaven, and in Lemnos Isle brake his leg, &c., with such ridiculous passages; when as both Socrates and Plato by his testimony write lighter themselves: quid enim tam distinct (as he follows it quam amans à temperante, formarum admiratio à demente), what can be more absurd than for grave philosophers to treat of such fooleries, to admire Autoloidus, Aleibiades, for their beauties as they did, to run after, to gaze, to dote on fair Phedrus, delicate Agatho, young Lysis, fine Charmides, Æsopina Philosophum decent? Doth this become grave philosophers? Thus peradventure Callias, Thrasimachus, Polus, Aristophanes, or some of his adversaries and emulators might object; but neither they nor Anytus and Melitus his bitter enemies, that condemned him for teaching Critias to tyrannise, his impiety for swearing by dogs and plain trees, for his juggling sophistry, &c., never so much as upbraided him with impure love, writing or speaking of that subject; and therefore without question, as he concludes, both Socrates and Plato in this are justly to be excused. But suppose they had been a little

8 Med. epist. 1. 1. ep. 14. Cadmus Milesius, testa Salda, de hoc Erotico Amore 14 libros scripsit, nec me pignebat in gratiam adolescentem hanc scribere epistolam. 9 Ser. 8. 10 Quod raisum et ennum amores commensures 3 Quaum multa et objecissent quod Critias tyrannidem ducerisset, quo Platonem juraret iugum sophistam, &c. accusationem amoris nullam fecerunt, ideoque honestus amor, &c.
ovseren, should divine Plato be defamed? no, rather as he said of Cato's drunkenness, if Cato were drunk, it should be no vice at all to be drunk. They reprove Plato then, but without cause (as "Ficinus pleads") "for all love is honest and good, and they are worthy to be loved that speak well of love." "Being to speak of this admirable affection of love" (saith Venaliola) "there lies open a vast and philosophical field to my discourse, by which many lovers become mad, let me leave my more serious meditations, wander in these philosophical fields, and look into those pleasant groves of the Muses, where with unspeakable variety of flowers, we may make garlands to ourselves, not to adorn us only, but with their pleasant smell and juice to nourish our souls, and fill our minds desirous of knowledge," &c. After a harsh and unpleasing discourse of melancholy, which hath hitherto molested your patience and tired the author, give him leave with Godefridus the lawyer, and Laurentius (chap. 5.) to recreate himself in this kind after his laborious studies, "since so many grave divines and worthy men have without offence to manners, to help themselves and others, voluntarily written of it." Heliodorus, a bishop, penned a love story of Theagines and Chariclea, and when some Catos of his time reprehended him for it, chose rather, saith Nicephorus, to leave his bishopric than his book. Æneas Sylvius, an ancient divine, and past forty years of age (as he confesseth himself, after Pope Pius Secundus), indited that wanton history of Euryalus and Lucretia. And how many superintendents of learning could I reckon up that have written of light fantastical subjects? Beroaldus, Erasmus, Alpheratus, twenty-four times printed in Spanish, &c. Give me leave then to refresh my muse a little, and my weary readers, to expatiate in this delightful field, hoc deliciarum campo, as Fonseca terms it, to season a surly discourse with a more pleasing aspersions of love matters: Educare vitam convenit, as the poet invites us, curas nugis, &c., 'tis good to sweeten our life with some pleasing toys to relish it, and as Pliny tells us, magna pars studiosorum amantium variabitur, most of our students love such pleasant subjects. Though Macrobius teach us otherwise, "as those old sages banished all such light tracts from their studies to nurse's cradles, to please only the ear;" yet out of Apuleius I will oppose as honourable patrons, Solon, Plato, Xenophon, Adrian, &c. that as highly approve of these treatises. On the other side methinks they are not to be disliked, they are not so unift. I will not peremptorily say as one did, "tem suavio dicit fucinora, ut male sit et qui talibus non detectetur," I will tell you such pretty stories, that foul befall him that is not pleased with them: Neque dicoam ea quae vobis usui sit audivisse, et voluptati meminisse, with that confidence as Beroaldus doth his enarrations on Properties. I will not expect or hope for that approbation which Lipsius gives to his Epictetus; pluris facio num quam relego; semper ut novum, et quam repetivi, repetendum, the more I read, the more shall I covet to read. I will not press you with my pamphlets, or beg attention, but if you like them you may. Pliny holds it expedient, and most fit, severitatem judicandum citam in scriptis condire, to season our works with some pleasant discourse; Synesius approves it, licet in ludicris ludere, the poet admires it, Ommne tulit punctum qui miscuit
utile dulci; and there be those, without question, that are more willing to read such toys, than I am to write: "Let me not live," saith Arcite's Antonia, "if I had not rather hear thy discourse, than see a play!" No doubt but there be more of her mind, ever have been, ever will be, as Hierome bears me witness. A far greater part had rather read Apuleius than Plato; Tully himself confesseth he could not understand Plato's Timeus, and therefore cared less for it; but every schoolboy hath that famous testament of Grummius Corocotta Porcellus at his fingers' ends. The comic poet,

"Ita sibi negoti creditit solus darum.
Populo ut placaret, qua fasclatant fabulas, "d

made this his only care and sole study to please the people, tickle the ear, and to delight; but mine earnest intent is as much to profit as to please; non tam ut populo placem, quam ut populum juvarem, and these my writings, I hope, shall take like gilded pills, which are so composed as well to tempt the appetite, and deceive the palate, as to help and medicinally work upon the whole body; my lines shall not only recreate, but rectify the mind. I think I have said enough; if not, let him that is otherwise minded, remember that of Maudarensis, "he was in his life a philosopher (as Ausonius apologisteth for him), in his epigrams a lover, in his precepts most severe; in his epistle to Cærellia, a wanton." Annianus, Sulpicius, Evemus, Menander, and many old poets besides, did in scriptis pravire, write Fescennines, Attellanes, and lascivious songs; let them have in moribus consuram, et severitate, they were chaste, severe, and upright lives.

"Castum esse decet plum postam.
Isaum, versiculos nihil nonesse car,
Qui tum denique habent sealem et lopem." e

I am of Catullus' opinion, and make the same apology in mine own behalf; Hoc etiam quod scribo, pendet plerunque ex aliorum sententia et auctoritate; nec tace forsan insanio, sed insanientes sequor. Ait qui detur hoc insanire me; semel insaviimus omnes, et tute ipsis opinor insanis aliquando, et is, et ille, et ego, scilicet f Homo sum, humanum à me nihil alienum puto: g And which he urgeth for himself, accused of the like fault, I as justly plead, lasciva est nobis pagina, vitaprobæ est. Howsoever my lines err, my life is honest, vita verecunda est, musa jocosa mili. But I presume I need no such apologies, I need not, as Socrates in Plato, cover his face when he spake of love, or blush and hide mine eyes, as Pallas did in her hood, when she was consulted by Jupiter about Mercury's marriage, quod super nuptias virgo consultatur; it is no such lascivious, obscene or wanton discourse; I have not offended your chastest ears with anything that is here written, as many French and Italian authors in their modern language of late have done, nay some of our Latin pontifical writers, Zanches, Asorius, Abulensis, Burchardus, &c., whom Rivet accused them to be more lascivious than Virgil in Priapeis, Petronius in Catalepis, Aristophanes in Lysistrate, Martialis, or any other pagan profane writer, qui tam atrociter (one notes) hoc generem peccatun ut multa ingeniosissimæ scripta obscenitatum gratiæ castæ mentes abhorrant. 'Tis not scurrile this, but chaste, honest, most part serious, and even of religion itself. "Incensed (as he said) with the love of finding love, we have sought it, and found it." More yet, I have augmented

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a Lucani consiliorum, quam ego scribendi, saith Lucian.
b Plus capio voluptatis inde, quam spectandia in theatro indu. c Premonio in Isasiam. Muito major pars Micaëtas fabulas revolventium quàm Platonic libris. d "This he took to be his only business, that the plays which he wrote should please the people." e In vita philosophos, in Epigram. amator, in Epistolis petianas, in preceptis severas. f "The poet himself should be chaste and pious, but his verses need not imitate him in these respects; they may therefore contain vit and humour." g "This that I write depends sometimes upon the opinion and authority of others; nor perhaps am I frantic, I only follow madness: But thus far I may be charged: we have all been so at some one time, and yourself, I think, art sometimes insane, and this man, and that man, and I also." h "I am mortal, and think no humane action unsuitd to me." i Mart. j Ovid. k Ugo, ad sac. scrip. cap. 13. l Bartholus, notis in Celsistam, Isidum Bip. m Ficinus, Comment. c. 17. n Amore incensat Inveniendi amoris, amorem quaestivimus et inveniimus.
and added something to this light treatise (if light) which was not in the former editions, I am not ashamed to confess it, with a good "author, quod extendi et locupletari hoc subjectum plerique postulabant, et eorum importunitate victus, animum utaqueque renitentiem eode, ut jam sexta vice calamus in manum sumerem, scriptoriique longe et à studiis et professione mea alienas me acceintem, horas aequitas à series meis occupationibus interim suffratur, casaque veluti ludo caudam ac recreations destinuus;

"Cogor——retorunm
Vela dare, atque iterare cursus
Olim reliector"

est non ignorarem novos fortasse detractores novis hisce interpolationibus meis minimè defuturos.¹

And thus much have I thought good to say by way of preface, lest any man (which ² Godefridus feared in his book) should blame me lightness, wantonness, rashness, in speaking of love's causes, enticements, symptoms, remedies, lawful and unlawful loves, and lust itself, ³ I speak it only to tax and deter others from it, not to teach, but to show the vanities and fopperies of this heroic or herculean love, ⁴ and to apply remedies unto it. I will treat of this with like liberty as of the rest.

"Sed dicam nobis, vos porro dixite multa
Millibus, et facite haec charta logotet arm."²

Condemn me not, good reader, then, or censure me hardly, if some part of this treatise to thy thinking as yet be too light; but consider better of it; Omnia mundi mundis, ³ a naked man to a modest woman is no otherwise than a picture, as Augusta Livia truly said, and ⁴ mala mens, malus animus, 'tis as 'tis taken. If in thy censure it be too light, I advise thee as Lipsius did his reader for some places of Plautus, istos quasi Sirenum scopulos pratervehere, if they like thee not, let them pass; or oppose that which is good to that which is bad, and reject not therefore all. For to invert that verse of Martial, and with Hierom Wolfus to apply it to my present purpose, sunt mala, sunt quaedam mediocria, sunt bona plura; some is good, some bad, some is indifferent. I say further with him yet, I have inserted ('levicula quaedam et ridicula asorbire non sum gravatus, circumforanea quaedam à theatris, à plateis, etiam a popinis) some things more homely, light, or comical, lians gratis, &c. which I would request every man to interpret to the best, and as Julius Cæsar Scaliger besought Cardan (siquidurumsculcum huxnum a nobis, per deos immortales te oro, Hieronyme Cardane, ne me malè capias). I beseech thee, good reader, not to mistake me, or misconstrue what is here written; Per Musas et Charites, et omnia Positarum numina beneunga techor, rote ne me matè capias. 'Tis a comical subject; in sober sadness I crave pardon of what is amiss, and desire thee to suspend thy judgment, wink at small faults, or to be silent at least; but if thou listest, speak well of it, and wish me good success. Extremum hanc, Aristuam, malè concede laborum.*

I am resolved howsoever, velis, nobis, audacter stadium intrare, in the Olympics, with those Eelians wrestlers in Philostratus, boldly to show myself in

¹ Author C criticum, Barth. Interpret. "That, overcome by the solicitations of friends, who requested me to enlarge and improve my volumes, I have devoted my otherwise reluctant mind to the labour; and how for the sixth time here I take up my pen, and applied myself to literature very foreign indeed to my studies and professional occupations, stealing a few hours from serious pursuits, and devoting them, as it were, to recreation."
² Hor. lib. 1. ode 34. "I am compelled to reverse my sails, and retrace my former course." ³ "Although I was by no means ignorant that new calumniators would not be wanting to censure my new introductions." ⁴ Hac predixi ne quis temere nos putaret scripsisse de amorum leporensis, de praxi, forniciationibus, adulteriis, &c. ⁵ "Tamando et ab his deterrando humanum lasciviam et insaniam, sed et remedii docendo: non ignar candidus liber est successor, &c. Commentario erit juvenibus hanc, hisce us abstineamus magis, &c. omnes lascivias, quas homines redit us insanam, virtutis incumbenti stutia (Æneas Sibyl.) et curum amoris se quis nesciat, hoc potest atque. ⁶ Mariana Caepelis, lib. 1. de mart. philos. virginalis sophia rubore oculos pepe obscuram, &c. ⁷ Catullus. "What I tell you, do you tell to the multitude, and make this treatise prose like an old woman."
⁸ Virgo nodos castrear feminam nihil a statua distare. ⁹ Hony soi qui mal y pense: Plut. Suid. "OArystuam, enite in this now last labour."
this common stage, and in this tragi-comedy of love, to act several parts, some satirically, some comically, some in a mixed tone, as the subject I have in hand gives occasion, and present scene shall require, or offer itself.

**SUBSECT. II.—Love's Beginning, Object, Definition, Division.**

"Love's limits are ample and great, and a spacious walk it hath, beset with thorns;" and for that cause, which Scaliger reprehends in Cardan, "not lightly to be passed over." Lest I incur the same censure, I will examine all the kinds of love, his nature, beginning, difference, objects, how it is honest or dishonest, a virtue or vice, a natural passion, or a disease, his power and effects, how far it extends: of which, although something has been said in the first partition, in those sections of perturbations ("for love and hatred are the first and most common passions, from which all the rest arise, and are attendant," as Picolomineus holds, or as Nich. Causinus, the primum mobile of all other affections, which carry them all about them), I will now more copiously dilate, through all his parts and several branches, that so it may better appear what love is, and how it varies with the objects, how in defect, or (which is most ordinary and common) immoderate, and in excess, causeth melancholy.

Love universally taken is defined to be a desire, as a word of more ample signification: and though Leon Hebreus, the most copious writer of this subject, in his third dialogue make no difference, yet in his first he distinguisheth them again, and defines love by desire. "Love is a voluntary affection, and desire to enjoy that which is good. Desire wisheth, love enjoyeth; the end of the one is the beginning of the other; that which we love is present; that which we desire is absent." "It is worth the labour," saith Plotinus, "to consider well of love, whether it be a god or a devil, or passion of the mind, or partly god, partly devil, partly passion." He concludes love to participate of all three, to arise from desire of that which is beautiful and fair, and defines it to be "an action of the mind desiring that which is good." Plato calleth it the great devil, for its vehemency, and sovereignty over all other passions, and defines it an appetite, "by which we desire some good to be present." Ficinus in his comment adds the word fair to this definition. Love is a desire of enjoying that which is good and fair. Austin dilates this common definition, and will have love to be a delectation of the heart, "for something which we seek to win, or joy to have, coveting by desire, resting in joy." Scaliger, Exerc. 301. taxeth these former definitions, and will not have love to be defined by desire or appetite; "for when we enjoy the things we desire, there remains no more appetite:" as he defines it, "Love is an affection by which we are either united to the thing we love, or perpetuate our union;" which agrees in part with Leon Hebreus.

Now this love varies as its object varies, which is always good, amiable, fair, gracious, and pleasant. "All things desire that which is good," as we are taught in the Ethics, or at least that which to them seems to be good; *quid enim vis mali* (as Austin well infers) *die mihi? puto nihil in omnibus actionibus;* thou wilt wish no harm, I suppose, no ill in all thine actions, thoughts or desires, *nihil mali vis?* thou wilt not have bad corn, bad soil, a naughty tree,
but all good; a good servant, a good horse, a good son, a good friend, a good neighbour, a good wife. From this goodness comes beauty; from beauty, grace, and comeliness, which result as so many rays from their good parts, make us to love, and so to covet it: for were it not pleasing and gracious in our eyes, we should not seek. "1 No man loves (saith Aristotle 9. mor. cap. 5.) but he that was first delighted with comeliness and beauty." As this fair object varies, so doth our love; for as Proclus holds, Omne pulchrum annabile, every fair thing is amiable, and what we love is fair and gracious in our eyes, or at least we do so apprehend and still esteem of it. "2 Amiability is the object of love, the scope and end is to obtain it, for whose sake we love, and which our mind covets to enjoy." And it seems to us especially fair and good; for good, fair, and unity, cannot be separated. Beauty shines, Plato saith, and by reason of its splendour and shining causeth admiration; and the fairer the object is, the more eagerly it is sought. For as the same Plato defines it, "3 Beauty is a lively, shining or glittering brightness, resulting from diffused good, by ideas, seeds, reasons, shadows, stirring up our minds, that by this good they may be united and made one." Others will have beauty to be the perfection of the whole composition, "4 caused out of the congruous symmetry, measure, order and manner of parts, and that comeliness which proceeds from this beauty is called grace, and from thence all fair things are gracious." For grace and beauty are so wonderfully annexed, "5 so sweetly and gently win our souls, and strongly allure, that they confound our judgment and cannot be distinguished. Beauty and grace are like those beams and shinings that come from the glorious and divine sun," which are diverse, as they proceed from the diverse objects, to please and affect our several senses. "6 As the species of beauty, are taken at our eyes, ears, or conceived in our inner soul," as Plato disputes at large in his Dialogue de pulchro, Phadros, Hyperias, and after many sophistical errors confuted, concludes that beauty is a grace in all things, delighting the eyes, ears, and soul itself; so that, as Valerius infers hence, whatsoever pleaseth our ears, eyes, and soul, must needs be beautiful, fair, and delightful to us. "7 And nothing can more please our ears than music, or pacify our minds." Fair houses, pictures, orchards, gardens, fields a fair hawk, a fair horse is most acceptable unto us; whatsoever pleaseth our eyes and ears, we call beautiful and fair; "8 Pleasure belongeth to the rest of the senses, but grace and beauty to these two alone." As the objects vary and are diverse, so they diversely affect our eyes, ears, and soul itself. Which gives occasion to some to make so many several kinds of love as there be objects. One beauty ariseth from God, of which and divine love S. Dionysius, with many fathers and Neoterics, have written just volumes, De amore Dei, as they term it, many parenetical discourses; another from his creatures; there is a beauty of the body, a beauty of the soul, a beauty from virtue, formam martyrion, Austin calls it, quam videmus oculis anime, which we see with the eyes of our mind; which beauty, as Tully saith, if we could discern with these corporeal eyes, admirables sunt amores excitaret, would cause admirable affections, and ravish our souls. This other beauty which ariseth from those extreme parts, and graces which proceed from gestures, speeches, several motions, and proportions of creatures, men and women (especially from women,

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1 Nemo amore capturur nial qui facerit ante formas specielle delectatus.
2 Amabile objectum amoris et
3 ecopus, cujus aestatio est finis, cujus gratia amanum. Animus eum appetit ut se fructaret, et fornam bon habet et praecipec videtur et placet. Picoomineus, grad. 7. cap. 2. et grad. 8. cap. 36.
4 Forma est vitalis fulger ex ipso bono manans, per ideas, semina, rationes, umbrae efferus, animos excitans ut per bonum in tum redigat.
5 Pulchritudo est perfecte composita ex congruenti ordine, mensura et ratione partium consurgens, et venustas inde prodicta gratia dictur et res omnes pulchris gaudientes. Gratia et pulchritudoitas en sitam animos demolent, ita vehementer allicerint, et admirabilissimum communicantur, ut in umum confondent et distinguunt non posseunt, et sunt tanquam radii et splendores divini solis in rebus varia vario modo fulgentes. Species pulchritudinis hauriuntur coaeis, auribus, aut conspicientur interna mente.
6 Nihil hic magis animos concitabit quam musica, pulchra picture, ades &c.
7 In reliquis sensibus volupas, in his pulchritudo et gratia.
which made those old poets put the three graces still in Venus' company, as attending on her, and holding up her train) are infinite almost, and vary their names with their objects, as love of money, covetousness, love of beauty, lust, immoderate desire of any pleasure, concupiscence, friendship, love, good-will, &c. and is either virtue or vice, honest, dishonest, in excess, defect, as shall be showed in his place. Heroical love, religious love, &c. which may be reduced to a twofold division, according to the principal parts which are affected, the brain and liver. Amor et amicitia, which Scaliger, Exercit. 301, Valesius and Melanchthon warrant out of Plato φιλία and δίκαιον from that speech of Pausanias belike, that makes two Veneres and two loves. "One Venus is ancient without a mother, and descended from heaven, whom we call celestial; the younger, begotten of Jupiter and Dione, whom commonly we call Venus." Ficinus, in his comment upon this place, cap. 8, following Plato, calls these two loves, two devils, or good and bad angels according to us, which are still hovering about our souls. "The one rears to heaven, the other depresseth us to hell; the one good, which stirs us up to the contemplation of that divine beauty for whose sake we perform justice and all godly offices, study philosophy, &c.; the other base, and though bad yet to be respected; for indeed both are good in their own natures: procreation of children is as necessary as that finding out of truth, but therefore called bad, because it is abused, and withdraws our soul from the speculation of that other to viler objects," so far Ficinus. S. Austin, lib. 15. de civ. Dei et sup. Psal. lxiv., hath delivered as much in effect. "Every creature is good, and may be loved well or ill:" and "Two cities make two loves, Jerusalem and Babylon, the love of God the one, the love of the world the other; of these two cities we all are citizens, as, by examination of ourselves, we may soon find, and of which." The one love is the root of all mischief, the other of all good. So, in his 15. cap. lib. de amor. Ecclésa, he will have those four cardinal virtues to be sought else but love rightly composed; in his 15. book de civ. Dei, cap. 22, he calls virtue the order of love, whom Thomas following 1. part. 2. quæst. 55. art. 1. and quæst. 56. 3. quæst. 62. art. 2. confirms as much, and amplifies in many words, b Lucian, to the same purpose, hath a division of his own, "One love was born in the sea, which is as various and raging in young men's breasts as the sea itself, and causeth burning lust: the other is that golden chain which was let down from heaven, and with a divine fury ravisheth our souls, made to the image of God, and stirs us up to comprehend the innate and incorruptible beauty to which we were once created." Beroaldus hath expressed all this in an epigram of his:—

[Epigram]

This twofold division of love, Origen likewise follows, in his Comment on the Canticles, one from God, the other from the devil, as he holds (understanding it in the worse sense), which many others repeat and imitate. Both which (to omit all subdivisions) in excess or defect, as they are abused, or degenerate, cause melancholy in a particular kind, as shall be shown in his place. Austin,

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a Dogmata divini memorant si vera Platonis,
Sunt geminis Veneres, et geminatus amor.
Coelestis Venustus est nullus generare parente,
Quæ castæ sanctæ necit amor viros.
Altera sed Venust est tamen vulgata per orem,
Quæ divinum mentes illigat, aequo hominum;
Improbis, seductrix, petulans. &c.

b If divine Plato's tenets they be true,
Two Veneres, two loves there be;
The one from heaven, unbegotten still,
Which knits our souls in unitie.
The other famous over all the world,
Binding the hearts of gods and men;
Dishonest, wicked, and seducing she,
Rules whom she will, both where and when. &c.

This twofold division of love, Origen likewise follows, in his Comment on the Canticles, one from God, the other from the devil, as he holds (understanding it in the worse sense), which many others repeat and imitate. Both which (to omit all subdivisions) in excess or defect, as they are abused, or degenerate, cause melancholy in a particular kind, as shall be shown in his place. Austin,
in another Tract, makes a threefold division of this love, which we may use well or ill: "God, our neighbour, and the world: God above us, our neighbour next us, the world beneath us. In the course of our desires, God hath three things, the world one, our neighbour two. Our desire to God, is either from God, with God, or to God, and ordinarily so runs. From God, when it receives from him, whence, and for which it should love him: with God, when it contradicts his will in nothing: to God, when it seeks to him, and rests itself in him. Our love to our neighbour may proceed from him, and run with him, not to him: from him, as when we rejoice of his good safety, and well doing: with him, when we desire to have him a fellow and companion of our journey in the way of the Lord: not in him, because there is no aid, hope, or confidence in man. From the world our love comes, when we begin to admire the Creator in his works, and glorify God in his creatures: with the world it should run, if, according to the mutability of all temporalities, it should be dejected in adversity, or over elevated in prosperity: to the world, if it would settle itself in its vain delights and studies." Many such partitions of love I could repeat, and subdivisions, but lest (which Scaliger objects to Cardan, Exercit. 501.) "inad I confound filthy burning lust with pure and divine love," I will follow that accurate division of Leon Hebreus, dial. 2. betwixt Sophia and Philo, where he speaks of natural, sensible, and rational love, and handleth each apart. Natural love or hatred, is that sympathy or antipathy which is to be seen in animate and inanimate creatures, in the four elements, metals, stones, gravia tendunt deorosum, as a stone to his centre, fire upward, and rivers to the sea. The sun, moon, and stars go still round, "Amanes naturae debita exercere, for love of perfection. This love is manifest, I say, in inanimate creatures. How comes a loadstone to draw iron to it? jet chaff? the ground to covert showers, but for love? No creature, S. Hierom concludes, is to be found, quod non aliquid amat, no stock, no stone, that hath not some feeling of love. 'Tis more eminent in plants, herbs, and is especially observed in vegetables; as between the vine and elm a great sympathy, between the vine and the cabbage, between the vine and the olive, Virgo fugit Bromium, between the vine and bay, in the sun and the lentil cannot endure one another, the olive and the myrtle embrace each other, in roots and branches if they grow near. Read more of this in PicoLomineus, grad. 7. cap. 1. Crescentius, lib. 5. de agric. Baptista Porta de mag. lib. 1. cap. de plant. odio et element. sym., Fracastorius de sym. et antip. of the love and hatred of planets, consult with every astrologer. Leon Hebreus gives many fabulous reasons, and moraliseth them withal.

Sensible love is that of brute beasts, of which the same Leon Hebreus, dial. 2. assigns these causes. First, for the pleasure they take in the act of generation, male and female love one another. Secondly, for the preservation of the species, and desire of young brood. Thirdly, for the mutual agreement, as being of the same kind: Sus sui, canis cani, bos bovi, et asinus asino pulcherrimus videtur, as Ephicharmus held, and according to that adage of Diogenianus, Adsidet usque graculius apud graculam, they much delight in one another's company, Formico grata est formica, cicada cicadae, and birds of a feather will gather together. Fourthly, for custom, use, and familiarity, as if a dog be trained up with a lion and a bear, contrary to their natures, they will
love each other. Hawks, dogs, horses, love their masters and keepers: many stories I could relate in this kind, but see Gillius de hist. anim. lib. 3. cap 14, those two Epistles of Lipsius, of dogs and horses, Agellius, &c. Fifthly for bringing up, as if a bitch bring up a kid, a hen ducklings, a hedge-sparrow a cuckoo, &c.

The third kind is Amor cognitionis, as Leon calls it, rational love, Intellectivus amor, and is proper to men, on which I must insist. This appears in God, angels, men. God is love itself, the fountain of love, the disciple of love, as Plato styles him; the servant of peace, the God of love and peace; have peace with all men and God is with you.

"1 By this love (saith Gerson) we purchase heaven, and buy the kingdom of God." This "love is either in the Trinity itself (for the Holy Ghost is the love of the Father and the Son, &c., John iii. 35, and v. 20, and xiv. 31), or towards us His creatures, as in making the world. Amor mundum fecit, love built cities, mundi anima, invented arts, sciences, and all "good things, incites us to virtue and humanity, combines and quickens; keeps peace on earth, quietness by sea, mirth in the winds and elements, expels all fear, anger, and rusticity; Circulus a bono in bonum, a round circle still from good to good; for love is the beginner and end of all our actions, the efficient and instrumental cause, as our poets in their symbols, impresses, "emblems of rings, squares, &c. shadow unto us,

Love, saith "Leo, made the world, and afterwards in redeeming of it, "God so loved the world, that he gave his only begotten son for it," John iii. 16. "Behold what love the Father hath shewed on us, that we should be called the sons of God," 1 John iii. 1. Or by His sweet providence, in protecting of it; either all in general, or His saints elect and church in particular, whom He keeps as the apple of His eye, whom He loves freely, as Hosea xiv. 5. speaks, and dearly respects. "Charior est ipsis homo quam sibi. Not that we are fair, nor for any merit or grace of ours, for we are most vile and base; but out of His incomparable love and goodness, out of His Divine Nature. And this is that Homer's golden chain, which reacheth down from heaven to earth, by which every creature is annexed, and depends on his Creator. He made all, saith "Moses, "and it was good," He loves it as good.

The love of angels and living souls is mutual amongst themselves, towards us militant in the church, and all such as love God; as the sunbeams irradiate the earth from those celestial thrones, they by their well wishes reflect on us, "in salute hominum promovendae alacres, et constantes administris, there is joy in heaven for every sinner that repenteth; they pray for us, are solicitous for our good, "Casti genii.

"ubi regnat charitas, stabat desiderium, Latillaquis et amor Deo conjunctus."* 

Love proper to mortal men is the third member of this subdivision, and the subject of my following discourse.
MEMB. II.

SUBSECT. I.—Love of Men, which varies as his Objects, Profitable, Pleasant, Honest.

VALESIUS, lib. 3. contr. 13. defines this love which is in men, "to be an affection of both powers, appetite, and reason." The rational resides in the brain, the other in the liver (as before hath been said out of Plato and others); the heart is diversely affected of both, and carried a thousand ways by consent. The sensitive faculty most part overrules reason, the soul is carried hoodwinked, and the understanding captive like a beast. "The heart is variously inclined, sometimes they are merry, sometimes sad, and from love arise hope, and fear, jealousy, fury, desperation." Now this love of men is diverse, and varies as the object varies, by which they are enticed, as virtue, wisdom, eloquence, profit, wealth, money, fame, honour, or comeliness of person, &c. Leon Hebreus, in his first dialogue, reduceth them all to these three, utile, jucundum, honestum, profitable, pleasant, honest (out of Aristotle belike 8. moral.) ; of which he discourseth at large, and whatsoever is beautiful and fair is referred to them, or any way to be desired. "To profitable is ascribed health, wealth, honour, &c., which is rather ambition, desire, covetousness, than love;" friends, children, love of women, "all delightful and pleasant objects, are referred to the second. The love of honest things consists in virtue and wisdom, and is preferred before that which is profitable and pleasant: intellectual about that which is honest. "St. Austin calls "profitable, worldly; pleasant, carnal; honest, spiritual. "Of and from all three, result charity, friendship, and true love, which respects God and our neighbour." Of each of these I will briefly dilate, and show in what sort they cause melancholy.

Amongst all these fair enticing objects, which procure love, and bewitch the soul of man, there is none so moving, so forcible as profit; and that which carrieth with it a show of commodity. Health indeed is a precious thing, to recover and preserve which we will undergo any misery, drink bitter potions, freely give our goods: restore a man to his health, his purse lies open to thee, bountiful he is, thankful and beholding to thee; but give him wealth and honour, give him gold, or what shall be for his advantage and preferment, and thou shalt command his affections, oblige him eternally to thee; heart, hand, life, and all is at thy service, thou art his dear and loving friend, good and gracious lord and master, his Mecenas; he is thy slave, thy vassal, most devote, affectioned, and bound in all duty: tell him good tidings in this kind, there spoke an angel, a blessed hour that brings in gain, he is thy creature, and thou his creator, he hugs and admires thee; he is thine for ever. No loadstone so attractive as that of profit, none so fair an object as this of gold; nothing wins a man sooner than a good turn, bounty and liberality command body and soul:

"Munera (crede mihi) placant hominesque docue; | "Good turns doth pacify both God and man, Placatur donis Jupiter ipse datis."  

Gold of all other is a most delicious object; a sweet light, a goodly lustre it hath: gratias aurum quem solem intuemur, saith Austin, and we had rather see it than the sun. "Sweet and pleasant in getting, in keeping; it seasons all our labours, intolerable pains we take for it, base employments, endure bitter flouts and taunts, long journeys, heavy burdens, all are made light and easy by
this hope of gain; *At mihi planudo ipse domi, simul ac nummos contemnor in arca.* The sight of gold refresheth our spirits, and ravisheth our hearts, as that Babylonian garment and golden wedge did Achan in the camp, the very sight and hearing sets on fire his soul with desire of it. It will make a man run to the antipodes, or tarry at home and turn parasite, lie, flatter, prostitute himself, swear and bear false witness; he will venture his body, kill a king, murder his father, and damn his soul to come at it. *Formosior auri masca,* as he well observed, the mass of gold is fairer than all your Grecian pictures, that Apelles, Phidias, or any doting painter could ever make: we are enamoured ed with it,

"*Prima fer a vota, et cunctis notissima tempitis,
Divitiam ut crescant.*"

All our labours, studies, endeavours, vows, prayers and wishes, are to get, how to compass it.

"*Hec est filius famulantur maximus orbis,
Diva potens rerum, dominitique pecunia fuit.*"

"This is the great goddess we adore and worship; this is the sole object of our desire." If we have it, as we think, we are made for ever, thrice happy, princes, lords, &e. If we lose it, we are dull, heavy, dejected, discontent, miserable, desperate, and mad. Our estate and *banē esse* ebbs and flows with our commodity; and as we are endowed or enriched, so are we beloved and esteemed: it lasts no longer than our wealth; when that is gone, and the object removed, farewell friendship: as long as bounty, good cheer, and rewards were to be hoped, friends enough; they were tied to thee by the teeth, and would follow thee as crows do a carcass: but when thy goods are gone and spent, the lamp of their love is out, and thou shalt be contemned, scornd, hated, injured. *Lucian's Timon,* when he lived in prosperity, was the sole spectacle of Greece, only admired; who but Timon? Every body loved, honoured, applauded him, each man offered him his service, and sought to be kin to him; but when his gold was spent, his fair possessions gone, farewell Timon: none so ugly, none so deformed, so odious an object as Timon, no man so ridiculous on a sudden, they gave him a penny to buy a rope, no man would know him.

'Tis the general humour of the world, commodity steers our affections throughout, we love those that are fortunate and rich, that thrive, or by whom we may receive mutual kindness, hope for like courtesies, get any good, gain, or profit; hate those, and abhor on the other side, which are poor and miserable, or by whom we may sustain loss or inconvenience. And even those that were now familiar and dear unto us, our loving and long friends, neighbours, kinsmen, allies, with whom we have conversed, and lived as so many Geryons for some years past, striving still to give one another all good content and entertainment, with mutual invitations, feastings, disports, offices, for whom we would ride, run, spend ourselves, and of whom we have so freely and honourably spoken, to whom we have given all those turgid titles, and magnificent eulogiums, most excellent and most noble, worthy, wise, grave, learned, valiant, &c., and magnified beyond measure: if any controversy arise between us, some trespass, injury, abuse, some part of our goods be detained, a piece of land come to be litigious, if they cross us in our suit, or touch the string of our commodity, we detest and depress them upon a sudden: neither affinity, consanguinity, or old acquaintance can contain us, but *rapto jecore exterit Caprificus.* A golden apple sets altogether by the ears, as if a marrowbone or honeycomb were flung amongst bears: father and son, brother and sister, kinsmen are at odds: and look what malice, deadly hatred can invent, that shall be

4 Josh. 7. 6 Petronius Arbiter. 1 Juvenalis. 2 Joh. Second. lib. sylvanum. 3 Lucianus.
done, *Terribilis, dirum, pestilens, atroxe, serum,* mutual injuries, desire of revenge, and how to hurt them, him and his, are all our studies. If our pleasures be interrupt, we can tolerate it: our bodies hurt, we can put it up and be reconciled: but touch our commodities, we are most impatient: fair becomes foul, the graces are turned to harpies, friendly salutations to bitter impreca-
tions, mutual feasting to plotting villanies, minings and counterminings; good words to satyres and invectives; we revile et contra, nought but his imperfections are in our eyes, he is a base knave, a devil, a monster, a caterpillar, a viper, a hogrubber, &c. *Destini in piscem mulier formosam superni;* the scene is altered on a sudden, love is turned to hate, mirth to melancholy: so furiously are we most part bent, our affections fixed upon this object of commodity, and upon money, the desire of which in excess is covetousness: ambition tyranniseth over our souls, as I have shown, and in defect crucifies as much, as if a man by negligence, ill husbandry, improvidence, prodigality, waste and consume his goods and fortunes, beggary follows, and melancholy, he becomes an object, *odious* and "worse than an infidel, in not providing for his family."

SUBSECT. II.—Pleasant Objects of Love.

Pleasant objects are infinite, whether they be such as have life, or be without life; inanimate are countries, provinces, towers, towns, cities, as he said, *Pulcherrima insulam videmus, etiam cum non videmus,* we see a fair island by description, when we see it not. The *sun never saw a fairer city,* Thessala Tempe, orchards, gardens, pleasant walks, groves, fountains, &c. The heaven itself is said to be *fair or foul*; fair buildings, fair pictures, all artificial, elaborate and curious works, clothes, give an admirable lustre: we admire, and gaze upon them, ut *pueri Junonis avem,* as children do on a peacock: a fair dog, a fair horse and hawk, &c. *Thessalus amat equam pullinum, buculum *Egyptiun, Lacedemonium Catulum,* &c., such things we love, are most gracious in our sight, acceptable unto us, and whatsoever else may cause this passion, if it be superfluous or immoderately loved, as Guianerius observes. These things in themselves are pleasing and good, singular ornaments, necessary, comely, and fit to be had; but when we fix an immoderate eye, and dote on them over much, this pleasure may turn to pain, bring much sorrow, and discontent unto us, work our final overthrow, and cause melancholy in the end. Many are carried away with those bewitching sports of gaming, hawking, hunting, and such vain pleasures, as I have said: some with immoderate desire of fame, to be crowned in the Olympics, knighted in the field, &c., and by these means ruinate themselves. The lascivious dotes on his fair mistress, the glutton on his dishes, which are infinitely varied to please the palate, the epicure on his several pleasures, the superstitious on his idol, and fates himself with future joys, as Turks feed themselves with an imaginary persuasion of a sensual paradise: so several pleasant objects diversely affect diverse men. But the fairest objects and enticings proceed from men themselves, which most frequently captivate, allure, and make them dote beyond all measure upon one another, and that for many respects: first, as some suppose, by that secret force of stars, *quid me tibi temperat astrum?* They do singularly dote on such a man, hate such again, and can give no reason for it.

*Non amo te Sabidi,* &c. Alexander admired Ephestion, Adrian Antinous, Nero Sporus, &c. The physicians refer this to their temperament, astrologer to trine and sextile aspects, or opposite of their several ascendants, lords of

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1 "The best of a beautiful woman with the tail of a fish." 1 Part 3. sec. 2. memb. sub. 12.


2 L. 6. 9 Colum serenius, colum visum factum. 7 L. 1. de Anglia.

3. Crete equidem vives. 8 L. 1. sec. 2. memb. 3.

their genitures, love and hatred of planets; "Cicogna, to concord and discord of spirits; but most to outward graces. A merry companion is welcome and acceptable to all men, and therefore saith \*Gomesius, princes and great men entertain jesters and players commonly in their courts. But \*Pares cum puribus facillime congregantur, 'tis that "similitude of manners which ties most men in an inseparable link, as if they be addicted to the same studies or sports, they delight in one another's companies, "birds of a feather will gather together;" if they be of divers inclinations, or opposite in manners, they can seldom agree. Secondly, "affability, custom, and familiarity, may convert nature many times, though they be different in manners, as if they be countrymen, fellow-students, colleagues, or have been fellow-soldiers, \*brethren in affliction ("aetera calamitatum societas, diversi etiam ingenti homines conjungit), affinity, or some such accidental occasion, though they cannot agree amongst themselves, they will stick together like burrs, and hold against a third; so after some discontinuance, or death, enmity ceaseth; or in a foreign place;

A third cause of love and hate, may be mutual offices, acceptum beneficium, \*commend him, use him kindly, take his part in a quarrel, relieve him in his misery, thou winnest him for ever; do the opposite, and be sure of a perpetual enemy. Praise and dispraise of each other, do as much, though unknown, as \*Schoppius by Scaliger and Casaubonus: "mulus mulum scabitis; \*who but Scaliger with him? what encomiums, epithets, eulogiums? Antistes sapientiae, perpetuus dicator, literarum ornamentum, Europae miraculum, noble Scaliger, \*incredibilitas ingenii præstantia, &c., dis potius quam honoribus per omnias comparandus, scripta ejus aurea aporiae de æelo delapsæ poplitibus venerantur \*flaxis, &c., but when they began to vary, none so absurd as Scaliger, so vile and base, as his books de Burdonum familid, and other satirical invectives may witness. Ovid. in Ibin, Archilochus himself was not so bitter. Another great tie or cause of love, is consanguinity: parents are dear to their children, children to their parents, brothers and sisters, cousins of all sorts, as a hen and chickens, all of a knot: every crow thinks, her own bird fairest. Many memorable examples are in this kind, and "tis portentis simile, if they do not: "a mother cannot forget her child: " Solomon so found out the true owner: love of parents may not be concealed, "tis natural, descends, and they that are inhuman in this kind, are unworthy of that air they breathe, and of the four elements; yet many unnatural examples we have in this rank, of hard-hearted parents, disobedient children, of "disagreeing brothers, nothing so common. The love of kinsmen is grown cold, "\*many kinsmen (as the saying is) few friends; if thine estate be good, and thou able, par pari referre, to require their kindness, there will be mutual correspondence, otherwise thou art a burden, most odious to them above all others. The last object that ties man and man, is comeliness of person, and beauty alone, as men love women with a wanton eye: which \*.cum \*cum \*cum is termed heroic, or love-melancholy. Other loves (saith Picolomineus) are so called with some contradiction, as the love of wine, gold, &c., but this of women is predominant in a higher strain, whose part affected is the liver, and this love deserves a longer explanation, and shall be dilated apart in the next section.

\*Omnif. mag. lb. 12. cap. 3. \*De sale genialis, l. 3. c. 15. \*Theod. Prodromus, amor. lb. 3. \*Similitudo morum partis amicitiam. \*Vives, 3. de anima. \*Qui autem securus nautrahgum, aut una peculiare vincula socios obligatius ac sociationes acceola junguntur, invicem amant: Brutum et Cassium invicem infantes Caesaris dominatus conciliavit. \*Similis Lepidus et Julius Flaccus, quum easdem iniimidissimae sensores renunciati simulacis illico desopsez. \*Sculpt. cap. 4. de causis amor. \*Papinius, \*le carere domino praecipit ut cum alio cunctis amicitiam vellet, illum laudet, quod laudis initium amoris sit, vituperans simulac. \*Suspect. lect. lb. 1. cap. 2. \*The priest of wisdom, perpetual dictator, ornament of literature, wonder of Europe. \*O incredibile excellence of genius, &c., more comparable to gods than man's in every respect we venerate your writings on bended knees, as we do the shield that fell from heaven." \*De anima. \*Rara est concordia fratern. \*Grad. 1. cap. 22.
SUBSEC. III.—Honest objects of Love.

BEAUTY is the common object of all love, "as jet draws a straw, so doth beauty love:"
virtue and honesty are great motives and give as fair a lustre as the rest, especially if they be sincere and right, not fucate, but proceeding from true form, and an incorrupt judgment; those two Venus' twins, Eros and Anteros, are then most firm and fast. For many times otherwise men are deceived by their flattering gnathos, dissembling camelines, outsiders, hypocrites, that make a show of great love, learning, pretend honesty, virtue, zeal, modesty, with affected looks and counterfeit gestures: feigned protestations often steal away the hearts and favours of men, and deceive them, specie virtutis et umbra, when as reverendo and indeed, there is no worth or honesty at all in them, no truth, but mere hypocrisy, subtility, knavery, and the like. As true friends they are, as he that Cælius Secundus met by the highway side; and hard it is in this temporising age to distinguish such companions, or to find them out. Such gnathos as these for the most part belong to great men, and by this glossing flattery, affability, and such like philters, so dive and insinuate into their favours, that they are taken for men of excellent worth, wisdom, learning, demi-gods, and so screw themselves into dignities, honours, offices; but these men cause harsh confusion often, and as many times stirs as Rehoboam's counsellors in a commonwealth overthrew themselves and others. Tandlerus and some authors make a doubt, whether love and hatred may be compelled by philters or characters; Cardan and Marbodius, by precious stones and amulets; astrologers by election of times, &c. as "I shall elsewhere discuss. The true object of this honest love is virtue, wisdom, honesty, real worth, Interna forma, and this love cannot deceive or be compelled, ut amnis amabilis est, love itself is the most potent philter, virtue and wisdom, gratia gratum faciens, the sole and only grace, not counterfeit but open, honest, simple, naked, "descending from heaven," as our apostle hath it, an infused habit from God, which hath given several gifts, as wit, learning, tongues, for which they shall be amiable and gracious, Eph. iv. 11. as to Saul stature and a goodly presence, I Sam. ix. 1. Joseph found favour in Pharaoh's court, Gen. xxxix, for his person; and Daniel with the princes of the eunuchs, Dan. xix. 19. Christ was gracious with God and men, Luke ii. 52. There is still some peculiar grace, as of good discourse, eloquence, wit, honesty, which is the primum mobile, first mover, and a most forcible loadstone to draw the favours and good wills of men's eyes, ears, and affections unto them. When Jesus spake, they were all astonished at his answers (Luke ii. 47.), and wondered at his gracious words which proceeded from his mouth. An orator steals away the hearts of men, and as another Orphæus, quo vult, unde vult, he pulls them to him by speech alone: a sweet voice causeth admiration; and he that can utter himself in good words, in our ordinary phrase, is called a proper man, a divine spirit. For which cause belike, our old poets, Senatus populusque populi Romani, made Mercury the gentleman-usher to the Graces, captain of eloquence, and those charities to be Jupiter's and Eurymone's daughters descended from above. Though they be otherwise deformed, crooked, ugly to behold, those good parts of the mind denominate them fair. Plato commends the beauty of Socrates: yet who was more grim of countenance, stern, and ghastly to look upon? So are and have been many great philosophers, as Gregory Nazianzen observes, "deformed most part in that which is to be seen with the eyes, but most elegant in that which is not to be seen." Ssepe sub arittud laetitias sapientia vestae. Æsop, Democritus, Aristotle, Politianus, Melancthon,
Gesner, &c. withered old men, Sileni Aleibiades, very harsh and impolite to the eye; but who were so terse, polite, eloquent, generally learned, temperate and modest? No man then living was so fair as Aleibiades, so lovely quo ad superficiem, to the eye, as Boethius observes, but he had Corpus turpis sit num interne, a most deformed soul; honesty, virtue, fair conditions, are great enticers to such as are well given, and much avail to get the favour and goodwill of men. Abdalominus in Curtius, a poor man (but which mine author notes "as the cause of his poverty was his honesty"), for his modesty andcontinuity from a private person (for they found him digging in his garden) was saluted king, and preferred before all the magnificoes of his time, injecta e vestis purpurea aureoque distincta, "a purple embroidered garment was put upon him, and they bade him wash himself, and, as he was worthy, take upon him the style and spirit of a king." continue his continuity and the rest of his good parts. Titus Pomponius Atticus, that noble citizen of Rome, was so fair conditioned, of so sweet a carriage, that he was generally beloved of all good men, of Caesar, Pompey, Antony, Tully, of divers sects, &c. multas haereditates (Cornelius Nepos writes) sella bonitate consequentis. Opere pretium audire, &c. It is worthy of your attention, Livy cries, "you that scorn all but riches, and give no esteem to virtue, except they be wealthy withal. Q. Cincinnatus had but four acres, and by the consent of the senate was chosen dictator of Rome. Of such account were Cato, Fabricius, Aristides, Antonius, Probus, for their eminent worth: so Caesar, Trajan, Alexander, admired for valour, Harphestion loved Alexander, but Parmenio the king: Titus debitos humanae generis, and which Aurelius Victor hath of Vespasian, the darling of his time, as Edgar Etheling was in England, for his excellent virtues: their memory is yet fresh, sweet, and we love them many ages after, though they be dead: Suavem memoriam sui reliquit, saith Lipsius of his friend, living and dead they are all one. "I have ever loved as thou knowest (so Tully wrote to Dolabella) Marcus Brutus for his great wit, singular honesty, constancy, sweet conditions; and believe it there is nothing so amiable and fair as virtue. "I do mightily love Calvisinus, (so Pliny writes to Sossianus) a most industrious, eloquent, upright man, which is all in all with me;" the affection came from his good parts. And as St. Austin comments on the 84th Psalm, there is a peculiar beauty of justice, and inward beauty, which we see with the eyes of our hearts, love, and are enamoured with, as in martyrs, though their bodies be torn in pieces with wild beasts, yet this beauty shines, and we love their virtues. "The Stoics are of opinion that a wise man is only fair; and Cato in Tully 3 de Finibus contends the same, that the lineaments of the mind are far fairer than those of the body, incomparably beyond them: wisdom and valour according to Xenophon, especially deserves the name of beauty, and denominate one fair, et incomparabiliter pulchror est (as Austin holds) veritas Christianorum quam Helenam Graecorum. "Wine is strong, the king is strong, women are strong, but truth overcometh all things," Esd. 1, 3, 10, 11, 12. "Blessed is the man that findeth wisdom, and getteth understanding; for the merchandise thereof is better than silver, and the gain thereof better than gold; it is more precious than pearls, and all the things
thou canst desire are not to be compared to her," Prov. ii. 13, 14, 15, a wise, true, just, upright, and good man, I say it again, is only fair; ² it is reported of Magdalene Queen of France, and wife to Lewis XI., a Scottish woman by birth, that walking forth in an evening with her ladies, she spied M. Alanus, one of the king’s chaplains, a silly, old, ¹ hard-favoured man fast asleep in a bower, and kissed him sweetly; when the young ladies laughed at her for it, she replied, that it was not his person that she did embrace and reverence, but, with a platonic love, the divine beauty of ² his soul. Thus in all ages virtue hath been adored, admired, a singular lustre hath proceeded from it: and the more virtuous he is, the more gracious, the more admired. No man so much followed upon earth as Christ himself; and as the Psalmist saith, xlv. 2, "He was fairer than the sons of men." Chrysostom, Hom. 8 in Mat. Bernard, Ser. 1, de omnibus sanetis; Austin Cassiodore, Hier. in 9 Mat. interpret it of the ¹ beauty of his person; there was a divine majesty in his looks, it shined like lightning and drew all men to it: but Basil, Cyril. lib. 6. super. 55. Essay. Theodoret, Arnobius, &c. of the beauty of his divinity, justice, grace, eloquence, &c. Thomas in Psal. xlv. of both; and so doth Baradinus and Peter Morales, lib. de pulchritud. Jesu et Mariae, adding as much of Joseph and the Virgin Mary,—hac alios formar processerit omnes, ³ according to that prediction of Sibylla Cumae. Be they present or absent, near us, or afar off, this beauty shines, and will attract men many miles to come and visit it. Plato and Pythagoras left their country, to see those wise Egyptian priests: Apollonius travelled into Ethiopia, Persia, to consult with the Magi, Brachmanni, gymnosophists. The Queen of Sheba came to visit Solomon; and "many," saith ⁴ Hierom, "went out of Spain and remote places a thousand miles, to behold that eloquent Livy": ⁵ Multi Roman non ut urbem pulcherrimam, aut orbis et orbis dominum Octavianum, sed ut hunc unum inviserint audirentque, à Gadiobus profecta sunt. No beauty leaves such an impression, strikes so deep, ⁶ or links the souls of men closer than virtue.

"Non per deos aut pictor posset,
Aet statorius ulls fingere
Talem pulchritudinem quisam virtus habet;"

"no painter, no graver, no carver can express virtue's lustre, or those admirable rays that come from it, those enchanting rays that enamour posterity, those everlasting rays that continue to the world's end." Many, saith Phavorinus, that loved and admired Alcibiades in his youth, knew not, cared not for Alcibiades a man, quae intuentes querebant Alcibiadem; but the beauty of Socrates is still the same; ⁷ virtue's lustre never fades, is ever fresh and green, semper vivus to all succeeding ages, and a most attractive loadstone, to draw and combine such as are present. For that reason belike, Homer feigns the three Graces to be linked and tied hand in hand, because the hearts of men are so firmly united with such graces. ⁸ O sweet bands (Seneca exclaims), which so happily combine, that those which are bound by them love their binders, desiring withal much more harder to be bound, and as so many Geryons to be united into one. For the nature of true friendship is to combine, to be like affected of one mind,

"Velle et nolle ambobus ideam, satatque tote
Mens vero—"

as the poet saith, still to continue one and the same. And where this love takes place there is peace and quietness, a true correspondence, perfect

² Franc. Belofrist. in hist. an. 1430. ² De virtutibus hodie et caelestis, ad ecclesiam predicandam. ¹ Deformis iacta tamen est usque in se ipsum usque tamen. ² Deformis iste est videatur senex, divum annum habet. ³ Solus idem, qui hanc pulchritudinem, qui ad gratias vincent sunt, componat arcessi deligati et in unum reducat.

"wife and children, friends, neighbours, all the world forsakes them, would
beign be rid of them," and are compelled many times to lay violent hands on
them, or else God's judgments overtake them: instead of graces, come furies.
So when fair Abigail, a woman of singular wisdom, was acceptable to David,
Nabal was churlish and evil-conditioned; and therefore Mordecai was
received, when Haman was executed, Haman the favourite, "that had his
seat above the other princes, to whom all the king's servants that stood in the

"Non uxor salutum te vult, non ilius; omnes
Vicini odorunt,"
gates, bowed their knees and reverenced." Though they flourish many times, such hypocrites, such temporising foxes, and blear the world's eyes by flattery, bribery, disseminating their natures, or other men's weakness, that cannot so apprehend their tricks, yet in the end they will be discerned, and precipitated, in a moment: "surely," saith David, "thou hast set them in slippery places," Ps. xxxvii. 5. as so many Sejani, they will come down to the Gemonian scales; and as Eusebius in Ammianus, that was in such authority, ad judicandum Imperatorem, be cast down headlong on a sudden. Or put case they escape, and rest unmasked to their lives' end, yet after their death their memory stinks as a snuff of a candle put out, and those that durst not so much as mutter against them in their lives, will prosecute their name with satires, libels, and bitter imprecations, they shall male audire in all succeeding ages, and be odious to the world's end.

MEMB. III.

Charity composed of all three Kinds, Pleasant, Profitable, Honest.

Besides this love that comes from profit, pleasant, honest (for one good turn asks another in equity), that which proceeds from the law of nature, or from discipline and philosophy, there is yet another love compounded of all these three, which is charity, and includes piety, diletion, benevolence, friendship, even all those virtuous habits; for love is the circle equant of all other affections, of which Aristotle dilates at large in his Ethics, and is commanded by God, which no man can well perform, but he that is a Christian, and a true regenerate man; this is, "To love God above all, and our neighbour as ourself;" for this love is lycmus ascendens et accensus, a communicating light, apt to illuminate itself as well as others. All other objects are fair, and very beautiful, I confess; kindred, alliance, friendship, the love that we owe to our country, nature, wealth, pleasure, honour, and such moral respects, &c., of which read copious Aristotle in his morals; a man is beloved of a man, in that he is a man; but all these are far more eminent and great, when they shall proceed from a sanctified spirit, that hath a true touch of religion, and a reference to God. Nature binds all creatures to love their young ones; a hen to preserve her brood will run upon a lion, a hind will fight with a bull, a sow with a bear, a silly sheep with a fox. So the same nature urgeth a man to love his parents, ("idi me pater omnes oderint, nihil magis quam oculos amemus!") and this love cannot be dissolved, as Tully holds, "inwithout detestable offence:" but much more God's commandment, which enjoins a filial love, and an obedience in this kind. "The love of brethren is great, and like an arch of stones, where if one be displaced, all comes down," no love so forcible and strong, honest, to the combination of which, nature, fortune, virtue, happily concur; yet this love comes short of it. "Dulce et decorum pro patria mori. It cannot be expressed, what a deal of charity that one name of country contains. Amor laudis et patriae pro stipendio est; the Decii did se devovere, Horatii, Curii, Scævola, Regulus, Codrus, sacrifice themselves for their country's peace and good.

"Et una diesFabios ad bellum miserat omnes, Ad bellum misert perdidi una dies." | "One day the Fabii stoutly warred, One day the Fabii were destroyed."

Fifty thousand Englishmen lost their lives willingly near Battle Abbey, in defence of their country. 'P. Æmilius, 2. 6. speaks of six senators of Calais, that came with halters in their hands to the king of England, to die for the

h Amm. Marcellinus, 1. 14. 1 Ut mundus duobus polis sustentatur: ita lex Dei, amore Dei et proximiti; duobus suis fundamentis vincitur: machina mundi corrupt, si una de polis turbatur: lex perit divina si una ex lis. 1Ter. Adesph. 4. 6. 2 De amicitia. 2Charitas parentum dilius nisi datestabilib societatem non potest, lapidem fornibus simulacra, casus, nisi se invicem sustinentur. Seneca.

"It is sweet to die for one's country." Dii Immortales, did non potest quantum charitatis nomen fluid habeat. 4 Ovid. Fast. 5Anno 1437. Jacob Mayer. Annal. Bland, lib. 12.
Division of Love.

rest. This love makes so many writers take such pains, so many historiographers, physicians, &c., or at least, as they pretend, for common safety, and their country’s benefit. *Sanctum nomen amicitiae, sociorum communio sacra; friendship is a holy name, and a sacred communion of friends. “As the sun is in the firmament, so is friendship in the world,” a most divine and heavenly bond. As nuptial love makes, this perfects mankind, and is to be preferred (if you will stand to the judgment of °Corinlus Nepos) before affinity or consanguinity; plus in amicitia valet similitudo morum quam affectiones, &c. the cords of love bind faster than any other wreath whatsoever. Take this away, and take all pleasure, joy, comfort, happiness, and true content out of the world; tis the greatest tie, the surest indenter, strongest band, and, as our modern Maro decides it, is much to be preferred before the rest.

*Hard is the doubt, and difficult to deem, When all these three kinds of love together meet; And do dispart the heart with power extreme, Whether shall weigh the balance down, to wit, The dear affection unto kindred sweet, Or raging fire of love to woman kind, Or zeal of friends, comb’d by virtue meet; But of them all the band of virtuous mind, Methinks the gentle heart should most adjusted bind.  

Y A faithful friend is better than *gold, a medicine of misery, an only possession; yet this love of friends, nuptial, heroic, profitable, pleasant, honest, all three loves put together, are little worth, if they proceed not from a true Christian illuminated soul, if it be not done in ordine ad Deum, for God’s sake. “Though I had the gift of prophecy, spake with tongues of men and angels, though I feed the poor with all my goods, give my body to be burned, and have not this love, it profitteth me nothing,” 1 Cor. xii. 1, 3. ‘tis splendidum peccatum, without charity. This is an all-apprehending love, a deifying love, a refined, pure, divine love, the quintessence of all love, the true philosopher’s stone, Non potest enim, as b Austin infers, veraciter amicos esse homines, nisi fuerit ipsisius primitis veritatis. He is no true friend that loves not God’s truth. And therefore this is true love indeed, the cause of all good to mortal men, that reconciles all creatures, and glues them together in perpetual amity and firm league; and can no more abide bitterness, hate, malice, than fair and foul weather, light and darkness, sterility and plenty may be together; as the sun in the firmament (I say), so is love in the world; and for this cause, ‘tis love without an addition, love, love of God, and love of men. "The love of God beget the love of man; and by this love of our neighbour, the love of God is nourished and increased." By this happy union of love, *all well governed families and cities are combined, the heavens annexed, and divine souls complicated, the world itself composed, and all that is in it conjoined in God, and reduced to one. "This love causeth true and absolute virtues, the life, spirit, and root of every virtuous action, it finisheth prosperity, easeth adversity, corrects all natural incumbrances, inconveniences, sustained by faith and hope, which with this our love make an indissoluble twist, a Gordian knot, an equilateral triangle, and yet the greatest of them is love." 1 Cor. xiii. 13. "which inflames our souls with a divine heat, and being so inflamed, purged, and so purgeth, elevates to God, makes an atonement, and reconciles us unto him." 5 That other love infects the soul of man, this cleanseth; that depresses, this rears; that causeth cares and troubles, this quietness of mind; this

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informs, that deforms our life; that leads to repentance, this to heaven." For
if once we be truly linked and touched with this charity, we shall love God
above all, our neighbour as ourself, as we are enjoined, Mark xii. 31. Matt.
xix. 19. perform those duties and exercises, even all the operations of a good
Christian.

"This love suffereth long, it is bountiful, envieth not, boasteth not itself, is
not puffed up, it deceiveth not, it seeketh not his own things, is not provoked
to anger, it thinketh not evil, it rejoiceth not in iniquity, but in truth. It
suffereth all things, believeth all things, hopeth all things," 1 Cor. xiii. 4, 5,
6, 7; "it covereth all trespasses," Prov. x.12; "a multitude of sins," 1 Pet. iv. 8,
as our Saviour told the woman in the Gospel, that washed his feet, "many
sins were forgiven her, for she loved much," Luke vii. 47; "it will defend the
fatherless and the widow," Isa. i. 17; "will seek no revenge, or be mindful of
wrong," Levit. xix. 18; "will bring home his brother's ox if he go astray, as
it is commanded," Deut. xxii. 1; "will resist evil, give to him that asketh, and
not turn from him that borroweth, bless them that curse him, love his enemy,"
Matt. v; "bear his brother's burthen," Gal. vi. 7. He that so loves will be
hospitalable, and distribute to the necessities of the saints; he will, if it be
possible, have peace with all men, "feed his enemy if he be hungry, if he be
athirst give him drink;" he will perform those seven works of mercy, "he
will make himself equal to them of the lower sort, rejoice with them that
rejoice, weep with them that weep," Rom. xii; he will speak truth to his neigh-
bour, be courteous and tender-hearted, "forgiving others for Christ's sake, as
God forgave him," Eph. iv. 32; "he will be like minded," Phil. ii. 2. "Of
one judgment; be humble, meek, long-suffering," Colos. iii. "Forbear, forget
and forgive," xii. 13. 23. and what he doth shall be heartily done to God, and
not to men. "Be pitiful and courteous," 1 Pet. iii. "Seek peace and follow
it." He will love his brother, not in word and tongue, but in deed and truth,
John iii. 18. "and he that loves God, Christ will love him that is begotten of
him," John v. 1, &c. Thus should we willingly do, if we had a true touch of
this charity, of this divine love, if we could perform this which we are enjoined,
forget and forgive, and compose ourselves to those Christian laws of love.

"O felix hominum genus,
Si vestros animos abor
Quo colunm regitur regat"

"Angelical souls, how blessed, how happy should we be, so loving, how might
we triumph over the devil, and have another heaven upon earth!"

But this we cannot do; and which is the cause of all our woes, miseries,
discontent, melancholy, want of this charity. We do invicem angariare,
contemn, consult, vex, torture, molest, and hold one another's noses to the
grindstone hard, provoke, rail, scoff, calumniate, challenge, hate, abuse (hard-
hearted, implacable, malicious, peevish, inexorable as we are), to satisfy our
lust or private spleen, for toys, trifles, and impertinent occasions, spend our-
selves, goods, friends, fortunes, to be revenged on our adversary, to ruin him
and his. 'Tis all our study, practice, and business how to plot mischief, mine,
countermine, defend and offend, ward ourselves, injure others, hurt all; as if
we were born to do mischief, and that with such eagerness and bitterness,
with such rancour, malice, rage, and fury, we prosecute our intended designs,
that neither affinity or consanguinity, love or fear of God or men can contain
us: no satisfaction, no composition will be accepted, no offices will serve, no
submission; though he shall upon his knees, as Sarpedon did to Glancus in
Homer, acknowledging his error, yield himself with tears in his eyes, beg his
pardon, we will not relent, forgive, or forget, till we have confounded him and

1 Beuhtians, lib. 2. met. 8. 2 Deliquium patitur caritas, odium eis loco accedit. Basil. I. ser. de
3 Nudum in scirpo quadrantes.
his, "made dice of his bones," as they say, see him rot in prison, banish his friends, followers, et omne immoral genius, rooted him out and all his posterity. Monsters of men as we are, dogs, wolves, tigers, fiends, incarnate devils, we do not only contend, oppress, and tyrannise ourselves, but as so many firebrands, we set on, and animate others: our whole life is a perpetual combat, a conflict, a set battle, a snarling fit. Eris dea is settled in our tents, Omnia de lite, opposing wit to wit, wealth to wealth, strength to strength, fortunes to fortunes, friends to friends, as at a sea-fight, we turn our broadsides, or two millstones with continual attrition, we fire ourselves, or break another's backs and both are ruined and consumed in the end. Miserable wretches, to fat and enrich ourselves, we care not how we get it, Quocunque modo rem; how many thousands we undo, whom we oppress, by whose ruin and downfall we arise, whom we injure, fatherless children, widows, common societies, to satisfy our own private lust. Though we have myriads, abundance of wealth and treasure (pitiless, merciless, remorseless, and uncharitable in the highest degree), and our poor brother in need, sickness, in great extremity, and now ready to be starved for want of food, we had rather, as the fox told the ape, his tail should sweep the ground still, than cover his buttocks; rather spend it idly, consume it with dogs, hawks, hounds, unnecessary buildings, in riotous apparel, ingurgitate, or let it be lost, than he should have part of it; rather take from him that little which he hath, than relieve him.

Like the dog in the manger, we neither use it ourselves, let others make use of or enjoy it; part with nothing while we live: for want of disposing our household, and setting things in order, set all the world together by the ears after our death. Poor Lazarus lies howling at his gates for a few crumbs, he only seeks shippings, offals; let him roar and howl, famish, and eat his own flesh, he respects him not. A poor decayed kinsman of his sets upon him by the way in all his jollity, and runs begging bareheaded by him, conjuring by those former bonds of friendship, alliance, consanguinity, &c., uncle, cousin, brother, father,

--- "Per aeg hæbræum, debræque tuam te, Si quidquam de te meruit, sui aut tibi quidquam Dulce meum, misere mel."

"Show some pity for Christ's sake, pity a sick man, an old man," &c., he cares not, ride on: pretend sickness, inevitable loss of limbs, goods, plead suretyship, or shipwreck, fires, common calamities, show thy wants and imperfections,

"Et si per sanctum juris dat Olyrim, Credite, non hudo, crudolest tollite claudum."

"Swear, protest, take God and all his angels to witness, quare pereregrination, thou art a counterfeit crank, a cheater, he is not touched with it, pauper ubique jacet, ride on, he takes no notice of it." Put up a supplication to him in the name of a thousand orphans, a hospital, a spittle, a prison, as he goes by, they cry out to him for aid, ride on, surdo narras, he cares not, let them eat stones, devour themselves with vermin, rot in their own dung, he cares not. Show him a decayed haven, a bridge, a school, a fortification, &c., or some public work, ride on; good your worship, your honour, for God's sake, your country's sake, ride on. But show him a roll wherein his name shall be registered in golden letters, and commended to all posterity, his arms set up, with his devices to be seen, then peradventure he will stay and contribute; or if thou canst thunder upon him, as Papists do, with satisfactory and meritorious works, or persuade him by this means he shall save his soul out of hell, and free it from purgatory (if he be of any religion), then in all likelihood he will

m Hiramesque admitterunt ubera tigres.  n Heraclitum.  o Si in gehennam abit, panum quid non alat: quid de eo fiet qui panum denudat? Austin.
listen and stay; or that he have no children, no near kinsman, heir, he cares for, at least, or cannot well tell otherwise how or where to bestow his possessions (for carry them with him he cannot), it may be then he will build some school or hospital in his life, or be induced to give liberally to pious uses after his death. For I dare boldly say, vain-glory, that opinion of merit, and this enforced necessity, when they know not otherwise how to leave, or what better to do with them, is the main cause of most of our good works. I will not urge this to derogate from any man's charitable devotion, or bounty in this kind to censure any good work; no doubt there be many sanctified, heroic and worthy-minded men, that in true zeal, and for virtue's sake (divine spirits), that out of commiseration and pity extend their liberality, and as much as in them lies do good to all men, clothe the naked, feed the hungry, comfort the sick and needy, relieve all, forget and forgive injuries, as true charity requires; yet most part there is simulam quid, a tree of hypocrisy in this kind, much default and defect. 1 Cosmo de Medici, that rich citizen of Florence, ingenuously confessed to a near friend of his, that would know of him why he built so many public and magnificent palaces, and bestowed so liberally on scholars, that he loved learning more than others, 2 but to eternise his own name, to be immortal by the benefit of scholars; for when his friends were dead, walls decayed, and all inscriptions gone, books would remain to the world's end. The lanthorn in 3 Athenst was built by Zenocles, the theatre by Pericles, the famous port Pyreum by Musicles, Pallas Palladium by Phidias, the Patheon by Callicratidas; but these brave monuments are decayed all, and ruined long since, their builders names alone flourish by meditation of writers. And as 4 he said of that Marian oak, now cut down and dead, n multis Agarctola manu culta stipps tam diurna quam quae poeta versu seminari potest, no plant can grow so long as that which is ingenio satis, set and manured by those ever-living wits. 5 Allon Baokuth, that weeping oak, under which Deborah, Rebecca's nurse, died, and was buried, may not survive the memory of such everlasting monuments. Vain glory and emulation (as to most men) was the cause efficient, and to be a trumpeter of his own fame, Cosmo's sole intent so to do good, that all the world might take notice of it. Such for the most part is the charity of our times, such our benefactors, Meeanesates and patrons. Show me amongst so many myriads, a truly devout, a right, honest, upright, meek, humble, a patient, innocuous, innocent, a merciful, a loving, a charitable man! 6 Probus quis nobiscum vivit? Show me a Caleb or a Joshua! Dio mihi Musa vivum—show a virtuous woman, a constant wife, a good neighbour, a trusty servant, an obedient child, a true friend, &c. Crows in Africa are not so scant. He that shall examine this iron age wherein we live, where love is cold, et jam terras Astrea relict, justice fled with her assistants, virtue expelled,

all goodness gone, where vice abounds, the devil is loose, and see one man vilify and insult over his brother, as if he were an innocent, or a block, oppress, tyrannise, prey upon, torture him, vex, gall, torment and crucify him, starve him, where is charity? He that shall see men 2 swear and forswear, lie and bear false witness, to advantage themselves, prejudice others, hazard goods, lives, fortunes, credit, all, to be revenged on their enemies, men so unspeakable in their lusts, unnatural in malice, such bloody designations,
Italian blaspheming, Spanish renouncing, &c., may well ask where is charity? He that shall observe so many lawsuits, such endless contentions, such plotting, underminging, so much money spent with such eagerness and fury, every man for himself, his own ends, the devil for all: so many distressed souls, such lamentable complaints, so many factions, conspiracies, seditions, oppressions, abuses, injuries, such grudging, repining, discontent, so much emulation, envy, so many brawls, quarrels, monomachies, &c., may well require what is become of charity? when we see and read of such cruel wars, tumults, uproars, bloody battles, so many "men slain, so many cities ruined, &c. (for what else is the subject of all our stories almost, but bills, bows, and guns!) so many murders and massacres, &c., where is charity? Or see men wholly devote to God, churchmen, professed divines, holy men, "to make the trumpet of the gospel the trumpet of war," a company of hell-born Jesuits, and fiery-spirited friars, facem proferre to all seditions: as so many firebrands set all the world by the ears (I say nothing of their contentions and railing books, whole ages spent in writing one against another, and that with such virulence and bitterness, Bio-

naxis sermonibus et sale nigro), and by their bloody inquisitions, that in thirty years, Bale saith, consumed 39 princes, 148 earls, 235 barons, 17,755 commons; worse than those ten persecutions, may justly doubt where is charity? Obsecro vos quales hi demum Christiani! Are these Christians? I beseech you tell me: that shall observe and see these things, may say to them as Cato to Cesar, credo quae de inferis dicens tur tales existinas, "sure I think thou art of opinion there is neither heaven nor hell." Let them pretend religion, zeal, make what shows they will, give alms, peace-makers, frequent sermons, if we may guess at the tree by the fruit they are no better than hypocrites, epicures, atheists, with the "fool in their hearts they say there is no God." "Tis no marvel then if being so uncharitable, hard-hearted as we are, we have so frequent and so many discontent, such melancholy fits, so many bitter pangs, mutual discords, all in a combustion, often complaints, so common grievances, general mischiefs, et tantes in terris tragediae, quibus laboufacturat et miserè luceratur humanum genus, so many pestilences, wars, uproars, losses, deluges, fires, inundations, God's vengeance and all the plagues of Egypt, come upon us, since we are so curvish one towards another, sorespectless of God, and our neighbours, and by our crying sins pull these miseries upon our own heads. Nay more, 'tis justly to be feared, which Josephus once said of his country-

men Jews, "if the Romans had not come when they did to sack their city, surely it had been swallowed up with some earthquake, deluge, or fired from heaven as Sodom and Gomorrah: their desperate malice, wickedness and peevishness was such." 'Tis to be suspected, if we continue these wretched ways, we may look for the like heavy visitations to come upon us. If we had any sense or feeling of these things, surely we should not go on as we do, in such irregular courses, practise all manner of impieties; our whole carriage would not be so averse from God. If a man would but consider, when he is in the midst and full career of such prodigious and uncharitable actions, how displeasing they are in God's sight, how noxious to himself, as Solomon told Joab, 1 Kings, vii. "The Lord shall bring this blood upon their heads." Prov. i. 27, "sudden desolation and destruction shall come like a whirlwind upon them: affliction, anguish, the reward of his hand shall be given him." Isa. iii. 11, &c., "they shall fall into the pit they have digged for others," and when they are scraping, tyrannising, getting, wallowing in their wealth,

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“this night, O fool, I will take away thy soul,” what a severe account they
must make; and how gracious on the other side a charitable man is in God’s
eyes, hauriet sibi gratiam. Matt. v. 7, “Blessed are the merciful, for they
shall obtain mercy: he that lendeth to the poor, gives to God,” and how it
shall be restored to them again; “how by their patience and long-suffering
they shall heap coals on their enemies’ heads,” Rom. xii. “and he that fol-
loweth after righteousness and mercy, shall find righteousness and glory;” surely
they would check their desires, curb in their unnatural, inordinate affections,
agree amongst themselves, abstain from doing evil, amend their lives, and
learn to do well. “Behold how comely and good a thing it is for brethren to
live together in union: it is like the precious ointment, &c. How odious to
contend one with the other!” Miseri quid lactatiunculis hisce volumus? ecce
mors supra caput est, et supremum illud tribunal, ubi et dicta et facta nostra
examinanda sunt: Sapiamus! “Why do we contend and vex one another?
behold death is over our heads, and we must shortly give an account of all
our uncharitable words and actions: think upon it: and be wise.”

SECT. II. MEMB. I.

SUBSECT. I.—Heroical love causeth Melancholy. His Pedigree, Power, and
Extent.

In the preceding section mention was made, amongst other pleasant objects,
of this comeliness and beauty which proceeds from women, that causeth hero-
cical, or love-melancholy, is more eminent above the rest, and properly called
love. The part affected in men is the liver, and therefore called heroical,
because commonly gallants. Noblemen, and the most generous spirits are
possessed with it. His power and extent is very large, and in that twofold
division of love πίεσιν and ἐγκυν, those two veneries which Plato and some
other make mention of, it is most eminent, and ἀνεπίκουρον called Venus, as I
have said, or love itself. Which although it be denominated from men, and
most evident in them, yet it extends and shows itself in vegetal and sensible
creatures, those incorporeal substances (as shall be specified), and hath a large
dominion of sovereignty over them. His pedigree is very ancient, derived
from the beginning of the world, as Phædrus contends, and his parentage of
such antiquity, that no poet could ever find it out. Hesiod makes Terra
and Chaos to be Love’s parents, before the gods were born: Ante deos omnes primum
generavit amorem. Some think it is the self-same fire Prometheus
fetched from heaven. Plutarch amatot nibello, will have Love to be the son
of Iris and Favonius; but Socrates in that pleasant dialogue of Plato, when it
came to his turn to speak of love (of which subject Agatho the rhetorician,
magniloquus Agatho, that chantier Agatho, had newly given occasion), in a
poetical strain, telleth this tale: when Venus was born, all the gods were
invited to a banquet, and amongst the rest, Porus the god of bounty and
wealth; Penia or Poverty came a begging to the door; Porus well whittled
with nectar (for there was no wine in those days) walking in Jupiter’s garden,
in a bower met with Penia, and in his drink got her with child, of whom was
born Love; and because he was begotten on Venus’s birthday, Venus still
attends upon him. The moral of this is in Ficinus. Another tale is there
borrowed out of Aristophanes: in the beginning of the world, men had four

* Benefactis animas suas vir misericors.
* Ed. Libr. 1. Sect. 2. 1 Boyd. 1. Sect. 2. 1 Amor et amicitia.
* Ed. Libr. 1. Sect. 2. 1 Vide Boccia de Genial. decrem. 2 See the moral in Plat. of that Section.
* Ed. Libr. 1. Sect. 2. 1 See more in Valerius, lib. 3. cont. med. et cont. 13.
arms and four feet, but for their pride, because they compared themselves with
the gods, were parted into halves, and now peradventure by love they hope to
be united again and made one. Otherwise thus, 9 Vulcan met two lovers, and
bid them ask what they would and they should have it; but they made answer,
"O Vulcan the gods' great smith, we beseech thee to work us anew in thy furnace, and of two make us one; which he presently did, and ever since true lovers are either all one, or else desire to be
united." Many such tales you shall find in Leon Hebræus, dial. 3. and their moral
to them. The reason why Love was still painted young (as Phormitus "and others will), "is because men are most apt to love; soft, fair, and fat,
because such folks are soonest taken: naked, because all true affection is
simple and open: he smiles, because merry and given to delights: hath a quiver,
to show his power, none can escape: is blind, because he sees not where he
strikes, whom he hits." &c. His power and sovereignty is expressed by the
poets, in that he is held to be a god, and a great commanding god, above Jupi-
ter himself; Magnus Daemon, as Plato calls him, the strongest and merriest of
all the gods according to Alcinous and "Athænæus. Amor vivorum rex, amor
rex et deum, as Euripides, the god of gods and governor of men; for we must
all do homage to him, keep a holiday for his deity, adore in his temples,
worship his image (nunem enim hoc non est nuddm nomen), and sacrifice
to his altar, that conquers all, and rules all:

"Mallem cum leone, cervo et auro. 
Cunt Anio et Stymphalicis aures lactari
Quam cum amore"

"I had rather contend with bulls, lions, bears, and giants, than with Love;"
his is so powerful, enforceth 7 all to pay tribute to him, domineers over all, and
can make mad and sober whom he list; insomuch that Celeilus in Tully's
Tusculans, holds him to be no better than a fool or an idiot, that doth not
acknowledge Love to be a great god.

"Cui in manu sit quem esse dementem velit,
Quem sapere, quem in morbum injust," &c.

That can make sick, and cure whom he list. Homer and Stesichorus were
both made blind, if you will believe 8 Leon Hebræus, for speaking against his
godhead; and though Aristophanes deride him, and say that he was 9 scorn-
fully rejected from the council of the gods, had his wings clipped besides, that
he might come no more amongst them, and to his farther disgrace banished
heaven for ever, and confined to dwell on earth, yet he is of that 10 power,
majesty, omnipotency, and dominion, that no creature can withstand him.

"Imperat Cupido eliam diis pro arbitrio,
Et quium arcere ne armpotens potest Jupiter."

He is more than quarter-master with the gods.

"Tenet
Thetide equus, umbras Aescul, celum Jove:"

and hath not so much possession as dominion. Jupiter himself was turned
into a satyr, shepherd, a bull, a swan, a golden shower, and what not, for
love; that as 11 Lucian's Juno right well objected to him, ludus amoris tu es,
thou art Cupid's whirligig: how did he insult over all the other gods, Mars,
Neptune, Pan, Mercury, Bacchus, and the rest? 12 Lucian brings in Jupiter
complaining of Cupid that he could not be quiet for him; and the moon

9 Vives 3. de anima; oramus te ut tus aribus et cammis nos refingas, et ex duobus unum facsas; quod et
feelic, et exinde amatores unum sunt et unum esse petunt.
Philestratus de Imaginis. Lucilius Gargulis Syntag. de diis
amore pleuramque. Juvenes captantur; sic et mollis, formosus, nudus, quod simplex et apertus hic affectus,
riferit quod oblectandum puere fero, cum pharetra, &c.
Inferorum, as Orpheus, &c. Lib. 18. cap. 6. Dyplomata.
Ovid. 2. Fab. 9. cap. de dic Syriis.
Selden pro. leg. 9. cap. de dls Syriis.
et ad majorem ejus ignominiam, &c.
Fulminum concitator, &c.
Sophocles.
10 He divides the empire of the sea with Thetis,—of the Shades, with Aescul,—of the Heaven, with Jove.
11 Lucian in Jupiter comment
12 Dial. 3. &c.
lamenting that she was so impotently besotted on Endymion, even Venus herself confessing as much, how rudely and in what sort her own son Cupid had used her being his mother, "now drawing her to Mount Ida, for the love of that Trojan Anchises, now to Libanus for that Assyrian youth's sake. And although she threatened to break his bow and arrows, to clip his wings, and whipped him besides on the bare buttocks with her phantastyle, yet all would not serve, he was too headstrong and unruly." That monster-conquering Hercules was tamed by him:

"Quem non nullius fera, quem non Stheneljus hostis,
Nec potuit Juno vincere, victam amor."  

Your bravest soldiers and most generous spirits are enervated with it, "abi mulieribus blanditiis permittunt se, et inquinantur amplectibus. Apollo, that took upon him to cure all diseases, could not help himself of this; and therefore Socrates calls Love a tyrant, and brings him triumphing in a chariot, whom Petrarch imitates in his triumph of Love, and Præcastorius, in an elegant poem expresseth at large, Cupid riding, Mars and Apollo following his chariot, Psyche weeping, &c.

In vegetal creatures what sovereignty love hath, by many pregnant proofs and familiar examples may be proved, especially of palm-trees, which are both he and she, and express not a sympathy but a love-passion, and by many observations have been confirmed.

"m Vivunt in venerem frondes, omnique vicisim
Felix arbor amata, mutans et muta palmae
Pradera, populus suspitatus populus ipsi,
Et platanus platana, alique assislat alnus."

Constantine de Agric. lib. 10. cap. 4. gives an instance out of Florentius his Georgics, of a palm-tree that loved most fervently, "and would not be comforted until such time her love applied herself unto her; you might see the two trees bend, and of their own accord stretch out their boughs to embrace and kiss each other; they will give manifest signs of mutual love." Ammianus Marcellinus, lib. 24, reports that they marry one another, and fall in love if they grow in sight; and when the wind brings the smell to them they are marvellously affected. Philostratus in Imaginibus, observes as much, and Galen, lib. 6. de locis affectis, cap. 5. they will be sick for love; ready to die and pine away, which the husbandmen perceiving, saith Constantine, "stroke many palms that grow together, and so stroking again the palm that is enamoured, they carry kisses from one to the other:" or tying the leaves and branches of the one to the stem of the other, will make them both flourish and prosper a great deal better: "which are enamoured, they can perceive by the bending of boughs, and inclination of their bodies. If any man think this which I say to be a tale, let him read that story of two palm-trees in Italy, the male growing at Brundusium, the female at Otranto (related by Jovianus Pontanus in an excellent poem, sometimes tutor to Alphonsus junior, King of Naples, his secretary of state, and a great philosopher) "which were barren, and so continued a long time," till they came to see one another growing up higher, though many stadiums asunder. Pierius in his Hieroglyphics, and Melchior Guiliandinus, Mem. 3. tract. de papyro, cites this story of Pontanus for a truth. S more in Salmuth Comment. in Panti-
rol. de Nova repert. Tit. 1. de novo orbe, Mistaldus Arcanorum, lib. 2. Saul's Voyages, lib. 2. fol. 103. &c.

If such fury be in vegetalis, what shall we think of sensible creatures, how much more violent and apparent shall it be in them!

"All kind of creatures in the earth, and fishes of the sea, and painted birds do rage alike; this love bears equal away."

"Filii deos et terras et maris alta domat."

Common experience and our sense will inform us how violently brute beasts are carried away with this passion, horses above the rest—fueror est insignis equarum. "Cupid in Lucian bids Venus his mother be of good cheer, for he was now familiar with lions, and oftentimes did get on their backs, hold them by the mane, and ride them about like horses, and they would fawn upon him with their tails." Bulls, bears, and boars are so furious in this kind they kill one another: but especially cocks, lions, and harts, which are so fierce that you may hear them fight half a mile off, saith Turbervile, and many times kill each other, or compel them to abandon the rut, that they may remain masters in their places; "and when one hath driven his co-rival away, he raiseth his nose up into the air, and looks aloft, as though he gave thanks to nature," which affords him such great delight. How birds are affected in this kind, appears out of Aristotle, he will have them to sing ob futurum venenum, for joy or in hope of their venery which is to come.

"Eritis primum volucres to Diva, tumque Significant inimicum, pereatque corda tua vi."

"Fishes pine away for love and wax lean," if Gomesiu's authority may be taken, and are rampant too, some of them: Peter Gellius, lib. 10. de hist. animal, tells wonders of a Triton in Epirus: there was a well not far from the shore, where the country wenches fetched water, they, Tritons, stupri causa would set upon them and carry them to the sea, and there drown them, if they would not yield; so love tyranniseth in dumb creatures. Yet this is natural for one beast to dote upon another of the same kind; but what strange fury is that, when a beast shall dote upon a man? Saxo Grammaticus, lib. 10. Dav. hist. hath a story of a bear that loved a woman, kept her in his den a long time and begot a son of her, out of whose loins proceeded many northern kings: this is the original belike of that common tale of Valentine and Orson: Elian, Pliny, Peter Gellius, are full of such relations. A peacock in Lucadia loved a maid, and when she died, the peacock pined. "A dolphin loved a boy called Hernias, and when he died the fish came on land, and so perished." The like adds Gellius, lib. 10. cap. 22. out of Appion, Egypt. lib. 15. a dolphin at Putecoli loved a child, would come often to him, let him get on his back, and carry him about, "and when by sickness the child was taken away, the dolphin died."—"Every book is full (saith Busbequius, the emperor's orator with the grand signior, not long since, ep. 3. legat. Tav.) and yield such instances, to believe which I was always afraid lest I should be thought to give credit to fables, until I saw a lynx which I had from Assyria, so affected towards one of my men, that it cannot be denied but that he was in love with him. When my man was present, the beast would use many notable enticements and pleasant motions, and when he was going, hold him back, and

look after him when he was gone, very sad in his absence, but most joyed
when he returned: and when my man went from me, the beast expressed his
love with continual sickness, and after he had pined away some few days,
died." Such another story he hath of a crane of Majorca, that loved a
Spaniard, that would walk any way with him, and in his absence seek about
for him, make a noise that he might hear her, and knock at his door, "and
when he took his last farewell, famished herself." Such pretty pranks can
love play with birds, fishes, beasts:

"("dove estis aethris, ponti, terra clavæ habet Venus,
Solaque istorum ornant imperium obtinet.)"

and if all be certain that is credibly reported, with the spirits of the air, and
devils of hell themselves who are as much enamoured and dote (if I may use
that word) as any other creatures whatsoever. For if those stories be true
that are written of incubus and succubus, of nymphs, lascivious fauns, satyrs,
and those heathen gods which were devils, those lascivious Telchines, of whom
the Platonists tell so many fables; or those familiar meetings in our days, and
company of witches and devils, there is some probability for it. I know that
Birmannus, Wierus, lib. 1. cap. 19. et 24. and some others stoutly deny it,
that the devil hath any carnal copulation with women, that the devil takes no
pleasure in such facts, they be mere fantasies, all such relations of incubi,
succubi, lies and tales; but Austin. lib. 15. de civit. Dei, doth acknowledge it:
Eras tus, de Lamit., Jacobus Sprenger and his colleagues, &c. Zanchius,
cap. 16. lib. 4. de oper. Dei. Dandinus, in Arist. de Anim. lib. 2. text. 29.
corn. 30. Bodin, lib. 2. cap. 7. and Paracelsus, a great champion of this tenet
amongst the rest, which give sundry peculiar instances, by many testimonies,
proves, and confessions evince it. Hector Boethius, in his Scottish history,
hath three or four such examples, which Cardan confirms out of him, lib. 16.
cap. 48. of such as have had familiar company many years with them, and
that in the habit of men and women. Philostratus in his fourth book de vita
Apollonii, hath a memorable instance in this kind, which I may not omit, of
one Menippus Lycius, a young man twenty-five years of age, that going between
Corinthus and Corinth, met such a phantasm in the habit of a fair gentle-
woman, which taking him by the hand carried him home to her house in the
suburbs of Corinth, and told him she was a Phoenician by birth, and if he
would tarry with her, "he would hear her sing and play, and drink such
wine as never any drank, and no man should molest him; but she being fair and
lovely would live and die with him that was fair and lovely to behold." The
young man, a philosopher, otherwise staid and discreet, able to moderate his
passions, though not this of love, tarried with her awhile to his great content,
and at last married her, to whose wedding amongst other guests, came Apollonius,
who, by some probable conjectures, found her out to be a serpent, a
lamia, and that all her furniture was like Tantalus's gold described by Homer;
no substance, but mere illusions. When she saw herself described, she wept,
and desired Apollonius to be silent, but he would not be moved, and thereupon
she, plate, house, and all that was in it, vanished in an instant: "many
thousands took notice of this fact, for it was done in the midst of Greece."
Sabine in his Comment on the tenth of Ovid's Metamorphoses, at the tale of
Orpheus, teleseth us of a gentleman of Bavaria, that for many months together
bewailed the loss of his dear wife; at length the devil in her habit came and
comforted him, and told him, because he was so importunate for her, that she

\footnotesize{\textsuperscript{a} Desiderium sumum testatus post inediam aliquot diesum interiit. \textsuperscript{b} Orpheus hymno Ven. \textsuperscript{c} Venus keep\nthe keys of the air, earth, sea, and she alone retains the command of all. \textsuperscript{d} Qui habet in astris billes aut
Imaginationem visu reforo consili sunt nihil facient. \textsuperscript{e} Cantasem audies et virum biber, quae ante
nuncquam bibisti; te rivulis turbabit nullus; pulchra autem quasi incomprehensibile vivam, et moriar. \textsuperscript{f} Multi
factum hoc cognovisse; quod in media Graecia gestum sit.}
would come and live with him again, on that condition he would be new married, never swear and blaspheme as he used formerly to do; for if he did, she should be gone: "he vowed it, married, and lived with her, she brought him children, and governed his house, but was still pale and sad, and so continued, till one day falling out with him, he fell a swearing; she vanished thereupon, and was never after seen. k This I have heard," saith Sabine, "from persons of good credit, which told me that the Duke of Bavaria did tell it for a certainty to the Duke of Saxony." One more I will relate out of Florilegus, ad annum 1058, an honest historian of our nation, because he telleth it so confidently, as a thing in those days talked of all over Europe: a young gentleman of Rome, the same day that he was married, after dinner with the bride and his friends went a walking into the fields, and towards evening to the tennis-court, to recreate himself; whilst he played, he put his ring upon the finger of Venus status, which was thereby made in brass; after he had sufficiently played, and now made an end of his sport, he came to fetch his ring, but Venus had bowed her finger in, and he could not get it off. Whereupon loth to make his company tarry at present, there left it, intending to fetch it the next day, or at some more convenient time, went thence to supper, and so to bed. In the night, when he should come to perform those nuptial rites, Venus steps between him and his wife (unseen or felt of her), and told her that she was his wife, that he had betrothed himself unto her by that ring, which he put upon her finger: she troubled him for some following nights. He not knowing how to help himself, made his moan to one Palumbus, a learned magician in those days, who gave him a letter, and bid him at such a time of the night, in such a cross-way; at the town's end, where old Saturn would pass by with his associates in procession, as commonly he did, deliver that script with his own hands to Saturn himself; the young man of a bold spirit, accordingly did it; and when the old fiend had read it, he called Venus to him, who rode before him, and commanded her to deliver his ring, which forthwith she did, and so the gentleman was freed. Many such stories I find in several authors to confirm this which I have said; as that more notable amongst the rest, of Philiunum and Machates in. a Phlegon's Tract, de rebus mirabilibus, and though many be against it, yet I, for my part, will subscribe to Lactantius, lib. 14. cap. 15. "a God sent angels to the tuition of men; but whilst they lived amongst us, that mischievous all-commander of the earth, and hot in lust, enticed them by little and little to this vice, and defiled them with the company of women: and Anaxagoras, de resurrect. "Many of those spiritual bodies, overcome by the love of maids, and lust, failed, of whom those were born we call giants." Justin Martyr, Clemens Alexandrinus, Sulpitius Severus, Eusebius, &c., to this sense make a twofold fall of angels, one from the beginning of the world, another a little before the deluge, as Moses teacheth us, openly professing that these genii can beget, and have carnal copulation with women. At Japan in the East Indies, at this present (if we may believe the relation of travellers), there is an idol called Teuchedy, to whom one of the fairest virgins in the country is monthly brought, and left in a private room, in the fotoci, or church, where she sits alone to be deflowered. At certain times the Teuchedy (which is thought to be the devil) appears to her, and knoweth her carnally. Every month a fair virgin is taken in; but what becomes of the old, no man can tell. In that goodly temple of Jupiter Belus in

1 Fere cursum domesticam, ut ante, peperit aliquot liberos, semper tamen tristi et pulchri.
2 Haec adduvi a multis fido dignis qui aequaverant discem Bavariam eadem reliquipse Ducis Saxoniae pro vera.
3 Fabula Damareti et Antoniis in Herodoto lib. 6. Erasto.
4 Deus Angelorum misti ad tutelam cultuque genera humani; sed illos cum hominibus committere, dominator ille termo salistasimusque patriam ad vitas pelledat, at mulierum congressibus inanissimam.
5 Quidam ex illo capite sunt amore virginum, et bibidem vivi defecerunt, ex quibus gigantes qui vocantur, nati sunt.
6 Purchas Hack posth. par. 1. lib. 4. cap. 1. S. 7.
Babylon, there was a fair chapel, * saith Herodotus, an eye-witnesse of it, in
which was splendide stratus lector et opposita mensa aurea, a brave bed, a table
of gold, &c., into which no creature came but one only woman, which their
god made choice of, as the Chaldæan priests told him, and that their god lay
with her himself, as at Thebes in Ægypt was the like done of old. So that
you see this is no news, the devils themselves, or their juggling priests, have
played such pranks in all ages. Many divines stiffly contradict this; but I will
conclude with Lipsius, that since "examples, testimonies, and confessions, of
those unhappy women are so manifest on the other side, and many even in this
our town of Louvain, that it is likely to be so. One thing I will add, that
I suppose that in no age past, I know not by what destiny of this unhappy
time, have there ever appeared or showed themselves so many lecherous devils,
satyrs, and genii, as in this of ours, as appears by the daily narratives, and
judicial sentences upon record." Read more of this question in Plutarch, vit.
Numæ, Austin, de civ. Dei, lib. 15. Wierus, lib. 3. de praestig. Dam. Giraldus
Reussus, lib. 5. cap. 6. fol. 54. Godelman, lib. 2. cap. 4. Erastus, Valesius
de saera philo. cap. 40. John Nider, Fornicar. lib. 5. cap. 9. Stroz. Ciogna,
lib. 3. cap. 3. Delrio, Lipsius Bodine, daemonol. lib. 2. cap. 7. Pererius in Gen.
lib. 8. in 6. cap. ver. 2. King James, &c.

SUBJ. II.—How Love tyranniseth over men. Love, or Heroical Melancholy,
his definition, part affected.

You have heard how this tyrant Love rageth with brute beasts and spirits;
now let us consider what passions it causeth amongst men.

*Improve amor, quid non mortalia pectora coyis? How it tickles the hearts
of mortal men, Horresco referens,—I am almost afraid to relate, amazed,
and ashamed, it hath wrought such stupendous and prodigious effects, such foul
offences. Love indeed (I may not deny) first united provinces, built cities, and
by a perpetual generation makes and preserves mankind, propagates the
church; but if it rage it is no more love, but burning lust, a disease, frenzy,
madness, hell. *Est orcus ille, vis est immediaibilis, est rabies insana; 'tis no
virtuous habit this, but a vehement perturbation of the mind, a monster of
nature, wit, and art, as Alexis in *lotheneus sets it out, virilitæ audax, muli-
erbita timidum, furore præceps, labore infractum, mel femellum, blandæ percus-
sio, &c. It subverts kingdoms, overthrows cities, towns, families, mars,
corrupts, and makes a massacre of men; thunder and lightning, wars, fires,
plagues, have not done that mischief to mankind, as this burning lust, this
brutish passion. Let Sodom and Gomorrah, Troy (which Dares Phrygius, and
Dictys Cretensis will make good), and I know not how many cities bear record,
------- et fuit ante Helenam, &c., all succeeding ages will subscribe: Joanna of
Naples in Italy, Frederigunde and Brunhalt in France, all histories are full of
these basilisks. Besides those daily monomachies, murders, effusion of blood,
rapes, riot, and inmoderate expense, to satisfy their lusts, beggary, shame,
loss, torture, punishment, disgrace, lostsome diseases that proceed from
thence, worse than calentures and pestilent fevers, those often gouts, ppx,
arthritis, palsy, cramps, sciatica, convulsions, aches, combustions, &c., which
torment the body, that feral melancholy which crucifies the soul in this life,
and everlasting torments in the world to come.

Notwithstanding they know these and many such miseries, threats, tortures,

at exempla turbant nos; mulierum quotidians confessiones de misitones omnes asserunt, et sunt in hac urbe
Lovanæ exempla. * Deus ipse non operabat me ullo retro sev tantum copiam Satyrorum, et salamum
Stoicorum Geniornam se ostendisse, quantum nanæ quotidianæ narratone, et judiciales sententiae ponderant.
*x Virg. * For it is a shame to speak of those things which are done of them in secret," Eccl. v. 12.

will surely come upon them, rewards, exhortations, & contra; yet either out of their own weakness, a depraved nature, or love's tyranny, which so furiously ragest, they suffer themselves to be led like an ox to the slaughter: (Pacilia descensus Avernii) they go down headlong to their own perdition, they will commit folly with beasts, men "leaving the natural use of women," as Paul saith, "burned in lust one towards another, and man with man wrought filthiness."

Semiramis aquo, Pasiphææ tauro, Aristo Ephesiæ asina se commiscuit; Fulvius aque, aliæ canibus, capris, &c., unde monstra nascuntur aliquando, Centauri, Sylvani, et ad tereorem hominum prodigiosa spectacula: Nec cum brutis, sed eis hominis rem habent, quod petatur Sodoma vulgo dictur; et frequens olim vitium apud Orientales illis fuit, Graecos nimium, Italos, Afras, Asianos: Hercules Hylam habuit, Polycleatum, Dionem, Perithoontas, Abderum et Phrygam; alii et Euristum ab Hercules amatam tradunt. Socrates philochorum Adolescentum causâ frequens Gymnasion adibat, flagelliosusque spectaculum possebat octo, quod et Philibus et Phaedon Rivalis, Charmides et reliquis Platonis Dialogi, satis superque testatum faciunt: quod vero Alcibiades de eodem Socrate loquitur, lubens conticceso, sed et abhorreo; tantum incitamentum praebet libidinii. At hunc persuasit Theodoretus lib. de curat. grec. affect. cap. ultimo. Quin et ipse Plato suum deminuratur Agathonem, Xenophon Cliniam, Virgilius Alexim, Anacreon Bathyllum: Quod autem de Nerone, Claudio, cestorumque portentosâ libidine memoria proditum, saltem à Petronio, Suetonio, cestriosophetis, quandò omnem fidem excudat, quid à me expectetis; sed vetera querimur. Apud Asianos, Turcos, Italos, nunquam frequentius huc quod hodierno die vitium; Diana Romanorum Somodia; officinae horum alii cubi apud Turces, ——"qui saxis semina mandant"——arenas arantes; et frequentes quereles, etiam inter ipsos conjuges huc de re, quae virorum concubium illicitum calleo in oppositam partem verso magistratui indicat; nullum apud Italos familiae magis peccatum, qui et post Lucianum et Tatum, scriptis voluminibus defendunt. Johannes de la Casa, Beventius Episcopus, divinum opus vocat, suave scilicet, adeoque jactat se non alio usum Venere. Nihil usitatius apud monachos, Cardenales, sacrificulos, etiam huc furor hic ad mortem, ad vis sanctior. Angelus Politianus, ob puero amorem, violentas siti manus injecit. Et horrendum sane dicunt, quod apud patrum morimur; scelus detestandum hoc siuerit! Quam enim Anno 1538. prudentissimis Rex Henricus Octavus cucullatione conobia, et sacrificium collega, tovariorum, per venerables legum Doctores Thomam Leum, Richardum Leytonum visitari fecerat, &c., tanto numero pertiri sunt apud eos scortatores, cuiiad, ganeones, padicles, puertarii, paederastae, Sodomites (Balei verbis utor), Ganimedes, &c. ut in unoque eorum novam credideris Gomorrhiam. Sed vide si lubet corundam Catalogum apud eundem Baleant; Puelles (inquit) in lectis dormiere non poterant ob fratres necromanticos. Hac si apud votarios, monachos, sancto sordicet homuncionem, quod in foro, quid in anima fuctum suspiceris? quid apud nobiles, quod inter fornicis, quam non factitatem, quam non spurciitatem? Sileo interim turpes illas, et ne nominandas quidem monachorum màsturbationem, masturbatores. Rodericus a Castro vocat, tum et eos qui se invicem ad Venerem exci- tandam flagris caudunt, Spintrias, Succubas, Ambubeias, et lasciviente lumbo Tribades illas mulierculas, qua se invicem fricant, et proter Eunuchos etiam ad Venerem expleandam, artificiosa illa veretra habit. Immo quod magis

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b Rem. 1. 27. c Lilia Graecius, vita ejus. d Puerus omne soli Philosopheri reiqualcandam vult. Lucianus dial. Amor. c Est hanc mentula desmens Mart. e Huberti. f Achilles Tatius, lib. 2. g Lucasiam Charidemo. h Non est hunc mentula desmens Mart. i Jovis Mus. j Prefat. lectori lib. de vitis pontif. k Mercenariae cap. de Praplamo. L Cecilius 1. 11. antiqu. lect. cap. 14. m Gaius 6. de locis att. 2 De morb. mulies. lib. 1. cap. 16.
mirote, femina f eminam Constantinopoli non ita pridem deperit, una quasi plane incredibilem, mutato cultu mentila virum de nuptiis sermonem init, et brevi nuptia est: sed authorem ipsum consule Busbequium. Omitto non Salamarios illos: Egyptianos, qui eum formosarum cadaveribus concumbunt; et eorum venasiam libidinem, qui eam idola et imagines deperant. Nota est fabula Pygmalionis apud Ovidium; Mundi et Paulini apud Aegyptissm nulli belli Jud. lib. 2. cap. 4. Pontius C. Cassarius legatus, referente Plinio, lib. 35. cap. 3. quem suspicior eum esse qui Christum crucifisit, picturis Atalante et Helenae aedis libidincis incurs, ut tollere eae vellet si natura tectoris permetisset; alius statuam bona Fortune deperit; (Aelianus, lib. 9. cap. 37.) alius Bonae deae, et ne qua pars probro vacet, Raptus ad supra (quod ait ille) et ne * os quidem a libidine exceptum. Heliogabalus, per omnia cava corporis libidinem recept, Lamprid. vita ejus. Hostius quidam specula fecit, et ita disposit, ut eum virum ipse patearet, aversus omnes admirandus motus in speculo vide-ret, ac deinde falsa magnitudine ipsum membris tanguum verdi gaudent, simul virum et libidinem passus, quod dictu fædim et abominandum. Ut eum plane sit, quod apud ^7 Plutarchum Gryllus Ulyssi object. Ad hunc usque diem apud nos neque mas marem, neque femina feminam amavit, qualia multa apud vos memorabiles et praelari viri necerunt; ut viles missos faciam, Hercules imberbem sectans socium, amicos deseruit, &c. Vestra libidines intra sua natura fines coerceri non possunt, quin instar fluxui exundantis atrocem fceditatem, tumultum, confusionemque naturæ gigniant in re Veneræ: nam et casparas, porcos, equos interius viri et feminæ, insana bestiarum amore exar-se-runt, unde Minotauri, Centauri, Sylvani, Sphinges, &c. Sed ne confutando doceam, aut ea foras offeram quæ non omnès scire convinit (hoc enim doctis solummodo, quod causa non absimilis, Rodericus, scripta velim), ne levissimis ingentis et depravatis mentibus fædissimi sceleris notitiam, &c., nolo quum divitiis hisce sordibus inquinare.

I come at last to that herculean love which is proper to men and women, is a frequent cause of melancholy, and deserves much rather to be called burning, than by such an honourable title. There is an honest love, I confess, which is natural, laqueus occultus captivans corda hominum, ut a mulieribus non possint separari, "a secret snare to captivate the hearts of men," as Christopher Fonseca proves, a strong allurement, of a most attractive, occult, adamantine property, and powerful virtue, and no man living can avoid it. 

Et qui vim non sensi amoris, aut lapsis est, aut bellus. He is not a man but a block, a very stone, aut Nomen, aut Nébuchadnezzer, he hath a gourd for his head, a pepun for his heart, that hath not felt the power of it, and a rare creature to be found, one in an age, Qui nuncquam visa flagravit amore puellæ, for semel insanimitus omnes, dote we either young or old, as he said, and none are excepted but Minerva and the Muses: so Cupid in Lucian complains to his mother Venus, that amongst all the rest his arrows could not pierce them. But this nuptial love is a common passion, an honest, for men to love in the way of marriage; ut materiam appetit formam, sec mulier virum. You know marriage is honourable, a blessed calling, appointed by God himself in Paradise; it breeds true peace, tranquillity, content, and happiness, quod nullus est aut juxta unquam sanctior conjunctio, as Daphnis and Chloe: you know marriage could well
prove, et quae generi humano immortalitatem parat, when they live without jarring, scolding, lovingly as they should do.

"d Falleceret et amplius Quos irritat tenet copula, nec ulius Divinae querimoniae Supremae citharis amoris".

"Thrice happy they, and more than that, Whom bond of love so firmly ties, That without brawls till death them part, "Tis undissolved and never dies.

As Seneca lived with his Paulina, Abraham and Sarah, Orpheus and Eurydice, Arria and Putton, Artemisia and Manusolus, Rubenius Celer, that would needs have it engraved on his tomb, he had led his life with Ennea, his dear wife, forty-three years eight months, and never fell out. There is no pleasure in this world comparable to it, 'tis summum mortalitatis bonum—hominum divitique voluptatis, Alma Venus—latae enim in muliere aliquid majus potentissime omnium alius humanitis voluptatis, as 'one holds, there's something in a woman beyond all human delight; a magnetic virtue, a charming quality, an occult and powerful motive. The husband rules her as head, but she again commands his heart, he is her servant, she is his only joy and content; no happiness is like unto it, no love so great as this of man and wife, no such comfort as placens uxor, a sweet wife: Omnis amor magnus, sed aperto in conjuge major. When they love at last as fresh as they did at first, Charagque charo consensescit conjugi, as Homer brings Paris kissing Helen, after they had been married ten years, protesting withal that he loved her as dear as he did the first hour that he was betrothed. And in their old age, when they make much of one another, saying, as he did to his wife in the poet,

"Et uxor vivamus, quad vivimus, et moriamur, Servavies nonem sumpamius in thalamo: Nee satat uli dies ut commuteur in seo, Quin tibi sim juvenis, tuque puella mihi."

"Dear wife, let's live in love and die together, As hitherto we have in all, say I will: Let no day change or alter our affections, But let's be young to one another still."

Such should conjugal love, still the same, and as they are one flesh, so should they be of one mind, as in an aristocratical government, one consent, Geryon-like, coalescere in unum, have one heart in two bodies, will and will the same. A good wife, according to Plutarch, should be as a looking-glass to represent her husband's face and passion: if he be pleasant, she should be merry: if he laugh, she should smile: if he look sad, she should participate of his sorrow, and bear a part with him, and so they should continue in mutual love one towards another.

"Et me ab amore tuo deducit nulla senectus, Sive ego Thytonus, sive ego Nestor eram."

"No age shall part my love from thee, sweet wife, Though I live Nestor or Thyonus' life."

And she again to him, as the Bride saluted the Bridegroom of old in Rome, ubi tu Caius, ego semper Caia, be thou still Caius, I'll be Caia.

'Tis a happy state this indeed, when the fountain is blessed (saith Solomon, Prov. v. 17) "and he rejoiceth with the wife of his youth, and she is to him as the loving hind and pleasant roe, and he delights in her continually." But this love of ours is immoderate, inordinate, and not to be comprehended in any bounds. It will not contain itself within the union of marriage, or apply to one object, but is a wandering, extravagant, a domineering, a boundless, an irrepressible, a destructive passion: sometimes this burning lust rages after marriage, and then it is properly called jealousy; sometimes before, and then it is called heroical melancholy; it extends sometimes to co-rivals, &c., beget rapes, incests, murders: Marcus Antonius compressit Faustinam sororem, Caracalla Julianum noveram, Nero matrem, Caligula sororem, Cyneras Myrrhae filiam, &c. But it is confined within no terms of blood, years, sex, or whatsoever else. Some furiously rage before they come to discretion or age.

a Hor. b Lucan. c. f Seneca. g Hor. * Propert. 1. Simonides, g. u. "She grows old in love and in years together." k Ausonius. l Geryon amicitia symbolum. m Propert. 1. 2. n Plutarch. c. 30. Rom. hist.
Quartilla in Petronius never remembered she was a maid; and the wife of Bath, in Chaucer, cracks.

P. Aratina Lucretia sold her maidenhead a thousand times before she was twenty-four years old, plus millies vendiderat virginitatem, &c. neque te celabo, non deerrant qui ut integram ambientem. Rahab, that harlot, began to be a professed queen at ten years of age, and was but fifteen when she hid the spies, as Hugh Broughton proves, to whom Serrarius the Jesuit, quast. 6. in cap. 2. Josue, subscribes. Generally women begin pubescent, as they call it, or catu-lire, as Julius Pollux cites, lib. 2. cap. 3. onomast. out of Aristophanes, at fourteen years old, then they do offer themselves, and some plainly rage. Leo Afer saith, that in Africa a man shall scarce find a maid at fourteen years of age, they are so forward, and many amongst us after they come into the teens do not live without husbands, but linger. What pranks in this kind the middle ages have played is not to be recorded. Si mihii sint centum linguae, sint oraque centum, no tongue can sufficiently declare, every story is full of men and women's insatiable lust, Nero's, Heliogabal, Bonosi, &c. Calibus Amphile-rum, sed Quintius AMPHELINAM depereunt, &c. They neigh after other men's wives (as Jeremiah cap. v. 8. complaineth) like fed horses, or range like town bulls, raptores virginitum et viduarum, as many of our great ones do. Solomon's wisdom was extinguished in this fire of lust, Samson's strength enervated, piety in Lot's daughters quite forgot, gravity of priesthood in Eli's sons, reverend old age in the Elders that would violate Susanna, filial duty in Absalom to his step-mother, brotherly love in Ammon towards his sister. Human, divine laws, precepts, exhortations, fear of God and men, fair, foul means, fame, fortune, shame, disgrace, honour cannot oppose, stave off, or withstand the fury of it, omnia vincit amor, &c. No cord nor cable can so forcibly draw, or hold so fast, as love can do with a twined thread. The scorching beams under the equinoctial, or extremity of cold within the circle arctic, where the very seas are frozen, cold or torrid zone, cannot avoid or expel this heat, fury, and rage of mortal men.

Of women's unnatural, insatiable lust, what country doth not complain? Mother and daughter sometimes dote on the same man, father and son, master and servant, on one woman.

What breach of vows and oaths, fury, dotage, madness, might I reckon up? Yet this is more tolerable in youth, and such as are still in their hot blood, but for an old fool to dote, to see an old lecher, what more odious, what can be more absurd? And yet what so common? Who so furious? Amore ex atate si occerentur, mulio insaniunt acrius. Some dote then more than ever they did in their youth. How many decrepit, hoary, harsh, withren, bursten-bellied, crooked, toothless, bald, bear-eyed, impotent, rotten old men shall you see flickering still in every place? One gets him a young wife, another a courtezean, and when he can scarce lift his leg over a sill, and hath one foot already in Charon's boat, when he hath the trembling in his joints, the gout in

his feet, a perpetual rheum in his head, "a continue cough," his sight fails him, thick of hearing, his breath stinks, all his moisture is dried up and gone, may not spit from him, a very child again, that cannot dress himself, or cut his own meat, yet he will be dreaming of, and honing after wenches, what can be more unseemly? Worse it is in women than in men, when she is atate desluis, dix viduus, mater olim, parum decorè matrimonium sequi videtur, an old widow, a mother so long since (in Pliny's opinion), she doth very unseemly seek to marry, yet whilst she is so old a crone, a beldam, she can neither see, nor hear, go nor stand, a mere carcass, a witch, and scarce feel; she caterwauls, and must have a stallion, a champion, she must and will marry again, and betroth herself to some young man, that hates to look on, but for her goods; abbors the sight of her, to the prejudice of her good name, her own undoing, grief of friends, and ruin of her children.

But to enlarge or illustrate this power and effects of love, is to set a candle in the sun. It rageth with all sorts and conditions of men, yet is most evident among such as are young and lusty, in the flower of their years, nobly descended, high fed, such as live idly, and at ease; and for that cause (which our divines call burning lust) this fenius insanus amor, this mad and beastly passion, as I have said, is named by our physicians heroical love, and a more honourable title put upon it, Amor nobilis, as Savarolana styles it, because noble men and women make a common practice of it, and are so ordinarily affected with it. Avicenna, lib. 3. Fen. 1. tract. 4. cap. 33. calleth this passion Instis, and defines it "to be a disease or melancholy vexation, or anguish of mind, in which a man continually meditates of the beauty, gesture, manners of his mistress, and troubles himself about it: desiring," (as Savarolana adds) with all intentions and eagerness of mind, "to compass or enjoy her, as commonly hunters trouble themselves about their sports, the covetous about their gold and goods, so is he tormented still about his mistress." Arnoldus Villanovanus, in his book of heroical love, defines it, "a continual cogitation of that which he desires, with a confidence or hope of compassing it;" which definition his commentator cavils at. For continual cogitation is not the genus but a symptom of love; we continually think of that which we hate and abhor, as well as that which we love; and many things we covet and desire, without all hope of attaining. Carolus à Lorne, in his Questions makes a doubt, Amor sit morbus, whether this heroical love be a disease: Julius Pollux Onomast. lib. 6. cap. 44, determines it. They that are in love are likewise sick; lascivus, salax, lascivio, et quis in venerem furit, verè est agrotus. Arnoldus will have it improperly so called, and a madly rather of the body than mind. Tully, in his Tusculana, defines it a furious disease of the mind; Plato, madness itself. Ficinus, his Commentator, cap. 12. a species of madness, "for many have run mad for women," Esdr. iv. 26. But Rhasis "a melancholy passion;" and most physicians make it a species or kind of melancholy (as will appear by the symptoms), and treat of it apart; whom I mean to imitate, and to discuss it in all his kinds, to examine his several causes, to show his symptoms, indications, prognostics, effect, that so it may be with more facility cured.

The part affected in the meantime, as Arnoldus says, "is the former

1 Quod tuto terrario orbis communis? que civitas, quod oppidum, que familia vacat amorum exemplis? Aneas Silvius. Quis trigessimum annum natus nullum amoris causa peregit insignis fauci? ego de me facio conjecturam, quem amor in mille periculis missus est. 2 Porcius, Plato. 3 Prop. maj. De natura uman. 4 Scias agrigreen est soluto melancolico in quo homo applicat nihil cognitionem super pulchritudine ipsius quam amavit, gestum, normam.
part of the head for want of moisture," which his Commentator rejects. Langius, med. epist. lib. 1. cap. 24. will have this passion seated in the liver, and to keep residence in the heart, "to proceed first from the eyes so carried by our spirits, and kindled with imagination in the liver and heart;" coget amore jejunus, as the saying is. Medium feret per opar, as Cupid in Andromache. For some such cause belike 4 Homer feigns Tithon's liver (who was enamoured of Latona) to be still gnawed by two vultures day and night in hell, "for that young men's bowels thus enamoured, are so continually tormented by love." Gordonius, cap. 2. part. 2. "will have the testicles an immediate subject or cause, the liver an antecedent." Fracastorius agrees in this with Gordonius, inde primitus imaginatio veneris, erectio, &c. titillatissimam partem vocat, ita ut nisi extruso semine gestiens voluptas non cessat, nec assidua veneris recordatio, addit Gnastivinus, Comment. 4. Sect. prob. 27. Arist. But 5 properly it is a passion of the brain, as all other melancholy, by reason of corrupt imagination, and so doth Jason Pratensis, c. 19. de morb. cerebri (who writes copiously of this erotic love), place and reckon it amongst the affections of the brain. 6 Melancthon de animal confutes those that make the liver a part affected, and Guianerius, Tract. 15. cap. 13. et 17. though many put all the affections in the heart, refers it to the brain. Ficinus, cap. 7. in Convivium Platonis, "will have the blood to be the part affected." Jo. Frietagius, cap. 14. not. med. supposeth all four affected, heart, liver, brain, blood; but the major part concur upon the brain, 7 bis imaginatio lassa; and both imagination and reason are misaffected; because of his corrupt judgment, and continual meditation of that which he desires, he may truly be said to be melancholy. If it be violent, or his disease inveterate, as I have determined in the precedent partitions, both imagination and reason are misaffected, first one then the other.

MEMB. II.

SUBSEC. I.—Causes of Heroical Love, Temperature, full Diet, Idleness, Place, Climate, &c.

Of all causes the remotest are stars. 7 Ficinus, cap. 19. saith they are most prone to this burning lust, that have Venus in Leo in their horoscope, when the Moon and Venus be mutually aspected, or such as be of Venus' complexion. 8 Plutarch interprets astrologically that tale of Mars and Venus, "in whose genitures 3 and 9 are in conjunction," they are commonly lascivious, and if women, queans; "as the good wife of Bath confessed in Chaucer;"

I followed aye mine inclination,
By virtue of my constitution.

But of all those astrological aphorisms which I have ever read, that of Cardan is most memorable, for which howsoever he is bitterly censured by 9 Marinus Marcennus, a malapert friar, and some others (which 8 he himself suspected) yet methinks it is free, downright, plain and ingenuous. In his 3 eighth Geniture, or example, he hath these words of himself. 8 9 and 6 in 9 dignitas assiduum mihi Venereorum cogitationem praestabunt, ita ut nunquam quiescan. Et paulo post, Cogitatio Venereorum me torquet perpetuo, et quam

7 Affectus animi concupisibilis ad desiderio sui amata per celos in mente concepto, spiritus in corde et jecore incendens. 8 Odysseus, et Metamor. 4. Od. 9 Quod tales canisjecta in adolescentem visceribus amor facias inappellabilia. 10 Testudini quosdam causam conjunctam, opar antecedentam, postnum esse subjectum. 11 Propris passio cerebri est ob corrupsum imaginationem. 12 Cap. de affectibus. 13 Est corrupto imagina- tione et suffasione facultate, ob formam fortiter adiutam, corruptumque judicium, ut semper de eo cogitent, idque recte melancholie apellatur. 14 Concipientes vehemens ex corrupto judicio asitivae virtutis. 15 Comment. in convivium Platonis. Irresistibiliter cito quibus nascentibus Venus fuerit in Leone, vel Luna venereum vehemens, ita ut cadam conceptionem sunt praeedit. 16 Plurumque amatores sunt, et si venereum vehemens, ita ut cadam conceptionem sunt praeedit. 17 Comment. in Genea. cap. 3. 18 Et si in hoc parum a praecelam infamia muliebrae auro, vincis tamen amor veritatis. 19 Edin. Basill. 1550, Cum Comment. in Plutonio quadrupartium.
facto implere non licuit, aut fecisse potentem puduit, cogitatione assidua mentitus sum voluptatem. Et alibi, ob & et dominium et radiorum mixtionem, profundum fuit ingenium, sed lascivium, egoque turpi libidinem deditus et obsccuus. So far Cardan of himself, quod de se fatetur ideo ut utilitatem adserat studiosis hujusce discipline, and for this he is traduced by Marcennus, when as in effect he saith no more than what Gregory Nazianzen of old, to Chilo his scholar, offerebant se multo visendae mulieres, quorum praecellent e elegantia et decoro spectabili tentabatur nec integritas pudicitiae. Et quidem flagitium vitam, fornicationes, at munditiae virginalis florem arcand cordis cogitationes sedav. Sed at rem. Aptiores ad masculinam venereum sunt quorum genesi Venus est in signo masculino, et in Saturni finibus aut oppositione, &c. Ptolomeus in quadrupart, plura de his et specialia habet aphorismata, longo proculubio usu confirmata, et ab experientia multa perfecta, inquit commentator ejus Cardanus. Tho. Campanella, Astrologia lib. 4. cap. 8. articulj4 and 5. insanim amatoriam remonstrantia, multa praeterita accumulat aphorismata, qua qui volet, consulat. Chiromantici ex cingulo Veneris plerumque conjecturam faciunt, et monte Veneris, de quorum decretis, Taisnerum, Johan. de Indagine, Goclenium, ceterosque si luctab, inspicia. Physicians divine wholly from the temperature and complexion; phlegmatic persons are seldom taken, according to Ficinus Comment. cap. 9; naturally melancholy less than they, but once taken they are never freed; though many are of opinion flatuous or hypochondriacal melancholy are most subject of all others to this infirmity. Valessus assigns their strong imagination for a cause, Bodine abundance of wind, Gordinius of seed, and spirits, or atomi in the seed, which cause their violent and furious passions. Sanguine thence are soon caught, young folks most apt to love, and by their good wills, saith *Lucian, "would have a bout with every one they see;" the colt's evil is common to all complexions. Theomestus a young and lusty gallant acknowledgeth (in the said author) all this to be verified in him, "I am so amorously given 'you may sooner number the sea-sands, and snow falling from the skies, than my several loves. Cupid had shot all his arrows at me, I am deluded with various desires, one love succeeds another, and that so soon, that before one is ended I begin with a second; she that is last is still fairest, and she that is present pleaseth me most: as an hydra's head my loves increase, no Iolaus can help me. Mine eyes are so moist a refuge and sanctuary of love, that they draw all beauties to them, and are never satisfied. I am in a doubt what fury of Venus this should be: alas, how have I offended her so to vex me, what Hippolitus am I! What Telchin is my genius? or is it a natural imperfection, an hereditary passion?" Another in Anacreon confesseth that he had twenty sweethearts in Athens at once, fifteen at Corinth, as many at Thebes, at Lesbos, and at Rhodes, twice as many in Ionia, thrice in Caria, twenty thousand in all: or in a word, ut phila na panta, &c.

"Folia arborum omnium at
Nasti referre cuncta,
Aut computare arenas
In carcer universas.
Solum meorum amorum
Te fecero legispart?"

His eyes are like a balance, apt to propend each way, and to be weighed down with every wench's looks, his heart a weathercock, his affection tender, or rapte itself, which every fair object, sweet smile, or mistress's favour sets on fire. Guianerius, tract. 15. cap. 14. refers all this to "the hot temperature of the testicles," Herandus a Frenchman in his Erotique Mel. (which

* Fol. 445. Basil. Edit. 2Dial. amorum. 3 Citius maris fluctus et nives callo delabentes numerarum quam amores meos; aliis amores alis succedunt, ac primae quemque desertae priores, insipient sequentes. Aede humildis occulta meus inhabitat Asylus omnem formam ad se rapiant, ut nullis satiatae expelatur. Quamam hoc ira Veneris, &c. 6 Num. xxxii. 7 Qui calidum testiculorum crassin habent, &c.
book came first to my hands after the third edition) to certain atomi in the seed, "such as are very spermatic and full of seed." I find the same in Aristot. sect. 4. prob. 17. si non securatur semen, cessare tentigine non possunt, as Gnastivius his commentator translates it: for which cause those young men that be strong set, of able bodies, are so subject to it. Hercules de Saxoniæ hath the same words in effect. But most part I say, such as are aptest to love that are young and lusty, live at ease, stall-fed, free from cares, like cattle in a rank pasture, idle and solitary persons, they must needs hirquitullire, as Gnastivius recites out of Censorinus:

"\textbf{x} mens erit capi tum qunm latetissima rerum, \textbf{Ut seges in jungui luxuriatibus humo.}" \textbf{The mind is apt to lust, and hot or cold, As corn luxuriates in a better mould.}

The place itself makes much wherein we live, the clime, air, and discipline if they concur. In our Misnia, saith Galen, near to Pergamus, thou shalt scarce find an adulterer, but many at Rome, by reason of the delights of the seat. It was that plenty of all things, which made \textit{Corinth} so infamous of old, and the opportunity of the place to entertain those foreign comers; every day strangers came in, at each gate, from all quarters. In that one temple of Venus a thousand whores did prostitute themselves, as Strabo writes, besides Lais and the rest of better note: all nations resorted thither, as to a school of Venus. Your hot and southern countries are prone to lust, and far more incontinent than those that live in the north, as Bodine discourses at large, \textit{Method. hist. cap. 5. Molles Astatici}, so are Turks, Greeks, Spaniards, Italians, even all that latitude; and in those tracts, such as are more fruitful, plentiful, and delicious, as Valence in Spain, Capua in Italy, \textit{domicilium luxus} Tully terms it, and (which Hannibal's soldiers can witness) Canopus in Egypt, Sybaris, Phœacia, Baæ, \textit{Cyprus}, Lampascus. In \textit{Naples} the fruit of the soil and pleasant air enervate their bodies, and alter constitutions: insomuch that Florus calls it, \textit{Certamen Bacchi et Veneris}, but \textit{Foliot} admires it. In Italy and Spain they have their stews in every great city, as in Rome, Venice, Florence, wherein, some say, dwell ninety thousand inhabitants, of which ten thousand are courtesans; and yet for all this, every gentleman almost hath a peculiar mistress; fornications, adulteries, are nowhere so common: \textit{urbis est jam tota lapanar; how should a man live honest amongst so many provocations? now if vigour of youth, greatness, liberty I mean, and that impurity of sin which grandees take unto themselves in this kind shall meet, what a gap must it needs open to all manner of vice, with what fury will it rage? For, as Maximus Tyrius the Platonist observes, \textit{libido consequita quam fuerit materiam improbam, et praeuptam licentiam, et effrenatum andaciam, &c., what will not lust effect in such persons? For commonly princes and great men make no scruple at all of such matters, but with that whore in Spartan, \textit{guioquad libet licet}, they think they may do what they list, profess it publicly, and rather brag with Procclus (that writ to a friend of his in Rome, \textit{what famous exploits he had done in that kind}) than any way be abashed at it. \textit{Nicholas Sanders relates of Henry VIII. (I know not how truly) Quod pauca visit pulchriores quas non concepserit, et paucaissimas concepserit quas non violaverit, \textit{He saw very few maids that he did not desire, and desired fewer whom he did not enjoy: nothing so familiar amongst them, tis most of their business: Sardanapalus, Messalina, and Joan of Naples, are not comparable to \textit{me}}}

1 Printed at Paris 1624, seven years after my first edition. 2 Ovid de art. 3 Gerbellus, descrips. Graecas. Rerum omnium effusias et loci mira opportunitates, nullo non die hospites in portas advertere. Templo Veneris milia mercetrices se prostatimabant. 4 Tota Cypris insula delitia incinit, et ob id tantum luxuriae delicia ut sit olim Veneri sacra, Ortelius. Lampascus, olim Priapo sacer ob vixinum generosum, et loci delicias. Idem. 5 Agri Nepolitani delineato, elegantia, amenitas, vix intra modum humanae constitute videtur; unde, &c. Laand. Alber. in Campania. 6 Lib. de laud. urbr. Neap. Disputat. de morbis animi, Reielndo Interpret. 7 Lampridius, Quod decem nocebus contum virgines faciesse mulieres, faculam. 8 Vita elius. 9 If they contain themselves, many times it is not virtutis amore; non deest voluntas sed facultas.
men and women; Solomon of old had a thousand concubines; Ahassuerus his eunuchs and keepers; Nero his Tigellinus, panders, and bawds; the Turks, Muscovites, Mogors, Xeriffs of Barbary, and Persian Sophies, are no whit inferior to them in our times. Delectus est omnium puellorum toto regno formâ prestantis or (saith Jovius) pro imperatore; et quas illâ linguit, nobles habent; they press and muster up wenches as we do soldiers, and have their choice of the rarest beauties their countries can afford, and yet all this cannot keep them from adultery, incest, sodomy, buggery, and such prodigious lusts. We may conclude, that if they be young, fortunate, rich, high-fed, and idle withal, it is almost impossible that they should live honest, not rage, and precipitate themselves into these inconveniences of burning lust.

"a Otium et reges prsus et beatas Perdidit urbes."

Idleness overthrows all, Vacuo pectore regnat amor, love tyranniseth in an idle person. Amore abundas Anipho. If thou hast nothing to do, "b" Individit vel amor miser torquere—Thou shalt be haled in pieces with envy, lust, some passion or other. Homines nihil agendo malè agere discunt; 'tis Aristotle's simile, "c" as match or touchwood takes fire, so doth an idle person love. Quaritur Ægistas quare sit factus adulter, &c., why was Ægistas a whoremaster? You need not ask a reason of it. Ismendora stole Baccho, a woman forced a man, as Auroras dide Cephalus: no marvel, said Plutarch, Luxurians opibus more hominum mulier agit: she was rich, fortunate and jolly, and doth but as men do in that case, as Jupiter did by Europe, Neptune by Amymone. The poets therefore did well to feign all shepherds lovers, to give themselves to songs and dalliances, because they lived such idle lives. For love, as Theophrastus defines it, is otiosi animi affectus, an affection of an idle mind, or as Seneca describes it, Juventis gignitur, luxu nutritur, fervis alit, otioque inter lata fortunae bonus; youth begets it, riot maintains it, idleness nourisheth it, &c. which makes Gordonius the physician cap. 20. part. 2. call this disease the proper passion of nobility. Now if a weak judgment and a strong apprehension do concur, how, saith Hercules de Saxonii, shall they resist? Savanarola appropriates it almost to "d" monks, friars, and religious persons, because they live solitary, fare daintily, and do nothing;" and well he may, for how should they otherwise choose?

Diet alone is able to cause it: a rare thing to see a young man or a woman that lives idly, and fares well, of what condition soever, not to be in love. Alcibiades was still dallying with wanton young women, immoderate in his expenses, effeminate in his apparel, ever in love, but why? he was over-delicat in his diet, too frequent and excessive in banquets, Ubicunque securitas, ibi libido dominatur; lust and security domineer together, as St. Hierome averreth. All which the wife of Bath in Chancer freely justifies,

For all to sicker, as cold engendreth hail,
A liquorish tongue must have a liquorish tail.

Especially if they shall further it by choice diet, as many times those Sybarites and Pheacese do, feed liberally, and by their good will eat nothing else but lascivious meats. f Vinum imprimis generosum, legumen, fabas, radices omnium generum bene conditas, et largo pipere aspersas, carduos hortulanos, lactulas, e eruca, repas, porros, capas, nucem piceam, amygdalas dulces, electuaria, syrups, sucsos, cockeles, conchas, piscis optime preparatos, aviculas, testiculus...

out of fame and common rumour, so much incensed, that he would needs have her to be his wife." And sometimes by reading they are so affected, as he in a Lucian confesseth of himself, "I never read that place of Panthea in Xeno-
phon, but I am as much affected as if I were present with her." Such persons commonly b feign a kind of beauty to themselves; and so did those three gen-
tlewomen in "Balthasar Castilfo fall in love with a young man whom they never knew, but only heard him commended: or by reading of a letter; for there is a
grace cometh from hearing, d as a moral philosopher informeth us, "as well from sight; and the species of love are received into the phantasy by relation alone." e ut cupere ab aspectu, sic velle ab audita, both senses affect. Inter-
dum et absentem amandum, sometimes we love those that are absent, saith Phi-
lostratus, and gives instance in his friend Athenorodus, that loved a maid at
Corinth whom he never saw; non oculi sed mens videt, we see with the eyes of
our understanding.

But the most familiar and usual cause of love is that which comes by sight, which conveys those admirable rays of beauty and pleasing graces to the heart. Plotinus derives love from sight, ἡ ἔννοια ἐπειδὴ ᾑδονή. f Si mensis, oculis sunt in amore ducès, "the eyes are the harbinger of love," and the first step of love is sight, as g Lilius Giraldus proves at large, hist. deor. syntag. 13. they as two sluices let in the influences of that divine, powerful, soul-ravishing, and captivating beauty, which, as h one saith, "is sharper than any dart or needle, wounds deeper into the heart; and opens a gap through our eyes to that lovely wound, which pierceth the soul itself." (Ecclus. 18.) Through it love is kindled like a fire. This amazing, confounding, admirable, amiable beauty, "than which in all nature's treasure (saith Isocrates) there is nothing so majestical and sacred, nothing so divine, lovely, precious," tis nature's crown, gold and glory; bonum si non summum, de summis tamen non infrequenter triumphasse, whose power hence may be discerned; we commend and abhor generally such things as are foul and ugly to behold, account them filthy, but love and covet that which is fair. 'Tis beauty in all things which pleaseth and allureth us, a fair hawk, a fine garment, a goodly building, a fair house, &c. That Persian Xerxes when he destroyed all those temples of the gods in Greece, caused that of Diana, in integrum servari, to be spared alone for that excellent beauty and magnificence of it. Inanimate beauty can so command. 'Tis that which painters, artificers, orators, all aim at, as Eriximachus the physician, in Plato contends, "It was beauty first that ministered occasion to art, to find out the knowledge of carving, painting, building, to find out models, perspectives, rich furniture, and so many rare inventions." Whiteness in the lily, red in the rose, purple in the violet, a lustre in all things without life, the clear light of the moon, the bright beams of the sun, splendour of gold, purple, sparkling diamond, the excellent feature of the horse, the majesty of the lion, the colour of birds, peacocks' tails, the silver scales of fish, we behold with singular delight and admiration. "m And which is rich in plants, delightful in flowers, wonderful in beasts, but most glorious in men," doth make us affect and earnestly desire it, as when we hear any sweet harmony, an eloquent tongue, see any excellent quality, curious work of man, elaborate art, or aught that is exquisite, there ariseth instantly in us a longing for the same. We love such
men, but most part for comeliness of person; we call them gods and goddesses

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a Quotid de Panthea Xenophonis locem perlego, ita animo affectus at si coram intuerer. b Pulchrit-
dinem abe ipsa confingunt, imagine. c De amore lib. 2. fol. 116. ite a pleasant story, and related at
large by him. d Gratia venit ab anditu aquae ac vitae, at species amoris in phantasmam recipient sola
relatione. Pisiculensius grad. 8. c. 28. e Lips. cent. 2. epist. 22. Beatitie Encomia. f Proper-
g Amoris primum gradum visus habet, ut aspicient rem amatam. g Achilles Tatius lib. 1. Forma
telo quivis acuitur ad inferendam valvum, perque oculis amatoris vulneri additum patiendi in animam penetrat.
h in tota rerum natura nihil forma divinae, nihil augustiae, nihil pretiosi, cujus vis contult inse-
ligentur, &c. i Christ. Fomseca. j 13. k Brusa prob. 11. de forma & Lucianos.
divine, serene, happy, &c. And of all mortal men they alone (Calcinus holds) are free from calumny; qui divitiis, magnificatum et gloriam florent, injuriis lascivius, we backbite, wrong, hate renowned, rich, and happy men, we repine at their felicity, they are undeserving we think, fortune is a step-mother to us, a parent to them. "We envy (saith *Isocrates,) wise, just, honest men, except with mutual offices and kindesses, some good turn or other, they extort this love from us; only fair persons we love at first sight, desire their acquaintance, and adore them as so many gods: we had rather serve them than command others, and account ourselves the more beholding to them, the more service they enjoin us: though they be otherwise vicious, dishonest, we love them, favour them, and are ready to do them any good office for their beauty's sake, though they have no other good quality beside. *Die igitur 6 formose adolescens (as that eloquent Phavorinus breaks out in *Stobeus), dic Autiloque, suaviiis neciare logeris; dic 6 Telemach, vehementius Ulysses diceis; dic Alciobides utcumque ebrius, libentius tibi licet ebrio auscultabimus. "Speak, fair youth, speak Autiloquus, thy words are sweeter than nectar, speak O Telemachus, thou art more powerful than Ulysses, speak Alciobides though drunk, we will willingly hear thee as thou art." Faults in such are no faults: for when the said Alciobides had stolen Anytus his gold and silver plate, he was so far from prosecuting so foul a fact (though every man else condemned his impudence and insolency) that he wished it had been more, and much better (he loved him dearly) for his sweet sake. "No worth is eminent in such lovely persons, all imperfections hid; non enim facile de his quos plurimum diligimus, turpitudinem suspicamur; for hearing, sight, touch, &c., our mind and all our senses are captivated, omnes sensus formosus delectat. Many men have been preferred for their person alone, chosen kings, as amongst the Indians, Persians, Ethiopia of old; the properest man of person the country could afford, was elected their sovereign lord; Grator est pulchro veniens ad corpore virtus, and so have many other nations thought and done, as *Curtius observes: Ingens enim in corpore majestate veneratio est, "for there is a majestical presence in such men;" and so far was beauty adored amongst them, that no man was thought fit to reign, that was not in all parts complete and supereminent. Agis, king of Lacedaemon, had like to have been deposed, because he married a little wife, they would not have their royal issue degenerate. Who would ever have thought that Adrian the Fourth, an English monk’s bastard (as *Papirius Massovius writes in his life), substantia sub velicitatis, squilibet et miser, a poor forsaken child, should ever come to be pope of Rome? But why was it? Errat acri ingenio, facundia expedita, elegantia corpore, facieque lacte aedilari (as he follows it out of *Nubrigensis, for he ploughs with his heifer), "he was wise, learned, eloquent, of a pleasant, a promising countenance, a goodly, proper man; he had, in a word, a winning look of his own," and that carried it, for that he was especially advanced. So "Saul was a goodly person and a fair." Maximinus elected emperor, &c. Branchus the son of Apollo, whom he begot of Jane, Sucoros’ daughter (saith Lactanthes), when he kept King Admetus’ herds in Thessaly, now grown a man, was an earnest suitor to his mother to know his father; the nymph denied him, because Apollo had conjured her to the contrary; yet overcome by his impertinency at last she sent him to his father; when he came into Apollo’s presence, malas Dei reverenter osculatus,
he carried himself so well, and was so fair a young man, that Apollo was infinitely taken with the beauty of his person, he could scarce look off him, and said he was worthy of such parents, gave him a crown of gold, the spirit of divination, and in conclusion made him a demi-god. O vis superba forma, a goddess beauty is, whom the very gods adore, nam pulchros dii amant; she is Amoris domina, love’s harbinger, love’s loadstone, a witch, a charm, &c. Beauty is a dower of itself, a sufficient patrimony, an ample commendation, an accurate epistle, as Æ Lucian, Æ Apuleius, Tiraquellus, and some others conclude. Imperio digna forma, beauty deserves a kingdom, saith Abulensis, parados 2. cap. 110. immortality; and "more have got this honour and eternity for their beauty, than for all other virtues besides:" and such as are fair, "are worthy to be honoured of God and men." That Idalian Ganymede was therefore fetched by Jupiter into heaven, Hephastion dear to Alexander, Antinous to Adrian. Plato calls beauty for that cause a privilege of nature, Natura gaudentis opus, nature’s master-piece, a dumb comment; Theophrastus, a silent fraud; still rhetoric, Carneades, that persuades without a speech, a kingdom without a guard, because beautiful persons command as so many captains; Socrates, a tyranny, "which tyranniseth over tyrants themselves:" which made Diogenes belike call proper women queens, quod facerent homines quae praecipserant, because men were so obedient to their commands. They will adore, cringe, compliment, and bow to a common wench (if she be fair) as if she were a noble woman, a countess, a queen, or a goddess. Those temperate young men of Greece erected at Delphos a golden image with infinite cost, to the eternal memory of Phryne the courtezan, as Ælian relates, for she was a most beautiful woman, insomuch saith "Athenaeus, that Apelles and Praxiteles drew Venus’s picture from her. Thus young men will adore and honour beauty; nay kings themselves I say will do it, and voluntarily submit their sovereignty to a lovely woman. "Wine is strong, kings are strong, but a woman strongest," 1 Esd. iv. 10. as Zerobabel proved at large to King Darius, his princes and noblemen. "Kings sit still and command sea and land, &c., all pay tribute to the king; but women make kings pay tribute, and have dominion over them." When they have got gold and silver, they submit all to a beautiful woman, give themselves wholly to her, gape and gaze on her, and all men desire her more than gold or silver, or any precious thing: they will leave father and mother, and venture their lives for her, labour and travel to get, and bring all their gains to women, steal, fight, and spoil for their mistress’s sake. And no king so strong, but a fair woman is stronger than he is. "All things" (as he proceeds) "fear to touch the king; yet I saw him and Apame his concubine, the daughter of the famous Bartacus, sitting on the right hand of the king, and she took the crown off his head, and put it on her own, and stroke him with her left hand; yet the king gaped and gazed on her, and when she laughed, he laughed, and when she was angry he flattered to be reconciled to her." So beauty commands even kings themselves; nay whole armies and kingdoms are captivated together with their kings: 6 Forma vincent armatos, ferrum pulchritudo captivat; vincentur specie, qui non vincentur praelio. And 'tis a great matter saith Xenophon, "and of which all fair persons may worthily brag, that a strong man must labour for his living if he will have aught, a valiant man must fight and endanger himself for it, a wise man speak himself, and toil; but a fair and beautiful person doth all

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2) Lib. 2. Van Hest. Tanae formae elegantia ut ab es nuda, &c.
3) Edras. lv. 29. Origen. hom. 53. in Numb. In ipso tyranno tyrannidas exercet, d illud certe magnum ob quod gloriarit possessum formosu, quod robustus necessarium sit laborare, forte parvula se olivicere, sapientem, &c.
with ease, he compasseth his desire without any pains-taking: God and men heaven and earth conspire to honour him; every one pities him above other, if he be in need, and all the world is willing to do him good. Charicles fell into the hand of pirates, but when all the rest were put to the edge of the sword, she alone was preserved for her person. When Constantinople was sacked by the Turk, Irene escaped, and was so far from being made a captive, that she even captivated the Grand Seignior himself. So did Rosamond insult over King Henry the Second.

It captivates the very gods themselves, Moriora numina,

And those mali genii are taken with it, as I have already proved. Formosam Barbari verentur, et ad spectum pulchrum inmanis animus manuisecit.

(Heledor. lib. 5.) The barbarians stand in awe of a fair woman, and at a beautiful aspect a fierce spirit is pacified. For when as Troy was taken, and the wars ended (as Clemens Alexandrinus quotes out of Euripides), angry Menelaus with rage and fury armed, came with his sword drawn, to have killed Helen, with his own hands, as being the sole cause of all those wars and miseries: but when he saw her fair face, as one amazed at her divine beauty, he let his weapon fall, and embraced her besides, he had no power to strike so sweet a creature. Ergo hebetantur ase pulchritudine, the edge of a sharp sword (as the saying is) is dulled with a beautiful aspect, and severity itself is overcome. Hiperides the orator, when Phryne his client was accused at Athens for her lewdness, used no other defence in her cause, but tearing her upper garment, disclosed her naked breast to the judges, with which comeliness of her body and amiable gesture they were so moved and astonished, that they did acquit her forthwith, and let her go. O noble piece of justice! mine author exclaims: and who is he that would not rather lose his seat and robes, forfeit his office, than give sentence against the majesty of beauty? Such prerogatives have fair persons, and they alone are free from danger. Parthenope was so lovely and fair, that when he fought in the Theban wars, if his face had been by chance bare, no enemy would offer to strike at or hurt him, such immunities hath beauty. Beasts themselves are moved with it. Sinalda was a woman of such excellent feature, and a queen, that when she was to be trodden on by wild horses for a punishment, "the wild beasts stood in admiration of her person, (Saxo Grammaticus, lib. 8. Dan. hist.) and would not hurt her." Wherefore did that royal virgin in Apuleius, when she fled from the thieves' den, in a desert, make such an apostrophe to her ass on whom she rode; (for what knew she to the contrary, but that he was an ass?) Si me parentibus et proco formos o redidieris, quae 7ibi gratias, quos honores habebas, quos cibos offerebas? She would comb him, dress him, feed him, and trick him every day herself, and he should work no more, toil no more, but rest and play, &c. And besides she would have a dainty picture drawn, in perpetual remembrance, a virgin riding upon an ass's back with this motto, A sino vectore regia virgo fugiens captiviatarum; why said she all this? why did she make such promises to a dumb beast? but that she perceived the poor ass to be
taken with her beauty; for he did often obliquo collo pedes puellae decoros basiare, kiss her feet as she rode, et ad delicatulas voculas tentabat adhinnire, offer to give consent as much as in him was to her delicate speeches, and besides he had some feeling, as she conceived of her misery. And why did Theogone's horse in Heliodorus p. curvet, prance, and go so proudly, exulians alacerit et super-biens, &c., but that such as mine author supposest, he was in love with his master? dixisses ipsum equum pulchrum intelligere pulchram domine formam?

A fly lighted on a Malthius' cheek as he lay asleep; but why? Not to hurt him, as a parasite of his, standing by, well perceived, non ut pungere, sed ut oscularetur, but certainly to kiss him, as ravished with his divine looks. Inanimate creatures, I suppose, have a touch of this. When a drop of 'Psyche's candle fell on Cupid's shoulder, I think sure it was to kiss it. When Venus ran to meet her rose-cheeked Adonis, as an elegant 'poet of ours sets her out,

"the bushes in the way
Some catch her neck, some kiss her face,
Some twine about her legs to make her stay,
And all did covet her for to embrace."

Aer ipse amore inflictior, as Heliodorus holds, the air itself is in love: for when Hero played upon her lute,

"tThe wanton air in twenty sweet forms danc't
After her fingers,"

and those lascivious winds stayed Daphne when she fled from Apollo;

Boreas Ventus loved Hyacinthus, and Orithya Ericthon's daughter of Athens; vi rapuit, &c., he took her away by force, as she was playing with other wenches at Nissus, and begat Zetes and Galias his two sons of her. That seas and waters are enamoured with this our beauty, is all out as likely as that of the air and winds; for when Leander swam in the Hellespont, Neptune with his trident did beat down the waves, but

"They still mounted up intending to have kiss'd him,
And fell in drops like tears because they missed him."

The river Alpheus was in love with Arachusa, as she tells the tale herself,

"viridescque manu siccata capillos,
Fluminis Alphi veteres recitavit amores;
Ego ego Nympharum, v.’ &c.

When our Thame and Isis meet

"O scena miles sonant, connexa brachis pallsent,
Mutaque explicitis connectant colla lacertis."

Inachus and Pineus, and how many loving rivers can I reckon up, whom beauty hath enthralled! I say nothing all this while of idols themselves that have committed idolatry in this kind, of looking-glasses, that have been rapt in love (if you will believe 'poets), when their ladies and mistresses looked on to dress them.

"Et si non habeo sensum, tua gratia sensum
Exhibet, et calidi sentio amores onus.
Dirigis hues spectantia lumina, flammas
Succeddunt lopigi sancti membris mihis."

"Though I no sense at all of feeling have,
Yet your sweet looks do animate and save;
And when your speaking eyes do this way turn,
My wounded members live and burn."

I could tell you such another story of a spindle that was fired by a fair lady's looks, or fingers, some say, I know not well whether, but fired it was by report, and of a cold bath that suddenly smoked, and was very hot when naked Celia came into it, "Miramur quis sit tantuus et unde vapor," &c. But

Ov. Met. 1. Ov. Met. lib. 5. And with her hand wiping off the drops from her green 
J. "And with her hand wiping off the drops from her green 
"Their lips resound with thousand kisses, their arms are pallid with the close embrace, and their necks are mutually entwined by their fond caresses."

Angerianus. "Angerianus. 6 Si longe ascipiens hae orti lumina dives atque homines proper, quae eruc lina nequit?"

"We wonder how great the
honour and whence it comes."
of all the tales in this kind, that is the most memorable of a Death himself, when he should have strucken a sweet young virgin with his dart, he fell in love with the object. Many more such could I relate which are to be believed with a poetical faith. So dumb and dead creatures dote, but men are mad, stupified many times at the first sight of beauty, amazed, as that fisherman in Aristænetus, that spied a maid bating herself by the sea-side:

"Soluta mihis sunt omnia membra—
A capite ad calcem, sensuque omnis perit
De pectore, tam immensus stupor animam invasit mihis."

And as Lucian, in his images, confesses of himself, that he was at his mistress's presence void of all sense, immovable, as if he had seen a Gorgon's head: which was no such cruel monster (as Cælius interprets it, lib. 3. cap. 9.), "but the very quintessence of beauty," some fair creature, as without doubt the poet understood in the first fiction of it, at which the spectators were amazed. Miseri quibus intentata vises, poor wretches are compelled at the very sight of her ravishing looks to run mad, or make away with themselves.

"They wait the sentence of her scornful eyes;
And whom she favours lives, the other dies."

1 Heliodorus, lib. 1. brings in Thamyris almost besides himself, when he saw Claricia first, and not daring to look upon her a second time, "for he thought it impossible for any man living to see her and contain himself." The very fame of beauty will fetch them to it many miles off (such an attractive power this loadstone hath), and they will seem but short, they will undertake any toil or trouble, long journeys. Penia or Alatantus shall not overgo them, through seas, deserts, mountains, and dangerous places, as they did to gaze on Psyche: "many mortal men came far and near to see that glorious object of her age," Paris for Helen, Corebus to Troja.

"Hic Trojam qui forte diebus
Veteres insano Cassandra insensus amore,"

"who inflamed with a violent passion for Cassandra, happened then to be in Troy." King John of France, once prisoner in England, came to visit his old friends again, crossing the seas; but the truth is, his coming was to see the Countess of Salisbury, the nonpareil of those times, and his dear mistress. That infernal god Pluto came from hell itself, to steal Proserpine; Achilles left all his friends for Polixena's sake, his enemy's daughter; and all the Greecian gods forsook their heavenly mansions for that fair lady, Philo Dioneus daughter's sake, the paragon of Greece in those days; et enim venustate fruist, ut eam certamin onmes dix conjugem expelierent: "for she was of such surpassing beauty, that all the gods contended for her love." Formosa divis imperat puella: "the beautiful maid commands the gods." They will not only come to see, but as a falcon makes a hungry hawk hover about, follow, give attendance and service, spend goods, lives, and all their fortunes to attain;

"Were beauty under twenty looks kapt fast,
Yet love breaks through, and picks them all at last."

When fair Hero came abroad, the eyes, hearts, and affections of all her spectators were still attendant on her.

"Et medes inter vultus supereminet onmes,
Perque artem aspirant veniam teneant numinis inspirat."

"So far above the rest fair Hero shined,
And stole away the enchanted gazer's mind."
When Peter Arctine's Lucretia came first to Rome, and that the fame of her beauty, ad urbanarum deliciarum sectatores general, nemo non ad videndum eam, &c. were spread abroad, they came in (as they say) thick and threefold to see her, and hovered about her gates, as they did of old to Lais of Corinth, and Phryne of Thebes. Ad eijus jacuit Græcia tota fores, "at whose gates lay all Greece." 4

"Every man sought to get her love, some with gallant and costly apparel, some with an affected pace, some with music, others with rich gifts, pleasant discourse, multitude of followers; others with letters, vows, and promises, to commend themselves, and to be gracious in her eyes." Happy was he that could see her, thrice happy that enjoyed her company. Charmides 5 in Plato was a proper young man, in comeliness of person, and all good qualities, far exceeding others; whenever fair Charmides came abroad, they seemed all to be in love with him (as Critias describes their carriages), and were troubled at the very sight of him; many came near him, many followed him whereas-ever he went; as those 7 formarum spectatores did Acontius, if at any time he walked abroad: the Athenian lasses stared on Alcebiades; Sappho and the Mitilenean women on Phaon the fair. Such lovely sights do not only please, entice, but ravish and amaze. Cleonimua, a delicate and tender youth, present at a feast which Androcles his uncle made in Piræo at Athens, when he sacrificed to Mercury, so stupified the guests, Díneas, Aristippus, Agasthenes, and the rest (as Charidemus in 8 Lucian relates it), that they could not eat their meat, they sat all supper time gazing, glancing at him, stealing looks, and admiring of his beauty. Many will condemn these men that are so enamoured, for fools; but some again commend them for it; many reject Paris's judgment, and yet Lucian approves of it, admiring Paris for his choice; he would have done as much himself, and by good desert in his mind; beauty is to be preferred "a before wealth or wisdom." 9 Atheneus, Deipnosophist, lib. 13. cap. 7, holds it not such indignity for the Trojans or Greeks to contend ten years, to spend so much labour, lose so many men's lives for Helen's sake, 6 for so fair a lady's sake,

"Oh talen uxorum cui præstantissima formas,
Nil mortale refer."

That one woman was worth a kingdom, a hundred thousand other women, a world itself. Well might 6 Sterpsichores be blind for carping at so fair a creature, and a just punishment it was. The same testimony gives Homer of the old men of Troy, that were spectators of that single combat between Paris and Menelaüs at the Seian gate, when Helen stood in presence; they said all, the war was worthily prolonged and undertaken 8 for her sake. The very gods themselves (as Homer and 9 Isocrates record) fought more for Helen than they did against the giants. When 5 Venus lost her son Cupid she made proclamation by Mercury, that he that could bring tidings of him should have seven kisses; a noble reward some say, and much better than so many golden talents, seven such kisses to many men were more precious than seven cities, or so many provinces. One such a kiss alone would recover a man if he were a dying, 5 Suaviolum Stygia sic te de valle reducet, &c. Great Alexander married Roxane, a poor man's child, only for her person. 7 Twas well done of Alexander, and heroically done; I admire him for it. Orlando was mad for Angelica, and who do not condole his mishap? Thisbe died for Pyramus,
Dido for Æneas; who doth not weep, as (before his conversion) k Austin did in commiseration of her estate! she died for him; "methinks (as he said) I could die for her.”

But this is not the matter in hand; what prerogative this beauty hath, of what power and sovereignty it is, and how far such persons that so much admire, and dote upon it, are to be justified; no man doubts of these matters; the question is, how and by what means beauty produces thus effect? By sight: the eye betrays the soul, and is both active and passive in this business; it wounds and is wounded, is an especial cause and instrument, both in the subject and in the object. “As tears, it begins in the eyes, descends to the breast;” it conveys these beauteous rays, as I have said, unto the heart. \Ut vidi ut perii. m Mars videt hanc, visamque cupit. Shechem saw Dinah the daughter of Leah, and defiled her, Gen. xxxiv. 3. Jacob, Rachel, xxxix. 17, “for she was beautiful and fair.” David spied Bathsheba afar off, 2 Sam. xi. 2.

The elders, Susanna, n as that Orthomenian Strato saw fair Aristoclea the daughter of Theopanthes, bathing herself at that Hencywell in Lebades, and were captivated in an instant. Viderunt oculi, rapuerunt pectora flammas; Ammon fell sick for Thamar’s sake, 2 Sam. xiii. 2. The beauty of Esther was such, that she found favour not only in the sight of Ahasuerus, “but of all those that looked upon her.” Gerson, Origen, and some others, contended that Christ himself was the fairest of the sons of men, and Joseph next unto him, \speciosus præ filiis hominum\, and they will have it literally taken; his very person was such, that he found grace and favour of all those that looked upon him. Joseph was so fair, that, as the ordinary gloss hath it, \filia decurrerent per munera, et ad fenestras\, they ran to the top of the walls and to the windows to gaze on him, as we do commonly to see some great personage go by; and so Matthew Paris describes Matilda the Empress going through Cullen. "P. Morales the Jesuit saith as much of the Virgin Mary. Antony no sooner saw Cleopatra, but, saith Appian, \lib. 1\, he was enamoured of her. p Theseus at the first sight of Helen was so besotted, that he esteemed himself the happiest man in the world if he might enjoy her, and to that purpose kneeled down, and made his pathetical prayers unto the gods. q Charicles, by chance, espying that curious picture of smiling Venus naked in her ten ple, stood a great while gazing, as one amazed; at length, he brake into that mad passionate speech, “O fortunate god Mars, that wast bound in chains, and made ridiculous for her sake!” He could not contain himself, but kissed her picture, I know not how oft, and heartily desired to be so disgraced as Mars was. And what did he that his betters had not done before him?}

When Venus came first to heaven, her comeliness was such, that (as mine author saith) "all the gods came flocking about, and saluted her, each of them went to Jupiter, and desired he might have her to be his wife.” When fair q Antilochus came in presence, as a candle in the dark his beauty shined, all men’s eyes (as Xenophon describes the manner of it) “were instantly fixed on him, and moved at the sight, insomuch that they could not conceal themselves, but in gesture or looks it was discerned and expressed.” Those other senses, hearing touching, may much penetrate and affect, but none so much, none so forcible as sight. \Forma Briseis mediis in armis movit Achilles\, Achilles was moved in the midst of a battle by fair Briseis, Ajax by Tecmessa;
Clitiphon ingeniously confesseth, that he no sooner came in Lenippes's presence, but that he did corde tremere, et oculis lascivios intueri: *he was wounded at the first sight, his heart panted,* and he could not possibly turn his eyes from her. So doth Calysiris in Heliodorus, lib. 2. Ibis Priest, a reverend old man, complain, who by chance at Memphis seeing that Thracian Rodophe, might not hold his eyes off her: *"I will not conceal it, she overcame me with her presence, and quite assaulted my continency which I had kept unto mine old age; I resisted a long time my bodily eyes with the eyes of my understanding; at last I was conquered, and as in a tempest carried head-long."* *Xenophiles, a philosopher, railed at women downright for many years together, scorned, hated, scoffed at them; coming at last into Daphnis a fair maid's company (as he condoles his mishap to his friend Demaritis), though free before, Intactus nullis ante cupidinibus, was far in love, and quite overcome upon a sudden Victus sum Jateor a Daphnido, &c. I confess I am taken,*

"d Solis hue infexit sensus, animunque labentem
Impulit."——

I could hold out no longer. Such another mishap, but worse, had Str. tocles the physician, that blear-eyed old man, mauro plenus (so Prodromus describes him); he was a severe woman's-hater all his life, fæcia et contumeliosus semper in feminas profatus, a bitter persecutor of the whole sex, humanas aspides et viperas appellebat, he forswore them all still, and mocked them wheresoever he came, in such vile terms, ut matrem et sorores odisset, that if thou hadst heard him, thou wouldst have loathed thine own mother and sisters for his word's sake. Yet this old doting fool was taken at last with that celestial and divine look of Myrilla, the daughter of Anticles the gardener, that smirking wench, that he shaved off his bushy beard, painted his face, curled his hair, wore a laurel crown to cover his bald pate, and for her love besides was ready to run mad. For the very day that he married he was so furious, ut s lis occasum minus expectare posset (a terrible, a monstrous long day), he could not stay till it was night, sed omnibus insalutatis in thalamum festinans irritariit, the meat scarce out of his mouth, without any leave taking, he would needs go presently to bed. What young man, therefore, if old men be so intemperate, can secure himself? Who can say I will not be taken with a beautiful object? I can, I will contain. 

"No, saith Lucian of his mistress, she is so fair, that if thou dost but see her, she will stupify thee, kill thee straight, and, Medusa like, turn thee to a stone; thou canst not pull thine eyes from her, but as an adamant doth iron, she will carry thee bound headlong whither she will herself, infect thee like a basilisk. It holds both in men and women. Dido was

8 Delevit omnem ex animo mulieres. *Nam vincit et velignam, ferrunque al quis pulchra est. Anacreon, 2* Spenser in Hs Faerie Queene. *Achilles Tatius, lib. 1. *Statim ac cum contemplatus sum, sed illi repugnabat. b Pudet dicere, non celebro tamen. Memphis venientes me visit, et continentiam expugnavit, quam ad senectutem usque servaram; occis corporis, &c. 6 Nunc primam circa habe amnis animi harenae. Aristophanes, ep. 17. 4Virg. Aen. 4. "She alone hath captivated my feelings, and fixed my wavering mind." 8 Amoranim dail. 3 Comasque ad speculam disposit. 4 Imag. Polistrate. Si idam saltum intueris, statim immobiliorem facies: si consulacris eum, non relinquat feculas oculos ab ea amovend; abduscet a sallgatam quoniam voluerit, ut ferarum ad se traheere ferunt adamantem.
Venus; for he being a sweaty fuliginous blacksmith, was dearly beloved of her, when fair Apollo, nimble Mercury were rejected, and the rest of the sweet-faced gods forsaken. Many women (as Petronius observes) sorribus calent (as many men are more moved with kitchen wenches, and a poor market maid, than all these illustrious court and city dames) will sooner dote upon a slave, a servant, a dirt dauber, a brontes, a cook, a player, if they see his naked legs or arms, thorsaque brachia, &c., like that huntsman Meleager in Philostratus, though he be all in rags, obscene and dirty, besmeared like a ruddlemaker, a gipsy, or a chimney-sweeper, than upon a noble gallant, Nireus, Epheslion, Alcibiades, or those embroidered courtiers full of silk and gold. Justin’s wife, a citizen of Rome, fall in love with Pylades a player, and was ready to run mad for him, had not Galen himself helped her by chance. Faustina the empress doted on a fencer.

Not one of a thousand falls in love, but there is some peculiar part or other which pleaseth most, and inflames him above the rest. A company of young philosophers on a time fell at variance, which part of a woman was most desirable and pleased best? some said the forehead, some the teeth, some the eyes, cheeks, lips, neck, chin, &c., the controversy was referred to Lais of Corinth to decide; but she, smiling, said, they were a company of fools; for suppose they had her where they wished, what would they first seek? Yet this notwithstanding I do easily grant, neque quis vestrum negaverit opinor, all parts are attractive, but especially the eyes.

which are love’s fowlers; amplexus amoris, the shoeing horns, “the hooks of love (as Arandus will), the guides, touchstone, judges, that in a moment cure mad men, and make sound fools mad, the watchmen of the body; what do they not?” How vex they not? All this is true, and (which Athenaeus lib. 13. dip. cap. 5. and Tatius hold) they are the chief seats of love, and James Lernutius hath facetiously expressed in an elegant ode of his,

> Amorem ocellis flammolis hora
> Vidi insidendo, erudite pastori
> Fragrum circum ludibundos
> Cum phalaris voluit et arcu,

> “I saw Love sitting in my mistress’ eyes
> Sparkling, believe it all posterity,
> And his attendants playing round about,
> With bow and arrows ready for to fly.”

Seager calls the eyes, “Cupid’s arrows; the tongue, the lightning of love; the pops, the tents; Balthasar Castilio, the causes, the chariots, the lamps of love,”

> “amula lumina stellis,
> Lumina qua possent sollicitare deos.”

> “Eyes emulating stars in light,
> Enticing gods at the first sight;”

Love’s orators, Petronius.

> “O blandissimae, et o facetae,
> Et quasnam prata nostra loquaces
> Illic est Venus, et unus amoris,
> Atque ipsa in medio seced voluptas.”

> “O sweet and pretty speaking eyes,
> Where Venus, love, and pleasure lies.”

Love’s torches, touch-box, napthe and matches, Tibullus.

> “Illus ex oculis quam vult exuere divos,
> Accedunt geminis lapsades acer amor.”

> “Tart Love when he will set the gods on fire,
> Lightens the eyes as torches to desire.”

Leander, at the first sight of Hero’s eyes, was incensed, saith Museaus.

> “Simul in oculorum radiis crecebat fax amorum,
> Et cor servatebavit igne lampetus
> Pulchritudo enim celebres immaculae feminae,
> Acucil honosibus est velut sagitta.

> “Love’s torches gan to burn first in her eyes,
> And set his heart on fire which never dies:
> For the fair beauty of a virgin pure
> Is sharper than a dart, and doth inure
> A deeper wound, which pierceth to the heart
> By the eyes, and causeth such a cruel smart.”
A modern poet brings in Amnon complaining of Thamar,

"et me fascino
Occidit libris et formae lepas,
Ille nitet, illa gratia, et versa decor,
Illae semilantes purpuram, et a rosas genua,
Oculique vincitque aures nodo cornu." —

"It was thy beauty, 'twas thy pleasing smile,
Thy grace and comeliness did me beguile;
Thy rose-like cheeks, and unto purple fair
Thy lovely eyes and golden knotted hair."

Philostratus Lemnus cries out on his mistress's basilisk eyes, ardentes facies, those two burning glasses, they had so inflamed his soul, that no water could quench it. "What a tyranny (saith he), what a penetration of bodies is this! thou drawest with violence, and swallowest me up, as Charybdis doth sailors with thy rocky eyes: he that falls into this gulf of love, can never get out.

Let this be the corollary then, the strongest beams of beauty are still darted from the eyes.

"Nam quis lumina tanta, tanta
Postet luminibus aua tueri,
Non statim trepidansque, palpitansque,
Fras desiderit austantis aura?" &c.

"For who such eyes with his can see, And not forthwith enamour'd be."

And as men catch doterelles by putting out a leg or an arm, with those mutual glances of the eyes they first inveigle one another. "Cynthia prima suis missarum me cepit ocellis. Of all eyes (by the way) black are most amiable, enticing and fairer, which the poet observes in commending of his mistress. "Spectandum nigris oculis, nigroque capillo," which Hesiod admires in his Alomena,

"Cujus this vertice nigricantibus oculis
Tale quammad spirat ac ab aures Venere."

"From her black eyes, and from her golden face, As if from Venus came a lovely grace."

and "Triton in his Milene—nigra oculos formosa mihi." Homer useth that epithet of ox-eyed, in describing Juno, because a round black eye is the best, the son of beauty, and farthest from black the worse: which "Polydore Virgil taxeth in our nation: Angli ut plurimum castis oculis, we have gray eyes for the most part. Baptista Porta, Physiognom. lib. 3. puts gray colour upon children, they be childish eyes, dull and heavy. Many commend on the other side Spanish ladies, and those Greek dames at this day, for the blackness of their eyes, as Porta doth his Neapolitan young wives. Suetonius describes Julius Caesar to have been nigris vegetisque oculis miconibus, of a black quick sparkling eye: and although Averroes in his Colliget will have such persons timorous, yet without question they are most amorous.

Now last of all, I will show you by what means beauty doth fascinate, bewitch, as some hold, and work upon the soul of a man by the eye. For certainly I am of the poet's mind, love doth bewitch and strangely change us.

"Indit amor sensus, oculis perstringit, et aufert
Libertatem animi, mira nos fascinat arte.
Credo aliquis damon subiens prascordia flammam
Conchilt, et rapitam foliit de corde mentem."

"Love mocks our senses, carves our liberties,
And doth bewitch us with his art and rings,
I think some devil gets into our entrails, [rings,]
And kindles coals, and heaves our souls from th.

Heliodorus, lib. 3. proves at large, that love is witchcraft, "it gets in at our eyes, pores, nostrils, engenders the same qualities and affections in us, as were in the party whence it came." The manner of the fascination, as Ficinus 10. cap. com. in Plat. declares it, is thus: "Mortal men are then especially bewitched, when as by often gazing one on the other, they direct sight to sight, join eye to eye, and so drink and suck in love between them; for the beginning of this disease is the eye. And therefore he that hath a clear eye, though he be otherwise deformed, by often looking upon him, will make one mad, and tie him fast to him by the eye." Leonard. Varius, lib. 1. cap. 2. de fas-

* Rose formosarum oculis nascentur, et hilaritas vulnus elegantiae corona. Philostratus deliciis.
* Epist. et in deliciis, abi et oppugnatione relinque, quan flammas non extinguit; nam ab amore ipsa flammas sentit incidenda, quae corporum penetratio, quae tyrannias habeat? &c.
* Locosque Patheas.
* The wretched Cynthia first captivates with her sparkling eyes.
* Ovid. anorm. lib. 2. eleg. 4.
* Soc. HerOID.
* Callagynus diad. 2.
* Histor. lib. 1.
* Daws' relation, fol. 67.
* Mantuan.
* Amor per oculos, nares, poros influens, &c. Mortules hum summares fascinatur quando frequentissimo intuitt aciem dirigentes, &c. Ideo et qui ulterius pollut oculorum, &c.
cinat, tell eth us, that by this interview, "the purer spirits are infected," the
one eye pierceth through the other with his rays, which he sends forth, and
many men have those excellent piercing eyes, that, which Suetonius relates of
Augustus, their brightness is such, they compel their spectators to look off,
and can no more endure them than the sunbeams. Barradius, lib. 6, cap. 10.
de Harmonia Evangel, reports as much of our Saviour Christ, and Peter
Morales of the Virgin Mary, whom Nicephorus describes likewise to have been
yellow-haired, of a wheat colour, but of a most amiable and piercing eye. The
rays, as some think, sent from the eyes, carry certain spiritual vapours with
them, and so infect the other party, and that in a moment. I know, they that
hold visio fit intranmitendo, will make a doubt of this; but Ficinus proves it
from blear-eyes. "That by sight alone, make others blear-eyed; and it is
more than manifest, that the vapour of the corrupt blood doth get in togeth-
er with the rays, and so by the contagion the spectators' eyes are infected."
Other arguments there are of a basiliisk, that kills afar off by sight, as that
Ephesian did of whom Philostratus speaks, of so pereous an eye, he
poisoned all he looked steadily on: and that other argument, menstrua
farninae, out of Aristotle's problems, morbose Capivaccius adds, and Sep-
talus the commentator, that contaminates a looking glass with beholding
it. So the beams that come from the agent's heart, by the eyes, infect the
sirits about the patients, inwardly wound, and thence the spirits infect the
blood. To this effect she complained in Apuleius, "Thou art the cause of
my grief, thy eyes piercing through mine eyes to mine inner parts, have set my
bowels on fire, and therefore pity me that am now ready to die for thy sake."
Ficinus illustrates this with a familiar example of that Mammhusian Phaedrus
and Theban Lycias, "Lycias he stares on Phaedrus' face, and Phaedrus
fastens the balls of his eyes upon Lycias, and with those sparkling rays sends
out his spirits. The beams of Phaedrus' eyes are easily mingled with the
beams of Lycias', and spirits are joined to spirits. This vapour begot in Phae-
drus' heart, enters into Lycias' bowels: and that which is a greater wonder,
Phaedrus' blood is in Lycias' heart, and thence come those ordinary love-
speeches, my sweetheart Phaedrus, and mine own self, my dear bowels. And
Phaedrus again to Lycias, O my light, my joy, my soul, my life. Phaedrus
follows Lycias, because his heart would have his spirits, and Lycias follows
Phaedrus, because he loves the seat of his spirits; both follow; but Lycias the
earnestest of the two; the river hath more need of the fountain, than the foun-
tain of the river; as iron is drawn to that which is touched with a loadstone,
but draws not it again; so Lycias draws Phaedrus." But how comes it to
pass then, that the blind man loves that never saw? We read in the
Lives of the Fathers, a story of a child that was brought up in the wilderness,
from his infancy, by an old hermit: now come to man's estate, he saw by
chance two comely women wandering in the woods; he asked the old man
what creatures they were, he told him fairies; after a while talking obieter, the
hermit demanded of him, which was the pleasantest sight that ever he saw in
his life? He readily replied, the two fairies he spied in the wilderness. So
that, without doubt, there is some secret loadstone in a beautiful woman, a
magnetic power, a natural inbred affection, which moves our concupiscence, and as he sings,

"Methinks I have a mistress yet to come,
And still I seek, I love, I know not whom."

'Tis true indeed of natural and chaste love, but not of this heroic passion, or rather brutish burning lust which we treat; we speak of wandering, wanton, adulterous eyes, which, as he saith, "lie still in wait as so many soldiers, and when they spy an innocent spectator fixed on them, shoot him through, and presently bewitch him: especially when they shall gaze and gloat, as wanton lovers do one upon another, and with a pleasant eye conflict participate each other's souls." Hence you may perceive how easily and how quickly we may be taken in love; since at the twinkling of an eye, Phoebus' spirits may so perniciously infect Lycaia's blood. "Neither is it any wonder, if we but consider how many other diseases closely, and as suddenly are caught by infection, plague, itch, scabs, flux," &c. The spirits taken in, will not let him rest that hath received them, but egg him on. "Idque petit corpus mens unde est suaedia amor; and we may manifestly perceive a strange eduction of spirits, by such as bleed at nose after they be dead, at the presence of the murderer; but read more of this in Lemnianus, lib. 2. de occult. nat. mir. cap. 7. Valeriana lib. 2. observ. cap. 7. Valesius contro. Ficinus, Cardan, Labavinius de cruentis cadaveribus, &c.

SUBJECT. III.—Artificial allurements of Love, Causes and Provocations to Lust; Gestures, Clothes, Dover, &c.

Natural beauty is a stronger loadstone of itself, as you have heard, a great temptation, and pierceth to the very heart; "forma verucunda nocuit mihi visa paella;" but much more when those artificial enticements and provocations of gestures, clothes, jewels, pigments, exornations, shall be annexed unto it; those other circumstances, opportunity of time and place shall concur, which of themselves alone were all sufficient, each one in particular to produce this effect. It is a question much controverted by some wise men, forma debat plus arti an natura? Whether natural or artificial objects be more powerful? but not decided: for my part I am of opinion, that though beauty itself be a great motive, and give an excellent lustre in sordibus, in beggary, as a jewel on a dunghill will shine and cast his rays, it cannot be suppressed, which Heliodorus feigns of Chariclia, though she were in beggar's weeds: yet as it is used, artificial is of more force, and much to be preferred.

**X** Sis de mortua sibi videtur Egle,
Emptis castibus indicque cornu;<br>Sis que nilior est cadente moro,<br>Cerussate sibi placet Lychoria.<br>

John Lersius the Burgundian, cap. 8. hist. navigat. in Brazil, is altogether on my side. For whereas (saith he) at our coming to Brazil, we found both men and women naked as they were born, without any covering, so much as of their privities, and could not be persuaded, by our Frenchmen that lived a year with them, to wear any, "Many will think that our so long commerce with naked women, must needs be a great provocation to lust;" but he concludes otherwise, that their nakedness did much less entice them to lasciviousness, than our women's clothes. "And I dare boldly affirm (saith he) that those glittering attires, counterfeit colours, headgears, curled hairs, plaited coats, cloaks,

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*Castillo de aulo,* 1. 2. fol. 228. Oculi ut militibus in insidias semper recensat, et subito ad visum sagittas emittant, &c.
*Nec mirum si reliquis morborum qui ex contagione nascentur consideremus, pestem, pri

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*Laurentius. "And the body naturally seeks when it is that the mind is so wounded by love."
*In beauty, that of favour is preferred before that of colours, and decent motion is more than that of favour. Bacon's Essays.
*Martialis. "Multi tacit opinantur commercium illud adeo frequens cum barbaris nuda, ac presenti fames famintae, ad libidinem provoscant; at minus mutuo noxili torum nuditas quam nostrarum feminarum cultus. Ausus esseverare splendidum illum cultum, facto, &c.}
gowns, costly stomachers, guarded and loose garments, and all those other accouterments, wherewith our countrywomen counterfeit a beauty, and so curiously set out themselves, cause more inconvenience in this kind, than that barbarian homeliness, although they be no whit inferior unto them in beauty. I could evince the truth of this by many other arguments, but I appeal (saith he) to my companions at that present, which were all of the same mind." His countryman, Montaigne, in his essays, is of the same opinion, and so are many others; out of whose assertions thus much in brief we may conclude, that beauty is more beholden to art than nature, and stronger provocations proceed from outward ornaments, than such as nature hath provided. It is true that those fair sparkling eyes, white neck, coral lips, turgent paps, rose-coloured cheeks, &c., of themselves are potent enticers; but when a comely, artificial, well-composed look, pleasing gesture, an affected carriage shall be added, it must needs be far more forcible than it was, when those curious needleworks, variety of colours, purest dyes, jewels, spangles, pendents, lawn, lace, tiffanies, fair and fine linen, embroideries, calaministrations, ointments, &c. shall be added, they will make the veriest dowdy otherwise, a goddess, when nature shall be furthered by art. For it is not the eye of itself that enticeth to lust, but an "adulterous eye," as Peter terms it, 2. ii. 14. a wanton, a rolling, lascivious eye: a wandering eye, which Isaiah taxeth, iii. 16. Christ himself, and the Virgin Mary, had most beautiful eyes, as amiable eyes as any persons, saith 2 Baradius, that ever lived, but withal so modest, so chaste, that whosoever looked on them was freed from that passion of burning lust, if we may believe 3 Gerson and 4 Bonaventure: there was no such antidote against it, as the Virgin Mary's face; 'tis not the eye, but carriage of it, as they used it, that causeth such effects. When Pallas, Juno, Venus, were to win Paris' favour for the golden apple, as it is elegantly described in that pleasant interlude of 5 Apuleius, Juno came with majesty upon the stage, Minerva gravity, but Venus dulce subridens, consitit amanē; et gratissimae Gratia deam propitiante, &c. came in smiling with her gracious graces and exquisite music, as if she had danced, et nonnulla verisima solis oculis, and which was the main matter of all, she danced with her rolling eyes: they were the brokers and harbingers of her suite. So she makes her brags in a modern poet,

"d Soon could I make my brow to tyrannise,  
And force the world to homage to mine eyes."  

The eye is a secret orator, the first bawd, Amoris porta, and with private looks, winking, glances and smiles, as so many dialogues they make up the match many times, and understand one another's meanings, before they come to speak a word. 6 Furlaus and Lucretia were so mutually enamoured by the eye, and prepared to give each other entertainment, before ever they had conference; he asked her good will with his eyes; she did suffragari, and gave consent with a pleasant look. That 7 Thracian Rodulph was so excellent at this dumb rhetoric, "that if she had but looked upon any one almost (saith Calsiris) she would have bewitched him, and he could not possibly escape it."  
For as 8 Salvianus observes, "the eyes are the windows of our souls, by which as so many channels, all dishonest concupiscence gets into our hearts." They reveal our thoughts, and as they say, from animi index, but the eye of the countenance, 9 Quid proculus intuire ocellis? &c. I may say the same of smiling, gait, nakedness of parts, plausible gestures, &c. To laugh is the

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2 Harmo. evang. lib. 6. cap. 6. 3 Serm. de concep. virg. Physiognomia virgins omnes movet ad castitatem. 4 S. s. s. q. s. mirum, virgo formosissima, sed anna concepta. 5 Serm. 10. 6 Rosamond's complaint, by Sam. Daniel. 7 Ennes Sib. 8 Hellodriss. 1. 2. Rodulph Thraci. tam inevitabil fascino instructa, tam exacte ocellis intuciens, ut si in illum illum illam seres, fert non possit quin caperat. 9 Lib. 3. de providentia. Animis senisint oculis, et omnium impropria cupiditates per oculos vetustam canales introit. 10 Buchanan.
proper passion of a man, an ordinary thing to smile; but those counterfeit, composed, affected, artificial and reciprocal, those counter-smiles are the dumb shows and prognostics of greater matters, which they most part use, to inveigle and deceive; though many fond lovers again are so frequently mistaken, and led into a fool’s paradise. For if they see but a fair maid laugh, or show a pleasant countenance, use some gracious words or gestures, they apply it all to themselves, as done in their favour; sure she loves them, she is willing, coming, &c.

"Stalitus quando videt quod pulchra puellula ridet, Tem fasius credit et quod amare velit;" | "When a fool sees a fair maid for to smile, He thinks she loves him,"tis but to beguile.

They make an art of it, as the poet telletteth us,

"I Quis credat? discant etiam videre puellas, Quas fuerint illas, has quoque parte descan." | "Who can believe? to laughmaids make an art, And seek a pleasant grace to that same part."

And ’tis as great an enticement as any of the rest,

"She makes thine heart leap with a pleasing gentle smile of hers." | "m Dulce ridentem Lalagen amabo, Dulce loquentem,"

"I love Lalage as much for smiling, as for discoursing," delectata illa risit tam blandum, as he said in Petronius of his mistress, being well pleased, she gave so sweet a smile. It won Ismenius, as he "confesseth, Ismene subrisset amatorium, Ismene smiled so lovingly the second time I saw her, that I could not choose but admire her: and Gall’s sweet smile quite overcame "Faustus the shepherd. Me aspiens motis blandis subrisset ocellis. All other gestures of the body will enforce as much. Daphnis in Lucian was a poor tattered wench when I knew her first, said Corbile, pannosa et lacera, but now she is a stately piece indeed, hath her maids to attend her, brave attires, money in her purse, &c., and will you know how this came to pass? "by setting out herself after the best fashion, by her pleasant carriage, affability, sweet smiling upon all," &c. Many women dote upon a man for his compliment only, and good behaviour, they are won in an instant; too credulous to believe that every light wanton suitor, who sees or makes love to them, is instantly enamoured, he certainly dotes on, admires them, will surely marry, when as he means nothing less, ’tis his ordinary carriage in all such companies. So both delude each other by such outward shows; and amongst the rest, an upright, a comely grace, courtesies, gentle salutations, cringes, a mincing gait, a decent and an affected pace, are most powerful enticers, and which the prophet Isaiah, a courtier himself, and a great observer, objected to the daughters of Zion, iii. 16. "they minced as they went, and made a tinkling with their feet." To say the truth, what can they not effect by such means?

"Whilst nature decks them in their best attires Of youth and beauty which the world admires."

"Urít—voce, manu, gressu, pastores, frons, oculis." When art shall be annexed to beauty, when wiles and guiles shall concur; for to speak as it is, love is a kind of legerdemain; mere juggling, a fascination. When they show their fair hand, fine foot and leg withal, magnum sui desiderium nobis relinquunt, saith Balthasar Castilio, lib. 1. they set us a longing, "and so when they pull up their petticoats and outward garments," as usually they do to show their fine stockings, and those of purest silken dye, gold fringes, laces, embroidery (it shall go hard but when they go to church, or to any other place, all shall be seen), ’tis but a springe to catch woodcocks; and as Chry-
sotom th sembl them downright, "though they say nothing with their mouths, they speak in their gait, they speak with their eyes, they speak in the carriage of their bodies." And what shall we say otherwise of that baring of their necks, shoulders, naked breasts, arms and wrists, to what end are they but only to tempt men to lust!

"Nam quid iactolus simus, et ipse
Pras to fore sine linetx papillis?
Hoc est désir, pace, pace, trado;
Hoc est ad Venerem vocare amantes."

There needs no more, as "Fredericus Matenesius well observes, but a crier to go before them so dressed, to bid us look out, a trumpet to sound, or for de
fect a sow-gelder to blow;

"I look out, look out and see
What object this may be
That dost perstrate mine eye;
A gallant lady goes

or to what end and purpose? But to leave all these fantastical raptures, I'll prosecute my intended theme. Nakedness, as I have said, is an odious thing of itself, remedium amoris; yet it may be so used, in part, and at set times, that there can be no such enticement as it is;

"V Nec mini cincta Diana placet, nec nuda Cythere,
Ilia voluptatis nih habet, nex nimium."

David so espied Bathsheba, the elders Susanna; a Apelles was enamoured with Campaspe, when he was to paint her naked. Tiberius in Suea, cap. 42.

supped with Sestius Gallus an old lecher, libidinoso sene, et lege ut nuda puellae administrarent: some say as much of Nero, and Pontus Huter of Carolus Puginax. Amongst the Babylonians it was the custom of some lascivious queans to dance frisking in that fashion, saith Curtius, lib. 5. and Sardus de mor. gent. lib. 1. writes of others to that effect. The Tuscan at some set banquets had naked women to attend upon them, which Leonicus de Varia hist. lib. 3. cap. 96. confirms of such other bawdy nations. Nero would have filthy pictures

still hanging in his chamber, which is too commonly used in our times, and Heliogabalus, etiam coram agentes, ut ad venerem incitantur: So things may be abused. A servant maid in Aristenetus spied her master and mistress through the key-hole b merrily disposed; upon the sight she fell in love with her master. Antoninus Caracalla observed his mother-in-law with her breasts amorously laid open, he was so much moved, that he said Ah si liceret, O that I might; which she by chance overhearing, replied as impudently, c "Quicquid libet licet, thou mayest do what thou wilt: and upon that temptation he married her: this object was not in cause, not the thing itself, but that unseemly, indecent carriage of it.

When you have all done, veniant a veste sagittae, the greatest provocations of lust are from our apparel; God makes, they say, man shapes, and there is no motive like unto it;

"Which doth even beauty beautify,
And most bewitch a wretched eye."

a filthy knave, a deformed quean, a crooked carcass, a maunkin, a witch, a rotten post, a hedgestake may be so set out and tricked up, that it shall make as fair a show, as much enamour as the rest: many a silly fellow is so taken. Primum luxuria aucupium, one calls it, the first snare of lust;

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*a Jovianus Pontanus Einar. lib. 1. ad Hermomen. "For why do you exhibit your 'milky way,' your uncovered bosoms? What else is it but to say plainly, Ask me, ask me, I will surrender; and what is that but love's call?"

*b De luxu vestium discursa. d Nhili ahud deest nisi ut praece vos praeceat, &c.

c If you can tell how, you may sing this to the tune a sow-gelder blows. d Auson. epig. 38. "Neither drayed Diana nor naked Venus pleases me. One has too much voluptuousness about her, the other none."

*x Plin. lib. 33. cap. 10. Campaspen nudam picturam Apelles, amore ejus illaqueatus est.

y In Tyrrenia convivit nudum mulierum ministarant.

z Anonima miscenes vidit. et in ipse complexibus audat. &c.

** Epl. lib. 7. lib. 2. d Spartan. e Sidney's Arcadia.
Bossvus, acupium animarum, lethalem arundinem, a fatal reed, the greatest bawd, forte lenocinium, sanguineis lachrymis deplorandum, saith Mateneius, and with tears of blood to be deplored. Not that comeliness of clothes is therefore to be condemned, and those usual ornaments: there is a decency and decorum in this as well as in other things, fit to be used becoming several persons, and befitting their estates; he is only fantastical that is not in fashion, and like an old image in arras hangings, when a manner of attire is generally received; but when they are so new-fangled, so unstead, so prodigious in their attires, beyond their means and fortunes, unbefitting their age, place, quality, condition, what should we otherwise think of them? Why do they adorn themselves with so many colours of herbs, fictitious flowers, curious needleworks, quaint devices, sweet smelling odours, with those inestimable riches of precious stones, pearls, rubies, diamonds, emeralds, &c.? Why do they crown themselves with gold and silver, use coronets and tires of several fashion, deck themselves with pendants, bracelets, ear-rings, chains, girdles, rings, pins, spangles, embroidery, shadows, rebatose, versicolour ribands? why do they make such glorious shows, with their scarfs, feathers, fans, masks, furs, laces, tiffanies, ruffs, falls, calls, cuffs, damasks, velvets, tinsels, cloth of gold, silver tissu? with colours of heavens, stars, planets: the strength of metals, stones, odours, flowers, birds, beasts, fishes, and whatsoever Africa, Asia, America, sea, land, art and industry of man can afford? Why do they use and covet such novelty of inventions; such new-fangled tires, and spend such inestimable sums on them? "To what end are those crisped, false hairs, painted faces," as the satirist observes, "such a composed gait, not a step awry?" Why are they like so many Sybarites, or Nero's Popae, Ahasuerus' concubines, so costly, so long a dressing, as Caesar was marshalling his army, or a hawk in pruning? Dum molientur, dum commentur, annus est: a gardener takes not so much delight or pains in his garden, a horseman to dress his horse, scour his armour, a mariner about his ship, a merchant his shop and shop-book, as they do about their faces, and all those other parts: such setting up with crooks, straightening with whalebones; why is it, but as a daynet catcheth larks, to make young men stoop unto them? Philocarus, a gallant in Aristæamet, advised his friend Polianus to take heed of such enticements, "for it was the sweet sound and motion of his mistress's spangles and bracelets, the smell of her ointments, that captivated him first, Illa fuit mentis primus ruina mea. Quid sibi vult pixidum turba, saith Lucian, "to what use are pins, pots, glasses, ointments, irons, combs, bodkins, setting-sticks? why bestow they all their patrimonies and husbands' yearly revenues on such fooleries?" Bina patrimonio singulis auribus; "why use they dragons, wasps, snakes, for chains, enamelled jewels on their necks, ears?" Dignum potius forst ferro manus istas religari, atque uinam monilia vero dracones essent: they had more need some of them be tied in bedlam with iron chains, have a whip for a fan, and hair-cloths next to their skins, and instead of wrought smocks, have their cheeks stigmatised with a hot-iron; I say, some of our Jezebels, instead of painting, if they were well served. But why is all this labour, all this cost, preparation, riding, running, far-fetched, and dear bought stuff? "Because forsooth they would be fair and fine, and where nature is defective, supply it by art." Sanguine quo vero non rubet, arte rubet, (Ovid); and

1 Do in mod. muller. cultu. 2 &c. 3 De luxu vest. 4 Petronius, fol. 96. quo speculant flexae comes? quo factes medlarumstriae at oculorum mollis patulians? quo inceptum tam compositus? &c. 5 Vir. "They take a year to deck and comb themselves." 6 P. Aeterna. Hortulanus non igitur exerceret visendis hortis, eques equis, armis, nauta navibus, &c. 7 Epist. 4. Somas armillarum bene saenat. 8 Tom. 4. dial. mor. vascula plena molles inductilatis omnem maritorum opulentiam in haece impendunt, dracemos, pro molibinis habent, qui utinam vere dracones essent. Lucian. 9 Saus. 10 Castell. de buc. liv. I. Mulleribus omnibus hos imprimit in votis est, ut formas sint, aut si regea non aufer, videantur tam esse; et si quis parte natura defuit, artis appella adiungunt: unde illa faciei unctiones, color et cruciatum in arcandia corporum, &c. 11 Ovid. epist. Med. Jasioni.
to that purpose they anoint and paint their faces, to make Helen of Hecuba —parvamque evertamque puellam—Europen.* To this intent they crush in their feet and bodies, hurt and crucify themselves, sometimes in lax clothes, a hundred yards I think in a gown, a sleeve, and sometimes again so close, ut nudos expressim artus. 9 Now long tails and trains, and then short, up, down, high, low, thick, thin, &c.; now little or no bands, then as big as cart wheels; now loose bodies, then great fardingales and close girt, &c. Why is all this, but with the whore in the Proverbs, to intoxicate some other or other? oculorum decipulam, 7 one therefore calls it, et indicem libidinis, the trap of just, and sure token, as an ivy-bush is to a tavern.

"Quod pulchros Glycerem sumas de pectore vultus, 
Quod tibi compositae nec sine lege come ;
Quod nireat digitis adamas, Berylles in auris,
Non sum divinis, sed solo quiq cupias."  

"O Glycerem, in that you paint so much,
Your hair is so bodedoth in order such,
Although no prophet, tell I can, I fear."

To be admired, to be gazed on, to circumvent some novice; as many times they do, that instead of a lady he loves a cap and a feather, instead of a maid that should have verum colorum, corpus solidum et succi plenum (as Cherea describes his mistress in the 9poet), a painted face, a ruff-band, fair and fine linen, a coronet, a flower (‘Naturaque putat quad fuit artificis), a wrought waistcoat he dotes on, or a pied petticoat, a pure dye instead of a proper woman. For generally, as with rich-furred cones, their cases are far better than their bodies, and like the bark of a cinnamon tree, which is dearer than the whole bulk, their outward accoutrements are far more precious than their inward endowments. 'Tis so commonly so.

"Anterim culta et gemmis, auroque teguntur
Omnia; para minima est ipsa puella sui."  

"With gold and jewels all is covered,
And with a strange tire we are seen,
While she's the least part of herself
And with such bawbles quite undone."  

Why do they keep in so long together, a whole winter sometimes, and will not be seen but by torch or candlelight, and come abroad with all the preparation may be, when they have no business, but only to show themselves? Spectatam veniunt, veniunt spectentur ut ipsoae.

"* For what is beauty if it be not seen,  
Or what is't to be seen, if not admir'd,  
And though admir'd, unless in love desir'd?"

why do they go with such counterfeit gait, which 5Philo Judaeus reprehends them for, and use (I say it again) such gestures, apish, ridiculous, indecent attires, sybaritical tricks, ficos genus, purpurissam venia, cerussam fronti, leges oculis, &c., use those sweet perfumes, powders, and ointments in public, flock to hear sermons so frequent, is it for devotion? or rather, as 7Basil tells them, to meet their sweethearts, and see fashions; for as he saith, commonly they come so provided to that place, with such curious compliments, with such gestures and tires, as if they should go to a dancing-school, a stage-play, or bawdy-house, fitter than a church.

"When such a she-priest comes her mass to say,  
Twenty to one they all forget to pray."

"They make those holy temples, consecrated to godly martyrs and religious uses, the shops of impudence, dens of whores and thieves, and little better than brothel houses."  
When we shall see these things daily done, their husbands bankrupts, if not corruptions, their wives light housewives, daughters dishonest; and hear of such dissolve acts, as daily we do, how should we think otherwise? what is their end, but to deceive and inveigle young men? As

* A distorted dwarf, an Europe.  
9 Mode canadus tuscanicus, &c. Bossu.  
* Scribanizus, philos.  
* Christ. cap. 5.  
* Ter. Enn. Acf. 2. scen. 3.  
* Strona fil.  
* S. Daniel.  
* Lib. de victinm. Fracto incendio, obtinu lassie, calamistrata, cincinnati, fusta, reuma loca, purpursisata, pra-facedo assimida pallio, spirare est pernas, ut juvenem animos circumvexet.  
* Orat. in chrise. Impu-
 dentum se masculorum aspeetibus exponunt, insolenter comas jactant, trahunt tunicas pedibus collitientes, 
quelque pestilental, non affuso, ad tripudium insaniemus, omnem adolescentem intertempuram in se provo-
cantes, idque in tempis memoria martyrum consecrat; pomorum civitatis officinam fecerunt Impudentes.
tow takes fire, such enticing objects produce their effect, how can it be altered? When Venus stood before Anchises (as Homer feigns in one of his hymns) in her costly robes, he was instantly taken,

"Cum ante ipsum staret Jovis filia, videns eam
Anchises, admirabatur formam, et stupendas vestes;
Erat enim imita pepli, ignaris splendidiore;
Habebat quoque torques fulgidos, flexiles halices,
Tenerum collum ambiantem monilia pulchra,
Aurea, variegata."—

So when Medea came in presence of Jason first, attended by her nymphs and ladies, as she is described by Apollonius,

"Cunctas verb ignis instar aequalium splendor,
Tantuam ab aureis umbbris resplendentibus rubor,
Accediaque in ovulis dulce desiderium."

Such a relation we have in Plutarch, when the queens came and offered themselves to Antony, "d with diverse presents, and enticing ornaments, Asiatic allurements with such wonderful joy and festivity, they did so inveigle the Romans, that no man could contain himself, all was turned to delight and pleasure. The women transformed themselves to Bacchus shapes, the men to Satyrs and Pans; but Antony himself was quite besotted with Cleopatra's sweet speeches, philters, beauty, pleasing tires: when she sailed along the river Cydnus, with such incredible pomp in a gilded ship, herself dressed like Venus, her maids like the Graces, her pages like so many Cupids, Anthony was amazed, and rapt beyond himself." Heliodorus, lib. 1. brings in Dameneta, stepmother to Cnemon, "whom she saw in his scarfs, rings, robes, and coronet, quite mad for the love of him." It was Judith's pantofles that ravished the eyes of Holofernes. And Cardan is not ashamed to confess, that seeing his wife the first time all in white, he did admire and instantly love her. If these outward ornaments were not of such force, why doth Naomi give Ruth counsel how to please Boaz? and Judith, seeking to captivate Holofernes, washed and anointed herself with sweet ointments, dressed her hair, and put on costly attires. The riot in this kind hath been excessive in times past; no man almost came abroad, but curled and anointed,

"Et matutino sedans Criphilus anomo,
Quantum vix redolent duo funera,"

"one spent as much as two funerals at once, and with perfumed hairs," et rosa canos odorati capillos Assyriaque nardo. What strange things doth Sueton, relate in this matter of Caligula's riot? And Pliny, lib. 12. & 13. Read more in Dioscorides, Ulmus, Arnoldus, Randoletius de fuco et decoratione; for it is now an art, as it was of old (so Seneca records), officinae sunt odores coquentium. Women are bad and men worse, no difference at all between their and our times; good manners (as Seneca complains) are extinct with wantonness, in tricking up themselves men go beyond women, they wear harlots' colours, and do not walk, but jet and dance," hic mulier, haec vir, more like players, butterflies, baboons, apes, anticks, than men. So ridiculous, moreover, we are in our attires, and for cost so excessive, that as Hierome said of old, Uno filio villarum insunt pretia, uno bino decies sesteriium inseritur; 'tis an ordinary thing to put a thousand oaks and a hundred oxen into a suit of apparel, to wear a whole manor on his back. What with shoe-ties, hangers, points, caps and feathers, scarfs, bands, cuffs, &c., in a short space their whole patrimonies are consumed. Heliogabalus is taxed by Lampridius, and admired in

*a hymnus Venere dicebat. b Argonaut. 1. 4. c Vit. Anton. d Regia domo ornate certe certata, sese ac formam suam Antonio offerentes. &c. Cum ornatur et incredibili pompa per Cydnun Fluvium navigantur aurata puppi, ipsa ad simulandunm Venere orata, puella Gratias similis, puere Cupidinius, Antonius ad visum stupescens. e Amor tamquam et cornua quam primam aspecto Crenonem, ex postea mentis excidit. f Lib. de lib. prop. g Ruth. iii. 3. h Cap. ix. 6. i Juv. Sat. 6. k Hor. lib. 2. Od. 11. l Cap. 27. m Epist. 90. n Quisquis est boni moris levitiae extinguit, et pulitura corporis muliebrum munditates antecessimus, colores meretricios viri sumimius, tenero et molli gradu suspensus nactus, non ambulantes, nat. quasi lib. 7. cap. 31.
his age for wearing jewels in his shoes, a common thing in our times, not for emperors and princes, but almost for serving men and tailors; all the flowers, stars, constellations, gold and precious stones do condescend to set out their shoes. To repress the luxury of those Roman matrons, there was 6 Lex Valeria and Oppia, and a Cato to contradict; but no laws will serve to repress the pride and insolency of our days, the prodigious riot in this kind. Lucullus's wardrobe is put down by our ordinary citizens; and a cobbler's wife in Venice, a courtisan in Florence, is no whit inferior to a queen, if our geomancers say true: and why is all this? "Why do they glory in their jewels (as P he saith) or exult and triumph in the beauty of clothes? why is all this cost? to incite men the sooner to burning lust. They pretend decency and ornament; but let them take heed, that while they set out their bodies they do not damn their souls;" tis 9 Bernard's counsel: "shine in jewels, stink in conditions; have purple robes, and a torn conscience." Let them take heed of Isaiah's prophecy, that their slippers and attire be not taken from them, sweet balls, bracelets, ear-rings, veils, wimples, crisping-pins, glasses, fine linen, hoods, lawns, and sweet savours, they became not bald, burned, and stink upon a sudden. And let maids beware, as Cyprian adviseth, "that while they wander too loosely abroad, they lose not their virginities:" and like Egyptian temples, seem fair without, but prove rotten carcases within. How much better were it for them to follow that good counsel of Tertullian? "To have their eyes painted with chastity, the Word of God inserted into their ears, Christ's yoke tied to the hair, to subject themselves to their husbands. If they would do so, they should be comely enough, clothe themselves with the silk of sanctity, damask of devotion, purple of piety and chastity, and so painted, they shall have God himself to be a suitor:" let whores and queans prunk up themselves, let them paint their faces with minion and curree, they are but fuels of lust, and signs of a corrupt soul: if ye be good, honest, virtuous, and religious matrons, let sobriety, modesty and chastity be your honour, and God himself your love and desire." Mulier recte olet, ubi nihil olet, then a woman smells best, when she hath no perfume at all; no crown, chain, or jewel (Guivarra adds) is such an ornament to a virgin, or virtuous woman, quam virgini pudor, as chastity is: more credit in a wise man's eye and judgment they get by their plainness, and seem fairer than they that are set out with baubles, as a butcher's meat is with pricks, puffed up, and adorned like so many jays with variety of colours. It is reported of Cornelia, that virtuous Roman lady, great Scipio's daughter, Titus Sempronius' wife and the mother of the Gracchi, that being by chance in company with a companion, a strange gentlewoman (some light housewife belike, that was dressed like a May lady, and, as most of our gentlewomen are, was more solicitous of her head-tire than of her health, that spent her time between a comb and a glass, and had rather be fair than honest (as Cato said), and have the commonwealth turned topsy-turvy than her tires marred);" and she did nought but brag of her fine robes and jewels, and provoked the Roman matron to show hers: Cornelia kept her in talk till her children came from school, and these, said she, are my jewels, and so deluded and put off a proud, vain, fantastic, housewife. How much

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\* Liv. IV. 4. dec. 4. P Quid exulis in pulchritudine paxui? Quid gloriaris in gemmis et faculis invites all Libellum secundum? M. F. Bassus de immoder. mulier. cultu. 5 Epist. 113. fulgent mundilibus, moribus sordent, purpuraria vestis, consecutanda pannica, cap. 3. 17. 6 De virginali habito dum omnia caluntas, dum evagari virgines volunt, desinit esse virgines. Clemens Alexandrinus, lib. de pulchir. animae, libid. 7 Lib. 2. de cultu mulierum, ocniis depictis verecondia, Inferentes in aures sermonem dei, annecentes crumibus jugum. Christi, caput: matrix subijctes, sic fatale et etatis erit ornament: vestite vos senex pro- bitatis, bysine sanctitatis, purpura pudicieris: rater pigmentante deum habebitis amatorum. 8 Quam habent Romanae lascivias; purpuras, ac cerussa ora perungant, somunta libidinem, et corrupta mentis luctia; vestitum ornamentum deae si, pulchrid, virtutis studium. Bosrus Plautus. 9 Sollicitatores de capitis mi decore quam de salute, inter pacem est spectum diem perdunt, consecniores esse malunt quam honestiores, et rempulb. minus turbard curant quam comam. Seneca.
better were it for our matrons to do as she did, to go civilly and decently,

"Honestae mulieres instar quae utitur auro pro eo quod est, ad ea tantum quibus operis est, to use gold as it is gold, and for that use it serves, and when they need it, than to consume it in riot, beggar their husbands, prostitute themselves, inveigle others, and peradventure damn their own souls? How much more would it be to their honour and credit? Thus doing, as Hierom said of Blesilla, "Furios did not so triumph over the Gauls, Papyrius of the Samnites, Scipio of Numantia, as she did by her temperance;" pulla semper veste, &c., they should insult and domineer over lust, folly, vain-glory, all such inordinate, furious and unruly passions.

But I am over tedious, I confess, and whilst I stand gaping after fine clothes, there is another great allurement (in the world's eye at least), which had like to have stolen out of sight, and that is money, veniunt et dote sagittae, money makes the match; "Modus agygos θλευτν: 'tis like sauce to their meat, cum carne condimentum, a good dowry with a wife. Many men if they do hear but of a great portion, a rich heir, are more mad than if they had all the beauteous ornaments, and those good parts art and nature can afford, they care not for honesty, bringing up, birth, beauty, person, but for money.

"b Canes et equos (ß Gymne) quadraturne
Nobilijs, et à bona progenie;
Malam vero uxorem, pulchrum pateris filiam
Ducere non curat vir bonus,
modo ei magnum dotem afferat."

Our dogs and horses still from the best bread
We carefully seek, and well may they speed:
But for our wives, so they prove wealthy,
Fair or foul, we care not what they be."

If she be rich, then she is fair, fine, absolute and perfect, then they burn like fire, they love her dearly, like pig and pie, and are ready to hang themselves if they may not have her. Nothing so familiar in these days, as for a young man to marry an old wife, as they say, for a piece of gold; asinum auro omni-tum; and though she be an old crone, and have never a tooth in her head, neither good conditions, nor a good face, a natural fool, but only rich, she shall have twenty young gallants to be suitors in an instant. As she said in Suetonius, non me, sed mea ambiant, 'tis not for her sake, but for her lands or money; and an excellent match it were (as he added) if she were away. So on the other side, many a young lovely maid will cast away herself upon an old, doting, decrepit dizzard,

"Bis puere effetea quamvia balbutiat ore,
Prima legit rerum tam culta rosae puellam."

that is rheumatic and gouty, hath some twenty diseases, perhaps but one eye, one leg, never a nose, no hair on his head, wit in his brains, nor honesty, if he have land or money, she will have him before all other suitors, "Dummodo sit dives barbarus ille placet. "If he be rich, he is the man," a fine man, and a proper man, she will go to Jacaktres or Tidore with him; Galesimus de monte-auceo. Sir Giles Goosecap, Sir Amorous La-Fool, shall have her. And as Philemaium in Aristenetus told Emnusus, absque argento omnia vana, hang him that hath no money, "'tis to no purpose to talk of marriage without means," trouble me not with such motions; let others do as they will, "I will be sure to have one shall maintain me fine and brave." Most are of her mind, "De moribus ultima fict questio, for his conditions, she shall inquire after them another time, or when all is done, the match made, and every body gone home. "Lucian's Lycia was a proper young maid, and had many fine gentlemen to her suitors; Ethedies, a senator's son, Melissus, a merchant, &c.; but she forsook them all for one Passius, a base, hirsute, bald-

...
pated knave; but why was it? "His father lately died and left him sole heir of his goods and lands." This is not amongst your dust worms alone, poor snakcs that will prostitute their souls for money, but with this bait you may catch our most potent, puissant, and illustrious princes. That proud upstart domineering Bishop of Ely, in the time of Richard the First, vicechoy in his absence, as Nubrigensis relates it, to fortify himself, and maintain his greatness, propinquarum suarum connubii, plurimos sibi potentes et nobiles devinire curavit, married his poor kinswomen (which came forth of Normandy by droves) to the chiefest nobles of the land, and they were glad to accept of such matches, fair or foul, for themselves, their sons, nephews, &c. Et quis tam praeclaram affinitatem sub spe magna promotionis non optaret? Who would not have done as much for money and preferment? as mine author 'adds. Vortiger, King of Britain, married Rowena the daughter of Hengist the Saxon prince, his mortal enemy; but wherefore? she had Kent for her dowry. La:ello, the great Duke of Lithuania, 1386, was mightily enamoured on Hedenga, insomuch that he turned Christian from a Pagan, and was baptized himself by the name of Uladislaus, and all his subjects for her sake: but why was it? she was daughter and heir of Poland, and his desire was to have both kingdoms incorporated into one. Charles the Great was an earnest suitor to Irene the Empress, but, saith Zonarus, ob regnum, to annex the empire of the East to that of the West. Yet what is the event of all such matches, that are so made for money, goods, by deceit, or for burning lust, quis fidea libido conjuxxit, what follows? they are almost mad at first, but 'tis a mere flash; as chaff and straw soon fired, burn vehemently for a while, yet out in a moment; so are all such matches made by those allurements of burning lust; where there is no respect of honesty, parentage, virtue, religion, education, and the like, they are extinguished in an instant, and instead of love comes hate; for joy, repentance and desperation itself. Franciscus Barbarus in his first book de re uxoriù, c. 5, hath a story of one Philip of Padua that fell in love with a common whore, and was now ready to run mad for her; his father having no more sons let him enjoy her; "but after a few days, the young man began to loath, could not so much as endure the sight of her, and from one madness fell into another." Such event commonly have all these lovers; and he that so marries, or for such respects, let them look for no better success than Menelaus had with Helen, Vulcan with Venus, Theseus with Phaëdra, Minos with Pasiphaë, and Claudius with Messalina; shame, sorrow, misery, melancholy, discontent.

SUBSECT. IV.—Importunity and Opportunity of Time, Place, Conference, Discourse, Singing, Dancing, Music, Amorous Tales, Objects, Kissing, Familiarity, Tokens, Presents, Bribes, Promises, Protestations, Tears, &c.

All these allurements hitherto are afar off, and at a distance; I will come nearer to those other degrees of love, which are conference, kissing, dalliance, discourse, singing, dancing, amorous tales, objects, presents, &c., which as so many Syrens steal away the hearts of men and women. For, as Tacitus observes, I, 2, "It is no sufficient trial of a maid's affection by her eyes alone, but you must say something that shall be more available, and use such other forcible engines; therefore take her by the hand, wring her fingers..."
hard, and sigh withal; if she accept this in good part, and seem not to be
much averse, then call her mistress, take her about the neck and kiss her,"
&c. But this cannot be done except they first get opportunity of living, or
coming together, ingress, egress, and regress; letters and commendations
may do much, outward gestures and actions: but when they come to live
near one another, in the same street, village, or together in a house, love is
kindled on a sudden. Many a serving-man by reason of this opportunity and
importunity inveigles his master's daughter, many a gallant loves a dowdy,
many a gentleman runs upon his wife's maids; many ladies dote upon their
men, as the queen in Ariosto did upon the dwarf, many matches are so made
in haste, and they are compelled as it were by necessity so to love, which had
they been free, come in company of others, seen that variety which many
places afford, or compared them to a third, would never have looked one upon
another. Or had not that opportunity of discourse and familiarity been offered,
they would have loathed and contemned those whom, for want of better choice
and other objects, they are fatally driven on, and by reason of their hot blood,
idle life, full diet, &c., are forced to dote upon them that come next. And
many times those which at the first sight cannot fancy or affect each other,
but are harsh and ready to disagree, offended with each other's carriage, like
Benedict and Beatrice in the 4 comedy, and in whom they find many faults,
by this living together in a house, conference, kissing, colling, and such like
allurements, begin at last to dote insensibly one upon another.

It was the greatest motive that Potiphar's wife had to dote upon Joseph,
and Clitophon upon Leucippe his uncle's daughter, because the plague being
at Byzance, it was his fortune for a time to sojourn with her, to sit next her at
the table, a: he tells the tale himself in Tatius, lib. 2. (which, though it be but
a fiction, is grounded upon good observation, and doth well express the passions
of lovers,) he had opportunity to take her by the hand, and after a while to
kiss, and handle her paps, &c., which made him almost mad. Ismenius the
orator makes the like confession in Eustathius, lib. 1, when he came first to
Sosthene's house, and sat at table with Cratistes his friend, Ismene, Sosthene's
daughter, waiting on them "with her breasts open, arms half bare," Nuda
pedem, distincta sinum, spoliata lacertos: after the Greek fashion in those
times,—"nudos media plus parte lacertos, as Daphne was when she fled from
Phaeus (which moved him much), was ever ready to give attendance on him,
to fill him drink, her eyes were never off him, rogabundi oculi, those speaking
eyes; courting eyes, enchanting eyes; but she was still smiling on him, and
when they were risen, that she had got a little opportunity, "she came
and drank to him, and withal trod upon his toes, and would come and go,
and when she could not speak for the company, she would wring his hand," and
blush when she met him: and by this means first she overcame him (bibens
amorem hauriebam simul), she would kiss the cup and drink to him, and
smile, "and drink where he drank on that side of the cup," by which mutual
compressions, kissings, wringing of hands, treading of feet, &c. Ipsam nihii
videbar sorbillare virginem, I sipped and sipped so long, till at length I was
drunk in love upon a sudden. Philocharinus, in Aristeneetus, met a fair
maid by chance, a mere stranger to him, he looked back at her, she looked
back at him again, and smiled withal.

"The days are evil to me, I have no strength for men."

Causa fuit."

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Hungry dogs will eat dirty puddings. 
Shakespeare. 
Tatius, lib. 1. 
In mammaram attraxi,
non sapemanda instis jucunditas, et attraxax, &c.
Mantuan. 
Ovid. 1. Met. 
Manus ad cubitum nada, coram ascensis, fortius infelix, tenuesque de spectore spiritum ducens, digitum meum pressat,
et ibibus pedem pressat; mutum compressiones corporum, labiorem connexiones, petam cognosces, &c.
Ex hibem sedem loco, &c. 
Epist. 4. Respexi, respexi et illa subtraxeris, &c.
Vir. En. 4. "That was
the first hour of destruction, and the first beginning of my miseries."
must needs be a great enticement. Parthenis was so taken. "Mt voce ista avida haurit ab aure animam; O sister Harpedona (she laments) I am undone, "how sweetly he sings, I'll speak a bold word, he is the properest man that ever I saw in my life: O how sweetly he sings, I die for his sake, O that he would love me again!" If thou diest but hear her sing, saith a Lucian, "thou wouldst forget father and mother, forsake all thy friends, and follow her." Helena is highly commended by a Theocritus the poet for her sweet voice and music; none could play so well as she, and Daphnis in the same Edylyon,

"Quam itid us dulce est, et vox amabilis, 6 Daphnis, Jucundus est audire te canentem, quam mel lingeret!" "How sweet a face hath Daphne, how lovely a voice. Honey itself is not so pleasant in my choice."

A sweet voice and music are powerful enticers. Those Samian singing wenches, Aristonics, Onanthe and Agathoclea, regis diadematisus insultantium, insulted over kings themselves, as Platarch contends. Centum luminibus cinctum caput Argus habebat, Argus had a hundred eyes, all so charmed by one silly pipe, that he lost his head. Clitiphon complains in Tatius of Lucipic's sweet tunes, "he heard her play by chance upon the lute, and sing a pretty song to it in commendations of a rose, out of old Anacreon belike;

"Rosa honor decusque florum, Rosa flos eterneque quies, Homum ross est voluptas, Decus illa Grafitarum, Florentes amoris horae, Rosa cxarvium Diomes," &c.

"Rosa fuit placidis & all flowers, Rose delight of higher powers, Rose the joy of mortal men, Rose the pleasure of fine women, Rose the Grace's ornament, Rose Diane's sweet content."

To this effect the lovely virgin with a melodious air upon her golden wired harp or lute, I know not well whether, played and sang, and that transported him beyond himself, "and that ravished his heart." It was Jason's discourse as much as his beauty, or any other of his good parts, which delighted Medea so much.

"Delectabatur culm
Animus simul forma dulcisbusque verbis."

It was Cleopatra's sweet voice and pleasant speech which inveigled Antony, above the rest of her enticements. Verba ligani hominem, ut taurorum cornua fumes, "as bulls' horns are bound with ropes, so are men's hearts with pleasant words." "Her words burn as fire," Eccles. ix. 10. Roxalana bewitched Solymon the Magnificent, and Shore's wife by this engine overcame Edward the Fourth, b Omnibus una omnes surrripuit Veneres. The wife of Bath in Chaucer confesseth all this out of her experience.

Some folk desire us for riches,
Some for shape, some for fairness,
Some for that she can sing or dance,
Some for gentleness, or for daintiness.

Peter Arctine's Lucretia telleth as much and more of herself, "I counterfeit honesty, as if I had been virgo virginissima, more than a vestal virgin, I looked like a wife, I was so demure and chaste, I did add such gestures, tunes, speeches, signs and motions upon all occasions, that my spectators and auditors were stupid, enchanted, fastened all to their places, like so many stocks and stones. Many silly gentlewomen are fetched over in like sort, by a company of gulls and swaggering companions, that frequently belie noblemen's favours, rhyming Corintians, Thrasoean Rhadomantes or Bombachides, that have nothing in them but a few player's hands and compliments, vain bragadocians, impudent intruders, that can discourse at table of knights and lords' combats, like


Part. 3. Sec. 2.
Lucian's Leontiscus, of other men's travels, brave adventures, and such common trivial news, ride, dance, sing old ballad tunes, and wear their clothes in fashion, with a good grace; a fine sweet gentleman, a proper man, who could not love him! She will have him though all her friends say no, though she beg with him. Some again are incensed by reading amorous toys, Amadis de Gaul, Palmerin de Oliva, the Knight of the Sun, &c., or hearing such tales of lovers, descriptions of their persons, lascivious discourses, such as Astyanassa, Helen's waiting-woman, by the report of Suidas, writ of old, de variis concubitis modis, and after her Philenis and Elephantine; or those light tracts of Aristides Milesius (mentioned by Flutarch) and found by the Persians in Crassus' army amongst the spoils, Aretine's dialogues, with ditties, love-songs, &c., must needs set them on fire, with such like pictures, as those of Aretine, or wanton objects of what kind soever; "no stronger engine than to hear or read of love toys, fables and discourses (one saith), and many by this means are quite mad." At Abders in Thrace (Andromeda one of Euripides' tragedies being played) the spectators were so much moved with the object, and those pathetical love speeches of Perseus, amongst the rest, "O Cupid, Prince of Gods and men," &c., that every man almost a good while after spake pure iambics, and raved still on Perseus' speech, "O Cupid, Prince of Gods and men." As carmen, boys and apprentices, when a new song is published with us, go singing that new tune still in the streets, they continually acted that tragic part of Perseus, and in every man's mouth was "O Cupid," in every street, "O Cupid," in every house almost, "O Cupid Prince of Gods and men," pronouncing still like stage-players, "O Cupid," they were so possessed all with that rapture, and thought of that pathetical love speech, they could not a long time after forget, or drive it out of their minds, but "O Cupid, Prince of Gods and men," was ever in their mouths. This belike made Aristotle, Polit. lib. 7. cap. 18. forbid young men to see comedies, or to hear amorous tales.

"let not young folks meddle at all with such matters." And this made the Romans, as Vitruvius relates, put Venus' temple in the suburbs, extra murum, ne adolescentes venereis insuescant, to avoid all occasions and objects. For what will not such an object do? Ismenius, as he walked in Sosthenes' garden, being now in love, when he saw so many lascivious pictures, Thetis' marriage, and I know not what, was almost beside himself. And to say truth, with a lascivious object who is not moved, to see others daily, kiss, dance? And much more when he shall come to be an actor himself.

To kiss and be kissed, which, amongst other lascivious provocations, is as a burden in a song, and a most forcible battery, as infectious, Xenophon thinks, as the poison of a spider; a great allurement, a fire itself, proamium aut anticanem, the prologue of burning lust (as Apuleius adds), lust itself, Venus quintà parte sui nectaris imbut, a strong assault, that conquers captains, and those all commanding forces (Domasque Ferro sed domarum osculo).

Aretine's Lucretia, when she would in kindness overcome a suitor of hers, and have her desire of him, "took him about the neck, and kissed him again and again," and to that, which she could not otherwise effect, she made him so speedily and willingly descend. And 'tis a continual assault,—

Auctorius sermo vehemens vehementis cupiditatis incitatio est, Tatius, i. l. d De luxuria et deliciis composit. e Enes Sterius. Nulla machina validior quam lectio iasica historiae; sese eiun habitavosi fabulis ad suorem incenduntur. b Martialis. i. 4. L. i. c. 7. e Eustathius. l. i. Picture paranum animam ad Venerem, &c. Horatius ad res venereas intemperantior traditur; nam cubiculo suo speculam dietur habuisse disposita, ut quocumque respeciisset imaginem coluisse referrent. Eustonius vit. ejus. 1 Osculum ut phylangium inficiat. m Deor. Venus iacta ut venigeret ipse nectaris quae. 6 Holinus. "You may conquer with the sword, but you are conquered by a kiss." 6 Appol. me illi proximus et spise desultata sagum peto. 6 Petronius catal. 7 Mom. 2. Subs. 4. Artificial Allurements. 535 8 Mom. 2. Subs. 4.
non deficit incipitque semper, always fresh, and ready to a begin as at first, bosium nullo fine terminatur, sed semper recens est, and hath a fiery touch with it.

Especially when they shall be lasciviously given, as he feelingly said, "et me pressulium deoscula Fotis, Catenatis lacertis, Obtorto valvis labello.

The soul and all is moved; "Jam pluribus osculis labra crepitabat, animarum quoque mixtura faciebant, inter mutus complexus animas anhelantes,

"They breathe out their souls and spirits together with their kisses," saith b Balthasar Castilo, "change hearts and spirits, and mingle affections as they do kisses, and it is rather a connection of the mind than of the body." And although these kisses be delightful and pleasant, Ambrosial kisses, Suaviolium dulci dulcius Ambrosiâ, such as c Ganymede gave Jupiter, Nectare suavis, sweeter than "nectar, balsam, honey, Osca merum amorem stilliantia, love-dropping kisses; for "The stillflower, the rose is not so sweet, As sugared kisses be when lovers meet:"

Yet they leave an irksome impression, like that of aloes or gall,

"Ut mi ex Ambrosiâ mutatum Jam foret illud Suaviolium tristi tristis hellebora." | "At first Amours itself was not sweeter, At last black hellebore was not so bitter.

They are deceitful kisses,

"Quid me mollibus implique lacerris? Quid falsusque osculis inesse?" &c. | "Why dost within thine arms me lap, And with false kisses me entrap?"

They are destructive, and the more the worse: "Et que me perdunt, oscula mille dabant, they are the bane of these miserable lovers. There be honest kisses, I deny not, osculum charitatis, friendly kisses, modest kisses, vestal-virgin kisses, officious and ceremonial kisses, &c. Osculi sensus, brachiorum amplexus, kissing and embracing are proper gifts of Nature to a man; but these are too lascivious kisses, b Impliciuitque suos circum mea colla lacertis, &c. too contumace and too violent, "Brachia non hedere, non vincunt oscula concha;" they cling like ivy, close as an oyster, bill as doves, meretricious kisses, biting of lips, cum additamento: "Tant impression (saith d Lucian ut viis labia detrahebat, inter deosculandum mordicantes, tum et os aperientes quoque et mammas attrectantes, &c. such kisses as she gave to Gytom, innumera oscula dedit non repugnanti puero, cervicem invadens, innumerable kisses, &c. More than kisses, or too homely kisses: as those that e he spake of, Accepturus ab ipsa venere 7 suavia, &c. with such other obscurities that vain lovers use, which are abominable and pernicious. If, as Peter de Ledeus Coe. cons. holds, every kiss a man gives his wife after marriage, be mortale peccatum, a mortal sin, or that of f Hierome, Adulter est quisquis in uxor um suum ardentior est amator; or that of Thomas Seund. quest. 164. artic. 4. contactus et
osculum sit mortale peccatum, or that of Durand. *Rational. lib. 1. cap. 10.*

abstinere debent conjuges & complexi, toto tempore quo solemnitatis nuptiarum interdicitur, what shall become of all such *immodest kisses and obscene actions, the forerunners of brutish lust, if not lust itself!* What shall become of them that often abuse their own wives? But what have I to do with this?

That which I aim at, is to show you the progress of this burning lust; to epitomize therefore all this which I have hitherto said, with a familiar example out of that elegant Musæus, observe but with me those amorous proceedings of Leander and Hero: they began first to look one on another with a lascivious look,

"Oblique intrens inde nutibus;—
Nutibus mutua inducens in errorem mentem puella,
Et illâ à curta nutibus mutuâ juvenis
Leandri quod amorem non rerum, &c. Inde
Adibat in tenetris tacitâ quidem stringens
Roses puellâ digitos, ex imo suspiratam
Vehementer ——— Inde
Virginitatem benê olea quae osculatur,
Tale verbum ait amoris,etus simulam,
Freces audit et amoris misereure mei, &c.
Sic fatus remansuit permansit mentem puellâ."  

The same proceeding is elegantly described by Apollonius in his *Argonautics*, between Jason and Medea, by Eustathius in the ten books of the loves of Ismenius and Ismene, Achilles Tatius between his Clitophon and Leucippe, Chaucer's neat poem of Troilus and Cresside; and in that notable tale in Petronius of a soldier and a gentlewoman of Ephesus, that was so famous all over Asia for her chastity, and that mourned for her husband: the soldier woed her with such rhetoric as lovers use to do,—*placiones stiam pugnabis amori? &c.* at last, *frangi pertinaciam passa est,* he got her good will, not only to satisfy his lust, "but to hang her dead husband's body on the cross (which he watched instead of the thief's that was newly stolen away), whilst he wooed her in her cabin. These are tales, you will say, but they have most significant morals, and do well express those ordinary proceedings of doting lovers.

Many such allurements there are, nods, jests, winks, smiles, wrestlings, tokens, favours, symbols, letters, valentines, &c. For which cause belike. Godfridus, *lib. 2. de amor. *would not have women learn to write. Many such provocations are used when they come in presence, *they* will, and will not,

"Malo me Galatea petit lasciva puella,
Et fugit ad salices, et sa caput ante videre."

"My mistress with an apple woes me,
And hastily to covert goes
To hide herself, but would be seen
With all her heart before, God knows."

**Hero so tripped away from Leander as one displeased,**

"4 Yet as she went full often look'd behind,
And many poor excuses did she find
To linger by the way,——"

but if he chance to overtake her, she is most averse, nice and coy,

"Denegat et pugnat, sed vult super omnis vincit."

"She seems not won, but won she is at length,
In such ways women use but half their strength."

Sometimes they lie open and are most tractable and coming, apt, yielding, and willing to embrace, to take a green gown, with that shepherdess in Theocritus, *Edyl. 27.* to let their coats, &c., to play and daily, at such seasons, and to some, as they spy their advantage; and then coy, close again, so nice, so surly, so demure, you had much better tame a colt, catch or ride a wild horse, than get her favour, or win her love, not a look, not a smile, not a kiss for a

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kingdom. * Aretine's Lucretia was an excellent artisan in this kind, as she tells her own tale, "Though I was by nature and art most beautiful and fair, yet by these tricks I seemed to be far more amiable than I was, for that which men earnestly seek and cannot attain, draws on their affection with a most furious desire. I had a suitor loved me dearly (said she), and the more he gave me, the more eagerly he wooed me, the more I seemed to neglect, to scorn him, and which I commonly gave others, I would not let him see me, converse with me, no, not have a kiss. To grill him the more, and fetch him over (for him only I aimed at) I personated my own servant to bring in a present from a Spanish count, whilst he was in my company, as if he had been the count's servant, which he did excellently well perform: * Comes de monte Turco, 'my lord and master hath sent your ladyship a small present, and part of his hunting, a piece of venison, a pheasant, a few partridges, &c. (all which she bought with her own money), 'commends his love and service to you, desiring you to accept of it in good part, and he means very shortly to come and see you.'" Whilah she showed him rings, gloves, scarfs, coronets which others had sent her, when there was no such matter, but only to circumvent him. "By these means (as she concludes) "I made the poor gentleman so mad, that he was ready to spend himself, and venture his dearest blood for my sake." Philinna, in * Lucian, practised all this long before, as it shall appear unto you by her discourse; for when Diphilus her sweetheart came to see her (as her daily custom was) she frowned upon him, would not vouchsafe him her company, but kissed Lamprius his co-rival, at the same time * before his face: but why was it? To make him (as she telleth her mother that chid her for it) more jealous; to whet his love, to come with a greater appetite, and to know that her favour was not so easy to be had. Many other tricks she used besides this (as she there confesseth), for she would fall out with, and anger him of set purpose, pick quarrels upon no occasion, because she would be reconciled to him again. Amantium irae amoris redintegratio, as the old saying is, the falling out of lovers is the renewing of love; and according to that of Aristaeutus, jucundiores amorum post injurias delicias, love is increased by injuries, as the sunbeams are more gracious after a cloud. And surely this aphorism is most true; for as Ampelis informs Crisis in the said Lucian, "If a lover be not jealous, angry, waspish, apt to fall out, sigh and swear, he is no true lover." To kiss and coll, hang about her neck, protest, swear and wish, are but ordinary symptoms, incipientis adhuc et crescentis amoris signa; but if he be jealous, angry, apt to mistake, &c., benè Speres liceat, sweet sister he is thine own; yet if you let him alone, humour him, please him, &c., that he perceive once he hath you sure, without any co-rival, his love will languish, and he will not care so much for you. Hitherto (saith she) can I speak out of experience; Demophantus a rich fellow was a suitor of mine, I seemed to neglect him, and gave better entertainment to Calliades the painter before his face, principio abiit, verbis me insectatus at first he went away all in a chase, cursing and swearing, but at last he came submitting himself, voicing and protesting he loved me most dearly, I should have all he had, and that he would kill himself for my sake. Therefore I advise thee (dear sister Crisis) and all maids, not to use your suitors over kindly; insolentes enim sunt hoc cùm sentunt, 'twill make them proud and insolent; but now and then reject

them, strange thyself, et si me audies semel atque iterum exclude, shut him out of doors once or twice, let him dance attendance; follow my counsel, and by this means "you shall make him mad, come off roundly, stand to any conditions, and do whatsoever you will have him. These are the ordinary practices; yet in the said Lucian, Melissa methinks had a trick beyond all this; for when her suitor came coldly on, to stir him up, she wrote one of his correspondents' names and her own in a paper, Melissa amat Hermotimus Hermotimus Melissaam, causing it to be stuck upon a post, for all gazers to behold, and lost it in the way where he used to walk; which when the silly novice perceived, statim ut legit credidit, instantly apprehended it was so, came raving to me, &c., "and so when I was in despair of his love, four months after I recovered him again." Eugenia drew Timotheus for her valentine, and wore his name a long time after in her bosom: Camesa singled out Pamphilus to dance, at Myson's wedding (some say), for there she saw him first; Felicianus overtook Celia by the highway side, offered his service, thence came further acquaintance, and thence came love. But who can repeat half their devices? What Aristeas experienced, what conceived Lucian, or wanton Aristenus? They will deny and take, stiffly refuse, and yet earnestly seek the same, repel to make them come with more eagerness, fly from if you follow, but if you come, as a shadow they will follow you again, fugientem sequitur, sequentem fugit; with a regaining retreat, a gentle reluctance, a smiling threat, a pretty pleasant peevishness they will put you off, and have a thousand such several enticements. For as he saith,

"Non est forma satis, nec qua vult bella videri,
debet vulgaris more placere euis,
Dicta, saevis, lussa, sermones, gratia, rians,
Vincent natura candidioris opus."

But for this cause belike Philostratus, in his images, makes diverse loves, "some young, some of one age, some of another, some winged, some of one sex, some of another, some with torches, some with golden apples, some with darts, gins, snares, and other engines in their hands," as Propertius hath prettily painted them out, lib. 2. et 29. and which some interpret, diverse enticements, or diverse affections of lovers, which if not alone, yet jointly may batter and overcome the strongest constitutions.

It is reported of Decius and Valerianus, those two notorious persecutors of the church, that when they could enforce a young Christian by no means (as Hierome records) to sacrifice to their idols, by no torments or promises, they took another course to tempt him: they put him into a fair garden, and set a young courtezan to dally with him, "she took him about the neck and kissed him, and that which is not to be named," manibusque attractare, &c., and all those enticements which might be used, that whom torments could not, love might batter and beleaguer. But such was his constancy, she could not overcome, and when this last engine would take no place, they left him to his own ways. At Berkley in Gloucestershire, there was in times past a nunnery (saith Gualterus Mapes, an old historiographer, that lived 400 years since), of which there was a noble and a fair lady abbes: Godwin, that sublime Earl of Kent, travelling that way (seeking not her but hers), leaves a nephew of his, a proper young gallant (as if he had been sick) with her, till he came back again, and gives the young man charge so long to counteract, till he had
deflowered the abbess, and as many besides of the nuns as he could, and leaves him withal, rings, jewels, girdles, and such toys to give them still, when they came to visit him. The young man, willing to undergo such a business, played his part so well, that in short space he got up most of their bellies, and when he had done, told his lord how he had sped; his lord made instantly to the court, tells the king how such a nunnerie was become a bawdy-house, procures a visitation, gets them to be turned out, and begs the lands to his own use.

This story I do therefore repeat, that you may see of what force these enticements are, if they be opportunely used, and how hard it is even for the most averse and sanctified souls to resist such allurements. John Major in the life of John the monk, that lived in the days of Theodosius, commends the hermit to have been a man of singular continency, and of a most austere life; but one night by chance the devil came to his cell in the habit of a young market wench that had lost her way, and desired for God's sake some lodging with him. "

The old man let her in, and after some common conference of her mishap, she began to inveigle him with lascivious talk and jests, to play with his beard, to kiss him, and do worse, till at last she overcame him. As he went to address himself to that business, she vanished on a sudden, and the devils in the air laughed him to scorn." Whether this be a true story, or a tale, I will not much contend, it serves to illustrate this which I have said.

Yet were it so, that these of which I have hitherto spoken, and such like enticing baits, be not sufficient, there be many others, which will of themselves intend this passion of burning lust, amongst which, dancing is none of the least; and it is an engine of such force, I may not omit it. Incitamentum libidinis, Tetrarch calls it, the spur of lust. "A circle of which the devil himself is the centre. Many women that use it, have come dishonest home, most indifferent, none better." Another terms it, "the companion of all filthy delights and enticements, and 'tis not easily told what inconveniences come by it, what scurrile talk, obscene actions," and many times such monstrous gestures, such lascivious motions, such wanton tunes, meretricious kisses, homely embraces, that it will make the spectators mad. When that epitomizer of Trogus had to the full described and set out King Ptolemy's riot as a chief engine and instrument of his overthrow, he adds, tympanum et tripudium, fiddling and dancing: "the king was not a spectator only, but a principal actor himself." A thing nevertheless frequently used, and part of a gentlewoman's bringing up, to sing, dance, and play on the lute, or some such instrument, before she can say her patronster, or ten commandments. 'Tis the next way their parents think to get them husbands, they are compelled to learn, and by that means, Incestos amores de tenero meditabant unque; 'tis a great allurement as it is often used, and many are undone by it. Thais, in Lucian, inveigled Lamprias in a dance, Herodias so far pleased Herod, that she made him swear to give her what she would ask, John Baptist's head in a platter. Robert Duke of Normandy, riding by Falais, spied Arletta, a fair maid, as she danced...
on a green, and was so much enamoured with the object, that he must needs lie with her that night. Owen Tudor won Queen Catherine’s affection in a dance, falling by chance with his head in her lap. Who cannot parallel these stories out of his experience? Speusippas a noble gallant in that Greek Aristænetus, seeing Panareta a fair young gentlewoman dancing by accident, was so far in love with her; that for a long time after he could think of nothing but Panareta: he came raving home full of Panareta: “Who would not admire her, who would not love her, that should but see her dance as I did? O admirable, O divine Panareta! I have seen old and new Rome, many fair cities, many proper women, but never any like to Panareta, they are cross, dowdies all to Panareta! O how she danced, how she tripped, how she turned, with what a grace! happy is that man that shall enjoy her. O most incomparable, only, Panareta!” When Xenophon, in Symposium, or Banquet, had discoursed of love, and used all the engines that might be devised, to move Socrates, amongst the rest, to stir him the more, he shuts up all with a pleasant interlude or dance of Dionysius and Ariadne, “First Ariadne dressed like a bride came in and took her place; by and by Dionysius entered, dancing to the music. The spectators did all admire the young man’s carriage; and Ariadne herself was so much affected with the sight, that she could scarce sit. After a while Dionysius beholding Ariadne, and incensed with love, bowing to her knees, embraced her first, and kissed her with a grace; she embraced him again, and kissed him with like affection, &c., as the dance required; but they that stood by, and saw this, did much applaud and commend them both for it. And when Dionysius rose up, he raised her up with him, and many pretty gestures, embraces, kisses, and love compliments passed between them; which when they saw fair Bacchus and beautiful Ariadne so sweetly and so unfeignedly kissing each other, so really embracing, they swore they loved indeed, and were so inflamed with the object, that they began to rouse up themselves, as if they would have flown. At the last when they saw them still, so willingly embracing, and now ready to go to the bride-chamber, they were so ravished with it, that they that were unmarried, swore they would forthwith marry, and those that were married called instantly for their horses, and galloped home to their wives.” What greater motive can there be than this burning lust? what so violent an oppugner? Not without good cause therefore so many general councils condemn it, so many fathers abhor it, so many grave men speak against it; “Use not the company of a woman,” saith Syracuse, 8. 4. “that is a singer, or a dancer; neither hear, lest thou be taken in her craftiness.” In circno non tam cererus quam disceitur libido. *Hædus holds, lust in theatres is not seen, but learned. Gregory Nazianzen that eloquent divine (as he relates the story himself), when a noble friend of his solemnly invited him with other bishops, to his daughter Olympia’s wedding, refused to come: “For it is absurd to see an old gouty bishop sit amongst dancers;” he held it unfit to be a spectator, much less an actor. Nemo saltat sobrius, Tully writes, he is not a sober man that dances; for some such reason (belike) Dominian forbade the Roman senators to dance, and for that fact removed many of them from the senate. But these, you will say, are lascivious

* Of whom he begat William the Conqueror; by the same token she tore her smock down, saying, &c.
* Epist. 26. Quis non miratus est salutantem? Quis non vidit et amavit? veterem et novam vidit Romam, sed tibi similem non vidit Panareta; felix qui Panareta fruisset, &c. Princípio Ariadne velat sponsa propter, scilicet qui accusat Dionysios ad numeros custantes tibis salutasset; admirati sunt omnes salutantes eum, Ipsaque Ariadne, ut vix potuerit consciocares; postes vero cum Dionysios eam aspexit, &c. Ut autem surrexit Dionysius, erexit simul Ariadnem, licebatque spectare gestus osculantium, et inter se complacentem; qui autem spectabatur, &c. Ad extremum videntes eos mutuans amplexibus implicatos et jam jam ad thalamum iuros; qui non duxerant uxorres jurabant uxorres se ductores; qui autem duxerant consecuuntur quibus et iactatis, ut illeem fraudemur, domum festinandum. * Lib. 4. de contumaci, amoribus. * Ad Ancyran epist. 87. * Intempestum enim est, et a mortuis abscondem, inter saltantes podagrum video uenem, et episcopum.
and Pagan dances, 'tis the abuse that causeth such inconvenience, and I do not well therefore to condemn, speak against, or "innocently to accuse the best and pleasantest thing (so Lucian calls it) that belongs to mortal men." You misinterpret, I condemn it not; I hold it notwithstanding an honest disport, a lawful recreation, if it be opportune, moderately and soberly used: I am of Plutarch's mind, "that which respects pleasure alone, honest recreation, or bodily exercise, ought not to be rejected and contemned:" I subscribe to Lucian, "tis an elegant thing, which cheereth up the mind, exerciseth the body, delights the spectators, which teacheth many comely gestures, equally affecting the ears, eyes, and soul itself." Sallust doth condemn singing and dancing in Sempronius, not that she did sing or dance, but that she did it in excess, 'tis the abuse of it; and Gregory's refusal doth not simply condemn it, but in some folks. Many will not allow men and women to dance together, because it is a provocation to lust: they may as well, with Lycurgus and Mahomet, cut down all vines, forbid the drinking of wine, for that it makes some men drunk.

"* Nihil prodest quod non ladcre possit idem;
Igne quid utilius!"

I say of this as of all other honest recreations, they are like fire, good and bad, and I see no such inconvenience, but that they may so dance, if it be done at due times, and by fit persons: and conclude with Wolflongus Hider, and most of our modern divines: Si decora, graves, verecunda, plena luce honorum virorum et matronarum honestarum, tempestivè plant, probari possunt, et debent. "There is a time to mourn, a time to dance," Eccles. iii. 4. Let them take their pleasures then, and as he said of old, "young men and maids flourishing in their age, fair and lovely to behold, well attired, and of comely carriage, dancing a Greek galliard, and as their dance required, kept their time, now turning now tracing, now apart now altogether, now a courtesy then a caper," &c., and it was a pleasant sight to see those pretty knots, and swimming figures. The sun and moon (some say) dance about the earth, the three upper planets about the sun as their centre, now stationary, now direct, now retrograde, now in apogee, then in perigee, now swift then slow, occidental, oriental, they turn round, jump and trace, &c. and about the sun with those thirty-three Maculæ or Bourbonian planet, circa Solem saltantes Cythare dum, saith Fromundus. Four Medicean stars dance about Jupiter, two Austrian about Saturn, &c., and all (belike) to the music of the spheres. Our greatest counsellors, and staid senators, at some times dance, as David before the ark, 2 Sam. vi. 14. Miriam, Exod. xv. 20. Judith, xv. 13. (though the devil hence perhaps hath brought in those bawdy bacchanals), and well may they do it. The greatest soldiers, as Quintilianus, Emilius Probus, Coelius Rhodiginus, have proved at large, still use it in Greece, Rome, and the most worthy senators, cantare, saltare, Lucian, Macrobius, Libanus, Plutarch, Julius, Polux, Athenaeus, have written just tracts in commendation of it. In this our age it is in much request in those countries, as in all civil commonwealths, as Alexander ab Alexandro, lib. 4. cap. 10. et lib. 2. cap. 25. hath proved at large, amongst the barbarians themselves none so precious; all the world allows it.

"* Divitis contemno tuas, res Graea, tuaeque
Vendo Asiam, unguentis, flore, merc, choreis."

 Plato, in his Commonwealth, will have dancing-schools to be maintained, “that young folks might meet, be acquainted, see one another, and be seen,” may more, he would have them dance naked; and scoffs at them that laugh at it. But Eusebius, prop. Evangel. lib. 1. cap. 11. and Theodoret, lib. 9. curat. graec. affect. worthily lash him for it; and well they might: for as one saith, “in the very sight of naked parts causeth enormous, exceeding concupiscences, and stir up both men and women to burning lust.” There is a mean in all things: this is my censure in brief; dancing is a pleasant recreation of body and mind, if sober and modest (such as our Christian dances are), if tempestuously used; a curious motive to burning lust, if as by Pagans heretofore, unchastely abused. But I proceed.

If these allusions do not take place, for Aen. Tho. 31. Simius, that great master of dalliance, shall not behave himself better, the more effectually to move others, and satisfy their lust, they will swear and lie, promise, protest, forge, counterfeit, brag, bribe, flatter and dissemble of all sides. “Twas Lucretia’s counsel in Aretine, St vis amidel frui, promites, jingga, jura, perjura, facta, simulac, mentire; and they put it well in practice, as Apollo to Daphne,

“Delphoe, Claros, and Tenedos serve me, And Jupiter is known my sire to be.”

The poorest swains will do as much. Mille pecus nivei sunt et mihI vallibus agni; “I have a thousand sheep, good store of cattle, and they are all at her command,”

“Tibi nos, tibi nostra suppellex, Raraque servierint.”

“house, land, goods, are at her service,” as he is himself. Dinomachus, a senator’s son in Lucian, in love with a wenches inferior to him in birth and fortunes, the sooner to accomplish his desire, went unto her, and swore he loved her with all his heart, and her alone, and that as soon as ever his father died (a very rich man and almost decrepit) he would make her his wife. The maid by chance made her mother acquainted with the business, who being an old fox, well experienced in such matters, told her daughter, now ready to yield to his desire, that he meant nothing less, for dast thou think he will ever care for thee, being a poor wenches, that may have his choice of all the beauties in the city, one noble by birth, with so many talents, as young, better qualified, and fairer than thyself? daughter, believe him not; the maid was abashed, and so the matter broke off. When Jupiter woed Juno first (Lilius Giraldus relates it out of an old comment on Theocritus), the better to effect his suit, he turned himself into a cuckoo, and spying her one day walking along, separated from the other goddesses, caused a tempest suddenly to arise, for fear of which she fled to shelter: Jupiter to avoid the storm likewise flew into her lap, in virginitis Junonis gremium devolavit, whom Juno for pity covered in her apron. But he turned himself forthwith into his own shape, began to embrace and offer violence unto her, sed illa matris metu abruebat, but she by no means would yield, donec pollicitus connubium obtinuit, till he vowed and swore to marry her, and then she gave consent. This fact was done at Thornax hill, which ever after was called Cuckoo hill, and in perpetual remembrance there was a temple erected to Telia Juno in the same place. So powerful are fair promises, vows, oaths, and protestations. It is an ordinary
thing too in this case to believe their age, which widows usually do, that mean to marry again, and bachelors too sometimes,

"X Cujus octavum trepidavit atas
carnere lustrum;"

to say they are younger than they are. Carmides in the said Lucian loved Philematium, an old maid of forty-five years; * she swore to him she was but thirty-two next December. But to dissemble in this kind, is familiar of all sides, and often it takes. *Fallere credentem res est operosa puellam" tis soon done, no such great mastery, Egregium verò laudem, et spolia ampla,—— and nothing so frequent as to believe their estates, to prefer their suits, and to advance themselves. Many men to fetch over a young woman, widows, or whom they love, will not stick to crack, forge and feign any thing comes next, bid his boy fetch his cloak, rapier, gloves, jewels, &c., in such a chest, scarlet-golden—tissue breeches, &c., when there is no such matter; or make any scruple to give out, as he did in Petronius, that he was master of a ship, kept so many servants, and to personate their part the better, take upon them to be gentlemen of good houses, well descended and allied, hire apparel at brokers, some scavenger or prick-louse tailors to attend upon them for the time, swear they have great possessions, * bribe, lie, cog, and foist as dearly they love, how bravely they will maintain her, like any lady, countess, duchess, or queen; they shall have gowns, tiers, jewels, coaches, and caroches, choice diet,

"The heads of parrots, tongues of nightingales,
The brains of peacocks, and of carriches,
Their bath shall be the juice of gilliflowers,
Spirits of roses and of violets,
The milk of unicorns," &c.

as old Volpone courted Colia in the * comedy, when as they are no such men, not worth a great, but mere slackers, to make a fortune, to get their desire, or else pretend love to spend their idle hours, to be more welcome, and for better entertainment. The conclusion is, they mean nothing less,

"Vix meum furtum jurare, nihil promittere curant:
Sed simul ac cupides mentis satiata libido est,
Dicta nihil metuere, nihil perjuria curant;"

"Oaths, vows, promises, are much protested;
But when their mind and lust is satisfied,
Oaths, vows, promises, are quite neglected;"

though he solemnly swear by the genius of Caesar, by Venus’s shrine, Hymen’s deity, by Jupiter, and all the other gods, give no credit to his words. For when lovers swear, Venus laughs, Venus hæc perjuria ridet, * Jupiter himself smiles, and pardons it withal, as grave * Plato gives out; of all perjury, that alone for love matters is forgiven by the gods. If promises, lies, oaths, and protestations, will not avail, they fall to bribes, tokens, gifts, and such like feasts. * Plurimus auro conciliat amor: as Jupiter corrupted Danaé with a golden shower, and Liber Ariadne with a lovely crown (which was afterwards translated into the heavens, and there for ever shines); they will rain chickens, florins, crowns, angels, all manner of coins and stamps in her lap. And so must he certainly do that will speed, make many feasts, banquetts, invitations, send her some present or other every foot. Summo studio parenter epulat (saith * Hœsus) et crebra fiant turgitiones, he must be very bountiful and liberal, seek and sue, not to her only, but to all her followers, friends, familiars, fiddlers, panderers, parasites, and household servants; he must insinuate himself, and surely will, to all, of all sorts, messengers, porters, carriers, no man must be unwarded, or untrusted. I had a suitor (saith * Aretine’s Lucretia) that when he came to my house, flung gold and silver about, as if it had been chaff. Another suitor I had was a very choleric fellow; but I so handled
They will crack, counterfeit, and colleague as well as the best, with handkerchiefs, and wrought nightcaps, purses, and such toys: as he justly complained,

\[
\begin{align*}
\text{"Why dost thou send me violets, my dear?} \\
\text{To make me burn more violent, I fear,} \\
\text{With violets too violent thou art,} \\
\text{To violate and wound my gentle heart."}
\end{align*}
\]

When nothing else will serve, the last refuge is their tears. *Hae scripsi* (tes-tor amorem) *mixta lachrymis et suspicis,* 'twixt tears and sighs, I write this (I take love to witness), saith *k* Chelidonis to Philonius. *Lumina quae modi fulmina, jam flumina lachrymarum,* those burning torches are now turned to floods of tears. Aristeis's Lucretia, when her sweethearts came to town, 1 wept in his bosom, "that he might be persuaded those tears were shed for joy of his return." Quartilla in Petronius, when nought would move, fell a weeping, and as Balthasar Castilo paints them out, 2 *To these crocodile's tears they will add sobs, fiery sighs, and sorrowful countenance, pale colour, leanness, and if you do but stir abroad, these fiends are ready to meet you at every turn, with such a sluttish neglected habit, deserted look, as if they were now ready to die for your sake; and how, saith he, shall a young novice thus beset, escape?" But believe them not.

---"Nonnum quae crede puellis.
Namque est feminae tutor una fide."
and then her alone; like Milo’s wife in Apuleius, lib. 2. *Si quem conspexerit speciosae formae juvemem, venustate ejus sumitur, et in eam minimum interroquet. *Tis their common compliment in that case, they care not what they swear, say, or do: One while they slight them, care not for them, rail downright and scoff at them, and then again they will run mad, hang themselves, stab and kill, if they may not enjoy them. Henceforth, therefore,—*nulla viro jurantium femina credat, let not maids believe them. These tricks and counterfeit passions are more familiar with women, *Femem hic dolor faciet aut vitae dies, miserere amantis, quoth Phaedra to Hippolitus. *Joësa, in "Lucian, told Pythias, a young man, to move him the more, that if he would not have her, she was resolved to make away herself. "There is a Nemesis, and it cannot choose but grieve and trouble thee, to hear that I have either strangled or drowned myself for thy sake." Nothing so common to this sex as oaths, vows, and protestations, and as I have already said, tears, which they have at command, for they can so weep, that one would think their very hearts were dissolved within them, and would come out in tears; their eyes are like rocks, which still drop water, *divarica lacrymæ et sudoris in modum turgeri promittat, saith. *Aristenetus, they wipe away their tears like sweat, weep with one eye, laugh with the other; or as children ‘weep and cry, they can both together.

"A thousand years, as Castilio conceives, ‘will scarce serve to reckon up those allurements and guiles, that men and women use to deceive one another with."

SUBSECT. V.—Bawds, Philters, Causes.

When all other engines fail, that they can proceed no farther of themselves, their last refuge is to fly to bawds, panders, magical philters, and receipts; rather than fail, to the devil himself. *Flectere si nequeunt superos, Acheronta movebunt. *And by those indirect means many a man is overcome, and precipitated into this malady, if he take not good heed. For these bawds, first, they are everywhere so common, and so many, that, as he said of old Croton, *omnes hic aut captantur aut captant, either inveigle or be inveigled, we may say of most of our cities, there be so many professed, cunning bawds in them. Besides, bawdry is become an art, or a liberal science, as Lucian calls it; and there be such tricks and subtleties, so many nurses, old women, panders, letter carriers, beggars, physicians, friars, confessors, employed about it, that *nullus tradere stilus sufficiat, one saith,

"A trecentis venibus
Suis impuribus tralioqui nemo potest."

Such occult notes, stenography, polygraphy, *Nuntius animatus, or magical telling of their minds, which *Cabeus the Jesuit, by the way, counts fabulous and false; cunning conveyances in this kind, that neither Juno’s jealousy, nor Danae’s custody, nor Argus’ vigilance can keep them safe. “Tis the last and
common refuge to use an assistant, such as that Catanian Philippa was to Joan Queen of Naples, a "bawd's help, an old woman in the business, as Myrrha did when she doated on Cyniras, and could not compass her desire, the old jade her nurse was ready at a pinch, dic inquit, opemque me sine ferre tibi—et in hoc meae (pone timorem) Sedulias erit apta tibi, fear it not, if it be possible to be done, I will effect it: non est mulier mulier insuperabilis, 5 Caelistina said, let him or her be never so honest, watched and reserved, 'tis hard but one of these old women will get access: and scarce shall you find, as Austin observes, in a nunnery a maid alone, "if she cannot have egress, before her window you shall have an old woman, or some prating gossip, tell her some tales of this clerk, and that monk, describing or commending some young gentleman or other unto her." "As I was walking in the street (saith a good fellow in Petronius) to see the town served one evening, 5 I spied an old woman in a corner selling of cabbages and roots (as our hucksters do plums, apples, and suchlike fruits); mother (quoth he) can you tell me where I can dwell? she, being well pleased with my foolish urbanity, replied, and why, sir, should I not tell? With that she rose up and went before me. I took her for a wise woman, and by-and-by she led me into a by-lane, and told me there I should dwell. I replied again, I knew not the house; but I perceived, on a sudden, by the naked queens, that I was now come into a bawdy-house, and then too late I began to curse the treachery of this old jade." Such tricks you shall have in many places, and amongst the rest it is ordinary in Venice, and in the island of Zante, for a man to be bawd to his own wife. No sooner shall you land or come on shore, but, as the Comical Poet hath it,

"h Morum hunc meretricis habent, 5
Ad portum mittunt servulas, ancellulas,
Si qua peregrina navis in portum aderit,
Rogant cunctis sit, quod eum nomen sit,
Post ilia exemplum seae adplevit."

These white devils have their panderers, bawds, and factors in every place to seek about, and bring in customers, to tempt and way-lay novices, and silly travellers. And when they have them once within their clutches, as Egidius Maserus in his comment upon Valerius Flaccus describes them, "I with promises and pleasant discourse, with gifts, tokens, and taking their opportunities, they lay nets which Lucretia cannot avoid, and baits that Hippocrates himself would swallow; they make such strong assaults and batteries, that the goddess of virginity cannot withstand them: give gifts and bribes to move Penelope, and with threats able to terrify Susanna. How many Proserpinas, with those catchpoxes, doth Pluto take? These are the sleepy rods with which their souls touched descend to hell; this the glue or lime with which the wings of the mind once taken cannot fly away; the devil's ministers to allure, entice," &c. Many young men and maids, without all question, are inveigled by these Eumenides and their associates. But these are trivial and well known. The most sly, dangerous, and cunning bawds, are your knavish physicians, emperors, mass-priests, monks, jesuits, and friars. Though it be against Hippocrates' oath, some of them will give a dram, promise to restore maidenheads, and do it without danger, make an abortion if need be, keep down their paps, hinder conception, procure lust, make them able with Satyrions, and now and then

5 De vit. Ern. c. 3. ad sororem vii aliqum reciasstrom hujus temporis solam iracundem, ante cuius essestram non annus garrulus, sed ingeniosa mulier sero, qua eam fabulis occipt, rumoribus pasti, haec vel illius monach., &c. 5 Agerete dulus vester vadebat, et rogat inquam, mater, nonnam scis ubi ego habitem? delectata illa urbanitate tam stulta, et quid nesciam inquit? consurripisque et cepit me precesedere; divinam ego putabam, &c., munda video meretrices et in lapinar me adductam, aere execrata anima incendiis. a Flavus Menex. "These harlots send little maidens down to the quays to ascertain the name and nation of every ship that arrives, after which they themselves hasten to address the new-comers."
5 Promissis everberant, molliunt dulcioliquos, et opportunum tempus accipiant laeques ingernant quos vii Lucretiae vitam; secem parent quam vel satir Hippocritum numeret, &c. Haec sunt viris soportse nonibus consilier animum ad Orem descendunt: hoe luget quo comparbat mensum ait evolare sequuntur, damnon cum illis, quam sollicitant, &c. 5 See the practice of the Jesuits, Anglicæ, edit. 1630.
step in themselves. No monastery so close, house so private, or prison so well kept, but these honest men are admitted to censure and ask questions, to feel their pulse beat at their bedside, and all under pretence of giving physic. Now as for monks, confessors, and friars, as he said,

"Non audet Stygius Plato tentare quod audet Effrenis monachus, pleaunque fraudis ansa;"  

"That Stygian Plato dares not tempt or do,  
What an old bag or monk will undergo;"

either for himself to satisfy his own lust, for another if he be hired thereto, or both at once, having such excellent means. For under colour of visitation, auricular confession, comfort and penance, they have free egress and regress, and corrupt, God knows, how many. They can such trades, some of them, practise physic, use exorcisms, &c.

In the mountains between Dauphiné and Savoy, the friars persuaded the good wives to counterfeit themselves possessed, that their husbands might give them free access, and were so familiar in those days with some of them, that, as one observes, "wenches could not sleep in their beds for necromantic friars: and the good abbess in Bocaccio may in some sort witness, that rising betimes, mistook and put on the friar’s breeches instead of her veil or hat." You have heard the story, I presume, of Paulina, a chaste matron in Agesippus, whom one of Isis’ priests did prostitute to Mundus, a young knight, and made her believe it was their god Anubis. Many such pranks are played by our Jesuits, sometimes in their own habits, sometimes in others, like soldiers, courtiers, citizens, scholars, gallants, and women themselves. Prostities-like, in all forms and disguises, that go abroad in the night, to insecate and beguile young women, or to have their pleasure of other men’s wives; and, if we may believe some relations, they have wardrobes of several suits in the colleges for that purpose. Howsoever in public they pretend much zeal, seem to be very holy men, and bitterly preach against adultery, fornication, there are no verier bawds or whoremasters in a country; "whose soul they should gain to God, they sacrifice to the devil." But I spare these men for the present.

The last battering engines are philters, amulets, spells, charms, images, and such unlawful means: if they cannot prevail of themselves by the help of bawds, panders, and their adherents, they will fly for succour to the devil himself. I know there be those that deny the devil can do any such thing (Crato epist. 2. lib. med.), and many divines, there is no other fascination than that which comes by the eyes, of which I have formerly spoken; and if you desire to be better informed, read Camerarius, oper. subvis. cont. 2. c. 5. It was given out of old, that a Thessalian wench had bewitched King Philip to dote upon her; and by philters enforced his love; but when Olympia, the Queen, saw the maid of an excellent beauty, well brought up, and qualified—these, quoth she, were the philters which inveigled King Philip; those the true charms, as Henry to Rosamond,

"One accent from thy lips the blood more warms  
Than all their philters, exorcisms, and charms."

With this alone Lucretia brags in Aretine, she could do more than all philosophers, astrologers, alchymists, necromancers, witches, and the rest of the crew. As for herbs and philters, I could never skill of them, “The sole
philter that ever I used was kissing and embracing, by which alone I made men rave like beasts stupified, and compelled them to worship me like an idol."

In our times it is a common thing, saith Erasmus, in his book de Lamiis, for witches to take upon them the making of these philters, "to force men and women to love and hate whom they will, to cause tempests, diseases," &c. by charms, spells, characters, knots. — hic Thessala vendit Philita. St. Hierome proves that they can do it (as in Hilarius' life, epist. lib. 3.) he hath a story of a young man, that with a philter made a maid mad for the love of him, which maid was after cured by Hilarian. Such instances I find in John Nider, Formicar. lib. 5. cap. 5. Plutarch records of Lucillus that he died of a philter; and that Cleopatra used philters to inveigle Antony, amongst other allurements. Eusebius reports as much of Lucretius the poet. Panormitan. lib. 4. de gest. Alphonsi, hath a story of one Stephan, a Neapolitan knight, that by a philter was forced to run mad for love. But of all others, that which Petrarch, epist. famil. lib. 1. ep. 5, relates of Charles the Great (Charlemagne), is most memorable. He foolishly doted upon a woman of mean favour and condition, many years together, wholly delighting in her company, to the great grief and indignation of his friends and followers. When she was dead, he did embrace her corpse, as Apollo did the bay-tree for his Daphne, and caused her coffin (richly embalmed and decked with jewels) to be carried about with him over which he still lamented. At last a venerable bishop, that followed his court, prayed earnestly to God (commiserating his lord and master's case) to know the true cause of this mad passion, and whence it proceeded; it was revealed to him, in fine, "that the cause of the emperor's mad love lay under the dead woman's tongue." The bishop went hastily to the carcass, and took a small ring thereon; upon the removal the emperor abhorred the corpse, and, instead of it fell as furiously in love with the bishop, he would not suffer him to be out of his presence; which when the bishop perceived, he flung the ring into the midst of a great lake, where the king then was. From that hour the emperor neglected all his other houses, dwelt at Ache, built a fair house in the midst of the marsh, to his infinite expense, and a temple by it, where after he was buried, and in which city all his posterity ever since used to be crowned. Marcus the heretic is accused by Ireneus to have inveigled a young maid by this means; and some writers speak hardly of the Lady Katherine Cobham, that by the same art she circumvented Humphrey Duke of Gloucester to be her husband. Sycinius Æmilianus summoned Apuleius to come before Cneius Maximus, proconsul of Africa, that he being a poor fellow, "had bewitched by philters Pudentilla, an ancient rich matron to love him," and, being worth so many thousand sesterces, to be his wife. Agrippa, lib. 1. cap. 48. occult. philos. attributes much in this kind to philters, amulets, images: and Salmutz, com. in Pancirol. Tit. 10. de Horol. Leo Afer. lib. 3. saith, "tis an ordinary practice at Fez in Africa, Prestitiatores ibi phures, qui cogunt amores et concubitus: as skilful allout as that Hyperborean magician, of whom Cleodemus, in "Lucian, tells so many fine feats performed in this kind. But Erasmus, Wierus, and others are against it; they grant indeed such things may be done, but (as Wierus discourseth, lib. 3. de Lamiis, cap. 37.) not by charms, incantations, philters, but the devil himself; lib. 5. cap. 2. he contends as much; so doth Freitagius, noc. med. cap. 74. Andreas Cisalpinus, cap. 5; and so much Sigismundus Schereczins, cap. 9. de hicco nocturno, proves at large.

"Unchaste women by the help of these witches, the devil's kitchen maids, have their loves brought to them in the night, and carried back again by a phantasm flying in the air in the likeness of a goat. I have heard (saith he) divers confess, that they have been so carried on a goat's back to their sweethearts, many miles in a night." Others are of opinion that these feats, which most suppose to be done by charms and philters, are merely effected by natural causes, as by man's blood chemically prepared, which much avails, saith Ernestus Burgranius, in Lucerna vitae et mortis Indice, ad amorem conciliandum et odium (so huntsmen make their dogs love them, and farmers their pullen), 'tis an excellent philter, as he holds, sed vulgo prodere grande nefus, but not fit to be made common: and so be Malá insana, mandrake roots, mandrake apples, precious stones, dead men's clothes, candles, malu Bacchico, panis porcicns, Hyppomanes, a certain hair in a wolf's tail, &c., of which Rhasis, Dioscorides, Porta, Wecker, Rubatus, Mizaldus, Albertus, treat: a swallow's heart, dust of a dove's heart, multum valent lingua viperarum, cerebella asinorum, tela equina, palliolæ quibus infantes obvoluti nascuntur, fanis strangulati hominis, lapsis de vido Aquile, &c. See more in Skenknius observat. medicinal. lib. 4. &c., which are as forcible, and of as much virtue as that fountain Salmacis in Vitruvius, Ovid, Strabo, that made all such mad for love that drank of it, or that hot bath at Aix in Germany, wherein Cupid once dipped his arrows, which ever since hath a peculiar virtue to make them lovers all that wash in it. But hear the poet's own description of it,

These above-named remedies have happily as much power as that bath of Aix, or Venus' enchanted girdle, in which, saith Natales Comes, "Love toys and dalliance, pleasantness, sweetness, persuasions, subtleties, gentle speeches, and all witchcraft to which love was contained. Read more of these in Agrippa de occult. Philos. lib. 1. cap. 50. et 45. Malleus, malefic. part. 1. quest. 7. Delrio, tam. 2. quest. 3. lib. 3. Wierus, Pomponatius, cap. 8. de incantat. Ficinus, lib. 13. Theol. Plat. Calcagninus, &c.

**MEMB. III.**

**Symptoms or signs of Love-Melancholy, in Body, Mind, good, bad, &c.**

Symptoms are either of body or mind; of body, paleness, leanness, dryness &c. ¹ Pallidus omnis amans, color hic est aptus amant. as the poet describes lovers: facit amor maciem, love causeth leanness. ² Avicenna de Ilii, c. 33. "makes hollow eyes, dryness, symptoms of this disease, to go smiling to themselves, or acting as if they saw or heard some delectable object." Vallerioli, lib. 3. observat. cap. 7. Laurentius, cap. 10. Ælianus Montaltus de. Her. amore. Langius, epist. 24. lib. 1. epist. med. deliver as much, corpus exangue palleat, corpus gracile, oculis cavii, lean, pale—ut nudis qui pressit calicibus aquam, "as one who trod with naked foot upon a snake," hollow-eyed, their eyes are

*Impudicca mulieres opera veneficarum, diaboli coquarum, amatores suos ad se nocte ducent et redunct, ministerio hirci in aeris volantius; mulos novi qui hoc fassu sunt, &c. (Mandrake apples, Leamus, lib. herb. libb. c. 2. ² Of which read Plin. lib. 8. cap. 22. et lib. 13. c. 25. et Quintilianum, lib. 7. ³ Lib. 1. c. 8. Venere implicat eos, qui ex eo bident. Idem Ov. Met. 4. Strabo. Geog. 1. 14. Lod. Guiscardiandus descript. Aquiargani in Ger. ⁴ Balheus Venetii, in quo sunit, et dulcia colloquent, benevolentes, et blanditiae, susience, fraudes et venefica inclinabantur. "Whence that heat to waters bubbling from the cold moist earth? Cupid, once upon a time playfullyipt herein his arrows of steel, and delighted with the hissing sound, he said, boil on for ever, and retain the memory of my quiver. From that time it is a thermal spring, in which few venture to bathe, but whosoever does, his heart is instantly touched with love." Ovid. Facit hunc amor ipse colorum. Met. 4. ⁵ Signa ejus profunditatis occultum, privato lacrymorum, suspins, sape vident sibi, ac si quid delectable vidissent, aut audirent.
hidden in their heads.—N. Tenerque nitidi corporis cecidit decor, they pine away, and look ill with waking, cares, sighs.

"Et qui tenabant signa Phoebus fata
Oculi, nihil gentile nec patrum mecant."

"And eyes that once rivalled the locks of Phoebus, lose the paternal and lustre." With groans, griefs, sadness, dulness,

want of appetite, &c. A reason of all this, \( ^{9} \) Jason Pratensis gives, "because of the distraction of the spirits the liver doth not perform his part, nor turns the aliment into blood as it ought, and for that cause the members are weak for want of sustenance, they are lean and pine, as the herbs of my garden do this month of May, for want of rain." The green sickness therefore often happeneth to young women, a cachexia or an evil habit to men, besides their ordinary sighs, complaints, and lamentations, which are too frequent. As drops from a still,—at occluso stillat ab igne liquor, doth Cupid's fire provoke tears from a true lover's eyes,

"The mighty Mars did oft for Venus shriek,\[4\] Privily moistening his hirsute cheek With womanish tears,"

with many such like passions. When Chariclia was enamoured of Theaginos—\( ^{a} \) Heliodorus sets her out, "she was half distracted, and spake she knew not what, sighed to herself, lay much awake, and was lean upon a sudden:"

and when she was besotted on her son-in-law, \(^{b} \) pallor deformis, marcerentes oculi, &c., she had ugly paleness, hollow eyes, restless thoughts, short wind, &c. Eurialis, in an epistle sent to Lucretia, his mistress, complains amongst other grievances, \( ^{c} \) ut mihi et somni et cibi usum abstulisti, thou has taken my stomach and my sleep from me. So he describes it aright:

His sleep, his meat, his drink, in him were
That leaf he wasteth, and dry as a shaft,
His eyes hollow and grizzly to behold,
His new pale and ashen to unfold,
And solitary he was ever alone,
And waking all the night making more.\[5\]

Theocritus Edyl. 2. makes a fair maid of Delphos, in love with a young man of Minda, confess as much,

"Ut vidit ut in-anui, ut animus mihi male affectus est,
Misera mihi forma tabescat, neque amphis penam
Ullum curam, aut quando dominum redideram
Novi, sed mi ademis quidam in se suscensus,
Dechumbi in lecto dies decem, et noctes decem,
Definam capite capill, ipoque sola reliqua
Oas et eulis"—

All these passions are well expressed by \(^{d} \) that heroical poet in the person of Dido:

"At non in fidelis amoli Phanissa, nec unquam
Solvens in somnus, olivase ac pectore amores
Accepit; ingenuam cura, rursumque resurgens
Savet amor,"--

"No sooner seen I had, than mad I was,
My beauty fail'd, and I no more did care
For any pump, I knew not where I was,
But sick I was, and evil I did fare;
I lay upon my bed ten days and nights,
A skeleton I was in all men's sights.""}

Accius Sanazarius, Egloga 2. de Galatea, in the same manner feigns his Lycharis tormenting herself for want of sleep, sighing, sobbing, and lamenting; and Eustathius in his Isemunius much troubled, and "\(^{e} \) panting at heart, at the sight of his mistress; he could not sleep, his bed was thorns." \[6\]

\[n\] Seneca Hipp. \( ^{a} \) Seneca Hipp. \( ^{b} \) De morbis ccebrati de erot amore. Ob spiritum distractionem hepar officio aenea non funest, nec certa alimentum in aegumen, ut debet. Ergo membra debilita, et penis alicubi succin marcssent, aquilenceque ut herba in horto mea hoc mense Maii Zerise, ob ibnium defectum. \( ^{c} \) Faerie Queen, 1. 3. cant. 11. \( ^{d} \) Amator Emblem. 3. \( ^{e} \) Lib. 4. Animo errat, et quidvis obvium liquitum, vigiliae abeunt causas sustinet, et acescens corpus subito amisset. \( ^{f} \) Apuleius. \( ^{g} \) Chaucer, in the Knight's Tale. \( ^{h} \) Virg. Xan. 4. \( ^{i} \) Deum vaga parvis sidera fulgent, numerat longas setecras horas, et soluto nixes crabo suspirando viscera rumpit. \( ^{j} \) Saliebat ccebro tepidum cor ad aspectum Isonnes. \( ^{k} \) Gordonius, c. 20. aequalit amae eium, potum, et maceratur indo totum corpus.
make leanness, want of appetite, want of sleep ordinary symptoms, and by that means they are brought often so low, so much altered and changed, that as he jested in the comedy, "one scarce knows them to be the same men."

"Attenuant juvenum vigiliae corpora neces, Curaque et immove qui sit amore dolor."

Many such symptoms there are of the body to discern lovers by,—_quem enim bene celet amorem?_ Can a man, saith Solomon, Prov. vi. 27, carry fire in his bosom and not burn? it will hardly be hid; though they do all they can to hide it, it must out, _plus quam mille nobis—_it may be described, _"quoue magis tenitut, tectus magis estuat ignis._ 'Twas Antiphanes the comedian's observation of old, Love and drunkenness cannot be concealed, _Celare alia possit, hae prater duo, vini potum, &c._ words, looks, gestures, all will betray them; but two of the most notable signs are observed by the pulse and countenance. When Antiochus, the son of Seleucus, was sick for Stratonice, his mother-in-law, and would not confess his grief, or the cause of his disease, Erasistratus, the physician, found him by his pulse and countenance to be in love with her, "because that when she came in presence, or was named, his pulse varied, and he blushed besides." In this very sort was the love of Callicles, the son of Polyceles, discovered by Panaceas the physician, as you may read the story at large in _Aristaeus._ By the same signs Galen brags that he found out Justa, Boethius the consul's wife, to dote on Pylades the player, because at his name still she both altered pulse and countenance, as _Polyarchus did at the name of Argen_.

Franciscus Valesius, l. 3. _controv._ 13. _med._ confr. denies there is any such _pulsus amatior_, or that love may be so discerned; but Avicenna confirms this of Galen out of his experience, _lib. 3. _Pem._ 1._ and Gordonius, _cap._ 20. "Their pulse, he saith, is inordinate and swift, if she go by whom he loves," Langius, _epist._ 24. _lib._ 1. _med._ _epist._ Neviscanus, _lib._ 4. _nume._ 66. _syl._ _nupialis_, Valesius de Taranta, Guianerus, _Tract._ 15. Valeria sets down this for a symptom, _"a_ difference of pulse, neglect of business, want of sleep, often sighs, blushings, when there is any speech of their mistress, are manifest signs._" But amongst the rest, Josephus Struthius, that Polonian, in the fifth book, _cap._ 17. of his Doctrine of Pulses, holds that this and all other passions of the mind may be discovered by the pulse. "If and if you will know, saith he, whether the men suspected be such or such, touch their arteries," &c. And in his fourth book, fourteenth chapter, he speaks of this particular pulse, _"b_ Love makes an unequal pulse," &c., he gives instance of a gentlewoman, _a_ patient of his, whom by this means he found to be much enamoured, and with whom: he named many persons, but at the last when his name came whom he suspected, _"c_ her pulse began to vary, and to beat swifter, and so by often feeling her pulse, he perceived what the matter was._" Apollonius, _Argonaut._ _lib._ 4. poetically setting down the meeting of Jason and Medea, makes them both to blush at one another's sight, and at the first they were not able to speak.

"_b_ totus Parmeno

_Tremo, horreoque postquam aspexit hanc._"

Phaedria trembled at the sight of Thais, others sweat, blow short, _Crura tremunt ac poplitee,—_are troubled with palpitation of heart upon the like occasion, _cor proximum oris_, saith _Aristaeus_, their heart is at their mouth,
leaps, these burn and freeze (for love is fire, ice, hot, cold, itch, fever, frenzy, pleurisy, what not), they look pale, red, and commonly blush at their first congress; and sometimes through violent agitation of spirits bleed at nose, or when she is talked of; which very sign Eustathius makes an argument of Ismene’s affection, that when she met her sweetheart by chance, she changed her countenance to a maiden-blush. "Tis a common thing amongst lovers, as Arnulphus, that merry-conceited bishop, hath well expressed in a facetious epigram of his,

"Alterno facies siti dat responsa rubore,
Et tener affectum proedit utrigus pudor."

But the best conjectures are taken from such symptoms as appear when they are both present; all their speeches, amorous glances, actions, lascivious gestures will betray them; they cannot contain themselves, but that they will be still kissing. "Stratocles, the physician, upon his wedding-day, when he was at dinner, Nihil prius sorribant quam tria basis puella pangaret, could not eat his meat for kissing the bride, &c. First a word, and then a kiss, then some other compliment, and then a kiss, then an idle question, then a kiss, and when he had pumped his wits dry, can say no more, kissing and colling are never out of season, "Hoc non deficit incipiente semper,' tis never at an end, another kiss, and then another, another, and another, &c.—Hoc aedes O Theagoras—

Come kiss me Corinna?

Till you equal with the store, all the grass, &c. So Venus did by her Adonis the moon with Endymion, they are still dallying and colling, as so many doves Columbatimque labra conserentes labis, and that with alacrity and courage,

"Centum basis centis,
Centum basis millis,
Mille basis millis,
Et tot milla millis,
Quot guttae Sculu mar,
Quot sunt sidera cal,
Istis purpurea genti,
Istis turgidula labis,
Ocelisque logiculis,
Figam continuo impetu;
O formosa Neera, (As Callifus to Lesbia.)
Da mille basis mille, deinde centum,
Dein milla altera, de secunda centum,
Dein usque altera millia, deinde centum."

*Tum impresso ore ut viae inde labra detrahant, servitie reclinata, "as Lamprias in Lucian kissed Thais, Philippus her "in Aristaeus et," amere lymphato tam furios e adhacit, ut vale labra sobrevele, totumque os mili contrivit; "Aretine’s Lucretia, by a suitor of hers was so saluted, and 'tis their ordinary fashion.

They cannot, I say, contain themselves, they will be still not only joining hands, kissing, but embracing, treading on their toes, &c., diving into their bosoms, and that libenter, et cum delectatione, as Philostratus confessed to his mistress; and Lamprias in Lucian, Mamillas premens, per sinum clam destricta, &c., feeling their paps, and that scarce honestly sometimes; as the old man in the Comedy well observed of his son, Non ego te videbam manum haec puella in sinum inserere? Did not I see thee put thy hand into her bosom? go to, with many such love tricks. *Juno in Lucian deorum, tom. 3.

dial. 3. complains to Jupiter of Ixion, "he looked so attentively on her, and sometimes would sigh and weep in her company, and when I drank by chance, and gave Ganymede the cup, he would desire to drink still in the very cup that I drank of, and in the same place where I drank, and would kiss the cup, and then look steadily on me, and sometimes sigh, and then again smile." If it be so they cannot come near to dally, have not that opportunity, familiarity, or acquaintance to confer and talk together; yet if they be in presence, their eye will betray them: Ubi amor ibi oculus, as the common saying is, "where I look I like, and where I like I love;" but they will lose themselves in her looks."

"Alter in alterius jacantes lumina vultus, Quarebant taciti noster ubi esset amor."

"They cannot look off whom they love," they will impregnare eam ipsis oculis, deflower her with their eyes, be still gazing, staring, stealing faces, smiling, glancing at her, as Apollo on Leucothoe, the moon on her Endymion, when she stood still in Caria, and at Latmos caused her chariot to be stayed. They must all stand and admire, or if she go by, look after her as long as she can see her, she is animas auriga, as Anacreon calls her, they cannot go by her door or window, but, as an adamant, she draws their eyes to it; though she be not there present, they must needs glance that way, and look back to it. Aristoenetus of Exitheus, Lucian, in his Imagin. of himself, and Tatius of Clitophon, say as much, Ille oculos de Leucippe nunc quam deificabat, and many lovers confess when they came in their mistress' presence, they could not hold off their eyes, but looked wistfully and steadily on her, ineonnivo aspectu, with much eagerness and greediness, as if they would look through, or should never have enough sight of her. Pecis ardens obtutibus hæret; so she will do by him, drink to him with her eyes, nay, drink him up, devour him, swallow him, as Martial's Mamurra is remembered to have done: Inspect molles pueros, ouulisque comedite, &c. There is a pleasant story to this purpose in Navigat. Ver- tom. lib. 3, cap. 5. The sultan of Sana's wife in Arabia, because Vertomannus was fair and white, could not look off him, from sunrising to sunsetting; she could not desist; she made him one day come into her chamber, et gemina horae spatio intuebatur, non ad me unquam aequum oculorum avertebat, me observans veluti Cupidinem quendam, for two hours' space she still gazed on him. A young man in Lucian fell in love with Venus' picture; he came every morning to her temple, and there continued all day long from sunrising to sunset, unwilling to go home at night, sitting over against the goddess' picture, he did continually look upon her, and mutter to himself I know not what. If so be they cannot see them whom they love, they will still be walking and waiting about their mistresses' doors, taking all opportunity to see them, as in Longus Sophista, Daphnis and Chloe, two lovers, were still hovering at one another's gates, he sought all occasions to be in her company, to hunt in summer, and catch birds in the frost about her father's house in the winter, that she might see him, and he her. "A king's palace was not so diligently attended," saith Aretine's Lucretia, "as my house was when I lay in Rome; the porch and street was ever full of some, walking or riding, on set purpose to see me; their eye was still upon my window; as they passed by, they could not choose but look back to my house when they were past, and sometimes hem or cough, or take some impertinent occasion to speak aloud, that I might look out and observe them." "Tis so in other places, 'tis common to every lover, 'tis all his

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1 Attent abebo in me aspexit, et interdum ingeniecet, et lachrymabatur. Et si quando ibicna, &c.
2 Quique omnia cernere debeb Leucothon spectet, et virginis figiss in una quos mundo debebe oculos. Ovid. Met. 4.
3 Lucian. Ion. 3, quodibus ad Carinam venis cursum siculis, et desuper aspectus.
4 Ex quo te primum vidisti Pythias ali oculos vertere non put.
5 Lib. 3.
6 Regum palatum non tam diligent custodia septum, sal sae parnas.
7 Luc. 4.
8 Sec. 3.
felicity to be with her, to talk with her; he is never well but in her company, and will walk "seven or eight times a-day through the street where she dwells, and make sleeveless errands to see her;" plotting still where, when and how to visit her,

"56. Quaeret sub nocte assurri,
Composita repetuntur horas."

And when he is gone, he thinks every minute an hour, every hour as long as a day, ten days a whole year; till he see her again. *Tempora si numeris bene quae numerosus amantes. And if thou be in love, thou wilt say so too, Et longum, formosa, vale, farewell sweetheart, vale, charissima Argenis, &c. Farewell my dear Argenis, once more farewell, farewell. And though he is to meet her by compact, and that very shortly, perchance to-morrow, yet loth to depart, he'll take his leave again and again, and then come back again, look after, and shake his hand, wave his hat afar off. Now gone, he thinks it long till he see her again, and she him, the clocks are surely set back, the hour's past,

"57. Hospita Demophoon tunc a Rodophila Philinis,
Ultra promissum tempus absessu queror."

She looks out at window still to see whether he come, t and by report Phillis went nine times to the sea-side that day, to see if her Demophoon were approaching; and u Troilus to the city gates to look for his Cresside. She is ill at ease, and sick till she see him again, peevish in the meantime; discontent, heavy, sad, and why comes he not? where is he? why breaks he promise? why tarries he so long? sure he is not well; sure he hath some mishance; sure he forgets himself and me; with infinite such. And then confident again, up she gets, out she looks, lists and inquires, hearkens, kens; every man afar off is sure he, every stirring in the street, now he is there, that's he, malé aurorae, malé soli dicit jurisquire, &c., the longest day that ever was, so she raves, restless and impatient; for Amor non patitur moras, love brooks no delays: the time's quickly gone that's spent in her company, the miles short, the way pleasant; all weather is good whilst he goes to her house, heat or cold; though his teeth chatter in his head, he moves not; wet or dry, 'tis all one; wet to the skin, he feels it not, cares not at least for it, but will easily endure it and much more, because it is done with alacrity, and for his mistress's sweet sake; let the burden be never so heavy, love makes it light. *Jacob served seven years for Rachel, and it was quickly gone because he loved her. None so merry; if he may happily enjoy her company, he is in heaven for a time; and if he may not, dejected in an instant, solitary, silent, he departs weeping, lamenting, sighing, complaining.

But the symptoms of the mind in lovers are almost infinite, and so diverse, that no art can comprehend them; though they be merry sometimes, and rapt beyond themselves for joy: yet most part love is a plague, a torture, a hell, a bitter sweet passion at last; Amor melle et felle est excudissimus, gustum dat dulcem et amarum. *Tis suavis amorices, dolentia detectabilis, hilaris tormentum;

"58. Et me mellea haert saaloria,
Et me fellea neantam amariora."

Like a summer fly or sphine's wings, or a rainbow of all colours,

"Quis ad solis rados conversa aures erant,
Adversus nubes cerasula, quais jubar iris,

fair, foul, and full of variation, though most part irksome and bad. For in a word, the Spanish Inquisition is not comparable to it; "a torment" and "a exec-

*Ovid. 2 Ovid. 3 Ovid. 4 P. Hor. 5 Ovid. 6 Plautus, Cistel. 7 Stobaeus à Graeco. 8 Seneca. 9 Seneca. 10 Seneca. 11 Seneca. 12 Seneca.
cition” as it is, as he calls it in the poet, an unquenchable fire, and what not? From it, saith Austin, arise “biting cares, perturbations, passions, sorrows, fears, suspicions, discontents, contentions, discords, wars, treacheries, enmities, flattery, cozening, riot, impudence, cruelty, knavery,” &c.

These be the companions of lovers, and the ordinary symptoms, as the poet repeats them.

Every poet is full of such catalogues of love symptoms; but fear and sorrow may justly challenge the chief place. Though Hercules de Saxonia, cap. 3. Tract. de melancoly, will exclude fear from love-melancholy, yet I am otherwise persuaded. "Res est solliciti plena timoris amor. 'Tis full of fear, anxiety, doubt, care, peevishness, suspicion; it turns a man into a woman, which made Hesiod belike put Fear and Penance Venus’ daughters,

because fear and love are still linked together. Moreover they are apt to mistake, amplify, too credulous sometimes, too full of hope and confidence, and then again very jealous, unapt to believe or entertain any good news. The comical poet hath pretty painted out this passage amongst the rest in a dialogue betwixt Mitio and Αρσενίκη, a gentle father and a lovesick son. “Be of good cheer, my son, thou shalt have her to wife. ΑΕ. Ah father, do you mock me now? M. I mock thee, why? ΑΕ. That which I so earnestly desire, I more suspect and fear. M. Get you home, and send for her to be your wife. ΑΕ. What now a wife, now father.” &c. These doubts, anxieties, suspicions, are the least part of their torments; they break many times from passions to actions, speak fair, and flatter, now most obsequious and willing, by and by they are averse, wrangle, fight, swear, quarrel, laugh, weep, and he that doth not so by fits, Lucian holds, is not thoroughly touched with this loadstone of love. So their actions and passions are intermixed, but of all other passions, sorrow hath the greatest share; love to many is bitterness itself; rem amarum Plato calls it, a bitter potion, an agony, a plague.

Phaedria had a true touch of this, when he cried out,

"O Thais, utinam esset mihi
Pars aqua amoris tectum, ac pariter serlet ut
Ant hos libi delerest haciam, ut mihi delet."  

So had that young man, when he roared again for discontent,

"I am vex and toss’d, and rank’d on love’s wheel;
Where not, I am; but where am, do not feel."

The moon in Lucian made her moan to Venus, that she was almost dead for
love, *pereo equidem amore,* and after a long tale, she broke off abruptly and wept; **O Venus, thou knowest my poor heart.** Charmides, in *Lucian,* was so impatient, that he sobbed and sighed, and tore his hair, and said he would hang himself. **"I am undone, O sister Tryphena, I cannot endure these love pangs; what shall I do?"** *Vos O dii Averrunci solvite me his curis, O ye gods,* free me from these cares and miseries, out of the anguish of his soul, *Theocles* prays. Shall I say, most part of a lover’s life is full of agony, anxiety, fear and grief, complaints, sighs, suspicions, and cares (heigh-ho my heart is wo), full of silence and irksome solitariness?

"Frequenting shady bowers in disconsolate,
To the air his fruitless clamours he will vent,"

except at such times that he hath *lucida intervalla,* pleasant gales, or sudden alterations, as if his mistress smile upon him, give him a good look, a kiss, or that some comfortable message be brought him, his service is accepted, &c.

He is then too confident and rapt beyond himself, as if he had heard the nightingale in the spring before the cuckoo, or as *Calisto* was at Malebas’ presence, *Quis unquam hac mortali vitâ tom gloriosum corpus vidit? humanitatem transcender videor,* &c. who ever saw so glorious a sight, what man ever enjoyed such delight? More content cannot be given of the gods, wished, had he been, and hoped of any mortal man. There is no happiness in the world comparable to his, no content, no joy to this, no life to love, he is in paradise.

"Quis me univit fallor? qua magia huc est
Openandum vita dicere quis potest?
"Who lives so happy as myself? what bliss
In this our life may be compared to this?"

He will not change fortune in that case with a prince,

"Donee gratus eram tibi,
Persarum vigii regae beattor."

The Persian kings are not so jovial as he is, *O fustus dies hominie, O happy day*; so Chaerea exclaims when he came from Pamphila his sweetheart well pleased,

"Nam est profecto internus cum perpetu me possum,
Ne hoc gaudium contaminat vita aliqua agitandum."

"He could find in his heart to be killed instantly, lest if he live longer, some sorrow or sickness should contaminate his joys." A little after, he was so merrily set upon the same occasion, that he could not contain himself.

*O populares, quavis me vivit hodie fortunator?
Ne mea huc quaesum; nam in me ille plane potestatem
Suam omneum ostendere;*

"Is’t possible (O my countrymen) for any living to be so happy as myself? No sure it cannot be, for the gods have shown all their power, all their goodness in me." Yet by and by when this young gallant was crossed in his wench, he laments, and cries, and roars down-right: *Occidi—*I am undone,

*Neque virgo est usquam, neque ego, qui b conspectu illam amat meo,
Ui quemam, qui investigam, quem percuncet, quem insistent viam?*

"The virgin’s gone, and I am gone, she’s gone, she’s gone, and what shall I do? where shall I seek her, where shall I find her, whom shall I ask? what way, what course shall I take? what will become of me?" *Vitales aures invitus agebat,* he was weary of his life, sick, mad, and desperate, *utinam mihi esset aliquid hic, quo vana me praecipitem darem. Tis not* Chaerea’s case this alone, but his, and his, and every lover’s in the like state. If he hear ill news, have bad success in his suit, she frown upon him, or that his mistress in his presence
respect another more (as Hœ dus observes) "prefer another suitor, speak more familiarly to him, or use more kindly than himself, if by nod, smile, message, she discloses herself to another, he is instantly tormented, none so dejected as he is," utterly undone, a castaway. a In quem fortuna omnia odiorum | suorum crudelissima tela exonerat, a dead man, the scorn of fortune, a monster of fortune, worse than nought, the loss of a kingdom had been less. b Are tine's Lucretia made very good proof of this, as she relates it herself. "For when I made some of my suitors believe I would betake myself to a nunnery, they took on, as if they had lost father and mother, because they were for ever after to want my company." Omnes labores leves fuere, all other labour was light: "but this might not be endured. Tui carendum quod erat - c for I cannot be without thy company," mournful Amyntas, painful Amyntas, careful Amyntas; better a metropolitan city were sacked, a royal army overcome, an invincible armada sunk, and twenty thousand kings should perish, than her little finger ache, so zealous are they, and so tender of her good. They would all burn friars for my sake, as she follows it, in hope by that means to meet, or see me again, as my confessors, at stool-ball, or at barley-break; And so afterwards when an impolite suitor came, d If I had bid my maid say that I was not at leisure, not within, busy, could not speak with him, was instantly astonished, and stood like a pillar of marble; another went swearing, chafing, cursing, foaming. *Illa sibi vox ipsa Jovis violentior ird, cum tonat, &c. the voice of a mandrake had been sweeter music: "but he to whom I gave entertainment, was in the Elysian fields, ravished for joy, quite beyond himself." Tis the general humour of all lovers, she is their stern, pole-star, and guide. f deliciunque amt, deliquiumque sui. As a tulipant to the sun (which our herbalists call Narcissus) when it shines, is Admirandus flus ad radios solis se pandens, a glorious flower exposing itself; e but when the sun sets, or a tempest comes, it hides itself, pines away, and hath no pleasure left (which Carolus Gonzaga, Duke of Mantua, in a cause not unlike, sometimes used for an impress), do all inamorates to their mistress; she is their sun, their Primum mobile, or anima informans; this f one hath elegantly expressed by a windmill, still moved by the wind, which otherwise hath no motion of itself. Sic tua mi spret gratia, trunconus ero. "He is wholly animated from her breath," his soul lives in her body;1 sola claves habet interitus et salutis, she keeps the keys of his life: his fortune ebbs and flows with her favour; a gracious or bad aspect turns him up or down, Mens mea luxcessit Lucia luce tue. Howsoever his present state be pleasing or displeasing, tis continue so long as he loves, he can do nothing, think of nothing but her; desire hath no rest, she is his cynosure, hesperus and vesper, his morning and evening star, his goddess, his mistress, his life, his soul, his everything; dreaming, waking, she is always in his mouth; his heart, his eyes, ears, and all his thoughts are full of her. His Laura, his Victorina, his Columbia, Flavia, Flaminia, Cælia, Delia, or Isabella (call her how you will), she is the sole object of his senses, the substance of his soul, nuidus animæ sua, he magnifies her above measure, totus in illa, full of her, can breathe nothing but her. "I adore Melebae," saith love-sick Calisto, "I believe in Melebae, I honour, admire and love my Melebae;" His soul was soured, imparadised, imprisoned in his lady. When 2 Thais took her leave of Phædra,—mi Phædra, et nunquid alius vis? Sweet-

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2. Calisto in Celestina.  
3. Polo deis.  
4. Patr. 1.  
5. Ter. Cænas.  
6. Ter.  
7. Emblem.  
8. Calisto de Melebae.  
9. Animæ non est ubi animat, sed ubi amat.  
10. Celestina.  
12. Ter. Lumen. act. 1. sc. 2.
heart (she said) will you command me any further service? he readily replied, and gave in this charge,

"i"gone quid velit?
Dies nosterque ame me, me desideres,
Me somnium, me expectes, me coepies,
Me speres, me te obiectes, mecum tota sia,
Meus te postremum animus, quandob ego sum tuus."

But all this needed not, you will say; if she affect once, she will be his, settle her love on him, on him alone,

"illum absens absentem
Audite videoque"

she can, she must think and dream of nought else but him, continually of him, as did Orpheus on his Eurydice,

"Te ducis conjux, te sola in litora mecum,
Te viante die, te discendit canebam." |

"On thee sweet wife was all my song,
Morn, evening, and all along."

And Dido upon her Aeneas;

"et qua me insomnias terrerent,
Multa viri virtus, et plurima currit image,"

"And ever and anon she thinks upon the man,
That was so fine, so fair, so blithe, so debonair."

Clitophon, in the first book of Achilles Tatius, complaineth how that his mistress Leucippe tormentcd him much more in the night than in the day.

"For all day long he had some object or other to distract his senses, but in the night all ran upon her. All night long he lay awake, and could think of nothing else but her, he could not get her out of his mind; towards morning, sleep took a little pity on him, he slumbered awhile, but all his dreams were of her."

"Et te nocte sub astera
Alleoqor, amplexus, falsaque te imagine somni,
Gaudia soliciatam palpit avamna mentem."

The same complaint Burialus makes to his Lucretia, "day and night I think of thee, I wish for thee, I talk of thee, call on thee, look for thee, hope for thee, delight myself in thee, day and night I love thee."

"Nec mihi vespere
Surgenter decedunt amores,
Nec rapidum fugientem solem."

Morning, evening, all is alike with me, I have restless thoughts, "Te vigilans oculos, animo te nocte requiro." Still I think on thee. Anima non est ubi animat, sed ubi amat. I live and breathe in thee, I wish for thee.

"O nivesam quae te poterit mihi reddere lucem,
O mihi sollemque fercque quattuor diem."

"O happy day that shall restore thee to my sight." In the meantime he raves on her; her sweet face, eyes, actions, gestures, hands, feet, speech, length, breadth, height, and depth, and the rest of her dimensions, are so surveyed, measured, and taken, by that Astrolabe of phantasy, and that so violently sometimes, with such earnestness and eagerness, such continuance, so strong an imagination, that at length he thinks he sees her indeed; he talks with her, he embraceth her, Ixion-like, pro Junone rubens, a cloud for Juno, as he said. Nihil praeter Leucippen cerno, Leucippe mihi perpetu in oculis, et animo versatur, I see and meditate of nought but Leucippe. Be she present or absent, all is one;

That impression of her beauty is still fixed in his mind—"Vae rent infixi pectoris vulvus: as he that is bitten with a mad dog thinks all he sees dogs—

\[^2\] Et quamvis abest placida presentia forma,
Quem dederat presentia forma, manebat amor."

\[^b\] Virg. Aen. 4. 80. \[^c\] Interdum oculi, et aures occupate distraheunt animam, at noctu solus factor, ad auroram somniis paulum miserum, nec tamen ex animo puella abit, sed ommis mihi de Leucippe somnia erant. \[^d\] Pota has nocte somnium hisce oculis non vidi. Ter. \[^e\] Hom. sylv. 26. \[^f\] Aen. sylv. 2. 2. Te dies noctesque amo, te cogito, te desidero, te voco, te expecto, te spero, teem ombre me, totus in te sum. \[^g\] Hier. bib. 2. ode 3. \[^h\] Petronius. \[^i\] Titubus. 1. 3. Eleg. 2. \[^j\] Ovid. Fast. 2. ver. 776. "Although the presence of her fair form is wanting, the love which it kindled remains." \[^k\] Virg. Aen. 4.
dogs in his meat, dogs in his dish, dogs in his drink: his mistress is in his eyes, ears, heart, in all his senses. Valleriola had a merchant, his patient, in the same predicament; and Ulricus Molitor, out of Austin, hath a story of one, that through vehemency of his love passion, still thought he saw his mistress present with him, she talked with him, *Et commiserit cum eis vigilans videbatur, still embracing him.*

Now if this passion of love can produce such effects, if it be pleasantly intended, what bitter torments shall it breed, when it is with fear and continual sorrow, suspicion, care, agony, as commonly it is, still accompanied, what an intolerable "pain must it be?"

When the king of Babylon would have punished a courtier of his, for loving of a young lady of the royal blood, and far above his fortunes, Apollonius in presence by all means persuaded to let him alone; "For to love and not enjoy was a most unspeakable torment," no tyrant could invent the like punishment; as a gnats in a candle, in a short space he would consume himself. For love is a perpetual *flux, angor animi, a warfare, militat omni amans,* a grievous wound is love still, and a lover's heart is Cupid's quiver, a consuming *fire,* 

> *accede ad hunc ignem,* &c. an inextinguishable fire.

**As Ætna rageth, so doth love, and more than Ætna or any material fire.**

Vulcan's flames are but smoke to this. For fire, saith *Xenophon,* burns them alone that stand near it, or touch it; but this fire of love burneth and scorseth afar off, and is more hot and vehement than any material fire: *Ignis inigne furit,* 'tis a fire in the fire, a quintessence of fire. For when Nero burnt Rome, as Calisto urgeth, he fired houses, consumed men's bodys and goods; but this fire devours the soul itself "and *one soul is worth a hundred thousand bodies.*" No water can quench this wild fire.

Except it be tears and sighs, for so they may chance find a little ease.

This fire strikes like lightning, which made those old Grecians paint Cupid, in many of their "temples, with Jupiter's thunderbolts in hishands; for it wounds and cannot be perceived how, whence it came, where it pierced. "*Urimur, et vacuum pectora vulneris habens," and can hardly be discerned at first,

> *Eat mellis flamma medullas,*

*Et tacitum insano vivit sub pectore vulnerum.*

"*A gentle wound, an easy fire it was,*

And fly at first, and secretly did pass."

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* De Pythionese.  
But by-and-by it began to rage and burn amain;

| "A Pectus inanissimum vapor,  
Amorquis torrent, inanis sordes rerum;  
Penitus modulat, atque per venas mont  
Vesicibus ignis morsus, et venia latens,  
Ut agillis alas duas percurrit trabes." |
| "This fiery vapour rageth in the veins,  
And scorgeth entrails, as when fire burns  
A house, it Nimylly runs along the beams,  
And at the last the whole it overturns." |

Abraham Hoffemannus, lib. 1. amor conjugal. cap. 2. p. 22, relates out of Plato, how that Empedocles, the philosopher, was present at the cutting up of one that died for love, "his heart was combust, his liver smoky, his lungs dried up, insomuch that he verily believed his soul was either sodden or roasted through the vehemency of love's fire." Which belike made a modern writer of amorous emblems express love's fury by a pot hanging over the fire, and Cupid blowing the coals. As the heat consumes the water, "Sic sua consumnit viscera caecus amor," so both love dry up his radical moisture. Another compares love to a melting torch, which stood too near the fire.

| "Sic quo quis proprius sus pluvias est,  
Hoc stultus proprius sus ruinas est." |
| "The nearer he unto his mistress is,  
The nearer he unto his ruin is." |

So that to say truth, as "Castilio describes it, "The beginning, middle, end of love is night else but sorrow, vexation, agony, torment, irksomeness, wearisomeness; so that to be squalid, ugly, miserable, solitary, discontented, dejected, to wish for death, to complain, rave, and to be peevish, are the certain signs and ordinary actions of a love-sick person." This continual pain and torture makes them forget themselves, if they be far gone with it, in doubt, despair of obtaining, or eagerly bent, to neglect all ordinary business.

—"Pendent opera interrupta, minaque  
Murorem lagantes, aquataque machina colo." —

Love-sick Dido left her work undone, so did 7 Phaedra.

| "Nulla quis mihi dulcis erat, nullus labor agro  
Pectore, sensus iners, et mens torpore sepulta,  
Carminis occiderat studium." |
| "Forgoing stocks of sheep and country farms,  
The silly shepherd always mourns and burns." |

Faustus, in 2 Mantuan, took no pleasure in any thing he did, "Nulla quies mihi dulcis erat, nullus labor agro  
Pectore, sensus iners, et mens torpore sepulta,  
Carminis occiderat studium." —

And 'tis the humour of them all, to careless of their persons and their estates, as the shepherd in 3 Theocritus, Et hac barba inculta est, squalidique capilli, their beards flag, and they have no more care of pranking themselves or of any business, they care not, as they say, which end goes forward.

| "Oblitusque greges, et rura domestica torus  
Oritur, et noctes in lactum expendit amara." |
| "The works are interrupted, promises of great walls, and scaffoldings rising towards the skies, are all suspended." |

Love-sick 4 Charaes, when he came from Pamphila's house, and had not so good welcome as he did expect, was all amorth, Parmeno meets him, Quid tristis es? Why art thou so sad man? unde es? whence comest, how dost? but he sadly replies, Ego hercle nescio neque unde eam, neque quorsum eam, ita prorsus obitus sum mei, I have so forgotten myself, I neither know where I am, nor whence I come, nor whither I will, what I do. P. "How so?" Ch. "I am in love." Prudent sciens. —"Quoquis uidesque perco, nec quid agam scio." 5 He that erst had his thoughts free (as Philostratus Lemnius, in an

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7 Seneca. 2 Cor totum combustum, jecur suffumigatum, palmo arefactus, ut credam miseram illam animam bis elixam aut combustam, ob maximum arduorem quem patiuntur ob ignem amoris. 3 Embl. Amat. 4 et 5. 4 Grotius, 1. Lib. 4. nam istus amoris necque principia, necque media alius habent quid, quum molestias, doctus et cruentas, devastations, adeo ut miserum esse maroce, genuit, solitudine torqui, mortem opfare, semperque debacchari, sint certa amantium signa et certae actiones. 2 Virg. Aen. 4. "The works are interrupted, promises of great walls, and scaffoldings rising towards the skies, are all suspended." 3 Seneca, Hip. ut. 4. "The shuttle stops, and the web hangs unfinished from her hand." 2 Eloc. 1. 5 "No rest, no business pleased my love-sick breast, my faculties became dormant, my mind torpid, and I lost my taste for poetry and song." 1 Edyl. 14. 6 Mant. Eloc. 2. 5 Quoquis uidesque perco, autrorumque morum; jamque tibi formae, &c. 4 Ter. Eunuch. 6 Quoquis uidesque perco, autrorumque morum; jamque tibi formae, &c. 4 Ter. Eunuch. 5 Qui olim cogitabat que vellet, et pulcherrimis philosophiae preceptis operam inspexit, qui universi circuituris colique naturam, &c., hanc unam intendit operam, de sola cognita, noctes et dies se composit ad hanc, et ad acerbum servitutem redactus animus, &c.
epistle of his, describes this fiery passion), and spent his time like a hard student, in those delightful philosophical precepts; he that with the sun and moon wandered all over the world, with stars themselves ranged about, and left no secret or small mystery in nature unsearched, since he was enamoured could do nothing now but think and meditate of love matters, day and night composeth himself how to please his mistress; all his study, endeavours, is to approve himself to his mistress, to win his mistress’ favour, to compass his desire, to be counted her servant.” When Peter Abelard, that great scholar of his age, “

Now to this end and purpose, if there be any hope of obtaining his suit, to prosecute his cause, he will spend himself, goods, fortunes for her, and though he lose and alienate all his friends, he threatened, be cast off, and disherited; for as the poet saith, “Amor quis legem det? though he be utterly undone by it, disgraced, go a begging, yet for her sweet sake, to enjoy her, he will willingly beg, hazard all he hath, goods, lands, shame, scandal, fame, and life itself.

“Non recedam neque quisquam, necto et interfido, Prius profecto quam aut ipsum aut mortem investigavero.”

Parthenis in Aristaeoetan was fully resolved to do as much. “I may have better matches; I confess but farewell shame, farewell honour, farewell honesty, farewell friends and fortunes, &c. O, Harpedona, keep my counsel, I will leave all for his sweet sake, I will have him say no more, contra gentes, I am resolved, I will have him.” In Gobrias, the captain, when he had espied Rhodanthe, the fair captive maid, fell upon his knees before Mystilus, the general, with tears, vows, and all the rhetoric he could, by the scars he had formerly received, the good service he had done, or whatsoever else was dear unto him besought his governor he might have the captive virgin to be his wife, virtutis suas spoli um, as a reward of his worth and service; and, moreover, he would forgive him the money which was owing, and all reckonings besides due unto him, “I ask no more, no part of booty, no portion, but Rhodanthe to be my wife.” And when as he could not compass her by fair means, he fell to treachery, force and villany, and set his life at stake at last to accomplish his desire. “Tis a common humour this, a general passion of all lovers to be so affected, and which Amilia told Aratine, a courtier in Castilio’s discourse, “surely Aratine, if thou worst not so indeed, thou didst not love; ingenuously confess, for if thou hadst been throughly enamoured, thou wouldst have desired nothing more than to please thy mistress. For that is the law of love, to will andyll the same.”

Undoubtedly this may be pronounced of all them, they are very slaves, drudges for the time, madmen, fools, dizzards, atractilarii, beside themselves, and as blind as beetles. Their dotage is most eminent, Amare simul et supere ipsi Jovi non datur, as Seneca holds, Jupiter himself cannot love and be wise both together; the very best of them, if once they be overtaken with this passion, the most staid, discreet, grave, generous and wise, otherwise able to

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1 Epist. prima. 2Epist. prima. 3Epist. lib 6. Valset puder, valeat honestas, valeat honor. 4Epist. lib 6. Valset puder, valeat honestas, valeat honor. 5Theodor. Prodomus, lib 3. Amor Mystilus genibus obuvum, ubertiugue lachrimam, &c. Nihil ex feto praeda prater Rhodanthen virgineo accipam. 6Lib. 2. Cerretix crenata, et bona sida fatatres Aratine, ca non amasse adeo vehementer; si enim vere amasses, nihil prius aut potius optasses, quam amare nulliari placeas. Ex enim amoris lex est idem velle et nole. 7Stross, sl. Epig. 8Quippe hae omnia ex aera bile et amore proveniant. 9Jason Fratensis. 10Immutans amor ipsius gentilium est. Cardan. lib 1. de sapientia.
Symptoms of Love.

Mem. 3.

They blind their own eyes, in this commit many absurdities, many indecorums, unbecoming their gravity and persons.

"Ovidus amat servit. sequitur captivus amantem,

Forti domit serva cursum..."

"Samson, David, Solomon, Hercules, Socrates," &c. are justly taxed of indiscretion in this point; the middle sort are between hawk and buzzard; and although they do perceive and acknowledge their own dotage, weakness, fury, yet they cannot withstand it; as well may witness those expostulations and confessions of Dido in Virgil.

"Incipit effar servilis in voca restitit..."—Phaedra in Senecas,

"et Quiro ratio poecli, vincit ac regnat furor,

Potentes tota mentis dominatur deus..."—Myrrha in Ovid,

"Et tum venit sedes fecundus regnant amori,

Et semit, quia mentes fervo, quid mollor, iniquit,

Dit precon, et piastis, &c..."—

They will and will not, abhors: and yet as Medea did, doth it,

"Trahit invita nova via, nihilque cupidito,

Nexu silent studet; video mollura proboque,

Decerchi. sequor..."—

"O frans, amorqne, et manits emotes furor,

Quo me absolusias?"

The major part of lovers are carried headlong like so many brute beasts, reason counsels one way, thy friends, fortunes, shame, disgrace, danger, and an ocean of cares that will certainly follow; yet this furious lust precipitates, counterpoises, weighs down on the other; though it be their utter undoing, perpetual infamy, loss, yet they will do it, and become at last insensati, void of sense; degenerate into dogs, hogs, asses, brutes; but as Jupiter into a bull, Apuleius an ass, Lycaon a wolf, Terens a lapwing, Calisto a bear, Elpenor, and Grillas into swine by Circe. For what else may we think those ingenious poets to have shadowed in their witty fictions and poems but that a man once over to his lust (as Fulgentius interprets that of Apuleius, Alctat. of Terens) "is no better than a beast."

"Rex fueram, et crista docet, sed sororia vita..."

Immundum et tanto culmine facto aven..."

"I was a king, my crowned my witnesses..."

But by my filthiness am come to this."

Their blindness is all out as great, as manifest as their weakness and dotage, or rather an inseparable companion, an ordinary sign of it, love is blind, as the saying is, Cupid's blind, and so are all his followers. Quidquid amat ramam, ramam putat esse Dionam. Every lover admires his mistress, though she be very deformed of herself, ill-favoured, wrinkled, pimplled, pale, red, yellow, tanned, tallow-faced, have a swollen juggler's platter face, so thin, lean, chitty face, have clouds in her face, be crooked, dry, bald, goggle-eyed, beareyed, or with staring eyes, she looks like a squis'ed cat, hold her head still awry, heavy, dull, hollow-eyed, black or yellow about the eyes, or squint-eyed, sparrows-mouthed, Persian hook-nosed, have a sharp fox nose, a red nose, China flat, great nose mare simo patuloque, a nose like a promontory, gobbetushed, rotten teeth, black, uneven, brown teeth, beetle browed, a witch's beard, her breath stink all over the room, her nose drop winter and summer, with a Bavarian poke under her chin, a sharp chin, lave eared, with a long

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1 Mantuan. "Whoever is in love is in slavery, he follows his sweetheart as a captive his captor, and wears 'a yoke on his submissive neck."

2 Virg. Aen. 4. "She began to speak, but stopped in the middle of her discourse."

3 Seneca Epist. "What reason requires raging love forbids."

4 Mat. 10. "Oh fraud, and love, and distraction of mind, whether have you led me?"

5 An immortal woman is like a bear.

6 Veram induit don rosas comedet, idem ad se reduct.

7 Ateleus de us, a

8 Emb. Animal immundum usque aeterna amans; ave haec nihil fedens, nihil libidinosus. Sabin. a

9 Ovid Met. b Love is like a false glass, which represents every thing rather than it is.
crane's neck, which stands a warranty too, *pendulis mammis,* "her dugs like two double jugis," or else no dugs, in that other extreme, bloody fallen fingers, she have filthy, long unpar'd nails, scabbed hands or wrists, a tanned skin, a rotten carcass, crooked back, she stoops, is lame, splea-footed, "as slender in the middle as a cow in the waist," gouty legs, her ankles hang over her shoes, her feet stink, she breed lice, a mere changeling, a very monster, an oaf imperfect, her whole complexion savours, a harsh voice, incondite gestures, vile gait, a vast virago, or an ugly tit, a slug, a fat fustyfugs, a truss, a long lean rawbone, a skeleton, a sneaker (*si quas latent meliora putat,* and to thy judgment looks like a mard in a lantern, whom thou couldst not fancy for a world, but latest, loathest, and wouldst have spit in her face, or blow thy nose in her bosom, *remedium amoris* to another man, a dowdy, a slut, a scold, a nasty, rank, rammy, filthy, beastly quean, dishonest peradventure, obscene, base, beggarly, rude, foolish, untaught, peevish, Iris' daughter, Thersites' sister, Grobian's scholar, if he love her once, he admires her for all this, he takes no notice of any such errors, or imperfections of body and mind. *Ipse hae—delectant, velut Balbinum Polypus Agna;* he had rather have her than any woman in the world. If he were a king, she alone should be his queen, his empress. O that he had but the wealth and treasure of both the Indies to endow her with, a carrack of diamonds, a chain of pearl, a cascanet of jewels (a pair of calf-skin gloves of four-pence a pair were fitter), or some such toy, to send her for a token, she should have it with all his heart; he would spend myriads of crowns for her sake. Venus herself, Panthea, Cleopatra, Tarquin's Tanaquil, Herod's Mariamne, or Mary of Burgundy, if she were alive, would not match her.

Let Paris himself be judge) renowned Helen comes short, that Rodopheian Phillis, Larissean Coronis, Babylonian Thisbe, Polixena, Laura, Lesbia, &c., your counterfeit ladies were never so fair as she is.

--- "*Qui sequit erit placidi, lepildi, gratt, atque factei,*
*Vivida cunctorum rethuis Pandora deorum.*"

"Whatever is pretty, pleasant, facetio, well,
Whatever Pandora had, she doth excel."

* Dicebam Trivias formam nihil esse Dianae.* Diana was not to be compared to her, nor Juno, nor Minerva, nor any goddess. Thetis' feet were as bright as silver, the ankles of Hebe clearer than crystal, the arms of Auroras as ruddy as the rose, Juno’s breasts as white as snow, Minerva wise, Venus fair; but what of this? Dainty come thou to me: She is all in all,

--- "*Chella ridens*
*Est Venus, incedens Juno, Minerva loquens.*"

"Fairest of fair, that fairness doth excel."

Ephemerus in Aristaeetus, so far admireth his mistress’ good parts, that he makes proclamation of them, and challengeth all comers in her behalf: "*Whoever saw the beauties of the east, or of the west, let them come from all quarters, all, and tell truth, if ever they saw such an excellent feature as this is." A good fellow in Petronius cries out, no tongue can tell his lady's fine feature, or express it, *quicquid dictator minus erit,* &c.

"No tongue can her perfections tell,
In whose each part, all tongues may dwell."

Most of your lovers are of his humour and opinion. She is *nulli secunda,* a rare creature, a phoenix, the sole commandress of his thoughts, queen of his
desires, his only delight: as "Triton now feelingly sings that love-sick sea-
god:

"Candida Lencothea plebeus, et plebeus Stria Melane,

Sec Galatea plebeus magi omnibus una." "Fair Lencothe, black Melane please me well,

But Galatea doth by odds the rest excel."

All the gracious elogies, metaphors, hyperbolical comparisons of the best

things in the world, the most glorious names; whatsoever, I say, is pleasant,

amiable, sweet, grateful, and delicious, are too little for her.

"Phoebus pulchrior et soror Phoebi." "His Phoebus is so fair, she is so bright,

She dines the sun’s lustre, and the moon’s light."

Stars, sun, moons, metals, sweet-smelling flowers, odours, perfumes, colours,
gold, silver, ivory, pearls, precious stones, snow, painted birds, doves, honey,
sugar, spice, cannot express her, "so soft, so tender, so radiant, so fair

is she.—Moliére cyniculi capillo, &c.

Such a description our English Homer makes of a fair lady:

"That Emilia that was fairer to see,

Then is flith upon the chalk green;

And faisher then May with flowers new,

For with the rose-colour strowed her hue,

I no’t which was the fairer of the two."

In this very phrase "Polyphemus courts Galatea:

"Candidior folis niveat Galatea lignatur,

Floridior prato, longa procerior alba

Spelendider virgo, tenera lascivior haste. &c.

Moliére et cygni plumus, et laco contus." "Whiter Galate than the white withte-wind,

Fairer than a gold, higher than a tree,

Brighter than glass, more wantous than a kid,

Softer than swans’s down, or ought that may be."

So she admires him again, in that conceited dialogue of Lucian, which John

Secundus, an elegant Dutch modern poet, hath translated into verse. When

Doris and those other sea-nymphs upbraided her with her ugly misshapen lover,

Polyphemus; she replies, they speak out of envy and malice,

"Et planis inv publication mera vos multum videtur,

Quod non vos ilidem ut me Polyphemus amet:"

Say what they could, he was a proper man. And as Heloise writ to her

sweetheart Peter Abelard, "Si me Augustus orbis imperator uxorem expetider,

mallem tua esse meretric quam orbit imperatrix; she had rather he his vassal,

her queen, than the world’s empress or queen,—non si me Jupiter ipsae forte

velit,—she would not change her love for Jupiter himself.

To thy describing she is a most loathsome creature; and as when a country

fellow discoiammed once that exquisite picture of Helen, made by Zeuxis,

for he saw no such beauty in it; Nichomachus a love-sick spectator replied,

"Sume bibi meos oulos et deam existimabis, take mine eyes, and thou wilt think

she is a goddess, do* on her forthisth, count all her vices virtues; her imper-

fections, infirmities, absolute and perfect: if she be flat-nosed, she is lovely;

hook-nosed, kingly; if dwarfish and little, pretty; if tall, proper and man-like,

our brave British Boadicea; if crooked, wise; if monstrous, comely; her defects

are no defects at all, she hath no deformities. Immo nec episum amice stercus

fitet, though she be nasty, fusalem, as Sostratus’ bitch, or Parmeno’s sow;

thou hadst as lieue have a snake in thy bosom, a toad in thy dish, and callest

her witch, devil, bag, with all the filthy names thou canst invent; he admires

her on the other side, she is his idol, lady, mistress, venerilla, queen, the

quintessence of beauty, an angel, a star, a goddess.

"Thou art my Vesta, thou my goddess art,

Thy hallowed temple only is my heart."

—Calceamini dial. Galat. — Catullus. — Petronii Catalect. — Chaucer, in the Knight’s Tale

Ovid. Met. 12. "It is evy evidently that prompts you, because Polyphemus does not love you as he
does me." Phaeth. sibd. dirit tam pulchrum non videt, &c. — Quanto quam Lucifer aures Phoebi,

iunte vigintus conspicutor omnibus Herce. Ovid.
The fragrance of a thousand courtzans is in her face: *Nece pulchra effigies, hoc Cypria.out Stratonicus;* 'tis not Venus' picture that, nor the Spanish infant's, as you suppose (good sir), no princess, or king's daughter: no, no, but his divine mistress, forsooth, his dainty Dulcinea, his dear Antiphila, to whose service he is wholly consecrate, whom he alone adores.

"Ex Cui comparatus Indeens erit pavo, Inamabilis solurus, et frequens Phoenix." | "To whom conferred a peacock's indecency, A squirrel's harah, a phoenix too frequent."

All the graces, veneries, elegancies, pleasures, attend her. He prefers her before a myriad of court ladies.

"Ye he that commends Phyllis or Nereus, Or Amaranthus, or Galatea, Thyress or Melissa, by your leave, Let him be mute, his love the praises have." Nay, before all the gods and goddesses themselves. So *Quintus Catullus admired his squint-eyed friend Roscian.*

"Pace mihi liceat (Callistes) diece vestra, Mortalia visus pulchrior esse Deus." | "By your leave, gentle Gods, this I'll say true, There's none of you that have so fair a hue."

All the bombast epithets, pathetical adjuncts, incomparably fair, curiously neat, divine, sweet, dainty, delicious, &c., pretty diminutives, corculum, surviolum, &c. pleasant names may be invented, bird, mouse, lamb, pug, pigeon, pigsney, kid, honey, love, dove, chicken, &c. he puts on her.

"Meum melia, mea suavitas, meum cor, Meum surviolum, mei iegores,"

"my life, my light, my jewel, my glory," *Margretus speciosa, cujus respectu omnia mundi pretiosa sordent, my sweet Margaret, my sole delight and darling. And as Rhodamont courted Isabella:*

"By all kind words and gestures that he might, He calls her his dear heart, his sole beloved, His joyful comfort, and his sweet delight."

Every cloth she wears, every fashion pleaseth him above measure; her hand, *O quales digitos, quos habet illa manus! pretty foot, pretty coronets, her sweet carriage, sweet voice, tone, O that pretty tone, her divine and lovely looks, her every thing, lovely, sweet, amiable, and pretty, pretty, pretty. Her very name (let it be what it will) is a most pretty, pleasing name; I believe now there is some secret power and virtue in names, every action, sight, habit, gesture; he admires, whether she play, sing, or dance, in what tires soever she goeth, how excellent it was, how well it became her, never the like seen or heard. *Mille habet ornatum, mille dexter habet. Let her wear what she will, do what she will, say what she will, Quicquid enim dicit, seu fuit, omne decet. He applauds and admires everything she wears, saith or doth.*

"Hoc quiuaid agit, quaeque vestigia vertit, Composuit Parisim subsequiturque decur; Seu solvunt crimina, fuses decet esse capillus, Seu compact, compact est reverendis cosmis." | "What'er she doth, or whither e'er she go, A sweet and pleasing grace attends forsooth; Or loose, or bind her hair, or comb it up, She's to be honoured in what she doth."

*Vestem induit, formosa est: estuvit, tota forma est, let her be dressed or undressed, all is one, she is excellent still, beautiful, fair, and lovely to behold. Women do as much by men; nay more, far fonder, weaker, and that by many parasangs. "Come to me, my dear Lycias" (saith Museus in Aristotelus), "come quickly, sweetheart, all other men are satyrs, mere clowns, blockheads to thee, nobody to thee." Thy looks, words, gestures, actions, &c., are incomparably better than all others." Venus was never so much besotted on her Adonis, Phaedra so delighted in Hippolitus, Ariadne in Theseus, Thysbe in her Pyramus, as she is enamoured on her Mopsus.

*Be thou the marygold, and I will be the sun, Be thou the friar, and I will be the nun.*

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I could repeat centuries of such. Now tell me what greater dotage or blindness can there be than this in both sexes? and yet their "slavery" is more eminent, a greater sign of their folly than the rest.

They are commonly slaves, captives, voluntary servants, Amator amicae mancipium, as Castilio terms him, his mistress' servant, her drudge, prisoner, bondman, what not. "He composeth himself wholly to her affections to please her, and as Aemilia said, makes himself her lacquey. All his cares, actions, all his thoughts, are subordinate to her will and commandment:" her most devote, obsequious, affectionate servant and vessel. "For love" (as Cyrus in Xenophon well observed) "is a mere tyranny, worse than any disease, and they that are troubled with it desire to be free and cannot, but are harder bound than if they were in iron chains." What greater captivity or slavery can there be (as Tully expostulates) than to be in love? "Is he a free man over whom a woman domineers, to whom she prescribes laws, commands, forbids what she will herself; that dares deny nothing she demands; she asks, he gives; she calls, he comes; she threatens, he fears; Nequisimium lacus servum puto, I account this man a very drudge." And as he follows it, "Is this no small servitude for an enamourite to be every hour combing his head, stiffening his beard, perfuming his hair, washing his face with sweet water, painting, curling, and not to come abroad but sprucely crowned, decked, and apparelled?" Yet these are but toys in respect, to go to the barber, baths, theatres, &c., he must attend upon her wherever she goes, run along the streets by her doors and windows to see her, take all opportunities, sleeveless errands, disguise, counterfeit shapes, and as many forms as Jupiter himself ever took; and come every day to her house (as he will surely do if he be truly enamoured) and offer her service, and follow her up and down from room to room, as Lucretia's suitors did, he cannot contain himself but he will do it, he must and will be where she is, sit next her, still talking with her. "If I did but let my glove fall by chance" (as the said Aretine's Lucretia brages), "I had one of my suitors, nay two or three at once ready to stoop and pick it up, and kiss it, and with a low congé deliver it unto me; if I would walk, another was ready to sustain me by the arm. A third to provide fruits, pears, plums, cherries, or whatsoever I would eat or drink." All this and much more he doth in her presence, and when he comes home, as Troilus to his Cressida, 'tis all his meditation to recount with himself his actions, words, gestures, what entertainment he had, how kindly she used him in such a place, how she smiled, how she graced him, and that infinitely pleased him; and then he breaks out, O sweet Arena, O my dearest Antiphila, O most divine looks, O lovely graces, and thereupon instantly he makes an epigram, or a sonnet to five or seven tunes, in her commendation, or else he ruminates how she rejected his service, denied him a kiss, disgraced him, &c., and that as effectually torments him. And these are his exercises between comb and glass, madrigals, elegies, &c., these his cogitations till he see her again. But all this is easy and gentle, and the least part of his labour and bondage, no hunter will take such pains for his game, fowler for his sport, or soldier to sack a city, as he will for his mistress' favour.

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1 lib. 3. de aulce. alteius affectum et totum composit, tobus placere strudet, et ipsius animam amata pediaquam facit. 2 Cyroped. 1. 5. amor servitus, et qui amant opus esse liberari non secus as illo quovis morbo, neque liberari tamam pessunt, sed validiori necessitate ligant sunt quam si in ferrea vincula confecti forent. 3 in paradoxis. An illa mihi liber videtur cu mulier imperata? Cu legea imposita, prescripsi, jubet, vesta quod videtur. Quel nihil imperan! negat, nihil ansat, &c. peccat? dandum; vos? veniamendum; minustur? extimiscendum. 4 Ille parva est servitus amatorum singulis fere hora pectine capitum, calamistroque barbam componere, factem aquis redolentibus diluere, &c. 5 si quando in pavimentum incensus quid mihi excitasse, elevare inda quam promptissime, nec nisi osculo compacto mihi commendare, &c. 6 "Nor will the rude rocks affright me, nor the crooked-tusked bear, so that I shall not visit my mistress in pleasant mood."
As Phaedra to Hippolitus. No danger shall affright, for if that be true the poets feign, *Love is the son of Mars and Venus;* as he hath delights, pleasures, elegances from his mother, so hath he hardness, valour, and boldness from his father. And 'tis true that Bernard hath; *Amor nihil mollius, nihil violentius,* nothing so boisterous, nothing so tender as love. If once, therefore, enamoured, he will go, run, ride many a mile to meet her, day and night, in a very dark night, endure scorching heat, cold, wait in frost and snow, rain, tempest, till his teeth chatter in his head, those northern winds and showers cannot cool or quench his flame of love. *Intempestis nocte non deterretur,* he will, take my word, sustain hunger, thirst, *Penetrabit omnis, perrumpet omnis,* "love will find out a way," through thick and thin he will to her, *Expediittissimones videntur amnes tranabiles,* he will swim through an ocean, ride post over the Alps, Apennines, or Pyrenean hills,

"P ignem mariquae fluctus, atque turbinas
Veni paratus est transire."

though it rain daggers with their points downward, light or dark, all is one:—  
(Roscida per tenebras Faunus ad antra venit,) for her sweet sake he will undertake Hercules's twelve labours, endure, hazard, &c., he feels it not.  
"What shall I say," saith Hædes, "of their great dangers they undergo, single combats they undertake, how they will venture their lives, creep in at windows, gutters, climb over walls to come to their sweethearts" (ancointing the doors and hinges with oil, because they should not creek, tread soft, swim, wade, watch, &c.), "and if they be surprised, leap out at windows, cast themselves headlong down, bruising or breaking their legs or arms, and sometimes losing life itself," as Calisto did for his lovely Melibea. Hear some of their own confessions, protestations, complaints, proffers, expostulations, wishes, brutish attempts, labours in this kind. Hercules served Omphale, put on an apron, took a distaff and spun: Thraso the soldier was so submissive to Thais, that he was resolved to do whatever she enjoined.  
"Ego me Thaisi dedam, et faciam quod jabet, I am at her service. Philostratus in an epistle to his mistress, "I am ready to die, sweetheart, if it be thy will; ally his thirst whom thy star hath scorched and undone, the fountains and rivers deny no man drink that comes; the fountain doth not say thou shalt not drink, nor the apple thou shalt not eat, nor the fair meadow walk not in me, but thou alone wilt not let me come near thee, or see thee, contemned and despised I die for grief." Polienus, when his mistress Circe did but frown upon him in Petronius, drew his sword, and bade her kill, stab, or whip him to death, he would strip himself naked, and not resist. Another will take a journey to Japan, *Longæ navigationis molestis non curantes:* a third (if she say it) will not speak a word for a twelvemonth's space, her command shall be most inviolably kept: a fourth will take Hercules's club from him, and with that centurion in the Spanish "Celestina, will kill ten men for his mistress Areusa, for a word of her mouth he will cut bucklers in two like pippins, and flap down men like flies, *Elige quo mortis genero illum occidi cupis.* "Galeatus of Mantua did a little more: for when he was almost mad for love of a fair maid in the city, she, to try him belike what he would do for her sake, bade him in jest leap into the river Po if he loved her; he forthwith did leap headlong off the bridge and was drowned. Another at Ficinum in like passion, when his mistress by chance (thinking no harm I dare swear) bade him go hang, the
next night at her doors hanged himself. "Money (saith Xenophon) is a very acceptable and welcome guest, yet I had rather give it my dear Clinia than take it of others, I had rather serve him than command others, I had rather be his drudge than take my ease, undergo any danger for his sake than live in security. For I had rather see Clinia than all the world besides, and had rather want the sight of all other things than him alone; I am angry with the night and sleep that I may not see him, and thank the light and sun because they show me my Clinia: I will run into the fire for his sake, and if you did but see me, I know that you likewise would run with me." So Philostratus to his mistress, "Command me what you will, I will do it; bid me go to sea, I am gone in an instant, take so many stripes, I am ready, run through the fire, and lay down my life and soul at thy feet, 'tis done." So did Cleolus to Juno.

Callistratides in "Lucian breaks out into this passionate speech, "O God of Heaven, grant me this life for ever to sit over against my mistress, and to hear her sweet voice, to go in and out with her, to have every other business common with her; I would labour when she labours; sail when she sails; he that hates her should hate me; and if a tyrant kill her, he should kill me; if she should die, I would not live, and one grave should hold us both."

"Feniet illa meos moriens morientis amores. Abrocomus in Aristaeetus makes the like petition for his Delphia,—"Tecum vivere amem, tecum obeam lubens. "I desire to live with thee, and I am ready to die with thee." "Tis the same strain which Theagines used to his Claridet, "so that I may but enjoy thy love, let me die presently;" Leander to his Hero, when he besought the sea waves to let him go quietly to his love, and kill him coming back. "Parite dum propero, mergite dum redeo. " Spare me whilst I go, drown me as I return." "Tis the common humour of them all, to content death, to wish for death, to confront death in this case, Quipe quibus nec fors, nec ignis, necque praecipitium, nec fretum, nec ensis, necque laqueus gravia videntur; "Tis their desire" (saith Tyrius) "to die."

"Haud samet mortem, capti le in igne obvius ursos."

"He does not fear death, he desireth such upon the very swords." Though a thousand dragons or devils keep the gates, Cerberus himself, Scyrion and Procrustes lay in wait, and the way as dangerous, as inaccessible as hell, through fiery flames and over burning coulters, he will adventure for all this. And as Peter Abelard lost his testicles for his Heloise, he will I say not venture an incision, but life itself. For how many gallants offered to lose their lives for a night's lodging with Cleopatra in those days! and in the hour
or moment of death, 'tis their sole comfort to remember their dear mistress, as ¹ Zerbino slain in France, and Brandimart in Barbary; as Arcite did his Emily. ²

When Captain Gobrius by an unlucky accident had received his death's wound, heu me miserum exclamat, miserable man that I am, (instead of other devotions) he cries out, shall I die before I see my sweetheart Rodanthe? Sic amor mortem (saith mine author) aut quixoid humanius accidit, asperratur, so love triumphs, contemns, insults over death itself. Thirteen proper young men lost their lives for that fair Hippodamias's sake, the daughter of Onomoas, king of Elis: when that hard condition was proposed of death or victory, they made no account of it, but courageously for love died, till Pelops at last won her by a sleight. ³

As many gallants desperately adventured their dearest blood for Atalanta, the daughter of Schemius, in hope of marriage, all vanquished and overcame, till Hippomenes by a few golden apples happily obtained his suit. Perseus, of old, fought with a sea monster for Andromeda's sake; and our St. George freed the king's daughter of Sabea (the golden legend is mine author) that was exposed to a dragon, by a terrible combat. Our knights errant, and the Sir Lancelots of these days, I hope will adventure as much for ladies' favours, as the Squire of Dames, Knight of the Sun, Sir Bevis of Southampton, or that renowned peer,

"Orlando, who long time had loved dear
Angelica the fair, and for her sake
About the world in nations far and near,
Did high attempts perform and undertake."

he is a very dastard, a coward, a block and a beast, that will not do as much, but they will sure, they will; for it is an ordinary thing for these inamorati of our time to say and do more, to stab their arms, carouse in blood, ⁴ or as that Thessalian Therò, that bit off his own thumb, provocans rivalém ad hoc cemenlandum, to make his co-rival do as much. 'Tis frequent with them to challenge the field for their lady and mistress' sake, to run a tilt,

"That either bears (so furiously they meet)
The other down under the horses' feet,"

and then up and to it again,

"And with their axes both so sorely pour,
That neither plate nor mail sustain'd the stroke,
But rivet wreak like rotten wood assunder,
And fire did flash like lightning after thunder."

and in her quarrel, to fight so long "⁵ till their head-piece, bucklers be all broken, and swords hacked like so many saws," for they must not see her abused in any sort, 'tis blasphemy to speak against her, a dishonour without all good respect to name her. 'Tis common with these creatures, to drink" healths upon their bare knees, though it were a mile to the bottom, no matter of what mixture, off it comes. If she bid them they will go barefoot to Jerusalem, to the great Cham's court, "to the East Indies to fetch her a bird to wear in her hat: and with Drake and Cavendish sail round about the world for her sweet sake, adversis ventis, serve twice seven years as Jacob did for Rachel; do as much as 'Gesmunda, the daughter of Tancredus, prince of Salernia, did for Guisardus, her true love, eat his heart when he died; or as

Artemisia drank her husband's bones beaten to powder, and so bury him in herself, and endure more torments than Theseus or Paris. *Et his colitur Venus magis quam thure, et victimis,* with such sacrifices as these (as *Arístenetus holds*) Venus is well pleased. Generally they undertake any pain, any labour, any toil, for their mistress' sake, love and admire a servant, not to her alone, but to all her friends and followers, they hug and embrace them for her sake; her dog, picture, and every thing she wears, they adore it as a relic. If any man come from her, they feast him, reward him, will not be out of his company, do him all offices, still remembering, still talking of her:

"*X Nam si abest quod amas, presto simulacra tamen sunt lilias, et nomen dulce observatur ad aures.*"

The very carrier that comes from him to her is a most welcome guest; and if he bring a letter, she will read it twenty times over, and as *\textsuperscript{7} Laurentius did by Euryalus,* "kiss the letter a thousand times together, and then read it." And *\textsuperscript{2} Chelidonia by Philonius, after many sweet kisses, put the letter in her bosom,

"And kiss again, and often look thereon,
And stay the messenger that would be gone;"

And ask many pretty questions, over and over again, as how he looked, what he did, and what he said? In a word,

"*Vult placeat sese amico, vult mitti, vult pedissequa.* | "*He strives to please his mistress, and her maid.*
Vult famula, vult estam ancilla, et certulo meo. "*Her servants, and her dog, and a well-spent.*"

If he get any remnant of hers, a busk-point, a feather of her fan, a shoe-tie, a lace, a ring, a bracelet of hair,

"\textsuperscript{b} Pignasque directum lacerris;
Ant digito malle pertinacil;"

he wears it for a favour on his arm, in his hat, finger, or next his heart. Her picture he adores twice a day, and for two hours together will not look off it; as Leodamia did by Protisilaus, when he went to war, "*\textsuperscript{3} Sit at home with his picture before her:* a garter or a bracelet of hers is more precious than any saint's relic," he lays it up in his casket (O blessed relic), and every day will kiss it: if in her presence, his eye is never off her, and drink he will where she drank, if it be possible, in that very place, &c. If absent, he will walk in the walk, sit under that tree where she did use to sit, in that bower, in that very seat,—*et foribus miser oscula figit,* many years after sometimes, though she be far distant and dwell many miles off, he loves yet to walk that way still, to have his chamber-window look that way: to walk by that river's side, which (though far away) runs by the house where she dwells, he loves the wind blows to that coast.

"*O quoties dixi Zephyris properantibus fluxa,
Felices pulchram viari Amaryllida venti.* |
"*O happy western winds that blow that way,
For you shall see my love's fair face to-day.*"

He will send a message to her by the wind,

"*I vos aurae Alpinae, placida de montibus aurae,
Hae illi portate,*" *\textsuperscript{8}

he desires to confer with some of her acquaintance, for his heart is still with her, *\textsuperscript{b} to talk of her, admiring and commending her, lamenting, moaning, wishing himself any thing for her sake, to have opportunity to see her, O that he might but enjoy her presence! So did Philostratus to his mistress, "*O happy ground on which she treads, and happy were I if she would tread upon it.*"
me. I think her countenance would make the rivers stand, and when she comes abroad, birds will sing and come about her.”

"Ridebunt valles, ridebunt obsia Tempes, In dornem viribus protinus id humus."

"The fields will laugh, the pleasant valleys turn. And all the grass will into flowers turn.

"Omnis Ambrosian spirabit aura."

"When she is in the meadow, she is fairer than any flower, for that lasts but for a day, the river is pleasing, but it vanisheeth on a sudden, but thy flower doth not fade, thy stream is greater than the sea. If I look upon the heaven, methinks I see the sun fallen down to shine below, and thee to shine in his place, whom I desire. If I look upon the night, methinks I see two more glorious stars, Hesperus and thyself." A little after he thus courts his mistress, "If thou goest forth of the city, the protecting gods that keep the town will run after to gaze upon thee: if thou sail upon the seas, as so many small boats, they will follow thee: what river would not run into the sea?" Another, he sighs and sob, swears he hath Cur scissum, a heart bruised to powder, dissolved and melted within him, or quite gone from him, to his mistress’ bosom belike, he is in an oven, a salamander in the fire, so scorched with love’s heat; he wisheth himself a saddle for her to sit on, a posy for her to smell to, and it would not grieve him to be hanged, if he might be strangled in her garters: he would willingly die to-morrow, so that she might kill him with her own hands. "Ovid would be a flea, a gnat, a ring, Catullus a sparrow.

"O si tenui ludere scat ipsa possem, Et tristes animi levare caras."

"Anacreon, a glass, a gown, a chain, any thing,

"Sed speculum ego ipsa fiam, Ut me tum uisque cernas, Et vestis ipsa fiam, Ut me tum uisque gestes."

"But I a looking-glass would be, Still to be look’d upon by thee, Or I, my love, would be thy gown, By thee to be worn up and down; Or a pure well fall to the brims, That I might wash thy purer limbs: Or, I’d be precious balm to ‘noint, With choiceest care each choice joint; Or, if I might, I would be fain About thy neck thy happy chain, Or would it were my blessed hap To be the lawn o’er thy fair pap, Or would I were thy shoe, to be Daily trod upon by thee."

O thrice happy man that shall enjoy her: as they that saw Hero in Museus, and Salmacis to Hermaphroditus,

"Quid Felices mater, &c. felix nuptia."

"Sed longe cunctis, longique beatior illa, Quem fructus speculo et solvi dignare loco.

The same passion made her break out in the comedy; "Nam ille fortunates sunt quae cum illo cubant, “ happy are his bedfellows;” and as she said of Cyprus, "Beata quae illi uxor futura esset," blessed is that woman that shall be his wife, nay, thrice happy she that shall enjoy him but a night. "Una non Jovis seepro aquiparanda, such a night’s lodging is worth Jupiter’s sceptre.

"Quaals nos erit illa, dit, decusae, Quam multa choros?"

"O what a blissful night would it be, how soft, how sweet a bed!" She will adventure all her estate for such a night, for a nectarean, a balsam kiss alone.

"Qui te videt beatus est, Beatori qui te audiet, Qui te poliur est Deuex."

The sultan of Sana’s wife in Arabia, when she had seen Vertomannus, that

"Idem epist. in prato cum sit, flores superat; illi pulchri sed minus tantum diei; fluvis gnatnaed oranesces, at tuus fluvis mari majoris. Si calum aspicio, salem existimo cedidie, et in terra amabat, &c. Si civitate egredias, sequentur te dix custodes, spectaculo commoti; si naves sequuntur; quis fluvis saluum tuum non rigit?"

"Et El. 15. 2."

"Oh, if I might only daily with thee, and alleviate the wasting sorrows of my mind." "Carm. 30."

"Engaged by M. B. Holliday, in his Technog. act. 1. scen. 7." "Pvid. Met. lib. 4."

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"He is happy who sees thee, more happy who hears a god who enjoys thee."

"572 Love Melancholy. [Part. 3. Sec. 2."

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comely traveller, lamented to herself in this manner, "O God, thou hast made this man whiter than the sun, but me, my husband, and all my children black; I would to God he were my husband, or that I had such a son:" she fell a weeping, and so impatient for love at last, that (as Potiphar's wife did by Joseph) she would have had him gone in with her, she sent away Gazella, Tegia, Galzerana, her waiting-maids, loaded him with fair promises and gifts, and woe'd him with all the rhetoric she could—extremum hoc miserae dulcamamnæ, "grant this last request to a wretched lover." But when he gave not consent, she would have gone with him, and left all, to be his page, his servant, or his lackey, Certo sequi charum corpus ut umbra solet, so that she might enjoy him, threatening moreover to kill herself," &c. Men will do as much and more for women, spend goods, lands, lives, fortunes; kings will leave their crowns, as King John for Matilda the nun at Dunmow.

"But kings in this yet privilege'd may be,
I'll be a monk so I may live with thee."

The very gods will endure any shame (atque aliquid de diis non tristibus inquit, &c.) be a spectacle as Mars and Venus were, to all the rest; so did Lucian's Mercury wish, and peradventure so dost thou. They will adventure their lives with alacrity—pro qua non metuam mori—may nay, pro qua non metuam bis mori, I will die twice, nay, twenty times for her. If she die, there's no remedy, they must die with her, they cannot help it. A lover in Calcagninus, wrote this on his darling's tomb,

"Quinta obiit, sed non Quinta sola obiit,
Quinta obiit, sed cum Quinta et ipse obiit;
Rius obiit, obit gratia, luxus obiit,
Nec mea nunc anima in pectore, et in tumulo est."

"Quinta my dear is dead, but not alone,
For I am dead, and with her I am gone:
Sweet smiles, mirth, graces, all with her do rest,
And my soul too, for 'tis not in my breast."

How many doting lovers upon the like occasion might say the same? But these are toys in respect, they will hazard their very soul for their mistress' sake.

"Atque aliquid inter Juvenes minus est, et verbum dixit,
Non ego in celo caperem Deus esse,
Nestram uxorem habens domi Hero."

"One staid, to heaven would I not
Desire at all to go,
If that at mine own house I had
Such a fine with as Hero."

Venus forsook heaven for Adonis' sake—caelo praefertur Adonis. Old Janivere, in Chaucer, thought when he had his fair May he should never go to heaven, he should live so merrily here on earth; had I such a mistress, he protests,

"Colum dias ego non saum invidere,
Sed homin mihi dul mi inviderent.

"I would not envy their prosperity,
The gods should envy my felicity."

Another as earnestly desires to behold his sweetheart, he will adventure and leave all this, and more than this to see her alone.

"Omnia quas patior mala si pensare velit fors,
Una aliquis nobis prosperitate, dixi
Hoc precor, ut faciant, faciant me cernere coram,
Cor mihi capitum quo tamen hece, deam."

"If all my mischiefs were recomposed,
And God would give me what I requested,
I would my mistress' presence only seek,
Which doth mine heart in prison captive keep."

But who can reckon upon the dotage, madness, servitude and blindness, the foolish phantasms and vanities of lovers, their torments, wishes, idle attempts?

Yet for all this, amongst so many irksome, absurd, troublesome symptoms, inconveniences, phantastical fits and passions which are usually incident to such persons, there be some good and graceful qualities in lovers, which this affection causeth. "As it makes wise men fools, so many times it makes fools become wise; it makes base fellows become generous, cowards courageous," as Cardan notes out of Plutarch; covetous, liberal and magnificent; clowns,
civil; cruel, gentle; wicked profane persons to become religious; slovenly, neat; churls, merciful; and dumb dogs, eloquent; your lazy drones, quick and nimble.” *Feras mentes domat cupidus, that fierce, cruel, and rude Cyclops Polyphemus sighed, and shed many a salt tear for Galatea’s sake. No passion causeth greater alternations, or more vehement of joy or discontent. Plutarch. *Sympos. lib. 5. quast. 1, saith, “that the soul of a man in love is full of perfumes and sweet odours, and all manner of pleasing tones and tunes, insomuch that it is hard to say (as he adds) whether love do mortal men more harm than good.”

It adds spirits and makes them, otherwise soft and silly, generous and courageous. *Audacem faciebat amor. Ariadne’s love made Theseus so adventurous, and Medea’s beauty Jason so victorious; *expectorat amor timorem. Plato is of opinion that the love of Venus made Mars so valorous. “A young man will be much abashed to commit any foul offence that shall come to the hearing or sight of his mistress.” As he that desired of his enemy now dying, to lay him with his face upward, *ne amansius videt eum a tergo vulneratum, lest his sweetheart should say he was a coward, “And if it were possible to have an army consist of lovers, such as love, or are beloved, they would be extraordinary valiant and wise in their government, modesty would detain them from doing amiss, emulation incite them to do that which is good and honest, and a few of them would overcome a great company of others.” There is no man so pusillanimous, so very a dastard, whom love would not incense, make of a divine temper, and an heroic spirit. As he said in like case, *Totu ruat celi moles, non terrore, &c. Nothing can terrify, nothing can dismay them. But as Sir Blandimor and Paridel, those two brave fury knights, fought for the love of fair Florimel in presence—

Every base swain in love will dare to do as much for his dear mistress’ sake. He will fight and fetch *Argivum Clydeum, that famous buckler of Argos, to do her service, adventure at all, undertake any enterprise. And as Serrasus the Spaniard, then Governor of Sluys, made answer to Marquis Spinola, if the enemy brought 50,000 devils against him he would keep it. The nine worthies, Oliver and Rowland, and forty dozen of peers are all in him, he is all mettle, armour of proof, more than a man, and in this case improved beyond himself. For as *Agatho contends, a true lover is wise, just, temperate, and valiant. “*I doubt not, therefore, but if a man had such an army of lovers (as Castilo supposest) he might soon conquer all the world, except by chance he met with such another army of inamoratos to oppose it.” For so perhaps they might fight as that fatal dog and fatal hare in the heavens, course one another round, and never make an end. Castilo thinks Ferdinand King of Spain would never have conquered Granada, had not Queen Isabel and her ladies been present at the siege: “*It cannot be expressed what courage the Spanish knights took when the ladies were present, a few Spaniards overcame a multitude of Moors.” They will undergo any danger whatsoever, as Sir Walter Manny in Edward the Third’s time, stuck full of ladies’ favours, fought like a dragon. For *soli amantes, as *Plato holds, *pro amicis mori appetunt, which means to die for one’s friends.

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only lovers will die for their friends, and in their mistress quarrel. And for that cause he would have women follow the camp, to be spectators and encouragers of noble actions: upon such an occasion, the Squire of Dames himself, Sir Lancelot or Sir Tristram, Caesar, or Alexander, shall not be more resolute or go beyond them.

Not courage only doth love add, but as I said, subtlety, wit, and many pretty devices, Namque dolos inspirat amor, fraudesque ministrat, *Jupiter in love with Leda, and not knowing how to compass his desire, turned himself into a swan, and got Venus to pursue him in the likeness of an eagle; which she doing, for shelter, he fled to Leda's lap, et in ejus gremio se collocavit, Leda embraced him, and so fell fast asleep, sed dormantem Jupiter compressit, by which means Jupiter had his will. Infinite such tricks love can devise, such fine feasts in abundance, with wisdom and wariness, quis fallere possit amantem. All manner of civility, decency, compliment and good behaviour, plus salis et leporis, polite graces and merry conceits. Boccaccio hath a pleasant tale to this purpose, which he borrowed from the Greeks, and which Berosalus hath turned into Latin, Bebelius in verse, of Cymon and Iphigenia. This Cymon was a fool, a proper man of person, and the governor of Cyprus' son, but a very ass, insomuch that his father being ashamed of him, sent him to a farm-house he had in the country, to be brought up. Where by chance, as his manner was, walking alone, he espied a gallant young gentlewoman, named Iphigenia, a burgomaster's daughter of Cyprus, with her maid, by a brook side in a little thicket, fast asleep in her smock, where she had newly bathed herself: "When Cymon saw her, he stood leaning on his staff, gaping on her immoveable, and in amaze;" at last he fell so far in love with the glorious object, that he began to rouse himself up, to bethink what he was, would needs follow her to the city, and for her sake began to be civil, to learn to sing and dance, to play on instruments, and got all those gentlemanlike qualities and compliments in a short space, which his friends were most glad of. In brief he became, from an idiot and a clown, to be one of the most complete gentlemen in Cyprus, did many valorous exploits, and all for the love of mistress Iphigenia. In a word, I may say thus much of them all, let them be never so clownish, rude and horrid, Grobbians and sluts, if once they be in love they will be most neat and spruce; for, Omnibus rebus, et nuditatis nitoribus anteveniens amor, they will follow the fashion, begin to trick up, and to have a good opinion of themselves, venustatem enim mater Venus; a ship is not so long a rigging as a young gentlewoman a trimming up herself against her sweetheart comes. A painter's shop, a flowery meadow, no so gracious aspect in nature's storehouse as a young maid, nubitis puella, a Novitza or Venetian bride, that looks for a husband, or a young man that is her suitor; composed looks, composed gait, clothes, gestures, actions, all composed; all the graces, elegances in the world are in her face. Their best robes, ribands, chains, jewels, lawns, linens, laces, spangles, must come on, preter quam res patitur student eleganter, they are beyond all measure coy, nice, and too curious on a sudden; tis all their study, all their business, how to wear their clothes neat, to be polite and terse, and to set out themselves. No sooner doth a young man see his sweetheart coming, but he smugs up himself, pulls up his cloak now fallen about his shoulders, ties his garters, points, sets his band, cuffs, slicks his hair, twires his beard, &c. When Mercury was to come before his mistress, Collocat, ut limbus totumque appareat aurum. "He put his cloak in order, that the lace, And him, and gold-work all might have his grace."

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Sulmacis would not be seen of Hermaphroditus, till she had spruced up herself first.

"Ad tamen ante mitti, etiam properabat adire, quam se composuisse quam circumspexit amicus, Et finxit vultum, et maritum formasse videri."

Venus had so ordered the matter, that when her son Æneas was to appear before Queen Dido, he was

"Os immergatum deo similia (namque ipsa decoratum Casarum nato genetricis, lumenque juvenis Purpurum et latos oculis afflurat honoris).

like a god, for she was the tire-woman herself, to set him out with all natural and artificial impositions. As mother Mammea did her son Heliogabalus, new chosen emperor, when he was to be seen of the people first. When the hirsute cyclopaical Polyphemus courted Galatea;

"Etiamque tibi formas, jamque est tibi cura placendi, Jam rigidospectis varius Polyphemus capillos, Jam lhest histram tibi facies reciderem barbam, Et spectus feros in aequo et composere vulnus."

He was upon a sudden now spruce and keen, as a new ground batchet. He now began to have a good opinion of his own features and good parts, now to be a gallant.

"Jam Galatea venit, nec manera despicio nostra, Corti ego me nos, liquidamque in imaginique vidit Nuper aquae, placuque mihi mea forma vident."  

"Come now, my Galatea, scorn me not, Nor my poor presents; for but yesterday I saw myself in th' water, and methought Full fair I was, then scorn me not I say."  

"Non sum adaeque informis, nuper me in litora vidit, Cun placidum reulis curae nutare.

'Tis the common humour of all suitors to trick up themselves, to be prodigal in apparel, purè lutos, neat, combed, and curled, with powdered hair, commun et calamistratus, with a long love-lock, a flower in his ear, perfumed gloves, rings, scarfs, feathers, points, &c. as if he were a prince's Ganymede, with every day new suits, as the fashion varies; going as if he trod upon eggs, and as Heinsius writ to Primierus, "If once he be besotted on a wench, he must lie awake at nights, renounce his book, sigh and lament, new and then weep for his hard hap, and mark above all things what hats, bands, doublets, breeches, are in fashion, how to cut his beard, and wear his locks, to turn up his mustachios, and curl his head, prune his pickivitant, or if he wear it abroad, that the east side be correspondent to the west:" he may be scoffed at otherwise, as Julian that apostate emperor was for wearing a long hirsute goatish beard, fit to make ropes with, as in his Mysopogone, or that apothegmatic oration he made at Antioch to excuse himself, he doth ironically confess, it hindered his kissing, num non licuit inde pura puris, eoque suavioribus labra labris adjungere, but he did not much esteem it, as it seems by the sequel, de accepiendis dandisoe os cuis non laboro, yet (to follow mine author) it may much concern a young lover, he must be more respectful in his behalf, he must be in league with an excellent tailor, barber,

"Iam Sacrum praeum sed arte talem, Quas ac Thalaminis faxi Neronis;"

"have neat shoe-ties, points, garters, speak in print, walk in print, eat and drink in print, and that which is all in all, he must be mad in print."

Amongst other good qualities an amorous fellow is endowed with, he must learn to sing and dance, play upon some instrument or other, as without all doubt he will, if he be truly touched with this loadstone of love. For as

a Ovid, Met. 4.  Ê Virg. Ê. En. "He resembled a god as to his head and shoulders, for his mother had made his hair seem beautiful, bestowed upon him the lovely bloom of youth, and given the happiest lore to graceful eye, as I stood upon the shore."  

b Epist. 1. Ê. I am not so deformed, I lately saw myself in the tranquil ccosa, libera nundinandum, sepe gemendum, nonnumquam et libanum candens et conditionem libatis, libandum et cum cura insaniendum.  

[Part. 3. Sec. 2]
Erasmus hath it, Musicam docet amor et Posin, love will make them musicians, and to compose ditties, madrigals, elegies, love sonnets, and sing them to several pretty tunes, to get all good qualities may be had.  

Jupiter perceived Mercury to be in love with Philologia, because he learned languages, polite speech (for Suidasa herself was Venus' daughter, as some write), arts and sciences, quo virgini placert, all to ingratiate himself, and please his mistress. "Tis their chiefest study to sing, dance; and without question, so many gentlemen and gentlewomen would not be so well qualified in this kind, if love did not incite them. "Who," saith Castilio, "would learn to play, or give his mind to music, learn to dance, or make so many rhymes, love-songs, as most do, but for women's sake, because they hope by that means to purchase their good wills, and win their favour?" We see this daily verified in our young women and wives, they that being maids took so much pains to sing, play, and dance, with such cost and charge to their parents, to get those graceful qualities, now being married will scarce touch an instrument, they care not for it. 

Constantine agricult. lib. 11. cap. 18, makes Cupid himself to be a great dancer; by the same token that he was capering amongst the gods, "he flung down a bowl of nectar, which distilling upon the white rose, ever since made it red:" and Calistratus, by the help of Daedalus, about Cupid's statue made a many of young wenchs still a dancing, to signify belike that Cupid was much affected with it, as without all doubt he was. For at his and Psyche's wedding, the gods being present to grace the feast, Ganymede filled nectar in abundance (as Apuleius describes it), Vulcan was the cook, the Hours made all fine with roses and flowers, Apollo played on the harp, the Muses sang to it, sed suavi Musice super ingressa Venus solvit aut, but his mother Venus danced to his and their sweet content. Witty Lucian in that pathetical love passage, or pleasant description of Jupiter's stealing of Europa, and swimming from Phoenicia to Crete, makes the sea calm, the winds hush, Neptune and Amphitrite riding in their chariot to break the waves before them, the Tritons dancing round about, with every one a torch, the sea-nymphs half-naked, keeping time on dolphins' backs, and singing Hymeneus, Cupid nimbly tripping on the top of the waters, and Venus herself coming after in a shell, strewing roses and flowers on their heads. Praxiteles, in all his pictures of love, feigns Cupid ever smiling, and looking upon dancers; and in Saint Mark's in Rome (whose work I know not), one of the most delicious pieces, is a many of satyrs dancing about a wench asleep. So that dancing still is as it were a necessary appendix to love matters. Young lasses are never better pleased than when as upon a holiday, after even-song, they may meet their sweethearts, and dance about a maypole, or in a town-green under a shady elm. Nothing so familiar in France, as for citizens' wives and maids to dance a round in the streets, and often too, for want of better instruments, to make good music of their own voices, and dance after it. Yea many times this love will make old men and women that have more toes than teeth, dance,--"John, come kiss me now," mask and mum; for Comus and Hymen love masks, and all such merriments above measure, will allow men to put on women's apparel in some cases, and promiscuously to dance, young and old, rich and poor, generous and base, of all sorts. 

Paulus Jovius taxeth Augustine Niphus the philosopher, "for that being an old man and a public
professor, a father of many children, he was so mad for the love of a young maid (that which many of his friends were ashamed to see), an old gouty fellow, yet would dance after fiddlers." Many laughed him to scorn for it, but this omnipotent love would have it so.

"Hyacintho basilio
Propeream amor, me aegrit
Violenter ad sequendum."  

"Love hasty with his purple staff did make
Me follow and the dance to undertake."

And 'tis no news this, no indecorum; for why? a good reason may be given of it. Cupid and death meet both in an inn; and being merrily disposed, they did exchange some arrows from either quiver; ever since young men die, and oftentimes old men dote—

"Sic moritur Juvenis, sic moribundus amat. And who can then withstand it? If once we be in love, young or old, though our teeth shake in our heads like virginal jacks, or stand parallel asunder like the arches of a bridge, there is no remedy, we must dance trenchmore for a need, over tables, chairs, and stools, &c. And Princum Prancum is a fine dance. Plutarch, Sympos. 1. quaest. 5. doth in some sort excuse it, and telleth us moreover in what sense, Musicam docet amor, licet prius fuerit rudis, how love makes them that had no skill before learn to sing and dance; he concludes, 'tis only that power and prerogative love hath over us. 

"Love (as he holds) will make a silent man speak, a modest man most officious; dull, quick; slow, nimble; and that which is most to be admired, a hard, base, untractable churl, as fire doth iron in a smith's forge, free, facile, gentle and easy to be entreated.

Nay, 'twill make him prodigal in the other extreme, and give a "hundred sesterces for a night's lodging, as they did of old to Lais of Corinth, or "ducenta drachmarum militia pro unici nocte, as Mundus to Paulina, spend all his fortunes (as too many do in like case) to obtain his suit. For which cause many compare love to wine, which makes men jovial and merry, frolic and sad, whine, sing, dance, and what not.

But above all the other symptoms of lovers, this is not lightly to be overpassed, that like of what condition soever, if once they be in love, they turn to their ability, rhymer, ballad-makers and poets. For as Plutarch saith, "They will be witnesses and trumpeters of their paramours' good parts, bedecking them with verses and commendatory songs, as we do statues with gold, that they may be remembered and admired of all." Ancient men will dote in this kind sometimes as well as the rest; the heat of love will thaw their frozen affections, dissolve the ice of age, and so far enable them, though they be sixty years of age above the girdle, to be scarce thirty beneath. Jovianus Pontanus makes an old fool rhyme, and turn Poetaster to please his mistress.

"Ne ringas Mariana, meos ne despice canos,
De se ne nam juvenem diu referre potes," &c.  

"Sweet Marian do not mine age disdain,
For thou canst make an old man young again."

They will be still singing amorous songs and ditties (if young especially), and cannot abstain though it be when they go to, or should be at church. We have a pretty story to this purpose in Westmonasteriensis an old writer of ours (if you will believe it) An. Dom. 1012. at Covelwia in Saxony, on Christmas eve a company of young men and maids, whilst the priest was at mass in the church, were singing catches and love songs in the churchyard, he sent to them to make less noise, but they sung on still; and if you will, you shall have the very song itself.

"Equitabat homo per Sylvia frondosam,
Ducebat securum Meivindam formosam;
Quid stamus, cur non imus?"  

"A fellow rid by the greenwood side,
And fair Meivinde was his bride;
Why stand we so, and do not go?"

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1. Anacreon, Carm. 7.  
3. Pindar, v. 5.  
4. Persius, Sat. 2.  
5. Anacreon, Carm. 7.  
7. De tactu, f. 2.  
This they sung, he shaft, till at length, impatient as he was, he prayed to St. Magnus, patron of the church, they might all three sing and dance till that time twelvemonth, and so they did without meat and drink, wearisomeness or giving over, till at year's end they ceased singing, and were absolved by Herebertus archbishop of Cologne. They will in all places be doing thus, young folks especially, reading love stories, talking of this or that young man, such a fair maid, singing, telling or hearing lascivious tales, scurrilous tunes, such objects are their sole delight, their continual meditation, and as Guastavinus adds, Com. in 4. Sect. 27. Prov. Arist. ob seminis abundantiam crebris cogitationes, veneris frequens recordatio et pruriens voluptas, &c. an earnest longing comes hence, pruriens corpus, pruriens anima, amorous conceits, tickling thoughts, sweet and pleasant thoughts; hence it is, they can think, discourse willingly, or speak almost of no other subject. 'Tis their only desire, if it may be done by art, to see their husband's picture in a glass, they'll give anything to know when they shall be married, how many husbands they shall have, by crommyomantia, a kind of divination with onions laid on the altar on Christmas eve, or by fasting on St. Anne's eve or night, to know who shall be their first husband, or by aphrimantia, by beans in a cake, &c., to burn the same. This love is the cause of all good conceits, neatness, exorinations, plays, elegancies, delights, pleasant expressions, sweet motions, and gestures, joys, comforts, exultancies, and all the sweetness of our life, quais jam vita foret, aut quid jucundi sine auere Venere? Emoriar cum 1. non amplius milia cura fuerit, let me live no longer than I may love, saith a mad merry fellow in Mimnermus. This love is that salt that seasoneth our harsh and dull labours, and gives a pleasant relish to our other unsavoury proceedings. Abiet amor, surgunt tenetrae, torpeul, ceterurn, pestis, &c. All our feasts almost, masques, mummings, banquets, merry meetings, weddings, pleasing songs, fine tunes, poems, love stories, plays, comedies, attelans, jigs, fescenines, elegies, odes, &c. proceed hence. Danaus, the son of Belus, at his daughter's wedding at Argos, instituted the first plays (some say) that ever were heard of symbols, emblems, impressions, devices, if we shall believe Jovius, Cointiles, Paradine, Camillus de Camillus, may be ascribed to it. Most of our arts and sciences, painting amongst the rest, was first invented, saith Patriarius ex amoris beneficio, for love's sake. For when the daughter of Debuiriades the Sycionian, was to take leave of her sweetheart now going to wars, ut desiderio ejus minus tabesceret, to comfort herself in his absence, she took his picture with coal upon a wall, as the candle gave the shadow, which her father admiring, perfected afterwards, and it was the first picture by report that ever was made. And long after, Sycion for painting, carving, statuary, music, and philosophy, was preferred before all the cities in Greece. Apollo was the first inventor of physic, divination, oracles; Minerva found out weaving, Vulcan curious iron-work, Mercury letters, but who prompted all this into their heads? Love, Non quam talia invenissent, nisi talia adumissent, they loved such things, or some party, for whose sake they were undertaken at first. 'Tis true, Vulcan made a most admirable brooch or necklace, which long after Axion and Temenus, Phlegius' sons, for the singular worth of it, consecrated to Apollo, at Delphos, but Pharlylius the tyrant stole it away, and presented it to Ariston's wife, on whom he miserably doted (Parthenius tells the story out of Phylarchus); but why did Vulcan make this excellent Ouch! to give Hermione Cadmus' wife, whom he dearly loved. All our tilts and tournaments, orders of

the garter, golden fleece, &c.—Nobilitas sub amore facta—owe their begin-
nings to love, and many of our histories. By this means, saith Jovius, they
would express their loving minds to their mistress, and to the beholders. "Tis
the sole subject almost of all poetry, all our invention tends to it, all our songs,
whatever those old Anacreons (and therefore Hesiod makes the Muses and
Graces still follow Cupid, and as Plutarch holds, Menander and the rest of the
poets were love’s priests); all our Greek and Latin epigrammatists, love writers.
Antony Diogenes the most ancient, whose epitome we find in Phocion Bibli-
otheca, Longus Sophista, Eustathius, Achilles Tatius, Aristoxenus, Heliodorus,
Plato, Plutarch, Lucian, Parthenius, Theodorus, Prodomorus, Ovid, Catullus,
Tibullus, &c. Our new Ariostos, Boyards, Authors of Arcadia, Urania, Faerie
Queene, &c. Marullus, Leotichius, Angerianus, Strozza, Secundus, Capellanus,
&c. with the rest of those facetious modern poets, have written in this kind, are
but so many symptoms of love. Their whole books are a synopsis or
breviary of love, the portous of love, legends of lovers’ lives and deaths, and of
their memorable adventures, nay more, quod leguntur, quod laudantur amori
debent, as PNevisanus the lawyer holds, “there never was any excellent poet
that invented good fables, or made laudable verses, which was not in love him-
self;” had he not taken a quill from Cupid’s wings, he could never have written
so amorous as he did.

P Petrarch’s Laura made him so famous, Astrodell’s Stella, and Jovianus Pon-
tanus’ mistress was the cause of his roses, violets, lilies, nequitias, blandittias,
joci, decor, nardus, ver, corolla, thus, Mars, Pallas, Venus, Charis, crocum,
Laurus, ungumentum, costum, lacryme, myrrha, musae, &c. and the rest of
his poems; why are Italians at this day generally so good poets and painters?
Because every man of any fashion amongst them hath his mistress. The very
rustics and hog-rubbers, Menalcaus and Corydon, qui factent de starcore eqvino,
those fulsome knives, if once they taste of this love-liquor, are inspired in an
instant. Instead of those accurate emblems, curious impressions, gaudy masques,
tilts, tournaments, &c., they have their wakes, Whitsun-ales, shepherd’s
feasts, meetings on holidays, country dances, roundelayes, writing their names on
*trees, true lover’s knots, pretty gifts.

Choosing lords, ladies, kings, queens, and valentines, &c., they go by couples,

Instead of odes, epigrams and elegies, &c., they have their ballads, country
tunes, “O the broom, the bonny, bonny broom,” ditties and songs, “Bess a
belle, she doth excel,”—they must write likewise and indite all in rhyme.

Your most grim stoics and severe philosophers will melt away with this pas-

P Lib. 4. num. 102, syllae nuptialis poete non inventat fabulas, aut versus laudatos faciunt, nisi qui a
amore factum excipiat. 2 Martial. op. 73. Lb. 9. a Virg. Eclog. 4. “None shall excel me in poetry,
neither the Thracian Orpheus, nor Apollo.” 3 Teneris arboribus auctarum nomina inscribentes ut simul
crescent. Had. 4 S. R. 1900.
Cure of Love-Melancholy.

What fires, torments, cares, jealousies, suspicions, fears, griefs, anxieties, accompany such as are in love, I have sufficiently said: the next question is, what will be the event of such miseries, what they foretell. Some are of opinion that this love cannot be cured, *Nullis amor est medicabilis herbis,* it accompanies them to the last, *Idem amor exiuto est pecoris pecorisque magistri.*

“The same passion consumes both the sheep and the shepherd,” and is so continue, that by no persuasion almost it may be relieved.”

“Bid me not

**Memb. IV.**

Prognostics of Love-Melancholy.

...
love," said Euryalus, "bid the mountains come down into the plains, bid the rivers run back to their fountains; I can as soon leave to love, as the sun leave his course;"

"Et prior sequoribus places, et montibus umbra, Et voceces decursr sylvis, et murmura ventis, Quam mihi discendit forma Amasryllida ignes." "First seas shall want their fish, the mountains shade, Woods singing birds, the wind's murmur shall fade, Than my fair Amaryllis love alloy'd."

Bid me not love, bid a deaf man hear, a blind man see, a dumb speak, lame run, counsel can do no good, a sick man cannot relish, no physic can ease me. Non prosunt domino quae prosunt omnibus artes. As Apollo confessed, and Jupiter himself could not be cured.

"Omnem humanos curar medicinae dolores, Solus amor morbi non habet artifex." "Physic can soon cure every disease, Excuting love, that can it not appease."

But whether love may be cured or no, and by what means, shall be explained in his place; in the mean time, if it take his course, and be not otherwise eas'd or amended, it breaks out into outrageous often and prodigious events. Amor et Liber violenti dii sunt, as Tatius observes, et eunusque animum incendunt, ut pudoris oblivisci cogunt. Love and Bacchus are so violent gods, so furiously rage in our minds, that they make us forget all honesty, shame, and common civility. For such men ordinarily, as are thoroughly possessed with this humour, become insensati et insani, for it is amor insanus, as the poet calls it, beside themselves, and as I have proved, no better than beasts, irrational, stupid, head-strong, void of fear of God or men, they frequently forswear themselves, spend, steal, commit inces, rapes, adulteries, murders, depopulate towns, cities, countries, to satisfy their lust.

"A devil 'tis, and mischief such doth work, As never ye did Pagan, Jew, or Turk." The wars of Troy may be a sufficient witness; and as Appian, lib. 5. hist. saith of Antony and Cleopatra, "Their love brought themselves and all Egypt into extreme and miserable calamities," "the end of her is as bitter as worm-wood, and as sharp as a two-edged sword," Prov. v. 4, 5. "Her feet go down to death her steps lead on to hell. She is more bitter than death, (Eccles. vii. 28.) and the sinner shall be taken by her." "Qui in amore praeplicitavit, pejes perit quam qui saxo salet. " "He that runs headlong from the top of a rock is not in so bad a case as he that falls into this gulf of love." "For hence," saith Platina, "comes repentance, dotage, they lose themselves, their wits, and make shipwreck of their fortunes altogether:" madness, to make away themselves and others, violent death. Prognosticatio est talis, saith Gordonius, si non succurratur tis, aut in maniam cadunt aut moriuntur; the prognostication is, they will either run mad, or die. "For if this passion continue," saith Aelian Montaltus, "it makes the blood hot, thick, and black; and if the inflammation get into the brain, with continual meditation and waking, it so dries it up, that madness follows, or else they make away themselves," "O Corydon, Corydon, quae te dementia cepit? Now, as Arnoldus adds, it will speedily work these effects, if it be not presently helped; "They will pine away, run mad, and die upon a sudden, Facile incidunt in maniam, saith Valescus, quickly mad, nisi succurratur, if good order be not taken.

"Oh heavy yoke of love, which whose bear, Is quite undone, and that at unawares."
So she confessed of herself in the poet,
As mad as Orlando for his Angelica, or Hercules for his Hylas,
At the sight of Hero I cannot tell how many ran mad,

Go to bedlam for examples. It is so well known in every village, how many have either died for love, or voluntarily made away themselves, that I need not much labour to prove it: Nec modus aut requies nisi mors repertur amoris: death is the common catastrophe to such persons.

As soon as Euryalus departed from Senes, Lucretia, his paramour, "never looked up, no jest could exhilarate her sad mind, no joys comfort her wounded and distressed soul, but a little after she fell sick and died." But this is a gentle end, a natural death, such persons commonly make away themselves.

"propriusque in sangnine iustus, Indignantam animam vacans effudit in auras;"
so did Dido; Sed moriamur ait, sic sic juvat ire per umbras; Pyramus and Thisbe, Medea, Theagines the philosopher, and many myriads besides, and so will ever do,

Read Parthenium in Erotics, and Plutarch's amatorias narrationes, or love stories, all tending almost to this purpose. Valleriola, lib. 2. observ. 7, hath a lamentable narration of a merchant, his patient, "et that raving through impatience of love, had he not been watched, would every while have offered violence to himself." Amatus Lucitanus, cent. 3. car. 56, hath such another story, and Felix Plater, med. observ. lib. 1. a third of a young gentleman that studied physic, and for the love of a doctor's daughter, having no hope to compass his desire, poisoned himself. Anno 1615, a barber in Frankfort, because his wench was betrothed to another, cut his own throat. At Neuburg, the same year, a young man, because he could not get her parents' consent, killed his sweetheart, and afterwards himself, desiring this of the magistrate, as he gave up the ghost, that they might be buried in one grave, Quodque rogis superest unda requiescat in urna, which Gismunda besought of Tancredus, her father, that she might be in like sort buried with Guiscardus, her lover, that so their bodies might lie together in the grave, as their souls wander about Campos lugentes in the Elysian fields, quos durus amor crudelis tabe peredit, in a myrtle grove

You have not yet heard the worst, they do not offer violence to themselves in this rage of lust but unto others, their nearest and dearest friends. Catiline killed his only son, misitque ad orci pallida, lethi obnubila, obsita tenebris loca,
for the love of Aurelia Oristella, quod ejus nuptias vivo filio recusaret. 7 Laodice, the sister of Mithridates, poisoned her husband, to give consent to a base fellow whom she loved. 8 Alexander, to please Thais, a concubine of his, set Persopolis on fire. 9 Nereus' wife, a widow, and lady of Athens, for the love of a Venetian gentleman, betrayed the city; and he for her sake, murdered his wife, the daughter of a nobleman in Venice. 6 Constantine Despota made away Catherine, his wife, turned his son Michael and his other children out of doors, for the love of a base scrivener's daughter in Thessalonica, with whose beauty he was enamoured. 4 Leucoporia betrayed the city where she dwelt, for her sweetheart's sake, that was in the enemies' camp. 5 Pithidice, the governor's daughter of Methinia, for the love of Achilles, betrayed the whole island to him, her father's enemy. 5 Diogenes did as much in the city where he dwelt, for the love of Policrita, Medea for the love of Jason, she taught him how to tame the fire-breathing brass-footed bulls, and kill the mighty dragon that kept the golden fleece, and tore her little brother Abysius in pieces, that her father Aetheris might have something to detain him, while she ran away with her beloved Jason, &c. Such acts and scenes hath this tragi-comedy of love.

MEMD. V.

SUBSECT. I.—Cure of Love-Melancholy, by Labour, Diet, Physic, Fasting, &c.

Although it be controverted by some, whether love-melancholy may be cured, because it is so irresistible and violent a passion; for as you know,

"taculis descensus Averti; Sae revocare gratur, superisque evadere ad auris;" Hic labor, hic opus est."

Yet without question, if it be taken in time, it may be helped, and by many good remedies amended. Avicenna, lib. 3. Hecap. 23. et 24. sets down seven compendious ways how this malady may be eased, altered, and expelled. Savanarola 9. principal observations, Jason Pratensis prescribes eight rules besides physick, how this passion may be tamed, Laurentius 2. main precepts, Arnoldus, Valleriola, Montaltus, Hildesheim, Langius, and others inform us otherwise, and yet all tending to the same purpose. The sum of which I will briefly epitomise (for I light my candle from their torches), and enlarge again upon occasion, as shall seem best to me, and that after mine own method. The first rule to be observed in this stubborn and unbridled passion, is exercise and diet. It is an old and well-known sentence, Sine Cerere et Baccho friget Venus (love grows cool without bread and wine). As an idle sedentary life, liberal feeding, are great causes of it, so the opposite, labour, slender and sparing diet, with continual business, are the best and most ordinary means to prevent it.

"Ota si tollas peritae Cupidinis artes, Contemptaque jacent, et sine luce factis."

"It is an easy passage down to hell. But to come back, once there, you cannot well."

Minerva, Diana, Vesta, and the nine Muses were not enamoured at all, because they never were idle.

"In vacuo sunt omnes gratiae, In vana sunt omnes knaves, Delights, decays, proclivities, Luxes, lises, and conspiracies, And what'ter is done by art, To bewitch a lover's heart."

"Tis in vain to set upon those that are busy. 'Tis Savanarola's third rule,
Occurari in multis et magnis negotiis, and Avicenna's precept, cap. 24. 1 Cedit
amor rebus; res age, tutus eris. To be busy still, and, as Guianerius enjoins,
about matters of great moment, if it may be. 1 Magninus adds, "Never to
be idle but at the hours of sleep."

No better physic than to be always occupied, seriously intent.

Because poor people fare coarsely, work hard, go woolward and bare. 6 Non
habet unde suum pasceat amor et amorem. 7 Guianerius therefore prescribes
his patient "to go with hair-cloth next his skin, to go bare-footed, and bare-
legged in cold weather, to whip himself now and then, as monks do, but above
all to fast. Not with sweet wine, mutton and potage, as many of those ten-
ter-bellies do, howsoever they put on Lenten faces, and whatsoever they pretend,
but from all manner of meat. Fasting is an all-sufficient remedy of itself;
for, as Jason Pratensis holds, the bodies of such persons that feed liberally,
and live at ease, "are full of bad spirits and devils, devilish thoughts; no
better physic for such parties, than to fast." Hildesheim, spicel. 2. to this of
hunger, adds, "often baths, much exercise and sweat," but hunger and fasting
he prescribes before the rest. And "this indeed our Saviour's oracle, "This kind
of devil is not cast out but by fasting and prayer," which makes the fathers
so earnestly in commendation of fasting. As "hunger," saith Ambrose, "is
a friend of virginity, so is it an enemy to lasciviousness, but fulness overthrows
chastity, and fostereth all manner of provocations." If thine horse be too
lusty, Hierome adviseth thee to take away some of his provender; by this
means those Pauls, Hilaries, Anthonies, and famous anchorites, subdued the
lusts of the flesh; by this means Hilarion "made his ass, as he called his own
body, leave kicking (so Hierome relates of him in his life), when the devil
tempted him to any such foul offense." By this means those Indian Brah-
mins kept themselves continent; they lay upon the ground covered with skins,
as the red-shanks do on heather, and dieted themselves sparingly on one dish,
which Guianerius would have all young men put in practice, and if that will
not serve, Gordonius "would have them soundly whipped, or, to cool their
courage kept in prison," and there fed with bread and water till they acknow-
ledge their error, and become of another mind. If imprisonment and hunger
will not take them down, according to the directions of that Theban Crates,
"time must wear it out; if time will not, the last refuge is a halter." But
this, you will say, is comically spoken. Howsoever, fasting, by all means,
must be still used; and they must refrain from such meats formerly men-
tioned, which cause venery, or provoke lust, so they must use an opposite diet.

Wine must be altogether avoided of the younger sort. So Plato prescribes,
and would have the magistrates themselves abstain from it, for example's sake,

---"m et n"

Poesas ante diem librum cmm lumine, si non
Intendam amans studium, et rebus honestis,
Invidia vel amore miser torquere." 3

"For if thou dost not ply thy book,
By candle-light to study bent,
Employ'd about some honest thing,
Envy or love shall thee torment."

"Why dost thou ask, poor folks are often free
And dainty places still molested be!"

---"n"

Cur in penates rardis tennis subit,
Hac delicata elgis postis putsi transiet.
mediumque samos vulgus affectus tenet?" 9

---"c"
highly commending the Carthaginians for their temperance in this kind. And 'twas a good edict, a commendable thing, so that it were not done for some sinister respect, as those old Egyptians abstained from wine, because some fabulous poets had given out, wine sprang first from the blood of the giants, or out of superstition, as our modern Turks, but for temperance, it being animae virus et vitiorum fomes, a plague itself, if immoderately taken. Women of old for that cause, in hot countries, were forbid the use of it; as severely punished for drinking of wine as for adultery; and young folks, as Leonicus hath recorded, Var. hist. 2. 3. cap. 87, 88. out of Athenæus and others, and is still practised in Italy, and some other countries of Europe and Asia, as Claudius Minoes hath well illustrated in his Comment on the 23. Emblem of Alciat. So choice is to be made of other diet.

"Neo minus erucas aptum est vitare salaces,  
Et quicquid veneri corpora nostra parat."

Those opposite meats which ought to be used are cucumbers, melons, purslain, water-lilies, rue, woodbine, ammi, lettuce, which Lemnius so much commend's, lib. 2. cap. 42. and Mizaldus, Hort. med. to this purpose; vitex, or agnus castus before the rest, which, saith Magninus, hath a wonderful virtue in it. Those Athenian women, in their solemn feasts called Thesmopheries, were to abstain nine days from the company of men, during which time, saith Ælian, they laid a certain herb, named hanea, in their beds, which assuaged those ardent flames of love, and freed them from the torments of that violent passion. See more in Forta, Matthiolus, Crescentius, lib. 5. &c., and what every herbalist almost and physician hath written, cap. de Satyrasi et Priapismo; Rhasius amongst the rest. In some cases again, if they be much dejected, and brought low in body, and now ready to despair through anguish, grief, and too sensible a feeling of their misery, a cup of wine and full diet is not amiss, and as Valescus adviseth, cum alia honestia venerem sepe exercendo, which Langius, Epist. med. lib. 1. Epist. 24. approves out of Rhasius (ad assiduationem coitum invitat) and Guianerius seconds it, cap. 16. tract. 16. as a very profitable remedy.

f Jason Pratensis subscribes to this counsel of the poet, Excretio enim aut tollit prorsus aut lunis aegritudinem. As it did the raging lust of Ahasuerus, qui ad impatientiam amoris leniendam, per singulas, vere noctes novas pullass devirginavit. And to be drunk too by fits; but this is mad physic, if it be at all to be permitted. If not, yet some pleasure is to be allowed, as that which Vives speaks of, lib. 3. de anima. A lover that hath as it were lost himself through impatience, impatience, must be called home as a traveller, by music, feasting, good wine, if need be to drunkenness itself, which many so much commend for the easing of the mind, all kinds of sports and merriments, to see fair pictures, hangings, buildings, pleasant fields, orchards, gardens, groves, ponds, pools, rivers, fishing, fowling, hawking, hunting, to hear merry tales and pleasant discourse, reading, to use exercise till he sweat, that new spirits may succeed, or by some vehement affection or contrary passion to be diverted till he be fully weaned from anger, suspicion, cares, fears, &c., and habituated into another course." Semper tecum sit (as Sempronius adviseth Calisto his love-sick master) qui seriones joculares movet, conciones ridiculas, dictoria falsa, suaves historias, fabulas venustas recenseat, coram ludat, &c., still have a

b Non minus si vinum bibisset aet sit adulterium admittant, Gellius, lib. 10. c. 28. c Leg. San. part. 3. cap. 23. Moribus vid habitat. d Cum xeniere aliquis gratia saepe coire exst utilissimum. Idem. Laurentius, cap. 11. e Hor. f Cap. 29. de morb. cereb. g Beroaldus, carat. de amore. h Amatus, cujus est pro impotenti, mens amota, opus est ut paralitham animus revocet a pergratione domo movetur, per musciam, convivia, &c. Per ars, scilicet, fabulas, et fabulas narrationes, laborem usque ad saudorem, &c.

pleasant companion to sing and tell merry tales, songs and facetious histories, sweet discourse, &c. And as the melody of music, merriment, singing, dancing, doth augment the passion of some lovers, as<sup>a</sup> Avicenna notes, so it expel-leth it in others, and doth very much good. These things must be warily applied, as the parties' symptoms vary, and as they shall stand variously affected.

If there be any need of physic, that the humours be altered, or any new matter aggregated, they must be cured as melancholy men. Carolus à Lorme, amongst other questions discussed for his degree at Montpellier in France, hath this, <i>Am amantoe et amentes usdem remedii curenur?</i> Whether lovers and madmen be cured by the same remedies? he affirms it; for love extended is mere madness. Such physic then as is prescribed, is either inward or outward, as hath been formerly handled in the precedent partition in the cure of melancholy. Consult with Valeriola, <i>Observat. Lib. 2. Observ. 7.</i> Lod. Mercatus, <i>Lib. 2. cap. 4. de mulier. affect. Daniel Sennertus, Lib. 1. part. 2. cap. 10.</i> Jacobus Ferrandus the Frenchman, in his <i>Tract de amore Erotique, Forestus, Lib. 10. Observ. 29 and 30.</i> Jason Pratensis and others for peculiar receipts.<sup>b</sup> Amatus Lucitanus cured a young Jew, that was almost mad for love, with the syrup of hellebore, and such other evacuations and purges which are usually prescribed to black choler: <sup>Avicenna confirms as much if need require, and "blood-letting above the rest," which makes <i>amantes ne sint amantes</i>, lovers to come to themselves, and keep in their right minds. <i>Tis the same which Schola Salernitana, Jason Pratensis, Hildesheim, &c., prescribes blood-letting to be used as a principal remedy. Those old Scythians had a trick to cure all appetite of burning lust, by <i>letting</i> themselves blood under the ears, and to make both men and women barren, as Sabellicus in his Æneades relates of them. Which Salmuth. <i>Tit. 10. de Herol. comment. in Panciroli. de nov. report. Mercurialis var. lec. Lib. 3. cap. 7.</i> out of Hippocrates and Benzo say still is in use amongst the Indians, a reason, wherein Langius gives <i>lib. 1. epist. 10.</i>


<sup>a</sup> Cap. de Illibli Multos hoc affectum nonat canthi, latitias, muscas; et quidam sunt quos haec angunt. <sup>b</sup> This author came to my hands since the third edition of this book. <sup>c</sup> Cent. 3. curat. 56. Sirupu hellevato et asla qua ad attum bibem pertinent. <sup>d</sup> Forgetst si ejus dispositione venit ad adult, humors, et phlebotomiseatur. <sup>e</sup> Multum morbus ut prudens solvitur, venus sectione et cucurbitula. <sup>f</sup> Curia a vena sectione per areas, unde semper steriles.
SUBSECT. II.—Withstand the beginnings, avoid occasions, change his place: 
fair and foul means, contrary passions, with witty inventions: to bring in 
another, and discommend the former.

Other good rules and precepts are enjoined by our physicians, which, if not 
one, yet certainly conjoined, may do much; the first of which is obstare prin-
cipis, to withstand the beginning, a Quisquis in primo obstit, Pupulique 
amorem tutus ac victor fuit, he that will but resist at first, may easily be a 
conqueror at the last. Balthasar Castilio, b 4. urgeth this prescrip above 
the rest, "When he shall chance (saith he) to light upon a woman that hath 
good behaviour joined with her excellent person, and shall perceive his eyes 
with a kind of greediness to pull unto them this image of beauty, and carry 
it to the heart: shall observe himself to be somewhat incensed with this 
influence, which moveth within: when he shall discern those subtle spirits 
sparkling in her eyes, to administer more fuel to the fire, he must wisely 
withstand the beginnings, rouse up reason, stuffed almost, fortify his heart 
by all means, and shut up all those passages, by which it may have entrance."
"Tis a precept which all concur upon,

"Hannes rumpes non sunt tibi mala semina morbi, |
Dum lees, in primo lumen siste pedem."  
Which cannot speedier be done, than if he confess his grief and passion to 
some judicious friend t (qui tacitus ardet magis uitur, the more he conceals, 
the greater is his pain) that by his good advice may happily ease him on a 
sudden; and withal to avoid occasions, or any circumstance that may aggra-
vate his disease, to remove the object by all means; for who can stand by a 
fire and not burn?

"Susilite obscur et mittite istane foras, 
Qua misero mihi amanti ebit sanguinem."

"Tis good therefore to keep quite out of her company, which Hierom so much 
labours to Paula, to Nepotian; Chrysost. so much inculcates in ser. in contu-
born. Cyprian, and many other fathers of the church, Siracides in his ninth 
chapter, Jason Fratensis, Svanarola, Arnoldus, Valleriola, &c., and every 
physician that treats of this subject. Not only to avoid, as 2 Gregory Tholo-
samus exhorts, "kissing, dalliance, all speeches, tokens, love-letters, and the 
like," or as Castilio, lib. 4. to converse with them, hear them speak, or sing, 
(tolerabilium est audire basiliscum sibilament, thou hadst better hear, saith 
Cyprian, a serpent hiss) 2 those amiable smiles, admirable graces, and 
sweet gestures, which their presence affords.

"Neu capita liment solitiss morbosculia, 
Et et papillarum oppressum 
Abstinent:" —

but all talk, name, mention, or cogitation of them, and of any other women, 
persons, circumstance, amorous book or tale that may administer any occasion 
of remembrance. 3 Prosper adviseth young men not to read the Canticles, 
and some parts of Genesis at other times; but for such as are enamoured 
they forbid, as before, the name mentioned, &c., especially all sight, they 
must not so much as come near, or look upon them.

"Et fugitare decet simulacra et palpula amoris, 
Abstine stbi atque abe controverta mentem."

"Gaze not on a maid," saith Syracides, "turn away thine eyes from a beau-
tiful woman," c. 9. v. 5. 7. 8. averte oculos, saith David, or if thou dost see

a Seneca.  
Cam in nullerum incederit, quis quin forma morum suavitate conjunctam habet, et jam 
oculos perseverit formas ad imaginem cum aviditate quidam rapere cum eadem, &c.  
"Ovid. de rem. Lib. 1.  
2 Eneas Silvius.  
3 Plantus gressu. 4 Remove and throw her quite out of doors, she who has 
drank my love-sick blood."

2 Tom. 2. lib. 4. cap. 10. Syntax. med. &c. Mira. vitantur oscula, tactus, 
sermo, et scripta impudica, flere, &c.  
Lib. de Singul. Cler.  
2 Tam admirabilis splendorem declinat, gratiam, scintillas, amabilles rius, gestus suavisissimos, &c.  
Lipsius, hort. leg. lib. 3. antiqu. leg.  
Lib. 5. de vit. sanctit. compar. cap. 6.  
Larerti. "It is best to shun the semblance and the food of love, to 
abstain from it, and totally avert the mind from the object."
them as Ficinus adviseth, let not thine eye be intentus ad libidinem, do not intend her more than the rest: for as Propertius holds, Ipsa alimenta sibi maxima prcebat amor, love as a snowball enlarge itself by sight: but as Hierome to Nepotion, aut aequalit amor, aut aequalit ignora, either see all alike, or let all alone; make a league with thine eyes, as Job did, and that is the safest course, let all alone, see none of them. Nothing sooner revives, "for waxeth sore again," as Petrarsh holds, "than love doth by sight." "As pomp reneweth ambition; the sight of gold, covetousness; a beauteous object sets on fire this burning lust." Et multum saliens incitat uda sitim. The sight of drink makes one dry, and the sight of meat increaseth appetite. 'Tis dangerous therefore to see. A young gentleman in merriment would needs put on his mistress's clothes, and walk abroad alone, which some of his suitors espying, stole him away for her that he represented. So much can sight enforce. Especially if he have been formerly enamoured, the sight of his mistress strikes him into a new fit, and makes him rave many days after.

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"A sickly man a little thing offends, As brimstone doth a fire decayed renew, And make it burn afresh, doth love's dead flames, If that the former object is review.

Or, as the poet compares it to embers in ashes, which the wind blows, ut solet a ventis, &c., a scald head (as the saying is) is soon broken, dry wood quickly kindles, and when they have been formerly wounded with sight, how can they by seeing but be inflamed? Ismenius acknowledgeth as much of himself, when he had been long absent, and almost forgotten his mistress, "at the first sight of her, as straw in a fire, I burned afresh, and more than ever I did before." "Charidia was as much moved at the sight of her dear Theagines, after he had been a great stranger." "Mertila, in Aristaeutus, swore she would never love Pamphilus again, and did moderate her passion, so long as he was absent; but the next time he came in presence, she could not contain, effuse amplexas attractari se sinit, &c., she broke her vow, and did profusely embrace him. Hermotimus, a young man (in the said 'author) is all out as unstaid, he had forgot his mistress quite, and by his friends was well weaned from her love; but seeing her by chance, agnovit veteris vestigia flammas, he raved amain, Illa tamen emergens veluti lucido stella caput eloquere, &c., she did appear as a blazing star, or an angel to his sight. And it is the common passion of all lovers to be overcome in this sort. For that cause belike Alexander discerning this inconvenience and danger that comes by seeing, "when he heard Darius's wife so much commended for her beauty, would scarce admit her to come in his sight," foreknowing belike that of Plutarch, formosam videre periculosissimum, how full of danger it is to see a proper woman, and though he was intertemperate in other things, yet in this superbo se gessit, he carried himself bravely. And so when as Araspus, in Xenophon, had so much magnified that divine face of Panthea to Cyrus, "by how much she was fairer than ordinary, by so much he was the more unwilling to see her.

Scipio, a young man of twenty-three years of age, and the most beautiful of the Romans, equal in person to that Grecian Charinus, or Homer's Nireus, at the siege of a city in Spain, when as a noble and most fair young gentlewoman

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was brought unto him, "and he had heard she was betrothed to a lord, rewarded her, and sent her back to her sweetheart." St. Austin, as Gregory reports of him, *ne cum sorore quidem sunt putavit habitandum,* would not live in the house with his own sister. Xenocrates lay with Laus of Corinth all night, and would not touch her. Socrates, though all the city of Athens supposed him to dote upon fair Alcibiades, yet when he had an opportunity *solus cum solo* to lie in the chamber with, and was wooed by him besides, as the said Alcibiades, "publicly confessed, *formam sprovi et superbe contempsit,* he scornfully rejected him. Petrarch, that had so magnified his Laura in several poems, when by the pope's means she was offered unto him, would not accept of her. "*It is a good happiness to be free from this passion of love, and great discretion it argues in such a man that he can so contain himself; but when thou art once in love, to moderate thyself (as he saith) is a singular point of wisdom."

"Nam vitae plagas in amoris ne jactamur
Non ita difficile est, quin captam relibis ipsa
Exire, et valides Veneris perturrum nodos."

But, forasmuch as few men are free, so discreet lovers, or that can contain themselves, and moderate their passions, to curb their senses as not to see them, not to look lasciviously, not to confer with them, such is the fury of this head-strong passion of raging lust, and their weakness, *ferox ille ardor & natura insitus,* as he terms it, "such a furious desire nature hath inscribed, such unspeakable delight."

"Sic Divas Veneris furor,
Insanis adeo mentibus incubat."  

which neither reason, counsel, poverty, pain, misery, drudgery, *partes dolor,* &c., can deter them from; we must use some speedy means to correct and prevent that, and all other inconveniences, which come by conference and the like. The best, readiest, surest way, and which all approve, is *Loci mutatio,* to send them several ways, that they may neither hear of, see, nor have an opportunity to send to one another again, or live together, *solis cum solo,* as so many Gilbertines. *Blongatio a patria,* 'tis Savanarola's fourth rule, and Gordonus' precept, *distrahatur ad longinquas regiones,* send him to travel. 'Tis that which most run upon, as so many hounds with full cry, poets, divines, philosophers, physicians, all, *mutet patriam:* Valesius: "as a sick man he must be cured with change of air; Tully, 4 *Puscil.* The best remedy is to get thee gone, Jason Pratensis: change air and soul, Laurentius.

"Pape litoris amatum.
Virg. Utile finitimia abstinuisse locis."  

Travelling is an antidote of love,

"d Magnum iter ad doctas proficicet cogor Athenas,
Ut mea longa gravii solvatis amore via;

For this purpose, saith Propertius, my parents sent me to Athens; time and patience wear away pain and grief, as fire goes out for want of fuel. *Quantum oculis, animo tam procul ibit amor.* But so as they tarry out long enough: a whole year Xenophon prescribes *Critoebulus,* *vix enim intra hoc tempus ab amore sanari poteris:* some will hardly be weaned under. All this Heinsius merrily inculcates in an epistle to his friend Primierius; first fast, then tarry, thirdly, change thy place, fourthly, think of a halter. If change of place, continuance of time, absence, will not wear it out with those precedent remedies,
it will hardly be removed: but these commonly are of force. Felix Plater, observ. lib. 1. had a baker to his patient, almost mad for the love of his maid, and desperate; by removing her from him, he was in a short space cured. Iseus, a philosopher of Assyria, was a most dissolute liver in his youth, palam lascivien, in love with all he met; but after he betook himself, by his friend's advice, to his study, and left women's company, he was so changed that he cared no more for plays, nor feasts, nor masks, nor songs, nor verses, fine clothes, nor no such love toys: he became a new man upon a sudden, tanguam si priores oculos amississet (saith mine k author), as if he had lost his former eyes. Peter Godefridus, in the last chapter of his third book hath a story out of St. Ambrose, of a young man that meeting his old love after that long absence, on whom he had extremely doted, would scarce take notice of her; she wondered at it, that he should so lightly esteem her, called him again, lenibat dictis animum, and told him who she was, Ego sum, inquit: At ego non sum ego; but he replied, "he was not the same man:"

proripuit ses pro tantem, as i. Eneas fled from Dido, not vouchsafing any farther parley, loathing his folly and ashamed of that which formerly he had done. k Non sum stultus ut ante jam, Nerea, "O Nerea, put your tricks, and practise hereafter upon somebody else, you shall befoul me no longer." Petrarch hath such another tale of a young gallant, that loved a wench with one eye, and for that cause by his parents was sent to travel into far countries, after some years he returned, and meeting the maid for whose sake he was sent abroad, asked her how, and by what chance she lost her eye? no, said she, I have lost none, but you have found yours: Cignifying thereby, that all lovers were blind, as Fabius saith, Amantes de formâ judicare non possunt, lovers cannot judge of beauty, nor scarce of anything else, as they will easily confess after they return unto themselves, by some discontinuance or better advice, wonder at their own folly, madness, stupidity, blindness, be much abashed, "and laugh at love, and call it an idle thing, condemn themselves that ever they should be so besotted or misled; and be heartily glad that they have so happily escaped."

If so be (which is seldom) that change of place will not effect this alteration, then other remedies are to be annexed, fair and foul means, as to persuade, promise, threaten, terrify, or to divert by some contrary passion, rumour, tales, news, or some witty invention to alter his affection, "by some greater sorrow to drive out the less," saith Gordonius, as that his house is on fire, his best friends dead, his money stolen. "That he is made some great governor, or hath some honour, office, some inheritance is befallen him." He shall be a knight, a baron: or by some false accusation, as they do such as have the hiccup, to make them forget it. S. Hierome, lib. 2. epist. 16. to Rusticus the monk, hath an instance of a young man of Greece, that lived in a monastery in Egypt, a that by no labour, no continence, no persuasion, could be diverted, but at last by this trick he was delivered. The abbot sets one of his convent to quarrel with him, and with some scandalous reproach or other to deface him before company, and then to come and complain first, the witnesses were likewise suborned for the plaintiff. The young man wept, and when all were against him, the abbot cunningly took his part, lest he should be overcome with immoderate grief: "but what need many words? by this invention he was cured, and alienated from his pristine love-thoughts—Injuries, slanders, contempts, disgraces,—spretaque injuria forma, "the insult of her slighted beauty," are very forcible means to withdraw men's affections, contumelid affecti amatores.
amare desinunt, as Lucian saith, lovers reviled or neglected, contemned or misused, turn love to hate; non si me obscuret, "I'll never love thee more." Egoine illum, qua illum, quae me, quae non? So Zephyrus hated Hyacinthus because he scorned him, and preferred his co-rival Apollo (Pala- phatus fab. Nar.), he will not come again though he be invited. Tell him but how he was scoffed at behind his back ('tis the counsel of Avicenna), that his love is false, and entertains another, rejects him, cares not for him, or that she is a fool, a nasty queen, a slut, a vixen, a scold, a devil, or, which Italians commonly do, that he or she hath some loathsome filthy disease, gout, stone, strangury, falling sickness, and that they are hereditary, not to be avoided, he is subject to a consumption, hath the pox, that he hath three or four incurable terrors, issues; that she is bald, her breath stinks, she is mad by inheritance, and so are all the kindred, a hare-brain with many other secret infirmities, which I will not so much as name, belonging to women. That he is a hermaphroditic, an eunuch, imperfect, impotent, a spendthrift, a gamester, a fool, a gull, a beggar, a whoreson, far in debt, and not able to maintain her, a common drunkard, his mother was a witch, his father hanged, that he hath a wolf in his bosom, a sore leg, he is a leper, hath some incurable disease, that he will surely beat her, he cannot hold his water, that he cries out or walks in the night, will stab his bed-fellow, tell all his secrets in his sleep, and that nobody dare lie with him, his house is haunted with spirits, with such fearful and tragical things, able to avert and terrify any man or woman living. Gordo- nius, cap. 20, part. 2. hunc in modo consultat; Paretur aliqua vetula turpissima aspectu, cum turpiet vili habitu: et portet subitus premium pannum menstrualem, et dieat quod amica sua sit ebriosa, et quod mingat in lecto, et quod est epileptica et impudica; et quod in corpore suo sunt excrescentiae enormes, cum fatores anhelitius, et alie enormitates, quibus vetulae sunt edoctae: si nobi suh persuaderi, subit extrahat* pannum menstrualem, coram facie portando, exclamando, talis est amica tua; et si ex his non demiserit, non est homo, sed diabolus incarnatus. Idem fere, Avicenna, cap. 24, de cura Elishi, lib. 3, Fen. 1. Tract. 4. Nar- rent res immundas vetulae, eque quibus abominationem incurrat, et res sordidas, et hoc assiduam. Idem Arculanus, cap. 16. in 9. Rasis, &c.

Withal as they do disconnose the old, for the better effecting a more speedy alteration, they must commend another paramour, alteram induere, set him or her to be wooed, or woo some other that shall be fairer, of better note, better fortune; birth, parentage, much to be preferred, "Invenies alium si te hic fastidit Alexis," by this means, which Jason Pratensis wisheth, to turn the stream of affection another way, "Successore novo truiditur omnis amor;" or, as Valesius adviseth, by 'subdividing to diminish it, as a great river cut into many channels runs low at last. "Hortor et ut pariter binas hodieatis amicas," &c. If you suspect to be taken, be sure, saith the poet, to have two mistresses at once, or go from one to another: as he that goes from a good fire in cold weather is loth to depart from it, though in the next room there be a better which will refresh him as much; there is as much difference of hæc as hic ignis; or bring him to some public shows, plays, meetings, where he may see variety, and he shall likely loathe his first choice: carry him but to the next town, yea peradventure to the next house, and as Paris lost Ænone's love by seeing Helen, and Cressida forsook Troilus by conversing with Diomed, he will dislike his former mistress, and leave her quite behind him, as 5Thesens left Ariadne fast asleep in the island of Dia, to seek her fortune, that was erst

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0 1 om. 4  P Ter.  G Hypatia Alexandrina quendam se adamentem prolatis multilibribus pannis, et in eum conjunctis ab amoris insania liberavit. Suidae et Eunapius.  Svanarola, reg. 5.  9 Virg. Ecl. 3.  "You will easily find another if this Alexis displeas you." Distributis amoris flat in pluribus, ad plurae amicae animum applicat. Ovid. "I recommend you to have two mistresses."  Hyginus, sab. 43.
his loving mistress. * Nunc primum Doriae vetus amator contempsit, as he said, Doris is but a dowdy to this. As he that looks himself in a glass forgets his physiognomy forthein, this flattering glass of love will be diminished by remove; after a little absence it will be remitted, the next fair object will likely alter it. A young man in *Lucian was pitifull in love, he came to the theatre by chance, and by seeing other fair objects there, mentis sanitatem receptit, was fully recovered, "and went merrily home as if he had taken a dram of oblivion." *A mouse (saith an Apologer) was brought up in a chest, there fed with fragments of bread and cheese, though there could be no better meat, till coming forth at last, and feeding liberally of other variety of viands, leathed his former life: moralise this fable by thyself. Plato, in his seventh book De Legibus, hath a pretty fiction of a city under ground, *to which by little holes some small store of light came; the inhabitants thought there could not be a better place, and at their first coming abroad they might not endure the light, agerrimè solam intueri; but after they were accustomed a little to it "they deplored their fellows' misery that lived under ground." A silly lover is in like state, none so fair as his mistress at first, he cares for none but her; yet after a while, when he hath compared her with others, he abhors her name, sight, and memory. *Tis generally true; for as he observes, * Priorem flammam novus ignis extrudit; et ea mulierum natura, ut praesentem maximè amant, one fire drives out another; and such is women's weakness, that they love commonly him that is present. And so do many men; as he confessed, he loved Amye, till he saw Floriat, and when he saw Cynthia, forgot them both; but fair Phillis was incomparably beyond them all, Cloris surpassed her, and yet when he espied Amaryllis, she was his sole mistress; O divine Amaryllis: quæm proceræ, exquisitæ ad instar, quàm elegans, quàm decens, &c. How lovely, how tall, how comely she was (saith Polemius) till he saw another, and then she was the sole subject of his thoughts. In conclusion, her he loves best he saw last. *Triton, the sea god, first loved Leucothoe, till he came in presence of Milene, she was the commandress of his heart, till he saw Galatea: but (as *she complains) he loved another firstsions, another, and another. 'Tis a thing, which by Hierom's report, hath been usually practised. *a Heathen philosophers drive out one love with another, as they do a peg, or pin with a pin. Which those seven Persian princes did to Ahaserus, that they might require the desire of Queen Vashti with the love of others." Pausanias in Elicis saith, that therefore one Cupid was painted to contend with another, and to take the garland from him, because one love drives out another, *Alienus vires subtrahit alter amor; and Tully, 3. Nat. Deor. disputing with C. Cotta, makes mention of three several Cupids all differing in office. Felix Plater, in the first book of his observations, boasts how he cured a widower in Basil, a patient of his, by this stratagem alone, that doth upon a poor servant his maid, when his friends, children, no persuasion could serve to alienate his mind: they motioned him to another honest man's daughter in the town, whom he loved, and lived with long after, abhorring the very name and sight of the first. After the death of Lucretia, *Euryalus would admit of no comfort, till the Emperor Sigismound married him to a noble lady of his court, and so in short space he was freed.
SUBSECT. III.—By counsel and persuasion, fondness of the fact, men’s, women’s faults, miseries of marriage, events of lust, &c.

As there be divers causes of this burning lust, or heroical love, so there be many good remedies to ease and help; amongst which, good counsel and persuasion, which I should have handled in the first place, are of great moment, and not to be omitted. Many are of opinion, that in this blind headstrong passion counsel can do no good.

"Quis enim res in se nega consulium negque modum | "Which thing hath neither judgment, or an end. Habet, ulla eum consulio successis non poetas."

— "Quis enim modus adit amori?" But, without question, good counsel and advice must needs be of great force, especially if it shall proceed from a wise, fatherly, reverent, discreet person, a man of authority, whom the parties do respect, stand in awe of, or from a judicious friend, of itself alone it is able to divert and suffice. Gordonius, the physician, attributes so much to it, that he would have it by all means used in the first place. Amoroeacur ab illa consulio viri quem times, ostendendo periculam secuti, judicium inferni, gaudia Paradi- si. He would have some discreet men to dissuade them, after the fury of passion is a little spent, or by absence allayed; for it is as intempestive at first to give counsel, as to comfort parents when their children are in that instant departed; to no purpose to prescribe narcotics, cordials, nectarines, potions, Homer’s nepentes, or Helen’s bowl, &c. Non cessabit pectus tundere, she will lament and howl for a season: let passion have his course a while, and then he may proceed, by foreshowing the miserable events and dangers which will surely happen, the pains of hell, joys of Paradise, and the like, which by their prepos- terous courses they shall forfeit or incur; and tis a fit method, a very good means, for what Senecas said of vice, I say of love, Sine magistro describer, via sine magistro deseritur, ’tis learned of itself, but hardly left without a tutor. ’Tis not amiss therefore to have some such overseer, to expostulate and show them such absurdities, inconveniences, impropriations, discontents, as usually follow; which their blindness, fury, madness, cannot apply unto themselves, or will not apprehend through weakness; and good for them to disclose themselves, to give ear to friendly admonitions. “Tell me, sweet-heart (saith Try- phena to a love-sick Charmides in Lucian), what is it that troubles thee? peradventure I can ease thy mind, and further thee in thy suit,” and so, without question, she might, and so mayest thou, if the patient be capable of good counsel, and will hear at least what may be said.

If he love at all, she is either an honest woman or a whore. If dishonest, let him read or inculcate to him that 5. of Solomon’s Proverbs, Ecclus. 26. Ambros. lib. 1. cap. 4. in his book of Abel and Cain, Philo Judeus de mercere mer. Platinar, dial. in Amores, Espenæus, and those three books of Pet. Hædus de cælum. Amoribus, Æneas Sylvius’ tart Epistle, which he wrote to his friend Nicholas of Warthurg, which he calls immediam illicitii amoris, &c. "For what’s a whore," as he saith, "but a poler of youth, sti, ruin of men, a destruction, a devourer of patrimonies, a downfall of honour, fodder for the devil, the gate of death, and supplement of hell" "Tabal amor est laqueus anima, &c., a bitter honey, sweet poison, delicate destruction, a voluntary mis- chief, comminatium cænum, sterquilinium. And as Pet. Aretine’s Lucretia, a
notable quean, confesseth: "Gluttony, anger, envy, pride, sacrilege, theft, slaughter, were all born that day that a whore began her profession; for," as she follows it, "her pride is greater than a rich churl's, she is more envious than the por, as malicious as melancholy, as covetous as hell. If from the beginning of the world any were mala, pejor, pessima, bad in the superlative degree, 'tis a whore; how many have I undone, caused to be wounded, slain! O Antonia, thou seest "what I am without, but within, God knows, a puddle of iniquity, a sink of sin, a pocky quean." Let him now that so dotes meditate on this; let him see the event and success of others, Samson, Hercules, Holofernes, &c. Those infinite mischiefs attend it: if she be another man's wife he loves, 'tis abominable in the sight of God and men; adultery is expressly forbidden in God's commandment, a mortal sin, able to endanger his soul; if he be such a one that fears God, or have any religion, he will eschew it, and abhor the loathsomeness of his own fact. If he love an honest maid, 'tis to abuse or marry her; if to abuse, 'tis fornication, a foul fact (though some make light of it), and almost equal to adultery itself. If to marry, let him seriously consider what he takes in hand, look before ye leap, as the pro-

verb is, or settle his affections, and examine first the party, and condition of his estate and hers, whether it be a fit match for fortunes, years, parentage, and such other circumstances, an sit sue Feneris. Whether it be likely to proceed: if not, let him wisely stave himself off at the first, curb in his inordinate passion, and moderate his desire, by thinking of some other subject, divert his cogitations. Or if it be not for his good, as Æneas, forewarned by Mercury in a dream, left Dido's love, and in all haste got him to sea,

"X Mnestes, Surgestunque vocat fortemque Cleanthem, Classem aptent tacti jubet"——

and although she did oppose with vows, tears, prayers, and imprecation,

—"nullis ille movetur
Pietibus, et illis voces tractabiles audit; " —

Let thy Mercury-reason rule thee against all allurements, seeming delights, pleasing inward or outward provocations. Thou mayest do this if thou wilt, pater non desper filiam, nec frater sororem, a father dotes not on his own daughter, a brother on a sister; and why? because it is unnatural, unlawful, unfit. If he be sickly, soft, deformed, let him think of his deformities, vices, infirmities; if in debt, let him ruminate how to pay his debts: if he be in any danger, let him seek to avoid it: if he have any law-suit, or other business, he may do well to let his love-matters alone and follow it, labour in his vocation whatever it is. But if he cannot so ease himself, yet let him wisely premi-

tate of both their estates; if they be unequal in years, she young and he old, what an unfit match must it needs be, an uneven yoke, how absurd and in decent a thing is it! as Lycinus in "Lucian told Timolus, for an old bald crook-nosed knave to marry a young wench; how odious a thing it is to see an old lecher! What should a bald fellow do with a comb, a dumb doter with a pipe, a blind man with a looking-glass, and thou with such a wife? How absurd it is for a young man to marry an old wife for a piece of good. But put case she be equal in years, birth, fortunes, and other qualities correspond-

ent, he doth desire to be coupled in marriage, which is an honourable estate, but for what respects? Her beauty belike, and comeliness of person, that is commonly the main object, she is a most absolute form, in his eye at least, "Qui formam Papheia et Charites tribuer e decorum; but do other men affirm as much? or is it an error in his judgment?

"S Fallunt nos oculi vagique sensus,
Oppressa ratione mentitur."

Qualis extra sum vides, quails intra novit Deus.  X Virg.  "He calls Mnestes, Surgestes, and the brave Cleanthus, and orders them silently to prepare the fleet,"  Y "He is moved by no tears, he cannot be induced to hear her words."

I would wish thee to respect, with "Seneca, not her person but qualities, "Will you say that's a good blade which hath a gilded scabbard, embroidered with gold and jewels? No, but that which hath a good edge and point, well tempered steel, able to resist." This beauty is of the body alone, and what is that, but as Gregory Nazianzen telleth us, "a mock of time and sickness?" or as Boethius, "as mutable as a flower, and 'tis not nature so makes us, but most part the infirmity of the beholder." For ask another, he sees no such matter: "Dic mihi per gratias qualis tibi videtur, "I pray thee tell me how thou likest my sweetheart," as she asked her sister in Aristænetus, "whom I so much admire, methinks he is the sweetest gentleman, the properest man, that ever I saw: But I am in love, I confess (nee pudet fides), and cannot therefore well judge." But be she fair indeed, golden-haired, as Anacreon his Bathilus (to examine particulars), she have "Flammeolos oclos collique tac-toea, a pure sanguine complexion, little mouth, coral lips, white teeth, soft and plump neck, body, hands, feet, all fair and lovely to behold, composed of all graces, elegancies, an absolute piece,

"Flamina sinit Melita Junonia, dextra Minerva, Mamillae Veneris, sua maris domine," &c.

Let her head be from Prague, paps out of Austria, belly from France, back from Brabant, hands out of England, feet from Rhine, buttocks from Switzerland, let her have the Spanish gait, the Venetian tire, Italian compliment and endowments:

"Candida sideris ardentissima lumina flavmnia, Student colla rosas, et cedit cornibus aurum, Molis purpurum deprement oru ruborem;" Fulceat, ac Venereum celestis corpore vincent, Formis deorum omnis," &c.

Let her be such a one throughout, as Lucian deciphers in his Imagines, as Euryphanor of old painted Venus, Aristænetus describes Lais, another Helena, Chariclea, Lencippe, Lucretia, Pandora; let her have a box of beauty to repair herself still, such a one as Venus gave Phaon, when he carried her over the ford; let her use all helps art and nature can yield: be like her, and her, and whom thou wilt, or all these in one; a little sickness, a fever, small-pox, wound, scar, loss of an eye, a limb, a violent passion, a distemper of heat or cold, mends all in an instant, disfigures all; child-bearing, old age, that tyrant time will turn Venus to Erinnys; raging time, care, rivals her upon a sudden; after she hath been married a small while, and the black ox hath trodden on her toe, she will be so much altered, and wax out of favour, thou wilt not know her. One grows too fat, another too lean, &c, modest Matilda, pretty pleasing Peg, sweet-singing Susan, mincing merry Moll, dainty dancing Doll, neat Nancy, jolly Joan, nimble Nell, kissing Kate, bouncing Bess, with black eyes, fair Phillis, with fine white hands, fiddling Frank, tall Tib, slender Sib, &c, will quickly lose their grace, grow fulous, stale, sad, heavy, dull, sour, and all at last out of fashion. Ubi jum vulnus argutia, sucvis suavitatis, blandus risus, &c. Those fair sparkling eyes will look dull, her soft coral lips will be pale, dry, cold, rough, and blue, her skin rugged, that soft and tender superficies will be hard and harsh, her whole complexion change in a moment, and as Matilda writ to King John,

"I am not now as when thou sawst me last, That favour soon is vanished and past: That rose blush lost in a hilly vale, Now is with morphew overgrown and pale."
To conclude with Chrysostom. "When thou seest a fair and beautiful person, a brave Bonaroba, a bella donna, quae salvam moveat, lepidam puellam et quam tu facillimes, a comely woman, having bright eyes, a merry countenance, a shining lustre in her look, a pleasant grace, wringing thy soul, and increasing thy concupiscence; bethink with thyself that it is but earth thou lov'st, a mere excrement, which so vexeth thee, that thou so admirest, and thy raging soul will be at rest. Take her skin from her face, and thou shalt see all loathsomeness under it, that beauty is a superficial skin and bones, nerves, sinews: suppose her sick, now reviled, hoary-headed, hollow-cheeked, old; within she is full of filthy phlegm, stinking, putrid, excremental stuff: snot and snivel in her nostrils, spittle in her mouth, water in her eyes, what filth in her brains," &c. Or take her at best, and look narrowly upon her in the light, stand near her, nearer yet, thou shalt perceive almost as much, and love less, as Cardan well writes, minus amant qui acut vident, though Scaliger deride him for it: if he see her near, or look exactly at such a posture, whoever he is, according to the true rules of symmetry and proportion, those I mean of Albertus Durer, Lomatius and Tasmier, examine her of. If he be elegans formorum spectaculat, he shall find many faults in physignomy, and ill colour: if form, one side of the face likely bigger than the other, or crooked nose, bad eyes prominent veins, concavities about the eyes, wrinkles, pimples, red streaks, freckles, hairs, warts, neves, inequalities, roughness, scabredity, paleness, yellowness, and as many colours as are in a turkey-cook's neck, many indecorums in their other parts; est quod desideres, est quod amputes, one leers, another frowns, a third gapes, squints, &c. And 'tis true that he saith, Diligenter considerandi raro facies absoluta, et quae vivio carat, seldom shall you find an absolute face without a fault, as I have often observed; not in the face alone is this defect or disproportion to be found, but in all the other parts, of body and mind; she is fair, indeed, but foolish; pretty, comely, and decent, of a majestical presence, but, peradventure, imperious, dishonest, acerba, iniqua, self-willed: she is rich, but deformed; hath a sweet face, but bad carriage, no bringing up, a rude and wanton flirt; a neat body she hath, but it is a nasty quean otherwise, a very slut of a bad kind. As flowers in a garden have colour some, but no smell, others have a fragrant smell, but are unseemly to the eye; one is unsavoury to the taste as rue, as bitter as wormwood, and yet a most medicinal cordial flower, most acceptable to the stomach; so are men and women; one is well qualified, but of ill proportion, poor and base: a good eye she hath, but a bad hand and foot, foedae pedes et foedae manus, a fine leg, bad teeth, a vast body, &c. Examine all parts of body and mind, I advise thee to inquire of all. See her angry, merry, laugh, weep, hot, cold, sick, sullen, dressed, undressed in all attires, sites, gestures, passions, eat her meals, &c., and in some of these you will surely dislike. Yea, not her only let him observe, but her parents how they carry themselves: for what

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Which made the devil be like, as most interpreters hold, when he had taken away Job's goods, corporis et fortunae bona, health, children, friends, to persecute him the more, leave his wicked wife, as Pineda proves out of Tertullian, Cyprian, Austin, Chrysostom, Prosper, Gaudentius, &c. ut novum calamitatis inde genus viro castreret, to vex and gall him worse, quam totus infernus, than all the fiends in hell, as knowing the conditions of a bad woman. Jupiter non tribuit homini pestilentius malum, saith Simonides: "better dwell with a dragon or a lion, than keep house with a wicked wife," Ecclus. xxv. 18. "better dwell in a wilderness," Prov. xxi. 19. "no wickedness like to her," Ecclus. xxv. 22. "She makes a sorry heart, an heavy countenance, a wounded mind, weak hands, and feeble knees," vers. 25. "A woman and death are two the bitterest things in the world," uxor mihi decedens est hodie, id mihi visus est diecre, abi domum et suspende te. Ter. And. 1. 5. And yet for all this we bachelors desire to be married; with that vestal virgin, we long for it, Felices nuptias moriar, nisi nubere dulce est. 'Tis the sweetest thing in the world, I would I had a wife, saith he,

"For sake would I leave a single life,  
If I could get me a good wife."

Heigh-ho for a husband, cries she, a bad husband, nay, the worst that ever was is better than none: O blissful marriage, O most welcome marriage, and happy are they that are so coupled: we do earnestly seek it, and are never well till we have effected it. But with what fate? like those birds in the Emblem, that fed about a cage, so long as they could fly away at their pleasure liked well of it; but when they were taken and might not get loose, though they had the same meat, pined away for sullenness, and would not eat. So we commend marriage.

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"donee missili liber
Aspicimus dominam; sed postquam hunc Janua clausa est,
Fell intus est quod mel lubet."

"So long as we are wooers, may kiss and coll at our pleasure, nothing is so sweet, we are in heaven as we think; but when we are once tied, and have lost our liberty, marriage is an hell," "give me my yellow hose again:" a mouse in a trap lives as merrily, we are in a purgatory some of us, if not hell itself. Dulce bellum inexpertis, as the proverb is, 'tis fine talking of war, and marriage sweet in contemplation, till it be tried; and then as wars are most dangerous, irksome, every minute at death's door, so is, &c. When those wild Irish peers, saith Stanihurst, were feasted by King Henry the Second (at what time he kept his Christmas at Dublin) and had tasted of his prince-like cheer, generous wines, dainty fare, had seen his massy plate of silver, gold, enamelled, beset with jewels, golden candlesticks, goodly rich hangings, brave furniture, heard his trumpets sound, fife, drums, and his exquisite music in all kinds; when they had observed his majestical presence as he sat in purple robes, crowned, with his sceptre, &c., in his royal seat, the poor men were so amazed, enamoured, and taken with the object, that they were pertusi domicl et pristini tyrantarchi, as weary and ashamed of their own sordidness and manner of life. They would all be English forthwith; who but English! but when they had now submitted themselves, and lost their former liberty, they began to rebel some of them, others repent of what they had done, when it was too late. 'Tis so with us bachelors, when we see and behold those sweet faces, those gaudy shows that women make, observe their pleasant gestures and graces, give ear to their syren tunes, see them dance, &c., we think their conditions are as fine as their faces, we are taken with dumb signs, in amplexum ruimus, we rave, we burn, and would fain be married. But when we feel the
miseries, cares, woes, that accompany it, we make our moan many of us, cry out at length and cannot be released. If this be true now, as some out of experience will inform us, farewell wiving for my part, and as the comical poet merilly saith,

> “n Perdatur ilese pennis quid feminam.  
> Duxit secundam, nam nihil primo impetrar!  
> Ignarus ut puto multis primum fut.”

What shall I say to him that marries again and again, \textsuperscript{5} Stilia maritata qui porrigit ora capistro. I pity him not, for the first time he must do as he may, bear it sometimes by the head and shoulders, and let his next neighbour ride, or else run away, or as that Syracusan in a tempest, when all ponderous things were to be exonerated out of the ship, \textit{quia maximum pondus erat}, fling his wife into the sea. But this I confess is comically spoken, \textsuperscript{7} and so I pray you take it. In sober sadness, \textsuperscript{9} marriage is a bondage, a thraldom, a yoke, a hindrance to all good enterprises (“he hath married a wife, and cannot come”), a stop to all preferments, a rock on which many are saved, many impinge and are cast away: not that the thing is evil in itself or troublesome, but full of contentment and happiness, one of the three things which please God, \textsuperscript{11} “when a man and his wife agree together,” an honourable and happy estate, who knows it not? If they be sober, wise, honest as the poet infers,

\begin{itemize}
  \item \textsuperscript{14} Si commodae manescantur amores,  
  \textit{Nullum istis voluptatis genus.}  
  \textsuperscript{9} If mildly match’d be man and wife,  
  No pleasure’s wanting to their life.”
\end{itemize}

But to undiscreeet sensual persons, that as brutes are wholly led by sense, it is a feral plague, many times a hell itself, and can give little or no content, being that they are often so irregular and prodigious in their lusts, so diverse in their affections. \textit{Uxor nomen dignitatis non voluptatis,} as “he said, a wife is a name of honour, not of pleasure: she is fit to bear the office, govern a family, to bring up children, sit at a board’s end and carve, as some carnal men think and say; they had rather go to the stews, or have now and then a snatch as they can come by it, borrow of their neighbours, than have wives of their own; except they may, as some princes and great men do, keep as many courtezans as they will themselves, fly out impunct, \textsuperscript{17} Persolore uxorres alienas, that polygamy of Turks, Lex Julia, with Cesar once enforced in Rome (though Levinus Torrentius and others suspect it), \textit{uti uxorres quot et quas velent licet,} that every great man and others marry, and keep as many wives as he would, or Irish divorcement were in use: \textsuperscript{17} but as it is, ‘tis hard and gives not that satisfaction to these carnal men, beastly men as too many are: what still the same, to be tied, \textsuperscript{17} to one, be she never so fair, never so virtuous, is a thing they may not endure, to love one long. Say thy pleasure, and counterfeit as thou wilt, as “Parmenio told Thais, \textit{Neque tu uno eris contenta,} “one man will never please thee;” nor one woman many men. But as \textsuperscript{18} Pan replied to his father Mercury, when he asked whether he was married, \textit{Nequaquam pater, amator enim sum,} &c. “No, father, no, I am a lover still, and cannot be contented with one woman.” Pythisas, Echo, Menades, and I know not how many besides, were his mistresses, he might not abide marriage. \textit{Varietas delecat,} ‘tis loathsome and tedious, what one still? which the satirist said of Iberina, is verified in most,

> “Ubus Iberina vir sufficit? aevus illud  
> Extorquhis ut haece oculo contenta sit uno.”

As capable of any impression as \textit{materia prima} itself that still desires new
forms, like the sea their affections ebb and flow. Husband is a cloak for some to hide their villany; once married she may fly out at her pleasure, the name of husband is a sanctuary to make all good. Eo ventum (saith Seneca) ut nulla virum habeat, nisi ut irretit adulterum. They are right and straight, as true Trojans as mine host's daughter, that Spanish wench in d Ariosto, as good wives as Messalina. Many men are as constant in their choice, and as good husbands as Nero himself, they must have their pleasure of all they see, and are in a word far more fickle than any woman.

For either they be full of jealousy, Or masterfull, or even novelty.

Good men have often ill wives, as bad as Xantippe was to Socrates, Elevara to St. Lewis, Isabella to our Edward the Second; and good wives are as often matched to ill-husbands, as Mariamne to Herod, Serena to Diocletian, Theodora to Theophilus, and Thyra to Gurmund. But I will say nothing of dissolute and bad husbands, of bachelors and their vices; their good qualities are a fitter subject for a just volume, too well known already in every village, town and city, they need no blazon: and lest I should mar any matches, or dishearten loving maids, for this present I will let them pass.

Being that men and women are so irreligious, depraved by nature, so wandering in their affections, so brutish, so subject to disagreement, so unobservant of marriage rites, what shall I say? If thou beest such a one, or thou light on such a wife, what concord can there be, what hope of agreement? Tis not coniugium but conjurgium, as the Reed and Fern in the Emblem, averse and opposite in nature: Tis twenty to one thou wilt not marry to thy contentment: but as in a lottery forty blanks were drawn commonly for one prize, out of a multitude you shall hardly choose a good one: a small care hence then, little comfort,

"Nec integrum unquam transiges latus diam."

If she be barren, she is not—&c. If she have six children, and thy state be not good, though thou be wary and circumspect, thy charge will undo thee, fœcunda domum tibi prole gravabit, thou wilt not be able to bring them up, "And what greater misery can be than to beget children, to whom thou canst leave no other inheritance but hunger and thirst?" cum fames dominatur, strident voces rogantium panem, penetrantes patris cor: what so grievous as to turn them up to the wide world, to shift for themselves? No plague like to want: and when thou hast good means, and art very careful of their education, they will not be ruled. Think but of that old proverb, 

"Si homo vi parva et humanae famae nobis sciret fidem, gravius erit haeretici, si qua in domo tua fuerat, nec tu male furaret, nec tu male decedere.

If she be soft and foolish, thou wilt better have a block, she

\*p. 605

\d Lib. 28.\n\*Cambrar. 82. cent. 3. \fSimonides. \Children make misfortunes more bitter. Bacon.
\* She will sink your whole establishment by her fecundity. "h Heinsius. Epist. Primiero. Nihil miseries quam procreare liberos ad quos nihil ex hereditate tue perveniens vide prater fame et sitiun. \i Chrys. Fonseca. \Liberi abhui carcinomata. \Mellons factae eos sine libro discidissent. \Lemmias. cap. 6. \Lib. 1. \Si moras, si non in omnibus obsequarum, omnia impecata in sedibus, omnia suarae miserii video, multas tempestates, &c. \Lib. 2. numer. 101. sylv. sup.
will shame thee and reveal thy secrets; if wise and learned, well qualified, there is as much danger on the other side, mulierem doctum ducere periculosis-simum, saith Nevisanus, she will be too insolent and peevish, "Malo Venusi-nam quâm te, Cornelia mater. Take heed; if she be a slut, thou wilt loathe her; if proud, she'll beggar thee, "she'll spend thy patrimony in baubles, all Arabia will not serve to perfume her hair," saith Lucian; if fair and wanton, she'll make thee a cornuto; if deformed, she will paint. "If her face be filthy by nature, she will mend it by art," alienis et usciititis imposturis, "which who can endure?" If she do not paint, she will look so filthy, thou canst not love her, and that peradventure will make thee dishonest. Cromerus lib. 12. hist. relates of Casimirus, "that he was unchaste because his wife Aleida, the daughter of Henry, Landgrave of Hesse, was so deformed. If she be poor, she brings beggary with her (saith Nevisanus), misery and discontent. If you marry a maid, it is uncertain how she proves, Hac forsae veniet non satis apta tibi." "If young she is likely wanton and untaught; if lusty, too lascivious; and if she be not satisfied, you know where and when, nihil nisi jurgia, all is an uproar, and there is little quietness to be had; if an old maid, 'tis a hazard she dies in childbed; if a rich widow, inducet te in Iaquaem, thou dost halter thyself, she will make all away beforehand, to her other children, &c.—dominanam quis possit ferre tonament? she will hit thee still in the teeth with her first husband; if a young widow, she is often insatiable and immodest. If she be rich, well descended, bring a great dowry, or be nobly allied, thy wife's friends will eat thee out of house and home, dies venam adinutus inducit, she will be so proud, so high-minded, so imperious. For nihil est magis intolerabile dite, "there's nothing so intolerable," thou shalt be as the tassel of a gos-hawk, "she will ride upon thee, domineer as she list," wear the breeches in her oligarchical government, and beggar thee besides. Uxores divites servitutem exigit (as Seneca hits them, Declam. lib. 2. deciam. 6.) Domem accepti, imperium perdidi. They will have sovereignty, pro conjuje dominanam arescet, they will have attendance, they will do what they list. "In taking a dowry thou losest thy liberty, dos intrat, libertas exit, hazarest thine estate."

"with many such inconveniences:" say the best, she is a commanding servant; thou hast better have taken a good housewife maid in thy stock. Since then there is such hazard, if thou be wise keep thyself as thou art, 'tis good to match, much better to be free.

"procreare liberos lepidissimum, Heracle vero liberum esse, id multum est lepidissum."

"Art thou young? then match not yet; if old, match not at all."

"Vie juvenis nubere? nondum venit tempus. Ingravescente atro geminatus pretetrit."

And therefore, with that philosopher, still make answer to thy friends that importune thee to marry, aditus intempestivum, 'tis yet unseasonable, and ever will be.

Consider withal how free, how happy, how secure, how heavenly, in respect, a single man is, "as he said in the comedy, Et isti quod fortunatum esse autu-"
mant, uxrem nunquam habui, and that which all my neighbours admire and applaud me for, account so great a happiness, I never had a wife; consider how contentedly, quietly, neatly, plentifully, sweetly, and how merrily he lives! he hath no man to care for but himself, none to please, none to control him, is tied to no residence, no cure to serve, may go and come, when, whither, live where he will, his own master, and do what he list himself. Consider the excellency of virgins. *Virgo caelum meritum, marriage replenisheth the earth, but virginity Paradise.* Elias, Eliseus, John Baptist, were bachelors: virginity is a precious jewel, a fair garland, a never-fading flower; for why was Daphne turned to a green bay-tree, but to show that virginity is immortal?

Virginity is a fine picture, as Bonaventure calls it, a blessed thing in itself, and if you will believe a Papist, meritorious. And although there be some inconveniences, irksomeness, solitariness, &c., incident to such persons, want of those comforts, quae negro assidet et oreat agrotum, fomentum paret, rogat medicum, &c. embracing, dalliance, kissing, coiling, &c., those furious motives and wanton pleasures a new-married wife most part enjoys; yet they are but toys in respect, easily to be endured, if conferred to those frequent incumbrances of marriage. Solitariness may be otherwise avoided with mirth, music, good company, business, employment; in a word, "Gaudebit minus, et minus dolabit;" for their good nights, he shall have good days. And methinks some time or other, amongst so many rich bachelors, a benefactor should be found to build a monastical college for old, decayed, deformed, or discontented maids to live together in, that have lost their first loves, or otherwise miscarried, or else are willing howsoever to lead a single life. The rest I say are toys in respect, and sufficiently recompensed by those innumerable contents and incomparable privileges of virginity. Think of these things, confer both lives, and consider last of all these commodious prerogatives a bachelor hath, how well he is esteemed, how heartily welcome to all his friends, quam mentitis obsequis, as Tertullian observes, with what counterfeit courtsey they will adore him, follow him, present him with gifts, hamatis donis; "it cannot be believed (saith *Ammianus*) with what humble service he shall be worshipped," how loved and respected: "If he want children (and have means), he shall be often invited, attended on by princes, and have advocates to plead his cause for nothing," as Plutarch adds. Wilt thou then be reverenced, and had in estimation? Live a single man, marry not, and thou shalt soon perceive how those *Hæredipere* (for so they were called of old) will seek after thee, bire and flattree for thy favour, to be thine heir or executor: Aruntius and Aterius, those famous parasites in this kind, as Tacitus and *Seneca* have recorded, shall go beyond them. Periplectomines, that good personate old man, *deliciam senis,* well understood this in Plautus: for when Pleasures exhorted him

*Part. 3. Sec. 2.*
to marry that he might have children of his own, he readily replied in this sort,

"Quando habeo multos cognatos, quid opus mei sit illiberis?"

"Nunc bena vivo et fortunato, atque animo et lobet. Mea bona mea morte cognacca deam interpartiant. Illi aga ed mutem, me currant, visam quid agam, eaque velim. Qui mihi mittunt munera, ad prandum, ad canem vocant."

"Whilst I have kin, what need I brace to have? Now I live well, and as I will, most brave. And when I die, my goods I'll give away To them that do invite me every day, That visit me, and send me pretty toys, And strive who shall do me most courtesies."

This respect thou shalt have in like manner, living as he did, a single man. But if thou marry once, cogitato in omni vita te servum fore, bethink thyself what a slavery it is, what a heavy burden thou shalt undertake, how hard a task thou art tied to, (for as Hierome hath it, qui uxorem habet, debitor est, et uxoris servus alligatus,) and how continue, what squalor attends it, what irksomeness, what charges, for wife and children are a perpetual bill of charges; besides a myriad of cares, miseries, and troubles; for as that comical Plautus merrily and truly said, he that wants trouble, must get to be master of a ship, or marry a wife; and as another seconds him, wife and children have undone me; so many and such infinite incumbrances accompany this kind of life. Furthermore, uxor intumuit, etc., or as he said in the comedy, Ducis uxorem, quam ibi miseriam vidi, nati filii, alia cura. All gifts and invitations cease, no friend will esteem thee, and thou shalt be compelled to lament thy misery, and make thy moan with "Bartholomaeus Scherzeus, that famous poet laureate, and professor of Hebrew in Wittenberg: I had finished this work long since, but that inter alia dura est tristia quasi misero mihi pene tergum fregerunt (I use his own words,) amongst many miseries which almost broke my back, ovum ob Xantipismum, a shrew to my wife tormented my mind above measure and beyond the rest. So shalt thou be compelled to complain, and to cry out at last, with Phoroneus the lawyer, "How happy had I been, if I had wanted a wife!" If this which I have said will not suffice, see more in Lemna, lib. 4, cap. 13, de occult. nat. mir. Espesenseus de continetia, lib. 6, cap. 8. Kornman de virginitate, Platina in Amor. dial. Practica artis amandi, Barbarus de re uxoria, Armineus in polit. cap. 3, and him that is instar omnium, Nevinam the lawyer, Sybiv nuptial. almost in every page.

SUBSECT. IV.—Philters, Magical and Poetical Cures.

Where persuasions and other remedies will not take place, many fly to unlawful means, philters, amulets, magic spells, ligatures, characters, charms, which as a wound with the spear of Achilles, if so made and caused, must so be cured. If forced by spells and philters, saith Paracelsus, it must be eased by characters, Mag. lib. 2, cap. 28, and by incantations. Ferneius, Path. lib. 6, cap. 13. 1 Skenius, lib. 4, observ. med. hath some examples of such as have been so magically caused, and magically cured, and by witchcraft; or saith Baptist Codronchus, lib. 3, cap. 9, de mor. ven. Malleus malefic. cap. 6. 2 This not permitted to be done, I confess; yet often attempted: see more in Wierus, lib. 3, cap. 18, de prastig. de remediiis per philtros. Delrio, tom. 2, lib. 2, quest 3, sect. 3, disposit. magic. Cardan, lib. 16, cap. 90, reckon up many magnetical medicines, as to pass through a ring, etc. Mizaldus, cent. 3, 30, Baptist Porta, Jason Pratensis, Lobelius, pag. 87, Matthioli, etc., prescribe many absurd remedies. Radix mandragora ebita, Annuli ex ungulis Asini, Stercus amatus sub cervicali postum, illa nesciente, etc., quam odores fœditiatis sentiat, amor solvitor. Noctus omni abstensionis facile comestum, ex consilio

1 E Greco. 2 Ter. Adolph. "I have married a wife; what misery it has entailed upon me! sons were born, and other cares followed." 3 Itinera in psalmo instructione ad lectorem. 4 Brusen. lib. 7, 22, cap. 31. 5 Uxor decent, nihil mihi ad summam felicitatem defisset. 6 Extinguitor virilitas ex incendamentorum maleficis: neque cum fabula est, nonnulli reser ut sunt, qui ex veneficiis amore privati sunt, ut ex multis historiis palet.
Jarthas Indorum gymnosophista apud Philostratum, lib. 3. Sanguis amasie etibiur omnem amoris sensum illiit: Faustimam Marci Aurelii uxorum, gladior-
toris amore captam, ita penitus consilio Chaldæorum liberatam, refert Julius
Capitolinus. Some of our astrologers will effect as much by characteristic-
images, ex sigillis Hermetis, Salomons, Chaldeus, &c., mulieris imago haben-
tis crines sparsos, &c. Our old poets and fantastical writers have many
fabulous remedies for such as are love-sick, as that of Proteus' tomb in
Philostratus, in his dialogue between Phoenix and Venitor: Venitor, upon
occasion discoursing of the rare virtues of that shrine, telling him that Pro-
teus' altar and tomb "cures almost all manner of diseases, consumptions,
dropsies, quartan-agues, sore eyes: and amongst the rest, such as are love-sick
shall there be helped." But the most famous is "Leucata Petra, that renowned
rock in Greece, of which Strabo writes, Geog. lib. 10. not far from St. Maures,
with Sands, lib. 1. from which rock if any lover flung himself down headlong,
he was instantly cured. Venus, after the death of Adonis, "when she could
not help but grieve," Cum vesuna suas terreret flamma medullas, came to the
temple of Apollo to know what she should do to be eased of her pain: Apollo
sent her to Leucata Petra, where she precipitated herself, and was forth-
with freed; and when she would needs know of him a reason of it, he told her
again, that he had often observed "Jupiter, when he was enamoured on June,
thither go to ease and wash himself, and after him divers others. Cupidus
for the love of Protela, Degovetus' daughter, leaped down here, that Lesbian
Sappho for Phao, on whom she miserably doted. "Cupidinis estro percia &
summo praecepis ruat, hoping thus to ease herself, and to be freed of her love
pangs.

This medicine Jos. Scaliger speaks of, Ausonianum lectionum lib. 18. Salmutus,
in Paeceirol. de 7. mundi mirac. and other writers. Pliny reports, that
amongst the Cyzeni, there is a well consecrated to Cupid, of which if any lover
taste, his passion is mitigated: and Anthony Verdurians, Imag. deorum de
Cupid. saith, that amongst the ancients there was "Amor Lebæus, "he took
burning torches, and extinguished them in the river; his statue was to be seen
in the temple of Venus Eleusina," of which Ovid makes mention, and saith
"that all lovers of old went thither on pilgrimage, that would be rid of their
love-pangs." Pausanias, in Phocis, writes of a temple dedicated Veneri
in speleum, to Venus in the vault, at Naupactus in Achaia (now Lepanto) in
which your widows that would have second husbands, made their supplications
to the goddess; all manner of suits concerning lovers were commenced, and
their grievances helped. The same author, in Achaia, tells as much of the
river "Senulus in Greece; if any lover washed himself in it, by a secret virtue
of that water (by reason of the extreme coldness belike), he was healed of
love's torments, "Amoris vulnus idem qui sanat facit;" which if it be so, that
water, as he holds, is omne avro pretiosior, better than any gold. Where none of
all these remedies will take place, I know no other but that all lovers must
make a head and rebel, as they did in Ausonius, and crucify Cupid till he
grant their request, or satisfy their desires.

Curat omnes morbos, phthisicas, hydroopes etائنlorum morbos, et febre quadrana laborantes et amore
captos, miris artibus eos demulcit. "The moral is, vehement fear expels love." Catilinus.
Quam Jamomo deperisset Jupiter impotens, lib. solitus lavare, &c. A Menander. "Stricken by the
god-ly of love, rushed headlong from the summit." Ovid. ep. 24. Apyd antiquus amor Lebæus olm
fulit, is ardentes facies in præsumtum inclinabat; hujus status Veneris Eleusinae templo visibatrum, quo amantes
conubiant; qui amica memoriae deponere volent. "Vota ei nuncupatis amatorum, multis
de causis, sae imprime videre mulieres, ut eis alterna a dem nuptias exemptae.
Motignus, ant. lect. lib. 16. cap. 28, calls it Selene. Omnis amore liberat.
Seneca. "The rise and remedy of love the
same." Capite crucifixo: lepidum poema.
Subsect. V.—The last and best cure of Love-Melancholy, is to let them have their Desire.

The last refuge and surest remedy, to be put in practice in the utmost place, when no other means will take effect, is to let them go together, and enjoy one another: *pothissima cura est ut heros amasias sua potius, saith Guianerius, cap. 15. tract. 15. Æsculapius himself to this malady cannot invent a better remedy, quam ut amanti cedat amatum,* (Jason Pratensis) than that a lover have his desire.

"Et partire turul mil jungatur in uno. Et julicbro derar Æneas Lavinia conjun." | "And let them both be joined in a bed, And let Æneas fair Lavinia wed;"

'Tis the special cure, to let them bleed in *vena Hymenææ, for love is a pleursy, aud if it be possible, let it be—*optataque gaudia carpunt. *Arculanus holds it the speediest and the best cure, 'tis Savanarola's last precept, a principal infallible remedy, the last, sole, and safest refuge.

When you have done all, saith Avicenna, "there is no speedier or safer course, than to join the parties together according to their desires and wishes, the custom and form of law; and so we have seen him quickly restored to his former health, that was languished away to skin and bones; after his desire was satisfied, his discontent ceased, and we thought it strange; our opinion is therefore that in such cases nature is to be obeyed." Arcteus, an old author, *lib. 3. cap. 3. hath an instance of a young man, when no other means could prevail, was so speedily relieved. What remains then but to join them in marriage?"

"I Tunc et basia mortuoculansque SURREPTIM dare, mutuos soveres Amplissim iucis, et iussi jocari;"

"they may then kiss and coll, lie and look babies into one another's eyes." as their sires before them did, they may then satiate themselves with love's pleasures, which they have so long wished and expected;

"Atque uno simul in foro quiescant, Conjuncte simul ore enaviuntur, Et somnis agiunt quies in ulla,"

Yes, but *hic labor, hoc opus, this cannot conveniently be done, by reason of many and several impediments. Sometimes both parties themselves are not agreed: parents, tutors, masters, guardians, will not give consent: laws, customs, statutes, hinder: poverty, superstition, fear and suspicion: many men dote on one woman, semel et simul: she dotes as much on him, or them, and in modesty must not, cannot woo, as unwilling to confess as willing to love: she dare not make it known, show her affection, or speak her mind. "And hard is the choice (as it is in Euphues) when one is compelled either by silence to die with grief, or by speaking to live with shame." In this case almost was the fair Lady Elizabeth, Edward the Fourth his daughter, when she was enamoured on Henry the Seventh, that noble young prince, and new saluted king, when she broke forth into that passionate speech, "O that I were worthy of that comely prince! but my father being dead, I want friends to motion such a matter? What shall I say? I am all alone, and dare not open my mind to any. What if I acquaint my mother with it? bashfulness forbids What if some of the lords? audacity wants. O that I might but confer with him, perhaps in discourse I might let slip such a word that might discover

mine intention!" How many modest maids may this concern, I am a poor servant, what shall I do? I am a fatherless child, and want means, I am blithe and buxom, young and lusty, but I have never a suitor, Expectant stoluli ut ego illos rogatum veniam, as she said, A company of silly fellows look belike that I should woo them and speak first: faire they would and cannot woo——

Some are so curious in this behalf, as those old Romans, our modern Venetians, Dutch and French, that if two parties dearly love, the one noble, the other ignoble, they may not by their laws match, though equal otherwise in years, fortunes, education, and all good affection. In Germany, except they can prove their gentility by three descents, they scorn to match with them. A nobleman must marry a noblewoman: a baron, a baron's daughter; a knight a knight's; a gentleman a gentleman's: as slaters sort their slates, do they degrees and families. If she be never so rich, fair, well qualified otherwise, they will make him forsake her. The Spaniards abhor all widows; the Turks repute them old women, if past five-and-twenty. But these are too severe laws, and strict customs, dandum aliquid amori, we are all the sons of Adam, 'tis opposite to nature, it ought not to be so. Again: he loves her most importently, she loves not him, and so contra. "Pan loved Echo; Echo, Satyrus; Satyrus, Lyda.

"Quantum ipsorum aliquid amantem oderat, Tantum ipsius amans odiosus erat."

They love and loathe of all sorts, he loves her, she hates him; and is loathed of him on whom she dotes." Cupid hath two darts, one to force love, all of gold, and that sharp——

"Quod facit auratum est; another blunt, of lead, and that to hinder;——fugat hoc, facit illud amorem, " this dispels, that creates love." This we see too often verified in our common experience. Choresus dearly loved that virgin Callyrrhoe; but the more he loved her, the more she hated him. O chore one loved Paris, but he rejected her: they are stiff of all sides, as if beauty were therefore created to undo, or be undone. I give her all attendance, all observance, I pray and intreat, "Alma, precor, miserere mei, fair mistress pity me, I spend myself, my time, friends and fortunes to win her favour (as he complains in the "Elegy"), I lament, sigh, weep, and make my moan to her, "but she is hard as flint"——cautius Ismaris im-motor——as fair and hard as a diamond, she will not respect, Despectus tibi sum, or hear me,

——fugit illa vacantem
Nihil lacrymas miserata meas, nihil quaeris querelas."

What shall I do?

"I woe'd her as a young man should do,
But she, she said, I love not you."  

"Tu Durior at sepolcis mea Celis, marmore, serro,
Rhoere, rupe, antro, cornu, Adamante, gelu,"  

"Rock, marble, heart of oak with iron bar'd,
Frost, flint or adams are not so hard."  

I give, I bribe, I send presents, but they are refused,  

"Rusticus est Coridon,
 nec munera curat Alexis."

I protest, I swear, I weep,

"Odilogue rependi amores,
Irrius lacrymas."  

"She neglects me for all this, she derides me," contemns me, she hates me,  

"Philida flouts me;"  

"Court, ferus, queru durior Eurydice, stiff, churlish, rocky still."

[Part. 3. Sec. 2.]


"Virg. 4. An. "How shall I begin?"  

"E Graeco Moschi. "Ovid. Met. 1. "The efficacious one is golden."  

"Perditur ambas Calyrrhae virgines, et quanto erat Choresi amor vehementior, tanto erat paenula animus ab eis amore alienior. "  

"Virg. 6. An. "Erasmus, Egl. Galatea. "Having no compassion for my tears, she avoids my prayers, and is inexcusable to my plaints."  

"Angerianus, Creto, epigoni. "  

"Virg. "  

"Loche"
And tis most true, many gentlewomen are so nice, they scorn all suitors, crucify their poor paramours, and think nobody good enough for them, as dainty to please as Daphne herself:

"[Multi illum petiere, illa spernante potente,  
Nec quid hymen, quid amor, quid sit commibia curst,]"  
["Many did woo her, but she scorn'd them still,  
And said she would not marry by her will."]

One while they will not marry, as they say at least (when as they intend nothing less), another while not yet, when 'tis their only desire, they rave upon it. She will marry at last, but not him: he is a proper man indeed, and well qualified, but he wants means: another of her suitors hath good means, but he wants wit; one is too old, another too young, too deformed, she likes not his carriage: a third too loosely given, he is rich, but base born: she will be a gentlewoman, a lady, as her sister is, as her mother is: she is all out as fair, as well brought up, hath as good a portion, and she looks for as good a match, as Matilda or Dorinda: if not, she is resolved as yet to tarry, so apt are young maids to beggle at every object, so soon won or lost with every toy, so quickly diverted, so hard to be pleased. In the meantime, quot toris amantes? one suitor pines away, languisheth in love, mori quot denique cogit? another sighs and grieves, she cares not: and which "Stroza objected to Ariadne,  

"Nec magis Eurylla gemini, lacrymisque movens,  
Quam preei turbato decidunt ora saeclis.  
Te juvenus, quae non femorculor alter in urbe,  
Sperna, et insano cogit amore mutis."  
"Is no more mov'd with those sad sighs and tears,  
Other sweetheart, than raging seas with prayers:  
Thus scorn'st the fairest youth in all our city,  
And makest him almost mad for love to die!"

They take a pride to prank up themselves, to make young men enamoured,  

"Captare viros et spernere capitos, to dote on them, and to run mad for their sakes,  

sed nullis illa movertur  
Pfiiibus, et voces sillas tractabilis audit."  
"Whilst niggardly their favours they discover,  
They love to be belov'd, yet scorn the lover."

All suit and service is too little for them, presents too base: "Tormentis gaudet amantis——et spolit". As Atalanta they must be overrun, or not won. Many young men are as obstinate, and as curious in their choice, as tyrannically proud, insulting, deceitful, false-hearted, as irrefragable and peevish on the other side; Narcissus-like,

"[Multi illum juvenes, multae petiere puellas,  
Sit fulis in tenera tam dura superbia forma,  
Nulli illum juvenes, multa petiere puellas.]"  
["Young men and maids did to him sue,  
But in his youth, so proud, so coy was he,  
Young men and maids brake him adieu."]

Echo wept and woed him by all means above the rest, Love me for pity, or pity me for love, but he was obstinate, "Ate ait emitam quam sit tibi copia nos trd, "he would rather die than give consent." Psyche ran whining after Cupid,

"[Famesum tua te Psyche formosa requirit,  
Et pedita te diea deum, puennaque puellis;]"  
["Fare Cupid, thy fair Psyche to thee sue,  
A lovely lass a fine young gallant was;"

but he rejected her nevertheless. Thus many lovers do hold out so long, doting on themselves, stand in their own light, till in the end they come to be scorned and rejected, as Stroza's Gargiliana was,

"[Te juvenes, te pedes senes, desertique langsue,  
Que fuerat procurum publica cura prua;]"  
["Both young and old do hate thee scorn'd now,  
That once was all their joy and comfort too."

As Narcissus was himself,

"Who despising many,  
Died ere he could enjoy the love of any."  

They begin to be contemned themselves of others, as he was of his shadow, and take up with a poor curate, or an old serving-man at last, that might have had their choice of right good matches in their youth; like that generous mare in Plutarch, which would admit of none but great horses, but when her tail was cut off and mane shorn close, and she now saw herself so deformed in the water, when she came to drink, "ab asino conscendi se passa, she was contended at last.

matches to be made. For I am of Plato and "Bodine's mind, that families have their bounds and periods as well as kingdoms, beyond which for extent or continuance they shall not exceed, six or seven hundred years, as they there illustrate by a multitude of examples, and which Pencer and 3 Melancthon approve, but in a perpetual tenor (as we see by many pedigrees of knights, gentlemen, yeomen) continue as they began, for many descents with little alteration. Howsoever let them, I say, give something to youth, to love; they must not think they can fancy whom they appoint; 2 Amor enim non imperatur, affectus liber si qui sit amor et vicis exigens, this is a free passion, as Pliny said in a panegyric of his, and may not be forced: Love craves liking, as the saying is, it requires mutual affections, a correspondency: invitum non datur nece aufertur, it may not be learned, Ovid himself cannot teach us how to love, Solomon describe, Apelles paint, or Helen express it. They must not therefore compel or intrude; 6 quis enim (as Fabius urgeth) amare alieno animo potest? but consider withal the miseries of enforced marriages; take pity upon youth: and such above the rest as have daughters to bestow, should be very careful and provident to marry them in due time. Syracides, cap. 7. vers. 25, calls it "a weighty matter to perform, so to marry a daughter to a man of understanding in due time:" Virgines enim tempessive locandae, as b Lemnibus admonis- eth, lib. 1. cap. 6. Virgins must be provided for in season, to prevent many diseases, of which c Rodericus à Castro de morbis mulierum, lib. 2. cap. 3. and Lod. Mercurius, lib. 2. de mulier. affect. cap. 4, de melanc. virginitum et viduarum, have both largely discussed. And therefore as well to avoid these feral maladies, 'tis good to get them husbands betimes, as to prevent some other gross inconveniences, and for a thing that I know besides; ubi nuptiarum tempus et etas advernet, as Chrysostom adviseth, let them not defer it; they perchance will marry themselves else, or do worse. If Nevisanus the lawyer do not impose they may do it by right: for as he proves out of Curtius, and some other civilians, Sylvæ, nup. lib. 2. numer. 30. 3 A maid past 25 years of age, against her parents' consent may marry such a one as is unworthy of, and inferior to her, and her father by law must be compelled to give her a competent dowry." Mistake me not in the meantime, or think that I do apologise here for any headstrong, unruly, wanton flirts. I do approve that of St. Ambrose (Comment in Genesis xxiv. 51), which he hath written touching Rebecca's spousals, "A woman should give unto her parents the choice of her husband, lest she be reputed to be malapert and wanton, if she take upon her to make her own choice; 6for she should rather seem to be desired by a man, than to desire a man herself." To these hard parents alone I retort that of Curtius (in the behalf of modester maids), that are too remiss and careless of their due time and riper years. For if they tarry longer, to say truth, they are past date, and nobody will respect them. A woman with us in Italy (saith g Arethine's Lucretia) 24 years of age, "is old already, past the best, of no account. An old fellow, as Lycistrata confesseth in Aristophanes, etsi sit canus, cito puellam virginem ducat uxorem, and 'tis no news for an old fellow to marry a young wench: but as he follows it, mulieres brevis occasio est, etsi hoc non apprehenderit, nemo vult duere uxorem, expectans vero sedet; who cares for an old maid? she may set, &c. A virgin, as the poet holds, lasciva et petulans puella virgo, is like a flower, a rose withered on a sudden.

"Quam modi nascentem rufulus compositae Eos, / Dianae radiens vero separe videat anima."  

| "She that was erst a maid as fresh as May, / Is now an old crone, time so steals away." |

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* De repub. c. de period. errumnum.  
1 Com. in car. Chron.  
2 Plin. in pan.  
3 Declam. 366.  
4 Pelis imprima multa danda occasio laspea. Lemn. lib. 1. 64. de vit. instit.  
5 See more part. 1. 2. mem. 2. ual. 4.  
6 Hilla excusis annum 25. potest inece patre melius. See indigemus sit matris, et cum cogere ad congrue dotandum.  
7 Nos apertim procerioris reputetur acter.  
8 Exspecta enim magis dubet videri a fine quam ipsa virum expectet.  
9 Comed. Lycistrat. And. Divo Interpr.  
10 Ansonius, ed. 14.
Let them take time then while they may, make advantage of youth, and as he
prescribes,

"Collis virgo roosa dum flores novus et nova pubes,  
Et morum esto avam uie properare tuum."  
Fair maidens, go gather roses in the prime,  
And think that as a flower so goes on time."

Let's all love, dum vides annique sinunt, while we are in the flower of years,  
fit for love matters, and while time serves:  
for

"Isola occidere et ridere possunt,  
Nobis eum semel occulti brevis lux,  
Nux est perpetua una dormienda."

Voluit irrevocabile tempus, time past cannot be recalled. But we need no such  
exhortation, we are all commonly too forward: yet if there be any escape, and  
all be not as it should be, as Diogenes struck the father when the son swore,  
because he taught him no better, if a maid or a young man miscarry, I think  
their parents oftentimes, guardians, overseers, governors, neque vos (saith  
"Chrysostom) a supplicio immunes evadetis, si non statim ad nuptias, &c., are in  
as much fault, and as severely to be punished as their children, in providing  
for them no sooner.

Now for such as have free liberty to bestow themselves, I could wish that  
good counsel of the comical old man were put in practice,  

"Opulentiores pauperorum ut illius  
Indoctus ducant uxoros domum :  
Et multo, si eis clienis concordia,  
Et invicta nos minores uterum, quam utimum."  
That rich men would marry poor maidens some,  
And that without dowry, and so bring them home,  
So would much concord be in our city.  
Less envy should we have, much more pity."

If they would care less for wealth, we should have much more content and  
quietness in a commonwealth. Beauty, good bringing up, methinks is a sufficient  
portion of itself. Dos est sua forma puellis, "her beauty is a maiden's dower,"  
and he doth well that will accept of such a wife. Eubulides, in Aristeneutus,  
made a less man's child, facie non illatibili, of a merry countenance, and  
heavenly visage, in pity of her estate, and that quickly. Acontius coming to  
Delos, to sacrifice to Diana, fell in love with Cydippe, a noble lass, and wanting  
means to get her love, flung a golden apple into her lap, with this inscription  
upon it,

"Juro tibi sane per mystles sacra Diana,  
Me tibi venturum comitem, sponsumque futurum."

"I swear by all the rites of Diana,  
I'll come and be thy husband if I may."  
She considered of it, and upon small inquiry of his person and estate, was  
made by him to.

"Blessed is the wooing.  
That is not long a doing."  

As the saying is; when the parties are sufficiently known to each other, what  
needs such scrupulosity, so many circumstances? dost thou know her  
conditions, her bringing up, like her person? let her means be what they will, take  
her without any more ado. Dido and Æneas were accidentally driven by a  
storm both into one cave, they made a match upon it; Massinissa was married  
to that fair captive Sophonisba, King Syphax's wife, the same day that he saw  
she first, to prevent Scipio Æculus, lest they should determine otherwise of her.  
If thou lovest the party, do as much; good education and beauty is a competent  
dowry, stand not upon money. Erant olim aurei homines (saith Theocritus) et  
adamantides redamabunt, in the golden world men did so (in the reign of  
Pomyges belike, before staggering Ninus began to domineer, if all be true that  
is reported: and some few now-a-days will do as much, here and there one;  
'tis well done methinks, and all happiness befall them for so doing. Leontius,  
a philosopher of Athens, had a fair daughter called Athenais, multo corporis  
lepoire ac Venere (saith mine author), of a comely carriage, he gave her no por-  

1 Iadem Catullus.  
2 Translated by M. B. Johnson.  
3 Hom. 5. iv. 1. Thes. cap. 2.  
4 Ovid.  
5 Epist. 12. 1. 2. Eligis conjugen pauperem, indicatam et subilis, demavitis, ex comminresc  
ieus inspici.  
6 Virg. &c.  
7 Fabius piator; amor ipsa conjuxit populcs, &c.  
8 Lipsius, phil.  
or find himself grieved with such predictions, as Hier. Wolfius well saith in his astrological & dialogue, \textit{non sunt pretoriana decreta}, they be but conjectures, the stars incline, but not enforce,

\begin{quote}
Sidera corporibus praebent celestia nostris,
Sunt ea de viti conditae namque luto:
Cogere sed sequuntur animum ratione freuenta,
Quippe sub imperio collus ipsa del est.\footnote{\textit{Sidera corporibus praebent celestia nostris,}
Sunt ea de viti conditae namque luto:
Cogere sed sequuntur animum ratione freuenta,
Quippe sub imperio collus ipsa del est.}
\end{quote}

wisdom, diligence, discretion, may mitigate if not quite alter such decrees, \textit{Fortuna sua & cuiusque fingitur moribus,} \footnote{\textit{Fortuna sua & cuiusque fingitur moribus,}} Qui antis, prudentes, velit compotes, &c., let no man then be terrified or molested with such astrological aphorisms, or be much moved, either to vain hope or fear, from such predicitions, but let every man follow his own free will in this case, and do as he sees cause. Better it is indeed to marry than burn, for their soul’s health, but for their present fortunes, by some other means to pacify themselves, and divert the stream of this fiery torrent, to continue as they are, \footnote{\textit{rest satisfied, bugentes virginitatis florem sic aruisse, deploiling their misery with that eunuch in Libanius, since there is no help or remedy, and with Jephtha’s daughter to bewail their virginities.}} rest satisfied, bugentes virginitatis florem sic aruisse, deploiling their misery with that eunuch in Libanius, since there is no help or remedy, and with Jephtha’s daughter to bewail their virginities.

Of like nature is superstition, those rash vows of monks and friars, and such as live in religious orders, but far more tyrannical and much worse. Nature, youth, and his furious passion forcibly inclines, and regath on the one side; but their order and vow checks them on the other. \footnote{\textit{Votoque sua sua forma repugnat. What merits and indulgences they heap unto themselves by it, what commodities, I know not; but I am sure, from such rash vows, and inhuman manner of life, proceed many inconveniences, many diseases, many vices,masturbation, satyrasis, \textit{priapismus, melancholy, madness, fornication, adultery, buggery, sodomy, theft, murder, and all manner of mischiefs; read but Bale’s Catalogue of Sodomites, at the visitation of abbeys here in England, Henry Stephan, his Apol. for Herodotus, that which Ulricus writes in one of his epistles, \textit{ut} that Pope Gregory when he saw 6000 skulls and bones of infants taken out of a fishpond near a nunnery, thereupon retracted that decree of priests’ marriages, which was the cause of such a slaughter, was much grieved at it, and purged himself by repentance."\textit{ Read many such, and then ask what is to be done, is this vow to be broke or not? No, saith Bellarmin, \textit{cap. 38. lib. de Monach. melius est scortari et ur quam de voto calibatis ad nuptias transire, better burn or fly out, than to break thy vow. And Coster in his Enchirid. de calibat. sacerdotum, saith it is absolutely gravius peccatum, \textit{"a greater sin for a priest to marry, than to keep a concubine at home." Gregory de Valence, \textit{cap. 6. de calibat. maintains the same, as those Essei and Montanists of old. Insomuch that many rotaries, out of a small persuasion of merit and holiness in this kind, will sooner die than marry, though it be to the saving of their lives.\textit{ Anno 1419. Pius 2, Pope, James Rossa, nephew to the King of Portugal, and then elect Archbishop of Lisbon, being very sick at Florence, \textit{\textit{when his physicians told him, that his disease was such, he must either lie with a wench, marry, or die, cheerfully chose to die.\textit{ Now they commended him for it: but St. Paul teacheth otherwise, \textit{"Better marry than burn," and as St. Hierome gravely delivers it, \textit{Alias sunt leges Casarum, alias Christi, aliud Popinianus, aliud Paulus noster praecipit, there’s a difference betwixt God’s ordinances and men’s laws: and therefore Cyprian, Epist. 8 boldly denounceth, \textit{impium est, adulterum est, sacrilegium est, quidcumque humano furro statutum,}}}}}}}}}}}}}}}}}

\footnote{\textit{"Better marry than burn," and as St. Hierome gravely delivers it, \textit{Alias sunt leges Casarum, alias Christi, aliud Popinianus, aliud Paulus noster praecipit, there’s a difference betwixt God’s ordinances and men’s laws: and therefore Cyprian, Epist. 8 boldly denounceth, \textit{impium est, adulterum est, sacrilegium est, quidcumque humano furro statutum,}}}
ut disposition divina violetur, it is abominable, impious, adulterous, and sacrilegious, what men make and ordain after their own furies to cross God's laws. 7 Georgius Wicelius, one of their own arch divines (Inspect. eccles. pag. 18) exhales against it, and all such rash monastical vows, and would have such persons seriously to consider what they do, whom they admit, ne in posterum querantur de inani bus stupris, lest they repent it at last. For either, as he follows it, 8you must allow them concubines or suffer them to marry, for scarce shall you find three priests of three thousand, qui per estalem non ament, that are not troubled with burning lust. Wherefore I conclude, it is an unnatural and impious thing to bar men of this Christian liberty, too severe and inhuman an edict.

Many laymen repine still at priests' marriages above the rest, and not at clergymen only, but of all the meaner sort and condition, they would have none marry but such as are rich and able to maintain wives, because their parish belike shall be pestered with orphans, and the world full of beggars: but 9these are hard-hearted, unnatural, monsters of men, shallow politicians, they do not 10consider that a great part of the world is not yet inhabited as it ought, how many colonies into America, Terra Australis incognita, Africa, may be sent? Let them consult with Sir William Alexander's Book of Colonies, Orpheus Junior's Golden Fleece, Captain Whitburne, Mr. Hagthorpe, &c. and they shall surely be otherwise informed. Those politic Romans were of another mind, they thought their city and country could never be too populous. 2 Adrian the emperor said he had rather have men than money, mallo se hominum adhinitex ampliare imperium, quam pecunia. Augustus Cesar made an oration in Rome ad celibem, to persuade them to marry; some countries compell them to marry of old, as 3 Jews, Turks, Indians, Chinese, amongst the rest in these days, who much wonder at our discipline to suffer so many idle persons to live in monasteries, and often marvel how they can live honest.

1 In the isle of Maragnan, the governor and petty king there did wonder at the Frenchmen, and admire how so many friars, and the rest of their company could live without wives, they thought it a thing impossible, and would not believe it. If these men should but survey our multitudes of religious houses, observe our numbers of monasteries all over Europe, 18 numeries in Padua, in Venice 34 cloisters of monks, 28 of nuns, &c. ex ungue leonem, 'tis to this proportion, in all other provinces and cities, what would they think, do they live honest? Let them assemble as they will, I am of Tertullian's mind, that few can continue but by compulsion. 2b O chastity (saith he) thou art a rare goddess in the world, not so easily got, seldom continue: thou mayest now and then be compell'd, either for defect of nature, or if discipline persuade, decrees enforce: 5 or for some such by-respects, sullenness, discontent, they have lost their first loves, may not have whom they will themselves, want of means, rash vows, &c. But can he willingly contain? I think not. Therefore, either out of commiseration of human imbecility, in policy, or to prevent

1 Epist. 30. 2 Vide vitam ejus edit. 1623, by D. T. James. 3 Ldigate, in Chaucer's Flower of Curteis. 4 Tis not multitude but idleness which causeth beggary. 5 Or to set them a work, and bring them up in some honest trades. 6 Dom. Cassius, lib. 66. 7 Sartus, Buxtorphus. 8 Claude Albans in his hist. of the Frenchmen to the Isle of Maragnan, An. 1614. 9 Kara quidem dea es, O chastitas. In his terra, nec facile perfecas, rarius perpetuae, cogi nonnumquam potest, ob naturae defectum, vel si disciplina pervaserit, censura compressit.
a far worse inconvenience, for they hold some of them as necessary as meat and drink, and because vigour of youth, the state and temper of most men's bodies do so furiously desire it, they have heretofore in some nations liberally admitted polygamy and stews, a hundred thousand courtezans in Grand Cairo in Egypt, as Radzivilus observes, are tolerated, besides boys: how many at Fez, Rome, Naples, Florence, Venice, &c., and still in many other provinces and cities of Europe they do as much, because they think young men, churchmen, and servants amongst the rest, can hardly live honest. The consideration of this belief made Vibius, the Spaniard, when his friend Crucus, that rich Roman gallant, lay hid in the cave, ut voluptatis quam astasilla desideraret copiam vocaret, to gratify him the more, send two lusty lasses to accompany him all that while he was there imprisoned. And Surenus, the Parthian general, when he warred against the Romans, to carry about with him 200 concubines, as the Swiss soldiers do now commonly their wives. But, because this course is not generally approved, but rather contradicted as unlawful and abhorred, in most countries they do much encourage them to marriage, give great rewards to such as have many children, and mulct those that will not marry, Jus trium liberorum, and in Agellius, lib. 2. cap. 15. Elian. lib. 6. cap. 5. Valerius, lib. 1. cap. 9. We read that three children freed the father—from painful offices, and five from all contribution. "A woman shall be saved by bearing children." Epictetus would have all marry, and as Plato will, de legibus, he that married not before 35 years of his age, must be compelled and punished, and the money consecrated to Juno's temple, or applied to public uses. They account him, in some countries, unfortunate that dies without a wife, a most unhappy man, as Boetius infers, and if at all happy, yet infortunio felix, unhappy in his supposed happiness. They commonly deplore his estate, and much lament him for it: O, my sweet son, &c. See Lucian, de Luctu, Sands fol. 83, &c.

Yet notwithstanding, many with us are of the opposite part, they are married themselves, and for others, let them burn, fire and flame, they care not, so they be not troubled with them. Some are too curious, and some too covetous, they may marry when they will both for ability and means, but so nice, that except as Theophilus the emperor was presented, by his mother Euprosune, with all the rarest beauties of the empire in the great chamber of his palace at once, and bid to give a golden apple to her he liked best. If they might so take and choose whom they list out of all the fair maidens their nation affords, they could happily condescend to marry: otherwise, &c., why should a man marry, saith another epicurean rout, what's matrimonium but a matter of money? why should free nature be entroached on, confined or obliged, to this or that man or woman, with these manacles of body and goods? &c. There are those too that dearly love, admire and follow women all their lives long, sponsi Penelopes, never well but in their company, wistfully gazing on their beauties, observing close, hanging after them, dallying still with them, and yet dare not, will not marry. Many poor people, and of the meaner sort, are too distrustful of God's providence, "they will not, dare not for such worldly respects," fear of want, woes, miseries, or that they shall light, as Lemnius saith, on a scold, a slut, or a bad wife." And therefore, Tristem Juventam venere desperat colunt, they are resolved to live single, as Epaminondas did, Nil ait

o Peregrinus Hierosol.  
1 Plutarch. vita duae, adolescentie medio constitutus.  
2 Ancilia equestria, adolescentiae medio constitutus.  
3 Tres illi patrem ab exedibilis, quibusque ab omnibus officinis liberabant.  
4 Prisco primo, cogatar nubere aut mulicet et pecunia templo Junonis deduceret et publicis fisset.  
5 Consol. 3. pros. 7.  
6 Sid. Hill. Epic. philo.  
7 Qui se capistro matrimonii aligiari non padamur, Leon. lib. 4. 18. de occult. nat.  
8 Abhorret multi matrimonio, ne morosam, querulam, accidiam, amaram uxorem preferre conjugat.  
9 Senec. Hippol.  
10 Celebs animo virorum nec ad uxorem ducedam unquam induci pointis.  
11 Senec. "There is nothing better, nothing preferable to a single life."
esse prius, melius nihil calibe vita," and ready with Hippolitus to abjure all women. Destructor omnes, horreo, fugio, execror, &c. But, "n Hippolita, necas quod fugias vita bonum, Hippolita, necas!"

"alas, poor Hippolitus, thou knowest not what thou sayest, 'tis otherwise, Hippolitus." Some make a doubt, an uxor litterata sit ducenda, whether a scholar should marry, if she be fair she will bring him back from his grammar to his horn book, or else with kissing and dalliance she will hinder his study; if foul with scolding, he cannot well intend to both, as Philippus Beroaldus, that great Bononian doctor, once writ, impediiri enim studia literarum, &c., but he recanted at last, and in a solemn sort with true conceived words he did ask the world and all women for forgiveness. But you shall have the story as he relates himself, in his Commentaries on the sixth of Apuleius. For a long time I lived a single life, et ab uxor e ducenda semper abhorrei, nec quicquam libero lecto censui, juicitius. I could not abide marriage, but as a rambler, erraticus ac volaticus amator (to use his own words) per multis amores discurrebam, I took a snatch where I could get it; nay more, I railed at marriage downright, and in a public auditory, when I did interpret that Sixth Satire of Juvenal, out of Plutarch and Seneca, I did heap up all the dictories I could against women; but now recant with Stesichorus, palkionuism cano, nec penetit censeri in ordine maritorum, I approve of marriage, I am glad I am a married man, I am heartily glad I have a wife, so sweet a wife, so noble a wife, so young, so chaste a wife, so loving a wife, and I do wish and desire all other men to marry; and especially scholars, that as of old Martia did by Hortensius, Terentia by Tullius, Calphurnia to Plinian, Pudentilla to Apuleius, hold the candle whilst their husbands did meditate and write, so theirs may do them, and as my dear Camilla doth to me. Let other men be averse, rail them and scoff at women, and say what they can to the contrary, vir sine uxor e malorum expers est, &c., a single man is a happy man, &c., but this is a toy. Nec dulces amores sperne, quer, neque tu choreas; these men are too distrustful and much to blame, to use such speeches, Porculit quocororum diffundere crimcn in omnes. "They must not condemn all for some." As there be many bad, there be some good wives; as some be vicious, some be virtuous. Read what Solomon hath said in their praises, Prov. xiii. and Syracides, cap. 26 et 30, "Blessed is the man that hath a virtuous wife, for the number of his days shall be double. A virtuous woman rejoiceth her husband, and she shall fulfill the years of his life in peace. A good wife is a good portion (and xxxvi. 24), an help, a pillar of rest," columna quietis, "Qui caput uxororem, fratrem capit atque sororem. And 30, "He that hath no wife wandereth to and fro mourning." Minuuntur atre conjuge cura, women are the sole, only joy, and comfort of a man's life, born ad usum et lusum hominum, firmamenta familiae.

"A wife is a young man's mistress, a middle age's companion, an old man's nurse." Particeps lectorum et tristium, a prop, a help, &c.

"Optima viri possession est uxor benevoli, Midigam trum et avertens animam ejus a triatteria." Man's best possession is a loving wife, She tempers anger and diverts all strife." There is no joy, no comfort, no sweetness, no pleasure in the world like to that of a good wife, "Quam cum chare domi conjux, fidusque maritus Unanimis degunt."
saith our Latin Homer, she is still the same in sickness and in health, his eye, his hand, his bosom friend, his partner at all times, his other self, not to be separated by any calamity, but ready to share all sorrow, discontent, and as the Indian women do, live and die with him, nay more, to die presently for him. Admetus, king of Thessaly, when he lay upon his death-bed, was told by Apollo's Oracle, that if he could get any body to die for him, he should live longer yet, but when all refused, his parents etsi decerepit, friends and followers forsook him, Alcestus, his wife, though young, most willingly undertook it; what more can be desired or expected? And although on the other side there be an infinite number of bad husbands (I should rail downright against some of them), able to discourage any woman; yet there be some good ones again, and those most observant of marriage rites. An honest country fellow (as Fulgosus relates it) in the kingdom of Naples, at plough by the sea-side, saw his wife carried away by Mauritanian pirates, he ran after in all haste, up to the chin first, and when he could wade no longer, swam, calling to the governor of the ship to deliver his wife, or if he must not have her restored, to let him follow as a prisoner, for he was resolved to be a galley-slave, his drudge, willing to endure any misery, so that he might but enjoy his dear wife. The Moors seeing the man's constancy, and relating the whole matter to their governors at Tunis, set them both free, and gave them an honest pension to maintain themselves during their lives. I could tell many stories to this effect; but put case it often prove otherwise, because marriage is troublesome, wholly therefore to avoid it, is no argument; "d He that will avoid trouble must avoid the world." (Ense-bius praepar. Evangel. 5. cap. 50.) Some trouble there is in marriage I deny not, Etsi grave sit matrimonium, saith Erasmus, edulcatur tamen multis, &c., yet there be many things to sweeten it, a pleasant wife, placeus uxor, pretty children, dulces nati, delicite fiorum hominum, the chief delight of the sons of men; Eccles. ii. 8. &c. And howsoever though it were all troubles, uti utilitas publica causd devorandum, grave quid liberet subeundum, it must willingly be undergone for public good's sake,

"s Audiit (populus) hae, inquit Susaion. Malis sunt mulieres, veruntamen O populares. Hoc sine malo domum inhabitarc non licet." | "Hear me, O my countrymen, saith Susaion. Women are naughts, yet no life without one."  

h Malum est mulier, sed necessarium malum. They are necessary evils, and for our own ends we must make use of them to have issue, Supplet Venus ac restituit humanum genre, and to propagate the church. For to what end is a man born? why lives he, but to increase the world? and how shall he do that well, if he do not marry? Matrimonium humano generi immortalitatem tribuit, saith Nevisanus, marriage makes us immortal, and, according to Tacitus, "his firmissimum imperii munimentum, the sole and chief prop of an empire.

i Indigne vivit per quem non vivi et alter, which Pelopidas objected to Epaminondas, he was an unworthy member of a commonwealth, that left not a child after him to defend it, and as Trismegistus to his son Tatius, "have no commerce with a single man." Holding belike that a bachelor could not live honestly as he should, and with Georgius Wicelius, a great divine and holy man, who of late by twenty-six arguments commends marriage as a thing most necessary for all kind of persons, most laudable and fit to be embraced: and is persuaded withal, that no man can live and die religiously, as he ought, without a wife, persurassus neminem posse neque pie vivere, neque bene mori, citra uxorem, he is false, an enemy to the commonwealth, injurious to himself,

"c Cum juxia mare agrum colorat; Omnibus enim miseris immemor omnium conjugalis amor cum fecerat. Non sine ingenti admiratione, tanta hominis charitate motus rex libros esse jussit, &c.  

d Quis valit vitare molestias, vitae mundum. Tudeaes tibis nescias, tibi itaque depe. Quid vita est que o quidve est sine Cypride dulce? Timmer.  

f Eus Erasmus.  

f E Stoici.  

h Memm.  

i Seneca, hym. lib. 3. num. 1.  

j Hist. lib. 4.  

k Paligenus.  

l He lives contemptibly by whom no other lives."  

m Brusen. lib. 7. cap. 23.  

n Noliot. seciatem habere, &c.
destructive to the world, an apostate to nature, a rebel against heaven and earth. Let our wilful, obstinate, and stale bachelors ruminate of this, "If we could live without wives," as Marcellus Numidicus said in "Agellius, "we would all want them; but because we cannot, let all marry, and consult rather to the public good, than their own private pleasure or estate." It were an happy thing, as wise Euripides hath it, if we could buy children with gold and silver and be so provided, sine mulierum congressu, without women's company; but that may not be:

"Quibus jactatus aequalis turpis sit,
Vannum sine ulius classibus stabili mare,
Alasque colo decret et sylvia fors."

Earth, air, sea, land on soon would come to nought;
The world itself should be to ruin brought."

Necessity therefore compels us to marry.

But what do I trouble myself to find arguments to persuade to, or command marriage? behold a brief abstract of all that which I have said, and much more, succinctly, pithily, pathetically, perspicuously, and elegantly delivered in twelve motions to mitigate the miseries of marriage, by "Jacobus de Voragine,


1. Hast thou means? thou hast none to keep and increase it.-2. Hast none? thou hast one to help to get it.-3. Art in prosperity? thine happiness is doubled.-4. Art in adversity? she'll comfort, assist, bear a part of thy burden to make it more tolerable.-5. Art at home? she'll drive away melancholy.-6. Art abroad? she looks after thee going from home, wishes for thee in thine absence, and joyfully welcomes thy return.-7. There's nothing delightful without society, no society so sweet as marriage.-8. The band of conjugal love is adamantine.-9. The sweet company of kinsmen increaseth, the number of parents is doubled, of brothers, sisters, nephews.-10. Thou art made a father by a fair and happy issue.-11. Moses curseth the barrenness of matrimony, how much more a single life?-12. If nature escape not punishment, surely thy will shall not avoid it.

All this is true, say you, and who knows it not? but how easy a matter is it to answer these motives, and to make an Antiparodie quite opposite unto it? To exercise myself I will essay:


6 Lib. 1. cap. 6. Si, inequit, Quirites, sine uxor eae possemus, omnes careremus; Sed quoniam sic est salui potus publicus quam voluntati consensum. 7 Beatum foret si liberos auero et argento mercuri, &c. 8 Seneca, Hyp. 9 Gen. ii. Adulatorum simile, &c.
So Siracides himself speaks as much as may be for, and against, women, so doth almost every philosopher plead pro and con, every poet thus argues the case: (though what cares vulgus hominum what they say?) so can I conceive peradventure, and so cant thou: when all is said, yet since some be good, some bad, let's put it to the venture. I conclude therefore with Seneca,

"Why dost thou lie alone, let thy youth and best days to pass away?" Marry whilst thou mayest, donee viventi camites abest morosa, whilst thou art yet able, yet lusty, 6 Elige cui dictas, tu nisi sola places, make thy choice, and that freely forthwith, make no delay, but take thy fortune as it falls. 'Tis true,

"Tis a hazard both ways I confess, to live single or to marry, 7 Nam et uxorem ducere, et non ducere matam est, it may be bad, it may be good, as it is a cross and calamity on the one side, so 'tis a sweet delight, an incomparable happiness, a blessed estate, a most unspeakable benefit, a sole content, on the other, 'tis all in the proof. Be not then so wayward, so covetous, so distrustful, so curious and nice, but let's all marry, mutuos foventes amplexus; "Take me to thee, and thee to me," to-morrow is St. Valentine's day, let's keep it holiday for Cupid's sake, for that great god Love's sake, for Hymen's sake, and celebrate Venus' vigil with our ancestors for company together, singing as they did,

"Ora amat qui nunquam amat, quiqve amat, vera novum, ver fale canorum, ver natus orbis est, Vere concordant amores, vere nubant alites, Etenemus coma resolvit, &c.——

'Let those love now who never loved before, And those who always loved now love the more; Sweet loves are born with every opening spring; Birds from the tender boughs their pledges sing.' 8

Let him that is averse from marriage read more in Barbarus de re uxor. lib. 1. cap. 1. Lemnins de institut. cap. 4. P. Godefridus de Amor. lib. 3. cap. 7. Nevisianus, lib. 3. Alex. ab Alexandre. lib. 4. cap. 8. Tunstall, Erasmus' tracts in laudem matrimonis, &c, and I doubt not but in the end he will rest satisfied, recant with Beroaldus, do penance for his former folly, singing some penitential ditties, desire to be reconciled to the deity of this great god Love, go a pilgrimage to his shrine, offer to his image, sacrifice upon his altar, and be as willing at last to embrace marriage as the rest: There will not be found, I hope, "No, not in that severe family of Stoics, who shall refuse to submit his grave beard, and supercilious looks to the clipping of a wife, or disagree from his fellows in this point." "For what more willingly (as Varro holds) can a proper man see than a fair wife, a sweet wife, a loving wife?" can the world afford a better sight, sweeter content, a fairer object, a more gracious aspect?

Since then this of marriage is the last and best refuge, and cure of heroic love, all doubts are cleared, and impediments removed; I say again, what remains, but that according to both their desires, they be happily joined, since it cannot otherwise be helped? God send us all good wives, every man his wish in this kind, and me mine!

If all parties be pleased, send their banns, 'tis a match. 9 Fructus Rhodanthi sponsa, sponso Dosicle; Rhodanthe and Dosicles shall go together, Clitophon

8 Ovid. "Find her to whom you may say, 'thou art my only pleasure.'" 8 Enripecides. "Unhappy the man who has met a bad wife, happy who found a good one." 8 Placido Valerius, lib. 7. cap. 7. "To marry, and not to marry, are equally base." 7 Pervigilium Veneris & vetere poeta. 7 Domus non potest consistere sine uxor. Nevisianus, lib. 2. num. 18. 7 Nemo in severissima Stoicorum familia qui non barbae quoque et supercilium amplissimux uxoris submireret, aut in late parte a regibus dissensaret. Henius Primiero 7 Quid libenter homo masculus videre debeat quam bellam uxorem? 8 Chaucer. 7 Conclusio Theod. Prod. mi. 9. 1. Amor.
and Leucippe, Theagines and Chariclea, Polarchus hath his Argenis, Lysander Calista (to make up the mask), 2 Potiturgque sud puer Iphis Iamthi.

And Troilus in lust and in quiet
Is with Creesus, his own heart sweet.

And although they have hardly passed the pikes, through many difficulties and delays brought the match about, yet let them take this of Aristaeus (that so marry) for their comfort: 3 after many troubles and cares, the marriages of lovers are more sweet and pleasant. As we commonly conclude a comedy with a wedding, and shaking of hands, let's shut up our discourse, and end all with an 1 Epithalamium.

Felicius mutpit, God give them joy together. 1 Hymen O Hymeneæ, Hymen ades O Hymeneæ! Bonum factum, 'tis well done, Haud equidem sine mente veer, sine numine Divus, 'tis a happy conjunction, a fortunate match, an even couple.

"Ambo animis, ambo præstantes virtutes, ambo Florescent annis,"

"they both excel in gifts of body and mind, are both equal in years," youth, vigour, alacrity, she is fair and lovely as Lais or Helen, he as another Charinus or Alcibiades,

Liberos date."

"1 Go give a sweet smell as incense, and bring forth flowers as the lily:" that we may say hereafter, Scitus Mecator natus est Pamphilo puer. In the meantime I say,

"Hate, spite, O Junoes, non murmurav vestra columna, Brachia, non hedera, neque vincant oscula conchae,"

"Then modestly go sport and toy, And let's have every year a boy."

And in the morn betime, as those 6 Lacedemonian lasses saluted Helen and Menelaus, singing at their windows, and wishing good success, do we at yours:

"Salve O sponsa, salve felix, det vobis Latona Felicite sobolem, Venus desedit amorem amorum Inter vos mutuo; Saturnus durabiles divitas, Dormir in pectore mutuo amorem inspiantes, Et desiderium!"

Even all your lives long,

"Contingat vobis turrarum concordia, Cornucopiae vivacissimae"

"The love of turtles hap to you, And ravens' years still to renew." Let the Muses sing, (as he said:) the Graces dance, not at their weddings only, but all their days long; "so couple their hearts, that no irkomeness or anger ever befal them: let him never call her other name than my joy, my light, or she call him otherwise than sweetheart. To this happiness of theirs, let not old age any whit detract, but as their years, so let their mutual love and comfort increase." And when they depart this life,

"concordes quoniam viverei tot annos, Anseret hora duos eadem, nec conjunx usquam Busta sun videat, nec titumulandus ab illa."

"Because they have so sweetly liv'd together, Let not one die a day before the other, One hour their souls let jointly separate."

"Fortunati ambo si quid mea carmina possess, Nulla dies unquam memoris vos eximis auro."

Atque haec de amore dixisse sufficient, sub correctione, 5 quod ait ille, cujusque melius sentiencs. Plura quia volet de remediis amoris, legat Jasonem Pratenses, Arnoldum, Montalium, Scuvanarolam, Langium, Valesium, Crismianum,


"Happy both, if my verses have any charms, nor shall time ever detract from the memorable example of your lives." 2 Kornmannus de Luæ amoris.
Alexandrum Benedictum, Laurentium, Valeriae, & Poetis Nasonem, & nostratibus Chaucerum, &c., with whom I conclude.

For my words here and every part,
I speak them all under correction,
Of you that feeling have in love's art,
And put it all in your discretion,
To treat or make diminution,
Of my language, that you perceive:
But now to purpose of my rather speech.

SECT. III. MEMB. I.

SUBSEC. I.—Jealousy, its Equivocations, Name, Definition, Extent, several kinds; of Princes, Parents, Friends. In Beasts, Men: before marriage, as Co-rivals; or after, as in this place.

VALESCUS de Tarantâ, cap. de Melanchol. Ælian Montaltus, Felix Platerus, Guianerius, put jealousy for a cause of melancholy, others for a symptom; because melancholy persons amongst these passions and perturbations of the mind, are most obnoxious to it. But methinks for the latitude it hath, and that prerogative above other ordinary symptoms, it ought to be treated of as a species apart, being so great and eminent note, so furious a passion, and almost of as great extent as love itself, as *Benedetto Varchi holds, "no love without a mixture of jealousy," qui non zelat, non amat. For these causes I will dilate, and treat of it by itself, as a bastard-branch or kind of love melancholy, which, as heroic love goeth commonly before marriage, doth usually follow, torture, and crucify in like sort, deserves therefore to be rectified alike, requires as much care and industry, in setting out the several causes of it, prognostics and cures. Which I have more willingly done, that he that is or hath been jealous, may see his error as in a glass; he that is not may learn to detect, avoid it himself, and dispossess others that are anywhere affected with it.

Jealousy is described and defined to be "* a certain suspicion which the lover hath of the party he chiefly loveth, lest he or she should be enamoured of another;" or any eager desire to enjoy some beauty alone, to have it proper to himself only: a fear or doubt, lest any foreigner should participate or share with him in his love. Or (as *Scaliger adds) "a fear of losing her favour whom he so earnestly affects." Cardan calls it "a * zeal for love, and a kind of envy lest any man should beguile us." *Ludovicus Vives defines it in the very same words, or little differing in sense.

There be many other jealousies, but improperly so called all, as that of parents, tutors, guardians over their children, friends whom they love, or such as are left to their wardship or protection.

*Strex non redit hic nocte a causa Achronis,
Necque servorum quisquiam qui adversum ierant?

As the old man in the comedy cried out in a passion, and from a solicitous fear and care he had of his adopted son; "* not of beauty, but lest they should miscarry, do amiss, or any way discredit, disgrace (as Vives notes) or endanger themselves and us." *Ægacus was so solicitous for his son Theseus (when he went to fight with the Minotaur), of his success, lest he should be foiled, *Præna est timori semper in pejus fides. We are still apt to suspect the worst in such doubtful cases, as many wives in their husbands' absence, absence

* Finis 3 book of Trollos and Cressied.
* In his Oration of Jealousy, put out by Fr. Sansavir.
* Benedetto Varchi.
* Exercit. 317. Cum metullus ne amate reli exturbemur possessum.
* Zelus de forma est invidiae species ne quis forma quam amamus frustatur.
* Æ de Anima.
* * Has not every one of the slaves that went to meet him returned this night from the supper?" *B. de Anima.
* Tangitul zelotyphal de pulpit, liberis charisque curis nostras concredisse, non de forma, sed ne male sitfas, qui non nobis absque parent ignominiam.
* Plutarch.
* Senec. in Herc. fur.
fond mothers in their children's, lest if absent they should be misled or sick, and are continually expecting news from them, how they do fare, and what is become of them, they cannot endure to have them long out of their sight: oh my sweet son, O my dear child, &c. Paul was jealous over the Church of Corinth, as he confesseth, 2 Cor. xi. 12. "With a godly jealousy, to present them a pure virgin to Christ;" and he was afraid still, lest as the serpent beguiled Eve, through his subtilty, so their minds should be corrupt from the simplicity that is in Christ. God himself, in some sense, is said to be jealous, "I am a jealous God, and will visit:" so Psalm lxxxix. 5. "Shall thy jealousy burn like fire for ever?" But these are improperly called jealousies, and by a metaphor, to show the care and solicitude they have of them. Although some jealousies express all the symptoms of this which we treat of, fear, sorrow, anguish, anxiety, suspicion, hatred, &c., the object only varied. That of some fathers is very eminent, to their sons and heirs; for though they love them dearly being children, yet now coming towards man's estate they may not well abide them, the son and heir is commonly sick of the father, and the father again may not well brook his eldest son, inde simulati, plurumque contentiones et inimicitiae; but that of princes is most notorious, as when they fear co-rivals, (if I may so call them) successors, emulators, subjects, or such as they have offended. Omnisque potestas impatien consortis erit: "they are still suspicious lest their authority should be diminished," as one observes; and as Comineus hath it, "it cannot be expressed what slender causes they have of their grief and suspicion, a secret disease, that commonly lurks and breeds in princes' families." Sometimes it is for their honour only, as that of Adrian the emperor, "that killed all his emulators." Saul envied David; Domitian Agricola, because he did excel him, obscure his honour, as he thought, eclipse his fame. Juno turned Praetus' daughters into kine, for that they contended with her for beauty; Cyperissae, king Eteocles' children, were envied of the goddesses for their excellent good parts, and dancing amongst the rest, saith Constantine, "and for that cause flung headlong from heaven, and buried in a pit, but the earth took pity of them, and brought out cypress trees to preserve their memories." Niobe, Arachne, and Marsyas, can testify as much. But it is most grievous when it is for a kingdom itself, or matters of commodity, it produceth lamentable effects, especially amongst tyrants, in despotico Imperio, and such as are more feared than beloved of their subjects, that get and keep their sovereignty by force and fear. Quod civibus tenere te invitus sois, &c., as Phalaris, Dionysius, Periander held theirs. For though fear, cowardice, and jealousy, in Plutarch's opinion, be the common causes of tyranny, as in Nero, Caligula, Tiberius, yet most take them to be symptoms. For what slave, what hangman (as Bodine well expresseth this passion, 2. 2. c. 5. de rep.) can so cruelly torture a condemned person, as this fear and suspicion? Fear of death, infamy, torments, are those furies and vultures that vex and disquiet tyrants, and torture them day and night, with perpetual terrors and affrights, envy, suspicion, fear, desire of revenge, and a thousand such disagreeing perturbations, turn and affright the soul out of the hinges of health, and more grievously wound and pierce, than those cruel masters can exasperate and vex their apprentices or servants, with clubs, whips, chains, and tortures." Many terrible examples we have in this kind, amongst the Turks especially, many jealous

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Exod. xx. 9. Lucan. 6 Danicus Aporrh's. polit. semper metuant no corum sactoritas minatur. b Belli Neapol. lib. 6. 1 dicit non potest quam tenues et infamias causae habent mororos et suspiciosas, et hic est morbus occultus, qui in familiis principum regnat. c Omnes inpulare interficit. Lamp. d Constant. agricult. lib. 16. c. 6. Cyperissae Eteocis filias saltantes ad emulsionem de aerum in puteum demolite sunt, sed terra materiae, copressae inde produxit. m Ovid. Met. n Seneca. o Quix antiquus carnis flexa additum supplevit crudelius officiis, quam mutus! Mutus inquam mortis, infamis, crudeliss. sunt ille ullices furia que tyrannos exagitant, &c. Multa sacrilius sancti et pungunt, quam crudeliss. omni servos vincitlabus ac tormentis exulcerare possunt.
outrages; \(^4\) Selimus killed Koronatus his youngest brother, five of his nephews, Mustapha Bassa, and divers others. \(^6\) Bajazet the second Turk, jealous of the valour and greatness of Achmet Bassa, caused him to be slain. \(^7\) Soliman the Magnificent murdered his own son Mustapha; and \(^8\) 'tis an ordinary thing amongst them, to make away their brothers, or any competitors, at the first coming to the crown; 'tis all the solemnity they use at their fathers' funerals. What mad pranks in his jealous fury did Herod of old commit to Jewry, when he massacred all the children of a year old? \(^9\) Valens the emperor in Constantinople, when as he left no man alive of quality in his kingdom that had his name begun with Theo; Theodoti, Theognosti, Theodosii, Theoduli, &c. They went all to their long home, because a wizard told him that name should succeed in his empire. And what furious designs hath \(^1\) Jo. Basilius, that Muscovian tyrant, practised of late? It is a wonder to read that strange suspicion, which Suetonius reports of Claudius Caesar, and of Domitian, they were afraid of every man they saw: and which Herodian of Antonius and Geta, those two jealous brothers, the one could not endure so much as the other's servants, but made away him, his chieftest followers, and all that belonged to him, or were his well-wishers. \(^\ast\) Maximinus "perceiving himself to be odious to most men, because he was come to that height of honour out of base beginnings, and suspecting his mean parentage would be objected to him, caused all the senators that were nobly descended, to be slain in a jealous humour, turned all the servants of Alexander his predecessor out of doors, and slew many of them, because they lamented their master's death, suspecting them to be traitors, for the love they bare to him." When Alexander in his fury had made Clitus his dear friend to be put to death, and saw now \(^2\) Curtius an alienation in his subjects' hearts, none durst talk with him, he began to be jealous of himself, lest they should attempt as much on him, "and said they lived like so many wild beasts in a wilderness, one afraid of another." Our modern stories afford us many notable examples. \(^6\) Henry the Third of France, jealous of Henry of Lorraine, Duke of Guise, anno 1558, caused him to be murdered in his own chamber. \(^\ast\) Louis the Eleventh was so suspicious, he durst not trust his children, every man about him he suspected for a traitor: many strange tricks Comineus telleth of him. How jealous was our Henry the Fourth of King Richard the Second, so long as he lived, after he was deposed? and of his own son Henry in his later days? which the prince well perceiving, came to visit his father in his sickness, in a watchet velvet gown, full of eyelet holes, and with needles sticking in them (as an emblem of jealousy), and so pacified his suspicious father, after some speeches and protestations, which he had used to that purpose. Perpetual imprisonment, as that of Robert \(b\) Duke of Normandy, in the days of Henry the First, forbidding of marriage to some persons, with such like edicts and prohibitions, are ordinary in all states. In a word ("as he said") three things cause jealousy, a mighty state, a rich treasure, a fair wife; or where there is a cracked title, much tyranny, and exactions. In our state, as being freed from all these fears and miseries, we may be most secure and happy under the reign of our fortunate prince:

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\begin{align*}
\text{His fortune hath indebted him to none} & \quad \text{He is so set, he hath no cause to be} \\
\text{But to all his people universally;} & \quad \text{Jealous, or dreadful of disloyalty;} \\
\text{And not to them but for their love alone,} & \quad \text{The pedastal whereon his greatness stands;} \\
\text{Which they account as placed worthily.} & \quad \text{Is held of all our hearts, and all our hands.}
\end{align*}
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\(^1\) Longicus, To. 1. Turc. hist. c. 24. \(^2\) Jovius vita ejus. \(^3\) Lacon. \(^4\) Nicenporus, lib. 11. c. 45. \(^5\) Socrates, lib. 1. cap. 35. \(^6\) Neque Valens alieis papercit qui Theo cognominem vocaretur. \(^7\) Alexand. Gagnin. Muscov. hist. descritt. c. 5. \(^8\) D. Fletcher, timet omnes ne insidias essent. Herodot. 1. 7. \(^9\) Maximinus inviatio se semilibi, quod ex infimo loco in tantam fortunam venisset moribus \(\alpha\) generis barbarorum, metnem as natalium obscritas objectetur, omnes Alexandri predecessoris ministros as suis ejiciat, pluribus interfecit, quod mosti esset ad mortem Alexandri, insidias late metnem. \(^\ast\) Lib. 8. tanquam fame solitude vivebant, terrentes alios, timentes. \(^\ast\) Sarras, fol. 56. \(^2\) Neap. bell. 5. nullae process homini sidetabat, omnes insidiri siti putabat. \(^3\) Camden's Remains. \(^4\) Mat. Paris. \(^5\) H. T. notis in blasen jealatea. \(^4\) Daniel, in his Panegyric to the king.
But Irove, I confess. These equivocations, jealousies, and many such, which crucify the souls of men, are not here properly meant, or in this distinction of ours included, but that alone which is for beauty, tending to love, and wherein they canbrook no co-rival, or endure any participation: and this jealousy belongs as well to brute beasts, as men. Some creatures, saith \( ^{6} \) Vives, swans, doves, cocks, bulls, &c., are jealous as well as men, and as much moved, for fear of communion.

\[ ^{6} \text{Gregor pro toto bella juvene}, \]
Si conjugi timere so,
Posse timidi praelia cervi,
Et magis dant concepsis signa furoris.\]

In bulls, horses, goats, this is most apparently discerned. Bulls especially, \( ^{\text{ai}} \text{lium in pavesis non admissit} \), he will not admit another bull to feed in the same pasture, saith \( ^{6} \) Oppian: which Stephanus Bathorius, late king of Poland, used as an impress, with that motto, \( \text{Regnum non capiti duos}. \) R. T. in his Blason of Jealousy, telleth a story of a swan about Windsor, that finding a strange cock with his mate, did swim I know not how many miles after to kill him, and when he had so done, came back and killed his hen; a certain truth, he saith, done upon Thames, as many watermen, and neighbour gentlemen, can tell. Fidem suam libaret; for my part, I do believe it may be true; for swans have ever been branded with that epithet of jealousy.

\[ ^{\text{k}} \text{The jealous swanne against his death that singeth,} \]
And eke the owle that of death bode bringeth,

\[ ^{\text{some say as much of elephants, that they are more jealous than any other creatures whatsoever; and those old Egyptians, as \( ^{k} \) Pierius informeth us, express in their hieroglyphics, the passion of jealousy by a camel; \( ^{4} \) because that fearing the worst still about matters of venery, he loves solitudes, that he may enjoy his pleasure alone, et in quoscumque obvis insurgit, Zelotypia stimulus agitatius, he will quarrel and fight with whosoever comes next, man or beast, in his jealous fits. I have read as much of \( ^{m} \) crocodiles; and if Peter Martyr’s authority be authentic, legat. Babylonica, lib. 3, you shall have a strange tale to that purpose confidently related. Another story of the jealousy of dogs, see in Hieron. Fabricius, Tract. 3. cap. 5. de loquela animalium.} \]

But this furious passion is most eminent in men, and is as well amongst bachelors as married men. If it appear amongst bachelors, we commonly call them rivals or co-rivals, a metaphor derived from a river, \( ^{m} \text{riales \& \text{rivus}} \); for as a river, saith Acron \( ^{4} \text{in Hor. Art. Poet.} \) and Donat. \( ^{4} \text{in Ter. Eunuch.} \) divides a common ground between two men, and both participate of it, so is a woman indifferent between two suitors, both likely to enjoy her; and thence comes this emulation, which breaks out many times into tempestuous storms, and produceth lamentable effects, murder itself, with much cruelty, many single combats. They cannot endure the least injury done unto them before their mistress, and in her defence will bite off one another’s noses; they are most impatient of any slight, disgrace, lest emulation or participation in that kind. \( ^{6} \text{Lacerat lacertum Largi mordax Memnius.} \) Memnius the Roman (as Tully tells the story, \( \text{de oratoribus, lib. II.} \), becomes co-rival with Largus Terracina, bit him by the arm, which fact of his was so famous, that it afterwards grew to a proverb in those parts. \( ^{4} \text{Phaedria} \) could not abide his co-rival Thraso; for when Parmeno demanded, \( \text{numquid aliud imperas?} \) whether he would command him any more service: “No more (saith he) but to speak in his behalf;
and to drive away his co-rival if he could." Constantine, in the eleventh book of his husbandry, cap. 11, hath a pleasant tale of the pine-tree; she was once a fair maid, whom Pines and Boreas, two co-rivals, dearly sought; but jealous Boreas broke her neck, &c. And in his eighteenth chapter he telleth another tale of Mars, that in his jealousy slew Adonis. Petronius calleth this passion amantium furiosam amationem, a furious emulation; and their symptoms are well expressed by Sir Geoffrey Chaucer in his first Canterbury Tale. It will make the nearest and dearest friends fall out; they will endure all other things to be common, goods, lands, moneys, participate of each pleasure, and take in good part any disgraces, injuries in another kind; but as Propertius well describes it in an elegy of his, in this they will suffer nothing, have no co-rivals.

"Tu mibi vel ferro pectus, vel perca veneno,
A domina tantum te modo tolle mea:
Te socium vitae te corporis esse licetit,
Te dominum admittit rebus amice meis.
Lecto te solum, lecto te deprecor uno,
Rivalem possum non ego ferro Jovem."

"Stab me with sword, or poison strong
Give me to work my bane:
So thou court not my lae, so thou
From mistress mine refrain.
Command myself, my body, purse,
As thine own goods take all,
And as my ever dearest friend,
I ever use thee shall.
O spare my love, to have alone
Her to myself I crave,
Nay, Jove himself I'll not endure
My rival for to have."

This jealousy, which I am to treat of, is that which belongs to married men, in respect of their own wives; to whose estate, as no sweetness, pleasure, happiness can be compared in the world, if they live quietly and lovingly together; so if they disagree or be jealous, those bitter pills of sorrow and grief, disastrous mischiefs, mischances, tortures, gripings, discontents, are not to be separated from them. A most violent passion it is where it taketh place, an unspeakable torment, a hellish torture, an infernal plague, as Ariosto calls it, "a fury, a continual fever, full of suspicion, fear, and sorrow, a martyrdom, a mirth-marring monster. The sorrow and grief of heart of one woman jealous of another, is heavier than death, Ecclus. xxviii. 6. as 'Peninnah did Hannah, vex her and upbraid her sore.' "Tis a main vexation, a most intolerable burden, a corrosive to all content, a frenzy, a madness itself; as "Benedetto Varchi proves out of that select sonnet of Giovanni de la Casa, that reverend lord, as he styles him.

SUBSECT. II.—Causes of Jealousy. Who are most apt. Idleness, melancholy, impotency, long absence, beauty, wantonness, naught themselves. Allurements from time, place, persons, bad usage, causes.

ASTROLOGERS make the stars a cause or sign of this bitter passion, and out of every man's horoscope will give a probable conjecture whether he will be jealous or no, and at what time, by direction of the significators to their several promissors: their aphorisms are to be read in Alhubbator, Pontanus, Schoner, Junctine, &c. Bodine, cap. 5. meth. hist. ascribes a great cause to the country or clime, and discourseth largely there of this subject, saying that southern men are more hot, lascivious, and jealous, than such as live in the north; they can hardly contain themselves in those hotter climes, but are more subject to prodigious lust. Leo Afer telleth incredible things almost, of the lust and jealousy of his countrymen of Africa, and especially such as live about Carthage, and so doth every geographer of them in Asia, Turkey, Spaniards, Italians, Germany hath not so many drunkards, England tobaccoists, France dancers, Holland mariners, as Italy alone hath jealous husbands. And in Italy some account them of Piacenza more jealous than the rest. In Ger-

1° Finus paelia quondam fuit, &c. 2° Mars zelotypus Adonis interfect. 3° R. T. 4° Sam. i. 6. 5° Asson of Jealousy. 6° Callorum collectio misera: nullum honestam credunt nisi domus concubinae viva. 7° Finae Morison. 8° Romania zelotum annuit iis locum non habet. Lib. 3. a. c.
many, France, Britain, Scandia, Poland, Muscovy, they are not so troubled with this feral malady, although Damianus a Goes, which I do much wonder at, in his topography of Lapland, and Herbartstein of Russia, against the stream of all other geographers, would fasten it upon those northern inhabitants. Altomarius Foggius, and Munster in his description of Baden, reports that men and women of all sorts go commonly into the baths together, without all suspicion, "the name of jealousy (saith Munster) is not so much as once heard of among them." In Friesland the women kiss them they drink to, and are kissed again of those they pledge. The virgins in Holland go hand in hand with young men from home, glide on the ice, such is their harmless liberty, and lodge together abroad without suspicion, which rash Sansovinus an Italian makes a great sign of unchastity. In France, upon small acquaintance, it is usual to court other men's wives, to come to their houses, and accompany them arm in arm in the streets, without imputation. In the most northern countries young men and maids familiarly dance together, men and their wives, "which, Siena only excepted, Italians may not abide. The Greeks, on the other side, have their private baths for men and women, where they must not come near, nor so much as see one another: and as Bodine observes, lib. 5. de repub. "the Italians could never endure this," or a Spaniard, the very conceit of it would make him mad: and for that cause they lock up their women, and will not suffer them to be near men, so much as in the church, but with a partition between. He telleth, moreover, how that "when he was ambassador in England, he heard Mendoza the Spanish legate finding fault with it, as a filthy custom for men and women to sit promiscuously in churches together; but Dr. Dale the master of the requests told him again, that it was indeed a filthy custom in Spain, where they could not contain themselves from lascivious thoughts in their holy places, but not with us." Baronius in his Annals, out of Eusebius, taxeth Licinius the emperor for a decree of his made to this effect, 

Jubens non simul cum mulieribus in ecclesiâ interest: for being prodigiously naught himself, aliorum naturam ex sua vitiosâ mente spectavit, he so esteemed others. But we are far from any such strange conceits, and will permit our wives and daughters to go to the tavern with a friend, as Aubanus saith, modo ab sit lascivia, and suspect nothing, to kiss coming and going, which, as Erasmus writes in one of his epistles, they cannot endure. England is a paradise for women, and hell for horses: Italy a paradise for horses, hell for women, as the divergo goes. Some make a question whether this headstrong passion rage more in women than men, as Montaigne, 1. 3. But sure it is more outrageous in women, as all other melancholy is, by reason of the weakness of their sex. Scaliger, Poet. lib. cap. 13. concludes against women: "besides their inconstancy, treachery, suspicion, dissimulation, superstition, pride (for all women are by nature proud), desire of sovereignty, if they be great women (he gives instance in Juno), bitterness and jealousy are the most remarkable affections.

Some say red-headed, women-coloured, black-eyed, and of a shrill voice, are most subject to jealousy.

'Tiger, boar, bear, viper, lioness,
A woman's fury cannot express.'

"Some say red-headed, women-coloured, black-eyed, and of a shrill voice, are most subject to jealousy."
their husbands tarry too long abroad upon unnecessary business, well they may suspect: or if they run one way, their wives at home will fly out another, Quid pro quo. Or if present, and give them not that content which they ought, a Primum ingratem, max invisa noctes quae per somnum transiguntur, they cannot endure to lie alone, or to fast long. b Peter Gedebrinus, in his second book of Love, and sixth chapter, hath a story out of St. Anthony's life, of a gentleman, who, by that good man's advice, would not meddle with his wife in the passion week, but for his pains she set a pair of horns on his head. Such another he hath out of Abstemius, one persuaded a new married man "f to forbear the three first nights, and he should all his lifetime after be fortunate in cattle," but his impatient wife would not tarry so long: well he might speed in cattle, but not in children. Such a tale hath Heinsius of an impotent and slack scholar, a mere student, and a friend of his, that seeing by chance a fine damsel sing and dance, would needs marry her, the match was soon made, for he was young and rich, genis gratum, corpore glabellus, arte multisicvum, et fortunâ opulentus, like that Apollo in Apuleius. The first night, having liberally taken his liquor (as in that country they do) my kind scholar was so fuzzled, that he no sooner was laid in bed, but he fell fast asleep, never waked till morning, and then much abashed, purpureis formosa rosis cum Aurora ruberet, when the fair morn with purple hue gan shine, he made an excuse, I know not what, out of Hippocrates Cous, &c., and for that time it went current: but when as afterward he did not play the man as he should do, she fell in league with a good fellow, and whilst he sat up late at his study about those criticisms, mending some hard places in Festus or Poliiux, came cold to bed, and would tell her still what he had done, she did not much regard what he said, &c. "h She would have another matter mended much rather, which he did not conceive was corrupt:" thus he continued at his study late, she at her sport, alibi enim festivas noctes agitabat, hating all scholars for his sake, till at length he began to suspect, and turned a little yellow, as well he might; for it was his own fault; and if men be jealous in such cases (as oft it falls out) the mends is in their own hands, they must thank themselves. Who will pity them, saith Neander, or be much offended with such wives, si deceptae prius viros decipiunt, et cornutos reddant, if they deceive those that cozened them first. A lawyer's wife in Aristenetus, because her husband was negligent in his business, quando lecto danda opera, threatened to cornute him: and did not stick to tell Philinna, one of her gossips, as much, and that aloud for him to hear: "If he follow other men's matters and leave his own, I'll have an orator shall plead my cause, I care not if he know it."

A fourth eminent cause of jealousy may be this, when he that is deformed, and as Pindarus of Vulcan, sine gratiss natura, hisroute, ragged, yet virtuously given, will marry some fair piece, or light housewife, begins to misdoubt (as well he may) she doth not affect him. 1 Lis est cum formâ magna pudicitiae, beauty and honesty have ever been at odds. Abraham was jealous of his wife because she was fair: so was Vulcan of his Venus, when he made her creaking shoes, saith Philostratus, ne maeharetur, sandalio sollicitur deferente, that he might hear by them when she stirred, which Mars indegne ferre, 2 was not well pleased with. Good cause had Vulcan to do as he did, for she was no

4 Heinsius. e Uxor cujusdam nobilis quem debitum maritale sacra passionibus hebdomada non obtineret, alterum adit. f Ne tribus prioribus noctibus rem habuerat cum ca, ut esset in peccoris fortunatus, ab uxore mora impatiente, &c. g Totam noctem bene et pudieo nemini molestae dormiendo transacta; mane autem quam nullius consilium facerit nisi esset, et inerit pedaret, audisset se dixisset cum dolore caluit soler eam confidens. Duo praecipua juris unde noctes expressit, neminem lasserat et honeste vixerat, sed ab omnibus cibus reduidisset, quasi paterat. Mutius opinor et Praebatius hoc negasset, Lib. 1. h Atius loci emendationem serio optatam, quem corruptam esse ille non inventet. i Such another tale is in Neander de Jocoseria, his first tale. k Lib. 3. Ep. 3. Si pergit alievis negotios operam dare suis negligentia, ei ulius mili orator qui rem meam agat. 10 Vide: rara est concordia formae arque pudicitiae.  

2 Qual stridet ejus calceamentorum.
honester than she should be. Your fine faces have commonly this fault; and it is hard to find, saith Francis Philelphus in an epistle to Saxola his friend, a rich man honest, a proper woman not proud or unchaste. "Can she be fair and honest too?"

He that marries a wife that is snowy fair alone, let him look, saith 7Barbarus, for no better success than Vulcan had with Venus, or Claudius with Messalina. And 'tis impossible almost in such cases the wife should contain, or the good man not be jealous: for when he is so defective, weak, ill-proportioned, displeasing in those parts which women most affect, and she most absolutely fair and able on the other side, if she be not very virtuously given, how can she love him? and although she be not fair, yet if he admire her and think her so, in his conceit she is absolute, he holds it impossible for any man living not to dote as he doth, to look on her and not lust, not to covet, and if he be in company with her, not to lay siege to her honesty: or else out of a deep apprehension of his infirmities, deformities, and other men's good parts, out of his own little worth and desert, he distrusts himself, (for what is jealousy but distrust?) he suspects she cannot affect him, or be not so kind and loving as she should, she certainly loves some other man better than himself.

7Nevisanius, lib. 4. num. 72, will have barrenness to be a main cause of jealousy. If her husband cannot play the man, some other shall, they will leave no remedies unessay'd, and thereupon the good man grows jealous; I could give an instance, but be it as it is.

I find this reason given by some men, because they have been formerly naughted themselves, they think they may be so served by others, they turned up trump before the cards were shuffled; they shall have therefore legem taliovis, like for like.

Mala mens, malus animus, as the saying is, ill dispositions cause ill suspicions.

To these two above-named causes, or incendiaries of this rage, I may very well annex those circumstances of time, place, persons, by which it ebbs and flows, the fuel of this fury, as 7Vives truly observes; and such like accidents or occasions, proceeding from the parties themselves, or others, which much aggravate and intensify this suspicious humour. For many men are so lasciviously given, either out of a depraved nature, or too much liberty, which they do assume unto themselves, by reason of their greatness, in that they are noble men (for licentia peccandi, et multitudo peccantium are great motives) though their own wives be never so fair, noble, virtuous, honest, wise, able, and well given, they must have change.

Quod licet, ingratus est, that which is ordinary, is unpleasant. Nero (saith Tacitus) abhorred Octavia his own wife, a noble virtuous lady, and loved Acte, a base queen in respect. 6Cerinthus rejected Sulpiatia, a nobleman's daughter, and courted a poor servant maid. — tanta est aliena in messa voluptu, for

1Hor. epist. 15. "Often has the serpent lain hid beneath the coloured grass, under a beautiful aspect, and often has the evil inclination effected a sale without the husband's privy." 2De re uxoria, lib. 1. cap. 5. 3Cum steriles sunt, ex mutatis viro se putant concipere. 4Tibullus, eleg. 6. 5Villicus Sat. 7de Anima. Crescit an hermaphroditism cum personas, locis, temporibus, negotiorum. 6Marcellus. 7Tibullus, Epig.
that "stolen waters be more pleasant:" or as Vitellius the emperor was wont to say, 

\[ \text{Juceundiores amores, qui cum periculo habentur, like stolen venison,} \]

still the sweetest is that love which is most difficultly attained: they like better to hunt by stealth in another man's walk, than to have the fairest course that may be at game of their own.

\[ \text{As sun and moon in heaven change their course,} \]

\[ \text{Sic ei stiam nobis una puella parum est.}\]

Or that some fair object so forcibly moves them, they cannot contain themselves, be it heard or seen they will be at it. a

\[ \text{Nessus, the centaur, was by agreement to carry Hercules and his wife over the river Evenus; so no sooner had he set Dejanira on the other side, but he would have offered violence unto her, leaving Hermes to swim over as he could: and though her husband was a spectator, yet would he not desist till Hercules, with a poisoned arrow, shot him to death.} \]

\[ \text{Neptune saw by chance that Thessalian Tyro, Eunippius' wife, he forthwith, in the fury of his lust, counterfeited her husband's habit, and made him cuckold. Tarquin heard Collatine commend his wife, and was so far enraged, that in the midst of the night to her he went.} \]

\[ \text{"Thesaeus stole Ariadne, \textit{vi} rapuit that Trazanian Anaxa, Antiope, and now being old, Helen, a girl not yet ready for a husband. Great men are most part thus affected all,} \]

\[ \text{"as a horse they neigh," saith Jeremiah, after their neighbours' wives,--} \]

\[ \text{ut visà pullus adhinit eguà:} \]

\[ \text{and if they be in company with other women, though in their own wives' presence, they must be courting and dallying with them.} \]

\[ \text{Juno in Lucian complains of Jupiter that he was still kissing Ganymede before her face, which did not a little offend her: and besides he was a counterfeit Amphitrtyo, a bull, a swan, a golden shower, and played many such bad pranks, too long, too shameful to relate.} \]

\[ \text{Or that they care little for their own ladies, and fear no laws, they dare freely keep whores at their wives' noses. 'Tis too frequent with noblemen to be dishonest; \textit{Pietas, probitas, fides, privata bona sunt}, as 'tis said long since, pirty, chastity, and such like virtues are for private men: not to be much looked after in great courts: and which Suetonius of the good Princes of his time, they might be all engraved in one ring, we may truly hold of chaste potentates of our age. For great personages will familiarly run out in this kind, and yield occasion of offence.} \]

\[ \text{Montaigne, in his Essays gives instance in Caesar, Mahomet the Turk, that sacked Constantinople, and Ladislaus, king of Naples, that besieged Florence: great men, and great soldiers, are commonly great, \textit{etc.}, \textit{probatum est}, they are good doers. Mars and Venus are equally balanced in their actions,} \]

\[ \text{Militis in galeis nidiam secerum columbas,}

\[ \text{Apparet Marti quam sit amisca Venus.}\]

\[ \text{A dove within a head-piece made her nest,}

\[ \text{Twixt Mars and Venus see an interest.}\]

Especially if they be bald, for bald men have ever been suspicious (read more in Aristotle, \textit{Sect. 4. prob. 19.}, as Galba, Otho, Domitian, and remarkable Caesar amongst the rest. a

\[ \text{Urbani servate uiores, maestado calvo adducimus; besides, this bald Caesar, saith Curio in Sueton, was \textit{omnia mulierum vir}; he made love to Eunice, queen of Mauritania; to Cleopatra; to Posthuma, wife to Sergius Sulpitius; to Lollia, wife to Gabinius; to Tertulla, of Crassus; to Mutia, Pompey's wife, and I know not how many besides: and well he might, for, if all be true that I have read, he had a license to lie with whom he list.} \]

\[ \text{Inter alios honores Caesaris decretos (as Sueton. cap. 52, de Julio, and Dion, lib. 44. relate) jus illi datum, cum quibusque feminum se jungendi.} \]

\[ \text{Every private history will yield such variety of instances: otherwise good, wise, discreet men, virtuous and valiant, but too faulty in this. Priamus had fifty sons, but} \]

\[ \text{7 Prov. ix. 17.} \]

\[ \text{8 Propert. eleg. 2.} \]

\[ \text{9 Ovid. lib. 9. Met. Pausanias Strabo, quam erudit imbris}

\[ \text{Hyennalbus. Delianum suscipit, Hercules namo sejui jubet.} \]

\[ \text{10 Lucian, tom. 4.} \]

\[ \text{11 Plutarch.} \]

\[ \text{12 Cap. v. 8.} \]

\[ \text{13 Seneca.} \]

\[ \text{14 Lib. 2. cap. 33.} \]

\[ \text{15 Petronius, Catal.} \]

\[ \text{16 Sueton.} \]
seventeen alone lawfully begotten. 1 Philippus Bonus left fourteen bastards, Lorenzo de Medici, a good prince and a wise, but, saith Machiavel, 2 prodigiously lascivious. None so valiant as Castruccius Castrucanus, but, as the said author hath it, none so incontinent as he was. And 'tis not only predominant in grandeurs this fault: but if you will take a great man's testimony, 'tis familiar with every base soldier in France (and elsewhere, I think). “This vice ("saith mine author) is so common with us in France, that he is of no account, a mere coward, not worthy the name of a soldier, that is not a notorious whoremaster.” In Italy he is not a gentleman, that besides his wife hath not a courtezian and a mistress. 'Tis so marvelous, then, if poor women in such cases be jealous, when they shall see themselves manifestly neglected, contemned, loathed, unkindly used: their disloyal husbands to entertain others in their rooms, and many times to court ladies to their faces: other men's wives to wear their jewels: how shall a poor woman in such a case moderate her passion? 3 Quis tibi nunc Dido cernenti talia sensus?

How, on the other side, shall a poor man contain himself from this feral malady, when he shall see so manifest signs of his wife's inconstancy? when, as Milo's wife, she dothes upon every young man she sees, or, as 4 Martial's Sota,—deserto sequitur Clitum marito, “deserts her husband and follows Citius.” Though her husband be proper and tall, fair and lovely to behold, able to give contentment to any one woman, yet she will taste of the forbidden fruit: Juvenal's Iberina to a hair, she is as well pleased with one eye as one man. If a young gallant come by chance into her presence, a fastidious brisk, that can wear his clothes well in fashion, with a lock, jingling spur, a feather; that can cringe, and withal compliment, court a gentlewoman, she raves upon him, “O what a lovely proper man he was,” another Hector, a Alexander, a goodly man, a demi-god, how sweetly he carried himself, with how comely a grace, sic ouulos, sic ille manus, sic ora ferebat, how neatly he did wear his clothes! 5 Quam sese ore referens, quam forti pectore et armis, how bravely did he discourse, ride, sing, and dance, &c., and then she begins to loathe her husband, repugnans oscularur, to hate him and his filthy beard, his goatish complexion, as Doris said of Polyphemus, 4 tos qui saniem, totus ut hircus clot, he is a rammy fulsome fellow, aoblin-faced fellow, he smells, he stinks, Et capas simul alliumque ructat—si quando ad thalamum, &c., how like a dizzard, a fool, an ass, he looks, how like a clown he behaves himself! "she will not come near him by her own good will, but wholly rejects him, as Venus did her fuliginous Vulcan, at last, Nec Deus hunc mensa, Dea nec dignata cubili est. 6 So did Lucretia, a lady of Seno, after she had but seen Euryalus, in Eurialum tota ferebatur, domum reversa, &c., she would not hold her eyes off him in his presence,— 7 tantum egregio decus enitet ore, and in his absence could think of none but him, odor virum, she loathed her husband forthwith, might not abide him:

"Et confugiales negligens tori, virum
Prenante, acerbo nanseat fastidio;" 8 "All against the laws of matrimony,
She did abhor her husband's philander;"

and sought all opportunity to see her sweetheart again. Now when the good man shall observe his wife so lightly given, “to be so free and familiar with every gallant, her immodesty and wantonness,” (as 8 Camerarius notes) it must needs yield matter of suspicion to him, when she still pranks up herself beyond

1 Pontus Haetum, vita ejus. 2 lib. 8. Flor. hist. Dux omnium optimus et sapientissimus, sed in re venerea prodigiosus. 1 Vita Castrucii. Idem uxores maritas abalienavit. 2 Sexalibus, lib. 2 de Repub. Gallicorum. Ista nunc annis infamos obtinuit hoc vitium, ut nullius esse pretii sit, et ignavus miles qui non in scortationes maxime excelsis, et adulterio. 3 Virg. Aen. 4. "What now must have been Dido's sensations when she witnessed these doings?" 4 Epig. 2. lib. 4. 5 Virg. Aen. 4. 6 Sexus vid. 2. 7 And behiches out the smell of onions and garlic. 4 Ilius Sylvus. 8 "Neither a god honoured him with his table, nor a goddess with her bed." 5 Virg. Aen. 4. 6. "Such beauty shines in his graceful features." 8 S. Graecko Simundov. 9 Cont. 2. ca. 38. Oper. subeb. mulieris liberies et familiari communicavit cum equibus licentia et immodestia, simulat sermones et insinuuntur materia turae vero prole.
her means and fortunes, makes impertinent journeys, unnecessary visitations, stays out so long, with such and such companions, so frequently goes to plays, masks, feasts, and all public meetings, shall use such immodest gestures, free speeches, and withal show some distaste of her own husband; how can he choose, "though he were another Socrates, but be suspicious, and instantly jealous?" "Socraticus tandem factae transcendent metas," more especially when he shall take notice of their more secret and sly tricks, which to cormote their husbands they commonly use (dum ludis, ludus haeve facit), they pretend love, honour, chastity, and seem to respect them before all men living, saints in show, so cunningly can they dissemble, they will not so much as look upon another man in his presence, so chaste, so religious, and so devote, they cannot endure the name or sight of a queen, a harlot, cut upon her! and in their outward carriage are most loving and officious, will kiss their husband, and hang about his neck (dear husband, sweet husband), and with a composed countenance salute him, especially when he comes home; or if he go from home, weep, sigh, lament, and take upon them to be sick and sweak (like Jocundo's wife in Ariosto, when her husband was to depart), and yet arrant, &c., they care not for him.

"Aye me, the thought (quoth she) makes me so 'tred, That scarce the breath abideth in my breast; Jocundo, my sweet love and wife, Jocundo said, And weeps as fast, and comforts her best, &c. All this might not assuage the woman's pain, Need's must I die before you come again, Nor how to keep my life I can devise,

The doleful days and nights I shall sustain, From heat my mouth, from sleep will keep mine eyes, &c.

That very night that went before the morrow, That he had pointed surely to depart, Jocundo's wife was sick, and swooned for sorrow Amid his arms, so heavy was her heart."

And yet for all these counterfeit tears and protestations, Jocundo coming back in all haste for a jewel he had forgot,

"His chaste and yoke-fellow he found, Took'd with a knave, all honesty neglected, The adulterer sleeping very sound, Yet by his face was easily detected: A beggar's brazen head by him from his cradle, And now was riding on his master's saddle."

Thus can they cunningly counterfeit, as Platina describes their customs, "kiss their husbands, whom they had rather see hanging on a gallows, and swear they love him dearer than their own lives, whose soul they would not ransom for their little dog's;"

---a simulis et permutatio doctr, Morte viri cupitant animam servare catellas."

Many of them seem to be precise and holy forsooth, and will go to such a church, to hear such a good man by all means, an excellent man, when 'tis for no other intent (as he follows it) than "to see and to be seen, to observe what fashions are in use, to meet some pander, bawd, monk, friar, or to entice some good fellow." For they persuade themselves, as Nevisanus shows, "That it is neither sin nor shame to lie with a lord or parish priest, if he be a proper man; and though she kneel often, and pray devoutly, 'tis (saith Platina) not for her husband's welfare, or children's good, or any friend, but for her sweethearts' return, her pander's health." If her husband would have her go, she feigns herself sick. Et simulat subitu condoluisse caput: her head aches, and she cannot stir: but if her paramour ask as much, she is for him in all seasons, at all hours of the night. In the kingdom of Malabar, and about Goa in the East Indies, the women are so subtle that, with a certain trick they give them to drive away cares as they say, "[they will make] them
sleep for twenty-four hours, or so intoxicate them that they can remember
ought of that they saw done, or heard, and, by washing of their feet, restore
then again, and so make their husbands enküolds to their faces." Some are
ill-disposed at all times, to all persons they like, others more wary to some few,
at such and such seasons, as Augusta Livia, non nisi plenanas vectorem tollebat.
But as he said,

"1 No pen could write, no tongue attain to tell,
By force of eloquence, or help of art,
Of women's treacheries the hundredth part."

Both, to say truth, are often faulty; men and women give just occasions in
this humour of discontent, aggravate and yield matter of suspicion: but most
part of the chief causes proceed from other adventitious accidents and cir-
cumstances, though the parties be free, and both well given themselves. The
indiscreet carriage of some lascivious gallant (et contra of some light woman)
by his often frequenting of a house, bold unseemly gestures, may make a
breach, and by his over familiarity, if he be inclined to yellowness, colour him
quite out. If he be poor, basely born, saith Benedetto Varchi, and otherwise
unhandsome, he suspects him the less; but if a proper man, such as was
Alcibiades in Greece, and Castruccius Castrucanus in Italy, well descended,
commendable for his good parts, he taketh on the more, and watcheth his
doings. 2 Theodosius the emperor gave his wife Eudoxia a golden apple when
he was a suitor to her, which she long after bestowed upon a young gallant in
the court, of her especial acquaintance. The emperor, espying this apple in
his hand, suspected forthwith, more than was, his wife's dishonesty, banished
him the court, and from that day following forbade to accompany her any more.
A rich merchant had a fair wife; according to his custom he went to travel;
in his absence a good fellow tempted his wife: she denied him; yet he, dying
a little after, gave her a legacy for the love he bore her. At his return, her
jealous husband, because she had got more by land than he had done at sea,
turned her away upon suspicion.

Now when those other circumstances of time and place, opportunity and
importunity shall concur, what will they not effect?

"Fair opportunity can win the coyest she that is,
So wisely he takes time, as he'll be sure he will not miss:
Then he that loves her groomsome vein, and tempers toys with art,
Brings love that swimmeth in her eyes to dive into her heart."

As at plays, masks, great feasts and banquets, one singles out his wife to dance,
another courts her in his presence, a third tempts her, a fourth insinuates with
a pleasing compliment, a sweet smile, ingratiates himself with an amphibo-
logical speech, as that merry companion in the 3 Satirist did to his Glycerium,
adidens et interiorem palmam amabiliter concutientes,

"Quod mens hortas habet sumat impuncta licebit,
Si dederis nobis quod huas hortus habet;"

with many such, &c., and then as he saith,

4 She may no while in chastity abide,
That is assail'd on every side.

For after a great feast,— Vino sape suum nescit amica virum. Noah (saith
Hierome) "shewed his nakedness in his drunkenness, which for six hundred
years he had covered in soberness." Lot lay with his daughters in his drink,
as Cyneras with Myrrha,— quid enim Venus ebria curat? The most
continent may be overcome, or if otherwise they keep bad company, they that

1 Aristote, lib. 28. st. 75.  2 Litus Polit.  2 Senec, lib. 2. controv. 8.  4 Bodichcr, Sat.
3 "Sitting close to her, and shaking her hand lovingly."  5 Tibullus.  6 "After wine the mistress is
often unable to distinguish her own lover."  7 Epist. 85. ad Oceanum: Ad unius horae obreptatem nudat
femorae, quem per secentos annos sobrietate contrectaret.  9 Juv. Sat. 14.
are modest of themselves, and dare not offend, "confirmed by others, grow impudent, and confident, and get an ill habit."

"\textit{\textsuperscript{2}Alia quas auta gratia matrimoniii etvmpit, A\textit{\textsuperscript{2}}lia pecunia multa vult morbi habere sociis.}" 

Or if they dwell in suspected places, as in an infamous inn, near some stews, near monks, friars, Nevisanus adds, where be many tempters and solicitors, idle persons that frequent their companies, it may give just cause of suspicion. Martial of old inveighed against them that counterfeited a disease to go to the bath; for so many times,

\textit{\textsuperscript{2}Pethe Conjuge Penelope venit, abit Helene.}

\textit{\textsuperscript{2}Eneas Sylvius} puts in a caveat against princes' courts, because there be \textit{\textsuperscript{2}tortum juvenes qui promittunt, so many brave suitors to tempt, &c. \textit{\textsuperscript{2}If you leave her in such a place, you shall likely find her in company you like not, either they come to her, or she is gone to them.} \textit{\textsuperscript{2}Kornmannus} makes a doubting jest in his lascivious country, \textit{\textsuperscript{2}Virginis illibata censeatur ne costitas ad quam frequenter accedant scholarum? And Balldus the lawyer scoffs on, quum scholaris, inquit, loquitur cum puell\textae\textsuperscript{2}, non prasumitur ei dicere, Pater noster, when a scholar talks with a maid, or another man's wife in private, it is presumed he saith not a pater noster. Or if I shall see a monk or a friar climb up a ladder at midnight into a virgin's or widow's chamber window, I shall hardly think he then goes to administer the sacraments, or to take her confession. These are the ordinary causes of jealousy, which are intended or remitted as the circumstances vary.

\textit{\textsuperscript{2}Pale hag, infernal fury, pleasure's smart, Env\textsuperscript{y}s observer, prying in every part.}"

Besides those strange gestures of staring, frowning, grinning, rolling of eyes, menacing, ghastly looks, broken pace, interrupt, precipitate, half-turns, He

* Nihil \textit{\textsuperscript{2}}a\textit{\textsuperscript{2}ndent primo, post ab alius confirmare, audaces et confidentes sunt. Ubi semel vereundus \textit{\textsuperscript{2}}limites transit. \textit{\textsuperscript{2}}Euripides, 1. 53. \textit{\textsuperscript{2}}Love of gain induces one to break his marriage vow, a wish to have associates to keep her in countenance actuates others. \textit{\textsuperscript{2}}De miser, Curialium. Aut alium c\textit{\textsuperscript{2}}num inveni, aut esse alium reperies. \textit{\textsuperscript{2}}Cap. 18. de Virg. \textit{\textsuperscript{2}}Hom. 30. in c. 17. Gen. \textit{\textsuperscript{2}}Etui magis affinam divitiis, &c. \textit{\textsuperscript{2}}b\textit{\textsuperscript{2}}de Anima. Omnes voces, auras, omnes susurros capit ante lipypos, et amplificat spud se cum iniquissimum in singulis collumniis. Maximem eiuisim, et ad popum credendum praelocet.
will sometimes sigh, weep, sob for anger, *Nempe suos imbres etiam ista toritura fundant,*—swear and belie, slander any man, curse, threaten, brawl, scold, fight; and sometimes again flatter and speak fair, ask forgiveness, kiss and call, condemn his rashness and folly, vow, protest, and swear he will never do so again; and then et cetera, impatient as he is, rave, roar, and lay about him like a madman, throttle his sides, drag her about perchance, drive her out of doors, send her home, he will be divorced forthwith, she is a whore, &c., and by and by with all submission compliment, entreat her fair, and bring her in again, he loves her dearly, she is his sweet, most kind and loving wife, he will not change, nor leave her for a kingdom; so he continues off and on, as the toy takes him, the object moves him, but most part brawling, fretting, unquiet he is, accusing and suspecting not strangers only, but brothers and sisters, father and mother, nearest and dearest friends. He thinks with those Italians,

> "Oh! non tocca paren. ado,
> Tacea mat e rad.""}

And through fear conceives unto himself things almost incredible and impossible to be effected. As a heron when she fishes, still prying on all sides; or as a cat doth a mouse, his eye is never off hers; he gloats on him, on her, accurately observing on whom she looks, who looks at her, what she saith, doth, at dinner, at supper, sitting, walking, at home, abroad, he is the same, still inquiring, mandring, gazing, listening, affrighted with every small object; why did she smile, why did she pity him, commend him? why did she drink twice to such a man? why did she offer to kiss, to dance? &c., a whore, a whorem, an arrant whore. All this he confesseth in the poet,

> "d Omnia me terrent, timoribus sum, ignotum timori,
Et miser in turibus suspicor esse virum.
Me undit si multa tibi dabit oclina mater,
Me soror, et cum qua dormit amica simul."

> "Each thing affrights me, I do fear,
Ah pardon me my fear,
I doubt a man is hid within
The clothes that thou dost wear."

Is it not a man in woman's apparel? is not somebody in that great chest, or behind the door, or hangings, or in some of those barrels? may not a man steal in at the window with a ladder of ropes, or come down the chimney, have a false key, or get in when he is asleep? If a mouse do but stir, or the wind blow, a casement clatter, that's the villain, there he is: by his good-will no man shall see her, salute her, speak with her, she shall not go forth of his sight, so much as to do her needs. *Non ita bovem argus, &c.* Argus did not so keep his cow, that watchful dragon the golden fleece, or Cerberus the coming in of hell, as he keeps his wife. If a dear friend or near kinsman come as guest to his house, to visit him, he will never let him be out of his own sight and company, lest, peradventure, &c. If the necessity of his business be such that he must go from home, he doth either lock her up, or commit her with a deal of injunctions and protestations to some trusty friends, him and her he sets and bribes to oversee: one servant is set in his absence to watch another, and all to observe his wife, and yet all this will not serve, though his business be very urgent, he will when he is half way come back again in all post haste, rise from supper, or at midnight, and be gone, and sometimes leave his business undone, and as a stranger court his own wife in some disguised habit. Though there be no danger at all, no cause of suspicion, she live in such a place, where Messalina herself could not be dishonest if she would, yet he suspects her as much as if she were in a bawdy-house, some prince's court, or in a common inn, where all comers might have free access. He calls her on a sudden all to nought, she is a strumpet, a light housewife, a bitch, an arrant whore. No persuasion, no protestation can divert this passion, nothing can ease him, secure or give him satisfaction. It is most strange to report what outrageous acts by men and women have been committed in this kind, by
women especially, that will run after their husbands into all places and companies, 6 as Jovianus Pontanus's wife did by him, follow him whethersoever he went, it matters not, or upon what business, raving like Juno in the tragedy, miscalling, cursing, swearing, and mistrusting every one she sees. Gomesius in his third book of the Life and Deeds of Francis Ximenes, sometime archbishop of Toledo, hath a strange story of that incredible jealousy of Joan queen of Spain, wife to king Philip, mother of Ferdinand and Charles the Fifth, emperors; when her husband Philip, either for that he was tired with his wife's jealousy, or had some great business, went into the Low Countries: she was so impatient and melancholy upon his departure, that she would scarce eat her meat, or converse with any man; and though she were with child, the season of the year very bad, the wind against her, in all haste she would to sea after him. Neither Isabella her queen mother, the archbishop, or any other friend could persuade her to the contrary, but she would after him. When she was now come into the Low Countries, and kindly entertained by her husband, she could not contain herself, "But in a rage ran upon a yellow-haired wench," with whom she suspected her husband to be naught, "cut off her hair, did beat her black and blue, and so dragged her about." It is an ordinary thing for women in such cases to scratch the faces, slit the noses of such as they suspect; as Henry the Second's importune Juno did by Rosamond at Woodstock: for she complains in a modern poet, she scarce spake,

"But flies with eager fury to my face,
Offering me most unwomanly disgrace.
Look how a tigress, &c.

Or if it be so they dare not or cannot execute any such tyrannical injustice, they will miscall, rail and revile, bear them deadly hate and malice, as Tacitus observes, "The hatred of a jealous woman is inseparable against such as she suspects."

"Nulla vis flammas tumidique venti
Tanta, nec teli metuenda torti,
Quanta clam conjux viduata tuta
Ardeat et caeli.

"Winds, weapons, flames make not such hurly-burly,
As raving women turn all topsy-turvy."

So did Agrippina by Lollia, and Calphurnia in the days of Claudius. But women are sufficiently curbed in such cases, the rage of men is more eminent, and frequently put in practice. See but with what rigour those jealous husbands tyrannise over their poor wives. In Greece, Spain, Italy, Turkey, Africa, Asia, and generally over all those hot countries, Mulieres vestra terra vestra, arate sicut vestis, Mahomet in his Alcoran gives this power to men, your wives are as your land, till them, use them, entreat them fair or foul, as you will yourselves. Mecastor lege dcurd vivunt mulieres, they lock them still in their houses, which are so many prisons to them, will suffer nobody to come at them, or their wives to be seen abroad,— nec campos licet usuare patentes. They must not so much as look out. And if they be great persons, they have eunuchs to keep them, as the Grand Seignior among the Turks, the Sophies of Persia, those Tartarian Mogors, and Kings of China. Infantes masculos castrant innumerous ut regi serviant, saith Riccius, "they geld innumerable infants" to this purpose; the King of China "maintains 10,000 eunuchs in his family to keep his wives." The Xerisses of Barbary keep their courtzans in such a strict manner, that if any man come but in sight of them he dies for it; and if they chance to see a man, and do not instantly cry out, though from their windows, they must be put to death. The Turks have I know not how many black, deformed eunuchs (for the white serve

fant. Dial. 8 Rabin conceptis, casariem abrasis; multaque mirabillteri insultans fecit vibiobus fugavist. b Daniel. 1 Anna. III. 12. Principis mulieris zalotypus est in alias mulieres quas suspectas habet, obum inseparabilia. e Seneca in Medea. 1 Alcor. cap. Bovis, interprete. dicéntur pœd. c. 3. Confutationis. m Planata. n Exped. in Sinac. 1. 3. c. 9. o Decem emmehorum millia numerantur in regia familia, qui servarunt uxorres ejus.
for other ministries) to this purpose sent commonly from Egypt, deprived in their childhood of all their privities, and brought up in the seraglio at Constantinople to keep their wives; which are so penned up they may not confer with any living man, or converse with younger women, have a cucumber or carrot sent into them for their diet, but sliced, for fear, &c., and so live and are left alone to their unchaste thoughts all the days of their lives. The vulgar sort of women, if at any time they come abroad, which is very seldom, to visit one another, or go to their baths, are so covered, that no man can see them, as the matrons were in old Rome, lectica aut sella vecto, so P Dion and Seneca record, Velata tota incedunt, which a Alexander ab Alexandro relates of the Parthians, lib. 5. cap. 24. which, with Andreas Tirachellus his commentator, I rather think should be understood of Persians. I have not yet said all, they do not only lock them up, sed et pudendis seras adhibent: hear what Bembus relates lib. 6. of his Venetian history, of those inhabitants that dwell about Quiloa in Africa. Lusitani, inquit, quorumdam civitates adierunt, qui natis statim foeminis naturam constuunt, quoad urinis exitus ne impeditatur, easque quem adolescenter sic consutas in matrimonium collocant, ut sponsi prima cura sibi congelitutatas puellae aras ferro interscindere. In some parts of Greece at this day, like those old Jews, they will not believe their wives are honest, nisi pannum menstruum prima nocte videant: our countryman "Sands, in his peregrination, saith it is severely observed in Zasynthius, or Zante; and Leo Afer in his time at Fez, in Africa, non credunt virginem esse nisi videant sanguineam mappam; si non, ad parentes pudere rejiciunt. Those sheets are publicly shown by their parents, and kept as a sign of incorrupt virginity. The Jews of old examined their maids ex tanii membrana, called Hymen, which Laurentius in his anatomy, Columb., lib. 12. cap. 16. Capivaccius, lib. 4. cap. 11. de uteri affectibus, Vincent, Alsarius Genuensis, quœst. med. cent. 4. Hieronymus Mercurialis, consult. Ambros. Pareus, Julius Caesar Claudinus, Respons. 4, as that also de ruptura venarum ut sanguis fluent, copiosius confunde; 'tis no sufficient trial they contend. And yet others again defend it, Gaspar Bartholinus, Institut. Anat. lib. 1. cap. 31. Pinœus of Paris, Albertus Magnus de secret. mulier. cap. 9 & 10, &c., and think they speak too much in favour of women. Ludovicus Boncalus, lib. 2. cap. 2. mulierib. naturam illum uteri laborium constringen, in quœ virginitatem consistere volunt, astringetibus medicinis fœsi possit condisci, et si defortalter sint, astute mulieres (inquit) nos fallant in ius. Idem Alsarius Crucius Gennensis iœsèm ferè verbis. Idem Avicenna, lib. 3. Fen. 20. Tract 1. cap. 47. "Rhasis, Continent. lib. 24. Rodericus à Castro, de nat. mul. lib. 1. cap. 3. An old bawdy nurse in Aristtenetus, (like that Spanish Celestina, qua quinque millis virgines fecit mulieres, totidemque mulieres ante sua virgines) when a fair maid of her acquaintance wept and made her moan to her, how she had been deflowered, and now ready to be married, was afraid it would be perceived, comfortably replied, Noli vereri, filia, &c. “Fear not, daughter, I'll teach thee a trick to help it.” Sed hec extra callem. To what end are all those astrological questions, an sit virgo, an sit casta, an sit mulier? and such strange absurd trials in Albertus Magnus, Bapt. Porri, Mag. lib. 2. cap. 21. in Wecker. lib. 5. de secret., by stones, perfumes, to make them piss, and confess I know not what in their sleep; some jealous brain was the first founder of them. And to what passion may we ascribe those severe laws against jealousy, Num. v. 14, Adulterers, Deut. cap. xxii. v. 22. as amongst the Hebrews, amongst the Egyptians.
(read "Bohemus, l. 1. c. 5. de mor. gen. of the Carthaginians, cap. 6. of Turks, lib. 2. cap. 11") amongst the Athenians of old, Italians at this day, wherein they are to be severely punished, cut in pieces, burned, vivi-comburio, buried alive, with several expurgations, &c., are they not as so many symptoms of incredible jealousy? we may say the same of those vestal virgins that fetched water in a sieve, as Tatia did in Rome, anno ab urbe condita 800, before the senators; and bEmilia, virgo innocens, that ran over hot irons, as Emma, Edward the Confessor's mother did, the king himself being a spectator, with the like. We read in Nicephorus, that Chuneamunda the wife of Henricus Bavarius emperor, suspected of adultery, insimulata adulterii per ignitos vomeres illascis transit, trod upon red hot coulters, and had no harm: such another story we find in Regino, lib. 2. In Aventinus and Sigonius of Charles the Third and his wife Richarda, An. 887, that was so purged with hot irons. Pausanius saith, that he was once an eye-witness of such a miracle at Diana's temple, a maid without any harm at all walked upon burning coals. Pius Second, in his description of Europe, c. 46. relates as much, that it was commonly practised at Diana's temple, for women to go barefoot over hot coals, to try their honesties: Plinius, Solinus, and many writers, make mention of Geronia's temple, and Dionysius Halicarnassus, lib. 3. of Memnon's statue, which were used to this purpose. Tatus, lib. 6. of Pan his cave (much like old St. Wilfrid's needle in Yorkshire), wherein they did use to try maids, whether they were honest; when Leucippe went in, suavisissim de exaudiri sonic capiti: Austin de civ. Dei, lib. 10. c. 16. relates many such examples, all which Levater de specul. part. 1. cap. 19. contends to be done by the illusion of devils; though Thomas, quest. 6. de potentia, &c., ascribes it to good angels. Some, saith eAustin, compel their wives to swear they be honest, as if perjury were a lesser sin than adultery; some consult oracles, as Phærus that blind king of Egypt. Others reward, as those old Romans used to do; if a woman were contented with one man, Coronia pudictus donabatur, she had a crown of chastity bestowed on her. When all this will not serve, saith Alexander Gaginus, cap. 5. descript. Muscoviae, the Muscovites, if they suspect their wives, will beat them till they confess, and if that will not avail, like those wild Irish, be divorced at their pleasures, or else knock them on the heads, as the old fGauls have done in former ages. Of this tyranny of jealousy read more in Parthenius, Erot. cap. 10. Camerarius, cap. 55. hor. subitus et cent. 2. cap. 34. Celia's epistles, Tho. Chaloner de repub. Ang. lib. 9. Ariosto, lib. 31. stas. 1. Felix Platerus, observat. lib. 1. &c.

MEMB. III.

Prognostics of Jealousy, Despair, Madness, to make away themselves and others.

Those which are jealous, most part, if they be not otherwise relieved, a hproceed from suspicion to hatred, from hatred to frenzy, madness, injury, murder and despair."

"1 A plague by whose most damnable effect, Divers in deep despair to die have sought, | By which a man to madness near is brought, As well with causes as with just suspect." In their madness many times, saith bVives, they make away themselves and others. Which induceth Cyprian to call it, Facundam et multiplicem pernicium, fontem eladium et seminariwm delictorum, a fruitful mischief, the seminary of

a Qual multorum violantes, virilia exsequantur, et mille virgas abuant. b Dion, Halic. c Virid. gaudiens Feroniae nato. Virg. d Iamne was so tried by Diana's well, in which maid did swim, unchaste were drowned, Eustathius, lib. 8. e Contra mendac. ad confess. 21 cap. f Phærus, Egypti rex, captus cenlis per decemanni, osculum consubstit ex urbis pulchritud. Horat. Sat. e Ovid. \(t\) Esuri, lib. 6, bell. Gall. \(j\) Vite necisque in uxoribus habuerunt potestatem. h Animi dolores et zelotypi ai dilitationibus perseverarent, dementes redund. \(a\) Acac. comment. in po. art. Galen. i Ariosto, lib. 31. stas. 6. k 3 de anima, c. 3. de zelotyp. transit in rationem et odium, et sibi et alienis violentias sepe manus injiciunt.
offences, and fountain of murders. Tragical examples are too common in this kind, both new and old, in all ages, as of 1 Cephalus and Procris, 2 Phaerus of Egypt, Tereus, Atreus, and Thyestes. 3 Alexander Phaereus was murdered of his wife, ob pellicidatis suspiionem, Tully saith. Antoninus Verus was so made away by Luella; Demetrius the son of Antigonus, and Nicanor, by their wives. Hercules poisoned by Dejanira, 4 Cecina murdered by Vespasia. Justina, a Roman lady, by her husband. 5 Amestrís, Xeres' wife, because she found her husband's cloak in Masista's house, cut off Masista, his wife's paps, and gave them to the dogs, flayed her besides, and cut off her ears, lips, tongue, and slit the nose of Artaynta her daughter. Our late writers are full of such outrages.

4 Paulus Aemilius, in his history of France, hath a tragical story of Chilpericus the First his death, made away by Perdegunde his queen. In a jealous humour he came from hunting, and stole behind his wife, as she was dressing and combing her head in the sun, gave her a familiar touch with his wand, which she mistaking for her lover, said, "Ah Landre, a good knight should strike before and not behind:" but when she saw herself betrayed by his presence, she instantly took order to make him away. Hieronce Osorius, in his eleventh book of the deeds of Emanuel King of Portugal, to this effect hath a tragical narration of one Ferdinundus Chaldera, that wounded Gothereius, a noble countryman of his, at Goa in the East Indies," and cut off one of his legs, for that he looked as he thought too familiarly upon his wife, which was afterwards a cause of many quarrels, and much bloodshed." Guinerius cap. 36. de agritud. matr. speaks of a silly jealous fellow, that seeing his child new-born included in a caul, thought sure a 6 Franciscan that used to come to his house, was the father of it, it was so like the friar's cowl, and thereupon threatened the friar to kill him: Fulgosus of a woman in Narbonne, that cut off her husband's privities in the night, because she thought he played false with her. The story of Jonuses Bassa, and fair Manto his wife, is well known to such as have read the Turkish history; and that of Joan of Spain, of which I treated in my former section. Her jealousy, saith Gomesius, was the cause of both their deaths: King Philip died for grief a little after, as "Martin his physician gave it out, " and she for her part after a melancholy discontented life, misspent in lurking holes and corners, made an end of her miseries." Felix Plater, in the first book of his observations, hath many such instances, of a physician of his acquaintance, "that was first mad through jealousy, and afterwards desperate: of a merchant "x that killed his wife in the same honour, and after precipitated himself;" of a doctor of law that cut off his man's nose: of a painter's wife in Basil, anno 1600, that was mother of nine children and had been twenty-seven years married, yet afterwards jealous, and so impatient that she became desperate, and would neither eat nor drink in her own house, for fear her husband should poison her. "Tis a common sign this; for when once the humours are stirred, and the imagination misaffected, it will vary itself in divers forms; and many such absurd symptoms will accompany, even madness itself. Skenkius, observat. lib. 4. cap.

1 Hyginus, cap. 189. Ovid, &c. 2 Phaerus, Egypt. rex, de cædicate acrasaculum consulea, visum el redditum accept, &c. incoelis abhinc laeta mulieris quæ alicœrum venorum easse expert; uxorius urinam expertus nihil profuit: & aliaurus frustra, eas onmis (ae excepta per quam curatus fuit) unam in locum coeacatas concusavit. Herod. Euterp. 3 Aurelius Victor. 4 Herod. lib. 2. in Calliope. Masista excurse centurit, manillias prescidit, asque caudibus abjicit, filicibus prescidit, labra, lingua, &c. 5 Lib. 1. in Christiana causas, interna capillium in sole pecit, & manitio per locum leviter percorrit fervit supremae virgini, riu suborte, mi Landrace dixit, frontem vir furia petet, &c. Sancti Augustini adnotation. 6 Quæ ex uxorum habebat Gotherim próxynum quædam virum quod uxorius aequus adjacuit, ingenti ruinae & deforvatit in facie, & Tulum abscidit, &c. 7 Zeleopyra reginae regis mortem acceleravit paulo post, ut Marianus medicensiam mihii retentit. Illi autem atra bile inde evagitas in iatrobes se subducens prescreebatur animi reagiam tumens consumptit. 8 A seleopyra redactas ad musam ex desperatum. 9 Uxorum interior, inde desperandum ex alto se processivit.
Yet what I have formerly said of other melancholy, I will say again, it may be cured or mitigated at least by some contrary passion, good counsel and persuasion, if it be witnessed in the beginning, maturely resisted, and as those ancients hold, "the nails of it be pared before they grow too long." No better means to resist or repel it than by avoiding idleness, to be still seriously busied about some matters of importance, to drive out those vain fears, foolish fantasies and irksome suspicions out of his head, and then to be persuaded by his judicious friends, to give ear to their good counsel and advice, and wisely to consider, how much he discards himself, his friends, dishonours his children, disgraceth his family, publisheth his shame, and as a trumpeter of his own misery, divulgeth, macerates, grieveth himself and others: what an argument of weakness it is, how absurd a thing in its own nature, how ridiculous, how brutish a passion, how sottish, how odious; for as Hiero. well hath it, Odium sui facit, et ipse novissimè sibi odio est, others hate him, and at last he hates himself for it; how harebrain a disease, mad and furious. If he will but hear them speak, no doubt he may be cured. "Joan, queen of Spain, of whom I have formerly spoken, under pretence of changing air was sent to Complutum, or Acalecta de las Heneras, where Ximenius the archbishop of Toledo then lived, that by his good counsel (as for the present she was) she might be eased. "For a disease of the soul, if concealed, tortures and overturns it, and by no physic can sooner be removed than by a discreet man's comfortable speeches." I will not here insert any consolatory sentences to this purpose, or forestall any man's invention, but leave it every one to dilate and amplify as he shall think fit in his own judgment: let him advise with Siracides, cap. 9. 1. "Be not jealous over the wife of thy bosom;" read that comfortable and pithy speech to this purpose of Ximenius, in the author himself, as it is recorded by Gomaius; consult with Chaloner, lib. 9. de repub. Anglor. or Cellia in her epistles, &c. Only this will I add, that if it be considered aright, which causeth this jealous passion, be it just or unjust, whether with or without cause, true or false, it ought not so heinously to be taken; 'tis no such real or capital matter, that it should make so deep a wound. "Tis a blow that hurts not, an insensible smart, grounded many times upon false suspicion alone, and so fostered by a sinister conceit. If she be not dishonest, he troubles and
macerates himself without a cause; or put case which is the worst, he be a cuckold, it cannot be helped, the more he stirs in it, the more he aggravates his own misery. How much better were it in such a case to dissemble or contain it? why should that be feared which cannot be redressed? multos tandem desoeurant (saith 7 Vives) quum flecti marios non posse vident, many women, when they see there is no remedy, have been pacified; and shall men be more jealous than women? 'Tis some comfort in such a case to have companions, Solamen miseris socios luduisse doloris; Who can say he is free? Who can assure himself he is not one de præterito, or secure himself de futuro? If it were his case alone, it was hard; but being as it is almost a common calamity, 'tis not so grievously to be taken. If a man have a lock, which every man's key will open, as well as his own, why should he think to keep it private to himself? In some countries they make nothing of it, ne nobiles guident, saith Leo Afer, in many parts of Africa (if she be past fourteen) there's not a nobleman that marries a maid, or that hath a chaste wife; 'tis so common; as the moon gives horns once a month to the world, do they to their husbands at least. And 'tis most part true which that Caledonian lady, 6 Argetocovus, a British prince's wife, told Julia Augusta, when she took her up for dishonesty, "We Britons are taught at least with some few choice men of the better sort, but you Romans lie with every base knave, you are a company of common whores." Severus the emperor in his time made laws for the restraint of this vice; and as 1 Dion Nicæus relates in his life, tria millia machorum, three thousand cuckold-makers, or naturæ monētum adulterantes, as Philo calls them, false coiners, and clippers of nature's money, were summoned into the court at once. And yet, Non omnem motilier guæ flecti undum videt, "the miller sees not all the water that goes by his mill:" no doubt, but, as in our days, these were of the commonality, all the great ones were not so much as called in question for it. 1 Martial's Epigram I suppose might have been generally applied in those licentious times, Omnia solus habes, &c., thy goods, lands, money, wits, are thine own, Uxorem sed habes, Candidae, cum populo; but neighbour Candidus your wife is common; husband and cuckold in that age it seems were reciprocal terms; the emperors themselves did wear Actæon's badge; how many Cæsars might I reckon up together, and what a catalogue of crooked kings and princes in every story? Agamemnon, Menelaus, Philippius of Greece, Ptolomeus of Egypt, Lucullus, Cæsar, Pompeius, Caton, Augustus, Antonius, Antoninus, &c., that wore fair plumes of bull's feathers in their crests. The bravest soldiers and most heroic spirits could not avoid it. They have been active and passive in this business, they have either given or taken horns, 1 King Arthur, whom we call one of the nine worthies, for all his great valour, was unworthily served by Mordred, one of his round-table knights; and Guithera, or Helena Alba, his fair wife, as Leland interprets it, was an honest woman. Parcerem libenter (saith mine 1 author) Heraïnorum laesa majestati, si non historia veritas aurem vellicaret, I could willingly wink at a fair lady's faults, but that I am bound by the laws of history to tell the truth: against his will, God knows, did he write it, and so do I repeat it. I speak not of our times all this while, we have good, honest, virtuous men and women, whom fame, zeal, fear of God, religion and superstition contains: and yet for all that, we have many knights of this order, so dubbed by their wives, many good women abused by dissolute husbands. In some places, and such persons you may as soon enjoin them to carry water in a sieve, as to keep themselves.

6 De anima. 1 Lib. 3. 8 Argetocovus, Caledonii regull uxor, Julia Augusta chm ipnam morderet quod hominum vesteraerat, respondet, nos cum optimis viris consuetudinem habemus, vos Romanas autem occulte passim homines construant. 1 Leges de machis fecit, ex civibus plures in jus vocavit. 11. 4 Epig. 25. 1 Asse. Arthur; parcerem libenter heroiarum laesa majestati, si non historia veritas aurem vellicaret. Leland. 1 Leland's assert Arthur.
honest. What shall a man do now in such a case? What remedy is to be had? how shall he be eased? By suing a divorcée this is hard to be effected: si non castet, tamen caute, they carry the matter so cunningly, that though it be as common as simony, as clear and as manifest as the nose in a man's face, yet it cannot be evidently proved, or they likely taken in the fact: they will have a knave Gallus to watch, or with that Roman h Sulpitius, all made fast and sure.

"No se Caudricus destitutam fascis, 
Nudam Caleno concumbentem videt."

"She will hardly be surprised by her husband, be he never so wary." Much better then to put it up: the more he strives in it, the more he shall divulge his own shame; make a virtue of necessity, and conceal it. Yea, but the world takes notice of it, 'tis in every man's mouth: let them talk their pleasure, of whom speak they not in this sense? From the highest to the lowest they are thus censured all: there is no remedy then but patience. It may be 'tis his own fault, and he hath no reason to complain, 'tis quid pro quo, she is bad, he is worse: "Dethink thyself, hast thou not done as much for some of thy neighbours? why dost thou require that of thy wife, which thou wilt not perform thyself? Thou rangest like a town bull, 'why art thou so incensed if she tread awry?"

"Be it that some woman break chaste wedlock's laws, And leaves her husband and becomes unchaste; Yet commonly it is not without cause, She sees her man in sin her goods to waste,"

Ea semper studebit, saith Nevisanmus, pares reddere vices, she will quit it if she can. And therefore, as well adviseth Sirecides, cap. ix. 1. "teach her not an evil lesson against thyself," which as Jansenius, Lyranus, on his text, and Carthusianus interpret, is no otherwise to be understood than that she do thee not a mischief. I do not excuse her in accusing thee; but if both be naught, mend thyself first: for as the old saying is, a good husband makes a good wife.

Yea, but thou repliest, 'tis not the like reason betwixt man and woman, through her fault my children are bastards, I may not endure it; "Sit amarulent a, sit imperiosa, prodiga, &c. Let her scold, brawl, and spend, I care not, modò sit casta, so she be honest, I could easily bear it; but this I cannot, I may not, I will not; "my faith, my fame, mine eye must not be touched," as the diverb is, Non patitur tactum fama, fides, oculus. I say the same of my wife, touch all, use all, take all but this. I acknowledge that of Seneca to be true, Nullius boni jucunda possessio sine socio, there is no sweet content in the possession of any good without a companion, this only excepted, I say This. And why this? Even this which thou so much abhorrest, it may be for thy progeny's good, "better be any man's son than thine, to be begot of base Irus, poor Seius, or mean Mevius, the town swineherd's, a shepherd's son: and well is he, that like Hercules he hath any two fathers; for thou thyself hast peradventure more diseases than a horse, more infirmities of body and mind, a cankered soul, crabbed conditions, make the worst of it, as it is vulnus insanabile, sic vulnus insensibile, as it is incurable, so it is insensible. But art thou sure it is so? "ves aquis ille tua? "doth he so indeed?" It may be thou art over-suspicious, and without a cause as some are: if it be octimbris partus, born at eight months, or like him, and him, they fondly suspect he got it; if she speak or laugh familiarly with such or such men, then presently she is naught with them; such is thy weakness: whereas charity, or a well-disposed mind, would interpret all unto the best. St. Francis, by chance seeing
a friar familiarly kissing another man's wife, was so far from misconceiving it, that he presently kneaded down and thanked God there was so much charity left; but they on the other side will ascribe nothing to natural causes, indulge nothing to familiarity, mutual society, friendship; but out of a sinister suspicion, presently lock them close, watch them, thinking by those means to prevent all such inconveniences, that's the way to help it; whereas by such tricks they do aggravate the mischief. 'Tis but in vain to watch that which will away.

"Nec custodir sit velit sula potest; 
Nec manifest servare potest, necet omnia serva;
Cumbus excuta, ilius admixor eis."

"None can be kept resisting for her part;
Though body be kept close, within her heart
Adversary lurks; 'tis exclude it there's no art."

Argus, with a hundred eyes cannot keep her, et humo unus aepè fessilam amor, as in *Ariosto.

"If all our hearts were eyes, yet sure they said,
We husbands of our wives should be barred."

Hierome holds, *Uxor impudica servor non potest; pudica non debet, insida custos castitatis est necessitas, to what end is all your custody? A dishonest woman cannot be kept, an honest woman ought not to be kept, necessity is a keeper not to be trusted. *Difficile custodirur, quod plurès amant; that which many covet, can hardly be preserved, as *Salisburyensis thinks. I am of *Aeneas Sylvius' mind, "*Those jealous Italians do very ill to lock up their wives; for women are of such a disposition, they will most covet that which is denied most, and offend least when they have free liberty to trespass." It is in vain to lock her up if she be dishonest; et tyrannicium imperium, as our great Mr. Aristotle calls it, too tyrannical a task, most unfit: for when she perceives her husband observes her and suspects, liberius peccat, saith *Nevi- sungus, *Toxica Zelotypo dedit uxor לבחח marito, she is exasperated, seeks by all means to vindicate herself, and will therefore offend, because she is unjustly suspected. The best course then is to let them have their own wills, give them free liberty, without any keeping.

"In vain our friends from this do us dechet,
For beauty will be where is most resort."

If she be honest as Lucretia to Collatinus, Laodamina to Protesilaus, Penelope to her Ulysses, she will so continue her honor, good name, credit, *Penelope conjur semper Ulyssis ero; "I shall always be Penelope the wife of Ulysses." And as Phocis' wife, in *Plutarch, called her husband "her wealth, treasure, world, joy, delight, orb and sphere," she will hers. The vow she made unto her good man; love, virtue, religion, zeal, are better keepers than all those locks, emuchs, prisons; she will not be moved:

"At mihi vel tellus optem prius inam dehisceat,
Aut pater omnipotens adjugat me fulminea umbras,
Pallentis umbras Erebi, noctemque profundam,
Ante pudor quamb te violent, aut tua iura resolvam."

"First I desire the earth to swallow me,
Before I violate mine honesty,
Or thunder from above drive me to hell,
With those pale ghosts, and ugly nights to dwell."

She is resolved with Dido to be chaste; though her husband be false, she will be true: and as Octavia writ to her Antony,

"These walls that here do keep me out of sight,
Shall keep me all unspectated thee,
And testify that I will do thee right.
I'll never stain thine house, though thou shame me."

Turn her loose to all those Tarquins and Satyrs, she will not be tempted. In the time of Valence the Emperor, saith *St. Austin, one Archidamus, a Consul of Antioch, offered a hundred pounds of gold to a fair young wife, and besides to set her husband free, who was then sub gravisissimâ custodid, a dark prisoner, pro unius nocis concubitu: but the chaste matron would not accept of it.
When Ode commended Theana’s fine arm to his fellows, she took him up short, “Sir, ‘tis not common:” she is wholly reserved to her husband. Bilia had an old man to her spouse, and his breath stank, so that nobody could abide it abroad; “coming home one day he reprehended his wife, because she did not tell him of it; she vowed unto him, she had told him, but she thought every man’s breath had been as strong as his.” Tigranes and Armenia his lady were invited to supper by King Cyrus: when they came home, Tigranes asked his wife, how she liked Cyrus, and what she did especially commend in him? “she swore she did not observe him; when he replied again, what then she did observe, whom she looked on? She made answer, her husband, that said he would die for her sake.” Such are the properties and conditions of good women: and if she be well given, she will so carry herself; if otherwise she be naught, use all the means thou canst, she will be naught. Non deest animus sed corruptor, she hath so many lies, excuses, as a hare hath muses, tricks, panders, bawds, shifts, to deceive, ‘tis to no purpose to keep her up, or to reclaim her by hard usage. “Fair means peradventure may do somewhat.” Obsequius vinces aptius ipsetuo. Men and women are both in a predicament in this behalf, so sooner won, and better pacified. Duci volunt, non cogi: though she be as arrant a scold as Xantippe, as cruel as Medea, as clamorous as Hecuba, as lustful as Messalina, by such means (if at all) she may be reformed. Many patient Grizels, by their obsequiousness in this kind, have reclaimed their husbands from their wandering lusts. In Nova Francis and Turkey (as Leah, Rachel, and Sarah did to Abraham and Jacob) they bring their fairest damsels to their husbands’ beds; Livia seconded the lustful appetites of Augustus; Stratonice, wife to King Diotarbus, did not only bring Electra, a fair maid, to her good man’s bed, but brought up the children begot on her, as carefully as if they had been her own. Tertius Emiliius’ wife, Cornelia’s mother, perceiving her husband’s intemperance, rem dissimulavit, made much of the maid, and would take no notice of it. A new-married man, when a pickthank friend of his, to curry favour, had showed him his wife, familiar in private with a young gallant, courting and dallying, &c. Tush, said he, let him do his worst, I dare trust my wife, though I dare not trust him. The best remedy then is by fair means; if that will not take place, to dissemble it as I say, or turn it off with a jest: hear Guexcerra’s advice in this case vel joco excipies, vel silentio eludes; for if you take exceptions at every thing your wife doth, Solomon’s wisdom, Hercules’ valour, Homer’s learning, Socrates’ patience, Argus’ vigilance, will not serve turn. Therefore Minus malum, a less mischief, Nevisanus holds, dissimulare, to be Cunaram emptor, a buyer of cradles, as the proverb is, than to be too solicitous. “A good fellow, when his wife was brought to bed before her time, bought half a dozen of cradles beforehand for so many children, as if his wife should continue to bear children every two months.” Pertinax the Emperor, when one told him a fiddler was too familiar with his empress, made no reckoning of it. And when that Macedonian Philip was upbraid ed with his wife’s dishonesty, cum tot victor regnorum ac populum esse asset, &c., a conqueror of kingdoms could not tame his wife (for she thrust him out of doors), he made a jest of it. Sapientes portant cornua in pectore, stulti in fronte, saith Nevisanus, wise men near their horns in their hearts, fools on their foreheads. Rumenes, king of Pergamus, was at deadly feud with Perseus of Macedonia, insomuch that

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8 Quam formosus lacertus ble! quidam inquit, ad aquae conversus; ad Illa, publicus, inquit, non est. Bilia Dinutum virum semen habuit et spiritum fortitudinem habentem, quem quem quidam expribraisset &c. 9 Nuncqui est, ibi, Armenia, Tigranes vadebat esse pulcher et ilium, inquit, sedepel, &c. Xenoph. Cyrop. 18, 3. 10 Creid. 11 Real Perruchas Tale of Patient Gribel in Chamber. 12, 4. non. 50. 11 Erasmus. 12 Quam acceptiss ex orum peperisse secundo a nuptia mense, oman simulain vel simae consuet, ut si forte uxor singulis bimensibus pararet. 13 Julius Capitol. vita Ecus: quand palam Citharaces uxorur, diligere, minus curiosus fuit.
Perseus hearing of a journey he was to take to Delphos, set a company of soldiers to intercept him in his passage; they did it accordingly, and as they supposed left him stoned to death. The news of this fact was brought instantly to Pergamus; Attalus, Eumenes' brother, proclaimed himself king forthwith, took possession of the crown, and married Stratonice the queen. But by-and-by, when contrary news was brought, that King Eumenes was alive, and now coming to the city, he laid by his crown, left his wife, as a private man went to meet him, and congratulate his return. Eumenes, though he knew all particulars passed, yet dissembling the matter, kindly embraced his brother, and took his wife into his favour again, as if no such matter had been heard of or done. Jocundo, in Ariosto, found his wife in bed with a knave, both asleep, went his ways and would not so much as wake them, much less reprove them for it. An honest fellow finding in like sort his wife had played false at tables, and borne a man too many, drew his dagger, and swore if he had not been his very friend, he would have killed him. Another hearing one had done that for him, which no man desires to be done by a deputy, followed in a rage with his sword drawn, and having overtaken him, laid adultery to his charge; the offender hotly pursued, confessed it was true; with which confession he was satisfied, and so left him, swearing that if he had denied it, he would not have put it up. How much better is it to do thus, than to murther himself, impatiently to rave and rage, to enter an action (as Arnoldus Tilius did in the court of Toulouse, against Martin Guerre, his fellow-soldier, for that he counterfeited his habit, and was too familiar with his wife), so to divulge his own shame, and to remain for ever a cuckold on record? how much better be Cornelius Tacitus than Publius Cornutus, to condemn in such cases, or take no notice of it? Melius sic errare quam Zelotypiae curis, saith Erasmus, se conficere, better will be a wittol and put it up, than to trouble himself to no purpose. And though he will not omnibus dormiere, be an ass, as he is an ox, yet to wink at it as many do is not amiss at some times, in some cases, to some parties, if it be for his commodity, or some great man's sake, his landlord, patron, benefactor, (as Calbas the Roman saith) Plutarch did by Maccenas, and Phyllus of Argos did by King Philip, when he promised him an office on that condition he might lie with his wife) and so let it pass:

"tel me hand poscit,
Scilicet boni dimidium dividere cum Jove,"

"it never troubles me (said Amphilochus) to be cornuted by Jupiter, let it not molest thee then;" be friends with her;

"Tu cum Alemena uxore antiquam in gratiam
Redi."

"Receive Alemena to your grace again; let it, I say, make no breach of love between you. Howsoever the best way is to content it, which Henry II. king of France advised a courtier of his, jealous of his wife, and complaining of her unchasteness, to reject it, and comfort himself; for he that suspects his wife's incontinency, and fears the Pope's curse, shall never live a merry hour, or sleep a quiet night: no remedy but patience. When all is done according to that counsel of Nevisanus, si vitium uxoris corrigi non potest, ferendum est: if it may not be helped, it must be endured. Date veniam et sustinete taciti, tis Sophocles' advice, keep it to thyself, and which Chrysostom calls palaestram philosophiae et domesticum gymnasmum, a school of philosophy, put it up. There is no other cure but time to wear it out, Injuriam remedium est oblivio, as if"
they had drunk a draught of Lethe in Trophonius' den: to conclude, age will bereave her of it, \textit{dies dolorem minuit}, time and patience must end it.

\begin{quote}
\begin{itemize}
\item \textit{The mind's affections patience will appease,}
\item \textit{It passions kills, and health each disease.}
\end{itemize}
\end{quote}

\textbf{SUBSECT. II.—By prevention before or after Marriage, Plato's Community, marry a Courtesan, Philets, Shees, to marry one equal in years, fortunes, of a good family, education, good place, to use them well, &c.}

Of such medicines as conduce to the cure of this malady, I have sufficiently treated; there be some good remedies remaining by way of prevention, precautions, or admonitions, which if rightly practised, may do much good. Plato, in his Commonwealth, to prevent this mischief, belike, would have all things, wives and children, all as one; and which Cesar in his Commentaries observed of those old Britons, that first inhabited this land, they had ten or twelve wives allotted to such a family, or promiscuously to be used by so many men; not one to one, as with us, or four, five, or six to one as in Turkey. The \textit{Nicholaites, a sect that sprung, saith Austin, from Nicholas the deacon, would have women indifferent; and the cause of this filthy sect, was Nicholas the deacon's jealousy, for which when he was condemned to purge himself of his offence, he broached his heresy, that it was lawful to lie with one another's wives, and for any man to lie with his; like to those \textit{Anabaptists in Munster, that would consort with other men's wives as the spirit moved them: or as Mahomet, the seducing prophet, would needs use women as he list himself, to beget prophets; two hundred and five, their Alcoran saith, were in love with him, and he as able as forty men. Amongst the old Carthaginians, as Bohemus relates out of Sabellicus, the king of the country lay with the bride the first night, and once in a year they went promiscuously all together. Munster Cosmog. lib. 3. cap. 497. ascribes the beginning of this brutish custom (unjustly) to one Picardus, a Frenchman, that invented a new sect of Adamites to go naked as Adam did, and to use promiscuous venery at set times. When the priest repeated that of Genesis, \textit{"Increase and multiply,"} \textit{out went the candles, in the place where they met,} \textit{"and without all respect of age, persons, conditions, catch that catch may, every man took her that came next,"} \&c.; some fasten this on those ancient Bohemians and Russians: \textit{others on the inhabitants of Mambrium, in the Lucerne valley in Piedmont;} and, as I read, it was practised in Scotland amongst Christians themselves, until King Malcolm's time, the king or the lord of the town had their maidenheads. In some parts of \textit{India in our age, and those islanders, as amongst the Babylonians of old, they will prostitute their wives and daughters (which Chalcocondila, a Greek modern writer, for want of better intelligence puts upon us Britons) to such travellers or seafaring men as come amongst them by chance, to show how far they were from this feral vice of jealousy, and how little they esteemed it. The kings of Calecut, as Lod. Vertomannus relates, will not touch their wives, till one of their Biarmi or high priests have lain first with them, to sanctify their wombs. But those Esa and Montanists, two strange sects of old, were in another extreme, they would not marry at all, or have any society with women, \textit{because of their intemperance they held them all to be naught,}
Nevisanus the lawyer, lib. 4. num. 33. syl. nupt. would have him that is inclined to this malady, to prevent the worst, marry a queen, Capieae meretricem, hoc habet saltam boni quod non decipitur, quia sejum sic esse, quod non contingit alii. A fornicator in Seneca constupratun two wenches in a night; for satisfaction, the one desired to hang him, the other to marry him. 2 Hierome, king of Syracuse in Sicily, espoused himself to Pitho, keeper of the stews; and Ptolemy took Thais a common whore to be his wife, had two sons, Leontiscus and Lagus by her, and one daughter Irene: *tis therefore no such unlikely thing. 0 A citizen of Eugubine gelled himself to try his wife's honesty, and to be freed from jealousy; so did a baker in Basil, to the same intent. But of all other precedents in this kind, that of Combalus is most memorable; who to prevent his master's suspicion, for he was a beautiful young man, and sent by Seleucus his lord and king, with Stratonic the queen to conduct her into Syria, fearing the worst, gelled himself before he went, and left his genitals behind him in a box sealed up. His mistress by the way fell in love with him, but he not yielding to her, was accused to Seleucus of incontinency (as that Bellerophon was in like case falsely traduced 2 by Sthenobia, to king Prætus her husband, cum non possit ad coitum inducere), and that by her, and was therefore at his coming home cast into prison; the day of hearing appointed, he was sufficiently cleared and acquitted by showing his privities, which to the admiration of the beholders he had formerly cut off. The Lydians used to geld women whom they suspected, saith Leonicus, var. hist. lib. 3. cap. 49. as well as men. To this purpose, Saint Francis, because he used to confess women in private, to prevent suspicion, and prove himself a maid, stripped himself before the Bishop of Assise and others: and Friar Leonard for the same cause went through Viterbium in Italy, without any garments.

Our Pseudo-catholics, to help these inconveniences which proceed from jealousy, to keep themselves and their wives honest, make severe laws; against adultery present death; and withal fornication, avenial sin, as a sink to convey that furious and swift stream of concupiscence, they appoint and permit stews, those punks and pleasant sinners, the more to secure their wives in all populous cities, for they hold them as necessary as churches; and howsoever unlawful, yet to avoid a greater mischief, to be tolerated in policy, as usury, for the hardness of men's hearts; and for this end they have whole colleges of courtezans in their towns and cities. Of Cato's mind be like that would have his servants (cum ancillis congredi coitus causa, definito aere, ut graviora facinora evitudent, ceteris interim interdictis) familiar with some such feminine creatures, to avoid worse mischiefs in his house, and made allowance for it. They hold it impossible for idle persons, young, rich, and lusty, so many servants, monks, friars, to live honest, too tyrannical a burden to compel them to be chaste, and most unfit to suffer poor men, younger brothers, and soldiers at all to marry, as those diseased persons, votaries, priests, servants. Therefore, as well to keep and ease the one as the other, they tolerate and wink at these kind of brothel-houses and stews. Many probable arguments they have to prove the lawfulness; the necessity, and a toleration of them, as of usury; and without question in policy they are not to be contradicted: but altogether in religion. Others prescribe filters, spells, charms to keep men and women honest. 8 Mulier ut alienum virum non admittat prater suum: Accipe sed hirci, et adipsen, et ecceva, calecut in oleo, &c., et non adium prater te amabit. In Alexi. Porta, &c., plura inveniendae, et multò his absurdiora, uti et in Rhes. ne mulier virum admittat, et mateillo somum diligat, &c. But these are most part Pagan, impious, religious, absurd, and ridiculous devices.

2 Stephanus praef. Herod. Allia in lpanari meretricem, Pitho dictam, in uxorem duxit; Ptolomaeus Thaides nobiles scortum duxit et ex ea duo fillos susceps, &c. 6 Poggius Florent. 6 Felix Pilet. 6 Plutarchus, Lucian, Salmoiz T. 2. de porcellibus cum in Pausan. 1. de nov. report. et Plutarchus. 8 Stephanus B. 1. confor. Bonavent. c. 6. vit. Francisci. 6 Plutarch. vit. aelius. 6 Vecher lib. 7. secret.
The best means to avoid these and like inconveniences are, to take away the causes and occasions. To this purpose Varro writ Satyrum Montippeam, but it is lost. *Patritius prescribes four rules to be observed in choosing of a wife (which whose will may read); Fonseca, the Spaniard, in his 45. c. Amphitheat. Amoris, sets down six special cautions for men, four for women; Sam Neander out of Phonomerius, five for men, five for women; Anthony Guivarra many good lessons; Clebulsus two alone, others otherwise; as first to make a good choice in marriage, to invite Christ to their wedding, and which St. Ambrose adviseth, Deum conjungi presidem habere, and to pray to him for her (A Domino enim datur uxor prudent, Prov. xix), not to be too rash and precipitate in his election, to run upon the first he meets, or dote upon every stout fair piece he sees, but to choose her as much by his ears as eyes, to be well-advised whom he takes, of what age, &c., and cautious in his proceedings. An old man should not marry a young woman, nor a young woman an old man, Quam malis inaequalibus veniunt ad aratra juvenes! such matches must needs minister a perpetual cause of suspicion, and be distasteful to each other.

For Sophocles, as "Athenæus describes him, was a very old man, as cold as January, a bed-fellow of bones, and doted yet upon Archipe, a young courtezan, than which nothing can be more odious. Senex maritus uxor juveni ingratus est, an old man is a most unwelcome guest to a young wench, unable, unfit:

"O Amplexus suus fugat puella,
Omnia heret amor Venusque Hymenae."
the devil himself makes such matches. * Lovinus Lemnian reckons up three things which generally disturb the peace of marriage; the first is when they marry intempestively or unseasonably, "as many mortal men marry precipitately and inconsiderately, when they are effete and old: the second when they marry unequally for fortunes and birth: the third, when a sick impotent person weds one that is sound, novae nuptiae spes frustratur: many dislikes instantly follow. Many doting dizzards, it may not be denied, as Plutarch confesseth, "1 recreate themselves with such obsolete, unseasonable and filthy remedies (so he calls them), with a remembrance of their former pleasures, against nature they stir up their dead flesh:" but an old lecher is abominable; mulier tertio nubens, " Nevisanus holds, prasumitur lubrica et inconstans, a woman that marries a third time may be presumed to be no honester than she should. Of them both, thus Ambrose concludes in his comment upon Luke, "2 they that are coupled together, not to get children, but to satisfy their lust, are not husbands but fornicators," with whom St. Austin consents: matrimony without hope of children, non matrimonium, sed concubium dici debet, is not a wedding, but a jumbling or coupling together. In a word, except they wed for mutual society, help and comfort one of another (in which respects, though "Tiberius deny it, without question old folks may well marry, for sometimes a man hath most need of a wife, according to Puccius, when he hath no need of a wife;) otherwise it is most odious, when an old acherontic dizzard, that hath one foot in his grave, a silicernium, shall flicker after a young wench that is blithe and bonny.

What can be more detestable?

Yet, as some will, it is much more tolerable for an old man to marry a young woman (our ladies' match they call it) for cras erit mulier, as he said in Tully. Cato the Roman, Critobulus, in * Xenophon, * Tyraquellus of late, Julius Scaliger, &c., and many famous precedents we have in that kind; but not * contra: *'tis not held fit for an ancient woman to match with a young man. For as Varro will, Anus düm ludii morti delibias facit, 'tis Charon's match between * Cassius and Casca, and the devil himself is surely well pleased with it. And therefore, as the * poet inveighs, thou old Vetustina bed-ridden queen, that art now skin and bones.

Must thou marry a youth again? And yet ducentas ire nuptiam post mortes ancant: howsoever it is, as * Apuleius gives out of his Mercia, congressus annus, pestilens, abhorrendus, a pestilent match, abominable, and not to be endured. In such case how can they otherwise choose but be jealous, how should they agree one with another? This inequality is not in years only, but in birth, fortunes, conditions, and all good * qualities, si quid voles apta nubere, nude pari, 'tis my counsel, saith Anthony Guiverra, to choose such a one. Civis Civem ducat, Nobilis Nobiliss, let a citizen match with a citizen, a gen-

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tlevem with a gentlewoman; he that observes not this precept (saith he) non generum sed malum Genium, non nurum sed Furiam, non ura Comitem, sed litis fomitem domi habebit, instead of a fair wife shall have a fury, for a fit son-
in-law a mere fiend, &c. examples are too frequent.

Another main caution fit to be observed is this, that though they be equal in
years, birth, fortunes, and other conditions, yet they do not omit virtue and
good education, which Musonius and Antipater so much inculcate in Stoebus:

"Das est magna parentum
Virtus, et metuens alterius virt
Certo fidei de\setas."

If, as Plutarch adviseth, one must eat modicum satiis, a bushel of salt with him
before he choose his friend, what care should be had in choosing a wife, his,
second self, how solicitous should he be to know her qualities and behaviour?
and when he is assured of them, not to prefer birth, fortune, beauty, before
bringing up, and good conditions. "Covagn of cuckolds, as one merrily
said, accompanies the goddess Jealousy, both follow the fairest, by Jupiter's
appointment, and they sacrifice to them together: beauty and honesty seldom
agree; straight personages have often crooked manners; fair faces, foul vices;
good complexes, ill conditions. "Suspiciones plenae res est, et insidiarum,
beauty (saith b Chrysostom) is full of treachery and suspicion: he that hath a
fair wife, cannot have a worse mischief, and yet must covet it, if as nothing
else in marriage but that and wealth were to be respected. " Francis Sforza,
Duke of Milan, was so curious in this behalf, that he would not marry the
Duke of Mantua's daughter, except he might see her naked first: which
Lycurgus appointed in his laws, and Morus in his Utopian Commonwealth
approves. "In Italy, as a traveller observes, if a man have three or four
daughters, or more, and they prove fair, they are married eldest: if de-
formed, they change their lovely names of Lucia, Cynthia, Camæna, call them
Dorothy, Ursula, Bridget, and so put them into monasteries, as if none were
fit for marriage but such as are eminently fair: but these are erroneous
tenets: a modest virgin well conditioned, to such a fair snout-piece is much
to be preferred. If thou wilt avoid them, take away all causes of suspicion and
jealousy, marry a coarse piece, fetch her from Cassandrea's temple, which was
wont in Italy to be a sanctuary of all deformed maids, and so thou shalt be
sure that no man will make thee cuckold, but for spite. A citizen of Bizance
in France had a filthy, dowdy, deformed slut to his wife, and finding her in bed
with another man, cried out as one amazed; O miser! quaes te necessitas hue
adegis? O thou wretch, what necessity brought thee hither? as well he might;
for who can affect such a one? But this is warily to be understood, most offend
in another extreme, they prefer wealth before beauty, and so she be rich, they
care not how she look; but these are all out as faultly as the rest. "Attendenda
uxoris forma, as e Salisburiensis adviseth, ne si attarum asperae, mox eam
sordides putes, as the Knight in Chaucer that was married to an old woman,

And all day after hid him as an owl,
So we was his wife looked so foul.

Have a care of thy wife's complexion, lest whilst thou seest another, thou
loast her, she prove jealous, thou naught,

"Si tibi deformis conjux, et serva venusta,
Ne utaris serva." g

I can perhaps give instance. "Molestus est possidere quod nemo habere dignetur,

1 "Parental virtue is a rich inheritance, as well as that chastity which habitually avoids a second husband." 2 Babellals, hist. Pantagruel, 1. 3. cap. 33. 3 Hom. 80. Qui pulchrum habet uxorem, nihil pejus habere potest. 4 Arminius. 5 Itinerar. Ital. Coloniae edit. 1620. Nomine trium Gen. fol. 304. 6 "If your wife seem deformed, your maid beautiful, still abstain from the latter."
a misery to possess that which no man likes; on the other side, *Difficile custoditur quod plures amant.* And as the bragging soldier vaunted in the comedy, *nimia est miseria pulchrum esse hominem nimis.* Scipio did never so hardly beseech Carthage, as these young gallants will beset thine house, one with wit or person, another with wealth, &c. If she be fair, saith Guazzo, she will be suspected howsoever. Both extremes are naught, *Pulchrum civi admiratur, feda facile concupiscit,* the one is soon beloved, the other loved: one is hardly kept, because proud and arrogant, the other not worth keeping; what is to be done in this case? Ennius in Menelipphe adviseth thee as a friend to *take stotam formam,* *si vis habere incolunmen pudicitiam,* one of a middle size, neither too fair, nor too foul, *Nec formosa magis quam mili casta placet,* with old Cato, though fit let her beauty be, *neque lectissima, neque illiberalis,* between both. This I approve; but of the other two I resolve with Salisburiensis, *ceteris paribus,* both rich alike, endowed alike, *majori miserid deformis habetur quam formosa servatrix,* I had rather marry a fair one, and put it to the hazard, than be troubled with a blowze; but do thou as thou wilt, I speak only of myself.

Howsoever, *quod iterum moneo,* I would advise thee thus much, be she fair or foul, to choose a wife out of a good kindred, parentage, well brought up, in an honest place.

> *"I Primum animo tibi proponis quo sanguine creta, Qua forma, qua atate, quibusque ante omnia virgo Moribus, in junctos veniat nova nupta penates."*

He that marries a wife out of a suspected inn or alehouse, buys a horse in Smithfield, and hires a servant in Paul's, as the diverb is, shall likely have a jade to his horse, a knave for his man, an arrant honest woman to his wife. *Filia prescinditur esse matris similis,* saith a Nevisanus. *"Such a mother, such a daughter;" maioti corvi malum ovum,* cat to her kind.

> *"Si solicit expectas ut tradat mater honestos Atque alias moras quam quos habet!"*

"If the mother be dishonest, in all likelihood the daughter will matrizar, take after her in all good qualities,"

> *"Greden' Pasiphae non tauripotente futuram Tauripetam?"*

"If the dam trot, the foal will not amble." My last caution is, that a woman do not bestow herself upon a fool, or an apparent melancholy person; jealousy is a symptom of that disease, and fools have no moderation. Justina, a Roman lady, was much persecuted, and after made away by her jealous husband, she caused and enjoined this epitaph, as a caveat to others, to be engraved on her tomb:

> *"Nec nubat tatu a filia vestra virgo, &c. | 'Learn parents all, and by Justina's case, Your children to no dizzards for to place.'"

After marriage, I can give no better admonitions than to use their wives well, and which a friend of mine told me that was a married man, I will tell you as good cheap, saith Nicostatus in *Stobus,* to avoid future strife, and for quietness' sake, *"when you are in bed take heed of your wife's flattering speeches over night, and curtain sermons in the morning."* Let them do their endeavour likewise to maintain them to their means, which Patricius ingeminates, and let them have liberty with discretion, as time and place requires: many women turn queans by compulsion, as Nevisanus observes, because their husbands are so hard, and keep them so short in diet and apparel, *paupertas cogit eam meretricari,* poverty and hunger, want of means, makes them dishonest, or bad usage; their churlish behaviour force them to fly out, or bad

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2 Marnillus. "Not the most fair but the most virtuous pleases me." 1 Chaloner, lib. 9. de repub. Ang. k Lib. 2. num. 159. I Si generis est, caste quaque filia vivit; si meretric moter, filia talis erit. m Juven. Sat. 6. n Camerarius, cent. 2. cap. 54. oper. subscis. o Ser. 72. Quod omnis quidam uxorem habens mili dixit, dixam vobis, in cubili cavendes adulationes vesperi, mano clamores. p Lib. 4. dit. 4. de institut. qin Epit. cap. de officio mariti et uxoris. r Lib. 4. syl. sap. num. 81. Non cuncte de uxoribus, uce volunt ia subvenire de victa, vestitu, &c.
examples, they do it to cry quittance. In the other extreme some are too liberal, as the proverb is, *Turdus miliarum sibi caecat*, they make a rod for their own tails, as Candaules did to Gyges in. 7 Herodotus, commend his wife's beauty himself, and besides would needs have him see her naked. Whilst they give their wives too much liberty to gad abroad, and bountiful allowance, they are accessory to their own miseries; *animae uxorum possimile olent*, as Plautus jibes, they have deformed souls, and by their paintings and colours procure *odium mariti*, their husband's hate, especially, — cum misere viscantur labra mariti. Besides, their wives (as 'Basil notes) Impudenter se exponunt masculorum aspectibus, jactantes tunicas, et coram tripudiantes, impudently thrust themselves into other men's companies, and by their indecent wanton carriage provoke and tempt the spectators. Virtuous women should keep house; and 'twas well performed and ordered by the Greeks,

> —— "mulier ne qua in publicum Spectandum se sine arbitrio prubeat vtrum:"

which made Phidias belike at Elis paint Venus treading on a tortoise, a symbol of women's silence and housekeeping. For a woman abroad and alone, is like a deer broke out of a park, *quam mille venatnr sine sequuntur*, whom every hunter follows; and besides in such places she cannot so well vindicate herself, but as that virgin Dinah (Gen. xxxiv. 2), "going for to see the daughters of the land," lost her virginity, she may be defiled and overtaken of a sudden: *Imbelles damae qui nasi prada sumus?*

And therefore I know not what philosopher he was, that would have women come but thrice abroad all their time, "Y to be baptized, married and buried," but he was too strait-laced. Let them have their liberty in good sort, and go in good sort, *moderum non annos virginatatis sue domi relinquant*, as a good fellow said, so that they look not twenty years younger abroad than they do at home, they be not spruce, neat, angels abroad, beasts, dowdies, sluts at home; but seek by all means to please and give content to their husbands: to be quiet above all things, obedient, silent and patient; if they be incensed, angry, chid a little, their wives must not sample again, but take it in good part. An honest woman, I cannot now tell where she dwelt, but by report an honest woman she was, hearing one of her gossips by chance complain of her husband's impatience, told her an excellent remedy for it, and gave her withal a glass of water, which when he brawled she should hold still in her mouth, and that *toties quoties*, as often as he chid; she did so two or three times with good success, and at length seeing her neighbour, gave her great thanks for it, and would needs know the ingredients, "she told her in brief what it was, "fair water," and no more: for it was not the water, but her silence which performed the cure. Let every forward woman imitate this example, and be quiet within doors, and (as b M. Aurelius prescribes) a necessary caution it is to be observed of all good matrons that love their credits, to come little abroad, but follow their work at home, look to their household affairs and private business, *aestimatio incumbentes*, be sober, thrifty, wary, circumspect, modest, and compose themselves to live to their husbands' means, as a good housewife should do.

> "O quae studis gavis colae, paritias labores
Fallet opus cantus, formas assimilat corona
Cura paenulis, circum fusosque rosasque
Cum volubilis," acc.

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7 In Clio. Speciem uxoris supra modum exellunt. festit ut illam nudam coram aspiereat. 8 Juven. Sat. 6. "He cannot kiss his wife for paint." 9 Orat. contra ebr. "That a matron should not be seen in public without her husband as her spokesman." 2 "Helpless deer, what are we but a prey?" 1 Ad baptismum, matrimonio et tumulum. "Now rejoice for your ill as marius obnquitat." 2 Frandem saperens estendet si non aquam sed siluentium tacitum modereat. b Herod. princ. lib. 2. cap. 8. Diligenter cavendum feminis illustribus ne frequenter exspect. 6 Chaloner. "One who delights in the labour of the earth, and beguiles the hours of labour with a song: her duties assume an air of virtuous beauty when she is heark at the wheel and the spindle with her maid."
Howsoever 'tis good to keep them private, not in prison;

* Quisquis custodit uxorem vestibum et seris,
  Exi siti sapiens, strictus et nihil sapit.*


These cautions concern him; and if by those or his own discretion otherwise he cannot moderate himself, his friends must not be wanting by their wisdom, if it be possible, to give the party grieved satisfaction, to prevent and remove the occasions, objects, if it may be to secure him. If it be one alone, or many, to consider whom he suspects or at what times, in what places he is most incensed, in what companies. * Nevisanus makes a question whether a young physician ought to be admitted in cases of sickness, into a new married man's house, to administer a julep, a syrup, or some such physic. The Persians of old would not suffer a young physician to come amongst women. * Apollonides Cous made Artaxerxes cuckold, and was after buried alive for it. A gaoler in Aristeænetus had a fine young gentleman to his prisoner; * in commiseration of his youth and person he let him loose, to enjoy the liberty of the prison, but he unkindly made him a cornuto. Menelaus gave good welcome to Paris a stranger, his whole house and family were at his command, but he ungently stole away his best beloved wife. The like measure was offered to Agis king of Lacedemon, by h Alcibiades an exile, for his good entertainment, he was too familiar with Timea his wife, begetting a child of her, called Leotichides; and braging moreover when he came home to Athens, that he had a son should be king of the Lacedemonians. If such objects were removed, no doubt but the parties might easily be satisfied, or that they could use them gently and treat them well, not to revile them, scoff at, hate them, as in such cases commonly they do, 'tis a human infirmity, a miserable vexation, and they should not add grief to grief, nor aggravate their misery, but seek to please, and by all means give them content, by good counsel, removing such offensive objects, or by mediation of some discreet friends. In old Rome there was a temple erected by the matrons to that Viriplaca Dea, another to Venus verticorda, que maritos uxoribus reddebat benevolos, whither (if any difference happened between man and wife) they did instantly resort: there they did offer sacrifice, a white hart, Plutarch records, sine felle, without the gall (some say the like of Juno's temple), and make their prayers for conjugal peace: before some * indissoluble arbitrators and friends, the matter was heard between man and wife, and commonly composed. In our times we want no sacred churches, or good men to end such controversies, if use were made of them. Some say that precious stone called berylus, others a diamond, hath excellent virtue, contra hostium injurias, et conjugatos invicem conciliare, to reconcile men and wives, to maintain unity and love; you may try this when you will, and as you see cause. If none of all these means and cautions will take place, I know not what remedy to prescribe, or whither such persons may go for ease, except they can get into the same * Turkey paradise, * Where they shall have as many fair wives as they will themselves, with clear eyes, and

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such as look on none but their own husbands;" no fear, no danger of being cuckolds; or else I would have them observe that strict rule of Alphonus to marry a deaf and dumb man to a blind woman. If this will not help, let them, to prevent the worst, consult with an astrologer, and see whether the significators in her horoscope agree with his, that they be not in signis et partibus odiosë intuentibus aut imperantibus, sed mutuo et amicé antiscrips et obedientibus, otherwise (as they hold) there will be intolerable enmities between them; or else get him sigillum veneris, a characteristical seal stamped in the day and hour of Venus, when she is fortunate, with such and such set words and charms, which Villanovanus and Leo Suavius prescribe, ex sigillis magicis Salomonis, Hermetis, Raguellis, &c., with many such, which Alexis, Albertus, and some of our natural magicians put upon us: ut mulier eum aliquo adultere non possit, incide de capillis ejus, &c., and he shall surely be gracious in all women's eyes, and never suspect or disagree with his own wife so long as he wears it. If this course be not approved, and other remedies may not be had, they must in the last place sue for a divorce; but that is somewhat difficult to effect, and not at all out of the question. For as Feliscus in his Tract de justa usuore urgeth, if that law of Constantine the Great, or that of Theodosius and Valentinian, concerning divorce, were in use in our times, innumeræ propemodum viduæ habetremus, et celibus viros, we should have almost no married couples left. Try therefore those former remedies; or as Tertullian reports of Democritus, that put out his eyes, because he could not look upon a woman without lust, and was much troubled to see that which he might not enjoy; let him make himself blind, and so he shall avoid that care and molestation of watching his wife. One other sovereign remedy I could repeat, an especial antidote against jealousy, an excellent cure, but I am not now disposed to tell it, not that like a covetous empiric I conceal it for any gain, but some other reasons, I am not willing to publish it; if you be very desirous to know it, when I meet you next I will peradventure tell you what it is in your ear. This is the best counsel I can give; which he that hath need of, as occasion serves, may apply unto himself. In the mean time, — dìi talem terris avertite pestem, as the proverb is, from heresy, jealousy and frenzy, good Lord deliver us.

SECT. IV. MEMB. I.

SUBSEC. I.—Religious Melancholy. Its object God; what his beauty is; How it allures. The parts and parties affected.

There is such a distinct species of love melancholy, no man hath ever yet doubted: but whether this subdivision of Religious Melancholy be warrantable, it may be controverted.

I have no pattern to follow as in some of the rest, no man to imitate. No physician hath as yet distinctly written of it as of the other; all acknowledge is a most notable symptom, some a cause, but few a species or kind. 1 Aretæus, Alexander, Rhæsis, Avicenna, and most of our late writers, as Gordinus, Fuchsius, Plater, Brual, Montalus, &c. repeat it as a symptom. Some seem to be inspired of the Holy Ghost, some take upon them to be prophets, and so forth.
some are addicted to new opinions, some foretell strange things, *de statu mundi et Antichristi*, saith Gordonius. Some will prophesy the end of the world to a day almost, and the fall of the Antichrist, as they have been addicted or brought up; for so melancholy works with them, as *Laurentius* holds. If they have been precisely given, all their meditations tend that way, and in conclusion produce strange effects, the humour imprints symptoms according to their several inclinations and conditions, which makes *Guianerius* and *Felix Plater* put too much devotion, blind zeal, fear for eternal punishment, and that last judgment for a cause of those enthusiastic and desperate persons: but some do not obscurely make a distinct species of it, dividing love-melancholy into that whose object is women; and into the other whose object is God. Plato, in Convivio, makes mention of two distinct furies: and amongst our Neoterics, *Hercules de Saxoniâ, lib. 1. pract. med. cap. 16. cap. de Melanch.* doth expressly treat of it in a distinct species. "Love melancholy (saith he) is twofold; the first is that (to which peradventure some will not vouchsafe this name or species of melancholy) affection of those which put God for their object, and are altogether about prayer, fasting, &c., the other about women."

Peter Forestus in his observations delivereth as much in the same words: and *Felix Platerus de mentis alienat., cap. 5. frequentissima est ejus species, in quâ curandâ sapissent multiâm fuit impeditus; *tis a frequent disease; and they have a ground of what they say, forth of Aretius and Plato. *Aretius*, an old author, in his third book, *cap. 6. doth so divide love melancholy, and derives this second from the first, which comes by inspiration or otherwise. *Plato* in his Phædrus hath these words, "Apollo's priests in Delphos, and at Dodona, in their fury do many pretty feats, and benefit the Greeks, but never in their right wits." He makes them all mad, as well he might; and he that shall but consider that superstition of old, those prodigious effects of it (as in its place I will shew the several furies of our fatidici dìi, pythionissas, sibyls, enthusiasts, pseudoprophets, heretics, and schismatics in these our latter ages) shall instantly confess, that all the world again cannot afford so much matter of madness, so many stupendous symptoms, as superstition, heresy, schism have brought out: that this species alone may be paralleled to all the former, has a greater latitude, and more miraculous effects; that it more besots and infatuates men, than any other above named whatsoever, does more harm, works more disquietness to mankind, and has more crucified the souls of mortal men (such hath been the devil's craft) than wars, plagues, sicknesses, dearth, famine, and all the rest.

Give me but a little leave, and I will set before your eyes in brief a stupendous, vast, infinite ocean of incredible madness and folly: a sea full of shelves and rocks, sands, gulfs, euripes and contrary tides, full of fearfull monsters, uncouth shapes, roaring waves, tempests, and siren calms, hellyconian seas, unspackable misery, such comedies and tragedies, such absurd and ridiculous, feral and lamentable fits, that I know not whether they are more to be pitied or derided, or may be believed, but that we daily see the same still practised in our days, fresh examples, *nova novitâ*, fresh objects of misery and madness, in this kind that are still represented unto us, abroad, at home, in the midst of us, in our bosoms.

But before I can come to treat of these several errors and obliquities, their causes, symptoms, affections, &c., I must say something necessarily of the

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*Cap. 6. de Melanch.*  
*Cap. 5. Tractât. mutit ob timorem Del sunt mel ancholire, et timorem ghennens. They are still troubled for their sins.  
*Plater c. 13.  
*Melancholica Erotica vel quæ cun amore est, duplex est: prima quæ ab alia forsan non meretur nomen melancholice, est affectio eorum quae pro objecto proponunt Deus et ideo nihil aliquid curant aut cogitant quam Deum, i.e., inania, vigillias: altera ob mulieres.  
*Alia reperitur furiosis species & prima vel a seunda, deorum rogamium, vel additum numinum furor hic vent.  
*Quî in Delphiâ satura prædictâ vates, et in Dodona accuratos furientes quidem multa jocunda Gravis deoruntur, saepe vero casibus aut nulla.
object of this love, God himself, what this love is, how it allureth, whence it proceeds, and (which is the cause of all our miseries) how we mistake, wander and swerve from it.

Amongst all those divine attributes that God doth vindicate to himself, eternity, omnipotency, immutability, wisdom, majesty, justice, mercy, &c., his beauty is not the least: one thing, saith David, have I desired of the Lord, and that I will still desire, to behold the beauty of the Lord. Psal. xxvii. 4. And out of Sion, which is the perfection of beauty, hath God shined, Psal. l. 2. All other creatures are fair, I confess, and many other objects do much enamour us, a fair house, a fair horse, a comely person. "I am amazed," saith Austin, "when I look up to heaven and behold the beauty of the stars, the beauty of angels, principalities, powers, who can express it? who can sufficiently commend, or set out this beauty which appears in us? so fair a body, so fair a face, eyes, nose, cheeks, chin, brows, all fair and lovely to behold; besides the beauty of the soul which cannot be discerned. If we so labour and be so much affected with the comeliness of creatures, how shall we be ravished with that admirable lustre of God himself?" If ordinary beauty have such a prerogative and power, and what is amiable and fair, to draw the eyes and ears, hearts and affections of all spectators unto it, to move, win, entice, allure: how shall this divine form ravish our souls, which is the fountain and quintessence of all beauty? Ceilum pulchrum, sed pulchrior caeli fabricator; if heaven be so fair, the sun so fair, how much fairer shall he be, that made them fair? "For by the greatness and beauty of the creatures, proportionately, the maker of them is seen," Wisd. xiii. 5. If there be such pleasure in beholding a beautiful person alone, and, as a plausible sermon, he so much affect us, what shall this beauty of God himself, that is infinitely fairer than all creatures, men, angels, &c. Omnibus pulchritudo florum, hominum, angelorum, et rerum omnium pulcherrimarum ad Dei pulchritudinem collata, nox est et tenesbra, all other beauties are night itself, mere darkness to this our inexplicable, incomprehensible, unspeakable, eternal, infinite, admirable and divine beauty. This lustre, pulchritudo omnium pulcherrima. This beauty and "splendour of the divine majesty," is it that draws all creatures to it, to seek it, love, admire, and adore it; and those heathens, pagans, philosophers, out of those relics they have yet left of God's image, are so far forth incensed, as not only to acknowledge a God; but, though after their own inventions, to stand in admiration of his bounty, goodness, to adore and seek him; the magnificence and structure of the world itself, and beauty of all his creatures, his goodness, providence, protection, enforce them to love him, seek him, fear him, though a wrong way to adore him: but for us that are Christians, regenerate, that are his adopted sons, illuminated by his word, having the eyes of our hearts and understandings opened; how fairly doth he offer and expose himself? Ambit nos Deus (Austin saith) donis et formae suae, he woos us by his beauty, gifts, promises, to come unto him; "th the whole Scripture is a message, an exhortation, a love-letter to this purpose;" to incite us, and invite us, God's epistle, as Gregory calls it, to his creatures. He sets out his son and his church in that epithalamium or mystical song of Solomon, to enamour us the more, comparing his head "to fine gold, his locks curled and black as a raven, Cant. iv. 5. his eyes like doves on rivers of waters, washed with milk, his lips as lilies, dropping down pure juice, his hands as rings of gold set with chrysolite: and his church to a vineyard, a garden enclosed, a fountain of living waters, an

"Deus bonus, justus, pulcher, iuxta Platonem. "Miror et stupor cum celum sepeico et pulchritudinem siderum, angelorum, &c. et quae digna lanct quod in nobis viget, corpus tam pulchrum, frontem pulchram, nates, gesus, oculos, intellectum, omnium pulchram; et sic in creaturas laboramus, quid in ipso des?" Drecellesi Nicet. lib. 2. cap. 11. Fulgor divinae majestatis. Aug. A in Psal. laiv. mist ad nos Epistolas et totam scripturam, quibus nobis faceret amandis desiderium. 1 Epist. 48. 1. 4. quid est tota scriptura nisi Epistola omnipotentis Dei, in quam usque?
orchard of pomegranates, with sweet scents of saffron, spike, calamus and cinnamon, and all the trees of incense, as the chief spices, the fairest amongst women, no spot in her, k his sister, his spouse, undefiled, the only daughter of her mother, dear unto her, fair as the moon, pure as the sun, looking out as the morning;" that by these figures, that glass, these spiritual eyes of contemplation, we might perceive some resemblance of his beauty, the love between his church and him. And so in the xliv. Psalm this beauty of his church is compared to a "queen in a vesture of gold of Ophir, embroidered raiment of needlework, that the king might take pleasure in her beauty." To incense us further yet, i John, in his apocalypse, makes a description of that heavenly Jerusalem, the beauty of it, and in it the maker of it; \\
"Liking it to a city of pure gold, like unto clear glass, shining and garnished with all manner of precious stones, having no need of sun or moon: for the Lamb is the light of it, the glory of God doth illuminate it: to give us to understand the infinite glory, beauty, and happiness of it."

Not that it is no fairer than these creatures to which it is compared, but that this vision of his, this lustre of his divine majesty, cannot otherwise be expressed to our apprehensions, "no tongue can tell, no heart can conceive it," as Paul saith. Moses himself, Exod. xxxiii. 18. when he desired to see God in his glory, was answered that he might not endure it, no man could see his face and live. Sensible forte destruit sensum, a strong object overcometh the sight, according to that axiom in philosophy: fulgorem solis ferre non potes, mulie magis creatoris; if thou canst not endure the sunbeams, how canst thou endure that fulgor and brightness of Him that made the sun? The sun itself and all that we can imagine, are but shadows of it, 'tis visio praeclares, as m Austin calls it, the quintessence of beauty this, "which far exceeds the beauty of heavens, sun and moon, stars, angels, gold and silver, woods, fair fields, and whatsoever is pleasant to behold." All those other beauties fail, vary, are subject to corruption, to loathing; "But this is an immortal vision, a divine beauty, an immortal love, an indefatigable love and beauty, with sight of which we shall never be tired nor wearied, but still the more we see, the more we shall covet him." "For as one saith, where this vision is, there is absolute beauty; and where is that beauty, from the same fountain comes all pleasure and happiness; neither can beauty, pleasure, happiness, be separated from his vision or sight, or his vision, from beauty, pleasure, happiness." In this life we have but a glimpse of this beauty and happiness: we shall hereafter, as John saith, see him as he is: thine eyes, as Isaiah promiseth, xxxiii. 17. "shall behold the king in his glory," then shall we be perfectly enamoured, have a full fruition of it, desire, p behold and love him alone as the most amiable and fairest object, or summum bonum, or chiefest good.

This likewise should we now have done, had not our will been corrupted; and as we are enjoined to love God with all our heart, and all our soul: for to that end were we born, to love this object, as q Melanethon discourseth, and to enjoy it. "And him our will would have loved and sought alone as our summum bonum, or principal good, and all other good things for God's sake: and nature, as she proceeded from it, would have sought this fountain; but in this infirmity of human nature this order is disturbed, our love is corrupt:" and a man is like that monster in r Plato, composed of a Scylla, a lion and a man; we are carried away headlong with the torrent of our affections: the

k Cap. vi. 8. l Cap. xxvii. 11. m In Psal. lxxxv. omnes pulchritudines terrenas auri, argentifi, nemorum et camparum pulchritudinem Solla et Lunae, stelearum, omnis pulchra superant. n Immortals hanc visis, immortallis amor, indefasius amor et visio. o Osorius: ubi cumque visio et pulchritudo divini aspectus, lii voluptas ex codem fonte omnisque beatitudine, nec ab ejus aspectu voluptas, nec ab illa voluptate aspectus separari potest. p Leon Harebus. Dubitatur an humana felicitas Deo cognoscendo an amando terminetur. q Lib. de anima. Ad hoc objectum amandum et fruendum nati sumus; et hunc appetim, unicam hunc amasset humana voluptas, ut summum bonum, et censeas res omnes co ordines. r de Repub,
world, and that infinite variety of pleasing objects in it, do so allure and en-
amour us, that we cannot so much as look towards God, seek him, or think on
him as we should: we cannot, saith Austin, *rempublicam celestem cogitate*, we
cannot contain ourselves from them, their sweetness is so pleasing to us. Mar-
riage, saith Gualter, detains many; “A thing in itself laudable, good and
necessary, but many deceived and carried away with the blind love of it, have
quite laid aside the love of God, and desire of his glory. Meat and drink
hath overcome as many, whilst they rather strive to please, satisfy their guts
and belly, than to serve God and nature.” Some are so busied about mer-
chandise to get money, they lose their own souls, whilst covetously carried, and
with an insatiable desire of gain, they forget God; as much we may say of
honour, leagues, friendships, health, wealth, and all other profits or pleasures
in this life whatsoever. *t* In this world there be so many beautiful objects,
splendours and brightness of gold, majesty of glory, assistance of friends, fair
promises, smooth words, victories, triumphs, and such an infinite company of
pleasing beauties to allure us, and draw us from God, that we cannot look after
him.” And this is it which Christ himself, those prophets and apostles so
much thundered against, 1 John, xvii. 15, dehort us from; “love not the world,
or the things that are in the world: if any man love the world, the love of the
Father is not in him, 16. For all that is in the world, as lust of the flesh,
the lust of the eyes, and pride of life, is not of the Father, but of the world:
and the world passeth away and the lust thereof; but he that fulfilleth the will
of God abideth for ever. “No man,” saith our Saviour, “can serve two masters,
but he must love the one and hate the other,” &c., *bonos vel males mores, boni
vel mali faciunt amores*, Austin well infers: and this is that which all the
fathers inculcate. He cannot (Austin admonisheth) be God’s friend, that is
delighted with the pleasures of the world; “make clean thine heart, purify
thine heart; if thou wilt see this beauty, prepare thyself for it. It is the eye
of contemplation by which we must behold it, the wing of meditation which
lifts us up and rears our souls with the motion of our hearts, and sweetness
of contemplation;” so saith Gregory cited by Bonaventure. And as Philo
Judeus seconds him, “He that loves God will soar aloft and take him wings;
and, leaving the earth, fly up to heaven, wander with sun and moon, stars, and
that heavenly troop, God himself being his guide.” If we desire to see him,
we must lay aside all vain objects, which detain us and dazzle our eyes, and
as Ficinus advise us, “get us solar eyes, spectacles as they that look on
the sun: to see this divine beauty, lay aside all material objects, all sense,
and then thou shalt see him as he is.” Thou covetous wretch, as Austin exos-
tulates, “why dost thou stand gaping on this dross, muck-hills, filthy excre-
ments? behold a far fairer object, God himself woos thee; behold him, enjoy
him, he is sick for love.” Cant. v. he invites thee to his sight, to come into
his fair garden, to eat and drink with him, to be merry with him, to enjoy
his presence for ever. Wisdom cries out in the streets besides the gates in
the high of top places, before the city, at the entry of the door, and bids them
give ear to her instruction, which is better than gold or precious stones; no
pleasures can be compared to it: leave all then and follow her, vos exhortor &

* canes ejus amore decepserit, divini amores et gloriam studium in universum abjecerunt; plurimos elius et potus
peru. 1 In mundo splendor opus, gloriae majestas, amicitiarum presidia, verborum blanditia, voluntas
tum omnis generis illecebras, victorie, triumphi, et infinita alia ab amore dei alstraunt, &c. 2 In
Psalm. xxxii. Dei amicus esse non potest qui mundi studiis delectatur; ut hanc formam videas mundi cor,
serena cor, &c. 3 Contemplationis plenus nos sublevat atque inde emergere intentiones cordis, dulcedine
contemplationis distinct. 6. de I. Hibernius. 4. Lib. de victimis; amans Deum, sublimis petit, amnibus
alia et in colunt recth volat, relica terra, cupidos abstrani cum sole, luna, stellarumque sacra milita, ipso
Deo ducit. 5 In com. Pat. cap. 7. ut Solum vides oculis, fieri debes solarius; ut divinam apicelas pul-
chrimum, demitte materia, demitte sensum, et Deum quael sit videbas. 6 Avere, quid inlatas his,
&c., pulchrior est qui te ambit ipsum visire quam ipsum habere. 7 Prov. viii.
amici et obseruo. In \textit{Ficinus's words,} "I exhort and beseech you, that you would embrace and follow this divine love with all your hearts and abilities, by all offices and endeavours make this so loving God propitious unto you." For whom alone, saith \textit{Plotinus,} "we must forsake the kingdoms and empires of the whole earth, sea, land, and air, if we desire to be ingrafted into him, leave all and follow him."

Now, forasmuch as this love of God is a habit infused of God, as \textit{Thomas holds, l. 2. quest. 23.} "by which a man is inclined to love God above all, and his neighbour as himself," we must pray to God that he will open our eyes, make clear our hearts, that we may be capable of his glorious rays, and perform those duties that he requires of us, Deut. vi. and Josh. xxxiii. "to love God above all, and our neighbour as ourself, to keep his commandments. In this we know, saith 1 John, c. v. 2, we love the children of God, when we love God and keep his commandments." This is the love of God, that we keep his commandments; he that loveth not, knoweth not God, for God is love, \textit{cap.} iv. 8. and he that dwelleth in love, dwelleth in God, and God in him;" for love presupposeth knowledge, faith, hope, and unites us to God himself, as \textit{Leon Hæbreus delivereth us, and is accompanied with the fear of God, humility, meekness, patience, all those virtues, and charity itself.} For if we love God, we shall love our neighbour, and perform the duties which are required at our hands, to which we are exhorted, 1 Cor. xv. 4, 5; Ephes. iv.; Coloss. iii.; Rom. xii. \textit{We shall not be envious or puffed up, or boast, disdain, think evil, or be provoked to anger, but suffer all things; endeavour to keep the unity of the spirit in the bond of peace.} Forbear one another, forgive one another, clothe the naked, visit the sick, and perform all those works of mercy, which \textit{Clement of Alexandria calls amoris et amicitiae impletionem et extentionem, the extent and complement of love; and that not for fear or worldly respects, but ordine ad Deum, for the love of God himself.} This we shall do if we be truly enamoured; but we come short in both, we neither love God nor our neighbour as we should. Our love in spiritual things is too defective, in worldly things too excessive, there is a jar in both. We love the world too much; God too little; our neighbour not at all, or for our own ends. \textit{Vulgaris amicitia utilitatem probat.} "The chief thing we respect is our commodity;" and what we do is for fear of worldly punishment, for vain-glory, praise of men, fashion, and such by respects, not for God's sake. We neither know God aright, nor seek, love or worship him as we should. And for these defects, we involve ourselves into a multitude of errors, we swerve from this true love and worship of God: which is a cause unto us of unspeakable miseries; running into both extremes, we become fools, madmen, without sense, as now in the next place I will show you.

The parties affected are innumerable almost, and scattered over the face of the earth, far and near, and so have been in all precedent ages, from the beginning of the world to these times, of all sorts and conditions. For method's sake I will reduce them to a two-fold division, according to those two extremes of excess and defect, impiety and superstition, idolatry and atheism. Not that there is any excess of divine worship or love of God; that cannot be, we cannot love God too much, or do our duty as we ought, as Papists hold, or have any perfection in this life, much less supererogate; when we have all done, we are unprofitable servants. But because we do aliud agere, zealous without knowledge, and too solicitous about that which is not necessary, busying ourselves about impertinent, needless, idle, and vain ceremonies, populo ut placent, 

\textit{Cap. 18. Rom. Amorem hunc divinum totis virtutibus amplexamini: Deum vobis omni officiorum genere propitium facite.} \textit{Cap. 7. de pulchritudine regna et imperia totius terrae et maris et collis operet oratis nisi ad ipsum conversus vellis inseri.} \textit{Habitus à Deo infensus, per quem inclinatur homo ad diligentiam Deum super omnia.} \textit{Dial. 1. Omnis convertit amor in ipsius pulchri naturam.} \textit{Stromatum lib. 2.}

\textit{Greenham.}
as the Jews did about sacrifices, oblations, offerings, incense, new moons, feasts, &c., but Isaiah taxeth them, i. 12, "who required this at your hands?" We have too great opinion of our own worth, that we can satisfy the law; and do more than is required at our hands, by performing those evangelical counsels, and such works of supererogation, merit for others, which Bellarmine, Gregory de Valentin, all their Jesuits and champions defend, that if God should deal in rigour with them, some of their Franciscans and Dominicans are so pure, that nothing could be objected to them. Some of us again are too dear, as we think, more divine and sanctified than others, of a better mettle, greater gifts, and with that proud Pharisee, contemn others in respect of ourselves, we are better Christians, better learned, choice spirits, inspired, know more, have special revelation, perceive God's secrets, and thereupon presume, say and do that many times which is not befitting to be said or done. Of this number are all superstitious idolaters, ethnics, Mahometans, Jews, heretics, enthusiasts, divinators, prophets, sectaries, and schismatics. Zanchius reduceth such infidels to four chief sects; but I will insist and follow mine own intended method; all which with many other curious persons, monks, hermits, &c., may be ranged in this extreme, and fight under the superstitious banner, with those rude idiots, and infinite swarms of people that are seduced by them. In the other extreme or in defect, march those impious epicures, libertines, atheists, hypocrites, infidels, worldly, secure, impenitent, unthankful, and carnal-minded men, that attribute all to natural causes, that will acknowledge no supreme power; that have cauterised consciences, or live in a reprobrate sense; or such desperate persons as are too distrustful of his mercies. Of these there be many subdivisions, diverse degrees of madness and folly, some more than other, as shall be shown in the symptoms: and yet all miserably out, perplexed, doting, and beside themselves for religion's sake. For as Zanchy well distinguished and all the world knows, religion is twofold, true or false; false is that vain superstition of idolaters, such as were of old, Greeks, Romans, present Mahometans, &c. Timorem deorum insanem, Tully could term it; or as Zanchy defines it, Ubi falsi dixi, aut falso cultu cultur Deus, when false gods, or that God is falsely worshipped. And 'tis a miserable plague, a torture of the soul, a mere madness, Religiosa insanía, Meteran calls it, or insanus error, as Seneca, a frantic error; or as Austin, Insanus animi morbus, a furious disease of the soul; insanía omnium insanissimá, a quintessence of madness; for he that is superstitious can never be quiet. 'Tis proper to man alone, uni superbia, avaritia, supersticio, saith Plin. lib. 7. cap. 1. atque etiam post saept de futuro, which wrings his soul for the present, and to come: the greatest misery belongs to mankind, a perpetual servitude, a slavery, Ex timore timor, a heavy yoke, the seal of damnation, an intolerable burden. They that are superstitious are still fearing, suspecting, vexing themselves with auguries, prodigies, false tales, dreams, idle, vain works, unprofitable labours, as Boterus observes, curté mentis ancipit versatur: enemies to God and to themselves. In a word, as Seneca concludes, Religio Deum colit, supersticio destruit, superstition destroys, but true religion honours God. True religion, ubi verus Deus vere cultur, where the true God is truly worshipped, is the way to heaven, the mother of virtues, love, fear, devotion, obedience, knowledge, &c. It rears the dejected soul of man, and amidst so many cares, miseries, persecutions, which this world affords, it is a sole ease, an unspeakable comfort, a sweet repose, Jugum suave, et leve, a light yoke, an anchor, and a haven. It adds courage, boldness, and begets generous spirits; although tyrants rage, persecute, and that bloody Lictor, or sergeant be ready to martyr them, aut lita,
aut morere (as in those persecutions of the primitive Church, it was put in practice, as you may read in Eusebius and others), though enemies be now ready to invade, 

"Si fractus illabatur orbis, impavidos ferient ruinae, though heaven should fall on his head, he would not be dismayed. But as a good Christian prince once made answer to a menacing Turk, volvis selecta hominum arma contendit, qui Dei presidio tutus est: or as "Phalaris wrote to Alexander in a wrong cause, he nor any other enemy could terrify him, for that he trusted in God. Si Deus nobisum, quis contra nos? "

In all calamities, persecutions whatsoever, as David did, 2 Sam. ii. 22, he will sing with him, "the Lord is my rock, my fortress, my strength, my refuge, the tower and horn of my salvation," &c. In all troubles and adversities, Psal. xlvi. 1. "God is my hope and help, still ready to be found, I will not therefore fear," &c, 'tis a fear expelling fear; he hath peace of conscience, and is full of hope, which is (saith "Austin) vita vitae mortalis, the life of this our mortal life, hope of immortality, the sole comfort of our misery: otherwise, as Paul saith, we of all others were most wretched, but this makes us happy, counterpoising our hearts in all miseries; superstition torments, and is from the devil, the author of lies; but this is from God himself, as Lucian, that Antiochian priest, made his divine confession in "Eusebius, Auctor nobis de Deo Deus est, God is the author of our religion himself, his word is our rule, a lantern to us, dictated by the Holy Ghost, he plays upon our hearts as so many harpsstrings, and we are his temples, he dwelleth in us, and we in him.

The part affected of superstition, is the brain, heart, will, understanding, soul itself, and all the faculties of it, totum compositum, all is mad and dotes: now for the extent, as I say, the world itself is the subject of it (to omit that grand sin of atheism), all times have been misaffected, past, present, "there is not one that doth good, no not one, from the prophet to the priest," &c. A lamentable thing it is to consider, how many myriads of men this idolatry and superstition (for that comprehends all) hath infatuated in all ages, besotted by this blind zeal, which is religion's ape, religion's bastard, religion's shadow, false glass. For where God hath a temple, the devil will have a chapel: where God hath sacrifices, the devil will have his oblations: where God hath ceremonies, the devil will have his traditions: where there is any religion, the devil will plant superstition; and 'tis a pitiful sight to behold and read, what tortures, miseries, it hath procured, what slaughter of souls it hath made, how it rageth amongst those old Persians, Syrians, Egyptians, Greeks, Romans, Tuscanis, Gauls, Germans, Britons, &c. Britannia jam hodie celebrat tam asserit, saith "Pliny, tantis ceremoniais (speaking of superstition) ut dedisse Persis videri possit. The Britons are so stupendously superstitious in their ceremonies, that they go beyond those Persians. He that shall but read in Pausanias alone, those gods, temples, altars, idols, statues, so curiously made with such infinite cost and charge, amongst those old Greeks, such multitudes of them and frequent varieties, as "Gerbelius truly observes, may stand amazed, and never enough wonder at it; and thank God withal, that by the light of the Gospel, we are so happily freed from that slavish idolatry in these our days. But heretofore, almost in all countries, in all places, superstition hath blinded the hearts of men; in all ages what a small portion hath the true church ever been! Divisum imperium cum Jove Deum habet." The patriarchs and their families, the Israelites a handful in respect, Christ and his apostles, and not all of them, neither. Into what straits hath it been compassed, a little flock! how hath superstition on the other side dilated herself, error, ignorance, barbarism, folly, madness, deceived, triumphed, and insulted over the most
wise, discreet, and understanding men, philosophers, dynasts, monarchs, all were involved and overshadowed in this mist, in more than Cimmerian darkness. "Adeo ignara superstitione mentes hominum depravat, et nonnumquam saponium animos transversos agit. At this present, quota pars! How small a part is truly religious! How little in respect! Divide the world into six parts, and one, or not so much, is Christians; idolaters and Mahometans possess almost Asia, Africa, America, Magellanica. The kings of China, great Cham, Siam, and Borneo, Pegu, Deccan, Narsinga, Japan, &c., are gentiles, idolaters, and many other petty princes in Asia, Monomotopa, Congo, and I know not how many negro princes in Africa, all Terra Australis incognita, most of America, pagans, differing all in their several superstitions; and yet all idolaters. The Mahometans extend themselves over the great Turk's dominions in Europe, Africa, Asia, to the Xeriffes in Barbary, and his territories in Fez, Sus, Morocco, &c. The Tartar, the great Mogor, the Sophy of Persia, with most of their dominions and subjects, are at this day Mahometans. See how the devil rageth: those at odds, or differing among themselves, some for b Ali, some Enbocar, for Aemor, and Ozimen, those four doctors, Mahomet's successors, and are subdivided into seventy-two inferior sects, as c Leo Afer reports. The Jews, as a company of vagabonds, are scattered over all parts; whose story, present estate, progress from time to time, is fully set down by d Mr. Thomas Jackson, Doctor of Divinity, in his comment on the creed. A fifth part of the world, and hardly that, now professeth CHRIST, but so inlarded and interlaced with several superstitions, that there is scarce a sound part to be found, or any agreement amongst them. Presbyter John, in Africa, lord of those Abyssinians, or Ethiopians, is by his profession a Christian, but so different from us, with such new absurdities and ceremonies, such liberty, such a mixture of idolatry and paganism, that they keep little more than a bare title of Christianity. They suffer polygamy, circumcision, stupend fistings, divorce as they will themselves, &c., and as the papists call on the Virgin Mary, so do they on Thomas Didymus before Christ. e The Greek or Eastern Church is rent from this of the West, and as they have four chief patriarchs, so have they four subdivisions, besides those Nestorians, Jacobins, Syrians, Armenians, Georgians, &c., scattered over Asia Minor, Syria, Egypt, &c., Greece, Walachia, Circassia, Bulgaria, Bosnia, Albania, Illyricum, Schalvonia, Croatia, Thrace, Servia, Rascia, and a sprinkling amongst the Tartars, the Russians, Muscovites, and most of that great duke's (czar's) subjects, are part of the Greek Church, and still Christians: but as f one saith, temporis successu multas illis addiderunt superstitiones. In process of time they have added so many superstitions, they be rather semi-christians than otherwise. That which remains is the Western Church with us in Europe, but so eclipsed with several schisms, heresies and superstitions, that one knows not where to find it. The papists have Italy, Spain, Savoy, part of Germany, France, Poland, and a sprinkling in the rest of Europe. In America, they hold all that which Spaniards inhabit, Hispania Nova, Castella Aurea, Peru, &c. In the East Indies, the Philippine, some small holds about Goa, Malacca, Zelan, Ormus, &c., which the Portuguese got not long since, and those land-leaping jesuits have essayed in China, Japan, as appears by their yearly letters; in Africa they have Melinda, Quiloa, Mombaze, &c., and some few towns, they drive out one superstition with another. Poland is a receptacle of all religions, where Samocetans, Socinians, Photinians (now protected in Transylvania and Poland) Arrians, anabaptists are to be found, as well as in some German cities.

Scandia is Christian, but 1 Damianus A-Goes, the Portugal knight, complains, so mixed with magic, pagan rites and ceremonies, they may be as well counted idolaters: what Tacitus formerly sa. l of a like nation, is verified in them, “A people subject to superstition, contrary to religion.” And some of them as about Lapland and the Pilapians, the devil’s possession, to this day, Misericro duos gens (saith mine k author) Satanae haecens possession—et quod maxime mirandum et dolendum, and which is to be admired and pitied; if any of them be baptized, which the kings of Sweden much labour, they die within seven or nine days after, and for that cause they will hardly be brought to Christianity, but worship still the devil, who daily appears to them. In their idolatrous courses, Gaudentibus dixs patriis quos religiosse colunt, &c. Yet are they very superstitious, like our wild Irish: though they of the better note, the kings of Denmark and Sweden themselves, that govern them, be Lutherans; the remnant are Calvinists, Lutherans, in Germany equally mixed, And yet the emperor himself, dukes of Lorraine, Bavaria, and the princes electors, are most part professed papists. And though some parts of France and Ireland, Great Britain, half the cantons in Switzerland, and the Low Countries, be Calvinists, more defecate than the rest, yet at odds amongst themselves, not free from superstition. And which 1 Brochard, the monk, in his description of the Holy Land, after he had censured the Greek church, and showed their errors, concluded at last, Fuxit Deus ne Latinis multae irrepressit stultitia, I say God grant there be no fopperies in our church. As a dam of water stopped in one place breaks out into another, so doth superstition. I say nothing of Anabaptists, Socinians, Brownists, Barrowists, Familists, &c. Superstition is superstition in our prayers, often in our hearing of sermons, bitter contentions, invectives, persecutions, strange conceits, besides diversity of opinions, schisms, factions, &c. But as the Lord (Job cap. xlii. v. 7.) said to Eliphaz, the Temanite, and his two friends, “his wrath was kindled against them, for they had not spoken of him things that were right;” we may justly of these schisms and heretics, how wise soever in their own conceits, non recte loquentur de Deo, they speak not, they think not, they write not well of God, and as they ought. And therefore, Quid quaeo, mi Dorpi, as Erasmus concludes to Dorpius, hisse Theologis faciamus, aut quid preceris, nisi forte fidelem medicum, qui cerebro medeat? What shall we wish them but sanam remetem, and a good physician? But more of their differences, paradoxes, opinions, mad pranks, in the symptoms: I now hasten to the causes.

Subsect II.—Causes of Religious melancholy. From the devil by miracles, apparitions, oracles. His instruments or factours, politicians, Priests, Im- postors, Heretics, blind guides. In them simplicity, fear, blind zeal, ignorance, solitariness, curiosity, pride, vain-glory, presumption, &c. His engines, fasting, solitariness, hope, fear, &c.

We are taught in Holy Scripture, that the “Devil rangeth abroad like a roaring lion, still seeking whom he may devour;” and as in several shapes, so by several engines and devices he goeth about to seduce us; sometimes he transforms himself into an angel of light; and is so cunning that he is able, if it were possible, to deceive the very elect. He will be worshipped, as 2 God himself, and is so adored by the heathen, and esteemed. And in imitation of that divine power, as 3 Eusebius observes, 4 to abuse or emulate God’s glory, as Dandinus adds, he will have all homage, sacrifices, oblations, and whatso-

good kings, lawful magistrates, patriarchs, prophets, to the establishing of his
court, are politicians, statesmen, priests, heretics, blind guides, impostors,
prophets, to propagate his superstition. And first to begin of politicians,
it hath ever been a principal axiom with them to maintain religion or supersti-
tion, which they determine of, alter and vary upon all occasions, as to them
seems best, they make religion mere policy, a cloak, a human invention, * nihil
aqua valet ad regendos vulgi animos ac superstitionem, as 2 Tacitus and 4 Tully hold.
Austin. l. 4. de civitat. Dci c. 9. censure Scevola saying and acknowledging
expedire civitates religionis falli, that it was a fit thing cities should be deceived
by religion, according to the diver, Si mundus nolui decipi, decipiatur, if the
world will be gull'd, let it be gull'd, 'tis good howsoever to keep it in sub-
jection. 'Tis that k Aristotle and 1 Plato inculcate in their politics, "Religion
neglected, brings plagues to the city, opens a gap to all naughtiness." 'Tis
that which all our late politicians ingominie. Cromerus, l. 2. pol. hist.
Boterus, l. 3. de incrementis urbiunm. Clapmarius, l. 2. cap. 9. de Arcatis verun-
pub. cap. 4. lib. 2. polit. Captain Machiavel will have a prince by all means to
counterfeit religion, to be superstitious in show at least, to seem to be devout,
frequent holy exercises, honour divines, love the church, affect priests, as
Numa, Lycurgus, and such law-makers were and did, non ut his fidem habeant,
se ut subditos religionis mete facilius in officio contineant, to keep people in
obedience. 23 Nam naturaliter (as Cardan writes), lex Christiana lex est pietatis,
justitiae, fidei, simplicitatis, &c. But this error of his, Innocentius Jentilettus,
a French lawyer, theorem. 9. comment. 1. de Relig. and Thomas Bozins in his
book de ruinis gentium et Regnorum have copiously confuted. Many politicians,
I dare not deny, maintain religion as a true means, and sincerely speak of it
without hypocrisy, are truly zealous and religious themselves. Justice and
religion are the two chief props and supporters of a well-governed common-
wealth; but most of them are but Machiavellians, counterfeiters only for political
ends; for solus rex (which Campanella, cap. 18. atheismi triumphati observes),
as amongst our modern Turks, reipub. Finis, as knowing " magnum ejus in
animos imperium ; and that, as "Sabellicus delivers, "A man without religion,
is like a horse without a bridle." No way better to curb than superstition, to
terrify men's consciences, and to keep them in awe: they make new laws,
statutes, invent new religions, ceremonies, as so many stalking horses, to their
ends. 'Haec enim (religio) si falsa sit, dummodo vera credatur, animorum
ferociam domat, libidines coerct, subditos principi obsequentes efficit. 3 Therefore
(saith Polybius of Lycurgus), "did he maintain ceremonies, not that he
was superstitious himself, but that he perceived mortal men more apt to embrace
paradoxes than aught else, and durst attempt no evil things for fear of the
gods." This was Zamolcol's stratagem amongst the Thracians, Numa's plot,
when he said he had conference with the nymph Egeria, and that of Sertorius
with a harp; to get more credit to their decrees, by deriving them from the
gods; or else they did all by divine instinct, which Nicholas Damascen well
observes of Lycurgus, Solon, and Minos, they had their laws dictated, monte
aceto, by Jupiter himself. So Mahomet referred his new laws to the "angel
Gabriel, by whose direction he gave out they were made. Calligula in Dion
feigned himself to be familiar with Castor and Pollux, and many such, which
kept those Romans under (who, as Machiavel proves, lib. 1. disposit. cap. 11. et
12. were Religione maxime moti, most superstitions); and did curb the people

8 Religion, as they hold, is policy, invented alone to keep men in awe. h 1. Annal. 4 Omnes religiones
moventur. 5. in Verrem.
9 Zeileus, præfatu. legis qui urbem aut regionem inhabitant, persuasae esse
operae esse Deos. 110. de legisbus. Religio neglecta maxima pestem in civitatibus infert, omnium
sacerdotum fenestras aperit.
10 Cardanus, Com. in Ptolemaeum quadrupart. 111. Lepidus, l. 1. c. 3.
11 Homo sine religioni, silent equa sine frono. 12 Vannus, dial. 52. de oraculis.
12 "Qua si religio false, only let it be supposed to be true, and it will tame men's silly fancies, restrain lusts, and make loyal
subiects." 12 Lib. 10. Ideo Lycurgus, &c. non quod ipse superstitions, sed quod viserat mortales parasce
facilius amplexi, nec res graves audere sine periculo deorum. 13 Cleonardus, epist. 1. Novus legis unus
ad Angelum Gabrielem referentes, quo monitore mantlabetur omnis umas gerere.
more by this means, than by force of arms, or severity of human laws. *Sola plebeuda eam aognoscebat (saith Vaninus, dial. 1. lib. 4. de admirandis nature arcans)* speaking of religion, *qua facta decipitur, magnates vero et philosophi nequaquam*, your grandees and philosophers had no such conceit; *sed ad impedii conformationem et amplificationem quam sine praetextu religionis tuert, non poterant*; and many thousands in all ages have ever held as much, Philosophers especially, *animadvertant hi semper hec esse fabellas, atamen ob metum publica potestatis nihil cogebantur*, they were still silent for fear of laws, &c. To this end that Syrian Phyresides, Pythagoras his master, broached in the East amongst the heathens, first the immortality of the soul, as Trismegistus did in Egypt, with a many of feigned gods. Those French and Briton Druids in the West first taught, *saith Caesar, non interire animas* (that souls did not die), *"but after death to go from one to another, that so they might encourage them to virtue."* Twas for a politic end, and to this purpose the old "poets feigned those Elysian fields, their Albacus, Minos, and Rhadamantus, their infernal judges, and those Stygian lakes, fiery Phlegeetons, Pluto's kingdom, and variety of torments after death. Those that had done well, went to the Elysian fields, but evil doers to Cocytus, and to that burning lake of *"hell with fire and brimstone for ever to be tormented."* Tis this which *^2^ Plato labours for in his Phaedon, et 9. de rep.* The Turks in their Alcoran, when they set down rewards, and several punishments for every particular virtue and vice, *^3^when they persuade men, that they that die in battle shall go directly to heaven, but wicked livers to eternal torment, and all of all sorts (much like our papistical purgatory),* for a set time shall be tortured in their graves, as appears by that tract which John Baptist Alqua, that Mauritian priest, now turned Christian, hath written in his confutation of the Alcoran. After a man's death two black angels, Nunquir and Nequir (so they call them) come to him to his grave and punish him for his precedent sins; if he lived well, they torture him the less; if ill, *per indesinentes cruciatus ad diem judicis*, they incessantly punish him to the day of judgment. *Nemo viventium qui ad horum mentionem non totus horret et contremiscit*, the thought of this crucifies them all their lives long, and makes them spend their days in fasting and prayer, *ne mala hec contingat, &c.* A Tartar prince, saith Marcus Polus, *lib. 1. cap. 23.* called Senex de Montibus, the better to establish his government amongst his subjects, and to keep them in awe, found a convenient place in a pleasant valley, environed with hills, in *"which he made a delicious park full of odoriferous flowers and fruits, and a palace of all worldly contents,"* that could possibly be devised, music, pictures, variety of meats, &c., and chose out a certain young man, whom with a *"so oriferous potion he so benumbed, that he perceived nothing: "and so fast asleep as he was, caused him to be conveyed into this fair garden;"* where after he had lived awhile in all such pleasures a sensual man could desire, *"He cast him into a sleep again, and brought him forth, that when he awaked he might tell others he had been in Paradise."* The like he did for hell, and by this means brought his people to subjection. Because heaven and hell are mentioned in the scriptures, and to be believed necessary by Christians: so cunningly can the devil and his ministers, in imitation of true religion, counterfeit and forge the like, to circumvent and delude his superstitious followers. Many such tricks and impostures are acted by politicians, in China especially, but with what effect I will discourse in the symptoms.

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Next to politicians, if I may distinguish them, are some of our priests (who make religion policy), if not far beyond them, for they domineer over princes and statesmen themselves. *Curriculum exercitium* one saith they tyrannise over men’s consciences more than any other tormentors whatsoever, partly for their commodity and gain; *Religionum enim omnium abusus* (as *Postellus* holds), *quae sunt caput sacrifciurn in causa est*: for sovereignty, credit, to maintain their state and reputation, out of ambition and avarice, which are their chief supporters: what have they not made the common people believe? Impossibilities in nature, incredible things; what devices, traditions, ceremonies, have they not invented in all ages to keep men in obedience, to enrich themselves? *Quibus quaeque sunt capit superstitione animi*, as *Livy* saith. Those Egyptian priests of old got all the sovereignty into their hands, and knowing, as *Curtius* insinuates, *nullo re efficacius multitudinem regit quod superstitione; melius vabibus quam ducibus parent, vand religione capit, etiam impotentem femine*; the common people will sooner obey priests than captains, and nothing so forcible as superstition, or better than blind zeal to rule a multitude; have so terrified and gulled them, that it is incredible to relate. All nations almost have been besotted in this kind; amongst our Britons and old Gauls the Druids; magi in Persia; philosophers in Greece; Chaldeans amongst the Oriental; Brachmanni in India; Gymnosophists in Ethiopia; the Turditanes in Spain; Augurs in Rome, have insulted; *Apollo’s priests in Greece, Pheædades and Pythonisses, by their oracles and phantoms; Amphiarius and his companions; now mahometan and pagan priests, what can they not effect? *How do they not infatuate the world?* *Ad eum ubique* (as *Scaliger* writes of the mahometan priests), *tum gentium tum locorum, gens ista sacrorum ministra vulgi secat aqv ad ea quae ipsi fingunt somnia*, “so cunningly can they gull the commons in all places and countries.” But above all others that high priest of Rome, the dam of that monstrous and superstitious brood, the bull-bellowing pope, which now rageth in the West, that three-headed Cerberus hath played his part. “*Whose religion at this day is mere policy a state wholly composed of superstition and wit, and needs nothing but wit and superstition to maintain it, that useth colleges and religious houses to as good purpose as forts and castles, and doth more at this day*” by a company of scribbling parasites, fiery-spirited friars, zealous anchorites, hypocritical confessors, and those pretorian soldiers, his Janissary jesuits, and that disassociable society, as *Langius* terms it, *postremus diaeboli conatus et sacrati excrecementum*, that now stand in the fore front of the battle, will have a monopoly of, and engross all other learning, but dominæer in divinity; *Excipiat soli totius vulnera bellii*, and fight alone almost (for the rest are but his dromedaries and asses), than ever he could have done by garrisons and armies. *What power of prince or penal law, be it never so strict, could enforce men to do that which for conscience-sake they will voluntarily undergo? As to fast from all flesh, abstain from marriage, rise to their prayers at midnight, whip themselves, with stupendous fasting and penance, abandon the world, wilful poverty, perform canonical and blind obedience, to prostrate their goods, fortunes, bodies, lives, and offer up themselves at their superiors’ feet, at his command? What so powerful an engine as superstition? which they right well perceiving, are of no religion at all themselves: *Primum enim* (as Calvin rightly suspects, the tenor and practice of their life proves), *arcana illius theologica, quod apud eos regnat, caput est, nullum esse deum, they hold there is no God, as Leo X. did, Hildebrand the magician, Alexander VI., Julius II., mere atheists, and which the common proverb amongst them approves, “*The worst Christians of Italy are

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*Part. 3. Sec. 4.*

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*Lib. 1. de orb. Concord. cap. 7.*  *Ed. 4.*  *Part. 3.*


*L. Lucian.*  "By themselves sustain the brunt of every battle."  *L. Sab. Ed. Sands in his Relation.*
the Romans, of the Romans the priests are wildest, the lowest priests are preferred to be cardinals, and the basdest man amongst the cardinals is chosen to be pope," that is an epicure, as most part the popes are, infidels and Lucianists, for so they think and believe; and what is said of Christ to be fables and impostures, of heaven and hell, day of judgment, paradise, immortality of the soul, are all,

"1Rumores vacui, verbaque inurnis,
Et par sollicito fabula somnia."

"Dreams, toys, and old wives' tales." Yet so many m whetstones to make other tools out, but cut not themselves, though they be of no religion at all, they will make others most devout and superstitious, by promises and threats, compel, enforce from, and lead them by the nose like so many bears in a line; when as their end is not to propagate the church, advance God's kingdom, seek His glory or common good, but to enrich themselves, to enlarge their territories, to domineer and compel them to stand in awe, to live in subjection to the See of Rome. For what otherwise care they? Si mandus vult decipi, desipiatur, "since the world wishes to be gulled, let it be gulled," 'tis fit it should be so. And for which "Austin cites Varro to maintain his Roman religion, we may better apply to them: multa vera, quae vulgus scire non est utile; pleraque falsa, quae tamen alter existimare populum expedit; some things are true, some false, which for their own ends they will not have the gullish commonalty take notice of. As well may witness their intolerable covetousness, strange forgeries, fopperies, fooleries, unrighteous subtleties, impostures, illusions, new doctrines, paradoxes, traditions, false miracles, which they have still forged, to enthrall, circumvent and subjugate them, to maintain their own estates. "One while by bulls, pardons, indulgences, and their doctrines of good works, that they be meritorious, hope of heaven, by that means they have so fleeced the commonalty, and spurred on this free superstitious horse, that he runs himself blind, and is an ass to carry burdens. They have so amplified Peter's patrimony, that from a poor bishop, he is become Rex Regum, Dominus dominantium, a demigod, as his canonists make him (Felinus and the rest), above God himself. And for his wealth and temporalities, is not inferior to many kings: "his cardinals, princes' companions: and in every kingdom almost, abbots, friars, monks, friars, &c., and his clergy, have engrossed a third part, half, in some places all, into their hands. Three princes, electors in Germany, bishops; besides Magdeburg, Spire, Salzburg, Breme, Bamberg, &c. In France, as Bodine, lib. de repub. gives us to understand, their revenues are 12,300,000 livres; and of twelve parts of the revenues in France, the church possesses seven. The Jesuits, a new sect, begun in this age, have, as Middendorpius and Pelargus reckon up, three or four hundred colleges in Europe, and more revenues than many princes. In France, as Arnoldus proves, in thirty years they have got bis centum librarum millia annum, 200,000L. I say nothing of the rest of their orders. We have had in England, as Armachamus demonstrates, above 30,000 friars at once, and as Speed collects out of Leland and others, almost 600 religious houses, and near 200,000L. in revenues of the old rent belonging to them, besides images of gold, silver, plate, furniture, goods and ornaments, as Weever calculates, and esteems them at the dissolution of abbeys, worth a million of gold. How many towns in every kingdom hath superstition enriched? What a deal of money by musty relics, images, idolatry, have their mass-priests engrossed,

1Seneca. 16 Vinc colit, acnum Reddero quae forram valet, exora fessa secundii. 17 De civ. Del, lib. 4. cap. 31. 18 Seeking their own, saith Paul, not Christ's. 19 He hath the Duchi of Spoleto in Italy, the Marquisate of Ancona, beside Rome, and the territories adjacent, Bologna, Ferrara, &c. Avignon in France, &c. 20 Estote fratres mei, et principes hujus mundi. 21. Heimel, lib. de paradox. 22 The Lady suspect their greatness, and esteem them at the dissolution of the abbeys, worth a million of gold. How many towns in every kingdom hath superstition enriched? What a deal of money by musty relics, images, idolatry, have their mass-priests engrossed,
and what sums have they scraped by their other tricks! Loretto in Italy, Walsingham in England, in those days, *Ubi omnia auro nitent,* "where everything shines with gold," saith Erasmus, St. Thomas's shrines, &c., may witness. 

Delphos so renowned of old in Greece for Apollo's oracle, *Delos commune conciliaabium et emporium sold religione munitum*; Dodona, whose fame and wealth were sustained by religion, were not so rich, so famous. If they can get but a relic of some saint, the Virgin Mary's picture, idols or the like, that city is for ever made, it needs no other maintenance. Now if any of these their impostures or juggling tricks be controverted, or called in question: if a magnanimous or zealous Luther, an Heroical Luther, as *Dithmarus* calls him, dare touch the monks' bellies, all is in a combustion, all is in an uproar: Demetrius and his associates are ready to pull him in pieces, to keep up their trades, "*Great is Diana of the Ephesians:*" with a mighty shout of two hours long they will roar and not be pacified.

Now for their authority, what by auricular confession, satisfaction, penance, Peter's keys, thunderings, excommunications, &c., roaring bulls, this high priest of Rome, shaking his Gorgon's head, hath so terrified the soul of many a silly man, insulted over majesty itself, and swaggered generally over all Europe for many ages, and still doth to some, holding them as yet in slavish subjection, as never tyrannising Spaniards did by their poor negroes, or Turks by their gally-slaves. "*The bishop of Rome* (saith Stapleton, a parasite of his, *de Mag. Eccles. lib. 2. cap. 1.* hath done that without arms, which those Roman emperors could never achieve with forty legions of soldiers," deposed kings, and crowned them again with his foot, made friends, and corrected at his pleasure, &c. "*Tis a wonder, saith Machiavel, *Florentinus his lib. 1.* what slavery King Henry II. endured for the death of Thomas à Beckett, what things he was enjoined by the Pope, and how he submitted himself to do that which in our times a private man would not endure," and all through superstition. *Henry IV.* disposed of his empire, stood barefooted with his wife at the gates of Canossa. *Frederico the Emperor* was trodden on by Alexander III., another held Adrian's stirrup, King John kissed the knees of Pandulphos the Pope's legate, &c. What made so many thousand Christians travel from France, Britain, &c., into the Holy Land, spend such huge sums of money, go a pilgrimage so familiarly to Jerusalem, to creep and crouch, but slavish superstition? What makes them so freely venture their lives, to leave their native countries, to go seek martyrdom in the Indies, but superstition? to be assassins, to meet death, murder kings, but a false persuasion of merit, of canonical or blind obedience which they instil into them, and animate them by strange illusions, hope of being martyrs and saints? such pretty feats can the devil work by priests, and so well for their own advantage can they play their parts. And if it were not yet enough, by priests and politicians to delude mankind, and crucify the souls of men, he hath more actors in his tragedy, more iron in the fire, another scene of heretics, factions, ambitious wits, insolent spirits, schismatics, impostors, false prophets, blind guides, that out of pride, singularity, vain-glory, blind zeal, cause much more madness yet, set all in an uproar by their new doctrines, paradoxes, figments, crotchets, make new divisions, subdivisions, new sects, oppose one superstition to another, one kingdom to another, commit prince and subjects, brother against brother, father against son, to the ruin and destruction of a commonwealth, to the disturbance of peace, and to make a general confusion of all estates. How did those Arrians

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*Pausanias in Lacioins, lib. 3. Mem de Achaids, lib. 7. cujus summae opes, et valde inclyta fama.


rage of old? how many did they circumvent? Those Pelagians, Manichees,
&c., their names alone would make a just volume. How many silly souls
have impostors still deluded, drawn away, and quite alienated from Christ!
Lucian's Alexander Simon Magus, whose statute was to be seen and adored in
Rome, saith Justin Martyr, "Simoni deo Sancto, &c., after his decease. Apol-
lonius Tiasæus, Cynops, Eumo, who by counterfeiting some new ceremonies
and juggling tricks of that Dea Syria, by spitting fire, and the like, got an
army together of 40,000 men, and did much harm: with Eudo de stellis, of
whom Nubrigensis speaks, lib. 1. cap. 19. that in King Stephen's days imitated
most of Christ's miracles, fed I know not how many people in the wilderness,
and built castles in the air, &c., to the seducing of multitudes of poor souls.
In Franconia, 1476, a base illiterate fellow took upon him to be a prophet, and
preach, John Beheim by name, a neatherd at Nicholhausen, he seduced 30,000
persons, and was taken by the commonalty to be a most holy man, come from
heaven. "Tradesmen left their shops, women their distaffs, servants ran
from their masters, children from their parents, scholars left their tutors, all
to hear him, some for novelty, some for zeal. He was burnt at last by the
Bishop of Wartzburg, and so he and his heresy vanished together." How
many such impostors, false prophets, have lived in every king's reign? what
chronicles will not afford such examples? that as so many ignes fatui, have
led men out of the way, terrified some, deluded others, that are apt to be
carried about by the blast of every wind, a rude inconstant multitude, a silly
company of poor souls, that follow all, and are cluttered together like so many
pebbles in a tide. What prodigious follies, madness, vexations, persecutions,
absurdities, impossibilities, these impostors, heretics, &c., have thrust upon
the world, what strange effects shall be shown in the symptoms.

Now the means by which, or advantages the devil and his infernal ministers
take, so to delude and disquiet the world with such idle ceremonies, false doc-
trines, superstitious fopperies, are from themselves, innate fear, ignorance,
simplicity, hope and fear, those two battering cannons and principal engines,
with their objects, reward and punishment, purgatory, "inhabitam, &c.
which now more than ever tyrannise; "for what province is free from
atheism, superstition, idolatry, schism, heresy, impiety, their factors and fol-
lowers? thence they proceed, and from that same decayed image of God,
which is yet remaining in us.

"Id omni subline dedit, colurnque tauri
Jasut."—

Our own conscience doth dictate so much unto us, we know there is a God
and nature doth inform us; "Nulla gens tam barbaras (saith Tully) cui non insi-
deat hanc persuasum Deum esse; sed nec Scythia, nec Grecus, nec Persa, nec
Hyperboreas dixisset (as Maximus Tyrius the Platonist, ser. 1. farther adds),
nee continentis nec insulamur habitator, let him dwell where he will, in what
cost soever, there is no nation so barbarous that is not persuaded there is a
God. It is a wonder to read of that infinite superstition amongst the Indians
in this kind, of their tenets in America, "pro suo quiesque libitum variis res vene-
rabantur superstitione, plantas, animalia, montes, &c. omne quod omabat aut
horrebat (some few places excepted as he grants, that had not God at all.) So
"the heavens declare the glory of God, and the firmament declares his handy
work," Psalm xix. "Every creature will evince it;" Præsentemque referet
qualibet herba deum. Nolentes sciant, fatentur inviti, as the said Tyrius pro-
ceeds, will or nill, they must acknowledge it. The philosophers, Socrates,

f Herodotus contends Apollonius to have been as great a prophet as Christ, whom Eusebius confutes.
> Municipal Cosmog. 1. & c. 37. Artifices ex officina, arator & stiva, feminam & colo, &c. quasi numinis quidam
rapid, nescia parentibus et dominis recta aduent, &c. Combustus demum ab Herodipien Episcopo; heresias
evanuit.
> Nulla non provinciæ heresibus, Athelismiss, &c. plenæ. Nullus orbis angulus ab hoc edibus
immunio.
> Lib. 1. de nat. Deumum. "He gave to man an upward gaze, commanding him to fix his
eyes on heaven."
Plato, Plotinus, Pythagoras, Trismegistus, Seneca, Epictetus, those Magi, Druids, &c. went as far as they could by the light of nature; *multa praeclara de naturâ Dei scripta reliquarunt, "writ many things well of the nature of God, but they had but a confused light, a glimpse;"

*Quae per incertam lunam sub laco maligna

"as he that walks by moonshine in a wood," they groped in the dark; they had a gross knowledge, as he in Euripides, *O Deus qui quasi es, sive caelum, sive terrâ, sive aliud quid, and that of Aristotle, *Ens entium miserere mei. And so of the immortality of the soul, and future happiness. *Immortalitatem animae (saith Hieron) *Pythagoras somniavit, *Democritus non credidit, in consolationem damnationis suae Socrates in carcere disputavit; *Indus, *Persa, *Cothus, &c. *Philosophantur. So some said this, some that, as they conceived themselves, which the devil perceiving, led them farther out (as Lemnius observes) and made them worship him as their God with stocks and stones, and torture themselves to their own destruction, as he thought fit himself, inspired his priests and ministers with lies and fictions to prosecute the same, which they for their own ends were as willing to undergo, taking advantage of their simplicity, fear and ignorance. For the common people are as a flock of sheep, a rude, illiterate rout, void many times of common sense, a mere beast, *bellum mulitorum capitum, will go whithersoever they are led: as you lead a ram over a gap by the horns, all the rest will follow, *Non quid eundum, sed quid utur, they will do as they see others do, and as their prince will have them, let him be of what religion he will, they are for him. Now for these idolaters, Maxentius and Licinius, then for Constantine a Christian. *Qui Christum negant, malè persecut, acclamation est Decies, for two hours' space; qui Christum non colunt, Augusti invicem sunt, acclamation est ter decies; and by and by idolaters again under that Apostate Julianus; all Arrians under Constantius, good Catholics again under Jovinianus, "And little difference there is between the discretion of men and children in this case, especially of old folks and women, as Cardan discourseth, when as they are tossed with fear and superstition, and with other men's folly and dishonesty." So that I may say their ignorance is a cause of their superstition, a symptom, and madness itself: *Suppliciæ causa est, suppliciumque sui. Their own fear, folly, stupidity, to be deplored lethargy, is that which gives occasion to the other, and pulls these miseries on their own heads. For in all these religions and superstitions, amongst our idolaters, you shall find that the parties first affected, are silly, rude, ignorant people, old folks, that are naturally prone to superstition, weak women, or some poor, rude, illiterate persons, that are apt to be wrought upon, and galled in this kind, prone without either examination or due consideration (for they take up religion a trust, as at mercers' they do their wares) to believe anything. And the best means they have to breed first, or to maintain it when they have done, is to keep them still in ignorance: for "ignorance is the mother of devotion," as all the world knows, and these times can amply witness. This hath been the devil's practice, and his infernal ministers' in all ages; not as our Saviour by a few silly fishermen, to confound the wisdom of the world, to save publicans and sinners, but to make advantage of their ignorance, to convert them and their associates; and that they may better effect what they intend, they begin, as I say, with poor stupid, illiterate persons. So Mahomet did when he published his Alcoran, which is a piece of work

(saith "Bredenbuchus") "full of nonsense, barbarism, confusion, without rhyme, reason, or any good composition, first published to a company of rude rustics, hogrubbers, that had no discretion, judgment, art, or understanding, and is so still maintained." For it is a part of their policy to let no man comment, dare to dispute or call in question to this day any part of it, be it never so absurd, incredible, ridiculous, fabulous as it is, must be believed *implicit*, upon pain of death no man must dare to contradict it, "God and the emperor," &c. What else do our papists, but by keeping the people in ignorance vent and break all their new ceremonies and traditions, when they conceal the scripture, read it in Latin, and to some few alone, feeding the slavish people in the meantime with tales out of legends, and such like fabulous narrations? Whom do they begin with but collapsed ladies, some few tradesmen, superstitious old folks, illiterate persons, weak women, discontent, rude, silly companions, or sooner circumvent? so do all our schismatics and heretics. Marcus and Valentinian, heretics, in "Treneus, seduced first I know not how many women, and made them believe they were prophets. Friar Cornelius of Dort seduced a company of silly women. What are all our anabaptists, brownists, barrowists, familists, but a company of rude, illiterate, capricious, base fellows? What are most of our papists, but stupid, ignorant and blind bayards? how should they otherwise be, when as they are brought up and kept still in darkness? "If their pastors (saith Lavater) had done their duties, and instructed their flocks as they ought, in the principles of Christian religion, or had not forbidden them the reading of scriptures, they had not been as they are." But being so misled all their lives in superstition, and carried hood-winked like hawks, how can they prove otherwise than blind idiots, and superstitious asses? what else shall we expect at their hands? Neither is it sufficient to keep them blind, and in cimmerian darkness, but withal, as a schoolmaster doth by his boys, to make them follow their books, sometimes by good hope, promises and encouragements, but most of all by fear, strict discipline, severity, threats and punishments, do they confound and soothe up their silly auditors, and so bring them into a fools' paradise. *Rex eris aitun, si recte facies, do well, thou shalt be crowned; but for the most part by threats, terrors, and affrights, they tyrannise and terrify their distressed souls: knowing that fear alone is the sole and only means to keep men in obedience, according to that hemistichium of Petronius, *primus in orbe deos fecit timor*, the fear of some divine and supreme powers, keeps men in obedience, makes the people do their duties: they play upon their consciences; *which was practised of old in Egypt by their priests; when there was an eclipse, they made the people believe God was angry, great miseries were to come; they take all opportunities of natural causes, to delude the people's senses, and with fearful tales out of purgatory, feigned apparitions, earthquakes in Japonia or China, tragical examples of devils, possessions, obsessions, false miracles, counterfeit visions, &c. They do so insult over and restrain them, never hoby so dared a larke, that they will not *offend the least tradition, tread, or scarce look awry*: *Deus bone* ("Lavater exclaims) *quot hoc commentum de purgatorio miseré afficit!* good God, how many men have been miserably affected by this fiction of purgatory!

To these advantages of hope and fear, ignorance and simplicity, he hath several engines, traps, devices, to batter and enthral, omitting no opportunities, according to men's several inclinations, abilities, to circumvent and humour them, to maintain his superstitions, sometimes to stupify, besot them:

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2 Peregryn. Hieres. ca. 5. totum scriptum confusione sine ordine vel colore, abaque sensu et ratione ad rusticissimae, idem deat, rustissimae, et prorsus agrestes, qui nullius erant discretiones, ut diuidhare possent.


4 *Si doctores suum facessent officium*

5 *See more in Remains* Examen Concl. Trident. de Purgatorio.

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sometimes again by oppositions, factions, to set all at odds and in an uproar; sometimes he infects one man, and makes him a principal agent; sometimes whole cities, countries. If of meaner sort, by stupidity, canonical obedience, blind zeal, &c. If of better note, by pride, ambition, popularity, vain-glory. If of the clergy, and more eminent, of better parts than the rest, more learned, eloquent, he puffs them up with a vain conceit of their own worth, scientiae inflation, they begin to swell, and scorn all the world in respect of themselves, and thereupon turn heretics, schismatics, broach new doctrines, frame new crotchets and the like; or else out of too much learning become mad, or out of curiosity they will search into God's secrets, and eat of the forbidden fruit: or out of presumption of their holiness and good gifts, inspirations, become prophets, enthusiasts, and what not? or else if they be displeased, discontent, and have not (as they suppose) preterment to their worth, have some disgrace, repulse, neglect, or not esteemed as they fondly value themselves, or out of emulation, they begin presently to rage and rave, calum terrae miscent, they become so impatient in an instant, that a whole kingdom cannot contain them, they will set all in a combustion, all at variance, to be revenged of their adversaries. *Donatus, when he saw Cecilius preferred before him in the bishopric of Carthage, turned heretic, and so did Arian, because Alexander was advanced: we have examples at home, and too many experiments of such persons. If they be laymen of better note, the same engines of pride, ambition, emulation, and jealousy, take place, they will be gods themselves: *Alexander in India, after his victories, became so insolent, he would be adored for a god; and those Roman emperors came to that height of madness, they must have temples built to them, sacrifices to their deities, Divus Augustus, D. Claudius, D. Adrianus: *Heliogabalus, "put out that vestal fire at Rome, expelled the virgins, and banished all other religions all over the world, and would be the sole God himself". Our Turks, China kings, great Chams, and Mogors do little less, assuming divine and bombast titles to themselves; the meaner sort are too credulous, and led with blind zeal, blind obedience, to prosecute and maintain whatsoever their sectish leaders shall propose, what they in pride and singularity, revenge, vain-glory, ambition, spleen, for gain, shall rashly maintain and broach, their disciples make a matter of conscience, of hell and damnation, if they do it not, and will rather forsake wives, children, house, and home, lands, goods, fortunes, life itself, than omit or abjure the least title of it, and to advance the common cause, undergo any miseries, turn traitors, assassins, pseudo-martyrs, with full assurance and hope of reward in that other world, that they shall certainly merit by it, win heaven, be canonised for saints.

Now when they are truly possessed with blind zeal, and misled with superstition, he hath many other baits to inveigle and infatuate them farther yet, to make them quite mortified and mad, and that under colour of perfection to merit by penance, going wofward, whipping, arms, fastings, &c. An. 1320. there was a sect of "whippers in Germany, that, to the astonishment of the beholders, lashed, and cruelly tortured themselves. I could give many other instances of each particular. But these works so done are meritorious, ex opere operato, ex condigno, for themselves and others, to make them macerate and consume their bodies, specie virtutis et umbra, those evangelical counsels are propounded, as our pseudo-catholics call them, canonical obedience, wilful poverty, "vows of chastity, monkery, and a solitary life, which extend almost to all religions, and superstitions, to Turks, Chinese, Gentiles, Abyssinians, Greeks, Latins, and all countries. Amongst the rest, fasting, contemplation, solitariness, are as it were certain rams by which the devil doth batter and

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*a Austin.
*b Curtius, Lib. 8.
*Votum celibatis, monasticis.
work upon the strongest constitutions. Nonnulli (saith Peter Forestus) ob longas inedicias, studia et meditationes celestes, de rebus saecris et religione semper agitabat, by fasting overmuch, and divine meditations, are overcome. Not that fasting is a thing itself to be recommended, for it is an excellent means to keep the body in subjection, a preparative to devotion, the physic of the soul, by which chaste thoughts are engendered, true zeal, a divine spirit, whence wholesome counsels do proceed, concupiscence is restrained, vicious and predominant lusts and humours are expelled. The fathers are very much in commendation of it, and, as Calvin notes, "sometimes immoderate. 'The mother of health, key of heaven, a spiritual wing to ereware us, the chariot of the Holy Ghost, banner of faith," &c. And 'tis true they say of it, if it be moderately and seasonably used, by such parties as Moses, Elias, Daniel, Christ, and his apostles made use of it; but when by this means they will supererogate, and as Erasmus well taxeth, Culum non sufficiere putant suis meritis. Heaven is too small a reward for it; they make choice of times and meats, buy and sell their merits, attribute more to them than to the ten Commandments, and count it a greater sin to eat meat in Lent, than to kill a man, and as one sayeth, Plus rispiciant assum piscem, quam Christum crucifixum, plus salomonem quam Solomonom, quibus in ore Christus, Epicurus in corde, "pay more respect to a broiled fish than to Christ crucified, more regard to salmon than to Solomon, have Christon their lips, but Epicurus in their hearts," when some counterfeit, and some attribute more to such works of theirs than to Christ's death and passion; the devil sets in a foot, strangely deludes them, and by that means makes them to overthrow the temperature of their bodies, and hazard their souls. Never any strange illusions of devils amongst hermits, anchorites, never any visions, phantasms, apparitions, enthusiasms, prophets, any revelations, but immoderate fasting, bad diet, sickness, melancholy, solitariness, or some such things, were the precedent causes, the forerunners or concomitants of them. The best opportunity and sole occasion the devil takes to delude them. Marcilii Cognatus, lib. 1, cont. cap. 7. hath many stories to this purpose, of such as after long fasting have been seduced by devils; and "it is a miraculous thing to relate (as Cardan writes) what strange accidents proceed from fasting; dreams, superstitions, contempt of torments, desire of death, prophadies, paradoxes, madness; fasting naturally prepares men to these things." Monks, anchorites, and the like, after much emptiness, become melancholy, vertiginous, they think they hear strange noises, confer with hob-goblins, devils, rival up their bodies, et dam homest insequimur, saith Gregory, evum quem diligimus, trucidamus, they become bare skeletons, skin and bones; Carnibus abortinete propris carnes devorant, ut nihil puter cutem et ossa sit relicum. Hilarion, as Hierome reports in his life, and Athanasius of Antiochus, was so bare with fasting, "that the skin did scarce stick to the bones; for want of vapours he could not sleep, and for want of sleep became idle-headed, heard every night infants cry, oxen low, wolves howl, lions roar (as he thought) clattering of chains, strange voices, and the like illusions of devils." Such symptoms are common to those that fast long, are solitary, given to contemplation, overmuch solitariness and meditation. Not that these things (as I said of fasting) are to be discouraged of themselves, but very behovely in some cases and good: sobriety and contemplation join our souls to God, as that heareth Porphyrie can tell us. "Ecstasy is a taste of

1 Muter sanitatis, claris colorum, ala animae que levem pennas proculbat, ut in sublimeferat; currus Spiritus Sancti, vexillum fidei, porta paradisi, vita angelorum, &c. 2 Castigo corpus meum. Paul. 3 Mor. 4 Et castigo corpus meum. Paul. 5 Castigo corpus meum. Paul. 6 Lib. & cap. 10. de rerum varietate; admiratione dignas sunt que per jejumum hoc modo contingunt; somnia, superstition, contemplation tormentorum, mortis desiderium, obstinata opinio, insania. 7 Eppist. 1. 3. 8 Attestatus est jejunio et vigilia, in tantum exesse corpore ut ossibus vitam haurerat, unde noxias infestum vacitatis, balsamus peorum, mugitus bovin voces el, indurit damnum, &c. 9 Liber de abstinentia. Sobrietas et continentia mentem Deo conjungunt, 10 Extasis miles est alius quam gustus futuras beatitudinis, in qua tot absumemur in Deum. Erasimus opus, ad Dorpium.
future happiness, by which we are united unto God, a divine melancholy, a spiritual wing. Bonaventure terms it, to lift us up to heaven: but as it is abused, a mere dotage, madness, a cause and symptom of religious melancholy. "If you shall at any time see (saith Guianerius) a religious person over-superstitious, too solitary, or much given to fasting, that man will certainly be melancholy, thou mayest boldly say it, he will be so." F. Forestus hath almost the same words, and "Cardan subit lib. 18. et cap. 40. lib. 8. de verum varietate, "solitaryness, fasting, and that melancholy humour, are the causes of all hermits’ illusions." Lavater, de spect. cap. 19. part. 1. and part. 1. cap. 10. puts solitaryness a main cause of such spectrums and apparitions; none saith he, so melancholy as monks and hermits, the devil’s bath melancholy; "none so subject to visions and dotage in this kind as live solitary lives, they hear and act strange things in their dotage." Polydore Virgil lib. 2. de prodigiosis, "holds that those prophets and monks’ revelations, nuns’ dreams, which they suppose come from God, to proceed wholly ab instinctu daemonum, by the devil’s means; and so those enthusiasts, anabaptists, pseudo-prophets from the same cause. "Casaubon, lib. 2. de intellect. will have all your pythoneses, sybils, and pseudo-prophets to be mere melancholy, so doth Wierus prove, lib. 1. cap. 8. et l. 3. cap. 7. and Arculanus in 9. Rhasis, that melancholy is a sole cause and the devil together, with fasting, and solitaryness, of such sybiline prophecies, if there were ever such, which with Casaubon and others I justly except at; for it is not likely that the Spirit of God should ever reveal such manifest revelations and predictions of Christ, to those Pythonisse witches, Apollo’s priests, the devil’s ministers (they were no better), and conceal them from his own prophets; for these sybils set down all particular circumstances of Christ’s coming, and many other future accidents far more perspicuous and plain than ever any prophet did. But howsoever there be no Phæbades or sybils, I am assured there be other enthusiasts, prophets, dii Fatidici Magi, (of which read Jo. Boissardus, who hath laboriously collected them into a great volume of late, with elegant pictures, and epitomised their lives) &c., ever have been in all ages, and still proceeding from those causes, qui visiones suas em exact, sommanti futura, prophetisante, et ejusmodi deliris agitati, Spiritum Sanctum sibi communicari putant. That which is written of Saint Francis’ five wounds, and other such monastic effects of him and others, may justly be referred to this our melancholy; and that which Matthew Paris relates of the monk of Bvesham, who saw heaven and hell in a vision; of Sir Owen, that went down into Saint Patrick’s purgatory in King Stephen’s days, and saw as much: Walsingham of him that showed as much by Saint Julian. Beda, lib. 5. cap. 13. 14. 15. et 20. reports of King Seba, lib. 4. cap. 11. eccl. hist. that saw strange visions; and Stumphius Helvet Cornic, a cobbler of Basle, that beheld rare apparitions at Augsburg, in Germany. Alexander ab Alexandre, gen. dier. lib. 6. cap. 21. of an enthusiastic prisoner, (all out as probable as that of Eris Arnemius, in Plato’s tenth dialogue de Repub. that revived again ten days after he was killed in a battle, and told strange wonders, like those tales Ulysses related to Alcinous in Homer, or Lucian’s vera historia itself) was still after much solitaryness, fasting, or long sickness
when their brains were addled, and their bellies as empty of meat as their heads of wit. Florilegus hath many such examples, fol. 191. one of Saint Gutlake of Crowald that fought with devils, but still after long fasting, overmuch solitariness, "the devil persuaded him therefore to fast, as Moses and Elias did, the better to delude him. "In the same author is recorded Carolus Magnus' vision An. 185. or ecstacies, wherein he saw heaven and hell after much fasting and meditation. So did the devil of old with Apollo's priests. Amphiaras and his fellows, those Egyptians, still enjoin long fasting before he would give any oracles, triduum à cibo et vino abintinens, 4 before they gave any answers, as Volateran, lib. 13. cap. 4. records, and Strabo, Geog. lib. 14. describes Charon's den, in the way between Tralles and Nissum, whither the priests led sick and fanatic men: but nothing performed without long fasting, no good to be done. That scoffing bLucian conducts his Menippus to hell by the directions of that Chaldean Mithrobarzanes, but after long fasting, and such like idle preparation. Which the Jesuits right well perceiving of what force this fasting and solitary meditation is, to alter men's minds, when they would make a man mad, ravish him, improve him beyond himself, to undertake some great business of moment, to kill a king, or the like, they bring him into a melancholy dark chamber, where he shall see no light for many days together, no company, little meat, ghastly pictures of devils all about him, and leave him to lie as he will himself, on the bare floor in this chamber of meditation, as they call it, on his back, side, belly, till by this strange usage they make him quite mad and beside himself. And then after some ten days, as they find him animated and resolved, they make use of him. The devil hath many such factors, many such engines, which what effect they produce, you shall hear in the following symptoms.

SUBSECT. III.—Symptoms general, love to their own sect, hate of all other religions, obstinacy, peevishness, ready to undergo any danger or cross for it; Martyrs, blind zeal, blind obedience, fastings, vows, belief of incredibilities, impossibilities: Particular of Gentiles, Mahometans, Jews, Christians; and in them, heretics old and new, schismatics, schoolmen, prophets, enthusiasts, &c.

Flee Heraclitus, am rideat Democritus? in attempting to speak of these symptoms, shall I laugh with Democritus, or weep with Heraclitus? they are so ridiculous and absurd on the one side, so lamentable and tragic on the other: a mixed scene offers itself, so full of errors and a promiscuous variety of objects, that I know not in what strain to represent it. When I think of the Turkish paradise, those Jewish fables, and pontifical rites, those pagan superstitions, their sacrifices, and ceremonies, as to make images of all matter, and adorn them when they have done, to see them kiss the pyx, creep to the cross, &c. I cannot choose but laugh with Democritus: but when I see them whip and torture themselves, grind their souls for toys and trifles, desperate, and now ready to die, I cannot choose but weep with Heraclitus. When I see a priest say mass, with all those apish gestures, murmuring, &c. read the customs of the Jews' synagogue, or Mahometa Meschites, I must needs blaugh at their folly, visum teneatis, amici? but when I see them make matters of conscience of such toys and trifles, to adore the devil, to endanger their souls, to offer their children to their idols, &c. I must needs condole their misery. When I see two superstitious orders contend pro aris et focis, with such have
and hold, de lanâ caprinâ, some write such great volumes to no purpose, take so much pains to so small effect, their satires, invectives, apologies, dull and gross fictions; when I see grave learned men rail and scold like butter-women, methinks 'tis pretty sport, and fit h for Calphurnius and Democritus to laugh at. But when I see so much blood spilt, so many murders and massacres, so many cruel battles fought, &c. 'tis a fitter subject for Heraclitus to lament.  

As Merlin when he sat by the lake side with Vortigern, and had seen the white and red dragon fight, before he began to interpret or to speak, in fletum proculip, fell a weeping, and then proceeded to declare to the king what it meant. I should first pity and bewail this misery of human kind with some passionate preface, wishing mine eyes a fountain of tears, as Jeremiah did, and then to my task. For it is that great torture, that infernal plague of mortal men, omnium pestium pestilentialissimae superstitionem, and able of itself alone to stand in opposition to all other plagues, miseries and calamities whatsoever; far more cruel, more pestiferous, more grievous, more general, more violent, of a greater extent. Other fears and sorrows, grievances of body and mind, are troublesome for the time; but this is for ever, eternal damnation, hell itself, a plague, a fire: an inundation hurts one province alone, and the loss may be recovered; but this superstition involves all the world almost, and can never be remedied. Sickness and sorrows come and go, but a superstitionous soul hath no rest; k superstitiones imbitus animus nunquam quietus esse potest, no peace, no quietness.

True religion and superstition are quite opposite, longē diversa carnisficia et pietas, as Lactantius describes, the one erects, the other dejects; illorum pietas, mera impietas; the one is an easy yoke, the other an intolerable burden, an absolute tyranny; the one a sure anchor, a haven; the other a tempestuous ocean; the one makes, the other mars; the one is wisdom, the other is folly, madness, indiscrétion; the one unfeigned, the other a counterfeit; the one a diligent observer, the other an ape; one leads to heaven, the other to hell. But these differences will more evidently appear by their particular symptoms. What religion is, and of what parts it doth consist, every catechism will tell you, what symptoms it hath, and what effects it produceth: but for their superstitions, no tongue can tell them, no pen express, they are so many, so diverse, so uncertain, so inconstant, and so different from themselves. Tot mundi superstitiones quot caelo stella; one saith, there be as many superstitions in the world, as there be stars in heaven, or devils themselves that are the first founders of them: with such ridiculous, absurd symptoms and signs, so many several rites, ceremonies, torments and vexations accompanying, as may well express and beseech the devil to be the author and maintainer of them. I will only point at some of them, ex ungue leonem, guess at the rest, and those of the chief kinds of superstition, which beside us Christians now dominate and crucify the world, Gentiles, Mahometans, Jews, &c.

Of these symptoms some be general, some particular to each private sect: general to all, are, an extraordinary love and affection they bear and show to such as are of their own sect, and more than Vatinian hate to such as are opposite in religion, as they call it, or disagree from them in their superstitious rites, blind zeal (which is as much a symptom as a cause), vain fears, blind obedience, needless works, incredibilities, impossibilities, monstrous rites and ceremonies, wilfulness, blindness, obstinacy, &c. For the first, which is love and hate, as Montanus saith, nulla firmior amicitia quàm qua contraheitur hinc; nulla discordia maior quàm à religione fit; no greater concord, no greater discord than that which proceeds from religion. It is incredible to relate, did not our daily experience evince it, what factions, quàm teterrimæ.
(foutiones (as Rich Dinoth writes), have been of late for matters of religion in France, and what hurlyburies all over Europe for these many years. Nihil est quod tam impotenter rapiat homines, quam suscpta de salute opinio; siquidem pro ea omnes gentes corpora et annimas devovere solent, et arcissimo necessitudini vinulo se invicem colligere. We are all brethren in Christ, servants of one Lord, members of one body, and therefore are or should be at least dearly beloved, inseparably allied in the greatest bond of love and familiarity, united partakers not only of the same cross, but coadjutors, comforters, helpers, at all times, upon all occasions: as they did in the primitive church, Acts v. they sold their patrimonies, and laid them at the apostles’ feet, and many such memorable examples of mutual love we have had under the ten general persecutions, many since. Examples on the other side of discord none like, as our Saviour saith, he came therefore into the world to set father against son &c. In imitation of whom the devil belike ("Nam superstitione irrepuit vera religiosis similitudines, superstition is still religion’s ape, as in all other things, so in this) doth so combine and glue together his superstitious followers in love and affection, that they will live and die together: and what an innate hatred hath he still inspired to any other superstition opposite? How those old Romans were affected, those ten persecutions may be a witness, and that cruel executioner in Eusebius, aut lita aut morere, sacrifice or die. No greater hate, more continue, bitter faction, wars, persecution in all ages, than for matters of religion, no such feral opposition, father against son, mother against daughter, husband against wife, city against city, kingdom against kingdom: as of old at Tarentia and Combos:

"Immortale odio et nunquam sanabile valusus,
Inde faver vulgo, quod munera victoriam
Odit utequque locus, quum sola credit habendos
Essa desque quos ipsa colat."

The Turks at this day count no better of us than of dogs, so they commonly call us gaiours, infidels, miscreants, make that their main quarrel and cause of Christian persecution. If he will turn Turk, he shall be entertained as a brother, and had in good esteem, a Mussulman or a believer, which is a greater tie to them than any affinity or consanguinity. The Jews stick together like so many burrs; but as for the rest, whom they call Gentiles, they do hate and abhor, they cannot endure their Messiah should be a common saviour to us all, and rather, as Luther writes, “than they that now scoff at them, curse them, persecute and revile them, shall be coheirs and brethren with them, or have any part or fellowship with their Messiah, they would crucify their Messiah ten times over, and God himself, his angels, and all his creatures, if it were possible, though they endure a thousand hells for it.” Such is their malice towards us. Now for Papists, what in a common cause for the advancement of their religion they will endure, our traitors and pseudo-catholics will declare unto us; and how bitter on the other side to their adversaries, how violently bent, let those Marian times record, as those miserable slanders at Merindol and Cabriers, the Spanish inquisition, the Duke of Alva’s tyranny in the Low Countries, the French massacres and civil wars. "Sunt religio potuit suaderes malorum." "Such wickedness did religion persuade.” Not there only, but all over Europe, we read of bloody battles, racks and wheels, seditions, factions, oppositions.

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Invectives and contentions. They had rather shake hands with a Jew, Turk, or, as the Spaniards do, suffer Moors to live amongst them, and Jews, than

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Gall. hist. lib. 1. 2 Lactantius. 6 Juv. Sat. 15. P Comment. in Misah. Ferre non possum ut illorum Messias communiss servator sit, necrum gaudium, &c. Messies vel decem decies crescifur essent, ipsumque Deum si id fieri posset, una cum angeli et creaturis omnibus, nec absterentur ab hoc facto eti a mille infernas sursundis fereat. 4 Lactan. 5 Lucan. 6 Lucan.
Protestants; "my name (saith "Luther) is more odious to them than any thief or murderer." So it is with all heretics and schismatics whatsoever: and none so passionate, violent in their tenets, opinions, obstinate, wilful, refractory, peevish, factious, singular and stiff in defence of them, they do not only persecute and hate, but pity all other religions, account them damned, blind as if they alone were the true church, they are the true heirs, have the fee-simple of heaven by a peculiar donation, 'tis entailed on them and their posterities, their doctrine sound, per fumem aureum de celo delapsa doctrina, "let down from heaven by a golden rope," they alone are to be saved. The Jews at this day are so incomprehensibly proud and churlish, saith "Luther, that solis salvatur, soli domini terrarum salutari volunt. And as "Buxtorfius adds, "so ignorant and self-willed withal, that amongst their most understanding rabbins you shall find nought but gross dotage, horrible hardness of heart, and stupendous obstinacy, in all their actions, opinions, conversations: and yet so zealous withal, that no man living can be more, and vindicate themselves for the elect people of GOD." 'Tis so with all other superstitious sects, Mahometans, Gentiles in China, and Tartary; our ignorant Papists, Anabaptists, Separatists, and peculiar churches of Amsterdam, they alone, and none but they can be saved. "Zealons (as Paul saith, Rom. x. 2.) without knowledge," they will endure any misery, any trouble, suffer and do that which the sunbeams will not endure to see, Religionis acti Furiis, all extremities, losses and dangers, take any pains, fast, pray, vow chastity, wilful poverty, that amongst their most understanding rabbins, you shall find nought but gross dotage, horrible hardness of heart, and stupendous obstinacy, in all their actions, opinions, conversations: and yet so zealous withal, that no man living can be more, and vindicate themselves for the elect people of GOD.


Egypt (as Trismegistus exclaims) thy religion is fables, and such as posterity will not believe." I know that in true religion itself, many mysteries are so apprehended alone by faith, as that of the Trinity, which Turks especially deride, Christ's incarnation, resurrection of the body at the last day, quod idem credendum (saith Tertullian) quod incredibile, &c. many miracles not to be controverted or disputed of. *Mirari non rimari sapientia vera est, saith* Gershund; *et in divinis (as a good father informs us) quedam credenda, quedam admiranda, &c. some things are to be believed, embraced, followed with all submission and obedience, some again admired. Though Julian the apostate scoff at Christians in this point, quod captivumus intellectum in obsequium fidei, saying, that the Christian creed is like the Pythagorean *Ipse dixit*, we make our will and understanding too slavishly subject to our faith, without farther examination of the truth; yet as Saint Gregory truly answers, our creed is altioris præstantiae, and much more divine; and as Thomas will, *piè considerantí semper suppetunt rationes, ostendentes credibilitatem in mysteriis supernaturalibus, we do absolutely believe it, and upon good reasons, for as Gregory well informeth us; *Fides non habet meritum, ubi humana ratio quærit experimentum; that faith hath no merit, is not* worth the name of faith, that will not apprehend without a certain demonstration: we must and will believe God's word; and if we be mistaken or err in our general belief, as *Richardus de Sancto Victore* vouches he will say to Christ himself at the day of judgment; "Lord, if we be deceived, thou alone hast deceived us:" thus we plead. But for the rest I will not justify that pontifical consubstantiation, that which *Mahometans and Jews justly except at, as Campanella confesseth, Atheismi triumphat. cap. 12. fol. 125, difficillimum dogma esse, no aliud subjectum magis hereticorum blasphemiae, et stulti irrsionibus politicorum repertorii. They hold it impossible, *Deum in pane manducari;* and besides they scoff at it, vide gentem conedentem Deum suum, inquit quidam Maurus. *Homo Deum muscae et vermes irrident, quom ipsum polluant et devorant, subditus est igni, aque, et latrones furantur, pœsidem aurum humi protrahunt, et se tamen non defendit hic Deus. Quis fieri potest, ut integer in singulis hostias particulis, idem corpus numero, tom multis locis, caelo, terra, &c.* But he that shall read the 'Turks' Alcoran, the Jews' Talmud, and Papists' golden legend, in the mean time will swear that such gross fictions, fables, vain traditions, prodigious paradoxes and ceremonies, could never proceed from any other spirit, than that of the devil himself, which is the author of confusion and lies; and wonder withal how such wise men as have been of the Jews, such learned understanding men as Averroes, Avicenna, or those heathen philosophers, could ever be persuaded to believe, or to subscribe to the least part of them: *aut fraudem non detegere;* but that as *Vanninus answers, ob publica potestatis formida finem alia reris philosophi non audebant, they durst not speak for fear of the law. But I will descend to particulars: read their several symptoms and then guess.

Of such symptoms as properly belong to superstition, or that irreverent religion, I may say as of the rest, some are ridiculous, some again feral to relate. Of those ridiculous, there can be no better testimony than the multitude of their gods, those absurd names, actions, offices they put upon them, their feats, holy days, sacrifices, adorations, and the like. The Egyptians that pretended so great antiquity, 300 kings before Amasis: and as Mela writes, 13,000 years from the beginning of their Chronicles, that bragged so much of their knowledge of old, for they invented arithmetic, astronomy, geometry: of their wealth and power, that vaunted of 20,000 cities; yet at the same time their idolatry and superstition was most gross: they worshipped,
as Diodorus Siculus records, sun and moon under the name of Isis and Osiris, and after, such men as were beneficial to them, or any creature that did them good. In the city of Bubastis they adored a cat, saith Herodotus, Isis and storks, an ox (saith Pliny) 1leeks and onions, Macrobius, "I pœram et canep deos imponere nubibus aequus, Non tu Niles coles." Scoffing Lucian in his vera Historia: which, as he confesseth himself, was not persuasively written as a truth, but in comical fashion to glance at the monstrous fictions and gross absurdities of writers and nations, to deride without doubt this prodigious Egyptian idolatry, feigns this story of himself; that when he had seen the Elysian fields, and was now coming away, Rhadamantus gave him a mallow root, and bade him pray to that when he was in any peril or extremity; which he did accordingly; for when he came to Hydamordia in the island of treacherous women, he made his prayers to his root, and was instantly delivered. The Syrians, Chaldeans, had as many proper gods of their own invention; see the said Lucian de deis Syria. Morrey, cap. 22. de verit. relig. Guili. Stuckius, 1Sacrorum Sacrificiorumque Gentil. descript. Peter Faber Semester, l. 3. c. 1, 2. Selden de diis Syris, Purchas’ pilgrimage, mRosinus of the Romans, and Lilius Giralalus of the Greeks. The Romans borrowed from all, besides their own gods, which were majorum and minorum gentium, as Varro holds, certain and uncertain; some celestial, select, and great ones, others indigenous and Semi-dei, Lares, Lemures, Dioduri, Soter, and Parastate, dixi tutelares amongst the Greeks: gods of all sorts, for all functions; some for the land, some for sea; some for heaven, some for hell; some for passions, diseases, some for births, some for weddings, husbandry, woods, waters, gardens, orchards, &c. All actions and offices, Parques, Salus, Libertas, Felicitas, Strenua, Stimula, Horta, Pan, Sylvanus, Frappus, Flora, Cloacina, Sterciarius, Flbris, Pallor, Invidia, Protervica, Risus, Angerona, Volupia, Vacuna, Viriplaca, Veneranda, Pales, Neptunia, Doris, kings, emperors, valiant men that had done any good offices for them, they did likewise canonize and adore for gods, and it was usually done, usitatam apud antiquos, as J Jac. Boissardus well observes, deificare homines qui beneficiis mortales jucarent, and the devil was still ready to second their intents, statim se ingessit illorum sepulchris, statuis, aris, &c. he crept into their temples, statues, tombs, altars, and was ready to give oracles, cure diseases, do miracles, &c. as by Jupiter, Æsculapius, Tiresias, Apollo, Mopsus, Amphiaras, &c. dixi et Semi-dii. For so they were Semi-dii, demi-gods, some mediit inter Deos et homines, as Max. Tyrius, the Platonist, ser. 26, et 27, maintains and justifies in many words. "When a good man dies, his body is buried, but his soul, ex homine daemon evadit, becomes forthwith a demi-god, nothing disfigured with malignity of air, or variety of forms, rejoiceth, exults and sees that perfect beauty with his eyes. Now being deified, in commiseration he helps his poor friends here on earth, his kindred and allies, informs, succour, &c. punisheth those that are bad and do amiss, as a good genius to protect and govern mortal men appointed by the gods, so they will have it, ordaining some for provinces, some for private men, some for one office, some for another. Hector and Achilles assist soldiers to this day; Æsculapius all sick men, the Dioscuri seafaring men, &c. and sometimes upon occasion they show themselves. The Dioscuri, Hercules and Æsculapius, he saw himself (or the devil in his likeness) non sommians sed vigiles ipsi videbant. So far Tyrius. And not

1 Prudentius. "Having proceeded to daily leeks and onions, you, O Egypt, worship such gods." 2 Praet. ver. hist. 1Tigiri, pal. 1494. 3 Rosin. antim. Rom. 1. 2. c. 1. et demcpea. 4 Lib. de divinatione et magicis praestigii in Mops. 5 Cosmo Paccio Interpret. nihil ab aedibus caligeno aut figurarum varietate impeditum merum pulchritudinem meruit, caudiles et misericordia motus, cognosco amicos qui adhibo mortuor in terra tuetur, errantium succursur, &c. Deus hoc justus ut esset genis dixi tutelares humilibus, bone juventes, malos puniendas, &c.
good men only do they thus adore, but tyrants, monsters, devils (as Phukius
invokes), Nero, Domitians, Heliogabaluses, beastly women, and arrant whores
amongst the rest. "For all intents, places, creatures, they assign gods;"

"Et domibus, teetis, thermis et aquis soletis
Assignare solent genos."

saith Prudentius. Cunas for cradles, Diverra for sweeping houses, Nodina
knots, Prema, Framunda, Hymen, Hymeneus, for weddings; Comus the god
of good fellows, gods of silence, of comfort, Hebe goddess of youth. Mena
menstruarum, &c., male and female gods, of all ages, sexes and dimensions,
with beards, without beards, married, unmarried. begot, not born at all, but,
and Minerva, start out of Jupiter's head. Hesiod reckons up at least 30,000
gods, Varro, 300 Jupiter. As Jeremy told them, their gods were to the
multitude of cities;

"Quaeris humas, pelagias, coelum miserabilis gignit,
Id dixere deos, colles, flavia, flammis."

And which was most absurd, they made gods upon such ridiculous occasions;
"As children make babies (saith Morneus), their poets make gods," et
quos adorant in templis, ludunt in Theatris, as Lactantius scoffs. Saturn,
and a man, gelded himself, did eat his own children, a cruel tyrant driven out of his
kingdom by his son Jupiter, as good a god as himself, a wicked, lascivious
paltry king of Crete, of whose rapes, lusts, murders, villainies, a whole volume
is too little to relate. Venus, a notorious strumpet, as common as a barber's
chair, Mars, Adonis, Anchises' whore, is a great she-goddess as well as the
rest, as much renowned by their poets, with many such; and these gods so
fabulously and foolishly made, ceremonis, hymnis, et canticis celebrant; their
errors, luctus et gaudio, amores, iras, nuptias et liberorum procreationes (as
Eusebius well taxeth), weddings, mirth, and mourning, loves, anger, and
quarrelling they did celebrate in hymns, and sing of in their ordinary songs, as
it were publishing their villainies. But see more of their originals. When
Romulus was made away by the sedition of the senators, to pacify the people,
Julius Prcclus gave out that Romulus was taken up by Jupiter into heaven,
and therefore to be ever after adored for a god amongst the Romans. Syr-
ophanes of Egypt had one only son whom he dearly loved; he erected his
statue in his house, which his servants did adorn with garlands to pacify their
master's wrath when he was angry, so by little and little he was adored for a
god. This did Semiramis for her husband Belus, and Adrian the emperor by
his minion Antinous. Flora was a rich harlot in Rome, and for that she made
the commonwealth her heir, her birthday was solemnised long after; and to
make it a more plausible holiday, they made her goddess of flowers, and sacri-
ficed to her amongst the rest. The matrons of Rome, as Dionysius Halicarnas-
seus relates, because at their entreaty Coriolanus desisted from his wars,
consecrated a church Fortuna muliebri; and Venus Barbata had a temple
erected, for that somewhat was amiss about hair, and so the rest. The citizens
of Alabanda, a small town in Asia Minor, to curry favour with the Romans
(who then warred in Greece with Perseus of Macedon, and were formidable to
these parts), consecrated a temple to the city of Rome, and made her a goddess
with annual games and sacrifices; so a town of houses was deified, with
shameful flattery on the one side to give, and intolerable arrogance on the other
to accept, upon so vile and absurd an occasion. Tully writes to Atticus, that
his daughter Tulliola might be made a goddess, and adored as Juno and

\[^1\] Sacrorum gent. descript. non bene meritus solum, sed et tyrannis pro diis colunt, qui genus humanum
horrendum in medium portentosum immittunt diversarum, &c.; sodas mererentis, &c.
\[^2\] Cap. 22. de ver.
\[^3\] Dec. funerarum curum poetae, ut infantium pappas.
\[^4\] Proem. lib. Contra philos.
\[^5\] lib. 1.
\[^6\] Deus vobis in posterum propitius, Quiritae.
\[^7\] Anth. Verdas. Imag. decurum.
\[^8\] Lib. 11, de Amo aureo.
Minerva, and as well she deserved it. Their holy days and adorations were all out as ridiculous; those Lupercals of Pan, Florales of Flora, Bona dea, Anna Perenna, Saturnals, &c., as how they were celebrated, with what lascivious and wanton gestures, bald ceremonies, by what bawdy priests, how they hang their noses over the smoke of sacrifices, saith Lucian, and lick blood like flies that was spilled about the altars. Their carved idols, gilt images of wood, iron, ivory, silver, brass, stone, olim truncus eram, &c. were most absurd, as being their own workmanship; for as Seneca notes, adorant ligneos deos, et fabros interim qui fecerunt, contemnunt, they adore work, contempt the workman; and as Tertullian follows it, Si homines non essent diis propitii non essent dii, had it not been for men they had never been gods, but blocks still and stupid, statues in which mice, swallows, birds made their nests, spiders their webs, and in their very mouths laid their excrements. Those images, I say, were all out as gross as the shapes in which they did represent them: Jupiter with a ram's head, Mercury a dog's, Pan like a goat, Hecate with three heads, one with a beard, another without; see more in Carterius and Verdurius of their monstrous forms and ugly pictures: and which was absurduer yet, they told them these images came from heaven, as that of Minerva in her temple at Athens, quod est calo cecidisse credebat accole, saith Pausanius. They formed some like storks, apes, bulls, and yet seriously believed; and that which was impious and abominable, they made their gods notorious whoremasters, incestuous Sodomites (as commonly they were all, as well as Jupiter, Mars, Apollo, Mercury, Neptune, &c.), thieves, slaves, drudges (for Apollo and Neptune made tiles in Phrygia), kept sheep, Hercules emptied stables, Vulcan a blacksmith, unfit to dwell upon the earth for their villainies, much less in heaven, as "Mornay well saith, and yet they gave them out to be such; so weak and brutish, some to whence, lament, and roar, as Isis for her son and Cenocephalus, as also her weeping priests; Mars in Homer to be wounded, vexed: Venus ran away crying, and the like; than which what can be more ridiculous? Nonna ridiculum lugere quod colas, vel colere quod lugens? (which b Minutius objects) Si dixi, oer plangitis? si mortui, oer adoratis? that it is no marvel if Lucian, that adamantine persecutor of superstition, and Pliny could so scoff at them and their horrible idolatry as they did; if Diagoras took Hercules' image, and put it under his pot to seethe his pottage, which was, as he said, his 13th labour. But see more of their fopperies in Cypr. 4. tract. de Idol. varietat. Chrysostom advers. Gentil. Arnobius adv. Gentes. Austin de civ. Dei. Theodoret. de curat. Graec. affect. Clemens Alexandria, Minutius Felix, Eusebius, Lactantius, Stuckius, &c. Lamentable, tragic, and fearful those symptoms are, that they should be so far forth affrighted with their fictitious gods, as to spend the goods, lives, fortunes, precious time, best days in their honour, to sacrifice unto them, to their inestimable loss, such hecatombs, so many thousand sheep, oxen with gilded horns, goats, as Creesus, king of Lydia, Marcus Julius, surnamed ob crebras hostiasVictimarias, et Taureum, and the rest of the Roman emperors usually did with much labour and cost; and not emperors only and great ones, pro communi bono, were at this charge, but private men for their ordinary occasions. Pythagoras offered a hundred oxen for the invention of a geometrical problem, and it was an ordinary thing to sacrifice in Lucian's time, a heifer for their good health, four oxen
for wealth, a hundred for a kingdom, nine bulls for their safe return from Troja to Pylus," &c. Every god almost had a peculiar sacrifice—the Sun horses, Vulcan fire, Diana a white hart, Venus a turtle, Ceres a hog. Prosperpine a black lamb, Neptune a bull (read more in Struckius at large), besides sheep, cocks, coral, frankincense, to their undoings, as if their gods were affected with blood or smoke. "And surely (saith he) if one should but repeat the foresses of mortals, in their sacrifices, feasts, worshipping their gods, their rites and ceremonies, what they think of them, of their diet, houses, orders, &c., what prayers and vows they make; if one should but observe their absurdity and madness, he would burst out a laughing, and pity their folly." For what can be more absurd than their ordinary prayers, petitions, requests, sacrifices, oracles, devotions? of which we have a taste in Maximus Tyrius, serm. 1. Plato's Alcibiades Secundus, Persius, Sat. 2. Juvenal. Sat. 10. There likewise exploded, Mactant opimas et pingues hostias deo quasi suavirent, profunstant vina tanquam sibi vinum, lumina accendunt velut in tendris agenti (Lactantius, lib. 2. cap. 6). As if their gods were hungry, athirst, in the dark, they light candles, offer meat and drink. And what so base as to reveal their counsels and give oracles, ë viscerum sterquilinios, out of the bowels and excrimental parts of beasts? soridos deos Varro truly calls them therefore, and well he might. I say nothing of their magnificent and sumptuous temples, those majestical structures; to the roof of Apollo Didymeus' temple, ad branchidas, as Strabo writes, a thousand oaks did suffice. Who can relate the glorious splendour, and stupend magnificence, the sumptuous building of Diana at Ephesus, Jupiter Ammon's temple in Africa, the Pantheon at Rome, the Capitol, the Serapium at Alexandria, Apollo's temple at Daphne in the suburbs of Antioch. The great temple at Mexico so richly adorned, and so capacious (for 10,000 men might stand in it at once), that fair Pantheon of Cusco, described by Acosta in his Indian History, which eclipses both Jews and Christians. There were in old Jerusalem, as some write, 408 synagogues; but new Cairo reckon up (if Radzivilus may be believed) 6800 mosques. Fex 400, whereof 50 are most magnificent, like St. Paul's in London. Helena built 300 fair churches in the Holy Land, but one Bassa hath built 400 mosques. The Mahometans have 1000 monks in a monastery; the like saith Acosta of Americans; Riccius of the Chinese, for men and women, fairly built; and more richly endowed some of them, than Arras in Artois, Fulda in Germany, or St. Edmund's-Bury in England with us: who can describe those curious and costly statues, idols, images, so frequently mentioned in Pausanias? I conceal their donaries, pendants, other offerings, presents, to these their fictitious gods daily consecrated. "Alexander, the son of Amyntas, king of Macedonia, sent two statues of pure gold to Apollo at Delphos. " Cresus, king of Lydia, dedicated a hundred golden tiles in the same place with a golden altar: no man came empty-handed to their shrines. But these are base offerings in respect; they offered men themselves alive. The Lencadians, as Strabo writes, sacrificed every year a man, overruncandae deorum ire causae, to pacify their gods, de montis præcipiito dejecerunt, &c., and they did voluntarily undergo it. The Decii did so sacrifice, Dies manibus; Curtius did leap into the gulf. Were they not all strangely deluded to go so far to their oracles, to be so gulled by them, both in war and peace, as Polybius relates (which their augurs, priests, vestal virgins can witness), to be so superstitious, that they would rather lose goods and lives than omit any ceremonies, or offend their heathen gods? Nicias, that generous and valiant captain of the Greeks, overthrew the Athenian navy, by reason of

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his too much superstition, because the augurs told him it was ominous to set sail from the haven of Syracuse whilst the moon was eclipsed; he tarried so long till his enemies besieged him, and all his army were overthrown. The Parthians of old were so sottish in this kind, they would rather lose a victory, nay lose their own lives, than fight in the night, ‘twas against their religion. The Jews would make no resistance on the Sabbath, when Pompeius besieged Jerusalem; and some Jewish Christians in Africa, set upon by the Goths, suffered themselves upon the same occasion to be utterly vanquished. The superstition of the Dibrense, a bordering town in Epirus, besieged by the Turks, is miraculous almost to report. Because a dead dog was flung into the only fountain which the city had, they would die of thirst all, rather than drink of that unclean water, and yield up the city upon any conditions. Though the prator and chief citizens began to drink first, using all good persuasions, their superstition was such, no saying would serve, they must all forth with die or yield up the city. *Vix causum ipsae credere (saith Barletius) tantam superstitionem. vel affirmare levissimam hanc causam tantae rei vel magis ridiculum, quam non dubiem visum potius quam admirationem posteros excitaturum.* The story was too ridiculous, he was ashamed to report it, because he thought nobody would believe it. It is stupend to relate what strange effects this idolatry and superstition hath brought forth of the latter years in the Indies and these bordering parts: *in what feral shapes the devil is adored, ne quid mali intentum, as they say; for in the mountains betwixt Scanderon and Aleppo, at this day, there are dwelling a certain kind of people called Coords, coming of the race of the ancient Parthians, who worship the devil, and allege this reason in so doing: God is a good man and will do no harm, but the devil is bad and must be pleased, lest he hurt them. It is wonderful to tell how the devil deludes them, how he terrifies them, how they offer men and women sacrifices unto him, a hundred at once, as they did infants in Crete to Saturn of old, the finest children, like Agamemnon’s Iphigenia, &c.* At Mexico, when the Spaniards first overcame them, they daily sacrificed *via hominum corda e viventiun corporibus extracta,* the hearts of men yet living, 20,000 in a year (Acosta, lib. 5. cap. 20) to their idols made of flour and men’s blood, and every year 6000 infants of both sexes: and as prodigious to relate, *how they bury their wives with husbands deceased, tis fearful to report, and harder to believe.*

"Nam certamen habet lasth quae visa sequatur
Congiunctum, pudor est non licuisse mori."

and burn them alive, best goods, servants, horses, when a grandee dies, twelve thousand at once amongst the Tartars, when a great chann departs, or an emperor in America: how they plague themselves, which abstain from all that hath life, like those old Pythagoreans, with immoderate fastings, *as the Bannians about Surat, they of China, that for superstition’s sake never eat flesh nor fish all their lives, never marry, but live in deserts and by-places, and some pray to their idols twenty-four hours together without any intermission, biting of their tongues when they have done, for devotion’s sake. Some again are brought to that madness by their superstitious priests (that tell them such vain stories of immortality, and the joys of heaven in that other life, that..."

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\(^1\) Boterus, polith. lib. 2. cap. 16.\(^2\) Lib. f. de gestis Scanderlogia.\(^3\) Illeguea, Iatn. &c. Ricinus.\(^4\) Plutarch vit. Cæsars.\(^5\) They were of the Greek church.\(^6\) In templis immantia idolorum monstram conspiciuntur, marmora, &c.\(^7\) Deum enim placare non est ega, quæ eum nescit; sed damnosum sacrificium placat, &c.\(^8\) Xer. Cortesius.\(^9\) Ocean. dec.\(^10\) Propertius, lib. 3. eleg. 12. *There is a contest amongst the living wives as to which shall follow the husband, and not be allowed to die for him is accounted a disgrace.*

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\(^b\) Epist Jesusi anno 1549. a Xaverto et sociis. Idemque Ricinus, expedit ad Sinas, 1. 1. per totum Jejuantes spum eos totius carinibus abstantem et plieibus ob religionem, nunc et diea idolas colentes; unusque eademres.\(^c\) Ad immortalitatem morte aspirant summi magistratus, &c. Et multi mortales hab. insanias.\(^d\) prepostere immortalitatem studio laborans, et miere percut. rex ipsae clam venenum haussset, nisi a servo"
many thousands voluntarily break their own necks, as Cleombrotus Amborcius, auditors of old, precipitate themselves, that they may participate of that unspeakable happiness in the other world. One poisons, another strangles himself, and the King of China had done as much, deluded with the vain hope, had he not been detained by his servant. But who can sufficiently tell of their several superstitions, vexations, follies, torments? I may conclude with Possevinus, Religio factit asperas mites, homines æterna; superstition ex hominibus fera, religion makes wild beasts civil, superstition makes wise men beasts and fools; and the discreetest that are, if they give way to it, are no better than dizzards; nay more, if that of Plotinus be true, is unus religionis scopus, ut et quam colimus similes flammas, that is the drift of religion to make us like him whom we worship: what shall be the end of idolaters, but to degenerate into stocks and stones? of such as worship these heathen gods, for dissentium damonia, but to become devils themselves? Tis therefore exitiosus error, et maximè periculosus, a most perilous and dangerous error of all others, as Plutarch holds, turbulentia passio hominem consternans, a pestilent, a troublesome, some passion, that utterly undoeth men. Unhappy superstition. Pliny calls it, morte non finitur, death takes away life, but not superstition. Impious and ignorant are far more happy than they which are superstitious, no torture like to it, none so continuative, so general, so destructive, so violent.

In this superstitious row, Jews for antiquity may go next to Gentiles: what of old they have done, what idolatries they have committed in their groves and high places, what their Pharisees, Sadducees, Scribes, Essei, and such sectaries have maintained, I will not so much as mention: for the present, I presume no nation under heaven can be more sottish, ignorant, blind, superstitious, wilful, obstinate, and peevish, tiring themselves with vain ceremonies to no purpose; he that shall but read their rabbins' ridiculous comments, their strange interpretation of scriptures, their absurd ceremonies, fables, childish tales, which they stedfastly believe, will think they be scarce rational creatures; their foolish customs, when they rise in the morning, and how they prepare themselves to prayer, to meat, with what superstitious washings, how to their sabbath, to their other feasts, weddings, burials, &c. Last of all, the expectation of their Messiah, and those figments, miracles, vain pomp that shall attend him, as how he shall terrify the Gentiles, and overcome them by new diseases; how Michael the archangel shall sound his trumpet, how he shall gather all the scattered Jews in the Holy Land, and there make them a great banquet, "Wherein shall be all the birds, beasts, fishes, that ever God made, a cup of wine that grew in Paradise, and that hath been kept in Adam's cellar ever since." At the first course shall be served in that great ox in Job iv. 10, "that every day feeds on a thousand hills," Psal. 1. 10, that great Leviathan, and a great bird, that laid an egg so big, as by chance tumbling out of the nest, it knocked down three hundred tall cedars, and breaking as it fell, drowned one hundred and sixty villages: this bird stood up to the knees in the sea, and the sea was so deep, that a hatchet would not fall to the bottom in seven years: of their Messiah's wives and children; Adam and Eve, &c., and that one stupend fiction amongst the rest: when a Roman prince asked of rabbi Jehosua ben Hanania, why the Jews' God was compared to a lion; he made answer he compared himself to no ordinary lion, but to one in the wood Eda, which, when he desired to see, the rabbin prayed...
to God he might, and forthwith the lion set forward, "m But when he was four hundred miles from Rome he so roared that all the great-bellied women in Rome made abortions, the city walls fell down, and when he came a hundred miles nearer, and roared a second time, their teeth fell out of their heads, the emperor himself fell down dead, and so the lion went back." With an infinite number of such lies and forgeries, which they verily believe, feed themselves with vain hope, and in the mean time will by no persuasions be diverted, but still crucify their souls with a company of idle ceremonies, live like slaves and vagabonds, will not be reconciled or relieved.

Mahometans are a compound of Gentiles, Jews, and Christians, and so absurd in their ceremonies, as if they had taken which is most sottish out of every one of them, full of idle fables in their superstitious law, their Alearan itself a gallimaufry of lies, tales, ceremonies, traditions, precepts, stolen from other sects, and confusedly heaped up to delude a company of rude and barbarous clowns. As how birds, beasts, stones, saluted Mahomet when he came from Mecca, the moon came down from heaven to visit him, "a how God sent for him, spake to him, &c., with a company of stupend figures of the angels, sun, moon, and stars, &c. Of the day of judgment, and three sounds to prepare it, which must last fifty thousand years of Paradise, which wholly consists in coeundi et comedendi voluptate, and pecorinis hominibus scriptum, bestialis beatitudine, is so ridiculous, that Virgil, Dante, Lucian, nor any poet can be more fabulous. Their rites and ceremonies are most vain and superstitious, wine and swine’s flesh are utterly forbidden by their law, "b they must pray five times a day; and still towards the south, wash before and after all their bodies over, with many such. For fasting, vows, religious orders, peregrinations, they go far beyond any Papists, "c they fast a month together many times, and must not eat a bit till sun be set. Their kalenders, dervises, and torlachers, &c., are more "d abstemious some of them, than Carthusians, Franciscans, Anchorites, forsake all, live solitary, fierce hard, go naked, &c. Their pilgrimages are as far as to the river "e Ganges (which the Gentiles of those tracts likewise do), to wash themselves, for that river as they hold hath a sovereign virtue to purge them of all sins, and no man can be saved that hath not been washed in it. For which reason they come far and near from the Indies; Maximus gentium omnium confusus est; and infinite numbers yearly resort to it. Others go as far as Mecca to Mahomet’s tomb, which journey is both miraculous and meritorious. The ceremonies of flinging stones to stone the devil, of eating a camel at Cairo by the way; their fastings, their running till they sweat, their long prayers, Mahomet’s temple, tomb, and building of it, would ask a whole volume to dilate: and for their pains taken in this holy pilgrimage, all their sins are forgiven, and they reputed for so many saints. And diverse of them with hot bricks, when they return, will put out their eyes, "e that they never after see any profane thing, bite out their tongues," &c. They look for their prophet Mahomet as Jews do for their Messiah. Read more of their customs, rites, ceremonies, in Lonicerus, Turcic. hist. tom. 1. from the tenth to the twenty-fourth chapter. Bredenbachius, cap. 4, 5, 6. Leo Afer, lib. 1. Busbequius, Sabellicus, Purchas, lib. 3. cap. 3, et 4, 5. Theodorus Bibliander, &c. Many foolish ceremonies you shall find in them; and which is most to be lamented, the people are generally so curious in observing of them, that if the least circumstance be omitted,

m Quum quadrangenta adhae multaribus ab imperatore Leo hie abassas, tam fortissime regulatus, ut multae Romans abortiaret omnes, mutique, &c. n Strozius Cleonus, omn. mag. lib. 1. e. 1. putidam multa recenset ex Alearan, de video, stellaris, Angelis, Loniceris, e. 21, 22. 1. e. o Quinques in die orare Turces tenentur ad membrum. Bredenbachius, cap. 5. P In quibus anima mensam integram jejunant interdum, nec comedentes nec bibentes, &c. q Sunt unusque multi per totam solum carnis vescularum, Leo Afer. r Loniceris, to. 1. cap. 17. 18. s Gotarius Arthns, ca. 43. hist. orient. Indiae: opinio est expeditum esse Gangem; at nec mandub omni pecato nec salubrem fieri posse, qui non hoc fluminum se abuanit; quam ob caussian ex tua India, &c. t Quis autem dixisset multa.
they think they shall be damned, 'tis an irremissible offence, and can hardly be forgiven. I kept in my house amongst my followers (saith Busbequins, sometime the Turk's orator in Constantinople) a Turkey boy, that by chance did eat shell-fish, a meat forbidden by their law, but the next day when he knew what he had done, he was not only sick to cast and vomit, but very much troubled in mind, would weep and "grieve many days after, torment himself for his foul offence. Another Turk being to drink a cup of wine in his cellar, first made a huge noise and filthy faces, "to warn his soul, as he said, that it should not be guilty of that foul fact which he was to commit." With such toys as these are men kept in awe, and so cowed, that they dare not resist, or offend the least circumstance of their law, for conscience's sake misled by superstition, which no human edict otherwise, no force of arms, could have enforced.

In the last place are Pseudo-Christians, in describing of whose superstitious symptoms, as a mixture of the rest, I may say that which St. Benedict once saw in a vision, one devil in a market-place, but ten in a monastery, because there was more work; in populous cities they would swear and forswear, lie, falsify, deceive fast enough of themselves, one devil could circumvent a thousand; but in their religious houses a thousand devils could scarce tempt one silly monk. All the principal devils, I think, busy themselves in subverting Christians; Jews, Gentiles, and Mahometans, are extra caulem, out of the fold, and need no such attendance, they make no resistance, "vos enim pulsare negligi, quos quieta jure possidere se sentit, they are his own already: but Christians have that shield of faith, sword of the Spirit to resist, and must have a great deal of battery before they can be overcome. That the devil is most busy amongst us that are of the true church, appears by those several oppositions, heresies, schisms, which in all ages he hath raised to subvert it, and in that of Rome especially, wherein Antichrist himself now sits and plays his prize. This mystery of iniquity began to work even in the Apostles' time, many Antichrists and heretics were abroad, many sprung up since, many now present, and will be to the world's end, to demantate men's minds, to seduce and captivate their souls. Their symptoms I know not how better to express, than in that twofold division, of such as lead and are led. Such as lead are heretics, schismatics, false prophets, impostors, and their ministers: they have some common symptoms, some peculiar. Common, as madness, folly, pride, insolvency, arrogancy, singularity, perverseness, obstinacy, impudence, scorn, and contempt of all other sects: Nullius addicii jurare in verba magistri, \(^{9}\) they will approve of nought but what they first invent themselves, no interpretation good but what their infallible spirit dictates: none shall be in secundis, no not in tertis, they are only wise, only learned in the truth, all damned but they and their followers, cedem scripturarum faciunt ad materiam suam, saith Tertullian, they make a slaughter of Scriptures, and turn it as a nose of wax to their own ends. So irreflagrable, in the meantime, that what they have once said, they must and will maintain, in whole tomes, duplications, triplications, never yield to death, so self-conceited, say what you can. As a Bernard (erroneously some say) speaks of P. Aliardus, omnes patres sic, atque ego sic. Though all the Fathers, Councils, the whole world contradict it, they care not, they are all one; and as \(^{10}\) Gregory well notes "of such as are vertiginous, they think all turns round and moves, all err; when as the error is wholly in their own brains." Magallianus, the Jesuit, in his Comment on 1 Tim. xvi. 20, and Alphonsus de castro lib. 1. adversus hereses, gives two more eminent notes, or probable conjectures to know such men by (they might have

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\(^{9}\) Nullum se confundit finem facti.  
\(^{10}\) Ut in alium angulum se recipies, ne venas meret ejus delicti quod ipse erat admitturus.  
\(^{11}\) Gregor. Hom.  
\(^{12}\) "Bound to the dictates of no master."  
\(^{13}\) Epsit. 190.  
\(^{14}\) Orat. 8. ut vertigine corruptis videtur omnia moveri, omnia ha falsa sunt, quum error in ipsum cerebro sit.
taken themselves by the noses when they said it), "First they affect novelties and toys, and prefer falsehood before truth; secondly, they care not what they say, that which rashness and folly hath brought out, pride afterward, peevishness and contumacy shall maintain to the last gasp." Peculiar symptoms are prodigious paradoxes, new doctrines, vain phantasmata, which are many and diverse as they themselves. "Nicholaites of old would have wives in common: Montanists will not marry at all, nor Tattians, forbidding all flesh, Severians wine; Adamians go naked; because Adam did so in Paradise; and some barefoot all their lives, because God, Exod. iii. and Joshua v. bid Moses so to do; and Isaiah xx. was bid put off his shoes; Manichees hold that Pythagorean transmigration of souls from men to beasts; the Circumcellions in Africa, with a mad cruelty, made away themselves, some by fire, water, breaking their necks, and seduced others to do the like, threatening some if they did not, with a thousand such; as you may read in Austin (for there were fourscore and eleven heresies in his times, besides schisms and smaller factions) Epiphanius, Alphonsus de Castro, Dancus, Gab. Pratoelus, &c. Of prophets, enthusiasts and impostors, our Ecclesiastical stories afford many examples; of Elias and Christ, as our Budo de stellis, a Briton in King Stephen's time, that went invisible, translated himself from one to another in a moment, fed thousands with good cheer in the wilderness, and many such; nothing so common as miracles, visions, revelations, prophecies. Now what these brain-sick heretics once broach, and impostors set on foot, be it never so absurd, false, and prodigious, the common people will follow and believe. It will run along like murrain in cattle, seab in sheep. Nulla scabies, as he said, superstitione scabiostr: as he that is bitten with a mad dog bites others, and all in the crowd become mad; either out of affection of novelty, simplicity, blind zeal, hope and fear, the giddy-headed multitude will embrace it, and without farther examination approve it.

Sed vetera quœrimur, these are old, hanc prius fuere. In our days we have a new scene of superstitious impostors and heresies. A new company of actors, of Antichrists, that great Antichrist himself: a rope of popes, that by their greatness and authority bear down all before them: who from that time they proclaimed themselves universal bishops, to establish their own kingdom, sovereignty, greatness, and to enrich themselves, bring in such a company of human traditions, purgatory, Limbus Patrum, Infantium, and all that subterranean geography, mass, adoration of saints, altars, fasting, bulls, indulgences, orders, friars, images, shrines, musty relics, excommunications, confessions, satisfactions, blind obedicences, vows, pilgrimages, peregrinations, with many such curious toys, intricate subtleties, gross errors, obscure questions, to vindicate the better and set a gloss upon them, that the light of the Gospel was quite eclipsed, darkness over all, the Scriptures concealed, legends brought in, religion banished, hypocritical superstition exalted, and the church itself obscured and perverted, Christ and his members crucified more, saith Benzo, by a few necromantical, atheistical popes, than ever it was by Julian the Apostle, Porphyrius the Platonist, Celsus the physician, Libanius the Sophister; by those heathen emperors, Huns, Goths, and Vandals. What each of them did, by what means, at what times, quibus auxiliis, superstition climbed to this height, traditions increased, and Antichrist himself came to his estate, let Magdeburg-

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enses, Kenniusis, Osiander, Bale, Mornay, Fox, Usher, and many others relate. In the mean time, he that shall but see their profane rites and foolish customs, how superstitiously kept, how strictly observed, their multitude of saints, images, that rabble of Romish deities, for trades, professions, diseases, persons, offices, countries, places; St. George for England; St. Denis for France; Patrick, Ireland; Andrew, Scotland; Jago, Spain; &c. Gregory for students; Luke for painters; Cosmus and Damian for philosophers; Crispin, shoemakers; Katherine, spinners; &c. Anthony for pigs; Gallus, geese; Wenceslaus, sheep; Pelagius, oxen; Sebastian, the plague; Valentine, falling sickness: Apollonia, tooth-ache; Petronella for agues; and the Virgin Mary for sea and land, for all parties, offices: he that shall observe these things, their shrines, images, oblations, pendants, adorations, pilgrimages they make to them, what creeping to crosses, our Lady of Loreto's rich gowns, her donaries, the cost bestowed on images, and number of suitors; St. Nicholas Burge in France; our St. Thomas's shrine of old at Canterbury; those relics at Rome, Jerusalem, Genoa, Lyons, Pratum, St. Denis; and how many thousands come yearly to offer to them, with what cost, trouble, anxiety, superstition (for forty several masses are daily said in some of their churches, and they rise at all hours of the night to mass, come barefoot, &c.), how they spend themselves, times, goods, lives, fortunes, in such ridiculous observations; their tales and figments, false miracles, buying and selling of pardons, indulgences for 40,000 years to come, their processions on set days, their strict fastings, monks, anchorites, friar mendicants, Franciscans, Carthusians, &c. Their vigils and fasts, their ceremonies at Christmas, Shrovetide, Candlemas, Palm-Sunday, Blaise, St. Martin, St. Nicholas' day; their adorations, exorcisms, &c., will think all those Grecian, Pagan, Mahometan superstitions, gods, idols, and ceremonies, the name, time and place, habit only altered, to have degenerated into Christians. Whilst they prefer traditions before Scriptures; those Evangelical Councils, poverty, obedience, vows, alms, fasting, supererogations, before God's Commandments; their own ordinances instead of his precepts, and keep them in ignorance, blindness, they have brought the common people into such a case by their cunning conveyances, strict discipline and servile education, that upon pain of damnation they dare not break the least ceremony, tradition, edict; hold it a greater sin to eat a bit of meat in Lent, than kill a man: their consciences are so terrified, that they are ready to despair if a small ceremony be omitted; and will accuse their own father, mother, brother, sister, nearest and dearest friends of heresy, if they do not as they do, will be their chief executioners, and help first to bring a faggot to burn them. What mulet, what penance soever is enjoined, they dare not but do it, tumble with St. Francis in the mire amongst hogs, if they be appointed, go woolward, whip themselves, build hospitals, abbeyes, &c., go to the East or West Indies, kill a king, or run upon a sword point: they perform all, without any muttering or hesitation, believe all.

"Ut pareri infantes credunt signa omnia abena Viveres, et esse homines, et sic isti omnia facta Vera putant, credunt signis cor inesse abenha."

And whilst the ruder sort are so carried headlong with blind zeal, are so galled and tortured by their superstitions, their own too credulous simplicity and ignorance, their epicurean popes and hypocritical cardinals laugh in their sleeves, and are merry in their chambers with their punks, they do indulgere genio, and make much of themselves. The middle sort, some for private gain, hope of ecclesiastical preferment (quis expedivit psittaco suum capere), popularity, base flattery, must and will believe all their paradoxes and absurd

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^1 Ut pareri infantes credunt signa omnia abena Viveres, et esse homines, et sic isti omnia facta Vera putant, credunt signis cor inesse abenha."

^2 As children think their babies live to be, Do they these brazen images they see."

^3 Lucilius, lib. 1. cap. 22. de falsa relig.  
^4 As at our lady's church at Bergamo in Italy.
tenets, without exception, and as obstinately maintain and put in practice all
their traditions and idolatrous ceremonies (for their religion is half a trade) to
the death; they will defend all, the golden legend itself, with all the lies and
tales in it: as that of St. George, St. Christopher, St. Winifred, St. Denis, &c.
It is a wonder to see how Nic. Harpsfeld, that pharisaical impostor, amongst
the rest, Ecclesiast. Hist. cap. 22. sec. prim. sec., puzzles himself to vindicate
that ridiculous fable of St. Ursula and the eleven thousand virgins, as when
they lived,' how they came to Cologne, by whom martyred, &c., though he
can say nothing for it, yet he must and will approve it: nobilitatis (inquit) hoc
caeculum Ursula cum comitibus, cujus historia utinam tam mili eset expedita
et certa, quam in animo meo certum ac expeditum est, eam esse cum sodalibus
beatam in caelis virginem. They must and will (I say) either out of blind zeal
believe, vary their compass with the rest, as the latitude of religion varies,
apply themselves to the times and seasons, and for fear and flattery are con-
tent to subscribe and to do all that in them lies to maintain and defend their
present government and slavish religious schoolmen, canonists, Jesuits, friars,
priests, orators, sophisters, who either for that they had nothing else to do,
luxuriant wits knew not otherwise how to busy themselves in those idle times,
for the Church then had few or no open adversaries, or better to defend their
lies, fictions, miracles, transubstantiations, traditions, pope's pardons, purgato-
ries, masses, impossibilities, &c., with glorious shows, fair pretences, big words,
and plausible wits, have coined a thousand idle questions, nice distinctions.
subtleties, Obs and Sols, such tropological, allegorical expositions, to save all
appearances, objections, such quirks and quiddities, quodlibetarias, as Bale
saith of Ferribirgge and Strode, instances, ampliations, decrees, glosses,
canon, that instead of sound commentaries, good preachers, are come in a
company of mad sophists, primo secundo secundarii, sectaries, Canonists,
Sorbonists, Minorites, with a rabble of idle controversies and questions, 8 an
Papa sit Deus, an quasi Deus? An participet etranque Christi naturam? What-
ther it be as possible for God to be a humble bee or a gourd, as a man?
Whether he can produce respect without a foundation or term, make a whore a
virgin? fetch Trajan's soul from hell, and how? with a rabble of questions
about hell-fire: whether it be a greater sin to kill a man, or to clout shoes
upon a Sunday? whether God can make another God like unto himself?
Such, saith Kemmisius, are most of your schoolmen (mere alchemists), 200
commentators on Peter Lambard; (Pitiusi catal. scriptorum Anglic. reckons
up 180 English commentators alone, on the matter of the sentences), Scotists,
Thomists, Reals, Nominalis, &c., and so perhaps that of St. 9 Austin may be
verified. Indoci reponunt caecum docti interim descendunt ad infernum. Thus
they continued in such error, blindness, decrees, sophisms, superstitions; idle
ceremonies and traditions were the sum of their new-coined holiness and
religion, and by these knaverys and stratagens they were able to involve multi-
tudes, to deceive the most sanctified souls, and, if it were possible, the very
elect.
In the mean time the true Church, as wine and water mixed, lay hid
and obscure to speak of, till Luther's time, who began upon a sudden to
defeat, and as another sun to drive away those foggy mists of superstition,
to restore it to that purity of the primitive Church. And after him many
good and godly men, divine spirits, have done their endeavours, and still do.

4 And what their ignorance esteem'd so holy,
Our wiser ages do account as folly.

8 An. 441.
9 Hospitiani Osander. An haec propositio Deus sit incarnatus vel sarabena, sit quae
possibilia sc Deus et homo? An possit respefectum producere sine fundamento et termine. An
lurire sit hominem jugulare quam die dominico calceum consue? 10 De doct. Christian.
11 Daniel.
hath some tares: we have a mad giddy company of precisions, schismatics, and some heretics, even in our own bosoms in another extreme, "Dum vivant stubii vitia in contraria currunt;" that out of too much zeal in opposition to Antichrist, human traditions, those Romish rites and superstitions, will quite demolish all, they will admit of no ceremonies at all, no fasting days, no cross in baptism, kneeling at communion, no church music, &c., no bishop’s courts, no church government, rat all our church discipline, will not hold their tongues, and all for the peace of thee, O Sion! No, not so much as degrees some of them will tolerate, or universities, all human learning ("his cloaca diabolos"), hoods, habits, cap and surplice, such as are things indifferent in themselves, and wholly for ornament, decency, or distinction's sake, they abhor, hate, and snuff at, as a stone-horse when he meets a bear: they make matters of conscience of them, and will rather forsake their living than subscribe to them. They will admit of no holidays, or honest recreations, as of hawking, hunting, &c., no churches, no bells some of them, because Papists use them; no discipline, no ceremonies but what they invent themselves; no interpretations of scriptures, no comments of fathers, no councils, but such as their own fantastical spirits dictate, or recta ratio, as Socinians, by which spirit misled, many times they broach as prodigious paradoxes as Papists themselves. Some of them turn prophets, have secret revelations, will be of privy council with God himself, and know all his secrets. Per capillos spiritum sanctum tenent, et omnia sciant cum sint asini omnium obstinatissimi; a company of giddy heads will take upon them to define how many shall be saved and who damned in a parish, where they shall sit in heaven, interpret Apocryphal, (Commentatores precipitae et vertiginosae, one calls them, as well he might) and those hidden mysteries to private persons, times, places, as their own spirit informs them, private revelations shall suggest, and precisely set down when the world shall come to an end, what year, what month, what day. Some of them again have such strong faith, so presumptuous, they will go into infected houses, expel devils, and fast forty days, as Christ himself did; some call God and his attributes into question, as Vorstius and Socinus; some princes, civil magistrates, and their authorities, as anabaptists, will do all their own private spirit dictates, and nothing else. Brownists, Barrowists, Familists, and those Amsterdamian sects and sectaries, are led all by so many private spirits. It is a wonder to reveal what passages Sleidan relates in his commentaries, of Cretinck, Knipperdoling, and their associates, those madmen of Munster in Germany; what strange enthusiasms, sottish revelations they had, how absurdly they carried themselves, deluded others; and as profane Machiavel in his political disputations holds of Christian religion, in general it doth enervate, debilitate, take away men's spirits and courage from them, simpliciores reddit homines, breeds nothing so courageous soldiers as that Roman: we may say of these peculiar sects, their religion takes away not spirits only, but wit and judgment, and deprives them of their understanding; for some of them are so far gone with their private enthusiasms and revelations, that they are quite mad, out of their wits. What greater madness can there be, than for a man to take upon him to be a God, as some do? to be the Holy Ghost, Elias, and what not? In Poland, 1518, in the reign of King Sigismund, one said he was Christ, and got him twelve apostles, came to judge the world, and strangely deluded the commons. One David George, an illiterate painter, not many years since, did as much in Holland, took upon him to be the Messiah, and had many followers. Benedictus Victorinus Faventinus, consil. 15, writes as much of one Honorious, that thought he was not only inspired as a prophet, but that

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*Whilst these fools avoid one vice they run into another of an opposite character.*  
\textsuperscript{[2]} Agric. ep. 29.  
\textsuperscript{[3]} Alex. Gagnin, 22. Disciplina acedia mirum in medium populum decept.  
\textsuperscript{[4]} Quienard, descript. Belg. compinaris habuit ascella ab istem homonratus.
he was a God himself, and had familiar conference with God and his angels. Levat. de spect. c. 2. part. 8. hath a story of one John Sartorius, that thought he was the prophet Elias, and cap. 7. of divers others that had conference with angels, were saints, prophets. Wierus, lib. 3. de Lamiis, c. 7. makes mention of a prophet of Groning that said he was God the Father; of an Italian and Spanish prophet that held as much. We need not rove so far abroad, we have familiar examples at home: Hackett that said he was Christ; Coppinger and Arthington his disciples; Burchet and Hovatus, burned at Norwich. We are never likely seven years together without some such new prophets that have several inspirations, some to convert the Jews, some fast forty days, go with Daniel to the lion’s den; some foretell strange things, some for one thing, some for another. Great precisions of mean conditions and very illiterate, most part by a preposterous zeal, fasting, meditation, melancholy, are brought into those gross errors and inconveniences. Of those men I may conclude, generally, that howsoever they may seem to be discreet, and men of understanding in other matters, discourse well, lasœm habent imaginationem, they are like comets, round in all places but where they blaze, cætera cæni, they have impregnable wits many of them, and discreet otherwise, but in this their madness and folly breaks out beyond measure, in infinitum erumpit stultitia. They are certainly far gone with melancholy, if not quite mad, and have more need of physic than many a man that keeps his bed, more need of hellebore than those that are in Bedlam.

**Subsec. IV. — Prognostics of Religious Melancholy.**

You may guess at the prognostics by the symptoms. What can these signs foretell otherwise than folly, dotage, madness, gross ignorance, despair, obstinacy, a reprobate sense, a bad end? What else can superstition, heresy, produce, but wars, tumults, uproars, torture of souls, and despair, a desolate land, as Jeremy teacheth, cap. vii. 34. when they commit idolatry, and walk after their own ways? how should it be otherwise with them? what can they expect but “blasting, famine, dearth,” and all the plagues of Egypt, as Amos denouncest, cap. iv. vers. 9, 10. to be led into captivity? If our hopes be frustrate, “we sow much and bring in little, eat and have not enough, drink and are not filled, clothe and be not warm, &c. Haggai, i. 6. we look for much and it comes to little, whence is it? His house was waste, they came to their own houses, vers. 9. therefore the heaven stayed his dew, the earth his fruit.” Because we are superstitions, irreligious, we do not serve God as we ought, all these plagues and miseries come upon us; what can we look for else but mutual wars, slaughters, fearful ends in this life and in the life to come eternal damnation? What is it that hath caused so many feral battles to be fought, so much Christian bloodshed, but superstition? That Spanish inquisition, racks, wheels, tortures, torments, whence do they proceed? from superstition. Bodine the Frenchman, in his method. hist. accounts Englishmen barbarians, for their civil wars: but let him read those Pharsalian fields fought of late in France for religion, their massacres, wherein by their own relations in twenty-four years I know not how many millions have been consumed, whole families and cities, and he shall find ours to be but velitations to theirs. But it hath ever been the custom of heretics and idolaters, when they are plagued for their sins, and God’s just judgments come upon them, not to acknowledge any fault in themselves, but still impute it unto others. In Cyprian’s time it was much controverted between him and Demetrius an idolater, who should be the cause of those

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present calamities. Demetrius laid all the fault on Christians, (and so they did ever in the primitive church, as appears by the first book of Arnobius,) that there were not such ordinary showers in winter, the ripening heat in summer, so seasonable springs, fruitful autumns, no marble mines in the mountains, less gold and silver than of old; that husbandmen, seamen, soldiers, all were scantied, justice, friendship, skill in arts, all was decayed,” and that through Christians’ default, and all their other miseries from them, quod dixi nostri a vobis non colanter, because they did not worship their gods. But Cyprian retorts all upon him again, as appears by his tract against him. “This true the world is miserably torn and shaken with wars, dearth, famine, fire, inundations, plagues, and many feral diseases rage amongst us, sed non ut tu quereris ista accidant quod dixi vestri a vobis non colanter sed quod a vobis non colatur Deus, a quibus nee queritur, nec timetur, not as thou complainest, that we do not worship your gods, but because you are idolaters, and do not serve the true God, neither seek him, nor fear him as you ought. Our papists object as much to us, and account us heathies, we them; the Turks esteem of both as infidels, and we them as a company of pagans, Jews against all; when indeed there is a general fault in us all, and something in the very best, which may justly deserve God’s wrath, and pull these miseries upon our heads. I will say nothing here of those vain cares, torments, needless works, penance, pilgrimages, pseudomartyrdom, &c. We heap upon ourselves unnecessary troubles, observation; we punish our bodies, as in Turkey (saith Busbequius, Leg. Turcic. ep. 3.) “one did, that was much affected with music, and to hear boys sing, but very superstitious; an old sybil coming to his house, or a holy woman (as that place yields many), took him down for it, and told him, that in that other world he should suffer for it; thereupon he flung his rich and costly instruments which he had bedecked with jewels, all at once into the fire. He was served in silver plate, and had goodly household stuff: a little after, another religious man apprehended him in like sort, and from thenceforth he was served in earthen vessels, last of all a decree came forth, because Turks, might not drink wine themselves, that neither Jew nor Christian then living in Constantinople, might drink any wine at all.” In like sort amongst papists, fasting at first was generally proposed as a good thing; after, from such meats at set times, and then last of all so rigorously proposed, to bind the consciences upon pain of damnation. “First Friday,” saith Erasimus, “then Saturday,” etunic periditatur dies Mercurii, and Wednesday now is in danger of a fast. “And for such like toys, some so miserably afflicth themselves to despair, and death itself, rather than offend, and think themselves good Christians in it, when as indeed they are superstitious Jews.” So saith Leonardus Fuchsius, a great physician in his time. “1 We are tortured in Germany with these popish edicts, our bodies so taken down, our goods so diminished, that if God had not sent Luther, a worthy man, in time, to redress these mischiefs, we should have eaten hay with our horses before this.” In fasting, so in all other superstitious edicts we crucify one another without a cause, barring ourselves of many good and lawful things, honest disports, pleasures and recreations; for wherefore did God create them but for our use? Feasts, mirth, music, hawking, hunting, singing, dancing, &c. non tam necessitabimus nostri

5 Advers. gentes, lib. 1. postquam in mundo Christiana gens coepit, terrarum orbem perliteret, et multa mailes affectum esse genus humanum videmus. h Quad nec hyemo, nec estate tanta imbrum copia, nec frugibus torridentibus sita grannagia, nec vernali temperie sita tam late sit, nec arboreis festius autumnum facetum, minus de montibus marmorum orstat, minus serum, &c. 1 Sulpicius erat olfactae se Sidibus, et voces concusae canecentium; sed hos omnem sublatum Sybillae enjusdam interventium, &c. Inde quicquid erat instrumentorum Syrphoniascorum, auto gemmisque egregio operae distinctorum communem, et in ignem induct, &c. k Ob id genus observativunculorum videmus homines misere adhiberit, et demiquem morti, et abh. laetus Christianos viderit quem revera sint Judaei. 11itas in corpora nostra fortunatas decretas salus cervlit, ut parum sufficiat, nsi Deus Lutherum virum perpetua memoria digestissimam excitasset, quin nobis fero max communi cum jumentis abe utendum fuisse. m The Gentiles in India will eat no sensible creatures, or aught that hath blood in it.
Deus inservit, sed in deliciis amanum, as Seneca notes, God would have it so. And as Plato 2. de legisbus gives out, deos laboriosam hominum vitam miseratos, the gods in commiseration of human estate sent Apollo, Bacchus, and the Muses, qui cum voluptate tripudia et saltationes nobis ducant, to be merry with mortals, to sing and dance with us. So that he that will not rejoice and enjoy himself, making good use of such things as are lawfully permitted, non est temperatus, as he will, sed superstiosus. "There is nothing better for a man, than that he should eat and drink, and that he should make his soul enjoy good in his labour," Eccles. ii. 24. And as 2. one said of hawking and hunting, tot solatia in hac agris orbis calamitate mortalibus tedisis deus object, I say of all honest recreations, God hath therefore indulged them to refresh, ease, solace and comfort us. But we are some of us too stern, too rigid, too precise, too grossly superstitious, and whilst we make a conscience of every toy, with touch not, taste not, &c., as those Pythagoreans of old, and some Indians now, that will eat no flesh, or suffer any living creature to be killed, the Bannians about Guzzeraf; we tyrannize over our brother's soul, lose the right use of many good gifts; honest ° sports, games and pleasant recreations, ♪ punish ourselves without a cause, lose our liberties, and sometimes our lives. Anno 1270, at Magdeburg in Germany, a Jew fell into a privy upon a Saturday, and without help could not possibly get out; he called to his fellows for succour, but they denied it, because it was their Sabbath, non licebat opus manuum exercere; the bishop hearing of it, the next day forbade him to be pulled out, because it was our Sunday. In the mean time the wretch died before Monday. We have myriads of examples in this kind amongst those rigid sabbstarians, and therefore not without good cause, " Intollerabilem perturbationem Seneca calls it, as well he might, an intolerable perturbation, that causeth such dire events, folly, madness, sickness, despair, death of body and soul, and hell itself.

SUBSECT. V.—Cure of Religious Melancholy.

To purge the world of idolatry and superstition, will require some monster-taming Hercules, a divine Æsculapius, or Christ himself to come in his own person, to reign a thousand years on earth before the end, as the Millenarians have will have him. They are generally so refractory, self-conceited, obstinate, so firmly addicted to that religion in which they have been bred and brought up, that no persuasion, no terror, no persecution, can divert them. The consideration of which, hath induced many commonwealths to suffer them to enjoy their consciences as they will themselves; a toleration of Jews is in most provinces of Europe. In Asia they have their synagogues: Spaniards permit Moors to live amongst them: the Mogullians, Gentiles: the Turks all religions. In Europe, Poland and Amsterdam are the common sanctuaries. Some are of opinion, that no man ought to be compelled for conscience's sake, but let him be of what religion he will, he may be saved, as Cornelius was formerly accepted, Jew, Turk, Anabaptist, &c. If he be an honest man, live soberly, and civilly in his profession, (Volkelius, Orellius, and the rest of the Socinians, that now nestle themselves about Cracow and Rakow in Poland, have renewed this opinion,) serve his own God, with that fear and reverence as he ought. Sua cunique civitati (Læli) religio sit, nostra nobis, Tully thought fit every city should be free in this behalf, adore their own Custodes et Topicos deos, tutelar

2 Vandemonius de Ansepto. cap. 27. 3 Some explode all human authors, arts, and sciences, poets, historians, &c., so precise, their zeal overruns their wits; and so stupid, they oppose all humane learning, because they are ignorant themselves and illiterate, nothing must be read but Scriptures; but these men deserve to be pitied, rather than confuted. Others are so strict they will admit of no honest game and pleasure, no dancing, singing, other plays, recreations and games, hawking, hunting, cock-fighting, bear-baiting, &c., because to see one beast kill another is the fruit of our rebellion against God, &c. 4 Nuda ac tremensbanda cruenta Irregent genus si candida Jussiris in. Juvenal. Sec. 6. 5 Munster, Cosmog. lib. 3. cap. 444. Incidit in cloaca, unde se non posset eximere, implorat opem sociorum, sed illi negant, &c. 6 De benefic. 7. 2.
and local gods, as Symmachus calls them. Isocrates adviseth Demonicus
"when he came to a strange city, to "worship by all means the gods of the
place," et unumquemque Topiciun deum sic colit oportere, quomodo ipse praece-
perit: which Cecilius in Minutius labours, and would have every nation
sacrorum ritus gentiles habere et deos colere municipes, keep their own cere-
monies, worship their peculiar gods, which Pomponius Mela reports of the
Africans, Deos suos patrio more venerantur, they worship their own gods
according to their own ordination. For why should any one nation, as he there
pleads, challenge that universality of God, Deum suum quem nec ostendunt,
ne vident, discurrentem scilicet et ubique presentem, in omnium mortes, actus,
et occultas cogitationes inquiriunt, &c., as Christians do: let every province
enjoy their liberty in this behalf, worship one God, or all as they will, and are
informed. The Romans built altars Diis Asiae, Europae, Lybice, diis ignotis et
temple : others otherwise, &c. Plinius Secundus, as appears by his Epistle
to Trajan, would not have the Christians so persecuted, and in some time of the
reign of Maximinus, as we find it registered in Eusebius, lib. 9. cap. 9. there
was a decree made to this purpose, Nullo cogatur invititus ad huncvel illum
decorum cultum, "let no one be compelled against his will to worship any
particular deity," and by Constantine in the 19th year of his reign as "Baroni
informed us, Nemo alteri exhibet molestiam, quod cujusque animus vult, hoc
quisque transigat, new gods, new lawgivers, new priests, will have new cere-
monies, customs and religions, to which every wise man as a good formalist
should accommodate himself.

"x Saturnus perit, perierunt et sua Jura,
Sub Jove nons mundius, Jusa sequare Jovis."

The said Constantine the Emperor, as Eusebius writes, flung down and demo-
dished all the heathen gods, silver, gold statues, altars, images and temples,
and turned them all to Christian churches, infectus gentilium monumentis ludi-
brio exposuit; the Turk now converts them again to Mahometan mosques.
The like edict came forth in the reign of Arcadius and Honorius. Sym-
machus, the orator, in his days, to procure a general toleration, used this argument,
"Because God is immense and infinite, and his nature cannot perfectly be
known, it is convenient he should be as diversely worshipped, as every man
shall perceive or understand. It was impossible, he thought for one religion
to be universal: you see that one small province can hardly be ruled by one
law, civil or spiritual; and "how shall so many distinct and vast empires of
the world be united into one? It never was, never will be." Besides, if there
be infinite planetary and firmamental worlds, as "some will, there be infinite
genii or commanding spirits belonging to each of them; and so, per consequens
(from they will be all adored), infinite religions. And therefore let every terri-
tory keep their proper rites and ceremonies, as their dii tutelares will, so Tyrius
calls them, "and according to the quarter they hold," their own institutions,
revelations, orders, oracles, which they dictate from time to time, or teach
their priests or ministers. This tenet was stiffly maintained in Turkey not
long since, as you may read in the third epistle of Busbequius, "that all
those should participate of eternal happiness, that lived a holy and innocent
life, what religion soever they professed." Rustan Bassa was a great patron
of it; though Mahomet himself was sent virtute gladii, to enforce all, as he
writes in his Alcoran, to follow him. Some again will approve of this for Jews,
Gentiles, infidels, that are out of the fold, they can be content to give them all
respect and favour, but no means to such as are within the precincts of our

a Numen venerare praestitit quod divitis collit. b Octavio dial. c Annal. tom. 3. ad annum 324. 1.
Ovid. "Saturn is dead, his laws died with him; now that Jupiter rules the world, let us obey his laws."
Epist. Sym. 2 Quia Deus immortalium est, et in omnium suae naturae perfectae, sed non
potest, sequum ergo est ut diversa rationes colatur. d Quod quidam aliqui de Dox prisci aut intelligi.
Campasella, Caligulias and others. e Alcenus beau tudinias consortes fore, qui sancte innocentque
hane vitam traduxerint, quamunque illi religionem sequuntur.
of heretics, and called Christians, to no heretics, schismatics, or the like; let
the Spanish inquisition, that fourth fury, speak of some of them, the civil wars
and massacres in France, our Marian times. "Magallianus the Jesuit will not
admit of conference with a heretic, but severity and rigour to be used, non
illis verba reddere, sed fucras figere oporet;" and Theodosius is commended in
Epsit. 190, will have club law, fire and sword for heretics, "compel them,
stop their mouths not with disputations, or refute them with reasons, but with
fists;" and this is their ordinary practice. Another company are as mild on
the other side; to avoid all heart-burning, and contentious wars and uproars,
they would have a general toleration in every kingdom, no mulct at all, no
man for religion or conscience be put to death, which Thuanus the French
historian much favours; our late Socinians defend; Vaticans against Calvin
in a large Treatise in behalf of Servetus, vindicates; Castilio, &c., Martin
Ballius and his companions, maintained this opinion not long since in France,
whose error is confuted by Beza in a just volume. The medium is best, and
that which Paul prescribes, Gal. 1. "If any man shall fall by occasion, to
restore such a one with the spirit of meekness, by all fair means, gentle admo-
nitions;" but if that will not take place, Post unam et alteram admonitionem
hereeticum devita, he must be excommunicate, as Paul did by Hymenæus,
delivered over to Satan. Immediacabile vulnus ense recidendum est. As Hip-
perorates said in physic, I may well say in divinity, Quo ferro non curantur,
ignis curat. For the vulgar, restrain them by laws, mulcts, burn their books,
forbid their conventicles; for when the cause is taken away, the effect will
soon cease. Now for prophets, dreamers, and such rude silly fellows, that
through fasting, too much meditation, preciseness, or by melancholy are dis-
tempered: the best means to reduce them ad sanam mentem, is to alter their
course of life, and with conference, threats, promises, persuasions, to intermix
physic. Hercules de Saxoniæ had such a prophet committed to his charge in
Venice, that thought he was Elias, and would fast as he did; he dressed a fellow
in angel's attire, that said he came from heaven to bring him divine food, and
by that means stayed his fast, administered his physic; so by the mediation
of this forged angel he was cured. Rhasis, an Arabian, cont. lib. 1. cap. 9,
speaks of a fellow that in like case complained to him, and desired his help:
"I asked him (saith he) what the matter was; he replied, I am continually
meditating of heaven and hell, and methinks I see and talk with fiery spirits,
and smell brimstone, &c., and am so carried away with these conceits, that I
can neither eat, nor sleep, nor go about my business: I cured him (saith
Rhasis) partly by persuasion, partly by physic, and so have I done by many
others." We have frequently such prophets and dreamers amongst us, whom
we persecute with fire and faggot: I think the most compendious cure, for
some of them at least, had been in Bedlam. Sed de his satis.

MOMB. II.

SUBSECT. I.—Religious Melancholy in defect; parties affected, Epicures, Atheists,
Hypocrites, worldly secure, Carnalists, all impious persons, impenitent sin-
ers, &c.

In that other extreme or defect of this love of God, knowledge, faith, fear,
hope, &c. are such as err both in doctrine and manners, Saduuces, Herodians,

6 Quod alectus heretics indixerit.
6 Iune et faste potius agendum cum heretics quam cum disputantiumbus; os alia
logemus, &c.
6 Præfar. Hist.
6 Quum conquestus est mihi de hoc morbo, et depressus est ut ego
illum curarem; ego quæsumi ab eo quid sentiret; respondit, semper imaginor et egot deo et angelis,
&c. et tis demeritus sum hac imaginacione, ut nec edam nec dormiam, nec negotiis, &c. Ego curavi
medicine et persuasione; et sic pluris alos.
libertines, politicians; all manner of atheists, epicures, infidels, that are secure, in a reproube sense, fear not God at all, and such are too distrustful and timorous, as desperate persons be. That grand sin of atheism or impiety, b Melanchon calls it monstrosam melancholiam, monstrous melancholy; or venenatam melancholiam, poisoned melancholy. A company of Cyclops or giants, that war with the gods, as the poets feigned, antipodes to Christians, that scoff at all religion, deny him and all his attributes, his wisdom, power, providence, his mercy and judgment.

"Eas alius manes, et subterranea regna, "Et contum, et Scyvio ranae in fugitve nigres, "Atque una transire vaduro tot milia cymba, "Nec pueri credunt, nisi qui nondum aræ lavantur."

That there is either heaven or hell, resurrection of the dead, pain, happiness, or world to come, credat Judeus Apella; for their parts they esteem them as so many poet's tales, bugbears, Lucian's Alexander; Moses, Mahomet, and Christ are all as one in their creed. When those bloody wars in France for matters of religion (saith Richard Dinoth) were so violently pursued between Huguenots and Papists, there was a company of good fellows laughed them all to scorn, for being such superstitious fools, to lose their wives and fortunes, accounting faith, religion, immortality of the soul, mere fopperies and illusions. Such lose atheistical spirits are too predominant in all kingdoms. Let them contend, pray, tremble, trouble themselves that will, for their parts, they fear neither God nor the devil; but with that Cyclops in Euripides.

"Haud una numina expasescent caelum, "Sed victimas sui deorum maximo, "Ventri olentur, deos ignorant enteros."

"They fear no God but one, "They sacrifice to none, "But belly, and him adore, "For gods they know no more."

"Their god is their belly," as Paul saith, Sancta mater saturtas;—quibus in solo vivendi causa palato est. The idol, which they worship and adore, is their mistress; with him in Plautus, mallem hce muiler me amet quam di, they had rather have her favour than the gods'. Satan is their guide, the flesh is their instructor, hypocrisy their counsellor, vanity their fellow-soldier, their will their law, ambition their captain, custom their rule; temerity, boldness, impudence their art, toys their trading, damnation their end. All their endeavours are to satisfy their lust and appetite, how to please their genius, and to be merry for the present, Ede, lude, bidie, post mortem nulla voluptas. The same condition is of men and of beasts; as the one dieth, so dieth the other," Eccles. iii. 19. The world goes round.

"They did eat and drink of old, marry, bury, bought, sold, planted, built, and will do still. "Our life is short and tedious, and in the death of a man there is no recovery, neither was any man known that hath returned from the grave; for we are born at all adventure, and we shall be hereafter as though we had never been; for the breath is as smoke in our nostrils, &c., and the spirit vanisheth as the soft air. "Come let us enjoy the pleasures that are present, let us cheerfully use the creatures as in youth, let us fill ourselves with costly wine and ointments, let not the flower of our life pass by us, let us crown ourselves with rose-buds before they are withered", &c. "Vivamus mea Lesbia et amemus, &c. "Come let us take our fill of love, and pleasure in dalliance, for this is our portion, this is our lot. Tempora labundt, tacitique senescimus

b De anima, c. de humoribus. 1 Juvenal. "That there are many ghosts and subterranean realms, and a boat-pole, and black frogs in the Stygian gulf, and that so many thousands pass over in one boat, not even boys believe, unless those not as yet washed for money." 2 Li. 5. Gal. hist. quamplurimum reporti sunt qui tot pericula subeuntes irredebat; et qua de fide, religione, &c. diebant, ludibrio habebant, nihil eorum admittentes de futura vita. 150,000 atheists at this day in Paris, Mercerius thinks. 3 "Eat, drink, be merry; there is no more pleasure after death." 4 Hor. 1. 2. od. 13. "One day succeeds another, and new moons hasten to their wane." 5 Luke xvii. 6 Wisd. ii. 2. 7 Vers. 6, 7, 8. 8 Catullus. 9 Prov. vii. 18.
annis.  For the rest of heaven and hell, let children and superstitious fools believe it; for their parts, they are so far from trembling at the dreadful day of judgment that they wish with Nero, Me vivo fiat, let it come in their times: so secure, so desperate, so immoderate in lust and pleasure, so prone to revenge that, as Paterculus said of some caitiffs in his time in Rome, Quod nequiter ausi, fortiter executi: it shall not be so wickedly attempted, but as desperately performed, whatever they take in hand. Were it not for God’s restraining grace, fear and shame, temporal punishment, and their own infamy, they would Lycaon-like exenterate, as so many cannibals eat up, or Cadmus’ soldiers consume one another. These are most impious, and commonly professed atheists, that never use the name of God but to swear by; that express nought else but epicurism in their carriage or hypocrisy; with Pentheus they neglect and contemn these rites and religious ceremonies of the gods; they will be gods themselves, or at least socii deorum. Divisum imperium cum Jove Caesar habet. “Cæsar divides the empire with Jove.” Aproyis, an Egyptian tyrant, grew, saith Herodotus, to that height of pride, insolency of impiety, to that contempt of gods and men, that he held his kingdom so sure, ut a nemine deorum aut hominum sibi eripi posset, neither God nor men could take it from him. A certain blasphemous king of Spain (as Lansius reports) made an edict, that no subject of his, for ten years’ space, should believe in, call on, or worship any god. And as Jovius relates of ‘Mahomet the Second, that sacked Constantinople, he so behaved himself; that he believed neither Christ nor Mahomet; and thence it came to pass, that he kept his word and promise no farther than for his advantage, neither did he care to commit any offence to satisfy his lust.” I could say the like of many princes, many private men (our stories are full of them) in times past, this present age, that love, fear, obey, and perform all civil duties as they shall find them expedient or behoveful to their own ends. Securi adversus Deos, securi adversus homines, votis non est opus, which Tacitus reports of some Germans, they need not pray, fear, hope, for they are secure, to their thinking, both from gods and men. Bulco Opielines, sometime Duke of Silesia, was such a one to a hair; he lived (saith Eneas Sylvius) at Uratislavia, “and was so mad to satisfy his lust, that he believed neither heaven nor hell, or that the soul was immortal, but married wives, and turned them up as he thought fit, did murder and mischief, and what he list himself.” This duke hath too many followers in our days: say what you can, dehort, exhort, persuade to the contrary, they are no more moved,—quam si dura silex aut stel Marpesia cautæ, than so many stocks and stones; tell them of heaven and hell, ‘tis to no purpose, laterem lavas, they answer as Ataliba that Indian prince did friar Vincent, “when he brought him a book, and told him all the mysteries of salvation, heaven and hell were contained in it: he looked upon it, and said he saw no such matter, asking withal, how he knew it:” they will but scoff at it, or wholly reject it. Petronius in Tacitus, when he was now, by Nero’s command, bleeding to death, audiebat amicos nihil referentes de immortalitate animae, aut sapientium placitis, sed devia carmina et faciles versus; instead of good counsel and divine meditations, he made his friends sing him bawdy verses and scurrilous songs. Let them take heaven, paradise, and that future happiness that will, bonum est esse hic, it is good being here: there is no talking to such, no hope of their conversion, they are in a repugnate sense, mere carnalists, fleshly-minded men, which howsoever they may be
applauded in this life by some few parasites, and held for worldly wise men, "They seem to me (saith Melancthon) to be as mad as Hercules was when he raved and killed his wife and children." A milder sort of these atheistical spirits there are that profess religion, but "timide et hesitante," tempted thereunto out of that horrible consideration of diversity of religions, which are and have been in the world (which argument, Campanella, Atheismi Triumphati, cap. 9, both urgeth and answers), besides the covetousness, imposture, and knavery of priests, quae faciunt (as Postellus observes) ut rebus sacris minus faciant fidem; and those religions some of them so fantastical, exorbitant, so violently maintained with equal constancy and assurance; whence they infer, that if there be so many religious sects, and denied by the rest, why may they not be false? or why should this or that be preferred before the rest? The sceptics urge this, and amongst others it is the conclusion of Sextus Empiricus, lib. 8. adversus Mathematicos: after many philosophical arguments, and reasons pro and con that there are gods, and again that there are no gods, he so concludes, cum tot inter se pugnent, &c. Una tantum potest esse vera, as Tully likewise disputes: Christians say, they alone worship the true God, pity all other sects, lament their case; and yet those old Greeks and Romans that worshipped the devil, as the Chinese now do, aut deos topicos their own gods; as Julian the apostate, "Cecilinus in Minutius, Celsus and Porphyrius the philosopher object: and as Machiavel contends, were much more noble, generous, victorious, had a more flourishing commonwealth, better cities, better soldiers, better scholars, better wits. Their gods often overcame our gods, did as many miracles, &c. Saint Cyril, Arnobius, Minutius, with many other ancients of late, Lessius, Morneus, Grotius de Verit. Relig. Christianae, Savanarola de Verit. Fidei Christianae, well defend; but Zanchius, Campanella, Marinus Marcamus, Bozias, and Gentillettus answer all these atheistical arguments at large. But this again troubles many as of old, wicked men generally thrive, professed atheists thrive,

This is a prime argument: and most part your most sincere, upright, honest, and good men are depressed, "The race is not to the swift, nor the battle to the strong (Eccles. ix. 11.), nor yet bread to the wise, favour nor riches to men of understanding, but time and chance comes to all." There was a great plague in Athens (as Thucydides, lib. 2. relates), in which at last every man, with great licentiousness, did what he list, not caring at all for God's or men's laws. "Neither the fear of God nor laws of men (saith he) aved any man, because the plague swept all away alike, good and bad; they thence concluded it was alike to worship or not worship the gods, since they perished all alike." Some cavil and make doubts of scripture itself: it cannot stand with God's mercy, that so many should be damned, so many bad, so few good, such have and hold about religions, all stiff on their side, factious alike, thrive alike, and yet bitterly persecuting and damning each other; "It cannot stand with God's goodness, protection, and providence (as Saint Chrysostom in the Dialect of such discontented persons) to see and suffer one man to be lame, another mad, a third poor and miserable all the days of his life, a fourth

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1. Nullus esse deos, lanae caelum, Affirmat Selinus: probatque, quod se Factum, dum negat haec, videt beatum."

2. "There are no gods, heavens are toys, Selinus in public justines; Because that whilst he thus denies Their duties, he better thrives."

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* Non mutus hi furant quam Hercules, qui conjungit et libertos interfecit; habet his atas plana hujusmodi pertusse, monstra.
* De orbe con. lib. 1. cap. 7.
* Nonne Romani sine Deo vestro regnant et fratrum orbis tota, et vos et Deos vestró captivos teneant, &c. Minutius Octaviano. I Comment. in Genesis copiosus in hoc subjecto.
* Piusbas, Casina act. 2. scen. 5.
* Martian 1. 4. epig. 21.
* Ser. 30. in 5. cap. ad Ephes. his pactae est pedibus, alter furit, altius ad extremos sanctam progressus omnem vitam pangeretur parati, loc. fratribus gravissimis: sunt hanc Providentias operis: hic surdus, ille mutus, &c.
grievously tormented with sickness and aches, to his last hour. Are these signs and works of God’s providence, to let one man be deaf, another dumb? A poor honest fellow lives in disgrace, woe and want, wretched he is; when as a wicked catiff abounds in superfluity of wealth, keeps whores, parasites, and what he will himself:”  

Audis, Jupiter, haec? Talia multa connectentes, longum reprehensionis sermonem erga Dei providentiam contexunt.  

Thus they mutter and object (see the rest of their arguments in Marcennus in Genesin, and in Campanella, amply confuted, with many such vain cavils, well known, not worthy the recapitulation or answering: whatsoever they pretend, they are interim of little or no religion.

Cousin-germans to these men are many of our great philosophers and deists, who, though they be more temperate in this life, give many good moral precepts, honest, upright, and sober in their conversation, yet in effect they are the same (accounting no man a good scholar that is not an atheist), nimis alium sapient, too much learning makes them mad. Whilst they attribute all to natural causes, o contingency of all things, as Melancthon calls them, Per
tinax hominum genus, a peevish generation of men, that misled by philosophy and the devil’s suggestion, their own innate blindness, deny God as much as the rest, hold all religion a fiction, opposite to reason and philosophy, though for fear of magistrates, saith 2 Vaninus, they durst not publicly profess it. Ask one of them of what religion he is, he scoffingly replies, a philosopher, a Galenist, an Averroist, and with Rabelais a physician, a peripatetic, an epicure. In spiritual things God must demonstrate all to sense, leave a pawn with them, or else seek some other creditor. They will acknowledge Nature and Fortune, yet not God: though in effect they grant both: for as Scaliger defines, Nature signifies God’s ordinary power; or, as Calvin writes, Nature is God’s order, and so things extraordinary may be called unnatural: Fortune his unrevealed will; and so we call things changeable that are beside reason and expectation. To this purpose 1 Minutius in Octavio, and 2 Seneca well discourseth with them, lib. 4. de beneficis, cap. 5, 6, 7. “They do not understand what they say; what is Nature but God? call him what thou wilt, Nature, Jupiter, he hath as many names as offices: it comes all to one pass, God is the fountain of all, the first Giver and Preserver, from whom all things depend, à quo, et per quem omnia, Nam quocunque vides Deus est, quocunque moveris, “God is all in all, God is everywhere, in every place.” And yet this Seneca, that could confute and blame them, is all out as much to be blamed and confuted himself; as mad himself; for he holds fatum Stoicum, that inevitable Necessity in the other extreme, as those Chaldean astrologers of old did, against whom the prophet Jeremiah so often thunders, and those heathen mathematicians, Nigidius Fingulus, magicians, and Priscillianists, whom St. Austin so eagerly confutes, those Arabian questionaries, Novem Judices, Albus
mazer, Dorotheus, &c., and our countryman Estudius, that take upon them to define out of those great conjunctions of stars, with Ptolomeus, the periods of kingdoms, or religions, of all future accidents, wars, plagues, schisms, heresies, and what not? all from stars, and such things, saith Maginus, Quae nibi et intelligentibus suis reservavit Deus, which God hath reserved to himself and his angels, they will take upon them to foretell, as if stars were immediate, inevitable causes of all future accidents. Caesar Vaninus, in his book de admirandis naturae Arcanis, dial. 52. de oraculis, is more free, copious and open in the explication of this astrological tenet of Ptolemy, than any of our modern

* Oh! Jupiter, do you hear those things? Collecting many such facts, they weave a tissue of reproaches against God’s providence.

* Omnia contingenter fieri volunt. Melanthon in preceptum primum.

P Dial. 1. lib. 4. de admir. nat. Arcanis.

* Animis mea sit cum animis philosophorum.

* Deus num multo designati nominibus, &c. * Non intelligis tu quom hug dicis, necare te ipsum nomen Dei; quid enim est aliud Natura quam Deus? &c. tot habeas appellationes quo minus a.

* Austin. * I principi phamer.
writers, Cudian excepted, a true disciple of his master Pomponianus; according to the doctrine of peripatetics, he refers all apparitions, prodigies, miracles, oracles, accidents, alterations of religions, kingdoms, &c. (for which he is soundly lashed by Marinus Mercenarius, as well he deserves), to natural causes (for spirits he will not acknowledge), to that light, motion, influences of heavens and stars, and to the intelligences that move the orbs. Intelligences qui movet orbem mediante calo, &c. Intelligences do all: and after a long discourse of miracles done of old, si hae damones possint, cur non et intelligentiae celorum motrices? And as these great conjunctions, aspects of planets, begin or end, vary, are vertical and predominant, so have intelligences, rites, ceremonies, and kingdoms their beginning, progress, periods, in urribus, regibus, religionibus, ac in particularibus huminibus, hae vera ac manifesta sunt, ut Arista-}

\[\text{For the first of chance, as } \text{Sallust likewise informeth us, those old Romans generally received; } \text{They supposed fortune alone gave kingdoms and empires, wealth, honours, offices: and that for two causes; first, because every wicked base unworthy wretch was preferred, rich, potent, } \text{&c.; secondly, because of their uncertainty, though never so good, scarce any one enjoyed them long: but after, they began upon better advice to think otherwise, that every man made his own fortune.} \]

\[\text{The last of Necessity was Seneca's tenet, that God was alligatus causis secundis, so tied to second causes, to that inexorable Necessity, that he could alter nothing of that which was once decreed; sic erat in factis, } \text{cannot be altered, semel jusseit, semper paret Deus, nulla vis rampit, nullus preces, nec ipsum fulmen, God hath once said it, and it must for ever stand good, no prayers, no threats, nor power, nor thunder itself can alter it. Zenc.} \]

\[\text{b Sunt qui in Fortuna jam casibus omnia posunt,} \]

\[\text{Et nunc erat mundi nullae res movebatur,} \]

\[\text{Natura volvente vices, } \text{&c.} \]
Chrysippus, and these other Stoics, as you may read in Tully, 2. de divinatione, Gellius, lib. 6. cap. 2. &c., maintained as much. In all ages, there have been such, that either deny God in all, or in part; some deride him, they could have made a better world, and ruled it more orderly themselves, blaspheme him, derogate at their pleasure from him. "Twas so in \(^d\) Plato's time, "Some say there be no gods, others that they care not for men, a middle sort grant both." Si non sit Deus, unde bona? si sit Deus, unde mala? So Cotta argues in Tully, why made he not all good, or at least tenders not the welfare of such as are good? As the woman told Alexander, if he be not at leisure to hear causes, and redress them, why doth he reign? \(^8\) Sextus Empiricus hath many such arguments. Thus perverse men cavil. So it will ever be, some of all sorts, good, bad, indifferent, true, false, zealous, ambidexters, neutralists, lukewarm, libertines, atheists, &c. They will see these religious sectaries agree amongst themselves, be reconciled all, before they will participate with, or believe any: they think in the meantime (which \(^7\) Celsus objects, and whom Origen confutes, "We Christians adore a person put to \(^8\) death with no more reason than the barbarous Getes worshipped Zalmoxis, the Cilicians Mopsus, the Thebans Amphiarus, and the Lebadians Trophonius; one religion is as true as another, new fangled devices, all for human respects;" great-witted Aristotle's works are as much authentic to them as Scriptures, subtle Seneca's Epistles as canonical as St. Paul's, Pindar's Odes as good as the Prophet David's Psalms, Epicetus' Enchiridion equivalent to wise Solomon's Proverbs. They do openly and boldly speak this and more, some of them, in all places and companies. "\(^3\) Claudius the emperor was angry with Heaven, because it thundered, and challenged Jupiter into the field; with what madness! saith Seneca; he thought Jupiter could not harm him, but he could hurt Jupiter." Diagoras, Demonax, Epicurus, Pliny, Lucian, Lucretius,—Contempturus Deum Mecentius, "professed atheists all" in their times: though not simple atheists neither; as Cigogna proves, \(^1\) lib. 1. cap. 1. they scoffed only at those Pagan gods, their plurality, base and fictitious offices. Gilbertus Cognatus labours much, and so doth Erasmus, to vindicate Lucian from scandal, and there be those that apologize for Epicurus, but all in vain; Lucian scoffs at all, Epicurus he denies all, and Lucretius his scholar defends him in it:

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\(^1\) "I humana ante oculos fortis cum vita lacuerat,
In terris oppressis gravi cum religionis,
Quae caput a calli regionibus atendebat,
Horribilis super aspectus mortalibus instans," &c. 

He alone, like another Hercules, did vindicate the world from that monster. Uncle \(^k\) Pliny, \(^2\) lib. 3. cap. 7. nat. hist. and \(^3\) lib. 7. cap. 55, in express words denies the immortality of the soul. \(^1\) Seneca doth little less, \(^7\) lib. 7. epist. 55. ad Lucilium, et \(^4\) lib. de consol. ad Martianum, or rather more. Some Greek Commentators would put as much upon Job, that he should deny resurrection, &c., whom Pineda copiously confutes in \(^5\) cap. 7. Job, vers. 9. Aristotle is hardly censured of some, both divines and philosophers. St. Justin in \(^6\) Panænetica ad Gentes, Greg. Nazianzen. \(^7\) in disput. adversus Eun., Theodoret, \(^8\) lib. 5. de curat. greg. affer., Origen. \(^9\) lib. de principiis. Pomponiatus justifies in his Tract (so styled at least) De immortalitate Animi, Scaliger (who would forswear himself at any time, saith Patriitus, in defence of his great master Aristotle), and Dandinus, \(^k\) lib. 3. de anima, acknowledge as much. Averroes oppugns all spirits and supreme powers; of late Brunus (in felicis Brunus. \(^m\) Kepler calls him), Machiavel, Caesar Vaninis lately burned at Toulouse in France, and Pet.

\(^d\) 10 de legib. Alii negant esse deos, ali deos non curare res humanas, ali utraque concedunt. \(^e\) Lib. 3. ad mathem. \(^f\) Origen. contra Celsum. 1. 3 hos immortem nobiscum confundit fals declarat. \(^g\) Cruciustrum deo ignominia Lucanus vita peregrin. Christum vocat. \(^h\) De isra. 16. 34. Iritus coelo quod obseverat, ad pugnam vocans Iovem, quanta demersa? putavit sibi nocere non posse, et se nocere tamen Jovi posse. \(^i\) Lib. 1. 1. \(^k\) Iam statum post mortem, ut sibi antiquam nasceremur, et Seneca. Ideam erit post me quod ante me fuit. \(^l\) Lucernae cadem conditione quum extinguit, ut antiquam accendereur; ista et humanis. \(^m\) Dissert. cum nune sider.
Religious Melancholy in Defect. 711

Aretine, have publicly maintained such atheistical paradoxes, \( ^2 \) with that Italian Bocaccio with his fable of three rings, &c., \( ^2 \) ex quo infert haud posse internoscit, quae sit verior religio, Judaica, Mahometana, an Christiana, quoniam eadem signa, &c., "from which he infers, that it cannot be distinguished which is the true religion, Judaism, Mahomedanism, or Christianity," &c. \( ^2 \) Marinus Mer- cennus suspects Cardan for his subtiletys, Campanella, and Charron's Book of Wisdom, with some other Tracts to savoure of \( ^3 \) atheism: but amongst the rest that pestilent book de tribus mundi impostoribus, quem sine horrore (iniqui) non legas, et mundi Cymbalum dialogis quatuor contentum, anno 1538, auctore Peresie, Purisis excusum, \( ^3 \) &c. As and as there have been in all ages such blasphemous spirits, so there have not been wanting their patrons, protectors, disciples and adherents. Never so many atheists in Italy and Germany, saith \( ^4 \) Colerus, as in this age: the like complaint Mercenius makes in France, 50,000 in that one city of Paris. Frederic the Emperor, as \( ^5 \) Matthew Paris records, licet non sit rectabile (I use his own words), is reported to have said, Trespravtigitores, Moses, Christus, et Mahomet, ut mundi dominarentur, totum populum sibi contemporaneum seducisse. (Henry, the Landgrave of Hesse, heard him speak it.) Si principes imperii institutioni mee adhauerent, ego multo meliore modum credendi et vivendi ordinarem.

To these professed atheists we may well add that impious and carnal crew of worldly-minded men, impenitent sinners, that go to hell in a leathargy, or in a dream; who, though they be professed Christians, yet they will nulla palettere culpa, make a conscience of nothing they do, they have cauterized consciences, and are indeed in a reprobate sense, "past all feeling, have given themselves over to wantonness, to work all manner of uncleanness even with greediness," Ephes. iv. 19. They do know there is a God, a day of judgment to come, and yet for all that, as Hugo saith, uta comedunt ac dormiant, ac si diem judicii evasissent; ita ludunt ac vident, ac si in calis cern Deum regnare: they are as merry for all the sorrow, as if they had escaped all dangers, and were in heaven already:

\[ \text{"t} \text{metu omnes, et inexorable fatum} \\
\text{Subiectus pedius, strepitumque Acherontis avari."} \]

Those rude idiots and ignorant persons, that neglect and contemn the means of their salvation, may march on with these; but above all others, those Herodian temporizing statesmen, political Machiavelians and hypocrites, that make a show of religion, but in their hearts laugh at it. Simulato sanctitas duplex iniquitas; they are in a double fault, "that fashion themselves to this world," which \( ^7 \) Paul forbids, and like Mercury, the planet, are good with good, bad with bad. When they are at Rome, they do as they see done, puritans with puritans, papists with papists; omnium horarum homines, formalists, ambi- dexters, lukewarm Laodiceans. \( ^8 \) All their study is to please, and their god is their commodity, their labour to satisfy their lusts, and their endeavours to their own ends. Whatsoever they pretend, or in public seem to do, "With the fool in their hearts they say there is no God." \( ^7 \) Heus tu—de Jove quid sentis? "Hulloa! what is your opinion about a \( ^2 \) Jupiter?" Their words are as soft as oil, but bitterness is in their hearts; like Alexander VI. so cunning dissemblers, that what they think, they never speak. Many of them are so close, you can hardly discern it, or take any just exceptions at them; they are not factions, oppressors as most are, no briers, nosominacl contractors; no such ambitious, lascivious persons as some others are, no drunkards, sobrii solemn vident orientem, sobrii vident occidentem, they rise sober, and go sober to bed, plain deal-
Religious Melancholy. [Part. 3. Sec. 4.

ing, upright, honest men, they do wrong to no man, and are so reputed in the world's esteem at least, very zealous in religion, very charitable, meek, humble, peace-makers, keep all duties, very devout, honest, well spoken of, beloved of all men; but he that knows better how to judge, he that examines the heart, saith they are hypocrites, Cor dolo plenum; sonant vitium percussa maligne, they are not sound within. As it is with writers oftentimes, Plus sanctimonie in libello, quam libelli auctore, more holiness is in the book than in the author of it: so 'tis with them: many come to church with great Bibles, whom Cardan said he could not choose but laugh at, and will now and then dare operam Augustino, read Austin, frequent sermons, and yet professed usurers, mere gripes, tota vita ratio epicurea est; all their life is epicurism and atheism, come to church all day, and lie with a courtesan at night. Qui Curios simulant et Bacchanalia vivunt, they have Esau's hands, and Jacob's voice: yea, and many of those holy friars, sanctified men, Cappam, saith Hierom, et ciliicum induunt, sed intus latronem tegunt. They are wolves in sheep's clothing, Introrsum turpes, speciosi pelle decord," Fair without, and most foul within." *Latet plerunque sub tristi amictu lascivia, et deformis horror vili veste tegitur; oft times under a mourning weed lies lust itself, and horrible vices under a poor coat. But who can examine all those kinds of hypocrites, or dive into their hearts? If we may guess at the tree by the fruit, never so many as in these days; show me a plain-dealing true honest man: Et pudor, et probitas, et timor omnis abest. He that shall but look into their lives, and see such enormous vices, men so immoderate in lust, unspeakable in malice, furious in their rage, flattering and dissembling (all for their own ends), will surely think they are not truly religious, but of an obdurate heart, most part in a reprobat sense, as in this age. But let them carry it as they will for the present, dis semblance as they can, a time will come when they shall be called to an account, their melancholy is at hand, they pull a plague and curse upon their own heads, thesaurisant ivram Dei. Besides all such as are in des contumeliosi, blaspheme, contemn, neglect God, or scoff at him, as the poets feign of Salmoneus, that would in derision imitate Jupiter's thunder, he was precipitated for his pains, Jupiter intuonuit contra, &c., so shall they certainly rue it in the end, ("in se spuit qui in calor spuit), their doom's at hand, and hell is ready to receive them.

Some are of opinion, that it is in vain to dispute with such atheistical spirits in the meantime, 'tis not the best way to reclaim them. Atheism, idolatry, heresy, hypocrisy, though they have one common root, that is, indulgence to corrupt affection, yet their growth is different, they have divers symptoms, occasions, and must have several cures and remedies. 'Tis true some deny there is any God, some confess, yet believe it not: a third sort confess and believe, but will not live after his laws, worship and obey him: others allow God and gods subordinate, but not one God, no such general God, non tales Down, but several topic gods for several places, and those not to persecute one another for any difference, as Socimus will, but rather love and cherish.

To describe them in particular, to produce their arguments and reasons, would require a just volume, I refer them therefore that expect a more ample satisfaction, to those subtle and elaborate treatises, devout and famous tracts of our learned divines (schoolmen amongst the rest, and casuists), that have abundance of reason to prove there is a God, the immortality of the soul, &c., out of the strength of wit and philosophy bring irrefragable arguments to such as are ingenious and well disposed; at the least, answer all cavils and objections to confute their folly and madness, and to reduce them, si fieri possit, ad sanam mentem, to a better mind, though to small purpose many times.

Amongst others consult with Julius Cesar Lagalla, professor of philosophy in

* Erasmus. b Hierom. c Senec. consul. ad Polyb. ca. 21.
Despair's Definition.

Rome, who hath written a large volume of late to confute atheists: of the immortality of the soul, Hierom. Montanus de immortalitate Anima: Lelius Vincentius of the same subject: Thomas Giaminus, and Franciscus Collius de Paganorum animabus post mortem, a famous doctor of the Ambrosian College in Milan. Bishop Fotherby in his Atheonastix, Doctor Dove, Doctor Jackson, Abernethy, Corderoy, have written well of this subject in our mother tongue: in Latin, Colerus, Zanchius, Paleareus, Illyricus, d Philippus, Faber Rave tinus, &c. But instar omnium, the most copious confuter of atheists is Marinus Mercennus in his Commentaries on Genesis: e with Campanella: Atheismus Triumphatus. He sets down at large the causes of this brutish passion (seventeen in number I take it), answers all their arguments and sophisms, which he reduceth to twenty-six heads, proving with his own assertion; “There is a God, such a God, the true and sole God,” by thirty-five reasons. His Colophon is how to resist and repress atheism and to that purpose he adds four especial means or ways, which whoso will may profitably peruse.

Subsect. II.—Despair. Despairs, Equivocations, Definitions, Parties and Parts affected.

There be many kinds of desperation, whereof some be holy, some unholy, as one distinguisheth; that unholy he defines out of Tully to be Agrituidinem animi sine ulla rerum expectatione meliore, a sickness of the soul without any hope or expectation of amendment: which commonly succeeds fear; for whilst evil is expected, we fear: but when it is certain, we despair. According to Thomas, 2. 2ae. distinct. 40. art. 4. it is Recessus à re desiderato, propter impossibilitatem existimatum, a restraint from the thing desired, for some impossibility supposed. Because they cannot obtain what they would, they become desperate, and many times either yield to the passion by death itself, or else attempt impossibilities, not to be performed by men. In some cases, this desperate humour is not much to be disrecommended, as in wars it is a cause many times of extraordinary valor; as Joseph, lib. 1. de bello Jud. cap. 14. L. Daneus in Aphor. polit. pag. 226. and many politicians hold. It makes them improve their worth beyond itself, and of a forlorn impotent company become conquerors in a moment. Una salus victis nullam sperare salutem, “the only hope for the conquered is despair.” In such courses when they see no remedy, but that they must either kill or be killed, they take courage, and oftentimes, prater sper, beyond all hope vindicate themselves. Fifteen thousand Locrenses fought against a hundred thousand Crotonienses, and seeing now no way but one, they must all die, thought they would not depart unreended, and thereupon desperately giving an assault, conquered their enemies. Neo alia causa victoriae (saith Justin mine author) quae quod des speraverunt. William the Conqueror, when he first landed in England, sent back his ships, that his soldiers might have no hope of retreating back. Bodine excuseth his countrymen's overthrow in that famous battle at Agincourt, in Henry the Fifth his time (cui simile, saith Froissard, tota historia producere non possit, which no history can parallel almost, wherein one handful of Englishmen overthrew a royal army of Frenchmen), with this refuge of despair, pauce desperati, a few desperate fellows being compassed in by their enemies, past all hope of life, fought like so many devils; and gives a caution, that no soldiers hereafter set upon desperate persons, which after Frontinus and Vigetius, Guicciardini likewise admonisheth, Hypomnes, part. 2. pag. 25. not to stop an enemy that is going his way. Many such kinds there are of desperation, when

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e Edit. Romae, fol. 1631.  
f Abernethy, c. 24. of his Physic of the Soul.  
g Omissa a Victoriae in destinatam mortem conspirant, tansique arduo singulos cepit, ut victores se putarent si non inulti morerentur. Justin. 1. 20.  
h Methol. hist. cap. 3.  
i Idem abl. volunti iter minime intercedendas, &c.
men are past hope of obtaining any suit, or in despair of better fortune; 

Desperatio facit monachum, as the saying is, and desperation causeth death itself; how many thousands in such distress have made away themselves, and many others! For he that cares not for his own, is master of another man's life. A Tuscan soothsayer, as Paterculus tells the story, perceiving himself and Fulvius Flaccus his dear friend, now both carried to prison by Opimius, and in despair of pardon, seeing the young man weep, quin tu potius hoc, inguit, facis, do as I do; and with that knocked out his brains against the door-cheek, as he was entering into prison, protinusque tilsio capite in carceris januam effuso cerebro expiravit, and so desperately died. But these are equivocal, improper. "When I speak of despair," saith *Zanchius, "I speak not of every kind, but of that alone which concerns God. It is opposite to hope, and a most pernicious sin, wherewith the devil seeks to entrap men." Musculus makes four kinds of desperation, of God, ourselves, our neighbour, or any thing to be done; but this division of his may be reduced easily to the former: all kinds are opposite to hope, that sweet moderator of passions, as Simonides calls it; I do not mean that vain hope which fantastical fellows feign to themselves, which, according to Aristotle is insomniurn vigilantium, a waking dream; but this divine hope which proceeds from confidence, and is an anchor to a floating soul; spes alii agricolas, even in our temporal affairs, hope revives us, but in spiritual it farther animateth; and were it not for hope, "we of all others were the most miserable," as Paul saith, in this life; were it not for hope, the heart would break; "for though they be punished in the sight of men," (Wisdom iii. 4.) yet is "their hope full of immortality:" yet doth it not so rear, as despair doth deject; this violent and sour passion of despair, is of all perturbations most grievous, as Patritius holds. Some divide it into final and temporal; final is incurable, which befalleth reprobates; temporal is a rejection of hope and comfort for a time, which may befal the best of God's children, and it commonly proceeds "from weakness of faith," as in David when he was oppressed he cried out, "O Lord, thou hast forsaken me," but this for a time. This ebbs and flows with hope and fear; it is a grievous sin howsoever: although some kind of despair be not amiss, when, saith Zanchius, we despair of our own means, and rely wholly upon God; but that species is not here meant. This pernicious kind of desperation is the subject of our discourse, homicida animae, the murderer of the soul, as Austin terms it, a fearful passion, wherein the party oppressed thinks he can get no ease but by death, and is fully resolved to offer violence unto himself; so sensible of his burden, and impatient of his cross, that he hopes by death alone to be freed of his calamity (though it prove otherwise), and chooseth with Job vi. 8. 9. vii. 15. "Rather to be strangled and die, than to be in his bonds." The part affected is the whole soul, and all the faculties of it; there is a privation of joy, hope, trust, confidence, of present and future good, and in their place succeed fear, sorrow, &c., as in the symptoms shall be shown. The heart is grieved, the conscience wounded, the mind eclipsed with black fumes arising from those perpetual terrors.

SUBSECT. III.—Causes of Despair, the Devil, Melancholy, Meditation, Distress, Weakness of Faith, Rigid Ministers, Misunderstanding Scriptures, Guilty Consciences, &c.

The principal agent and procurer of this mischief is the devil; those whom God forsakes, the devil by his permission lays hold on. Sometimes he perse-
cutes them with that worm of conscience, as he did Judas, Saul, and others. The poets call it Nemesis, but it is indeed God's just judgment, serio sed serio, he strikes home at last, and setteth upon them "as a thief in the night," 1 Thes. ii. "This temporary passion made David cry out, "Lord, rebuke me not in thine anger, neither chasten me in thine heavy displeasure; for thine arrows have light upon me, &c. there is nothing sound in my flesh, because of thine anger." Again, I roar for the very grief of my heart: and Psalm xxi. My God, my God, why hast thou forsaken me, and art so far from my health, and the words of my crying? I am like to water poured out, my bones are out of joint, mine heart is like wax, that is molten in the midst of my bowels. So Psalm lxviii. 15 and 16 vers. and Psalm cii. "I am in misery at the point of death, from my youth I suffer thy terrors, doubting for my life; thine indignations have gone over me, and thy fear hath cut me off." Job doth often complain in this kind; and those God doth not assist, the devil is ready to try and torment, "still seeking whom he may devour." If he find them merry, saith Gregory, "he tempts them forthwith to some dissolute act; if pensive and sad, to a desperate end." Aut suadendo blanditur, aut minando terret, sometimes by fair means, sometimes again by foul, as he perceives men severally inclined. His ordinary engine by which he produces this effect, is the melancholy humour itself, which is balneum diaboli, the devil's bath; and as in Saul, those evil spirits get in "as it were, and take possession of us. Black choler is a shoeing-horn, a bait to allure them, insomuch that many writers make melancholy an ordinary cause, and a symptom of despair, for that such men are most apt, by reason of their ill-disposed temper, to distrust, fear, grief, mistake, and amplify whatsoever they preposterously conceive, or falsely apprehend. Conscientia scrupulosa nascentur ex vito naturali, complexionem melancholicam (saith Navarrus, cap. 27. num. 282. tom. 2. cas. conscient.) The body works upon the mind, by obfuscating the spirits and corrupted instruments, which Perkins illustrates by simile of an artificer, that hath a bad tool, his skill is good, ability correspondent, by reason of ill tools his work must needs be lame and imperfect. But melancholy and despair, though often, do not always concur; there is much difference: melancholy fears without a cause, this upon great occasion; melancholy is caused by fear and grief, but this torment procures them and all extremity of bitterness; much melancholy is without affliction of conscience, as Bright and Perkins illustrate by four reasons; and yet melancholy alone again may be sometimes a sufficient cause of this terror of conscience. "Felix Plater so found it in his observations, melancolie aliis damnatos se putant, Deo curae non sunt, nec praedestinati, &c. "They think they are not predestinate, God hath forsaken them;" and yet otherwise very zealous and religious; and 'tis common to be seen, "melancholy for fear of God's judgment and hell fire, drives men to desperation; fear and sorrow, if they be immoderate, end often with it." Intolerable pain and anguish, long sickness, captivity, misery, loss of goods, loss of friends, and those lesser griefs, do sometimes effect it, or such dismal accidents. Si non statim relevantur, Mercennus, dubitans an sit Deus, if they be not eased forthwith, they doubt whether there be any God, they rave, curse, "and are desperately mad because good men are oppressed, wicked men flourish, they have not as they think to their desert," and through impatience of calamities are so misaffected. Democritus put out his eyes, ne malorum civium prosperos videtur successus, because he could not abide to see wicked men prosper, and was there-
fore ready to make away himself, as Agellius writes of him. Felix Plater
hath a memorable example in this kind, of a painter's wife in Basil, that was
melancholy for her son's death, and for melancholy became desperate; she
thought God would not pardon her sins, "and for four months still raved,
that she was in hell-fire, already damned." When the humour is stirred up,
every small object aggraviates and incenseth it, as the parties are addicted.

The same author hath an example of a merchant man, that for the loss of a
little wheat, which he had over long kept, was troubled in conscience, for
that he had not sold it sooner, or given it to the poor, yet a good scholar and a great
divine; no persuasion would serve to the contrary but that for this fact he was
damned: in other matters very judicious and discreet. Solitariness, much
fasting, divine meditation, and contemplations of God's judgments, most part
accompany this melancholy, and are main causes, as Navarrus holds; to
converse with such kind of persons so troubled, is sufficient occasion of trouble
to some men. Nonnulli ob longas inedias, studia et meditazione celestes, de
rebus sacris et religione semper agitant, &c. Many (saith P. Forestus) through
long fasting, serious meditations of heavenly things, fall into such fits; and as
Le mnlius adds, lib. 4. cap. 21. "If they be solitary given, superstitious,
precise, or very devout: seldom shall you find a merchant, a soldier, an inn-
keeper, a bawd, a host, a usurer so troubled in mind, they have cheveril
consciences that will stretch, they are seldom moved in this kind or molested:
young men and middle age are more wild and less apprehensive; but old folks,
most part, such as are timorous and religiously given." Pet. Forestus, observat.
lib. 10. cap. 12. de morbis cerebrali, hath a fearful example of a minister, that
through precise fasting in Lent, and overmuch meditation, contracted this mis-
chief, and in the end became desperate, thought he saw devils in his chamber,
and that he could not be saved; he smelled nothing, as he said, but fire and
brimstone, was already in hell, and would ask them, still, if they did not smell
as much. I told him he was melancholy, but he laughed me to scorn, and
replied that he saw devils, talked with them in good earnest, would spit in my
face, and ask me if I did not smell brimstone, but at last he was by him cured.

Such another story I find in Plater, observat. lib. 1. A poor fellow had done
some foul offence, and for fourteen days would eat no meat, in the end became
desperate, the divines about him could not ease him, but so he died. Continual
meditation of God's judgments troubles many, Multi ob timorem futuri judicli,
saith Guatinierius, cap. 5. tract. 15. et suspicionem, desperabundi sunt. David
himself complains that God's judgments terrified his soul, Psalm cxix. part 16.
vers. 8. "My flesh trembleth for fear of thee, and I am afraid of thy judgments."

Quoties diem illum cogito (saith Hierome) toto corpo re controremico, I tremble as
often as I think of it. The terrible meditation of hell fire, and eternal punishment
much torments a sinful silly soul. What's a thousand years to eternity? Ubi
mortal, ubi fletus, ubi dolor sempiternus. Mors sine morte, finis sine fine;
a finger burnt by chance we may not endure, the pain is so grievous, we may
not abide an hour, a night is intolerable; and what shall this unspeakable fire
then be that burns for ever, innumerable infinite millions of years, in omne
aevum, in aeternum. O eternity!

Eternitas est illa vox, Eternitas est illa vox,
Vox illa fulminatrix, —meta carenis et orn, &c.
Terminale minasior, Tormenta nullis territans,
Frangibusque colit, Quam finiantur annis;
Eternitas, aeternitas, Versat coquique pectus.
Autet heae pumas indices, Ausetque pustulas amplexus,
Canulipuliscias flammae, &c.

Lib. 20. c. 17. 1 Damnatum se putavit, et per quator menses Geihienliss penam sentire.
2 1606. ob triticum diutius servatum conscientia stimulat agitatur, &c. 3 Tom. 2. c. 21 num. 282. conversatio
num scrupulous, vigilant, jejunia.
4 Solitarios et superstitiones pleurnique exagitat conscientia, non
mercatores, lenenones, campones, tenentes, servatores, &c. largiorem hi nosti sunt conscientiam. Juvenes pleurnique
conscientiam negligunt, senes autem, &c. 4 Annon sentit sulphur, iniquit? 5 Desperabundi miser
perit. 6 In 17. Johannis. Non pauci se cruciant, et excentricit in tantum, ut non parum abstant
ab insania; neque tamen alii haec mentis anxietas efficiunt, quam ut diabolo potestatem facient ipsos per
desperationem ad inferos propecundum.

Iureclius Nicei. lib. 2. cap. 11. 7 Eternity, that word, that

This meditation terrifies these poor distressed souls, especially if their bodies be predisposed by melancholy, they religiously given, and have tender con-
sciences, every small object affrights them, the very inconsiderate reading of Scripture itself, and misinterpretation of some places of it; as, “Many are called, few are chosen. Not every one that saith Lord. Fear not little flock. He that stands, let him take heed lest he fall. Work out your salvation with
fear and trembling. That night two shall be in a bed, one received, the other left. Strait is the way that leads to heaven, and few there are that
enter therein.” The parable of the seed and of the sower, “some fell on barren ground, some was choked. Whom he hath predestined he hath
chosen. He will have mercy on whom he will have mercy.” Non est volentis
nee currentis, sed miserentis Dei. These and the like places terrify the souls
of many; election, predestination, reprobation, preposterously conceived,
offend divers, with a deal of foolish presumption, curiosity, needless specula-
tion, contemplation, solicitude, wherein they trouble and puzzle themselves
about those questions of grace, free will, perseverance, God’s secrets; they
will know more than is revealed of God in his word, human capacity, or igno-
rance can apprehend, and too importunate inquiry after that which is revealed;
mysteries, ceremonies, observation of Sabbaths, laws, duties, &c., with many
such which the casuists discuss, and schoolmen broach, which divers mistake,
misconstrue, misapply, to themselves, to their own undoing, and so fall into this
gulf. “They doubt of their election, how they shall know it, by what signs.
And so far forth,” saith Luther, “with such nice points, torture and crucify
themselves, that they are almost mad, and all they get by it is this, they lay
open a gap to the devil by desperation to carry them to hell;” but the greatest
harm of all proceeds from those thundering ministers, a most frequent cause
they are of this malady: “4 and do more harm in the church (saith Erasmus)
than that flatter; great danger on both sides, the one lulls them asleep in
carnal security, the other drives them to despair.” Whereas, St. Bernard
well adviseth, “5 We should not meddle with the one without the other, nor
speak of judgment without mercy; the one alone brings desperation, the other
security.” But these men are wholly for judgment; of a rigid disposition
themselves, there is no mercy with them, no salvation, no balsam for their diseased
souls, they can speak of nothing but reprobation, hell fire, and damnation; as
they did, Luke xi. 46. Iaie men with burdens grievous to be borne, which they
themselves touch not with a finger. ‘Tis familiar with our papists to terrify
men’s souls with purgatory, tales, visions, apparitions, to daunt even the most
generous spirits, “to require charity,” as Brentius observes, “of others,
bounty, meekness, love, patience, when they themselves breathe nought but
lust, envy, covetousness.” They teach others to fast, give alms, do penance,
and crucify their mind with superstitious observations, bread and water, hair
clothes, whips, and the like, when they themselves have all the dainties the
world can afford, lie on a down-bed with a courtezan in their arms: Hoc quan-
tum patimur pro Christo, as he said, what a cruel tyranny is this, so to insult
over and terrify men’s souls! Our indiscreet pastors many of them come not
far behind, whilst in their ordinary sermons they speak so much of election,
predestination, reprobation, ab aeterno, subtraction of grace, preterition, voluntary
permission, &c., by what signs and tokens they shall discern and try themselves,
whether they be God's true children elect, an sint prorebi, predestinati, &c., with such scrupulous points, they still aggravate sin, thunder out God's judgments without respect, intempetivcly raht at and pronounce them damned in all auditories, for giving so much to sports and honest recreations, making every small fault and thing indifferent an irremissible offence, they so rent, tear and wound men's consciences, that they are almost mad, and at their wits' end.

"These bitter potions (saith Erasmus) are still in their mouths, nothing but gall and horror, and a mad noise, they make all their auditors desperate:" many are wounded by this means, and they commonly that are most devout and precise, have been formerly presumptuous, and certain of their salvation; they that have tender consciences, that follow sermons, frequent lectures, that have indeed least cause, they are most apt to mistake, and fall into these miseries. I have heard some complain of Parson's Resolution, and other books of like nature (good otherwise), they are too tragic, too much dejecting men, aggravating offences: great care and choice, much discretion is required in this kind.

The last and greatest cause of this malady, is our own conscience, sense of our sins, and God's anger justly deserved, a guilty conscience for some foul offence formerly committed,—O miser Oreste, quid morbi te perdit? Or: Conscientia, sum enim mihi conscius de malis perpetratis. "A good conscience is a continual feast," but a galled conscience is as great a torment as can possibly happen, a still baking oven (so Pierius in his Hieroglyph compares it), another hell. Our conscience, which is a great ledger book, wherein are written all our offences, a register to lay them up, (which those Egyptians in their hieroglyphics expressed by a mill, as well for the continuance, as for the torture of it,) grinds our souls with the remembrance of some precedent sins, makes us reflect upon, accuse and condemn our own selves. "Sin lies at door," &c. I know there be many other causes assigned by Zanchius, Musculus, and the rest; as incredulity, infidelity, presumption, ignorance, blindness, ingratitude, discontent, those five grand miseries in Aristotle, ignorance, need, sickness, enmity, death, &c.; but this of conscience is the greatest.

Instar ulciris corpus jugiter percellens: The scrupulous conscience (as Peter Forestus calls it) which tortures so many, that either out of a deep apprehension of their unworthiness, and consideration of their own dissolute life, "accuse themselves and aggravate every small offence, when there is no such cause, mis doubting in the meantime God's mercies, they fall into these inconveniences." The poet calls them furies dire, but it is the conscience alone which is a thousand witnesses to accuse us. Nocte dieque suum gestant in pectore testem. A continual tester to give in evidence, to empanel a jury to examine us, to cry guilty, a persecutor with hue and cry to follow, an apparitor to summon us, a bailiff to carry us, a serjeant to arrest, an attorney to plead against us, a gaoler to torment, a judge to condemn, still accusing, denouncing, torturing and molesting. And as the statue of Juno in that holy city near Euphrates in Assyria will look still towards you, sit where you will in her temple, she stares full upon you, if you go by, she follows with her eye, in all sites, places, conventicles, actions, our conscience will be still ready to accuse us. After many pleasant days, and fortunate adventures, merry tides, this conscience at last doth arrest us. Well he may escape temporal punishment, bribe a cor-

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m De futuro judicio, de damnatione horrendum crepant, et amaras illas potationes in ore semper habent, ut multos inde in desperationem cogant. n Euripides. "O wretched Orestes, what malady consumes you?" O "Conscience, for I am conscious of evil." P. Pierius. gen. i. F. cause Musculus makes. 
piutarch. 
A. Allos misera castigat plena scrupulis conscientia, nodum in sciroqu querunt, et ubi nulla causa absint, misericordia divinae dedit annunt, ut Oreo designant. b Celsius, lib. 6. 2 Juvenal. "Night and day they carry their witnesses in the breast." 
Lucian. de dea Syria: Si adatideris, te apseti; si transeas, visu te sequitur. 
Prima hae est utilio, quod se judicet nemo nocens absolutur, improba quamvis gratia fallax praetoris vicerit uranum. Juvenal.
rupt judge, and avoid the censure of law, and flourish for a time; "for a who ever saw (saith Chrysostom) a covetous man troubled in mind when he is telling of his money, an adulterer mourn with his mistress in his arms? we are then drunk with pleasure, and perceive nothing:" yet as the prodigal son had dainty fare, sweet music at first, merry company, jovial entertainment, but a cruel reckoning in the end, as bitter as wormwood, a fearful visitation commonly follows. And the devil that then told thee that it was a light sin, or no sin at all, now aggravates on the other side, and tellleth thee, that it is a most irremissible offence, as he did by Cain and Judas, to bring them to despair; every small circumstance before neglected and contemned, will now amplify itself, rise up in judgment, and accuse the dust of their shoes, dumb creatures, as to Lucian’s tyrant, lectus et candela, the bed and candle did bear witness, to torment their souls for their sins past. Tragical examples in this kind are too familiar and common: Adrian, Galba, Nero, Otho, Vitellius, Caracalla, were in such horror of conscience for their offences committed, murders, rapes, extortions, injuries, that they were weary of their lives, and could get nobody to kill them. b Kennetus, King of Scotland, when he had murdered his nephew Malcolm, King Duffe’s son, Prince of Cumberland, and with counterfeit tears and protestations dissembled the matter a long time, “at last his conscience accused him, his unquiet soul could not rest day or night, he was terrified with fearful dreams, visions, and so miserably tormented all his life.” It is strange to read what c Comineus hath written of Louis XI. that French king; of Charles VIII.; of Alphonsus, King of Naples; in the fury of his passion how he came into Sicily, and what pranks he played. Guicciardini, a man most unapt to believe lies, relates how that Ferdinand his father’s ghost who before had died for grief, came and told him, that he could not resist the French King, he thought every man cried France, France; the reason of it (saith Comineus was because he was a vile tyrant, a murderer, an oppressor of his subjects, he bought up all commodities, and sold them at his own price, sold abbeys to Jews and Falconers; both Ferdinand his father, and he himself never made conscience of any committed sin; and to conclude, saith he, it was impossible to do worse than they did. Why was Pausanias the Spartan tyrant, Nero, Otho, Galba, so persecuted with spirits in every house they came, but for their murders which they had committed? d Why doth the devil haunt many men’s houses after their deaths, appear to them living, and take possession of their habitations, as it were, of their palaces, but because of their several villainies? Why had Richard the Third such fearful dreams, saith Polydore, but for his frequent murders? Why was Herod so tortured in his mind? because he had made away Mariamme his wife. Why was Theodorico, the King of the Goths, so suspicious, and so affrighted with a fish head alone, but that he had murdered Symmachus, and Boethius, his son-in-law, those worthy Romans? Cælius, lib. 27. cap. 22. See more in Plutarch, in his tract De his qui sero à Numine puniuntur, and in his book De tranquilliitate animi, &c. Ye, and sometimes GOD himself hath a hand in it, to show his power, humble, exercise, and to try their faith, (divine temptation, Perkins calls it, Cas. cons. lib. 1. cap. 8. sect. 1.) to punish them for their sins. God the avenger, as e David terms him, ultor à terto Deus, his wrath is apprehended of a guilty soul, as by Saul and Judas, which the poets expressed by Adрастia, or Nemesis:

"Assequitur Nemesisque virum vestigia servat,
Ne male quid facias."
And she is, as Ammianus, lib. 14. describes her, "the queen of causes, and moderator of things, now she pulls down the proud, now she rears and encourageth those that are good;" hegives instance in his Eusebius; Nicephorus, lib. 10. cap. 35. ecles. hist. in Maximinus and Julian. Fearful examples of God's just judgment, wrath and vengeance, are to be found in all histories, of some that have been eaten to death with rats and mice, as Pompeius, the second King of Poland, ann. 890, his wife and children; the like story is of Hatto, Archbishop of Mentz, ann. 969, so devoured by these vermin, which howsoever Serrarius the Jesuit, Mogunt. rerum lib. 4. cap. 5. impugn by twenty-two arguments, Tritemius, Munster, Magdeburgenses, and many others relate for a truth. Such another example I find in Geraldus Cambrensis, Itin. Cam. lib. 2. cap. 2. and where not?

And yet for all these terrors of conscience, affrighting punishments which are so frequent, or whatsoever else may cause or aggravate this fearful malady in other religions, I see no reason at all why a papist at any time should despair, or be troubled for his sins; for let him be never so dissolute a catiff, so notorious a villain, so monstrous a sinner, out of that treasure of indulgences and merits of which the pope is dispensor, he may have free pardon and plenary remission of all his sins. There be so many general pardons for ages to come, forty thousand years to come, so many jubilees, so frequent gaol deliveries out of purgatory for all souls, now living, or after dissolution of the body, so many particular masses daily said in several churches, so many altars consecrated to this purpose, that if a man have either money or friends, or will take any pains to come to such an altar, hear a mass, say so many paternosters, undergo such and such penance, he cannot do amiss, it is impossible his mind should be troubled, or he have any scruple to molest him. Besides that Taxa Camara Apostolica, which was first published to get money in the days of Leo Decimus, that sharking pope, and since divulged to the same ends, sets down such easy rates and dispensations for all offences, for perjury, murder, incest, adultery, &c., for so many grosses or dollars (able to invite any man to sin, and provoke him to offend, methinks, that otherwise would not) such comfortable remission, so gentle and parable a pardon, so ready at hand, with so small cost and suit obtained, that I cannot see how he that hath any friends amongst them (as I say) or money in his purse, or will at least to ease himself, can any way miscarry or be misaffected, how he should be desperate, in danger of damnation, or troubled in mind. Their ghostly fathers can so readily apply remedies, so cunningly string and unstring, wind and unwind their devotions, play upon their consciences with plausible speeches and terrible threats, for their best advantage settle and remove, erect with such facility and deject, let in and out, that I cannot perceive how any man amongst them should much or often labour of this disease, or finally miscarry. The causes above named must more frequently therefore take hold in others.


As shoemakers do when they bring home shoe, still cry leather is dearer and dearer, may I justly say of those melancholy symptoms; these of despair are most violent, tragical, and grievous, far beyond the rest, not to be expressed but negatively, as it is privation of all happiness, not to be endured; "for a wounded spirit who can bear it?" Prov. xviii. 19. What, therefore, Timanthes did in his picture of Iphigenia, now ready to be sacrificed, when he had painted Chalcas mourning, Ulysses sad, but most sorrowful Menelaus; and

a Regina causarum et arbitra rerum, nunc erectas services opprimit, &c. 
1 Alex. Gageimma, catal.
2 Prilnius, exv. 10. 1. 33. Consumptus auctoris, Agamemnonis caput velavit, ut omnes quem possent, maximum mmo orem in virginis patre cognitent.
showed all his art in expressing a variety of affections, he covered the maid's father Agamemnon's head with a veil, and left it to every spectator to conceive what he would himself; for that true passion and sorrow in summo gradu, such as his was, could not by any art be deciphered. What he did in his picture, I will do in describing the symptoms of despair; imagine what thou canst, fear, sorrow, furies, grief, pain, terror, anger, dismay, ghastly, tedious, irksome, &c. it is not sufficient, it comes far short, no tongue can tell, no heart conceive it. 'Tis an epitome of hell, an extract, a quintessence, a compound, a mixture of all feral maladies, tyrannical tortures, plagues, and perplexities. There is no sickness almost but physic provideth a remedy for it; to every sore chirurgery will provide a salve; friendship helps poverty; hope of liberty easeth imprisonment; suit and favour revolve banishment; authority and time wear away reproach; but what physic, what chirurgery, what wealth, favour, authority can relieve, bear out, assuage, or expel a troubled conscience? A quiet mind careth all them, but all they cannot comfort a distressed soul: who can put to silence the voice of desperation? All that is single in other melancholy, Horrible, dirum, pestilens, atmos, ferum, concurs in this, it is more than melancholy in the highest degree; a burning fever of the soul; so mad, saith Jacchus, by this misery; fear, sorrow, and despair, he puts for ordinary symptoms of melancholy. They are in great pain and horror of mind, distraction of soul, restless, full of continual fears, cures, torments, anxieties, they can neither eat, drink, nor sleep for them, take no rest,

"Perpetua impetis, nec mensae tempore cessat,
Exagit vesana quies, somnique furentes."  

Neither at bed nor yet at board,
Will any rest despair afford."

Fears takes away their content, and dries the blood, wasteth the marrow, alters their countenance, "even in their greatest delights, singing, dancing, dalliance, they are still (saith Leemnius) tortured in their souls." It consumes them to nought, "I am like a pelican in the wilderness (saith David of himself, temporally afflicted), an owl, because of thine indignation," Psalm cxi. 6, 10, and Psalm lv. 4. "My heart trembleth within me, and the terrors of death have come upon me; fear and trembling are come upon me, &c. at death's door," Psalm cvii. 18. "Their soul abhors all manner of meats." Their sleep is (if it be any) unquiet, subject to fearful dreams and terrors. Peter in his bonds slept secure, for he knew God protected him; and Tully makes it an argument of Roscius Amerinus' innocency, that he killed not his father, because he so securely slept. Those martyrs in the primitive church were most cheerful and merry in the midst of their persecutions; but it is far otherwise with these men, tossed in a sea, and that continually without rest or intermission, they can think of nought that is pleasant, "their conscience will not let them be quiet," in perpetual fear, anxiety, if they be not yet apprehended, they are in doubt still they shall be ready to betray themselves, as Cain did, he thinks every man will kill him; "and roar for the grief of heart," Psalm xxxviii. 8, as David did; as Job did, xx. 3, 21, 22, &c., "Wherefore is light given to him that is in misery, and life to them that have heavy hearts? which long for death, and if it come not, search it more than treasures, and rejoice when they can find the grave." They are generally weary of their lives, a trembling heart they have, a sorrowful mind, and little or no rest. Terror ubique tremor, timor undique et undique terror. "Fears, terrors, and affrights in all places, at all times and seasons." Cibum et potum pertinaciter aversantur multi, nodum in sorpo quaritantes, et culpam imaginantes ubi nulla est, as Wierus writes de Lamiis, lib. 3. c. 7. "they refuse many of them meat and drink,

\footnote{Mem. 2. Subs. 4.}
cannot rest, aggravating still and supposing grievous offences where there are none.” God’s heavy wrath is kindled in their souls, and notwithstanding their continual prayers and supplications to Christ Jesus, they have no release or ease at all, but a most intolerable torment, and insufferable anguish of conscience, and that makes them, through impatience, to murmur against God many times, to rave, to blaspheme, turn atheists, and seek to offer violence to themselves. Deut. xxxviii. 65, 66. “In the morning they wish for evening, and for morning in the evening, for the sight of their eyes which they see, and fear of hearts.” 1

1 Marinus Mercurius, in his comment on Genesis, makes mention of a desperate friend of his, whom, amongst others, he came to visit, and exhort to patience, that broke out into most blasphemous atheistical speeches, too fearful to relate, when they wished him to trust in God, Quis est ulla Deus (inquit) ut serviam illi, quid proderit si oraverim; si præsens est, cur non succurrat? cur non me carcer, inedit, squalore confectum liberat? quid ego feci? &c. absit me haustumodi Deus. Another of his acquaintance broke out into like atheistical blasphemies, upon his wife’s death raved, cursed, said and did he care not what. And so for the most part it is with them all, many of them, in their extremity, think they hear and see visions, outtures, confer with devils, that they are tormented, possessed, and in hell-fire, already damned, quite forsaken of God, they have no sense or feeling of mercy, or grace, hope of salvation, their sentence of condemnation is already past, and not to be revoked, the devil will certainly have them. Never was any living creature in such torment before, in such a miserable estate, in such distress of mind, no hope, no faith, past cure, reprobate, continually tempted to make away themselves. Something talks with them, they spit fire and brimstone, they cannot but blaspheme, they cannot repent, believe or think a good thought, so far carried; ut cogantur ad impia cogitandum etiam contra voluntatem, said Felix Plater, ad blasphemiam erga Deum, ad multa horrenda perpetranda, ad manus violentas sibi inferendas, &c., and in their distracted fits and desperate humours, to offer violence to others, their familiar and dear friends sometimes, or to mere strangers, upon very small or no occasion; for he that cares not for his own, is master of another man’s life. They think evil against their wills; that which they abhor themselves, they must needs think, do, and speak. He gives instance in a patient of his, that when he would pray, had such evil thoughts still suggested to him, and wicked 1 meditations. Another instance he hath of a woman that was often tempted to curse God, to blaspheme and kill herself. Sometimes the devil (as they say) stands without and talks with them, sometimes he is within them, as they think, and there speaks and talks as to such as are possessed: so Apollodorus, in Plutarch, thought his heart spoke within him. There is a most memorable example of 2 Francis Spira, an advocate of Padua, Ann. 1545, that being desperate, by no counsel of learned men could be comforted: he felt (as he said) the pains of hell in his soul; in all other things he discoursed aright, but in this most mad. Frisemella, Bullovat, and some other excellent physicians, could neither make him eat, drink, or sleep, no persuasion could ease him. Never pleaded any man so well for himself, as this man did against himself, and so he desperately died. Springer, a lawyer, hath written his life. Cardinal Crescenzo died so likewise desperate at Verona, still he thought a black dog followed him to his death-bed, no man could drive the dog away, Sleiden. com. 23. cap. lib. 3. Whilst I was writing this treatise, said Montaltus, cap. 2. de med. "A nun came to me for help, well for all other matters, but troubled in conscience for five years last
past; she is almost mad, and not able to resist, thinks she hath offended God, and is certainly damned." Felix Plater hath store of instances of such as thought themselves damned, forsaken of God, &c. One amongst the rest, that durst not go to church, or come near the Rhine, for fear to make away himself, because then he was most especially tempted. These and such like symptoms are intended and remitted, as the malady itself is more or less; some will hear good counsel, some will not; some desire help, some reject all, and will not be eased.

SUBSECT. V.—Prognostics of Despair, Atheism, Blasphemy, violent death, &c.

Most part these kind of persons make away themselves, some are mad, blaspheme, curse, deny God, but most offer violence to their own persons, and sometimes to others. "A wounded spirit who can bear?" Prov. xviii. 14. As Cain, Saul, Achitophel, Judas, blasphemed and died. Bede saith, Plate died desperate eight years after Christ. *Felix Plater hath collected many examples. *A merchant's wife that was long troubled with such temptations, in the night rose from her bed, and out of the window broke her neck into the street: another drowned himself desperate as he was in the Rhine: some cut their throats, many hang themselves. But this needs no illustration. It is controverted by some, whether a man so offering violence to himself, dying desperate, may be saved, ay or no? If they die so obstinately and suddenly, that they cannot so much as wish for mercy, the worst is to be suspected, because they die impotent. *If their death had been a little more lingering, wherein they might have some leisure in their hearts to cry for mercy, charity may judge the best; divers have been recovered out of the very act of hang- and drowning themselves, and so brought ad sanam mentem, they have been very penitent, much abhorred their former act, confessed that they have repented in an instant, and cried for mercy in their hearts. If a man put desperate hands upon himself, by occasion of madness or melancholy, if he have given testimony before of his regeneration, in regard he doth this not so much out of his will, as ex vi morbi, we must make the best construction of it, as 'Turks do, that think all fools and madmen go directly to heaven.

SUBSECT. VI.—Cure of Despair by Physic, Good Counsel, Comforts, &c.

Experience teacheth us, that though many die obstinate and wilful in this malady, yet multitudes again are able to resist and overcome, seek for help and find comfort, are taken à fauces Erebi, from the chaps of hell, and out of the devil's paws, though they have by obligation given themselves to him. Some out of their own strength and God's assistance, *Though He kill me, (saith Job) yet will I trust in Him," out of good counsel, advice, and physic. *Bellovacus cured a monk by altering his habit, and course of life: Plater many by physic alone. But for the most part they must concur; and they take a wrong course that think to overcome this feral passion by sole physic; and they are as much out, that think to work this effect by good advice alone, though both be forcible in themselves, yet vis unita fortior, "they must go hand in hand to this disease:"—alterius sic altera poscit opem. For physic the like course is to be taken with this as in other melancholy: diet, air, exercise, all those passions and perturbations of the mind, &c., are to be rectified by the same means. They must not be left solitary, or to themselves, never idle, never out of company. Counsel, good comfort is to be applied, as

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* Allos conquerentes audivi se esse ex damnatorum numero. Deo non esse curae, alienas infinitas quae pro- ferre non auderent, vel abhorreant. 
* Musculus, Patritius: ad vim sibi interendent cogit homines. 
* 3 De mentis alienat. obscur. Lib. 1. 
* Uxor Mercatoris duex vexationibus tentata, &c. 
* Abernethy. 
* 1 John Major viitis patrum: quidam negavit Christianam, per Chirographum post restitutus. 
* Trincavilla, Lib. 3.
they shall see the parties inclined, or to the causes, whether it be loss, fear, be grief, discontent, or some such feral accident, a guilty conscience, or otherwise by frequent meditation, too grievous an apprehension, and consideration of his former life; by hearing, reading of Scriptures, good divines, good advice and conference, applying God’s word to their distressed souls, it must be corrected and counterpoised. Many excellent exhortations, parametical discourses, are extant to this purpose, for such as are any way troubled in mind: Perkins, Greenham, Hayward, Bright, Abernethy, Bolton, Culmannus, Helmingius, Cælius Secundus, Nicholas Laurentius, are copious on this subject: Azorius, Navarrus, Sayrus, &c., and such as have written cases of conscience amongst our pontifical writers. But because these men’s works are not to all parties at hand, so parable at all times, I will for the benefit and ease of such as are afflicted, at the request of some ⁷ friends, re-collect out of their voluminous treatises, some few such comfortable speeches, exhortations, arguments, advice, tending to this subject, and out of God’s word, knowing, as Culmannus saith upon the like occasion, “how unavailable and vain men’s counsels are to comfort an afflicted conscience, except God’s word concur and be annexed, from which comes life, ease, repentance,” &c. Pre-supposing first that which Beza, Greenham, Perkins, Bolton, give in charge, the parties to whom counsel is given be sufficiently prepared, humbled for their sins, fit for comfort, confessed, tried how they are more or less afflicted, how they stand affected, or capable of good advice, before any remedies be applied: to such therefore as are so thoroughly searched and examined, I address this following discourse.

Two main antidotes, ⁸ Hemmingius observes, opposite to despair, good hope out of God’s word, to be embraced; perverse security and presumption from the devil’s treachery, to be rejected; Illa salus ammae hac pestis; one saves, the other kills, occidit animam, saith Austin, and doth as much harm as despair itself. ⁹ Navarrus the causius reckons up ten special cures out of Anton. I. part. Tit. 3. cap. 10. 1. God. 2. Physic. 3. Avoiding such objects as have caused it. 4. Submission of himself to other men’s judgments. 5. Answer of all objections, &c. All which Cajetan, Gerson, lib. de vit. spirit. Sayrus, lib. 1. cas. cons. cap. 14. repeat and approve out of Emanuel Roderiques, cap. 51 et 52. Greenham prescribes six special rules, Culmannus seven. First, to acknowledge all help come from God. 2. That the cause of their present misery is sin. 3. To repent and be heartily sorry for their sins. 4. To pray earnestly to God they may be eased. 5. To expect and implore the prayers of the church, and good men’s advice. 6. Physic. 7. To commend themselves to God, and rely upon His mercy; others, otherwise, but all to this effect. But forasmuch as most men in this malady are spiritually sick, void of reason almost, overcome by their miseries, and too deep an apprehension of their sins, they cannot apply themselves to good counsel, pray, believe, repent, we must, as much as in us lies, occur and help their peculiar infirmities, according to their several causes or symptoms, as we shall find them distressed and complain.

The main matter which terrifies and torments most that are troubled in mind, is the enormity of their offences, the intolerable burthen of their sins, God’s heavy wrath and displeasure so deeply apprehended, that they account themselves reprobates, quite forsaken of God, already damned, past all hope of grace, incapable of mercy, diaboli mancipia, slaves of sin, and their offences so great they cannot be forgiven. But these men must know there is no sin so

⁷ My brother, George Burton, M. James Whitehall, recter of Checkley, in Staffordshire, my quodam chamber-fellow, and late fellow-student in Christ Church, Oxon. ⁸ Scio quam vasa sit et inefficax humanorum verborum penes afflictos consolation, nial verbum Dei undatur, a quo viva, refrigeratio, solutum, penitentia. ⁹ Antid. adversa desperationem. ⁴ a Tom. 2, c. 27, num. 182. ⁵ Averalo cogitationis à increpulis, contraventia scrupulusa.
heinous which is not pardonable in itself, no crime so great but by God’s mercy it may be forgiven, “Where sin aboundeth, grace aboundeth much more,” Rom. v. 20. And what the Lord said unto Paul in his extremity, 2 Cor. xi. 9. “My grace is sufficient for thee, for my power is made perfect through weakness;” concerns every man in like case. His promises are made indefinite to all believers, generally spoken to all touching remission of sins that are truly penitent, grieved for their offences, and desired to be reconciled, Matt. ix. 12, 13, “I came not to call the righteous but sinners to repentance,” that is, such as are truly touched in conscience for their sins. Again, Matt. xi. 28, “Come unto me all ye that are heavy laden, and I will ease you,” Ezek. xviii. 27, “at what time soever a sinner shall repent him of his sins from the bottom of his heart, I will blot out all his wickedness out of my remembrance saith the Lord.” Isaiah xliii. 25, “I even I am He that put away thine iniquity for mine own sake, and will not remember thy sins.” “As a father (saith David, Psal. ciii. 13) hath compassion on his children, so hath the Lord compassion on them that fear him.” And will receive them again as the prodigal son was entertained, Luke xv., if they shall so come with tears in their eyes, and a penitent heart. Peccator agnoscat, Deus ignoscit, “The Lord is full of compassion and mercy, slow to anger, of great kindness,” Psal. ciii. 8. “He will not always chide, neither keep His anger for ever,” 9. “As high as the heaven is above the earth, so great is His mercy towards them that fear Him,” 11. “As far as the East is from the West, so far hath He removed our sins from us,” 12. Though Cain cry out in the anguish of his soul, my punishment is greater than I can bear, ‘tis not so; thou liest, Cain (saith Austin), “God’s mercy is greater than thy sins. His mercy is above all His works,” Psal. cxlv. 9, able to satisfy for all men’s sins, antilutron, 1 Tim. ii. 6. His mercy is a panacea, a balsam for an afflicted soul, a sovereign medicine, an alexipharmacum for all sin, a charm for the devil; His mercy was great to Solomon, to Manasseh, to Peter, great to all offenders, and whosoever thou art, it may be so to thee. For should God bid us pray (as Austin infers) “Deliver us from all evil,” nisi ipsa misericors perseveraret, if He did not intend to help us? He therefore that doubts of the remission of his sins, denies God’s mercy, and doth Him injury, saith Austin. Yea, but thou repliest, I am a notorious sinner, mine offences are not so great as infinite. Hear Fulgentius, “God’s invincible goodness cannot be overcome by sin, His infinite mercy cannot be terminated by any: the multitude of His mercy is equivalent to His magnitude.” Hear Chrysostom, “Thy malice may be measured, but God’s mercy cannot be defined; thy malice is circumscribed, His mercies infinite. As a drop of water is to the sea, so are thy misdeeds to His mercy: nay, there is no such proportion to be given; for the sea, though great, yet may be measured, but God’s mercy cannot be circumscribed.” Whosoever thy sins be then in quantity or quality, multitude or magnitude, fear them not, distrust not. I speak not this, saith Chrysostom, “to make thee secure and negligent, but to cheer thee up.” Yea, but, thou urgest again, I have little comfort of this which is said, it concerns me not: Inanis penitentia quam sequens culpa coinquinat, ‘tis to no purpose for me to repent, and to do worse than ever I did before, to persevere in sin, and to return to my lusts as a dog to his vomit, or a swine to the mire: “to what end is it to ask forgiveness of my sins, and yet daily to sin again and again, to do evil out of a habit? I daily and hourly offend in thought, word, and deed, in a relapse by mine own weakness and
wilfulness: my bonus genius, my good protecting angel is gone, I am fallen from that I was or would be, worse and worse, "my latter end is worse than my beginning." Si quotidian peccas, quotidian, saith Chrysostom, penitentiam age, if thou daily offend, daily repent: "if twice, thrice, a hundred, a hundred thousand times, twice, thrice, a hundred thousand times repent." As they do by an old house that is out of repair, still mend some part or other; so do by thy soul, still reform some vice, repair it by repentance, call to Him for grace, and thou shalt have it; "For we are freely justified by His grace," Rom. iii. 24. If thine enemy repent, as our Saviour enjoined Peter, forgive him seventy-seven times; and why shouldst thou think God will not forgive thee? Why should the enormity of thy sins trouble thee? God can do it, he will do it. "My conscience (saith * Anselm) dictates to me that I deserve damnation, my repentance will not suffice for satisfaction: but thy mercy, O Lord, quite overcometh all my transgressions." The gods once (as the poets feign) with a gold chain would pull Jupiter out of heaven, but all they together could not stir him, and yet he could draw and turn them as he would himself; maugre all the force and fury of these infernal fiends, and crying sins, "His grace is sufficient." Confer the debt and the payment; Christ and Adam; sin, and the cure of it; the disease and the medicine; confer the sick man to his physician, and thou shalt soon perceive that his power is infinitely beyond it. God's is better able, as *Bernard informeth us, "to help, than sin to do us hurt; Christ is better able to save, than the devil to destroy." * If he be a skilful Physician, as Fulgentius adds, "he can cure all diseases; if merciful, he will." Non est perfecta bonitas à quâ non omnis malitia vincitur, His goodness is not absolute and perfect, if it be not able to overcome all malice. Submit thyself unto Him, as St. Austin adviseth, "He knoweth best what he doth; and be not so much pleased when he sustains thee, as patient when he corrects thee; he is omnipotent, and can cure all diseases when he sees his own time." He looks down from heaven upon earth, that he may hear the "mourning of prisoners, and deliver the children of death," Psal. cii. 19, 20. "And though our sins be as red as scarlet, He can make them as white as snow," Isai. i. 18. Doubt not of this, or ask how it shall be done: He is all-sufficient that promiseth; qui fecit mundum de immundo, saith Chrysostom, he that made a fair world of nought, can do this and much more for his part: do thou only believe, trust in him, rely on him, be penitent and heartily sorrow for thy sins. Repentance is a sovereign remedy for all sins, a spiritual wing to rear us, a charm for our miseries, a protecting amulet to expel sin's venom, an attractive loadstone to draw God's mercy and graces unto us. * Pecatum vulnus, penitentia medicinam: sin made the breach, repentance must help it; howsoever thine offence came, by error, sloth, obstinacy, ignorance, exitur per penitentiam, this is the sole means to be relieved. * Hence comes our hope of safety, by this alone sinners are saved, God is provoked to mercy. "This unlooseth all that is bound, enlighteneth darkness, mends that is broken, puts life to that which was desperately dying:" makes no respect of offences, or of persons. "This doth not repel a fornicator, reject a drunkard, resist a proud fellow, turn away an idolater, but entertains all, communicates itself to all."

Who persecuted the church more than Paul, offended more than Peter? and

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1 * bis, al ter, si centes, al centes millia, totias penitentiam age.  * Conscientia mea meruit damnationem, penitentia non sufficient ad satisfactionem: sed tua misericordia superat omnem offensionem.

2 Multo efficacior Christi mora in bonum, quam peccata nostra in malum. Christus potentior ad salvandum, quam dexteram ad perdendum.

3 Feritas medicus potest omnes infirmitates sanare; al misericors, vult.

4 Omnipotenti medico nullus languor insanibili occurrit: tu tantum doceri tes sinas, suum ejus ne repellere; norit quid agas; non tantum delicet ex un voce, sed tolere quem esset.

5 Chrys. hom. 3. de peenis. Spec salutis per quam peccatores salvatur, Deus ad misericordiam provocatur, leidor. omnia ligata tu solis, contrita sauxa, confusa incidis, desperata animas.

6 Chrys. hom. 6. non fornicatorum abhini, non ebrium averfit, non superbum repellit, non aversatur Idololstram, non adulterum, sed omnes suscipit, omnibus communicat.
yet by repentance (saith Chrysologus) they got both Magisterium et ministerium sanctitatis, the Magistry of holiness. The prodigal son went far, but by repentance he came home at last. "

This alone will turn a wolf into a sheep, make a publican a preacher, turn a thorn into an olive, make a debauched fellow religious," a blasphemer sing halleluja, make Alexander the coppersmith truly devout, make a devil a saint. "

"And him that polluted his mouth with calumnies, lying, swearing, and filthy tunes and tones, to purge his throat with divine psalms." Repentance will effect prodigious cures, make a stupend metamorphosis. "A hawk came into the air, and went out again a hawk; a lion came in, went out a lion; a bear, a bear; a wolf, a wolf; but if a hawk came into this sacred temple of repentance, he will go forth a dove (saith Chrysostom), a wolf go out a sheep, a lion a lamb. "

This gives sight to the blind, legs to the lame, cures all diseases, confers grace, expels vice, inserts virtue, comforts and fortifies the soul." Shall I say, let thy sin be what it will, do but repent, it is sufficient. *Quem parvi t hsecasse pene est innocens. Tis true indeed and all-sufficient this, they do confess, if they could repent; but they are obdurate, they have cauterised consciences, they are in a reprobate sense, they cannot think a good thought, they cannot hope for grace, pray, believe, repent, or be sorry for their sins, they find no grief for sin in themselves, but rather a delight, no groaning of spirit, but are carried headlong to their own destruction," 

"heaping wrath to themselves against the day of wrath," Rom. ii. 5. 

"This heaven of repentance is still open for all distressed souls," and howsoever as yet no signs appear, thou mayest repent in good time. Hear a comfortable speech of St. Austin, "Whatsoever thou shalt do, how great a sinner soever, thou art yet living; if God would not help thee, he would surely take thee away; but in sparing thy life, he gives thee leisure, and invites thee to repentance." Howsoever as yet, I say, thou perceivest no fruit, no feeling, findest no likelihood of it in thyself, patiently abide the Lord's good leisure, despair not, or think thou art a reprobate; He came to call sinners to repentance, Luke v. 32, of which number thou art one; He came to call thee, and in his time will surely call thee. And although as yet thou hast no inclination to pray, to repent, thy faith be cold and dead, and thou wholly averse from all Divine functions, yet it may revive, as trees are dead in winter, but flourish in the spring! these virtues may lie hid in thee for the present, yet hereafter show themselves, and peradventure already bud, howsoever thou dost not perceive. "

"Tis Satan's policy to plead against, suppress and aggravate, to conceal those sparks of faith in thee. Thou dost not believe, thou sayest, yet thou wouldst believe if thou couldst, 'tis thy desire to believe; then pray, "

"Lord help mine unbelief;" and hereafter thou shalt certainly believe: "Dabitur semper isti, it shall be given to him that thirsteth. Thou canst not yet repent,
hereafter thou shalt; a black cloud of sin as yet obnubilates thy soul, terrifies thy conscience, but this cloud may conceive a rainbow at the last, and be quite dissipated by repentance. Be of good cheer; a child is rational in power, not in act; and so art thou penitent in affection, though not yet in action. 'Tis thy desire to please God, to be heartfeltly sorry; comfort thyself, no time is overpast, 'tis never too late. A desire to repent is repentance itself, though not in nature, yet in God's acceptance; a willing mind is sufficient. "Blessed are they that hunger and thirst after righteousness," Matt. v. 6. He that is destitute of God's grace, and wisheth for it, shall have it. "The Lord (saith David, Psal. x. 17) will hear the desire of the poor," that is, such as are in distress of body and mind. 'Tis true thou canst not as yet grieve for thy sin, thou hast no feeling of faith, I yield; yet canst thou grieve thou dost not grieve? It troubles thee, I am sure, thine heart should be so impenitent and hard, thou wouldst have it otherwise; 'tis thy desire to grieve, to repent, and to believe. Thou lov'est God's children and saints in the meantime, hastest them not, persecutest them not, but rather wishest thyself a true professor, to be as they are, as thou thyself hast been heretofore; which is an evident token thou art in no such desperate case. 'Tis a good sign of thy conversion, thy sins are pardoned, thou art, or shalt surely be reconciled, "The Lord is near them that are of a contrite heart," Luke iv. 18.  

A true desire of mercy in the want of mercy, is mercy itself; a desire of grace in the want of grace, is grace itself; a constant and earnest desire to believe, repent, and to be reconciled to God, if it be in a touched heart, is an acceptation of God, a reconciliation, faith and repentance itself. For it is not thy faith and repentance, as Chrysostom truly teacheth, that is available, but God's mercy that is annexed to it. He accepts the will for the deed: so that I conclude, to feel in ourselves the want of grace, and to be grieved for it, is grace itself. I am troubled with fear my sins are not forgiven, Careless objects: but Bradford answers they are; "For God hath given thee a penitent and believing heart, that is, a heart which desireth to repent and believe; for such an one is taken of him (He accepting the will for the deed) for a truly penitent and believing heart.

All this is true, thou repliest, but yet it concerns not thee, 'tis verified in ordinary offenders, in common sins, but thine are of a higher strain; even against the Holy Ghost himself, irremissible sins, sins of the first magnitude, written with a pen of iron, engraved with a point of a diamond. Thou art worse than a pagan, infidel, Jew, or Turk, for thou art an apostate and more, thou hast voluntarily blasphemed, renounced God and all religion, thou art worse than Judas himself, or they that crucified Christ: for they did offend out of ignorance, but thou hast thought in thine heart there is no God. Thou hast given thy soul to the devil, as witches and conjurors do, expliciti and impliciti, by compact, band and obligation (a desperate, a fearful case), to satisfy thy lust, or to be revenged of thine enemies, thou didst never pray, come to church, hear, read, or do any divine duties with any devotion, but for formality and fashion's-sake, with a kind of reluctance, 'twas troublesome and painful to thee to perform any such thing, propter voluntatem, against thy will. Thou never mad'st any conscience of lying, swearing, bearing false witness, murder, adultery, bribery, oppression, theft, drunkenness, idolatry, but hast ever done all duties for fear of punishment, as they were most advantageous, and to thine own ends, and committed all such notorious sins with an extraordinary delight, hating that thou shouldest love, and loving that thou shouldest hate. Instead of faith, fear and love of God, repentance, &c., blasphematic thoughts have been ever harboured in his mind, even against God himself, the blessed Trinity;
the Scripture false, rude, harsh, immethodical: heaven, hell, resurrection, mere toys and fables, incredible, impossible, absurd, vain, ill contrived; religion, policy, and human invention, to keep men in obedience, or for profit, invented by priests and law-givers to that purpose. If there be any such supreme power, he takes no notice of our doings, hears not our prayers, regardeth them not, will not, cannot help, or else he is partial, an exception of persons, author of sin, a cruel, a destructive God, to create our souls, and destinate them to eternal damnation, to make us worse than our dogs and horses, why doth he not govern things better, protect good men, root out wicked livers? why do they prosper and flourish? as she raved in the tragedy—pellices celum tenent, there they shine, Suasque Persones aureas stellas habet, where is his providence? how appears it?

"Marmoreo Licynus tumulo jacet, at Cato parvo, Pomponius nillo, quis putet esse deos." 1

Why doth he suffer Turks to overcome Christians, the enemy to triumph over his church, paganism to domineer in all places as it doth, heresies to multiply, such enormities to be committed, and so many such bloody wars, murders, massacres, plagues, feral diseases? why doth he not make us all good, able, sound? why makes he venomous creatures, rocks, sands, deserts, this earth itself the muck-hill of the world, a prison, a house of correction; 1Montimur regnavit Jovem, &c., with many such horrible and execrable conceits, not fit to be uttered; Terribilia de fide, horribilia de Divinitate. They cannot some of them but think evil, they are compelled volentem volentem, to blaspheme, especially when they come to church and pray, read, &c., such foul and prodigious suggestions come into their hearts.

These are abominable, unspeakable offences, and most opposite to God, tentationes fatae et impiae, yet in this case, he or they that shall be tempted and so affected, must know, that no man living is free from such thoughts in part, or at some times, the most divine spirits have been so tempted in some sort, evil custom, omission of holy exercises, ill company, idleness, solitariness, melancholy, or depraved nature, and the devil is still ready to corrupt, trouble, and divert our souls, to suggest such blasphemous thoughts into our fantasies, ungodly, profane, monstrous and wicked conceits: If they come from Satan, they are more speedy, fearful and violent, the parties cannot avoid them: they are more frequent, I say, and monstrous when they come; for the devil he is a spirit, and hath means and opportunities to mingle himself with our spirits, and sometimes more slily, sometimes more abruptly and openly, to suggest such devilish thoughts into our hearts; he insults and domineers in melancholy dis tempted fantasies and persons especially; melancholy is balneum diaboli, as Serapio holds, the devil's bath, and invites him to come to it. As a sick man frets, raves in his fits, speaks and doth he knows not what, the devil violently compels such crazed souls to think such damned thoughts against their wills, they cannot but do it; sometimes more continue, or by fits, he takes his advantage, as the subject is less able to resist, he aggravates, exterminates, affirms, denies, damns, confounds the spirits, troubles heart, brain, humours, organs, senses, and wholly domineers in their imaginations. If they proceed from themselves, such thoughts, they are remiss and moderate, not so violent and monstrous, not so frequent. The devil commonly suggests things opposite to nature, opposite to God and his word, impious, absurd, such as a man would never of himself, or could not conceive, they strike terror and horror into the

1 Cedillus Minuto: Omnia ista sequentia male sanas religionis, et incepta solatia ad poeta inventa, vel ab aliis ob commodum, superstitiones misteria, &c.
2 These temptations and objections are well answered in John Dowman's Christian Warfare.
3 Seneca.
4 Licynus lies in a marble tomb, but Cato in a mean one; Pomponius has none, who can think therefore that they are gods?" 1 Vid. Campanella, cap. 6. 2a. triumphat. et c. 2. ad argumentum 12 ubi piura. Si Deus bonus, unde malum, &c. 1 Lucan.
5 "It can't be true that Just Jove reigns."
parties' own hearts. For if he or they be asked whether they do approve of such like thoughts or no, they answer (and their own souls truly dictate as much) they abhor them as hell and the devil himself; they would fain think otherwise if they could; he hath thought otherwise, and with all his soul desires so to think again; he doth resist, and hath some good motions intermixed now and then; so that such blasphemous, impious, unclean thoughts, are not his own, but the devil's; they proceed not from him, but from a crazed phantasy, distempered humours, black fumes which offend his brain: they are thy crosses, the devil's sins, and he shall answer for them, he doth enforce thee to do that which thou dost abhor, and didst never give consent to: and although he hath sometimes so sily set upon thee, and so far prevailed, as to make thee in some sort to assent to such wicked thoughts, to delight in, yet they have not proceeded from a confirmed will in thee, but are of that nature which thou dost afterwards reject and abhor. Therefore be not overmuch troubled and dismayed with such kind of suggestions, at least if they please thee not, because they are not thy personal sins, for which thou shalt incur the wrath of God, or his displeasure: contemn, neglect them, let them go as they come, strive not too violently, or trouble thyself too much, but as our Saviour said to Satan in like case, say thou, avoid Satan, I detest thee and them. Salamis est mala ingerere (said Austin) nostrum non consentire: as Satan labours to suggest, so must we strive not to give consent, and it will be sufficient: the more anxious and solicitous thou art, the more perplexed, the more thou shalt otherwise be troubled, and entangled. Besides, they must know this, all so molested, and distempered, that although these be most execrable and grievous sins, they are pardonable yet, through God's mercy and goodness, they may be forgiven, if they be penitent and sorry for them. Paul himself confesseth, Rom. vii. 19. "He did not the good he would do, but the evil which he would not do; 'tis not I, but sin that dwelleth in me." 'Tis not thou, but Satan's suggestions, his craft and subtlety, his malice: comfort thyself then if thou be penitent and grieved, or desirous to be so, these heinous sins shall not be laid to thy charge; God's mercy is above all sins, which if thou do not finally contemn, without doubt thou shalt be saved. "No man sins against the Holy Ghost, but he that wilfully and finally renounceth Christ, and contemneth him and his word to the last, without which there is no salvation, from which grievous sin, God of his infinite mercy deliver us." Take hold of this to be thy comfort, and meditate withal on God's word, labour to pray, to repent, to be renewed in mind, "keep thine heart with all diligence," Prov. iv. 23. resist the devil, and he will fly from thee, pour out thy soul unto the Lord with sorrowful Hannah, "pray continually," as Paul enjoins, and as David did, Psalm i. "meditate on his law day and night."

Yea, but this meditation is that mars all, and mistaken makes many men far worse, misconceiving all they read or hear, to their own overthrow; the more they search and read Scriptures, or divine treatises, the more they puzzle themselves, as a bird in a net, the more they are entangled and precipitated into this preposterous gulf: "Many are called, but few are chosen," Matt. xx. 16. and v. 14. with such like places of Scripture misinterpreted strike them with horror, they doubt presently whether they be of this number or no: God's eternal decree of predestination, absolute reprobation, and such fatal tables, they form to their own ruin, and impinge upon this rock of despair. How shall they be assured of their salvation, by what signs? "If the righteous scarcely be saved, where shall the ungodly and sinners appear?" 1 Pet. iv. 18.
Who knows, saith Solomon, whether he be elect? This grinds their souls, how shall they discern they are not reprobates? But I say again, how shall they discern they are? From the devil can be no certainty, for he is a liar from the beginning; if he suggests any such thing, as too frequently he doth, reject him as a deceiver, an enemy of human kind, dispute not with him, give no credit to him, obstinately refuse him, as St. Anthony did in the wilderness, whom the devil set upon in several shapes, or as the collier did, do so thou by him. For when the devil tempted him with the weakness of his faith, and told him he could not be saved, as being ignorant in the principles of religion, and urged him moreover to know what he believed, what he thought of such and such points and mysteries; the collier told him, he believed as the church did; but what (said the devil again) doth the church believe? as I do (said the collier); and what's that thou believest; as the church doth, &c., when the devil could get no other answer he left him. If Satan summon thee to answer, send him to Christ; he is thy liberty, thy protector against cruel death, raging sin, that roaring lion; he is thy righteousness, thy Saviour, and thy life. Though he say, thou art not of the number of the elect, a reprobate, forsaken of God, hold thine own still, hic murus atheus esto, "let this be as a bulwark, a brazen wall to defend thee," stay thyself in that certainty of faith; let that be thy comfort, Christ will protect thee, vindicate thee, thou art one of his flock, he will triumph over the law, vanquish death, overcome the devil, and destroy hell. If he say thou art none of the elect, no believer, reject him, dasy him, thou hast thought otherwise, and mayest so be resolved again; comfort thyself; this persuasion cannot come from the devil, and much less can it be grounded from thyself: men are liars, and why shouldst thou distrust? A denying Peter, a persecuting Paul, an adulterous cruel David, have been received; an apostate Solomon may be converted; no sin at all but impenitency, can give testimony of final reprobation. Why shouldst thou then distrust, misdoubt thyself, upon what ground, what suspicion? This opinion alone of particularity? Against that, and for the certainty of election and salvation on the other side, see God's good will toward men, hear how generally his grace is proposed, to him, and him, and them, each man in particular, and to all. 1 Tim. ii. 4. "God will that all men be saved, and come to the knowledge of the truth." Tis a universal promise, "God sent not his son into the world to condemn the world, but that through him the world might be saved." John iii. 17. "He that acknowledgeth himself a man in the world, must likewise acknowledge he is of that number that is to be saved." Ezek. xxxiii. 11. "I will not the death of a sinner, but that he repent and live." But thou art a sinner; therefore he will not thy death. "This is the will of him that sent me, that every man that believeth in the Son, should have everlasting life." John vi. 40. "He would have no man perish, but all come to repentance," 2 Pet. iii. 9. Besides, remission of sins is to be preached, not to a few, but universally to all men, "Go therefore and tell all nations, baptising them," &c. Matt. xxviii. 19. "Go into all the world, and preach the Gospel to every creature," Mark xvi. 15. Now there cannot be contradictory wills in God, he will have all saved, and not all, how can this stand together? be secure then, believe, trust in him, hope well and be saved. Yea, that's the main matter, how shall I believe or discern my security from carnal presumption? my faith is weak and faint, I want those signs and fruits of sanctification, p sorrow for sin, thirsting for grace, groanings of the spirit, love of Christians as Christians, avoiding occasion of sin, endeavour of new obedience, charity, love of God, perseverance. Though these signs be languishing in thee, and not seated in thine heart, thou must not therefore be dejected or terrified;
the effects of the faith and spirit are not yet so fully felt in thee; conclude not therefore thou art a reprobate, or doubt of thine election, because the elect themselves are without them, before their conversion. Thou mayest in the Lord's good time be converted; some are called at the eleventh hour. Use, I say, the means of thy conversion, expect the Lord's leisure, if not yet called, pray thou mayest be, or at least wish and desire thou mayest be.

Notwithstanding all this which might be said to this effect, to ease their afflicted minds, what comfort our best divines can afford in this case, Zanchius, Beza, &c. This furious curiosity, needless speculation, fruitless meditation about election, reprobation, free will, grace, such places of Scripture postpostersly conceived, torment still, and crucify the souls of too many, and set all the word together by the ears. To avoid which inconveniences, and to settle their distressed minds, to mitigate those divine aphorisms (though in another extreme some), our late Arminians have revived that plausible doctrine of universal grace, which many fathers, our late Lutheran and modern papists do still maintain, that we have free will of ourselves, and that grace is common to all that will believe. Some again, though less orthodoxal, will have a far greater part saved than shall be damned, (as Caliust Secundus stilly maintains in his book, De amplitudine regni coelestis, or some impostor under his name,) beatorum numerus multi major quidm damnatorum. He calls that other tenet of special "election and reprobation, a prejudicate, envious and malicious opinion, apt to draw all men to desperation. Many are called, few chosen," &c. He opposeth some opposite parts of Scripture to it, "Christ came into the world to save sinners," &c. And four especial arguments he produceth, one from God's power. If more be damned than saved, he erroneously concludes, the devil hath the greater sovereignty! for what is power but to protect? and majesty consists in multitude. If the devil have the greater part, where is his mercy, where is his power? how is he Deus Optimus Maximus, misericors? &c., where is his greatness, where his goodness? He proceeds, "We account him a murderer that is accessory only, or doth not help when he can; which may not be supposed of God without great offence, because he may do what he will, and is otherwise accessory, and the author of sin. The nature of good is to be communicated, God is good, and will not then be contracted in his goodness: for how is he the father of mercy and comfort, if his good concern but a few? O envious and unthankful men to think otherwise! Why should we pray to God that are Gentiles, and thank him for his mercies and benefits, that has damned us all innocuous for Adam's offence, one man's offence, one small offence, eating of an apple? why should we acknowledge him for our governor that hath wholly neglected the salvation of our souls, commended us, and sent no prophets or instructors to teach us, as he hath done to the Hebrews? So Julian the apostate objects. Why should these Christians (Cælius urgeeth) reject us and appropriate God unto themselves, Deum illum suum unicum, &c. But to return to our forged Cælius. At last he comes to that, he that has those saved that never heard of, or believed in Christ, expuris naturalibus, with the Pelagians, and proves it out of Origen and others. They (saith Origen) that never heard God's word, are to be excused for their ignorance; we may not think God will be so hard, angry, cruel or unjust as to condemn any man indigni causa. They alone (he holds) are in the state

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1 See whole books of these arguments. 2 Lib. 3. fol. 122. Praejudicata opinio, invia, maligna, et apta ad impellendos animos in desiderationem. 3 See the Anidote in Chamier's tom. 3. lib. 7. Downam's Christian Warfare, &c. 4 Potentia est Deo diabolo et mundi principes, et in multidimine hominum sita est majestas. 5 Homicida qui non subvenit quum potest; hoc de Deo sine scelere cogitari non potest, ut potest quum quad valet levis. Boni natura communicari. Beatus Deus, quemmodo misericordiae pater, &c. 6 Vide Cyrilium lib. 4. adversus Julianum: qui potebat illi gratias agere, qui nobis misit Mosen et prophetas, et contemptus bona animarum nostrarum. 7 Venia dona est is qui non auditt, ob ignorantiam. Non est tam iniquus Judex Deus, ut quenquam indigna causa damnavi velit. Hic solum damnantur, qui oblatam Christi gratiam reficiunt.
of damnation that refuse Christ's mercy and grace, when it is offered. Many worthy Greeks and Romans, good moral honest men, that kept the law of nature, did to others as they would be done to themselves, as certainly saved, he concludes, as they were that lived uprightly before the law of Moses. They were acceptable in God's sight, as Job was, the Magi, the queen of Sheba, Darius of Persia, Socrates, Aristides, Cato, Curius, Tully, Seneca, and many other philosophers, upright lives, no matter of what religion, as Cornelius, out of any nation, so that he live honestly, call on God, trust in him, fear him, he shall be saved. This opinion was formerly maintained by the Valentinian and Basilidian heretics, revived of late in *Turkey, of what sect Rustan Bassa was patron, defended by a Galeatius b Erasmus, by Zuilingius in exposid. fidei ad Regem Galliae, whose tenet Bullinger vindicates, and Gualter approves in a just apology with many arguments. There be many Jesuits that follow these Calvinists in this behalf, Francisco Buchis Boguntaus, Andadius, Consil. Trident. many schoolmen that out of the Romans i. 18, 19. are verily persuaded that those good works of the Gentiles did so far please God, that they might vitam aternam promereri, and be saved in the end. Sesellius, and Benedictus Justinianus in his comment on the first of the Romans, Mathias Ditmarsh the politician, with many others, hold a mediocrity, they may be salutation indigni but they will not absolutely decree it. Hofmannus, a Lutheran professor of Helmstadt, and many of his followers, with most of our church, and papists are stiff against it. Franciscus Collius hath fully censured all opinions in his Five Books, de Paganorum animabus post mortem, and amply dilated this question, which whose will may peruse. But to return to my author, his conclusion is, that not only wicked lives, blasphemers, reprobrates, and such as reject God's grace, "but that the devils themselves shall be saved at last," as Origen himself long since delivered in his works, and our late d Socinians defend, Ostorodias, cap. 41. institut. Smaltius, &c. Those terms of all and for ever in Scripture, are not eternal, but only denote a longer time, which by many examples they prove. The world shall end like a comedy, and we shall meet at last in heaven, and live in bliss altogether, or else in conclusion, in nihil evanescere. For how can he be merciful that shall condemn any creature to eternal unspokenable punishment, for one small temporary fault, all posterity, so many myriads for one and another man's offence, quid meruit istis oves? But these absurd paradoxes are exploded by our church, we teach otherwise. That this vocation, predestination, election, reprobation, non ex corrupta massa, pravisa fide, as our Arminians, or ex pravis operibus, as our Papists, non ex prateritione, but God's absolute decree ante mundum creatum (as many of our church hold), was from the beginning, before the foundation of the world was laid, or homo conditus, (or from Adam's fall, as others will, homo lapus objectum est reprobationis) with perseverantia sanctorum, we must be certain of our salvation, we may fall but not finally, which our Arminians will not admit. According to his immutable, eternal just decree and counsel of saving men and angels, God calls all, and would have all to be saved according to the efficacy of vocation: all are invited, but only the elect apprehended: the rest that are unbelieving, inimical, whom God in his just judgment leaves to be punished for their sins, are in a reprobate sense; yet we must not determine who are such, condemn ourselves or others, because we have a universal invitation; all are commanded to believe, and we know not how soon or how late our end may be received. I might have said more of this subject; but forasmuch as it is a forbidden question, and in the preface or declaration to the articles of the church, printed 1633, to avoid factions and altercations, we that
are university divines especially, are prohibited "all curious search, to print or preach, or draw the article aside by our own sense and comments upon pain of ecclesiastical censure." I will surcease, and conclude with *Erasmus of such controversies: Pugnet qui volet, ego censeo leges majorum reverenter suscipiendas, et religiosè observandas, velut à Deo profectas; nec esse tuntum, nec esse pium, de potestate publicè simiistram concepere aut serere suspicione. Et siquid est tyrannidès, quod tamen non cogat ad impietatem, satiis est ferre, quâm sediüïse relictìri.

But to my former task. The last main torture and trouble of a distressed mind, is not so much this doubt of election, and that the promises of grace are smothered and extinct in them, may quite blotted out, as they suppose, but withal God's heavy wrath, a most intolerable pain and grief of heart seizeth on them: to their thinking they are already damned, they suffer the pains of hell, and more than possibly can be expressed, they smell brimstone, talk familiarly with devils, hear and see chimeras, prodigious, uncouth shapes, bears, owls, antiques, black dogs, fiends, hideous outries, fearful noises, shrieks, lamentable complaints, they are possessed, and through impatience they roar and howl, curse, blaspheme, deny God, call his power in question, abjure religion, and are still ready to offer violence unto themselves, by hanging, drowning, &c. Never any miserable wretch from the beginning of the world was in such a woeful case. To such persons I oppose God's mercy and his justice; Judicìa Dei occulta, non injusta: his secret counsel and just judgment, by which he spares some, and sore afflicts others again in this life; his judgment is to be adored, trembled at, not to be searched or inquired after by mortal men: he hath reasons reserved to himself, which our frailty cannot apprehend. He may punish all if he will, and that justly for sin; in that he doth it in some, is to make a way for his mercy that they repent and be saved, to heal them, to try them, exercise their patience, and make them call upon him, to confess their sins and pray unto him, as David did, Psalm cxix. 137. "Righteous art thou, O Lord, and just are thy judgments." As the poor publican, Luke xviii. 13. "Lord have mercy upon me a miserable sinner." To put confidence and have an assured hope in him, as Job had, xiii. 15. Though he kill me I will trust in him: "Ure, secà, occide, O Domìne (saith Austin), modo sèrve animam, kill, cut in pieces, burn my body (O Lord) to save my soul. A small sickness; one lash of affliction, a little misery, many times will more humiliate a man, sooner convert, bring him home to know himself, than all those paraenetical discourses, the whole theory of philosophy, law, physic, and divinity, or a world of instances and examples. So that this, which they take to be such an insupportable plague, is an evident sign of God's mercy and justice, of His love and goodness: periissent nisi periissent, had they not thus been undone, they had finally been undone. Many a carnal man is lulled asleep in perverse security, foolish presumption, is stupefied in his sins, and hath no feeling at all of them: "I have sinned (he saith) and what evil shall come unto me," Eccles. v. 4, and "Tush, how shall God know it?" and so in a reprobate sense goes down to hell. But here, Cynthius aurem vellet, God pulls them by the ear, by affliction, he will bring them to heaven and happiness; "Blessed are they that mourn, for they shall be comforted," Matt. v. 4. a blessed and a happy state if considered aright, it is, to be so troubled. "It is good for me that I have been afflicted," Psal. cxix. "before I was afflicted

*Epst. Erasmi de utilelle colloquior. ad lectorem.—Let whoever wishes dispute, I think the laws of our forefathers should be received with reverence, and religiously observed, as coming from God; neither is it safe or pious to conceive, or contrive, an injurious suspicion of the public authority; and should any tyranny, likely to drive men into the commission of wickedness, exist, it is better to endure it than to resist it by sedition. *Vastata conscientia sequitur sensus irae divinae. (Remingius) fremitus cordis, lugens animae cruciatus, &c.
I went astray, but now I keep Thy word.” “Tribulation works patience, patience hope,” Rom. v. 4, and by such like crosses and calamities we are driven from the stake of security. So that affliction is a school or academy, wherein the best scholars are prepared to the commencements of the Deity. And though it be most troublesome and grievous for the time, yet know this, it comes by God’s permission and providence; He is a spectator of thy groans and tears, still present with thee, the very hairs of thy head are numbered, not one of them can fall to the ground without the express will of God: he will not suffer thee to be tempted above measure, he corrects us all. *numero, pondere, et mensurâ, the Lord will not quench the smoking flax, or break the bruised reed, Tentat (saith Austin), non ut obruit, sed ut coronet, he suffers thee to be tempted for thy good. And as a mother doth handle her child sick and weak, not reject it, but with all tenderness observe and keep it, so doth God by us, not forsake us in our miseries, or relinquish us for our imperfections, but with all piety and compassion support and receive us; whom he loves, he loves to the end. Rom. viii. “Whom He hath elected, those He hath called, justified, sanctified and glorified.” Think not then thou hast lost the Spirit, that thou art forsaken of God, be not overcome with heaviness of heart, but as David said, “I will not fear though I walk in the shadows of death.” We must all go, *non ad delicios ad delicios, h* but from the cross to the crown, by hell to heaven, as the old Romans put Virtue’s temple in the way to that of Honour: we must endure sorrow and misery in this life. ’Tis no new thing this, God’s best servants and dearest children have been so visited and tried. Christ in the garden cried out, “My God, my God, why hast thou forsaken me?” His Son by nature, as thou art by adoption and grace. Job, in his anguish, said, “The arrows of the Almighty were in him,” Job vi. 4. “His terrors fought against him, the venom drank up his spirit,” cap. xiii. 26. He saith, “God was his enemy, writ bitter things against him (xvi. 9,) hated him.” His heavy wrath had so seized on his soul. David complains, “his eyes were eaten up, sunk into his head.” Ps. vi. 7, “his moisture became as the drought in summer, his flesh was consumed, his bones vexed;” yet neither Job nor David did finally despair. Job would not leave his hold, but still trust in Him, acknowledging Him to be his good God. The Lord gives, the Lord takes, blessed be the name of the Lord,” Job i. 21. “Behold, I am vile, I abhor myself, repent in dust and ashes,” Job xxxix. 37. David humbled himself, Psal. xxxi. and upon his confession received mercy. Faith, hope, repentance, are the sovereign cures and remedies, the sole comforts in this case; confess, humble thyself, repent, it is sufficient. *Quod purpura non potest, succus potest, saith Chrysostom;* the king of Nineveh’s sackcloth and ashes, did that which his purple robes and crown could not effect; *Quod diadema non potuit, cinis perfectit.* Turn to Him, he will turn to thee; the Lord is near those that are of a contrite heart, and will save such as be afflicted in spirit, Psal. xxxiv. 18. “He came to the lost sheep of Israel,” Matt. xv. 14. Si cadentem intuetur, Clementia manum pretendit, He is at all times ready to assist. *Nuncquam spernit Deus Panienniam, si sincerè et simpliciter offeratur, He never rejects a penitent sinner, though he have come to the full height of iniquity, wallowed and delighted in sin; yet if he will forsake his former ways, libenter complexatur, He will receive him.* Parcem huic homini, saith Austin (ex persona Dei), guia sibi ipsi non pepercit; ignoscam guia peccatum agnovit. I will spare him because he hath not spared himself; I will pardon him because he doth acknowledge his offence: let it be never so enormous a sin, “His grace is sufficient,” 2 Cor. xii. 9. Despair not then, faint not at all, be not dejected, but rely on...
God, call on him in thy trouble, and he will hear thee, he will assist, help, and deliver thee: "Draw near to Him, he will draw near to thee," James iv. 8. Lazarus was poor and full of boils, and yet still he relied upon God, Abraham did hope beyond hope.

Thou exceptest, these were chief men, divine spirits, Deo cari, beloved of God, especially respected; but I am a contemptible and forlorn wretch, forsaken of God, and left to the merciless fury of evil spirits. I cannot hope, pray, repent, &c. How often shall I say it? thou mayest perform all these duties, Christian offices, and be restored in good time. A sick man losteth his appetite, strength and ability, his disease prevaileth so far, that all his faculties are spent, hand and foot perform not their duties, his eyes are dim, hearing dull, tongue distastes things of pleasant relish, yet nature lies hid, recovereth again, and expelleth all those feculent matters by vomit, sweat, or some such like evacuations. Thou art spiritually sick, thine heart is heavy, thy mind distressed, thou mayest happily recover again, expel those dismal passions of fear and grief; God did not suffer thee to be tempted above measure: whom he loves (I say) he loves to the end; hope the best. David in his misery prayed to the Lord, remembering how he had formerly dealt with him; and with that meditation of God's mercy confirmed his faith, and pacified his own tumultuous heart in his greatest agony. "O my soul, why art thou so disquieted within me," &c. Thy soul is eclipsed for a time, I yield, as the sun is shadowed by a cloud; no doubt but those gracious beams of God's mercy will shine upon thee again, as they have formerly done: those embers of faith, hope, and repentance, now buried in ashes, will flame out afresh, and be fully revived. Want of faith, no feeling of grace for the present, are not fit directions; we must live by faith, not by feeling; 'tis the beginning of grace to wish for grace: we must expect and tarry. David, a man after God's own heart, was so troubled himself: "Awake, why sleepest thou? O Lord, arise, cast me not off; wherefore hidest thou thy face, and forgettest mine affliction and oppression? My soul is bowed down to the dust. Arise, redeem us," &c., Ps. xxiv. 23. He prayed long before he was heard, expectans expectavit; endured much before he was relieved. Psal. lxix. 3, he complains, "I am weary of crying, and my throat is dry, mine eyes fail, whilst I wait on the Lord;" and yet he perseveres. Be not dismayed, thou shalt be respected at last. God often works by contrarieties, he first kills and then makes alive, he woundeth first and then healeth, he makes man sow in tears that he may reap in joy; 'tis God's method: he that is so visited, must with patience endure and rest satisfied for the present. The paschal lamb was eaten with sour herbs; we shall feel no sweetness of His blood, till we first feel the smart of our sins. Thy pains are great, intolerable for the time; thou art destitute of grace and comfort, stay the Lord's leisure, he will not (I say) suffer thee to be tempted above that thou art able to bear, 1 Cor. x. 13. but will give an issue to temptation. He works all for the best to them that love God, Rom. viii. 28. Doubt not of thine election, it is an immutable decree; a mark never to be defaced: you have been otherwise, you may and shall be. And for your present affliction, hope the best, it will shortly end. "He is present with his servants in their affliction," Ps. xci. 15. "Great are the troubles of the righteous, but the Lord delivereth them out of all," Ps. xxxiv. 19. "Our light affliction, which is but for a moment, worketh in us an eternal weight of glory," 2 Cor. iv. 17. "Not answerable to that glory which is to come; though now in heaviness," saith 1 Pet. i. 6, "you shall rejoice."

Now last of all to those external impediments, terrible objects, which they hear and see many times, devils, bugbears, and mormeluches, noisome smells, &c. These may come, as I have formerly declared in my precedent discourse of the Symptoms of Melancholy, from inward causes: as a concave glass
reflects solid bodies, a troubled brain for want of sleep, nutriment, and by reason of that agitation of spirits to which Hercules de Saxoniâ attributes all symptoms almost, may reflect and show prodigious shapes, as our vain fear and crazed phantasy shall suggest and feign, as many silly weak women and children in the dark, sick folks, and frantic for want of repast and sleep, suppose they see that they see not; many times such terriculaments may proceed from natural causes, and all other senses may be deluded. Besides, as I have said, this humour is Balneum diaboli, the devil's bath, by reason of the distemper of humours, and inflam organs in us: he may so possess us inwardly to molest us, as he did Saul and others, by God's permission: he is prince of the air, and can transform himself into several shapes, delude all our senses for a time, but his power is determined, he may terrify us, but not hurt; God hath given "His angels charge over us, He is a wall round about his people," Psal. xci. 11, 12. There be those that prescribe physic in such cases, 'tis God's instrument and not unfit. The devil works by mediation of humours, and mixed diseases must have mixed remedies. Levinus Lemnius, cap. 57 and 58, exhort. ad vit. ep. instik, is very copious on this subject, besides that chief remedy of confidence in God, prayer, hearty repentance, &c., of which for your comfort and instruction, read Lavater de spectris, part. 3. cap. 5 and 6. Wierus de praestigiis daemonum, lib. 5. to Philip Melancthon, and others, and that Christian armour which . . . sul prescribes; hesets down certain amulets, herbs, and precious stones, which have marvellous virtues all, profligandis daemonibus, to drive away devils and . . . illusions. Sapphires, chrysolites, carbuncles, &c. Quae mirâ virtute pollent ad leniem, strýges, incubos, genios aereos arcendos, si veterum monimentis habenda fides. Of herbs, he reckons us pennyroyal, rue, mint, angelica, peony: Rich. Argenteo de praestigiis daemonum, cap. 20. adds, hypericon or St. John's-wort, percorata herba, which by a divine virtue drives away devils, and is therefore fuga daemonum: all which rightly used by their suffitius, Daemonum occasionibus obstinent, afflicta mentes à daemonibus relevant, et venematis fumis, expel devils themselves, and all devilish illusions. Anthony Musa, the Emperor Augustus, his physician, cap. 6. de Betoniâ, approves of betony to this purpose; the ancients used therefore to plant it in churchyards, because it was held to be an holy herb and good against fearful visions, did secure such places as it grew in, and sanctified those persons that carried it about them. Idem fere Mathiolius in Dioscoridem. Others commend accurate music, so Saul was helped by David's harp. Fires to be made in such rooms where spirits haunt, good store of lights to be set up, odours, perfumes, and suffumigations, as the angel taught Tobias, of brimstone and bitumen, thus, myrrh, briony root, with many such simples which Wecker hath collected, lib. 15. de secretis, cap. 15. H sulphuris drachmam unam, recoquatur in vitis albis aqua, ut dilutius sit sulphur; detur aegro: nam daemones sunt morbi (saith Rich. Argenteo, lib. de praestigiis daemonum, cap. ult.) Vigetus hath a fair larger receipt to this purpose, which the said Wecker cites out of Wierus. H sulphuris, vini, bituminis, opponacis, galbani, castorei, &c. Why sweet perfumes, fires and so many lights should be used in such places, Ernestus Burgavius, Lucerna vitae et moris, and Fortunius Lyceus assigns this cause, quod his boni genii providentur, malis arecentur; "because good spirits are well pleased with, but evil abhor them!" And therefore those old Gentiles, present Mahometans, and Papists have continual lamps burning in their churches all day and all night, lights at funerals and in their graves; lucernae ardentes ex auro liquefacto for many ages to endure (saith Lazius), ne daemones corpus laedant; lights ever burning as those vestal virgins, Pythonisses maintained.

\textsuperscript{k} Antiqui solit sunt hanc herbam ponere in cemeteris ideo quod, &c.
heretofore, with many such, of which read Tostatus in 2 Reg. cap. 6, quest. 43. Thyreus, cap. 57, 58, 62, &c. de locis infestis, Pictorius, Isagoge de daemonibus, &c., see more in them. Cardan would have the party affected 

wink altogether in such a case, if he see aught that offends him, or cut the air with a sword in such places they walk and abide; gladiis enim et lanceis terrentur, shoot a pistol at them, for being aerial bodies (as Caius Rhodiginus, lib. I. cap. 28, Tertullian, Origen, Psellas, and many hold), if stroke, they feel pain. Papists commonly enjoin and apply crosses, holy water, sanctified beads, amulets, music, ringing of bells, for to that end are they consecrated, and by them baptized, characters, counterfeit relics, so many masses, peregrinations, oblations, adjurations, and what not? Alexander Albertinus è Rocha, Petruse Thyreus, and Hieronymus Mengus, with many other pontifical 

writers, prescribe and set down several forms of exorcisms, as well to houses possessed with devils, as to demoniacal persons; but I am of 'Lemnius’s mind, 'tis but damnosa adjuration, aut potius ludificatio, a mere mockery, a counterfeit charm, to no purpose, they are fopperies and fictions, as that absurd story is amongst the rest, of a penitent woman seduced by a magician in France, at St. Bawne, exorcised by Domphius, Michaelis, and a company of circumventing friars. If any man (saith Lemnius) will attempt such a thing, without all those juggling circumstances, astrological elections of time, place, prodigious habits, fustian, big, sesquipedal words, spells, crosses, characters, which exorcists ordinarily use, let him follow the example of Peter and John, that without any ambitious swelling terms, cured a lame man. Acts iii. "In the name of Christ Jesus rise and walk." His name alone is the best and only charm against all such diabolical illusions, so doth Origen advise: and so Chrysostom, Hæc erit tibi baculus, hæc turris inexpugnabilis, hæc armatura. Nos quid ad hæc dicemus, plures fortasse expectabunt, saith St. Austin. Many men will desire my counsel and opinion what is to be done in this behalf; I can say no more, quam ut vera fide, quæ per diéctionem operatur, ad Deum unum fugiamus, let them fly to God alone for help. Athanasius in his book, De variis quest., prescribes as a present charm against devils, the beginning of the lxvii. Psalm: Exurgat Deus, dissipentur inimici, &c. But the best remedy is to fly to God, to call on him, hope, pray, trust, rely on him, to commit ourselves wholly to him. What the practice of the primitive church was in this behalf, Et quis daemonia eiciendi modus, read Wierus at large, lib. 5. de Cura. Lom. meles. cap. 38. et deinocps.

Last of all: if the party affected shall certainly know this malady to have proceeded from too much fasting, meditation, precise life, contemplation of God’s judgments (for the devil deceives many by such means), in that other extreme he circumvents melancholy itself, reading some books, treatises, hearing rigid preachers, &c. If he shall perceive that it hath begun first from some great loss, grievous accident, disaster, seeing others in like case, or any such terrible object, let him speedily remove the cause, which to the cure of this disease Navarrus so much commends, a averlat cogitationem à re scruptulosa, by all opposite means, art, and industry, let him laxare animum, by all honest recreations, "refresh and recreate his distressed soul," let him direct his thoughts, by himself and other of his friends. Let him read no more such tracts or subjects, hear no more such fearful tones, avoid such companies, and by all means open himself, submit himself to the advice of good physicians and divines, which is contraventio scruptulorum, as he calls it, hear them speak to whom the Lord hath given the tongue of the learned, to be able to

1 Non desunt nostra estate sacrificia, qui tale quid attendit, sed a cacodmonis iritale pudore suffectis sunt, et re infecta abierunt.  
2 done into English by W. B., 1615.  
3 Tom. 2. cap. 37. num. 262.  
4 Let him avert his thoughts from the painful object.  
5 Navarrus.
minister a word to him that is weary,\(^b\) whose words are as flagons of wine. Let him not be obstinate, headstrong, peevish, wilful, self-conceited (as in this malady they are), but give ear to good advice, be ruled and persuaded; and no doubt but such good counsel may prove as prosperous to his soul, as the angel was to Peter, that opened the iron gates, loosed his bands, brought him out of prison, and delivered him from bodily thraldom; they may ease his afflicted mind, relieve his wounded soul, and take him out of the jaws of hell itself. I can say no more, or give better advice to such as are any way distressed in this kind, than what I have given and said. Only take this for a corollary and conclusion, as thou tenderest thine own welfare in this, and all other melancholy, thy good health of body and mind, observe this short precept, give not way to solitariness and idleness. "Be not solitary, be not idle."

SPERATE, MISERI—UNHAPPY, HOPE.
CAVETE, FELICES—HAPPY, BE CAUTIOUS.

*Vis à dubio liberari?* *Vis quod incertum est evadere?* *Age penitentiam dum sanus es; sic agens, dico tibi quod securus es, quod penitentiam egisti in tempore quo peccare potuisti.* Austin. "Do you wish to be freed from doubts? do you desire to escape uncertainty? Be penitent whilst rational: by so doing I assert that you are safe, because you have devoted that time to penitence in which you might have been guilty of sin."

*Pl. l. 4.*
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