OLD ENGLISH SERIES · VOLUME 22

Leechdoms

Læce Boc · Liber medicinalis

Leechdoms

Bald's Leechbook, the Herbarium,
and the Medicina de Quadrupedibus

---

with a word-for-word interlinear English translation

preserving the original word order

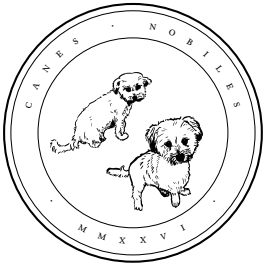


CANES NOBILES · MMXXVI

Copyright © 2026 Christopher Hench
All rights reserved

Published by Canes Nobiles
canesnobiles.com

The source text is in the public domain



Volume 22 of the Canes Nobiles Old English interlinear texts

The Old English text follows Oswald Cockayne's text, Leechdoms, Wortcunning, and Starcraft of Early England, vol. I (the Herbarium and the Medicina de Quadrupedibus, London: Longman, Green, Longman, Roberts, and Green, 1864) and vol. II (the Leechbook, 1865)

Translated and composed with AI, edited by Christopher Hench
Artwork by Esther Steves

The text is Cockayne's, with his spelling and accents, his crossed thorn and his Tironian sign; his marginal notes, footnotes, and translation are not printed, nor are the tables of contents the works open with. Where the manuscript has lost leaves the text marks the gap. The margin gives each chapter's number.

CONTENTS

LÆCE BOC

BOOK I

I.1 · The Head 11
I.2 · The Eyes 18
I.3–4 · The Ears and the Throat 29
I.5–14 · Mouth, Teeth, and Face 37
I.15–19 · The Chest 43
I.20–30 · From Shoulders to Feet 48
I.31–34 · Swellings and Skin 54
I.35–37 · Dead Flesh and the Bladder 63
I.38 · Wound Salves 71
I.39–44 · Erysipelas and Inner Diseases 77
I.45–46 · Poison and Charms 85
I.47–57 · Tumors, Worms, and Bruises 90
I.58–62 · Wens, Burns, Joints, and Fever 100
I.63–65 · The Fiend-Sick 107

LÆCE BOC

(continued)

BOOK I

(continued)

I.66–71 · Folly, Bites, and Spoiled Food 111
I.72–88 · Bloodletting and Last Remedies 114

BOOK II

II.1–5 · The Diseased Stomach 123
II.6–15 · Appetite and the Stomach's Ills 130
II.16 · The Hot Stomach and the Cold 138
II.17–20 · The Liver 141
II.21–24 · The Hardened Liver 147
II.25–29 · The Belly 157
II.30–35 · Belly, Bowels, and Digestion 166
II.36–45 · The Spleen 178
II.46–50 · Pain in the Side 190
II.51–56 · The Lungs, Emetics, and the Flux 196
II.59 · The Half-Dead Disease 208
II.64–67 · Remedies from Jerusalem 216

BOOK III

III.1–15 · Head to Breast 227
III.16–30 · From the Spleen to Burns 237
III.31–45 · Wounds, Childbirth, and Fiends 243
III.46–61 · Palsy, Elves, and Night-Goers 252
III.62–73 · Elf Disease and Last Charms 257

LIBER MEDICINALIS

1–2 · Betony and Waybread 271
3–7 · Cinquefoil to Bee-Wort 283
8–18 · Lion's Foot to Slite 292
19–29 · Proserpinaca to Joint-Wort 302
30–37 · Britannica to Beet 311
38–49 · Strawberry to Ever-Green 321
50–63 · Sun-Whorl to Dittany 331
64–79 · Solago to Quitch 341
80–90 · Gladden to Yarrow 350
91–98 · Rue to Ribwort 362
99–112 · Saxifrage to the Mountain Lupine 371
113–129 · Gith-Corn to Parsley 381
130–135 · Cole, Basilisca, and Mandrake 392
136–143 · Laber to Conyza 401
144–153 · Fox's Glove to Acantha 410
154–164 · Acanthus to Ami 418
165–174 · Violet to Philanthropos 427
175–185 · Achillea to Colocynth 436

THE MEDICINA DE QUADRUPEDIBUS

1–2 · Idpartus, the Badger, and the Hart 451
3–5 · Fox, Hare, and Mountain Goat 460
6–8 · Goat, Ram, and Boar 469
9–13 · Wolf, Lion, Bull, Elephant, and Dog 476

Læce Boc

Bald's Leechbook

BOOK I

I.1 · THE HEAD

The Leechbook opens with the head. Myrrh, rue, wormwood, betony, and beet are pounded into salves and drinks for headache, and half-headache is treated on the sore side alone. The leech is told that the disease comes from humors flowing down, to let blood first, and to meet heat with cold and cold with heat. A broken head is closed with betony; if the brain shows, the wound is filled with egg yolk and honey, and a red ring around it on the fourth day means it cannot be healed. Rinses draw the phlegm through the mouth.

On þyssum ærestan læcecræftum gewritene sint læcedomas I.1
In these first leechcrafts written are leechdoms
wið eallum heafdes untrymnessúm.
against all of-head infirmities
Murra hatte wyrt gegnid ón mortere þte pening gewege·
Myrrh is-called herb rub in mortar that-it penny weigh
do steap fulne wines to wose smyre þonne þ heafod mid
put stoup full of-wine to juice smear then the head with
ȝ drince on niht nestig. Wið heafod wærce gením rudan
and let-drink on night fasting Against head pain take rue
ȝ wermod gecnuwa ȝ meng wiþ eced ȝ ele aseoh þurh
and wormwood pound and mix with vinegar and oil strain through
clað smire mid þ heafod· oððe clam óf þám ilcan wyrc
cloth smear with the head or poultice of the same work
lege on þ heafod ȝ besweþe wel þonne þu to reste wille.
lay on the head and swathe well when thou to rest will
Wið þon ilcan gením betonican ȝ pipor gegnid swiðe
Against the same take betony and pepper rub much
togædere læt ane niht hangian on clað smire mid. Wið
together let one night hang in cloth smear with Against

heafod wærce betan wyrttruman gecnuwa wið hunig awring
head pain of-beet root pound with honey wring
do þ seaw ón neb ȝ óngean sunnan upweard licge· ȝ
put the juice on nose and toward sun upward let-lie and
þæt heafod ho of dune þ se seaw mæge þ heafod
the head let-hang off down that the juice may the head
geond yrnan· hæbbe hím ær on muþe ele oþþe buteran
throughout run let-have for-himself before in mouth oil or butter
ȝ þonne uplang asitte hnigie forð læte flowan of þam
and then upright let-sit-up let-bow forth let-allow flow from the
nebbe þa gillistran do swa gelome oþþæt hit clæne sie.
nose the phlegm do so often until it clean be
Wið heafod wærce genim hámwyrt niþewearde gecnuwa lege
Against head pain take home-wort lower pound lay
ón ceald wæter gnid swiðe oþþ eall geleþred sie beþe mid
in cold water rub much until all lathered be bathe with
þ heafod.
the head
Wiþ heafod wærce genim heah heoloþan ȝ grunde swelgean
Against head pain take high heleth and ground swallow
ȝ fencersan ȝ gitrifan wel ón wætere læt reocan on þa
and fen-cress and gith-rife boil in water let reek on the
eagan þonne hit hat sie ȝ ymb þa eagan gnid mid þæm
eyes when it hot be and about the eyes rub with the
wyrtum swa hatúm.
herbs so hot
Wið heafod ece genim sealh ȝ ele do ahsan gewyrc þonne
Against head ache take willow and oil put ashes work then
to slypan do to hymlican ȝ eofor þrotan ȝ ða readan netlan
to paste put to hemlock and boar throat and the red nettle

gecnuwa do þonne on þone slypan beþe mid. Wiþ heafod ece
pound put then on the paste bathe with Against head ache
hundes heafod gebærn to ahsan ȝ snið þ heafod lege ón.
of-hound head burn to ashes and cut the head lay on
Wið heafod wærce genim efelastan gecnua on ceald wæter
Against head pain take ever-last pound in cold water
gnid betweoh handum ȝ gecnuwa clufþung do þærto beþe
rub between hands and pound clove-poison put thereto bathe
mid. Wiþ heafod ece genim hofan ȝ wín ȝ eced geswet
with Against head ache take hove and wine and vinegar sweeten
mid hunige ȝ smire mid.
with honey and smear with
Wiþ heafod ece genim diles blostman seoð on ele smire þa
Against head ache take of-dill blossoms seethe in oil smear the
þunwangan mid. Wiþ þon ilcan genim heorotes hornes ahsan
temples with Against the same take of-hart of-horn ashes
meng wið eced ȝ rosan seaw bind on þ wænge. Wiþ þon
mix with vinegar and of-rose juice bind on the cheek Against the
ilcan genim fæt ful grenre rudan leafa ȝ senepes sædes cucler
same take vat full of-green rue leaves and of-mustard seed spoon
fulne gegnid togædere do æges þ hwite to cucler fulne· þ sio
full rub together put of-egg the white to spoon full that the
sealf sie þicce smire mid feþere on þa healfe þe sar ne sie.
salve be thick smear with feather on the side which sore not be
Wiþ healfes heafdes ece genim þa readan netlan anstelede
Against of-half head ache take the red nettle single-stalked
getrifula meng wið eced ȝ æges þ hwite do eall togædere
bruise mix with vinegar and of-egg the white put all together
smire mid.
smear with

Wiþ healfes heafdes ece laures croppan getrifula ón eced
Against of-half head ache of-laurel berries bruise in vinegar
mid ele smyre mid þy þæt wenge.
with oil smear with that the cheek
Wið þon ilcan genim rudan seaw wring on þ næsþyrel
Against the same take of-rue juice wring on the nostril
þe on þa saran healfe bið.
which on the sore side is
Wiþ healfes heafdes ece· genim laures croppan dust ⁊ senep
Against of-half head ache take of-laurel berries dust and mustard
meng togædere geót eced ón smire mid þa saran healfe mid
mix together pour vinegar on smear with the sore side with
þy· oþþe menge wið wín þæs laures croppan· oþþe rudan sæd
that or let-mix with wine of-the laurel berries or of-rue seed
gnid on eced do bega emfelá gnid ðon hneccan mid þy.
rub in vinegar put of-both equally-much rub the neck with that
Tácnu þære adle· sio adl cymð óf yfelre wætan ufan
Tokens of-the disease the disease comes from evil humor from-above
flowendre oþþe æþme oþþe of bám· þonne sceal mon ærest
flowing or vapor or from both then shall one first
on ða adle foreweardre blod lætan óf ædre· æfter þon sceal
in the of-disease beginning blood let from vein after that shall
man wyrt drenc sellan ⁊ lacnian siþþan þa saran stowa· gif
one herb drink give and cure afterward the sore places if
seo adl sie cumen óf micelre hæto þonne sceal man mid
the disease be come from great heat then shall one with
cealdúm læcedomum lacnian· gif hio of cealdum intingan
cold leechdoms cure if it from cold cause
cymð· þonne sceal món mid hatum læcedomum lácnian
comes then shall one with hot leechdoms cure
gehwæþeres sceal mon nyttian ⁊ miscian þ þone líchoman
each shall one use and mix that the body

hæle ȝ æfer mægen hæbbe· hím deah þ him món on
heal and ever strength have to-him avails that to-him one in
eare drype gewlæccedne ele mid oþrúm godúm wyrtúm.
ear drip warmed oil with other good herbs
gením wiþ tobrocenum heafde betonican getrifula ȝ lege on þ
take against broken head betony bruise and lay on the
heafod ufan þonne samnað hio þa wunde ȝ hælð. Eft wiþ
head from-above then gathers it the wound and heals Again against
þon ilcán gením tuncersan sio þe self weaxeð ȝ món ne sæwð
the same take town-cress which that self grows and one not sows
do in þa nosu þ se stenc mæge on þ heafod ȝ þæt seaw.
put into the nose that the smell may into the head and the juice
Wiþ þon ilcan eft genim banwyrt ȝ attorlaþan ȝ dolhrunan·
Against the same again take bone-wort and venom-loather and wound-rune
ȝ wudumerce ȝ brunwyrt ȝ betonican· do ealle þa wyrta to
and wood-marche and brown-wort and betony put all the herbs to
wyrt drence ȝ menge þær wið þa smalan clifan ȝ centaurian
herb drink and let-mix there with the small clivers and centaury
ȝ wegbrædan· ealra swiþust betonican ȝ gif þ brægen útsige
and waybread of-all most betony and if the brain out-sink
gením æges þ geoluwe ȝ meng lythwon wið hunig ȝ afyl
take of-egg the yellow and mix little with honey and fill
ða wunde· ȝ mid acumban besweðe ȝ forlæt swa þonne· ȝ
the wound and with oakum swathe and leave so then and
éft ymb þry dagas geswæt þa wunde· ȝ gif se hala ferþe
again after three days foment the wound and if the hale fourth
wille habban readne hring ymb þa wunde wite þu þonne þ
will have red ring about the wound know thou then that
þu hie ne meaht gehælan. Wið þon ilcan gením wudurofan
thou it not canst heal Against the same take woodruff

ȝ wudu merce ȝ hofan ȝ wel on buteran ȝ seoh þurh
and wood marche and hove and boil in butter and strain through
hæwenne clað do on þ heafod þonne gangaþ þa ban út.
blue cloth put on the head then go the bones out
Wiþ langúm sare þæs heafdes oþþe ðara éarena oððe þara toþa
Against long sore of-the head or of-the ears or of-the teeth
þa þurh horh oððe þurh snofl út ateo þ þær egleþ· geseoþ
then through phlegm or through snot out let-draw what there ails seethe
cerfillan on wætere sele drincan þonne atihð þ þa yfelan wætan
chervil in water give drink then draws that the evil humor
ut oþþe þurh muð oððe þurh nosu. Eft þus þu scealt þa yfelan
out either through mouth or through nose Again thus thou shalt the evil
ófsetenan wætan utadon þurh spatl ȝ hræcean meng pipor
settled humor out-put through spittle and hawking mix pepper
wiþ hwit cwudu sele to ceowanne· ȝ wyrc him to spillanne
with white cud give to chew and work for-him to rinse
þone geagl· gením eced ȝ wæter ȝ senep ȝ hunig wyl
the jowl take vinegar and water and mustard and honey boil
togædere listum· ȝ aseoh ðonne læt colian sele þonne gelome
together skillfully and strain then let cool give then often
þ geagl to spillanne þ he þy sel mæge þ yfel utahræcean.
the jowl to rinse that he the better may the evil out-hawk
Wyrc þus spilinge to heafdes clænsunge genim eft senepes
Work thus rinse to of-head cleansing take again of-mustard
sædes dæl ȝ næpsædes ȝ cersan sædes· sume men hatað
seed part and of-turnip-seed and of-cress seed some men call
lambes cersan ȝ merces sæd ȝ xx. piporcorna· gesamna
of-lamb cress and of-marche seed and twenty pepper-corns gather
eall mid ecede ȝ mid hunige· gehæt ón wætere ȝ habbe ón
all with vinegar and with honey heat in water and let-have in
muþe lange þonne yrnð þ gillister út. Eft oþru spiling ón
mouth long then runs the phlegm out Again other rinse in

sumere cæreneres godne bollan fulne· ⁊ ecedes medmicelne
summer of-careen good bowl full and of-vinegar moderate
⁊ ysopum hatte wyrt hire leaf ⁊ blostman meng togædere
and byssop is-called herb its leaves and blossoms mix together
⁊ læt standan neahterne ⁊ ón morgen on croccan oferwylle
and let stand overnight and in morning in crock let-boil
⁊ supe wlæc ⁊ þ geagl spile ⁊ þwea hís muð. To þon
and let-sup lukewarm and the jowl let-rinse and let-wash his mouth For the
ilcan ón wintra senepes dustes cucler fulne ⁊ huniges healfne
same in winter of-mustard dust spoon full and of-honey half
cucler gedo on calic menge þonne æfter þon wið wæter ⁊
spoon put in chalice let-mix then after that with water and
hæte ⁊ seoh þurh linenne clað ⁊ spile mið þ geagl· æfter
let-heat and strain through linen cloth and let-rinse with the jowl after
þám læcedome gelome mid ele spille þa hracan. Eft wiþ þon
the leechdom often with oil let-rinse the throat Again against the
ilcan gením mealwan gegnid on wlæc wín sele to spillanne
same take mallow rub in lukewarm wine give to rinse
þ geagl. Wið tobrocenum heafde ⁊ sarúm rude getrifeladu
the jowl Against broken head and sore rue bruised
mið sealte ⁊ mid hunige smire þ heafod foreweard mid þy
with salt and with honey smear the head front with that
se cuþesta læcedóm biþ þam þe heafod wylm ⁊ sar þrowiað.
the best-known leechdom is to-those who head boiling and sore suffer
Wiþ þon ilcan eft gegnid rudan ón win sele drincan ⁊
Against the same again rub rue in wine give drink and
gemeng eced wiþ rudan ⁊ ele drype ón þ heafod ⁊
mix vinegar with rue and oil drip on the head and
smire mid.
smear with

Leechdoms for the eyes: celandine juice with honey warmed in a brass vessel, fennel, rue, hare's gall, and burnt periwinkles against mist; advice against much wine, leeks, cole, smoke, and dust; and for the old man's dim sight, rubbing, walking, riding, and light meat. Salves follow against film, tears, wens, specks, and sore eyes, with sloe juice, broom ashes, and bull's gall kept nine nights in brass. Smoke of henbane seed drives worms from the eyes into bowls of water, and a salve of herbs steeped fifteen nights in copper serves thick eyelids.

I.2 Læcedomas wiþ eagna miste genim celeþenian seaw oþþe
Leechdoms against of-eyes mist take of-celandine juice or
blostman gemeng wið dorena hunig gedo ón æren fæt wlece
blossoms mix with of-humble-bees honey put in brazen vat warm
listúm ón wearmum gledum oþþ hit gesoden sie· þis bið god
skillfully on warm coals until it sodden be this is good
læcedóm wiþ eagna dimnesse. Wiþ þon ilcan eft wildre
leechdom against of-eyes dimness Against the same again of-wild
rudan gedeawre ⁊ getrifuladre seaw· gemeng wið aseownes
rue dewy and bruised juice mix with of-strained
huniges em micel smyre mid þa eagan. Wiþ· eagna miste
honey equally much smear with the eyes Against of-eyes mist
monige men þy læs hiora eagan þa adle þrowian lociað on
many men the less their eyes the disease suffer look on
ceald wæter· ⁊ þonne magon fyr geseon ne wyrt þ þa seón·
cold water and then can farther see not injures that the sight
ac micel win gedrinc ⁊ oþre geswette drincan ⁊ mettas· ⁊
but much wine drinking and other sweetened drinks and meats and
þa swiþost þa ðe on ðære uferan wambe gewuniað ⁊ ne
those most those which in the upper belly remain and not
magon meltan· ác þær yfele wætan wyrceað ⁊ þicce. Por ⁊
can digest but there evil humors work and thick Leek and

cawel ⁊ eal þa þe syn swa afer sind to fleoganne ⁊ þ
cole and all those which are so harsh are to flee and that
þe mon on bedde dæges úpweard ne licge ⁊ cyle ⁊ wind
that one in bed by-day upward not lie and chill and wind
⁊ rec ⁊ dust· þas þing ⁊ þisum gelic ælce dæge sceþþað
and reek and dust these things and to-these like each day harm
þám eagúm. Wiþ eagna miste genim grenne finul gedo on
the eyes Against of-eyes mist take green fennel put in
wæter xxx. nihta ón ænne croccan þone þe sie gepicod utan
water thirty nights in a crock which that be pitched outside
gefylle þonne mid ren wætere· æfter þon áweorpe óf þone
let-fill then with rain water after that let-throw off the
finul ⁊ mid þy wætere ælce dæge þweah þa eagan ⁊ ontyne.
fennel and with the water each day wash the eyes and open
Eft óf homena æþme ⁊ stieme ⁊ óf wlætan cymð
Again from of-humors vapor and steam and from nausea comes
eagna mist ⁊ sio scearpnes ⁊ sogoþa þ deþ wiþ þon
of-eyes mist and the sharpness and hiccup that does against that
is þis to donne. Wið eagna miste genim cileþonian seawes
is this to do Against of-eyes mist take of-celandine juice
cucler fulne oþerne finoles· þriddan aprotanan seawes· ⁊
spoon full second of-fennel third of-southernwood juice and
huniges teares tu cucler mæl meng to gædere· ⁊ þonne
of-honey tear two spoon measures mix — together and then
mid feþere gedo in þa eagan ón morgenne ⁊ þonne
with feather put into the eyes in morning and when
middæg sie· ⁊ eft ón æfen æfter þon þonne þ adrugod
midday be and again in evening after that when that dried
sie ⁊ togoten for þære sealfe scearpnesse· genim wifes
be and poured-off for the of-salve sharpness take of-woman
meoluc þæs þe cild hæbbe do on þa eagan.
milk of-that who child has put on the eyes

Eft æþele cræft genim balsami ⁊ huniges teares em
Again noble craft take of-balsam and of-honey tear equally
micel gemeng togædere ⁊ smire mid þy.
much mix together and smear with that
Eft wið þon ilcan celeþonian seaw ⁊ sæwæter smire mid
Again against the same of-celandine juice and sea-water smear with
þa eagan ⁊ beðe. Biþ þonne selest þ þu nime þære
the eyes and bathe Is then best that thou take of-the
celeþonian seaw ⁊ mucgwyrte ⁊ rudan ealra em fela do
celandine juice and of-mugwort and of-rue of-all equally much put
hunig to ⁊ baldsamum Gif þu hæbbe· gedo on þ fæt þe
honey to and balsam If thou have put in the vat which
þu hit mæge ón mid gefoge geseoþan ⁊ nytta wel þæt bet.
thou it may in with fitness seethe and use well that better
Wiþ eagna miste gebærned sealt ⁊ gegniden ⁊ wiþ
Against of-eyes mist burned salt and rubbed and with
dorena hunig gemenged smire mid.
of-humble-bees honey mixed smear with
Eft finoles ⁊ rosan ⁊ rudan seaw ⁊ doran hunig ⁊
Again of-fennel and of-rose and of-rue juice and of-humble-bee honey and
ticcenes geallan togædere gemenged smire mid þa eagan. Eft
of-kid gall together mixed smear with the eyes Again
grene cellendre gegniden ⁊ wiþ wifes meoluc gemenged
green coriander rubbed and with of-woman milk mixed
alege ofer þa eagan.
lay over the eyes
Eft haran geallan genime ⁊ smire mid.
Again of-hare gall let-take and smear with
Eft cwice wine winclan gebærnde to ahsan ⁊ þa ahsan
Again live pine winkles burned to ashes and the ashes
gemenge wið dorena hunig.
let-mix with of-humble-bees honey

Eft ryslas ealra ea fisca ón sunnan gemylte ⁊ wið hunig
Again fats of-all river fishes in sun melted and with honey
gemengde smire mid.
mixed smear with
Wið eagna miste eft betonican seaw gebeatenre mid hire
Against of-eyes mist again of-betony juice beaten with its
wyrttrumán ⁊ aþrungenre ⁊ gearwan seaw ⁊ celeþonian
root and wrung and of-yarrow juice and of-celandine
em micel ealra meng togædere do ón eage. Eft finoles
equally much of-all mix together put on eye Again of-fennel
wyrttrumán gecnuadne gemeng wið huniges seaw seoð þonne
root pounded mix with of-honey juice seethe then
æt leohtúm fyre listelice oþ huniges þicnesse· gedo þonne
at light fire skillfully until of-honey thickness put then
ón ærene ámpullan ⁊ þonne þearf sie smire mid þis
in brazen ampulla and when need be smear with this
todrifþ þa eahmistas þeah þe hie þicce synd.
drives-apart the eye-mists though that they thick are
Wiþ eagna miste eft celeþonian seaw oþþe þara blostmena
Against of-eyes mist again of-celandine juice or of-the blossoms
gewring ⁊ gemeng wið dorena hunig gedo ón æren fæt
wring and mix with of-humble-bees honey put in brazen vat
wlece þonne listum ón wearmum gledum oþþe ón ahsan oþ
warm then skillfully on warm coals or on ashes until
þ hit gedon sie· þ bið anspilde lyb wiþ eagena dimnesse.
that it done be that is singular drug against of-eyes dimness
Sume þæs seawes anlipiges nyttiað ⁊ þa eagan mid þy
Some the juice single use and the eyes with that
smiriað. Wiþ eagena miste eft eorðifies seaw ⁊ finoles
smear Against of-eyes mist again of-ground-ivy juice and of-fennel
seaw gedo begea em fela ón ampullan drige þonne on
juice put of-both equally much in ampulla dry then in

hatre sunnan ⁊ þa eagan innewearde mid þy smire. Wiþ
hot sun and the eyes inward with that smear Against
eagena miste eft eorðgeallan seaw þ is hyrdewyrt smire on
of-eyes mist again of-earth-gall juice that is herdwort smear on
þa eagan sio syn biþ þy scearpre· gif þu hunig to dest þ
the eyes the sight is the sharper if thou honey to puttest that
deah· genim þonne þære ilcan wyrte godne gelm gedo ón
avails take then of-the same herb good handful put in
ceac fulne wines ⁊ geseoþ ofnete ær þry dagas· ⁊ þonne
jug full of-wine and seethe oven before three days and when
hio gesoden sie awring þa wyrt óf ⁊ þæs wores geswettes
it sodden be wring the herb off and of-the juice sweetened
mid hunige gedrinc ælce dæge neaht nestig bollan fulne.
with honey drink each day night fasting bowl full
Ealdes mannes eagan beoþ unscearpsyno þonne fceal he· þa
Of-old man eyes are dim-sighted then shall he the
eagan weccan mid gnidingum mid gongum· mid rædum oþþe
eyes wake with rubbings with walks with ridings or
mid þy þe hine mon bere oþþe on wæne ferige· ⁊ hy sculan
with that that him one carry or in wain convey and they shall
nyttian lytlúm ⁊ forhtlicúm metum ⁊ hiora heafod cemban
use little and light meats and their head comb
⁊ wermod drincan ær þon þe hie mete þicgean. Þús món
and wormwood drink before that that they food partake Thus one
sceal unscearpsynúm sealfe wyrcean to eagum· genim pipor ⁊
shall for-dim-sighted salve work for eyes take pepper and
gebeat ⁊ spegles· æppel ⁊ hwon sealt ⁊ wín þ biþ god sealf.
beat and of-mirror apple and little salt and wine that is good salve
Wiþ miclum eagece manig man hæfþ micelne ece on his
Against great eye-ache many man has great ache in his
eagum. Wyrc hím þonne grunde swelgean ⁊ biscop wyrt
eyes Work for-him then ground swallow and bishop wort

ȝ finol wyl þa wyrta ealle on wætre· meoluc bið selre
and fennel boil the herbs all in water milk is better
læt þ reocan on þa eagan. Eft celeþonian ȝ wudubindels
let that reek on the eyes Again celandine and of-woodbine
leaf geaces sure wið win gemenge.
leaf of-cuckoo sorrel with wine let-mix
Eft to miclum eagece crowleac nioþoweard ȝ witmæres wyrt
Again for great eye-ache crow-leek lower and of-witmær wort
nioþoweard cnua ón wine læt standan twa niht. Wið flie
lower pound in wine let stand two nights Against film
eagsealf genim bromes ahsan ȝ bollan fulne hates wines geot
eye-salve take of-broom ashes and bowl full of-hot wine pour
þriwa lytlum on hate þa ahsan ȝ do þonne ón æren fæt oððe
thrice little on hot the ashes and put then in brazen vat or
cyperen do huniges hwon to ȝ meng togædere do on þæs
copper put of-honey little to and mix together put on of-the
untruman mannes eagan· ȝ aþweah eft þa eagan on clænúm
sick man eyes and wash again the eyes in clean
wylle. Wiþ flie haran geallan do wearmne ón ymb twa niht
well Against film of-hare gall put warm on after two nights
flihð óf þam eagum. Wiþ flie genim onwære slah þ seaw ȝ
flies off the eyes Against film take unripe sloe the juice and
wring þurh clað on þ eage sona gæð on þrim dagum óf gif sio
wring through cloth on the eye at-once goes in three days off if the
slah biþ grene. Wiþ flie eced ȝ gebærned sealt ȝ beren mela
sloe is green Against film vinegar and burned salt and barley meal
gemeng togædere do ón þ eage hafa lange hwile þine hand on.
mix together put on the eye have long while thy hand on
Wiþ flie eahsealf celeþonian sæd genim on þam wyrttruman
Against film eye-salve of-celandine seed take on the root
gnid ón eald wín ȝ on hunig do pipor to læt standan
rub in old wine and in honey put pepper to let stand

neahterne be fyre nytta þonne þu slapan wille. Wiþ flie
overnight by fire use when thou sleep will Against film
oxan slyppan niþeweardne ⁊ alor rinde wylle on buteran.
of-ox slip lower and alder rind let-boil in butter
Wiþ þon ðe eagan tyren rudan seaw ⁊ gate geallan ⁊
Against that that eyes tear of-rue juice and of-goat gall and
doran hunig ealra em fela. Gif eagan tyren heorotes
of-humble-bee honey of-all equally much If eyes tear of-hart
hornes ahsan do on geswet wín. Wyrc eagsealfe wiþ wænne
of-horn ashes put in sweetened wine Work eye-salve against wen
gením crowleac ⁊ garleác begea em fela gecnuwa wel
take crow-leek and garlic of-both equally much pound well
tosomne gením wín ⁊ fearres geallan begea em fela gemeng
together take wine and of-bull gall of-both equally much mix
wiþ þy leace do þonne on arfæt læt standan nigon niht on
with the leek put then in brass-vat let stand nine nights in
þam arfate awring þurh claþ ⁊ gehlyttre wel do on horn·
the brass-vat wring through cloth and clarify well put in horn
⁊ ymb niht do mid feþere on þ eage se betsta læcedóm.
and at night put with feather on the eye the best leechdom
Wiþ wenne ón eagon gením þa holan cersan gebræd do
Against wen on eyes take the hollow cress roast put
on þ eage swa he hatost mæge.
on the eye as he hottest may
Wiþ eagece gewyrce hím grundswelgean ⁊ bisceop wyrt
Against eye-ache let-work for-him groundsel and bishop wort
⁊ beowyrt ⁊ finul wyl þa wyrta ealle on wætere meoluc
and bee-wort and fennel boil the herbs all in water milk
biþ betere.
is better

Wiþ eagna ece genim þa readan hofan awyl on surum
Against of-eyes ache take the red hove boil in sour
swatum oþþe on surúm ealað ⁊ beþe þa eagan on þam
beer or in sour ale and bathe the eyes in the
baþe betere swa óftor.
bath better so oftener
Wiþ eagece genim wiþowindan twigu gecnuwa awylle on
Against eye-ache take of-withywind twigs pound let-boil in
buteran do on þa eagan.
butter put on the eyes
Wyrc eagsealfe gením hnutcyrnla ⁊ hwæte corn gnid
Work eye-salve take nut-kernels and wheat corn rub
togædere do win to aseoh þurh clað do þonne on þa eagan.
together put wine to strain through cloth put then on the eyes
Wiþ eagna wærce ⁊ ece hwites hlafes cruman ⁊ pipor
Against of-eyes pain and ache of-white loaf crumbs and pepper
⁊ eced meng wel lege on clað bind on þa eagan nihterne.
and vinegar mix well lay on cloth bind on the eyes overnight
Þus món sceal eagsealfe wyrcean· gením streawberian wisan
Thus one shall eye-salve work take of-strawberry plant
nioþowearde ⁊ pipor gecnuwa wel do on claþ bebind fæste
lower and pepper pound well put in cloth bind fast
lege on geswet wín læt gedreopan on þa eagan ænne dropan.
lay in sweetened wine let drip on the eyes one drop
Wyrc eagsealfe wudubindes leaf wudumerce streawberian
Work eye-salve of-woodbine leaf wood-marche of-strawberry
wisan suþerne wermod oxna lyb celeþonian gecnuwa þa wyrte
plant southern wormwood of-oxen drug celandine pound the herbs
swiðe meng wiþ wín do on cyperen fæt oþþe ón ærenum
much mix with wine put in copper vat or in brazen
fate hafa læt standan seofon niht oþþe ma awringe þa wyrta
vat have let stand seven nights or more let-wring the herbs

swiðe clæne gedo pipor ón ȝ geswet swiþe leohtlice mid
very clean put pepper on and sweeten very lightly with
hunige do siþþan on horn ȝ mid feþere do on þa eagan
honey put afterward in horn and with feather put on the eyes
ænne dropan. Wyrc eagsealfe drige· genim spegles æppel ȝ
one drop Work eye-salve dry take of-mirror apple and
swefl crecisc attrum ȝ gebærned sealt ȝ pipores mæst
sulfur Greek vitriol and burned salt and of-pepper most
gegrind eall to duste asift þurh clað do on næsc hæbbe
grind all to dust sift through cloth put in soft-leather let-have
hím ón þy læs hit þine· do medmicel on þa eagan mid
for-himself on the less it moisten put moderate on the eyes with
toþ gare gereste hím æfter ȝ slape ȝ þonne aþweah
tooth pick let-rest for-himself after and let-sleep and then wash
his eagan mid clæne wætre ȝ on þ wæter locige.
his eyes with clean water and on the water let-look
Wyrc eagsealfe cymen ȝ streawbergean wise gecnuwa swiðe wel
Work eye-salve cumin and of-strawberry plant pound very well
ȝ óf geot mid geswette wine do in cyperen fæt oððe ón æren
and off pour with sweetened wine put in copper vat or in brazen
læt standan fela nihta ón awring þa wyrte þurh clað ȝ ahluttra
let stand many nights in wring the herbs through cloth and clarify
swiþe wel do þonne on þa eagan þonne þu wille restan· Gif
very well put then on the eyes when thou will rest If
sio sealf sie to hear geswet mid hunige. Wið æsmælum gením
the salve be too harsh sweeten with honey Against specks take
attrum gemeng wið spatl þa eagan uteweard nalæs innan.
vitriol mix with spittle the eyes outward not-at-all inside
Wið æsmælum niþeweard æscþrotu gecowen ón muþe ȝ
Against specks lower ash-throat chewed in mouth and
awringen þurh clað on eage gedon wundorlice hælþ. Wiþ
wrung through cloth on eye put wondrously heals Against

þon þe mon surege sie genim agrimonian welle swiþe oþ
that that one sore-eyed be take agrimony let-boil much until
þriddan dæl þweah gelome þa eagan mid þy. Wiþ pocce
third part wash often the eyes with that Against pock
on eagum· genim wad ⁊ ribban ⁊ hleomocan wyl on
in eyes take woad and ribwort and brooklime boil in
meolce on buteran is betere ⁊ wyrc beþinge· wyl hleomóc
milk in butter is better and work bathing boil brooklime
⁊ gearwan ⁊ wudu cearfillan on meolcum.
and yarrow and wood chervil in milk
Wiþ wyrmum ón eagum genim beolonan sæd sceað ón
Against worms in eyes take of-henbane seed shed on
gleda· do twa bleda fulle wæteres to sete ón twa healfe ⁊
coals put two bowls full of-water to set on two sides and
site þær ofer bræd þonne þ heafod hider ⁊ geond ofer
sit there over turn then the head hither and yon over
þ fyr ⁊ þa bleda eác þonne sceadaþ þa wyrmas on þæt
the fire and the bowls also then shed the worms into the
wæter. Wiþ þeoradle ón eagúm þe món gefigo hæt on
water Against tumor-disease in eyes which one figs calls in
læden hatte cimosis· hænne æges geolocan ⁊ merces sæd ⁊
Latin is-called cimosis of-hen of-egg yolk and of-marche seed and
attrum ⁊ tunmintan. Eft wið gefigon sceapes hohscancan
vitriol and town-mint Again against figs of-sheep hock-shank
unsodenne tobrec gedo þæt mearh on þa eagan. Wiþ þiccum
unboiled break put the marrow on the eyes Against thick
bræwúm genim þreo hand fulla mucwyrte þreo sealtes· þreo
eyelids take three hand fulls of-mugwort three of-salt three
papan wylle þonne oþ þ sie twæde bewylled þæs woses
of-papyrus let-boil then until that be two-parts boiled-away of-the juice
heald þonne on cyperenum fate. Þam men þe habbað
keep then in copper vat For-the men who have

þicce bræwas gením cyperen fæt do þærón lybcorn ȝ sealt
thick eyelids take copper vat put thereon drug-corn and salt
gemeng· gením celeþonian ȝ bisceopwyrt ȝ geaces suran
mix take celandine and bishopwort and of-cuckoo sorrel
ȝ attorlaþan ȝ springwyrt ȝ englisce moran· ȝ hwon
and venom-loather and spring-wort and English carrot and little
rædices ȝ hrefnes fot awæsc þonne ealle geot þonne wín
of-radish and raven's foot wash then all pour then wine
ón· læt standan aseoh eft on þ cyperene fæt· læt þonne
on let stand strain again into the copper vat let then
standan fíftyne niht ȝ þa derstan beoþ gode· hafa þe
stand fifteen nights and the dregs are good have for-thee
clæne fletan do on þ fæt þe þa derstan on syn swa fela
clean skimmings put in the vat which the dregs in are as many
swa þara fletna þær ón clifian mæge· screp þonne of þam
as of-the skimmings there on cleave may scrape then off the
fæte þ biþ swiðe god sealf þam men þe hæfð þicce bræwas.
vat that is very good salve for-the man who has thick eyelids

Fifteen ear salves follow: betony, onion, henbane, ant eggs, and the galls of goat, boar, bull, and buck are dripped warm into the ear against ache and deafness; earthgall, horehound, or wormwood draws out worms, and a windle straw an earwig. Chapter IV tests a neck swelling with an earthworm, which turns to earth if the swelling is real. Of two throat diseases the second kills within three nights unless treated; blood is let, and salves of goose dung and white hound's dung are laid on.

Læcedomas wið eallum earena sare ⁊ ece ⁊ wið earena I.3
Leechdoms against all of-ears sore and ache and against of-ears
adeafunge· ⁊ Gif wyrmas ón earan synd oþþe earwicga·
deafening and If worms in ears are or earwigs
⁊ gif earan dynien· ⁊ earsealfa fiftyne cræftas.
and if ears din and of-ear-salves fifteen crafts
Wiþ earena sare ⁊ ece betonican niwan geworhte þa leaf
Against of-ears sore and ache of-betony newly wrought the leaves
self gecnuwa ón wearmum wætere do hwon gerosodes eles
self pound in warm water put little of-rosed oil
to· genim þ swa wlacu mid þicre wulle drype on þ eare.
to take that so lukewarm with thick wool drip in the ear
Eft wiþ þon ilcan genim ciepan geseoþ ón ele drype on þ
Again against the same take onion seethe in oil drip in the
eare þone ele. Wiþ earwærce ⁊ wið deafe hundes tunge ⁊
ear the oil Against ear-pain and against deafness hound's tongue and
fenminte ⁊ cellendre gecnuwa ón win oþþe ón eala aseoh
fen-mint and coriander pound in wine or in ale strain
do on eare. Wiþ þon ilcan genim hænne rysele gemylte ⁊
put in ear Against the same take of-hen fat melted and
þonne gedo wlaco ón eare gedrype ón. Wiþ þon ilcan genim
then put lukewarm in ear drip on Against the same take
ele· genim eac gose rysele geót on þonne gewit þ sar aweg.
oil take also of-goose fat pour on then departs the sore away

Wiþ þon ilcan genim beolonan seaw gewlece ⁊ þonne ón
Against the same take of-henbane juice warm and then in
eare gedryp· þonne þ sar gestilð.
ear drip then the sore stills
Wiþ þon ilcan genim garleac ⁊ cipan ⁊ gose rysele
Against the same take garlic and onion and of-goose fat
gemylte togædere wring on eare.
melt together wring in ear
Wið þon ilcan genim ætmetan ægru getrifula wring ón eare.
Against the same take of-ant eggs bruise wring in ear
Wið earena sare genim gate geallan drype on þ eare· meng
Against of-ears sore take of-goat gall drip in the ear mix
wið cu meolúc gif þu wille. Wið earena deafe· genim hryþeres
with of-cow milk if thou will Against of-ears deafness take of-ox
geallan wiþ gæten hland gemenged gedrype gewleced on þ eare.
gall with goat urine mixed drip warmed in the ear
Wiþ þon ilcan gif earan willen adeafian oþþe yfel hlyst
Against the same if ears will deafen or evil hearing
sie· genim eofores geallan fearres geallan· buccan geallan
be take of-boar gall of-bull gall of-buck gall
gemeng wiþ hunig ealra em fela drype on þ eare.
mix with honey of-all equally much drip in the ear
Wiþ þon ilcan gif yfelne hlyst hæbbe ifies seaw þæs þe
Against the same if evil hearing have of-ivy juice of-that which
be eorþan flihð þ clænoste seaw gemeng wið win drype
by earth flees the cleanest juice mix with wine drip
on eare.
in ear
Eft ribban seaw ⁊ gewlecedne ele togædere gemenged
Again of-ribwort juice and warmed oil together mixed
drype ón wundorlice hælð. Wiþ þon ilcan genim rammes
drip on wondrously heals Against the same take of-ram

geallan mid his selfes nihtnestiges migoþan gemenge wið
gall with his own night-fasting urine let-mix with
buteran geót on eare. Eft wiþ þon ilcan hnutbeames rinde
butter pour in ear Again against the same of-nut-tree rind
seaw gewleced drype ón eare.
juice warmed drip in ear
Wiþ ðon ilcan genim celendran seaw grenne meng wiþ wifes
Against the same take of-coriander juice green mix with of-woman
meoluc ⁊ huniges dropan ⁊ wines gewleht tosamne. Wiþ
milk and of-honey drop and of-wine warmed together Against
earena adeafunge eft ellencroppan getrifulad þ seaw wring
of-ears deafening again elder-tops bruised the juice wring
on þ eare. Eft wiþ þon ilcan gením eofores geallan· ⁊
in the ear Again against the same take of-boar gall and
fearres ⁊ buccan meng wiþ hunig oþþe ón ele wring on eare.
of-bull and of-buck mix with honey or in oil wring in ear
Eft wið þon ilcan gením grenne æscenne stæf lege on fyr
Again against the same take green asben staff lay on fire
genim þonne þ seaw þe hím of gæþ do on þa ilcan wulle
take then the juice which from-it off goes put on the same wool
wring ón eare ⁊ mid þære ilcan wulle forstoppa þæt eare.
wring in ear and with the same wool stop-up the ear
Wiþ þ ilce eft genim æmetan hors ⁊ crowleác ⁊
Against the same again take of-ant horse and crow-leek and
neoþowearde ellenrinde oþþe beolonan ⁊ ele gecnuwa to
lower elder-rind or henbane and oil pound —
somne wyrme on scille do þonne on eare þara readena
together warm in shell put then in ear of-the red
æmetena hors· genim þonne rædic ⁊ eced cnuwa to somne
ants horse take then radish and vinegar pound — together
wring on þ eare. Gif wyrmas on earan syn gením eorð
wring in the ear If worms in ears be take of-earth

geallan grenes seaw· oþþe hunan seaw· oþþe wermodes seaw
gall green juice or of-horehound juice or of-wormwood juice
swilc þara an swa þu wille geot þ seaw on þ eare þ tihð
such of-those one as thou will pour the juice in the ear that draws
þone wyrm út. Wyrc sealfe gecnuwa sinfullan ⁊ leoþowyrt ⁊
the worm out Work salve pound sengreen and limb-wort and
por gedo þonne on glæs fæt mid ecede ⁊ þurh clað awring
leek put then in glass vat with vinegar and through cloth wring
drype on þ eare. Wiþ þon gif earan dynien· genim ele do
drip in the ear Against that if ears din take oil put
ón mid eowocigre wulle ⁊ fordytte þ eare mid þære wulle
in with greasy wool and stop-up the ear with the wool
þonne þu slapan wille ⁊ do eft óf þonne þu onwæcne.
when thou sleep will and put again off when thou awake
Eft wiþ þon ilcan wermod gesodenne on wætere on niwúm
Again against the same wormwood sodden in water in new
cytele do óf heorðe læt reccan þone stéam on þ eare
kettle put off hearth let reek the steam in the ear
⁊ fordytte mid þære wyrte siþþan hit ingegan sie. Wiþ
and stop-up with the herb after it in-gone be Against
earwicgan· genim þ micle greate windel streaw twyecge
earwig take the great thick windle straw two-edged
þ on worþium wixð ceow on þ eare he bið of sona.
which on homesteads grows chew into the ear he is off at-once
I.4 Læcedomas wið healsgunde ⁊ þæs tacn hwæþer he hit
Leechdoms against neck-pus and of-that token whether he it
sie· ⁊ eác wið gealhswile ⁊ þrotan· ⁊ wasende· wiþ
be and also against jowl-swelling and throat and windpipe against
sweorcoþe· XIIII. cræftas.
neck-disease fourteen crafts

Wiþ healsgunde þonne ærest onginne se healsgund wesan
Against neck-pus when first begin the neck-pus be
smire hine sona mid hryþeres oþþe swiðost mid oxan geallan
smear it at-once with of-ox or most with of-ox gall
þ is acunnod ymb feawa niht bið hal. Gif þu wolde witan
that is tried after few nights is whole If thou would know
hwæþer þ heals gund sie· gením angeltwæccean gehalne lege
whether the neck pus be take earthworm whole lay
on þa stowe þær hit aþruten sie ⁊ bewreoh fæste ufan
on the place where it swollen be and cover fast above
mid leafúm· gif hit healsgund bið se wýrm wyrð to eorþan·
with leaves if it neck-pus is the worm becomes to earth
gif hit ne biþ he biþ gehal. Eft wiþ heals gunde gením
if it not is he is whole Again against neck pus take
celender ⁊ beana togædere gesodene ⁊ alege ón sona
coriander and beans together sodden and lay on at-once
tofereþ. Eft læcedom wiþ þon ilcan gením wæterhæfern
disperses Again leechdom against the same take water-crab
gebærnedne ⁊ þonne gegniden smale ⁊ wiþ hunig
burned and then rubbed small and with honey
gemenged ⁊ ón gedon sona bið sel. Wiþ þon ilcan eft
mixed and on put at-once is better Against the same again
galbanum hatte suþerne wyrt lege þa ón þone sweorwærc·
galbanum is-called southern herb lay it on the neck-pain
þonne atihð hio mid ealle þa yfelan wætan út ⁊ þone gund.
then draws it with all the evil humor out and the pus
Wiþ þon ilcan eft beren melo ⁊ hluttor píc ⁊ weax·
Against the same again barley meal and clear pitch and wax
⁊ ele meng tosomne seoþ do cnihtes oþþe cildes migeþan
and oil mix together seethe put of-boy or of-child urine
to to onlegene do on þone gund. Wið heals gunde eft
to for poultice put on the pus Against neck pus again

þære readan netelan wyrttruman gesodenne on ecede ȝ
of-the red nettle root sodden in vinegar and
gebeatenne ȝ on weaxhlafes wisan ón aled· Gif se gund biþ
beaten and in of-wax-loaf manner on laid If the pus is
þonne onginnende sio sealf hine todrifþ· gif he biþ eald hio
then beginning the salve it disperses if it is old it
hine ontynð ȝ swa astihð þ yfel út oþ þ he hal bið.
it opens and so rises the evil out until that he whole is
Eft wiþ þon manigfeald tacn ȝ læcedom wið healsgunde
Again against that manifold token and leechdom against neck-pus
oþþe geaglswile oððe þrotan oþþe wasénde· Sio adl ís
or jowl-swelling or throat or windpipe The disease is
twegea cynna. Oþer is on þam geagle ȝ þonne mon þone
of-two kinds One is in the jowl and when one the
muþ ontynð biþ gehwæþer geswollen ȝ biþ read ymb þa
mouth opens is each swollen and is red about the
hwæctunga· ȝ ne mæg se man eþelice eþian ac biþ asmorod·
uvula and not can the man easily breathe but is smothered
ne mæg eác naht forswelgan ne wel sprecan ne stemne næfþ·
nor can also aught swallow nor well speak nor voice not-has
ne bið þeos adl hwæþere to frecne. Oþer ís þonne on þære
nor is this disease however too dangerous Other is then in the
þrotan biþ swyle ȝ lyssen se ne mæg naht gecweþan ȝ
throat is swelling and purulence he not can aught speak and
bið se swile ge on þam sweoran ge on þære tungan· ne
is the swelling both on the neck and on the tongue nor
mæg se man wel eþian· ne þone sweoran on cerran· ne his
can the man well breathe nor the neck about turn nor his
heafod forð ón hyldan þ he his nafolan geseon mæge· ȝ
head forth on lean that he his navel see may and
butan his man raþor tilige he biþ ymb þreo niht gefaren.
unless his one sooner tend he is after three nights departed

Gif sie þære adle bryne innan þær strang þ món ne
If be of-the disease burning within there strong that one not
mæge utan geseon sio biþ ðy frecenre. Gif þonne sie on
may outside see it is the more-dangerous If then be on
gehwæþere healfe þa ceacan aswollen ⁊ sio þrotu ⁊ þu þa
each side the jaws swollen and the throat and thou the
tacn geseo þonne sona læt þu him blod ón ædre· gif þu þ
tokens see then at-once let thou to-him blood on vein if thou that
þurhteon ne mæge scearpa hím þa scancan þ hím deah.
carry-through not may scarify for-him the shanks that to-him avails
Sele hím scearpne wyrtdrenc wyrme him metes æfter þon
Give to-him sharp herb-drink deny him meat after that
bewind þone sweoran ⁊ lege ón læcedomas þa þe utteon
bind the neck and lay on leechdoms those which out-draw
þa yfelan wætan ⁊ þæt sar þonne biþ þær wyrse wen.
the evil humor and the sore then is there recovery hope
Wyrc him þa sealfe gením spines rysle gesmyre ane brade
Work for-him the salve take of-swine fat smear a broad
pannan innewearde mid þam rysele wyl þonne weorp gose
pan inward with the fat boil then cast of-goose
scearn to on þa pannan ⁊ gewlece ⁊ þonne hit sy gemylt
dung to in the pan and warm and when it be melted
do þonne on linenne clað lege on þ sar ⁊ besweþe do
put then on linen cloth lay on the sore and swathe do
þ wel óft on on dæg· ⁊ biþ swa betere swa þu oftor
that well often on in day and is so better as thou oftener
edniwast þa sealfe ⁊ oftor onlegest sio tihð þ yfel ut.
renewest the salve and oftener layest-on it draws the evil out
Wiþ healsgunde gením weax ⁊ ele gemeng wiþ rosan
Against neck-pus take wax and oil mix with of-rose
blostmán ⁊ gemelt togædere do þær ón. Wiþ sweorcoþe
blossoms and melt together put there on Against neck-disease

wyrc ón lécgende sealfe· gením fearres gelyndo ȝ beran
work on laying salve take of-bull fat and of-bear
smeru ȝ weax ealra em fela wyrc to sealfe smire mid.
grease and wax of-all equally much work to salve smear with
Eft wiþ þon ilcan Gif þu finde hwitne hundes þost adrige
Again against the same If thou find white of-hound dung dry
þone ȝ gegnid ȝ asyft ȝ geheald þ wiþ þære sweorcoþe
it and rub and sift and keep that against the neck-disease
ȝ þonne þearf sie meng wiþ hunig smire þone sweoran
and when need be mix with honey smear the neck
mid þ biþ strang sealf ȝ god wið swelcre ablawunge
with that is strong salve and good against such swelling
ȝ bruneþan ȝ wiþ þara ceacna geswelle oððe asmorunge·
and inflammation and against of-the jaws swelling or smothering
sceal þeah se hund ban gnagan ær· þy biþ se þost hwit
shall though the hound bones gnaw before therefore is the dung white
ȝ micel gif þu hine nimest ȝ gaderast æt fylne þonne
and great if thou it takest and gatherest at dunghill then
ne biþ he to unswete to gestincanne· þonne sceal món þone
not is it too unsweet to smell then shall one the
geagl eác swillan gelome on þære adle· ȝ swolgettan eced
jowl also wash often in the disease and gargle vinegar
wiþ sealt gemenged. Eft wifleafan seawes þry bollan fulle
with salt mixed Again of-wife-leaf juice three bowls full
lytle sceal forcuuolstan. Wiþ sweorcoðe eft garleac gegniden
little shall swallow Against neck-disease again garlic rubbed
ón eced þ þe sie wiþ wæter gemenged swille þone
in vinegar that which be with water mixed wash the
geagl mid þy. Wiþ sweorcoþe eft riges seofoþa seoþ on
jowl with that Against neck-disease again of-rye siftings seethe in
geswettum wætere swille þa ceolan mid þy gif se sweora sar
sweetened water wash the throat with that if the neck sore

sie syn eác þa swillinga hwilum hate þonne is eác to þisse
be let-be also the washings at-times hot then is also to this
adle geset þ món under þære tungan læte blod oþþe óf
disease appointed that one under the tongue let blood or from
earme ⁊ on morgen ón sprenge· gif hit þonne cniht sie
arm and in morning on cup if it then youth be
læt on þam sweoran· ⁊ on þære adle is to forwyrnanne
let on the neck and in the disease is to refuse
wines ⁊ flæsces swiþost þy læs sio ceole sie aswollen.
wine and flesh most the less the throat be swollen

I.5–14 · MOUTH, TEETH, AND FACE

Ten short chapters run from the mouth to the face. Betony and cinquefoil heal the mouth and tongue, and barley meal and salt the breath. Toothworms fall into a bowl of hot holly water yawned over, or onto a black cloth from a henbane candle's smoke. Spitting blood and blotches are treated, and nosebleed is staunched with betony, spring-wort, waybread, or a written charm for horse and man alike; snot, sore lips, a wry mouth, and a harelip, cut, sewn with silk, and salved, follow, and heartburn ends the run.

Wiþ þon gif mannes muð sar sie genim betonican I.5
Against that if of-man mouth sore be take betony
⁊ getrifula lege on þa weolore. To muð sealfe ⁊ to
and bruise lay on the lips For mouth salve and for
geblegenadre tungan fífleafe· ⁊ brembel leaf wyl on wætere
blistered tongue cinquefoil and bramble leaf boil in water
hafa lange on muðe ⁊ gelome. Gif monnes orað sie ful
have long in mouth and often If of-man breath be foul

genim beren mela god· ⁊ clæne hunig ⁊ hwit sealt
take barley meal good and clean honey and white salt
gemeng eall tosomne ⁊ gnid þa teþ mid swiðe ⁊ gelome.
mix all together and rub the teeth with much and often
I.6 Læcedomas wiþ toð wærce ⁊ wiþ wyrmúm ge wiþ
Leechdoms against tooth pain and against worms both against
þam uferan toðece ge wiþ þam niþeran.
the upper toothache and against the nether
Wiþ toþ wærce· betonican seoð on wine oþ þriddan dæl
Against tooth pain betony seethe in wine until third part
swile þonne geond þone muð lange hwile.
rinse then throughout the mouth long while
Wið toþ wærce gif wyrm ete· genim eald holen léaf ⁊
Against tooth pain if worm eat take old holly leaf and
heorot crop neoþeweardne ⁊ saluian ufewearde bewyl twy
hart crop lower and sage upper boil-away two
dæl on wætre geot ón bollan ⁊ geona ymb þonne feallað þa
parts in water pour in bowl and yawn about then fall the
wyrmas ón þone bollan. Gif wyrm ete þa teð genim ofer geare
worms into the bowl If worm eat the teeth take over year
holen rinde ⁊ eofor þrotan moran wel on swa hatum hafa
holly rind and of-boar throat root boil in so hot have
on muþe swa hat swa þu hatost mæge. Wiþ toð wyrmum
in mouth as hot as thou hottest may Against tooth worms
genim ác mela ⁊ beolonan sæd ⁊ weax ealra em fela
take oak meal and of-henbane seed and wax of-all equally much
meng tosomné wyrc to weax candelle· ⁊ bærn læt reocan on
mix together work to wax candle and burn let reek into
þone muð do blæc hrægl under þonne feallaþ þa wyrmas ón.
the mouth put black cloth under then fall the worms on

Wið toþ wærce gebærn hwit sealt ⁊ garleác berec on
Against tooth pain burn white salt and garlic smoke on
gledum gebræd ⁊ berend ⁊ pipor ⁊ strælwyrt gegnid
coals roast and husk and pepper and arrow-wort rub
eal tosomne lege ón.
all together lay on
Wiþ toþ wærce hrefnes fot wel on wine neoþoweardne
Against tooth pain raven's foot boil in wine lower
oððe on ecede sup swa ðu hatost mæge. Wiþ toðwærce
or in vinegar sup as thou hottest may Against toothache
hnutbeames rinde ⁊ þorn rinde gecnua to duste adrig ón
of-nut-tree rind and thorn rind pound to dust dry in
pannan snið utan þa teþ scead on gelome.
pan cut outside the teeth shed on often
Wyrc þus toþsealfe ofersæwisc rind ⁊ hunig ⁊ pipor
Work thus tooth-salve oversea rind and honey and pepper
meng tosomne lege ón· wyrc eác sealfe of wenwyrte on þa
mix together lay on work also salve of wen-wort in the
ilcan wisan.
same manner
Wiþ þám uferan toþece gením wiþowindan leaf awring on
Against the upper toothache take of-withywind leaf wring into
þa nosu. Wiþ þam niþeran toþece slit mid þe foþorne oþ
the nose Against the nether toothache slit with the lancet until
þæt hie bleden.
that they bleed
Eft gením elmes rinde gebærn to ahsan gemeng þa ahsan
Again take of-elm rind burn to ashes mix the ashes
wiþ wæter ⁊ aseoh hafa þæt wæter lange on muþe. Eft
with water and strain have the water long in mouth Again
gením gearwan ceow swiþe.
take yarrow chew much

I.7 Gif mon blode hræce genim betonican swilce swa III.
If one with-blood hawk take betony such as three
penegas gewegen gegnid on gæte meolc sele þry dagas þry
pennies weighed rub in of-goat milk give three days three
bollan fulle to drincanne.
bowls full to drink

I.8 Wiþ blæce ón ȝwlitan wyl to bæþe fencersan ȝ neoþoweardne
Against blotch on face boil for bath fen-cress and lower
secg· æscrinde earfan wyl ón wætere lange beþe mid.
sedge ash-rind tares boil in water long bathe with
To sealfe wiþ blæce ón ȝwlitan· ompran neoþowearde þa
For salve against blotch on face dock lower those
þe swimme do sealt to ȝ flietan ȝ æg. Briw wiþ blæce
which swim put salt to and cream and egg Brewis against blotch
ón ȝwlitan gemelte eald spic briw on þon· do gegrundenne
on face melt old bacon brew on that put ground
pipor ón· ȝ cropleác hwætenes melwes twy dæl swilce þær
pepper on and crop-leek of-wheaten meal two part such there
pipores ápyl hwæt hwega· genim þær þreo snæda gerest
of-pepper boil some what take there three morsels rest
æfter wearme. Wið blæce gením heorotes horn gebærn to
after warm Against blotch take of-hart horn burn to
ahsan ȝ swefl ȝ gebærned sealt ȝ píc to ahsan ȝ
ashes and sulfur and burned salt and pitch to ashes and
swa oster scella ȝ gecnuwa ompran smale ȝ gemeng eall
so oyster shells and pound dock small and mix all
to briwe ȝ smire mid. Eft sealf wel on aþydúm sceapes
to brewis and smear with Again salve boil in melted of-sheep
smeruwe hægþornes blostman ȝ þa smalan singrenan ȝ
grease of-hawthorn blossoms and the small ever-green and
wudurofan meng þonne hwitcwudu wiþ ȝ hwon buteran.
woodruff mix then white-cud with and little butter

Gif men yrne blod of nebbe to swiðe genim grene I.9
If to-man run blood from nose too much take green
betonican ȝ rudan gecnuwa ón eced gewring tosomne
betony and rue pound in vinegar wring together
swilce sie an slah sting on þa nosu. Blod seten bisceop
such be a sloe stick in the nose Blood staunching bishop
wyrt nioþowearde ete oððe on meolce drince. Blod seten
wort lower let-eat or in milk let-drink Blood staunching
éft genim hegeclifan gebinde ón sweoran.
again take hedge-clivers let-bind on neck
Blod seten eft spring wyrt do ón eare.
Blood staunching again spring wort put in ear
Blod seten eft wegbrædan do ón eare.
Blood staunching again waybread put in ear
Blod seten eft gehal beren ear bestinge on eare swa he
Blood staunching again whole barley ear thrust in ear so he
nyte. Sume þis writað ✠ ægryn· thon· struth· fola argrenn·
not-know Some this write (cross) (ægryn) (thon) (struth) (fola) (argrenn)
tart· struth· on· tria· enn· piath· hathu· morfana· on hæl ✠
(tart) (struth) (on) (tria) (enn) (piath) (hathu) (morfana) on health (cross)
ara· carn· leou· groth· weorn· ⁂· ffil· crondi· p· ⁂· mro·
(ara) (carn) (leou) (groth) (weorn) (signs) (ffil) (crondi) (p) (signs) (mro)
cron· ærcrio· ermio· aeR· leNO· ge horse ge men blod seten.
(cron) (ærcrio) (ermio) (aer) (leno) both for-horse and for-man blood staunching
Wiþ gesnote ȝ gewosum· genim oxna lyb niþeweard I.10
Against snot and catarrhs take of-oxen drug lower
gecnuwa wel wið wætre· gif hio sie grene ne do þu þær
pound well with water if it be green not put thou there
wæter to wring þonne on þ neb.
water to wring then on the nose

I.11 Wiþ sarum weolorúm gesmire mid hunige þa weoloras
Against sore lips smear with honey the lips
gením þonne ægerfelman bescead mid pipore lege on.
take then egg-skin sprinkle with pepper lay on

I.12 Wiþ wouum muþe gením ompran ⁊ ealdne swines rysle
Against wry mouth take dock and old of-swine fat
wyrc to sealfe sete on þone won dæl. Wiþ ceolan swile
work to salve set on the wry part Against throat swelling
wiþ þon sceal eoforfearn eac swa ⁊ gyþrifan wyl on
against that shall boar-fern also so and cockle boil in
meolce sup þonne ⁊ gebeþe mid. Wiþ ceolan swile bisceop
milk sup then and bathe with Against throat swelling bishop
wyrt aterlaðe niðewearde ⁊ clatan wyl on ealað.
wort venom-loather lower and burdock boil in ale

I.13 Wið hær scearde hwit cwudu gecnuwa swiðe smale do
Against hare lip white cud pound very small put
æges þ hwite to ⁊ meng swa þu dest teafor ónsnið mid
of-egg the white to and mix as thou dost paint cut-in with
seaxse seowa mid seolce fæste smire mid þonne mid þære
knife sew with silk fast smear with then with the
sealfe utan ⁊ innan ær se seolóc rotige· gif tosomne
salve outside and inside before the silk rot if together
teo rece mid handa smire eft sona.
draw reach with hand smear again at-once

I.14 Wiþ seaðan· recels lytel swefl swegles æppel weax gingifer
Against heartburn incense little sulfur of-sky apple wax ginger
þurh horn drince· hunan hafócwyrt on hluttrúm ealoð.
through horn let-drink horehound hawk-wort in clear ale

Cough comes in many kinds, from heat, chill, or dryness, and drinks of mugwort, horehound, cliff-wort, and clary are boiled against it; for a tight breast, bacon sprinkled with cumin is laid on a hot stone and its smoke drawn through a horn. Breast pain takes centaury and cumin in ale, and heart pain rue in oil or a stone bath with radish. The great hiccup is traced to a stomach too cold, too hot, too full, or too empty, and an emetic is given; nausea and loss of appetite end the run.

Wiþ hwostan hu he missenlice ón mon becume ⁊ hu his mon I.15
Against cough how he variously on man come and how him one
tilian scyle. Se hwosta hæfð manigfealdne tocyme swa þa spatl
tend shall The cough has manifold arrival as the spittles
beoð missenlicu· hwilum cýmð óf ungemetfæstre hæto· hwilum
are various at-times comes from immoderate heat at-times
of ungemetfæstum cyle· Hwilum of ungemetlicre drygnesse.
from immoderate chill At-times from immoderate dryness
Wyrc drenc wiþ hwostan· genim mucgwyrt seoþ on
Work drink against cough take mugwort seethe in
cyperenum citele ⁊ wyl oþ þ hio sie swiþe þicce· ⁊ hio
copper kettle and boil until that it be very thick and it
sie óf hwætenum mealte geworht genim þonne eoforfearnes
let-be of wheaten malt made take then of-boar-fern
mæst bisceop wyrt· hind heoloðan· dweorge dwostlan
most bishop wort hind beleth dwarf dwostle
singrenan do to eall on fæt sele drincan middeldagum ⁊
ever-green put to all in vat give drink at-middays and
forga sur ⁊ sealtes gehwæt. Wiþ hwostan eft· genim
forgo sour and of-salt each Against cough again take
hunan seoð on wætere sele swa wearme drincan.
horehound seethe in water give so warm drink

Eft genim clifwyrt sume men hatað foxes clife sume eawyrt·
Again take cliff-wort some men call of-fox clive some river-wort
ȝ hio sy geworht ofer midne sumor seoþ þa ón wætere oþ
and it let-be wrought over mid summer seethe it in water until
þ driddan dæl þæs woses óf sie sele drincan þriwa on dæg.
that third part of-the juice off be give drink thrice in day
Wið hwostan eft gením sæmintan wyl on ealaþ sele
Against cough again take sea-mint boil in ale give
drincan. Eft genim spracen berindred wyl ón ealað sele
drink Again take sprake barked boil in ale give
drincan.
drink
Eft gen[i]m hofan gearwan reade netelan wyl ón meolce.
Again take hove yarrow red nettle boil in milk
Eft gením wiþ hwostan ȝ wiþ angbreoste slarian godne
Again take against cough and against tight-breast clary good
dæl do bollan fulne wines to bewyl þriddan dæl on þa
part put bowl full of-wine to boil-away third part on the
wyrte supe on niht nestig.
herb let-sup on night fasting
Eft genim marubian wyl on ealað do pipor on. Eft wiþ
Again take marrubium boil in ale put pepper on Again against
angbreoste gif men sie drige hwosta· gením spices snæde
tight-breast if to-man be dry cough take of-bacon morsel
þynne lege on hatne stan scead cymed ón sete horn ón
thin lay on hot stone sprinkle cumin on set horn on
drince þonne smic.
let-drink then smoke
Wiþ drigum hwostan eft gením eolonan ȝ galluc ete
Against dry cough again take elecampane and comfrey let-eat
on huniges teare.
in of-honey tear

Wiþ breost wærce genim þa lytlan culmillan ⁊ cymed I.16
Against breast pain take the little centaury and cumin
wyl on hluttrúm ealaþ supe ⁊ drince. Eft gením dweorge
boil in clear ale let-sup and let-drink Again take dwarf
dwostlan ⁊ gyþrifan kyncean welle on hluttrum ealað
dwostle and cockle bundle let-boil in clear ale
drince scenc fulne ón neaht nestig.
let-drink cup full on night fasting
Wyl ón ealað wiþ þon ilcan finul marubian betonican ⁊
Boil in ale against the same fennel marrubium betony and
drince. Wiþ breost wærce gením rudan· hunan ⁊ aprotanan
let-drink Against breast pain take rue horehound and southernwood
gegnid tosomne smæle on mortere meng wið hunig ⁊ þry
rub together small in mortar mix with honey and three
dagas ælce dæg ær mete þrie cucler fulle geþicge.
days each day before meat three spoons full let-take
Wiþ heort wærce rudan gelm seoþ on ele ⁊ do alwan ane I.17
Against heart pain of-rue handful seethe in oil and put aloes one
yntsan to smire mid þy þ stilð þam sare. Wiþ heort ece gif
ounce to smear with that that stills the sore Against heart ache if
hím ón innan heard heort wærc sie þonne hím wyxþ wind
to-him in within hard heart pain be then to-him grows wind
on þære heortan ⁊ hine þegeð þurst ⁊ biþ unmehtiglic.
in the heart and him oppresses thirst and is feeble
Wyrc hím þonne stan bæð ⁊ ón þam ete suþerne rædic
Work for-him then stone bath and in the let-eat southern radish
mid sealte þy mæg wesan sio wund gehæled. Wiþ heorot
with salt thereby can be the wound healed Against heart
ece eft gením giþrifan seoþ ón meolce sele drincan· VI. dagas.
ache again take cockle seethe in milk give drink six days

Eft nioþeweard. eforfearn gyþrifan· wegbræ[dan] wyl tosomne
Again lower boar-fern cockle waybread boil together
sele drincan. Wið hiorot ece eft genim pipor· ȝ cymen·
give drink Against heart ache again take pepper and cumin
ȝ cost gegnid on beor oþþe on wætre sele drincan.
and costmary rub in beer or in water give drink
I.18 Hwonan se micla geoxa cume oþþe hu his món tican scule.
Whence the great hiccup come or how him one tend shall
Se cymð óf þam swiðe acolodan magan· oþþe of þam
It comes from the very chilled stomach or from the
to swiðe ahatodan· oðde óf to micelre fylle· oþþe of
too much heated or from too great fullness or from
to micelre lærnesse· oðde of yfelum wætan· slitendúm ȝ
too great emptiness or from evil humors tearing and
sceorfendum þone magan· gif þonne se seoca man þurh
scarifying the stomach if then the sick man through
spiwedrenc aspiwð þone yfelan bitendan wætan ón weg·
spew-drink vomits the evil biting humor — away
þonne forstent se geohsa· spiwe þa deah þam monnum þe
then ceases the hiccup vomit then avails to-the men whom
for fylle gihsa slihð oðde forþon þe hie innán scyrfð ȝ
for fullness hiccup strikes or because that them within scarifies and
eác se geohsa se þe of þæs yfelan wætan micelnysse cymð
also the hiccup which that from of-the evil humor greatness comes
hæfð þearfe spiwdrinces· se wyrcð micelne fnoran eác ȝ se
has need of-spew-drink it works great sneezing also and it
hine bet· Þonne se geohsa of þære idlan wambe cymð ȝ
it amends When the hiccup from the empty belly comes and
of þære gelæran ne bet þone se fnora. Gif se geohsa óf
from the emptied not amends it the sneezing If the hiccup from
cile cume þonne sceal món mid wyrmendum þingum lacnian
chill come then shall one with warming things cure

swile swa pipor ís ⁊ oþra wermenda wyrta oþþe rudan
such as pepper is and other warming herbs or rue
gegnide món owín selle drincan· oþþe merces sæd mid wine
let-rub one in-wine let-give drink or of-marche seed with wine
oþþe eced selle drincan oððe míntan broð oþþe moran·
or vinegar let-give drink or of-mint broth or of-carrot
oððe cymenes oþþe gingifran hwilum anlepig swa gerenode·
or of-cumin or of-ginger at-times single so prepared
hwilum þa wyrta togædere gedon ón þ wos selle drincan·
at-times the herbs together put in the juice let-give drink
Gif of hatum wætan yfelum on þone magon gesamnodum
If from hot humor evil on the stomach gathered
se geohsa cume ⁊ he gefele þ se hine innan sceorfe on
the hiccup come and he feel that it him within scarify in
þone magan· sele hím þonne wlacu wæter drincan swiþe
the stomach give to-him then lukewarm water drink very
hat· gedo þonne feþere ón ele stinge him gelome on þa
hot put then feather in oil let-thrust for-him often into the
hracan þ he mæge spiwan· sele hím wiþ geohsan ceald
throat that he may spew give to-him against hiccup cold
wæter ⁊ eced drincan ⁊ aprotanan gegnidene on wine.
water and vinegar drink and southernwood rubbed in wine
Wiþ wlættan þam men þe hine ne lyst his metes ne liþes oððe I.19
Against nausea for-the man who him not lists his meat nor drink or
on magan úntrum sie· oþþe bitere hræce· eorð geallan ⁊ pipor
in stomach infirm be or bitter hawk earth gall and pepper
drince on wearmum wætere þry bollan fulle on niht nestig.
let-drink in warm water three bowls full on night fasting
Eft wiþ wlatunge rudan wermod bisceop wyrt marubian wyl
Again against nausea rue wormwood bishop wort marrubium boil

on ealað swiþe geswet mid hunige leohtlice· gedrinc swa hates
in ale much sweeten with honey lightly drink as hot
swa þin blod sie scenc fulne do swa þonne þe þearf sie.
as thy blood be cup full do so when to-thee need be

I.20–30 · FROM SHOULDERS TO FEET

The remedies move down the body: old swine's dung and fat for the shoulder, woodruff for the sides, betony in wine for the loins, fern smoke for the thighs, and hedge-rife for the knees. Broken shanks are splinted with elm rind, and swollen feet are dressed with comfrey and waybread. Bone ache, sore genitals, and chilblains close the chapters.

I.20 Wiþ sculdor wærce ealdes swines tord þær þe feldgangende
Against shoulder pain of-old swine turd there where field-going
sie meng wið ealdne rysele gewyrme lege ón þ deah wiþ
be mix with old fat warm lay on that avails against
sculdor wærce ge wið sid wærce· wið breost wærce· ⁊
shoulder pain both against side pain against breast pain and
wiþ lendenwærce. Eft wyl betonican ⁊ neftan on ealoð
against loin-pain Again boil betony and catmint in ale
sele drincan gelome ⁊ simle æt fyre gesmire mid wenwyrte.
give drink often and always at fire smear with wen-wort
Eft genim swines scearn þær þe on dun lande ⁊ wyrtum
Again take of-swine dung there where in down land and on-herbs
libbe mæng wiþ ealdne rysele lege ón ⁊ drinc betonican
live mix with old fat lay on and drink betony
on geswettum wine· gif fefer habbe drince on wætere.
in sweetened wine if fever have let-drink in water

Wiþ sidan sare þære swiþran bogen ⁊ redic ⁊ hwite clæfran I.21
Against side sore of-the right bogbean and radish and white clover
wyrc to clame ⁊ to drence. Wiþ þære winestran sidan sare
work to poultice and to drink Against of-the left side sore
wudurifan gecnuwa on eced ⁊ wyrc to clame gebind on
woodruff pound in vinegar and work to poultice bind on
þa sidan. Eft betonican swilc swa þry penegas gewegen· ⁊
the side Again betony such as three pennies weigh and
pipores seofon ⁊ XX. corna to sómne getrifulað· geót ealdes
of-pepper seven and twenty corns — together bruise pour of-old
wines þry bollan fulle to· ⁊ gewlece sele nihtnestigúm
wine three bowls full to and warm give night-fasting
drincan. Eft wið sidan sare rudan wið rysele gemenged ⁊
drink Again against side sore rue with fat mixed and
gebeaten lecge on þa sidan þ bet. Wiþ sidan sare eft
beaten let-lay on the side that amends Against side sore again
laures croppan gebeate drince on wætere ⁊ on þa sidan
of-laurel berries let-beat let-drink in water and on the side
binde. Wiþ sidan sare eft caules wyrttruman gebærn to
let-bind Against side sore again of-cole root burn to
ahsan ⁊ wiþ ealdne rysele gemeng ⁊ alege on þa sidan.
ashes and with old fat mix and lay on the side
Wiþ lenden ece genim betonican swilce twegen penegas I.22
Against loin ache take betony such two pennies
gewegen do þærto swetes wines twegen bollan fulle meng
weigh put thereto of-sweet wine two bowls full mix
wiþ hat wæter sele nihtnestig drincan. Eft genim grunde
with hot water give night-fasting drink Again take ground
swelgean gebeat ⁊ þ seaw sele drincan nihtnestigum.
swallow beat and the juice give drink night-fasting

Wiþ lenden ece ealifer hatte wyrt gnid on ealaþ ⁊ drince
Against loin ache alefer is-called herb rub in ale and let-drink
þa. Wiþ þon ilcan hundes tunge hatte wyrt genim þa
it Against the same of-hound tongue is-called herb take the
léaf adrig ⁊ gegnid to meluwe genim þonne beren mela
leaves dry and rub to meal take then barley meal
gemeng wiþ þa wyrt ⁊ gebring þonne ón meolce.
mix with the herb and bring then into milk

I.23 Wiþ þeoh ece· smice mid fearne swiþe þa þeoh. Eft to
Against thigh ache smoke with fern much the thighs Again for
drence· pipor· win· wealwyrt· hunig. Eác to þon apuldor· þorn·
drink pepper wine wallwort honey Also for that apple-tree thorn
æsc· cwicbeam· eoforþrote æscþrote· elone· bisceop wyrt·
ash quickbeam boar-throat ash-throat elecampane bishop wort
ifig· betonica· ribbe· rædic· spracen· pipor· hwit cwudu· cost·
ivy betony ribwort radish sprake pepper white cud costmary
gingifer· moniaca· netle· blinde netle wirc þis to drence. Gif
ginger ammoniac nettle blind nettle work this to drink If
þeoh slapan adelf nioþoweardne sécg wyl on wætere læt reocan
thighs sleep dig-up lower sedge boil in water let reek
ón þæt lím þte slape smire mid sealfe þe món þus wyrce.
on the limb that sleeps smear with salve which one thus work
Of swines smerwe· sceapes smeru· butere· sciptearo· pipor·
Of of-swine grease of-sheep grease butter ship-tar pepper
hwit cwudu· swegles æppel· swefl· cost· eced· ele· hwerwette·
white cud of-sky apple sulfur costmary vinegar oil cucumber
rædic· eolene· bisceop wyrt· sealt· æsc· apuldre· ác· þorn.
radish elecampane bishop wort salt ash apple-tree oak thorn

I.24 Wiþ cneow wærce· wudu weaxe· ⁊ hegerife gecnuwa þa
Against knee pain wood wax and hedge-rife pound them
togædere ⁊ do ón ealu læt licgean neahterne sele him
together and put in ale let lie overnight give to-him

Þ þonne drincan beþe mid ⁊ lege ón. Wiþ þon Gif
that then drink bathe with and lay on Against that If
cneow sar sie· genim wealwyrt ⁊ clufþung· reade netlan
knee sore be take wallwort and clove-poison red nettle
awyl ón wætere beþe mid.
boil in water bathe with
gif scancan sare synd genim giþrifan ⁊ dolgrunan· ⁊ hamor I.25
if shanks sore are take cockle and wound-rune and hammer
wyrt· ⁊ betonican ⁊ ban wyrt· ⁊ linwyrt ⁊ wudu merce·
wort and betony and bone wort and flax-wort and wood marche
⁊ eorðgeallan· ⁊ brunwyrt seoþ on buteran smire mid
and earth-gall and brown-wort seethe in butter smear with
Gif scancan synd forode nim banwyrt gecnuwa geot æges þ
If shanks are broken take bone-wort pound pour of-egg the
hwite meng tosomne scancforedum men. Wið foredum lime
white mix together for-shank-broken man Against broken limb
lege þas sealfe on þ forode lim ⁊ forlege mid elmrinde do
lay this salve on the broken limb and cover with elm-rind put
spilc to· eft simle niwa oþþ gehalod sie gerendra elm rinde
splint to again always anew until healed be peel elm rind
⁊ awyl swiðe do þonne of þa rinde genim linsæd gegrind
and boil much put then off the rind take linseed grind
briwe wið þam elmes drænce þ bið god sealf foredum lime.
brew with the of-elm drink that is good salve for-broken limb
Gif sino gescrince ⁊ eft· æfter þon swelle genim gate I.26
If sinew shrink and again after that swell take of-goat
tord gemeng wið eced smit ón sona halað. Monegum men
turd mix with vinegar smear on at-once heals To-many man
gescrincað his fet to his homme wyrc baþo do earban to
shrink his feet to his hams work baths put tares to
⁊ cersan ⁊ smale netelan ⁊ beowyrt do on troh hate
and cress and small nettle and bee-wort put in trough hot

stanas wel gehætte gebeþe þa hamma mid þam stan baðe
stones well heated bathe the hams with the stone bath
þonne hie sien geswate þonne recce he þa ban swa he
when they be sweated then let-stretch he the bones as he
swiþost mæge do spelc to ⁊ betere swa mon oftor mid
most may put splint to and better as one oftener with
þy beþige. gif sino clæppette mucgwyrt gebeatenu ⁊ wiþ
that bathe if sinew throb mugwort beaten and with
ele gemenged ⁊ ón aled. Mycgwyrte seaw wiþ gerosodne
oil mixed and on laid Of-mugwort juice with rosed
ele gemenged smire mid þy sona biþ ætstilled sio cwacung.
oil mixed smear with that at-once is stilled the quaking
I.27 Wiþ fót ece betonican· geormenleaf· finul· ribban· ealra
Against foot ache betony mallow fennel ribwort of-all
emfela gemenge meoluc wiþ wæter ⁊ þ toswollene lím fram
equally-much let-mix milk with water and the swollen limb from
þære uferran healfe beþe þy læs se swile ingewite· genime þonne
the upper side bathe the less the swelling in-go let-take then
galluc gesodenne lege ón. Wið fota sare oþþe geswelle fram
comfrey sodden lay on Against of-feet sore or swelling from
miclum gange wegbræde getrifulad ⁊ wið eced gemenged. Wiþ
much going waybread bruised and with vinegar mixed Against
þon deah grunde swelge gebeatenu ⁊ wið rysele gemenged.
that avails ground swallow beaten and with fat mixed
Wiþ fótece gif se fót ace ingeswice gením mucgwyrte
Against foot-ache if the foot ache withdraw-in take of-mugwort
wyrttruman meng wiþ ele sele etan. Wið fót ece eft
root mix with oil give eat Against foot ache again
hunán seaw wiþ ele gemenged smire þa saran fet mid.
of-horebound juice with oil mixed smear the sore feet with

Wiþ fotece gením ellenes leaf· ⁊ wegbrædan ⁊ mucgwyrt
Against foot-ache take of-elder leaf and waybread and mugwort
gecnuwa lege on ⁊ gebind ón.
pound lay on and bind on
Wiþ ban ece tuningwyrt· beolone· wealwyrt ealde grut ⁊ I.28
Against bone ache tuning-wort henbane wallwort old groats and
eced· heorotes smera oþþe gate· oþþe gose meng tosomne lege
vinegar of-hart grease or of-goat or of-goose mix together lay
þonne ón. Wiþ banece eft to drence elene· cneowholen·
then on Against bone-ache again for drink elecampane knee-holly
wealwyrt· hune· clufþung gecnuwa do ón wæter þ ofer
wallwort horehound clove-poison pound put in water that over
yrne beþe to fyre swiðe þone ece þwea mid þy wætere do þ
run bathe at fire much the ache wash with the water do that
þriwa ón dæg· wyrc þonne sealfe óf tun[i]ng wyrte óf eolonan·
thrice in day work then salve of tuning wort of elecampane
of þunge· óf wermode do ealra emfela wylle swiðe.
of poison-plant of wormwood put of-all equally-much let-boil much
gif mannes getawa beoþ sare oððe âþundene betonican I.29
if of-man tools are sore or swollen betony
getrifula ón wine beþe þa saran stowa ⁊ þa aþundenan
bruise in wine bathe the sore places and the swollen
mid þy. Eft gif hie dylstihte sien oððe geborstene gením
with that Again if they festering be or burst take
saluian seoð on wætere beþe mid þa getawa.
sage seethe in water bathe with the tools
Eft dile gebærned gemeng wið ahsan hunig wyrc to sealfe
Again dill burned mix with ashes honey work to salve
aþweah þonne ⁊ gebeþe þa wunda ærest mid hate wætere
wash then and bathe the wounds first with hot water

æfter þon mid wearme ele ge smire on þam þe wære
after that with warm oil and grease in which that were
wir gesoden lege þonne þa sealfe on.
myrtle sodden lay then the salve on

I.30 Wis sceal wiþ æcelman ⁊ wið þon þe men ácale þ fel of
This shall against chilblain and against that that to-man be-chilled the skin off
þam fotum· genime neoþowearde medowyrt ⁊ luftmocan· ⁊
the feet let-take lower meadowwort and brooklime and
acrinde gecnua eall to duste gemeng wið hunig lacna mid þy.
oak-rind pound all to dust mix with honey cure with that

I.31–34 · SWELLINGS AND SKIN

Hard swellings are softened with beans, barley meal, henbane, horehound, goat's horn, and hart's horn, and a festering swelling from a fall or blow is opened with cinquefoil. Fifteen remedies follow for blotch and leprosy, among them elecampane boiled in brine, salves of soot and tar, and baths of many barks. Drinks and salves of spring-wort and waybread are given against the carbuncle; wheat and honey treat the whitlow, and brass filings with old soap the agnail.

I.31 Wiþ ælcum heardum swile oððe geswelle adrige beana ⁊
Against each hard swelling or tumor dry beans and
geseoþ butan sealte meng þonne wiþ hunig lege on. Wiþ
seethe without salt mix then with honey lay on Against
þon ilcan genim beren melo seoþ on ecede do ón Eft
the same take barley meal seethe in vinegar put on Again
wiþ þon belenan meng wið rysele lege ón. Wið swile eft
against that henbane mix with fat lay on Against swelling again
gebeat hunan meng wiþ rysele lege ón oððe gate horn
beat horehound mix with fat lay on or of-goat horn

gebærned ⁊ wiþ wæter gemenged. Eft rysele oþþe gelyndo
burned and with water mixed Again fat or grease
wiþ garleác gemenged ⁊ ón aled þone swile þwænþ.
with garlic mixed and on laid the swelling diminishes
Wiþ swile eft cerfille gecnuwad mid rysele ⁊ on gemelt
Against swelling again chervil pounded with fat and on melted
weax gedon ⁊ ón aled bet.
wax put and on laid amends
Wið swile eft gate flæsc gebærned to ahsan mid wætere ón
Against swelling again of-goat flesh burned to ashes with water on
gesmiten ealne þone swile tofereþ. Eft iuniperi þ is gorst
smeared all the swelling disperses Again of-juniper that is gorse
þ sæd gecnuwa ⁊ seoþ on wætere. Eft sinfulle wiþ rysele
the seed pound and seethe in water Again sengreen with fat
gemenged ⁊ wiþ hlaf ⁊ wiþ celendran æt· somne gemenged.
mixed and with loaf and with coriander — together mixed
Wiþ yflum wætan ⁊ swile gením heorotes sceafoþan óf
Against evil humor and swelling take of-hart shavings from
þám horne oþþe þæs hornes melo meng wiþ wæter smit ón
the horn or of-the horn meal mix with water smear on
eal þ worms ⁊ þone yfelan wætan aweg deþ ⁊ adrifþ.
all the pus and the evil humor away does and drives-off
Wiþ swile gením gate tyrdlu on scearpum ecede gesoden
Against swelling take of-goat droppings in sharp vinegar sodden
⁊ ón selfe wisan ón gedon.
and in same manner on put
Wiþ ælcum yflum wætan mucgwyrte þa grenan leaf getrifulad
Against each evil humor of-mugwort the green leaves bruised
⁊ wiþ rysele gegniden togædere smire an ge þeoh þær dylstan
and with fat rubbed together smear on both thigh where festerings
on synd þ deah wiþ þan· ge þ deah eác wiþ fota geswelle.
on are that avails against that and that avails also against of-feet swelling

Wiþ innan gewyrsmedum geswelle þam þe wyrð of fylle oþþe
Against within festered swelling which that becomes from fall or
óf slege oððe óf hricsca hwilcúm· þa wyrt þe hatte fífleafe·
from blow or from wrench any the herb which is-called cinquefoil
genim ⁊ gebeat ⁊ lege on gelome oþ þte open sie se swile
take and beat and lay on often until that open be the swelling
lacna þonne þa wunda swa oþre wunda. Wið swile eft hluttor
cure then the wounds as other wounds Against swelling again clear
píc gením do ahsan to seoð ætgædere gelege þonne þone swile
pitch take put ashes to seethe together lay then the swelling
mid þy gelome. Wiþ swile eft gate tyrdlu drige gegnid ⁊
with that often Against swelling again of-goat droppings dry rub and
asifte þurh smæl sife do þonne rysle to swa swa syn twa
sift through small sieve put then fat to so as be two
pund ⁊ ealdes wines swa micel swa þe þince wyrc to sealfe.
pounds and of-old wine so much as to-thee seems work to salve
Eft gebærned sealt gegnid wel on gewleced wæter oþ
Again burned salt rub well in warmed water until
þ hit sie swa þicce swa huniges tear lege ón þone swile
that it be as thick as of-honey tear lay on the swelling
ofer lege mid claðe ⁊ mid eowcigre wulle bind ón. Wiþ
over lay with cloth and with greasy wool bind on Against
færlicum sare ⁊ geswelle ním weax ⁊ hemlic getrifula
sudden sore and swelling take wax and hemlock bruise
wyrc swa wearm to sealfe bind on þ sar.
work so warm to salve bind on the sore
Wiþ fær swile· ním hunan gebeat ⁊ gemeng wiþ rysele
Against sudden swelling take horehound beat and mix with fat
lege ón. Eft mare twynihte grut mealtes smedma· cersan·
lay on Again silverweed two-night groats of-malt meal cress
æges þ hwite bisceop wyrt· elene· ontre· elehtre· sigsonte·
of-egg the white bishop wort elecampane ontre lupine sigsont

galluc meng tosomne lege ón. Wiþ deadum swile· Nim
comfrey mix together lay on Against dead swelling Take
grundeswelgean lege on gleda ⁊ gewyrme ⁊ lege þonne swa
groundsel lay on coals and warm and lay then so
wearme on þone swile ⁊ bebind mid claðe læt beon nihterne
warm on the swelling and bind with cloth let be overnight
ón gif his þearf sie. Wið deadum swile ágrimonian gebeat
on if of-it need be Against dead swelling agrimony beat
meng wið win ⁊ wiþ sealt do on þone swile sona gewit
mix with wine and with salt put on the swelling at-once departs
aweg. Wiþ swile attorlaðan gecnuwa lege on þone swile lege
away Against swelling venom-loather pound lay on the swelling lay
læst ón þ dolh self. drenc wiþ deadum swile þ he utslea
least on the wound self drink against dead swelling that he out-strike
eoforþrote· eolone· gotwoðe· twa wenwyrta do ón ealu drince.
boar-throat elecampane goutweed two wen-worts put in ale let-drink
Wiþ deadum swile gením swane wyrt gecnuwa wel gemeng wið
Against dead swelling take swain wort pound well mix with
ferscre buteran lege on þone swile oþ þ gelacnod sie. Wiþ
fresh butter lay on the swelling until that cured be Against
swile cunille· spring wyrt clate wyl ón buteran ⁊ on hunige
swelling cunila spring wort burdock boil in butter and in honey
lege on þa wyrta gemeng wið æges þ hwite. Speþing wiþ
lay on the herbs mix with of-egg the white Plaster against
swile· ban wyrt ufewearde gecnuwa smæle þa wyrte gemeng
swelling bone wort upper pound small the herb mix
wið æges þ hwite beclæm þ lim mid þe se swile on sie.
with of-egg the white plaster the limb with which the swelling on be
Wyrc þ bæþ óf þam ilcum wyrtum on cealdum wylle wætre
Work the bath of the same herbs in cold well water
gecnuwa þa wyrta swiþe wel lege ón þ wæter lafa on þone swile.
pound the herbs very well lay in the water lave on the swelling

Wið swile cnuwa niðewearde hamor wyrt ⁊ secg bind on.
Against swelling pound lower hammer wort and sedge bind on

I.32 Læcedomas wiþ blæce ⁊ bæþ fiftyne ealra.
Leechdoms against blotch and bath fifteen of-all

Wel eolenan niþewearde ⁊ mintan ón sealtes rynian þ hit
Boil elecampane lower and mint in of-salt brine that it
sie þicce swa briw gemeng togædere smire mid. Wiþ blæce
be thick as brewis mix together smear with Against blotch
ním eolonan niþewearde ⁊ ompran eác swa sio þe swimme
take elecampane lower and dock also so that which swims
⁊ ontran ⁊ bisceop wyrt ⁊ æscrinde seoþ on buteran
and ontre and bishop wort and ash-rind seethe in butter
aseoh þurh clað meng þonne wið pipor ⁊ wiþ teoran
strain through cloth mix then with pepper and with tar
gegrind smire mid. Wiþ blæce wyl eolonan on buteran meng
grind smear with Against blotch boil elecampane in butter mix
wiþ sote sealt· teoro· hunig· eald sape smire mid. Wið blæce
with soot salt tar honey old soap smear with Against blotch
gením gose smero ⁊ niþewearde elenan ⁊ haran sprecel
take of-goose grease and lower elecampane and hare sprecel
bisceop wyrt ⁊ hegrifan þa feower wyrta cnuwa tosomne
bishop wort and hedge-rife the four herbs pound together
wel awring do þærón ealdre sapan cucler fulne gif þu hæbbe
well wring put thereon of-old soap spoon full if thou have
lytel eles meng wiþ swiþe ⁊ ón niht alyþre. Scearpa þone
little of-oil mix with much and on night lather Scarify the
sweoran ofer sunnan setlgange geot swigende þ blod ón
neck after of-sun setting pour silent the blood into
yrnende wæter spiw þriwa æfter· cweþ þonne hafa þu þas
running water spit thrice after say then have thou this
unhæle· ⁊ gewit aweg mid gange eft ón clænne weg to
unhealth and depart away with let-go again on clean way to

huse ⁊ gehwæþerne gáng swigende. Bæþ wið blæce awyl
house and each go silent Bath against blotch boil
tyn siþum þa wyrte on hwere ⁊ syndrigea betonican· neftan
ten times the herbs in kettle and separately betony catmint
marubian agrimonian· gearwe· minte ehheoloþe hindheoloþe·
marrubium agrimony yarrow mint horse-heleth hind-heleth
curmealle· eorð gealla· dile· merce· finul ealra emfela
centaury earth gall dill marche fennel of-all equally-much
gewyrc þonne stol of þrim treowum niþan ðyrele site ón
work then stool of three trees beneath pierced sit on
bydene ⁊ þe oferhref ufan mid hwitle þy læs se æþm ut·
tub and thee over-roof above with blanket the less the vapor out
geót under þone stol on þa bydene læt reocan ón· swa þu
pour under the stool into the tub let reek on as thou
meaht on þam wyrtum þriwa don· ⁊ under niþan styre mid
canst on the herbs thrice do and under beneath stir with
sticcan gif þu hattre wille· ⁊ ær þam bæþe smire þone
stick if thou hotter will and before the bath smear the
lichoman ⁊ þone ꝥwlitan mid geswette wætre ⁊ gehrer twa
body and the face with sweetened water and stir two
ægru on hatum wætere gesmire ealne þone lichoman mid.
eggs in hot water smear all the body with
Læcedom wiþ hreofúm lice· adelfe ompran ⁊ gelodwyrt
Leechdom against leprous body let-dig dock and gelod-wort
gecnuwa· wyl þonne on buteran do hwon sealtes to. Wiþ
pound boil then in butter put little of-salt to Against
deadum lice stæþwyrt merce gnid ón ealoð sele drincan.
dead body shore-wort marche rub in ale give drink
Wið hreofle well ón hlonde cwicrinde· ellenrinde niþewearde·
Against leprosy boil in urine quick-rind elder-rind lower
æsc rinde· ⁊ wad· elm rinde· hemlic do þonne buteran
ash rind and woad elm rind hemlock put then butter

on ⁊ hunig. Wiþ hreofle wegbræde læcewyrt· leac· minte·
on and honey Against leprosy waybread leech-wort leek mint
magþa· eolone· swefl gecnuwa wiþ rysle do þæs s[w]efles
mayweed elecampane sulfur pound with fat put of-the sulfur
swilcan þara wyrta twæde.
such of-the herbs two-parts
Wiþ hreofle eft gením horses rysele gemen[g] swiþe wiþ
Against leprosy again take of-horse fat mix much with
sealte smire mid. Bæþ wiþ hreofle· wyl ón wætere æscrinde·
salt smear with Bath against leprosy boil in water ash-rind
cwicbeam rinde· holen rinde· fulanbeames· ananbeames· sécg·
quickbeam rind holly rind of-foul-tree of-anan-tree sedge
þeorwyrt· hegerife· marubian· beþe mid· ⁊ þ lic gnid mid
theor-wort hedge-rife marrubium bathe with and the body rub with
þære hegerifan. Wyrc sealfe óf marubian on buteran· óf wyrm
the hedge-rife Work salve of marrubium in butter of worm
meluwe· óf haran sprecele· hegerifan· gením healfe þa sealfe
meal of hare sprecel hedge-rife take half the salve
gemeng wiþ gecnuwade elenan smire oþ þ batige· siþþan
mix with pounded elecampane smear until that improve after
mid þære oþerre. Bæþ wiþ þam miclan lice eolone bróm·
with the other Bath against the great body elecampane broom
ifig· mucwyrt ælfþone· beolone· cottuc· efelastan wyl ón
ivy mugwort elf-thone henbane mallow ever-last boil in
wætere swiþe geót on bydene ⁊ sitte ón. drince þisne drenc
water much pour into tub and let-sit in let-drink this drink
wiþ þon· betonican· curmille hofe· agrimonia· springwyrt·
against that betony centaury hove agrimony spring-wort
reade netle· elehtre· Saluie· singrene· alexandria· sie geworht
red nettle lupine Sage ever-green alexanders let-be made
óf wiliscúm ealað drince on þam baþe ⁊ ne læte ón
of Welsh ale let-drink in the bath and not let-allow on

þone eþm. Sealf wiþ þam miclan lice· elene· þúng
the vapor Salve against the great body elecampane poison-plant
ompre· grundeswelge· hole cersan· wegbræde· efelaste· óntre·
dock groundsel hollow cress waybread ever-last ontre
hofe· gallúc· celeþonian· cottúc wel on buteran eal togædere
hove comfrey celandine mallow boil in butter all together
healf sie swines rysele oððe horses smeru· smire þonne
half let-be of-swine fat or of-horse grease smear then
mid. Wið swile gením wegbrædan nioþoweardе gecnuwa
with Against swelling take waybread lower pound
wiþ rysele lege ⁊ gebind ón þone swile.
with fat lay and bind on the swelling
Drencas ⁊ sealfa wiþ springe· springwyrt reade hofe· I.33
Drinks and salves against carbuncle spring-wort red hove
wegbræde· fefer fuge· aprotane· mageþe· pipor· wín· gif he
waybread fever few southernwood mayweed pepper wine if it
ón earan sie gebeate wegbrædan· ⁊ fefer fugean ⁊ pipor·
on ears be let-beat waybread and fever few and pepper
wring ón þ eare. To sealfe wið springe· ním dolhrunan·
wring in the ear For salve against carbuncle take wound-rune
wegbrædan mageþan· þone bradan cawel nioþoweardne·
waybread mayweed the broad cole lower
geormenleaf niþeweard· docce niþewerd· reade hofe· butere
mallow lower dock lower red hove butter
⁊ hunig. Sealf eft medowyrt· acumban· hind hioloðe·
and honey Salve again meadowwort oakum hind heleth
gearwe· cneowholen· æþelferðing wyrt· agrimonia.
yarrow knee-holly Æthelferth's wort agrimony
Wiþ deadum springe. Wyl on buteran selfætan æfter þam·
Against dead carbuncle Boil in butter self-eater after that
⁊ springwyrt. Wiþ springe mageþa· wudu merce· wyrc
and spring-wort Against carbuncle mayweed wood marche work

to sealfe drince gode wyrta. Wiþ springe· nim elehtran
to salve let-drink good herbs Against carbuncle take lupine
gecnuwa ón hunig meng to somne lege on þone swile
pound in honey mix — together lay on the swelling
oþþæt hal sie. Wið springe springwyrt cerfillan ȝ hunig
until whole be Against carbuncle spring-wort chervil and honey
ȝ gose smera gecnuwa wyl to somne lege on ðone spring.
and of-goose grease pound boil — together lay on the carbuncle
I.34 gif nægl sie of handa ȝ wiþ wearhbrædan nim hwæte
if nail be off hand and against whitlow take wheat
corn meng wið hunig lege on þone finger. Wið angnægle
corn mix with honey lay on the finger Against agnail
argesweorf ȝ ealde sapan ȝ ele gif þu hæbbe gif þu
brass-filings and old soap and oil if thou have if thou
næbbe do flytan to meng tosomne lege ón.
not-have put cream to mix together lay on
Wiþ wearhbrædan· magoþan croppan wyl on buteran ȝ
Against whitlow of-mayweed tops boil in butter and
sealt smire mid.
salt smear with

Flesh deadened after the burning of erysipelas is cooled with coriander and egg white, and flesh that feels nothing is cut away to the quick; the leech weighs the patient's strength before strong remedies. Against the circle disease a drink is boiled from the barks of every tree but hawthorn and alder. Incontinence and difficult urine close the section.

Be aswearteđum ⁊ adeadedum lice sio adl cymð oftost I.35
About blackened and deadened body the disease comes oftenest
óf omum æfter adle welme ón weg gewitenre weorþeð
from erysipelas after of-disease boiling — away gone becomes
hwilum lic asweartod· þonne of þam frum welme sio adl
at-times body blackened then from the first boiling the disease
mid cealdum þingum biþ to celanne ⁊ to lacnianne· ⁊
with cold things is to cool and to cure and
þonne sio adl cymð utan butan sweotolúm tacne· þonne
when the disease comes outside without clear token then
scealt þu ærest þa hæto celan mid cellendre getrifuladre
shalt thou first the heat cool with coriander bruised
mid hlafes cruman ofþendum mid ceald wætre oþþe mid þy
with of-loaf crumb moistened with cold water or with the
selfan seawe þære cellendre· oþþe mid æges þy hwite oþþe
self juice of-the coriander or with of-egg the white or
mid wine oþþe mid oþrum þingum þam þe þ ilce mægen
with wine or with other things those which the same power
hæbbe· þonne se welma ⁊ sio hæto sie aweg gewiten ⁊ se
have when the boiling and the heat be away gone and the
dæl þæs lichoman sie gewended hwon oððe blæc oþþe wón
part of-the body be turned little or black or wan
oþþe swilces hwæt scearpa þonne þa stowe þonne betst þu
or of-such what scarify then the place then amendest thou

ða· ⁊ drige mid ónlegene swa swa món on weax hlafe ⁊
it and dry with poultice so as one on wax loaf and
of wearmum bere· ⁊ of swelcum þingum wyrcð. Nis him
of warm barley and of such things makes Not-is to-him
blod to lætanne ón ædre ac ma hira man sceal tilian mid
blood to let on vein but more them one shall tend with
wyrtdrencúm utyrnendum oþþe spiwlum oþþe migolúm mid
herb-drinks out-running or emetic or diuretic with
þy þu meaht clænsian þ ómcyn ⁊ þæs geallancoðe þa
that thou canst cleanse the erysipelas-kind and of-the gall-disease the
readan· ge þeah þ yfel cumen ne sie of þara omena welme
red even though the evil come not be from of-the erysipelas boiling
swa þeah deah swilcum mannum se scearpa wyrtdrenc.
so though avails to-such men the sharp herb-drink
gif þa omihtan wannan þing oþþe þa readan syn utan cumen
if the erysipelatous wan things or the red be outside come
of wundum oþþe óf sniþingum oððe of slegúm sona þu þa
from wounds or from cuttings or from blows at-once thou the
þing lácna mid scearpinge ⁊ ónlegena beres æfter þære wisan
things cure with scarifying and poultices of-barley after the manner
þe læcas cunnan wel þu hit betst. gif þ asweartode lic to
which leeches know well thou it amendest if the blackened body to
þon swiþe adeadige þ þær nan gefelnes ón ne sie þonne scealt
that much deaden that there no feeling on — be then shalt
þu sona eal þ deade ⁊ þ ungefelde óf asniþan oþ þ cwice
thou at-once all the dead and the unfeeling off cut until the quick
lic· þ þær na miht þæs deadan lices to lafe ne sie þæs
body that there not mite of-the dead body to remnant — be of-that
þe ær ne isen ne fyr gefelde. Æfter þon lacnige món þa
which before neither iron nor fire felt After that let-cure one the
dolh swa þu þone dæl þe þonne gít hwilce hwega gefelnesse
wounds as thou the part which then yet any some feeling

hæbbe· ⁊ eallunga deade ne synd. Þu scealt mid gelomlicre
has and entirely dead not are Thou shalt with frequent
scearpunge hwilúm mid miclum· hwilum mid feawúm wene
scarifying at-times with great at-times with few cuts
⁊ teoh þ blod fram þære adeadedan stowe lácna ða scearpan
and draw the blood from the deadened place cure the scarifications
þus· genim bean mela oþþe ætena· oððe beres· oþþe swilces
thus take bean meal or of-oats or of-barley or of-such
meluwes swa þe þince þ hit ónniman wille do eced to ⁊
meal as to-thee seem that it take-on will put vinegar to and
hunig seoþ ætgædere ⁊ lege ón ⁊ bind on þa saran stowa.
honey seethe together and lay on and bind on the sore places
gif þu wolde þ sio sealf swiðre sie do lytel sealtes to ón
if thou would that the salve stronger be put little of-salt to on
bind hwilum ⁊ þweah mid ecede oþþe mid wine. gif þearf
bind at-times and wash with vinegar or with wine if need
sie sele hwilúm wyrtdrenc· ⁊ gesceawa simle þonne þu þa
be give at-times herb-drink and observe always when thou the
strangan læcedomas do hwilc þ mægen sie ⁊ sio gecynd
strong leechdoms do what the strength be and the nature
þæs lichoman· hwæþer hio sie strang þe heard ⁊ eaþelice
of-the body whether it be strong or hard and easily
mæge þa strangan læcedomas aberan þe hio sie hnesce ⁊
may the strong leechdoms bear or it be soft and
mearwe ⁊ þynne ⁊ ne mæge aberan þa læcedomas. Do
tender and thin and not may bear the leechdoms Do
þu ða læcedomas swilce þu þa lichoman gesie· for þon ðe
thou the leechdoms such-as thou the bodies see for that that
micel gedal ís on wæpnedes ⁊ wifes ⁊ cildes lichoman·
great difference is in of-man and of-woman and of-child body
⁊ on þam mægene þæs dæghwamlican wyrhtan ⁊ þæs
and in the strength of-the daily worker and of-the

idlan þæs ealdan ȝ þæs geongan ȝ þæs þe sie gewin
idle of-the old and of-the young and of-him who be accustomed
þrowungum· ȝ þæs þe sie ungewuna swelcum þingum·
to-hardships and of-him who be unaccustomed to-such things
ge þa hwitan lichoman beoð mearuwran ȝ tedran þonne
also the white bodies are tenderer and weaker than
þa blacan· ȝ þa readan. gif þu wille lím aceorfan oððe
the black and the red if thou will limb cut-off or
asniðan of lichoman þonne gesceawa þu hwilc sio stow sie·
cut-away from body then observe thou what the place be
ȝ þære stowe mægen· for þon ðe þara stowa sum raþe
and of-the place strength for that that of-the places some quickly
rotaþ gif hire món gimeleaslice tilað· sume lator felað þara
rot if it one carelessly treats some later feel the
læcedoma sume raþor· gif þu scyle aceorfan oððe asniþan
leechdoms some sooner if thou shall cut-off or cut-away
unhal lim of halum lice þonne ceorf þu þ on þam
unhealthy limb from whole body then cut thou it on the
gemære þæs halan lices· ác micle swiþor snið oððe ceorf on
boundary of-the whole body but much more cut or carve into
þ hale ȝ þ cwice lic swa þu hit sel ȝ raþor gelacnost.
the whole and the quick body so thou it better and sooner curest
Þonne þu fyr sette ón mannan þonne nim þu merwes porres
When thou fire set on man then take thou of-tender leek
leaf ȝ gegniden sealt ofer lege þa stowe þonne bið þy þe
leaf and rubbed salt over lay the place then is the —
raþor þæs fyres hæto aweg atogen· þ ilce biþ nyttol ices slite
sooner of-the fire heat away drawn the same is useful (ices) bite
oþþe hundes gif hit man sona to deð· ȝ eft ymb þreo
or of-hound if it one at-once to does and again after three
niht smire mid hunige þ þy þe raþor sio hryfing of fealle.
nights smear with honey that the — sooner the scab off fall

Wiþ þære adle þe mon hæt circul adl genim cwicbeam I.36
Against the disease which one calls circle disease take quickbeam
rinde· ⁊ æpsan· ⁊ apuldor· mapuldor· ellen· wiþig· sealh·
rind and aspen and apple-tree maple elder withy willow
wir· wice· ác· slahþorn· bircean· elebeam· gatetreow· æsces
myrtle wych oak sloe-thorn birch olive goat-tree of-ash
sceal mæst· ⁊ ælces treowes dæl þe man begitan mæg·
shall most and of-each tree part which one get can
butan hægþorne ⁊ alore þara treowa mæst þe her awriten
except hawthorn and alder of-the trees most which here written
synd ⁊ eác gagel ⁊ cneow holen· singrenan eolonan· redic
are and also gale and knee holly ever-green elecampane radish
wealwyrt· þa greatan netlan· wermod eorþ geallan. genim
wallwort the great nettle wormwood earth gall take
þonne tynamberne cetel do þriddan dæl þara rinda ⁊ þa
then ten-amber kettle put third part of-the rinds and the
wyrta wylle swiþe on maxwyrte gif þu hæbbe· gif þu næbbe
herbs let-boil much in mash-wort if thou have if thou not-have
wyl on wætre swiþe· do þonne óf þa rinda ⁊ do niwe
boil in water much put then off the rinds and put new
ón innan þ ilce wos do swa þriwa aseoh þonne clæne swa
on into the same juice do so thrice strain then clean so
hatne þone drenc ⁊ do þonne mele fulne buteran ón swa
hot the drink and put then basin full of-butter on so
hatne ⁊ gehrere togædere læt standan twa niht oþþe þreo·
hot and stir together let stand two nights or three
ádo þonne of þa buteran ⁊ genim þonne gagel croppan· ⁊
take then off the butter and take then gale tops and
ifig croppan· heldan· ⁊ betonican eolonan· redic· banwyrt·
ivy tops tansy and betony elecampane radish bone-wort
eorð mistel gebeát togædere wylle on þære buteran ado
earth mistletoe beat together let-boil in the butter take

þonne þa buteran clæne of þam wyrtum þæs þe mon mæge·
then the butter clean off the herbs as that one may
genim þonne smæl beren mela ⁊ gebærned sealt briwe
take then small barley meal and burned salt brew
þonne on þære buteran ⁊ hrere þonne swiþe butan fyre ⁊
then in the butter and stir then much without fire and
do pipor to ete þonne ærest þone briw ón neaht nestig.
put pepper to let-eat then first the brewis on night fasting
drince þonne æfter þone drenc ⁊ nanne oþerne wætan tyn
let-drink then after the drink and no other liquid ten
nihtum þritig Gif he mæge· genim þonne acmistel gebeat
nights thirty If he may take then oak-mistletoe beat
smæle ⁊ adrige ⁊ gegnid to meluwe áweh þonne wiþ ænne
small and dry and rub to meal weigh then against a
pening do þ on þ betste wín. drinc swa nigon dagas ⁊ ne
penny put that in the best wine drink so nine days and not
ete niwne cise ne fersce gos· ne ferscne æl· ne fe[r]sc swin·
let-eat new cheese nor fresh goose nor fresh eel nor fresh swine
ne naht þæs þe of morode cume· ne fixas· únscellehte·
nor aught of-that which from boiled-wine come nor fishes unscaled
ne flohtenfote fugelas· gif he hwilc þissa ete sie þ sealt ⁊
nor web-footed fowls if he any of-these eat let-be it salt and
nane þinga beor ne drince ⁊ gemetlice wín ⁊ eala· gif mon
no of-things beer — let-drink and moderately wine and ale if one
þisúm læcedome befyligð þonne biþ se man hal; Wiþ circul
this leechdom follows then is the man whole Against circle
adle gením doccan þa þe swimman wille gebeat swiþe smale
disease take dock that which swim will beat very small
awylle on ealdum morode gode hand fulle do þonne þa wyrta
let-boil in old boiled-wine good hand full put then the herbs
óf do eft oþre hand fulle þære ilcan wyrte wylle eft swiðe
off put again other hand full of-the same herb let-boil again much

gedo þonne þa wyrta óf genim þonne swefl gebeat swiþe
put then the herbs off take then sulfur beat very
smale gedo þonne on þa sealfe þ hio sie swa þicce swa briw
small put then in the salve that it be as thick as brewis
smire þonne þa speccan mid þære sealfe oþ þ him sel sie.
smear then the specks with the salve until that to-him better be
Wiþ þon þe mon ne mæge his micgean gehealdan ⁊ þære I.37
Against that that one not may his urine hold and of-it
gewald nage eofores clawa oþþe oþres swines gebærn to
power not-own of-boar claws or of-other swine burn to
ahsan scead þonne þa ahsan on þæs seocan mannes drincan.
ashes shed then the ashes into of-the sick man drink
Eft swines blædran untydrendes þ is gylte gebærn to ahsan
Again of-swine bladder of-unbreeding that is gilt burn to ashes
do on wín sele drincan. Wiþ þon ilcan eft gate blædre
put in wine give drink Against the same again of-goat bladder
ahyrste sele etan· sume swa gehyrste gegnidaþ to duste scead
fry give eat some so fried rub to dust shed
on wín sellað drincan Gif hie beoð butan fefre. Gif mon ne
in wine give drink If they are without fever If one not
mæge gemigan eft cymenes genim swa micel swa ðu mid
may urinate again of-cumin take so much as thou with
þrim fingrum úp ahebban mæge getrifula ⁊ gedo to wines
three fingers up lift may bruise and put to of-wine
twegen bollan fulle· ⁊ oþre twegen wæteres sele drincan
two bowls full and other two of-water give drink
nihtnestigum. Eft gif mon ne mæge gemigan drince gyþrifan
night-fasting Again if one not may urinate let-drink cockle
on wætre gegnidene. Eft genime eác gearwan ⁊ wegbrædan
in water rubbed Again let-take also yarrow and waybread
wyl on wine sele drincan. Eft rammes blædre gesodene
boil in wine give drink Again of-ram bladder sodden

þicge he. genim finoles wyrttruman eft· ⁊ þa wyrt selfe
let-take he take of-fennel root again and the herb self
gebeat ⁊ gegnid ón win ofþæne wel ⁊ aseoh sele drincan.
beat and rub in wine moisten well and strain give drink
Eft gosa tungan gebrædde ⁊ geþicge. Eft gif þu finde
Again of-geese tongues roasted and let-take Again if thou find
fisc on oþrum fisce innan genim þone ⁊ gebræd swiþe ⁊
fish in other fish within take it and roast much and
gebryte on drincan ⁊ sele þam seocan men drincan swa
break in drink and give to-the sick man drink so
he nyte swa þu scealt þa oþre ætas ⁊ drincan sellan.
he not-know so thou shalt the other meats and drinks give
Gif món ne mæge gemigan drince he lilian wyrttruman
If one not may urinate let-drink he of-lily root
awylledne on wine oðde on ealað. Gif he þonne to swiðe mige
boiled in wine or in ale If he then too much urinate
drince gyþrifan on wætere gegnidene. Gif món blode mige
let-drink cockle in water rubbed If one with-blood urinate
genim wudu rosan seoþ on wætre oðde on ealað sele drincan.
take wood rose seethe in water or in ale give drink
Gif wíf ne mæge gemigan nim tuncersan sæd seoð on
If woman not may urinate take of-town-cress seed seethe in
wætre sele drincan. Gif món ne mæge gemigan gecnuwa
water give drink If one not may urinate pound
lufestice ⁊ ellenrinde ⁊ oleastrum þ ís wilde elebeám
lovage and elder-rind and oleaster that is wild olive-tree
gemeng wið surum hluttrum ealað sele drincan.
mix with sour clear ale give drink

This chapter gathers salves, drinks, and cleansings for every kind of wound, outside and within. Waybread and groundsel are mixed with old fat; honey warmed with salt and stirred to the thickness of brewis cleanses a wound; brooklime, prepared in the morning while it is dewy, is boiled in butter with goose dung against lung disease; and oak rind and sloe-thorn rind are dried and sifted into a meal to shed on the wound. Special salves serve the wound from iron, from wood or stone, and the limb struck off, where sheep's marrow is bound to the bared marrow. Briar rind keeps a wound from rotting, a lye boiled from the barks of many trees is smeared on every wound, and wound-drinks of cuckoo sorrel, boar-throat, and ash-throat are taken fasting.

Đes sindon dolh sealfa to eallum wundúm ⁊ drencas ⁊ clænsunga on gehwilce wisan ge utan ge on þam innoþúm. I.38

These are wound salves for all wounds and drinks and cleansings in every manner both outside and in the inwards

Wegbræde gebeaten wið ealdne rysele gemenged fersc ne nyt biþ.

Waybread beaten with old fat mixed fresh not useful is

Eft dolhsealf genim wegbrædan sæd getrifula smale scead on þa wunde sona bið selre.

Again wound-salve take of-waybread seed bruise small shed on the wound at-once is better

Wiþ ealdre wunde tobrocenre grundeswelge wiþ ealdne rysele gemenged ⁊ ón aled lacna swilce wunda. To wunde clænsunge· genim clæne hunig gewyrme to fyre gedo þonne on clæne fæt do sealt to ⁊ hrere oþ þ hit hæbbe briwes

Against old wound broken groundsel with old fat mixed and on laid cure such wounds For of-wound cleansing take clean honey warm at fire put then in clean vat put salt to and stir until that it have of-brewis

þicnesse smire þa wunde mid þonne fullað hio. Gif banbrice
thickness smear the wound with then fills it If bone-break
on heafde sie mageþan ⁊ gotwoþan gecnuwa wel on hunige
in head be mayweed and goutweed pound well in honey
do þonne buteran ón þ bið god dolhsealf. Eft wið þon
put then butter on that is good wound-salve Again against that
eác biþ god lustmocan crop to lecganne ón gebrocen heafod
also is good of-brooklime top to lay on broken head
⁊ Gif hund slite. Wiþ hundes slite genim þa readan
and If hound bite Against of-hound bite take the red
netlan ⁊ attorlaþan ⁊ spices ælces emfela seoð on
nettle and venom-loather and bacon of-each equally-much seethe in
buteran wyrc to sealfe sona beoð þa unnyttan ban ute.
butter work to salve at-once are the useless bones out
dolh sealf wið lungen adle· hleomoce hatte wyrt sio weaxeð
wound salve against lung disease brooklime is-called herb which grows
on broce gewyrc þa ón morgenne þonne hio gedeaw sie sume
in brook work it in morning when it dewy be some
beoð undeawe ⁊ gose scearn þonne hio ne ete· gecnuwa þa
are undewy and of-goose dung when it not eat pound the
hleomocan meng wiþ þam gose scearne· do læs þæs scearnes
brooklime mix with the of-goose dung put less of-the dung
wyl on buteran awring þ biþ god sealf. Sealf haran sprecel
boil in butter wring that is good salve Salve hare sprecel
ním on ealdum lande ⁊ lungenwyrt seo biþ geolu ufeweard
take in old land and lungwort which is yellow upper
⁊ æges dydrin mid þy sceal mon lacnian þone man
and of-egg yolk with that shall one cure the man
þe biþ lungenne wund. Wiþ innan wunde sealf· wín ele·
who is in-lung wounded Against within wound salve wine oil
galluc· hunig. dolhsealf gyþrife ⁊ gelod wyrt ⁊ þa brunan
comfrey honey wound-salve cockle and gelod wort and the brown

wyrt bradleafan sio weaxeþ on wuda ȝ lustmoce croppan·
wort broad-leaved which grows in wood and of-brooklime tops
gecnuwa þa ealle ȝ wyl ærest on buteran healfe ȝ awring.
pound them all and boil first in butter half and wring
dolh sealf eft grunde swelge þa ðe weaxað ón worþigúm sio
wound salve again ground swallow those which grow on homesteads it
biþ god to dolhsealfe ȝ rubbe ȝ gearwe ȝ giþrife gecnuwa
is good for wound-salve and ribwort and yarrow and cockle pound
þa wyrta ealle wyl on buteran ȝ awring. Eft dolhsealf god
the herbs all boil in butter and wring Again wound-salve good
acrind adrige þa rinde ȝ swiðe smale gecnuwa ȝ adelf
oak-rind dry the rind and very small pound and dig-up
niþeweardne slah ðorn áscaf þa ytemestan rinde ȝ swiðe
lower sloe thorn shave-off the outermost rind and very
smale gecnuwa asift smale þurh smæl sife do begea emfela
small pound sift small through small sieve put of-both equally-much
þ mela bið god on to sceadenne. Gif þu raðe wille lytle
the meal is good on to shed If thou quickly will little
wunde gelacnian eacersan getrifula oððe geseoð on buteran
wounds cure river-cress bruise or seethe in butter
wyrc to sealfe smire mid. dolh sealf· gearwan· gyþrifan·
work to salve smear with wound salve yarrow cockle
fingrenan· gotwoþan læst gecnuwa wið buteran swiðe wel lege
fingreen goutweed least pound with butter very well lay
neahterne swa gecneden· do þonne ón pannan wyl swiðe do
overnight so kneaded put then in pan boil much put
þ fam óf clæne aseoh þurh clað do on hwit sealt hrer swiðe
the foam off clean strain through cloth put on white salt stir much
oþ þ gestanden sie. dolhsealf mersc hofe æþelferðingwyrt
until that set be wound-salve marsh hove Æthelferthing-wort
ȝ gyþrifan ȝ fingrenan on þa ilcan wisan wyrce. dolhsealf
and cockle and fingreen in the same manner let-work wound-salve

genim wades croppan ⁊ netelan eác gecnuwa wel· wyl on
take of-woad tops and nettle also pound well boil in
buteran aseoh þurh clað do hwit sealt ón hrere swiðe.
butter strain through cloth put white salt on stir much
dolhsealf ácrind· æferðe· meodowyrt adrige ealle ⁊ gecnuwa
wound-salve oak-rind averthe meadowwort dry all and pound
smale asift þurh sife meng wiþ hunige ⁊ æges þ hwite.
small sift through sieve mix with honey and of-egg the white
dolhsealf gif mon sie mid isene gewundod· wudurofe· fingrene·
wound-salve if one be with iron wounded woodruff fingreen
gelodwyrt spring wyrt· gyþrife· grundeswelge· magoðe wyrm
gelod-wort spring wort cockle groundsel mayweed worm
wyrt nioþoweard gecnua wel tosomne ealle meng wið buteran
wort lower pound well together all mix with butter
wyl þa wyrta on þære buteran swiðe afleot þ fam of clæne
boil the herbs in the butter much skim the foam off clean
aseoh þurh clað do on blede hrer wið oþ þ gestanden sie.
strain through cloth put in bowl stir with until that set be
Gif mon mid treowe geslegen sie oððe mid stane oþþe
If one with tree struck be or with stone or
byl on men gebersteð· to þon dolhsealf· gyþrife· ontre·
boil on man bursts for that wound-salve cockle ontre
gelodwyrt· sigelhweorfa· gecnuwa þa wyrta swiþe gemeng wel
gelod-wort sun-turner pound the herbs much mix well
wið buteran ⁊ on þa ilcan wisan gerena þe ic ær cwæþ.
with butter and in the same manner prepare which I before said
Gif men sie lim óf aslegen· finger oððe fót oþþe hand gif þ
If to-man be limb off struck finger or foot or hand if the
mearh ute sie· genim sceapes mearh gesoden lege on þ oþer
marrow out be take of-sheep marrow sodden lay on the other
mearh· awriþ swiðe wel neahterne. dolh sealf· hæsles ragu
marrow bind very well overnight wound salve of-hazel lichen

ȝ holen rinde niþewearde· ȝ gyþrifan gecnua swiðe wel þa
and holly rind lower and cockle pound very well the
wyrta gemeng wið buteran seoð swiðe fleot of þ fam aseoh
herbs mix with butter seethe much skim off the foam strain
þurh clað swiþe clæne gif þær dolges ofras synd to hea
through cloth very clean if there of-wound edges are too high
ymb stric mid hate isene swiðe leohtlice þ þ fel hwitige.
about stroke with hot iron very lightly that it skin whiten
dolhsealf gótwoþan gecnuwa swiðe wel meg wið buteran
wound-salve goutweed pound very well mix with butter
seoð swiðe ȝ wyll ȝ awring þurh clað fleot þ fam óf
seethe much and boil and wring through cloth skim the foam off
geselt swiðe wel· gif dolh fulige ceow stræl wyrt ón ȝ
salt very well if wound rot chew arrow wort on and
gearwan. dolhsealf genim ribban· ȝ gearwan· ȝ dolhrunan
yarrow wound-salve take ribwort and yarrow and wound-rune
nioþowearde· ȝ doccan ȝ gose scearn ȝ wices lytel· ȝ
lower and dock and of-goose dung and of-wych little and
hunig wylle on buteran do on þ dolh þonne clænsað hit ȝ
honey let-boil in butter put on the wound then cleanses it and
halað. dolhsealf genim gearwan ȝ læce wyrt wyl on buteran.
heals wound-salve take yarrow and leech wort boil in butter
Sealf wiþ þon þ dolh ne fulige genim brer þe hiowan
Salve against that that wound not rot take briar which hips
on weaxaþ ceow þa rinde on þ dolh ne fulaþ hit. dolhsealf
on grow chew the rind on the wound not rots it wound-salve
medowyrt nioþeweard· lustmoce· hofe· eofor fearn· wyl on
meadowwort lower brooklime hove boar fern boil in
hunige do þicce maxwyrt on gemang. dolhdrenc· eoforþrote
honey put thick mash-wort in among wound-drink boar-throat

nioþoweard ⁊ medowyrt eác swa agrimonia nioþoweard ⁊
lower and meadowwort also so agrimony lower and
ufeweard wyl ón ealaþ þa wyrta gebirm mid giste sele drincan.
upper boil in ale the herbs barm with yeast give drink
dolhdrenc geaces suran wudu cunille giþrife· eoforþrote
wound-drink of-cuckoo sorrel wood cunila cockle boar-throat
niþewearde æscþrote cnuwa smale do ón ceald wæter
lower ash-throat pound small put in cold water
gnid betweoh handum aseoh þurh clað sele drincan scenc
rub between hands strain through cloth give drink cup
fulne neahtnestig. dolhdrenc rubbe nioþeweard ⁊ ufeweard·
full night-fasting wound-drink ribwort lower and upper
eoforþrotan· ⁊ æsc þrotan nioþowearde cnuwa smale do on
boar-throat and ash throat lower pound small put in
weallende wæter gnid betweoh handúm ⁊ aseoh þurh clað
boiling water rub between hands and strain through cloth
sele drincan. To ælcum dolge sealf· gesomna cue mesa cu
give drink For each wound salve gather of-cow dungs of-cow
migoþa gewyrce to flynan þa swa mon sapan wyrcð micelne
urines work to lye then as one soap makes great
citel fulne· nim þonne apuldor rinde ⁊ æsc rinde slahþorn
kettle full take then apple-tree rind and ash rind sloe-thorn
rinde· ⁊ wir rinde· ⁊ elm rinde· ⁊ holen rinde· ⁊ wiþig
rind and myrtle rind and elm rind and holly rind and withy
rinde ⁊ geongre ace· sealh rinde· do þa ealle on micelne
rind and of-young oak willow rind put them all in great
citel geot þa flynan ón wyl swiþe lange· do þonne of þa
kettle pour the lye on boil very long put then off the
rinda wyl þa flenan þ hio sie þicce do simle ón læssan citel
rinds boil the lye that it be thick put always into lesser kettle
swa hio læsse sie· geót on fæt þonne hio genoh þicce sie·
as it less be pour into vat when it enough thick be

geæl þonne cealcstan swiðe ⁊ gesamna sót ⁊ asift þurh
burn then chalk-stone much and gather soot and sift through
clað ⁊ þone cealcstan eác on þa flynan smire mid þ dolh.
cloth and the chalk-stone also into the lye smear with the wound
Eft wiþ þon ilcan genim hofan ⁊ gelodwyrt ⁊ brune
Again against the same take hove and gelod-wort and brown
wyrt ⁊ lustmocan crop ⁊ haran sprecel wyl on buteran ⁊
wort and of-brooklime top and hare sprecel boil in butter and
wring þonne of þa wyrta do oþre ón· ribban· bisceopwyrt
wring then off the herbs put other on ribwort bishopwort
gearwan attorlaþan do þa on þa ilcan buteran wyl eft
yarrow venom-loather put them in the same butter boil again
swiðe awring þa óf þ biþ god dolhsealf.
much wring them off that is good wound-salve

I.39–44 · ERYSIPELAS AND INNER DISEASES

Twenty-eight remedies are set against erysipelas, inward tubercles, and bone disease: marche leaf with vinegar dregs, curds, earthworms, savine, and elder blossom in butter. A fox's tusk, struck from the living beast and bound in leather, is worn against the inner tubercle. Pocks take honey drinks and blood-letting and are dug out with a thorn. The gall disease, mightiest of all, is known by a body yellow as silk and black veins under the tongue. Dropsy takes betony in warm water, and cancer is treated with salves of sulfur, soap, and honey.

Her sint læcedomas wiþ ælces cynnes omum ⁊ ónfeallum I.39
Here are leechdoms against of-each kind erysipelas and inward-tubercles
⁊ bancoþúm eahta ⁊ twentig.
and bone-diseases eight and twenty

Nim grenes merces leaf gegnid oþþe getrifula wið ecedes
Take of-green marche leaf rub or bruise with of-vinegar
derstan smire mid þy þa saran stopa. Wiþ omum
dregs smear with that the sore places Against erysipelas
utablegnedum ním sur molcen wyrc to cealre ⁊ beþ mid þy
out-blistered take sour milk work to curds and bathe with the
cealre. Wið omum eft genim beordræsta ⁊ sapan ⁊ æges
curds Against erysipelas again take beer-dregs and soap and of-egg
þ hwite ⁊ ealde grut lege on wiþ omena gespelle. Wiþ
the white and old groats lay on against of-erysipelas spreading Against
omena geberste sitte on cealdum wætere oþ þ hit adeadod
of-erysipelas bursting let-sit in cold water until that it deadened
sie teoh þonne úp sleah þonne feower scearpan ymb þa poccas
be draw then up strike then four scarifications about the pocks
utan ⁊ læt yrnan þ sticce þe hit wille; wyrc þe sealfe
outside and let run the while which it will work for-thee salve
þus· Nim brune wyrt ⁊ mersc mear geallan ⁊ reade netlan
thus Take brown wort and marsh horse gall and red nettle
wyl on buteran ⁊ smire mid ⁊ beþe mid þam ilcum wyrtum.
boil in butter and smear with and bathe with the same herbs
Wiþ þon ilcan genim angoltwæccean gegnid swiþe do eced to
Against the same take earthworm rub much put vinegar to
⁊ on bind ⁊ smire mid. Wiþ þon ilcan genim safinan gnid
and on bind and smear with Against the same take savine rub
to duste ⁊ meng wiþ hunig ⁊ smire mid. Wið þon ilcan
to dust and mix with honey and smear with Against the same
genim gebrædde ægru meng wið ele lege ón ⁊ beþe swiðe mid
take roasted eggs mix with oil lay on and bathe much with
betan leafum. Eft genim cealfes scearn oþþe ealdes hryþeres
beet leaves Again take of-calf dung or of-old ox
wearm ⁊ lege ón. Eft wiþ þon genim heorotes sceafoþan of
warm and lay on Again against that take of-hart shavings from

felle ascafen mid pumice ȝ wese mid ecede ȝ smire mid. Eft
skin shaved with pumice and wet with vinegar and smear with Again
genim eofores geallan gif þu næbbe nim oþres swines gegnid ȝ
take of-boar gall if thou not-have take of-other swine rub and
smire mid þy þær hit sar sie. Wiþ þon ilcan gením swealwan
smear with that where it sore be Against the same take of-swallow
nest brec mid ealle aweg ȝ gebærn mid scearne mid ealle ȝ
nest break with all away and burn with dung with all and
gnid to duste meng wiþ eced ȝ smire mid. Wið þon ilcan
rub to dust mix with vinegar and smear with Against the same
gehæt ceald wæter mid hatan isene ȝ beþe gelome mid þy.
heat cold water with hot iron and bathe often with that
Wiþ hatum omum· ním betonican ȝ wermod ȝ finul gnid
Against hot erysipelas take betony and wormwood and fennel rub
ón eala ȝ redic sele hím drincan. Wiþ hatum omum ním
in ale and radish give to-him drink Against hot erysipelas take
fen ompran ȝ þa smalan clatan wyl on gate meolce ȝ supe.
fen dock and the small burdock boil in of-goat milk and let-sup
Wiþ hatum omum ním hunan ȝ efelastan ȝ alexandrian
Against hot erysipelas take horehound and ever-last and alexanders
ȝ betonican ȝ celeþonian ȝ cerlices sæd drince on wine.
and betony and celandine and of-charlock seed let-drink in wine
Sealf ním ellenes blostman ȝ þone crop wyl on buteran ȝ
Salve take of-elder blossoms and the top boil in butter and
smire mid· gif hit wille wyrsman smire mid æges geolcan
smear with if it will fester smear with of-egg yolk
ofer smire mid þy ȝ drige to gledum oþ þ hit heard sie
over smear with that and dry at coals until that it hard be
þweah þonne aweg ȝ smire eft mid þære sealfe. Wiþ hatum
wash then away and smear again with the salve Against hot
omum nim wines dræstan meng wiþ hreaw ægru ȝ mid
erysipelas take of-wine dregs mix with raw eggs and with

feþere smit ón ⁊ ne þweah ær hit hal sie. Wiþ feondúm
feather smear on and not wash before it whole be Against fiendish
omum nim cneowholen micle ær oðrum mete dæghwam to
erysipelas take knee-holly much before other meat daily for
þam dolge· ⁊ hryþeres geallan hunig sot· do tosomne lacna
the wound and of-ox gall honey soot put together cure
mid. Wiþ þon ilcan þ is fíc· lustmoce þa croppihtan ním
with Against the same that is fig brooklime the tufted take
to baþe ⁊ gebærne to sealfe wulfes ceacan þa winestran ⁊
for bath and let-burn for salve of-wolf jaw the left and
þa teþ sundor meng wið hunige ⁊ smire mid ⁊ ferscne
the teeth separately mix with honey and smear with and fresh
cyse ón lege meng þ oþer wið meoluce supe þry morgenas
cheese on lay mix the other with milk let-sup three mornings
nigon supan. Wiþ bancoþe þ is oman ním nigontyne snæda
nine sups Against bone-disease that is erysipelas take nineteen slices
eolonan ⁊ nygon ontran ⁊ endlefan reades secges do on
of-elecampane and nine of-ontre and eleven of-red sedge put in
eala ⁊ drinc micle ær þonne þu ete· ⁊ þa eolonán ane seoð
ale and drink much before when thou eat and the elecampane alone seethe
oþ þ hio merwe sie cnuwa tosomne smire mid þær ut slea.
until that it tender be pound together smear with where out strike
drenc wiþ onfeallum cymed· pipor· cost· merces sæd· ceaster
drink against inward-tubercles cumin pepper costmary of-marche seed of-castle
wyrte sæd cnua wel do on eala. drenc wiþ onfeallum· cnua
wort seed pound well put in ale drink against inward-tubercles pound
ón eala oþþe geseoð celeþonian ⁊ heah hioloþan bisceop wyrt
in ale or seethe celandine and high heleth bishop wort
gyþrifan. drenc wiþ onfeallum· sigsonte· cipe· leac· wegbræde
cockle drink against inward-tubercles sigsont onion leek waybread
nioþoweard· wyl ealle on wætre ⁊ geswet mid hunige. drenc
lower boil all in water and sweeten with honey drink

wiþ þon nim þa smalan clæfer wyrt nioþowearde wyl on ealoþ
against that take the small clover wort lower boil in ale
oððe ón beore. drenc wiþ onfealle wyl ón ealoð finuglan
or in beer drink against inward-tubercle boil in ale fennel
bisceopwirt heah hioloþe. drenc wiþ ónfealle wyl on ealað
bishopwort high heleth drink against inward-tubercle boil in ale
spring wyrt oþþe on beore. drenc eft wið onfealle wyl
spring wort or in beer drink again against inward-tubercle boil
on ealaþ cropleac dweorge dwostlan wyrm wyrt. drenc wiþ
in ale crop-leek dwarf dwostle worm wort drink against
onfealle merce attorlaþe· betoce· rude· secg· ontre· clate·
inward-tubercle marche venom-loather betony rue sedge ontre burdock
bisceop wyrt gewyrc on ealað. Eft wiþ onfealle gením æt
bishop wort work in ale Again against inward-tubercle take at
fruman hæslenne sticcan oþþe ellenne writ þinne naman ón
first hazel stick or elder write thy name on
asleah þry scearpan ón gefylle mid þy blode þone naman weorp
strike three scarifications on fill with the blood the name cast
ofer eaxle oþþe betweoh þeoh on yrnende wæter ⁊ stand
over shoulder or between thighs into running water and stand
ofer þone man þa scearpan aslea ⁊ þ eall swigende gedo.
over the man the scarifications strike and that all silent do
Wið ónfealle gefoh fox asleah óf cucum þone tuxl læt
Against inward-tubercle catch fox strike off from-living the tusk let
hleapan aweg bind on næsce hafa þe ón.
leap away bind in soft-leather have for-thee on
Wiþ póc adle· onred hamwyrt· nioþoweard· feldmore I.40
Against pock disease onred home-wort lower field-carrot
niþeweard onredes emfela ⁊ þara oþerra twegea feldmoran
lower of-onred equally-much and of-the other two of-field-carrot
healfe læsse þonne hamwyrte cnuwa swiðe to somne do
half less than of-home-wort pound much — together put

hluttor ealu þ þa wyrta oferstige· læt standan þreo niht
clear ale that the herbs over-rise let stand three nights
sele scenc fulne ón morgen. drenc wið poc adle wyl wæter
give cup full in morning drink against pock disease boil water
ón croccan do hunig ón fleot simle þ fám óf oþ þ hit
in crock put honey on skim always the foam off until that it
nelle ma fæman· sup þonne ⁊ drinc óft ⁊ gelome swa
not-will more foam sup then and drink often and frequently as
þu hatost mæge ⁊ mid þy hunige smire þær hit utslea on
thou hottest may and with the honey smear where it out-strike on
þone póc ne biþ sona nán teona. Sealf wiþ póc adle wyl on
the pock not is at-once any harm Salve against pock disease boil in
buteran singrenan· gearwe· gyþrife readre netelan crop. drenc
butter ever-green yarrow cockle of-red nettle top drink
wiþ poccum bisceop wyrt· attorlaþan· springwyrt· clatan
against pocks bishop wort venom-loather spring-wort burdock
nioþewearde ón ealað geworht. Wiþ poccum swiðe sceal món
lower in ale made Against pocks much shall one
blod lætan ⁊ drincan amylte buteran bollan fulne· gif hie
blood let and drink melted butter bowl full if they
utslean ælcne man sceall aweg adelfan mid þorne· ⁊ þonne
out-strike each one shall away dig with thorn and then
win oðde alor drenc drype on innan þonne ne beoð hy gesyne.
wine or alder drink drip on within then not are they visible
Wiþ poccum genim glofwyrt awyl on buteran ⁊ smire
Against pocks take glove-wort boil in butter and smear
mid.
with
I.41 Wiþ innan onfealle næglæs hatte wyrt suþerno sio bið
Against within tubercle nail-less is-called herb southern which is
god to etanne wiþ innan ónfelle on niht nestig. Wiþ
good to eat against within tubercle on night fasting Against

innan onfealle wyl elonan eluhtran ón ealað drinc hates
within tubercle boil elecampane lupine in ale drink of-hot
bollan fulne. Eft wyrtdrenc óf wermode betonican· of þære
bowl full Again herb-drink of wormwood betony of the
ruwan wegbrædan drince fela nihta. Wiþ þære geolwan
rough waybread let-drink many nights Against the yellow
adle· hune· bisceop wyrt· helde· hofe menge þa togædere
disease horehound bishop wort tansy hove let-mix them together
do ælcre gode hand fulle maxwyrte do to wose amber fulne
put of-each good hand full mash-wort put to ooze amber full
ȝ to stanbæþe dyþhomar· hune wermod. Stanbæþ drince
and for stone-bath dith-hammer horehound wormwood Stone-bath let-drink
drenc óf ompran óf wine ȝ of wætre· geswete swiðe.
drink of dock of wine and of water sweeten much
Of geal adle sio biþ of þære geolwan· cymeþ great yfel I.42
Of gall disease which is from the yellow comes great evil
sio biþ ealra adla ricust· þonne geweaxeð on innan ungemet
which is of-all diseases mightiest when grows in within excess
wætan þis sint tacn· þ him se lichoma eall abiterað
of-humor these are tokens that to-him the body all embitters
ȝ ageolwað swa god seoluc· ȝ him beoð under tungan
and yellows as good silk and to-him are under tongue
tulge swearte ædra ȝ yfele ȝ hím bið micge geolu· læt
strongly black veins and evil and to-him is urine yellow let
hím of lungen ædre blod sele him óft styrgendne drenc
to-him from lung vein blood give to-him often stirring drink
stanbaðu gelome. Wyrc him ðonne stilne drenc óf ompran
stone-baths often Work for-him then still drink of dock
on wine ȝ on wætre ȝ ón þam baðe gehwilce morgene
in wine and in water and in the bath each morning
drince mylsce drincan sio gebet þa biternesse þæs geallan.
let-drink sweet drinks which amends the bitterness of-the gall

I.43 Wiþ wæter bollan betonican swilce anes peninges gewæge
Against water swelling betony such of-one penny weight
on wearmum wætere gnide drince þry dagas ælce dæg
in warm water let-rub let-drink three days each day
godne bollan fulne. Eft genim æscþrotan oþþe wealwyrte
good bowl full Again take ash-throat or of-wallwort
wyttruman þæs seawes feower cucleras fulle gedo on bollan
root of-the juice four spoons full put in bowl
fulne wines sele drincan.
full of-wine give drink

I.44 Wiþ cancer adle þ is bite· sure· sealt· ribbe· æg· sót·
Against cancer disease that is bite sorrel salt ribwort egg soot
gebærned lam· hwætes smedma meng wið ægru medowyrt
burned loam of-wheat meal mix with eggs meadowwort
æferþe acrind· apuldor rind· slah þorn rinde· gif se bite weaxe
averthe oak-rind apple-tree rind sloe thorn rind if the bite wax
on men gewyrc niwne cealre ⁊ lege ón clænsa þa wunde mid.
on man work new curds and lay on cleanse the wound with
Wiþ cancere ón cyperenum fæte gebærn swefl gegnid to
Against cancer in copper vat burn sulfur rub to
duste swa þu smalost mæge ⁊ asift þurh clað meng wið
dust as thou smallest may and sift through cloth mix with
ealde sapan ⁊ sie swefl ricra do huniges teares medmicel to
old soap and let-be sulfur richer put of-honey tear moderate to
sceawe· gif to stið sie þæm mid þy hunige lege on geormen
view if too stiff be soften with the honey lay on mallow
leaf þonne hit halige wyl on buteran geaces suran ⁊ fingrenan
leaf when it heal boil in butter of-cuckoo sorrel and fingreen
⁊ wudurofan smire mid þa ofras þær hit readige læt þa oðre
and woodruff smear with the edges where it redden let the other
sealfe clænsian þ dolh ne do nan wæter to. Sealf wiþ cancre·
salve cleanse the wound not put any water to Salve against cancer

gením cu meoluc butan wætere læt weorþan to fletum
take of-cow milk without water let become to cream
geþwer to buteran ne wæsc on wætre. Ním sigelhweorfan
churn to butter not wash in water Take sun-turner
þa smalan unwæscene do clæne cnua swiðe gemeng wel wið
the small unwashed put clean pound much mix well with
þære buteran do on pannan ofer fyr awyl swiðe aseoh wel
the butter put in pan over fire boil much strain well
þurh clað lacna mid þy. Wiþ cancer adle· ác rind ón norþan
through cloth cure with that Against cancer disease oak rind on north
treowe be eorþan· ⁊ medowyrt nioþeweard· æferðe niþeweard·
tree by earth and meadowwort middle averthe lower
cuneglæsse nioþoweard· do ealra emfela gecnua to duste· do
cuneglass middle put of-all equally-much pound to dust put
henne æges þ hwite to· ⁊ hunig do begea emfela gemeng
of-hen egg the white to and honey put of-both equally-much mix
wið þam dustúm clæm on ðone cancer ne do nan wæter to.
with the dusts plaster on the cancer not put any water to

I.45–46 · POISON AND CHARMS

Drinks against poison follow, and cinquefoil and celandine against the adder. A Latin prayer is set against every venomous creature, and for the flying venom butter is churned from one-colored cattle and charmed. A man bewitched by herbs takes spring-wort and holy water, and the lone worm is killed by honey and powdered glass.

Wiþ attre drencas ⁊ læcedomas· betonican merce· wermod· I.45
Against poison drinks and leechdoms betony marche wormwood
finul· rædic· cnua on ealað sele drincan. Wið attre betonican ⁊
fennel radish pound in ale give drink Against poison betony and

þa smalan attorlaþan do on halig wæter drinc þ wæter ⁊ et
the small venom-loather put in holy water drink the water and eat
þa wyrta. Wið ælcum attre· redic ⁊ clate ete ær ne mæg
the herbs Against each poison radish and burdock let-eat before not can
þe nan man attre awyrdan. Wið ælcum attre bisceopwyrt
thee any man with-poison harm Against each poison bishopwort
niþeweard ⁊ elehtre· ⁊ spring wyrt nioþeweard eoforþrotan·
lower and lupine and spring wort lower boar-throat
⁊ clatan· apyl on ealað sele drincan gelome. Gif næddre slea
and burdock boil in ale give drink often If adder strike
man þone blacan snegl awæsc on halig wætre sele drincan oþþe
man the black snail wash in holy water give drink or
hwæt hwega þæs þe fram scottum come. Eft wegbrædan
what some of-that which from Scots come Again waybread
gegnid swiþe drínc on wine. Wiþ nædran bite betonican þte
rub much drink in wine Against of-adder bite betony that-it
þry penegas gewege do on þry bollan fulle wines sele drincan.
three pennies weigh put in three bowls full of-wine give drink
Wiþ nædran bite eft fifleafe awrungenu ⁊ wiþ wín gemenged
Against of-adder bite again cinquefoil wrung and with wine mixed
god biþ to drincanne. Wiþ nædran bite eft celeþonie getrifulade
good is to drink Against of-adder bite again celandine bruised
drince ón neaht nestig· III. bollan fulle. Wiþ nædran slege
let-drink on night fasting three bowls full Against of-adder stroke
springwyrt· atorlaþan· eoforþrotan· bisceopwyrt wyrc to drence.
spring-wort venom-loather boar-throat bishopwort work to drink
Wiþ þon þe món þicge ator· genim þa haran hunan gewyrc
Against that that one partake poison take the hoary horehound work
micelne dæl ⁊ næderwyrte cnua togædere ⁊ wring þ seaw
great part and adder-wort pound together and wring the juice
do wines þrie mel ón ⁊ sele drincan. Wiþ nædran slite ním
put of-wine three measures on and give drink Against of-adder bite take

wegbrædan· ȝ agrimonian· ȝ nædder wyrt sele gegnidene ón
waybread and agrimony and adder wort give rubbed in
wine drincan· ȝ wyrc sealfe of þám ilcum wyrtum· ȝ ním
wine drink and work salve of the same herbs and take
þa agrimonian gewyrc anne hring ymb þone slite utan ne
the agrimony work a ring about the bite outside not
oferstihð hit furþor· ȝ bind þa wyrte eft ofer þ dolh. Wiþ
over-climbs it further and bind the herb again over the wound Against
nædran slege do of þinúm earan þ teoro ȝ smire mid ymb
of-adder stroke put from thine ears the wax and smear with about
ȝ sing þriwa þæs halgan Scē Iohannes gebed ȝ gealdor.
and sing thrice of-the holy Saint John prayer and charm
Deus meus et pater et filius et spiritus Sanctus. Cui
God my and father and son and spirit Holy To-whom
ómnia subiecta sunt. Cui omnis creatura deseruit et omnis
all subject are To-whom every creature serves and every
potestas subiecta est et metuit et expauescit et draco fugit
power subject is and fears and dreads and dragon flees
et silit uipera et rubeta illa que dicitur rana quieta torpescit
and is-silent viper and toad that which is-called frog quiet grows-numb
et scorpius extinguitur et regulus uincitur et spelaius nihil
and scorpion is-quenched and basilisk is-conquered and spelaius nothing
noxium operatur et omnia uenenata et adhuc ferociora
harmful works and all poisonous and yet fiercer
repentia et animalia noxia te uerentur et omnes aduerse
creeping and animals harmful thee fear and all adverse
Saluti humane radices arescunt. Tu domine extingue hóc
to-Salvation human roots wither Thou lord quench this
uenenatum uirus extingue operatjones eius mortiferas et uires
poisoned venom quench works its deadly and powers
quas In se habet euacua et da In conspectu tuo ómnibus
which In itself it-has empty and give In sight thy to-all

quos tu creastj· oculos ut uideant aures ut audiant cor
whom thou createdst eyes that they-see ears that they-hear heart
ut magnitudinem tuám Intellegant· et cum hóc dixisset
that greatness thy They-understand and when this he-had-said
totum semet jpsum signo crucis armauit et bibit totum
whole himself self with-sign of-cross armed and drank all
quod erat In calice· per signúm Sancte crucis· et per
which was In chalice through sign of-Holy cross and through
te xpē ihū et deo súmmo patre uiuis saluator mundi In
thee christ jesus and god highest father livest savior of-world In
unitate spiritus Sancti per omnia Sæcula Sæculorum amen;
unity of-spirit Holy through all Ages of-Ages amen
Wiþ fleogendum atre ⁊ ælcum æternum swile· on frigedæge
Against flying poison and each venomous swelling on Friday
aþþer buteran þe sie gemolcen of anes bleos nytne oððe
churn butter which be milked from of-one color neat or
hinde· ⁊ ne sie wiþ wætre gemenged· asing ofer nigon
hind and not be with water mixed sing over nine
siþúm letania· ⁊ nigon siþum pater noster· ⁊ nigon siþum
times litany and nine times father our and nine times
þis gealdor· Acræ· ærcræ· ærnem· nadre· ærcuna hel· ærnem·
this charm (Acræ) (ærcræ) (ærnem) (nadre) (ærcuna) (hel) (ærnem)
niþærn· ær· asan· buiþine· adcrice· ærnem· meodre· ærnem·
(niþærn) (ær) (asan) (buiþine) (adcrice) (ærnem) (meodre) (ærnem)
æþern· ærnem· allū· honor· ucus· idar· adcert· cunolari·
(æþern) (ærnem) (allū) (honor) (ucus) (idar) (adcert) (cunolari)
raticamo· helæ· icas xpita· hæle· tobært tera· fueli· cui· robater·
(raticamo) (helæ) (icas) (xpita) (hæle) (tobært) (tera) (fueli) (cui) (robater)
plana· uili· þ deah to ælcúm ⁊ huru to deopum dolgum.
(plana) (uili) that avails for each and especially for deep wounds
Sume an word wið nædran bite lærað to cweþenne þ is
Some one word against of-adder bite teach to say that is

faul ne mæg hím derian. Wið nædran slite gif he beget ⁊
(faul) not can him harm Against of-adder bite if he gets and
yt rinde sio þe cymð of neorxna wonge ne dereð him nan
eats rind which that comes from of-paradise field not harms him any
atter· þonne cwæþ se þe þas boc wrat þ hio wære tor begete.
poison then said he who this book wrote that it were hard to-get
Gif hwa drince wyrm on wætere óf snide sceap raðe drince hat
If anyone drink worm in water off let-cut sheep quickly let-drink hot
þ sceapes blod. Gif mon sie wyrtum forboren sele springwyrt
the of-sheep blood If one be with-herbs bewitched give spring-wort
þ he ete ⁊ halig wæter supe. Wiþ þon þe mon sie forboren·
that he eat and holy water sup Against that that one be bewitched
gif he hæfþ on him scyttisc weax· þa smalan attorlaðan oðde
if he has on him Scottish wax the small venom-loather or
ón awyldum ealað drince ne mæg hine wyrtum forberan.
in boiled ale let-drink not can him with-herbs bewitch
Gif ana wyrm on men weaxe· smire mid þære blacan I.46
If lone worm on man wax smear with the black
sealfe gif he ut þurh ete ⁊ þyrel gewyrce· gením huniges
salve if he out through eat and hole work take of-honey
dropan drype on þæt þyrel· hafa þonne gebrocen glæs
drop drip on the hole have then broken glass
geara gegrunden scead on þ þyrel þonne sona swa he þær
readily ground shed on the hole then as-soon as he there
onbirigð þonne swilt he. Sealf wið anawyrme· þus món
tastes then dies he Salve against lone-worm thus one
sceal wyrcean. Gením quinquefolian þ is fifleafe· rudan wyl
shall work Take quinquefolium that is cinquefoil rue boil
on buteran gespet mid hunige.
in butter sweeten with honey

Drenc quinquefolian þ is fifleafe sele ón ealað drincan þritig
Drink quinquefolium that is cinquefoil give in ale drink thirty
nihta. Drenc wið þon rædices sæd ⁊ caules gnid ón eala oþþe
nights Drink against that of-radish seed and of-cole rub in ale or
on wín drince wiþ anawyrme lange ⁊ gelome oþ þ sel sie.
in wine let-drink against lone-worm long and often until that better be
Clam wiþ þon þa readan tigelan gecnuwa to duste gemeng
Poultice against that the red tile pound to dust mix
wið grut abræd cicel lege on þ dolh wyrc oþerne gif þearf sie.
with groats spread cake lay on the wound work other if need be

I.47–57 · TUMORS, WORMS, AND BRUISES

Bark drinks of ash, aspen, elm, and quickbeam are set against tumor-disease, with bloodletting under the ankle; one remedy is Oxa's. Worms within are driven with waybread, mint, goat's dung, and radish, and hand worms, dew worms, and flesh-eating worms with dock, gall, and groundsel. Lice die from quicksilver and butter. Bark dusts serve the worm-eaten body; broom, fern, and elm rind the beaten body; and the sore called the fig is treated with worm wort in milk and powdered glass in honey.

I.47 Læcedomas wið þeoradlum· æscrind· æspan rind· elm
Leechdoms against tumor-diseases ash-rind aspen rind elm
rind· cwicrind· sio micle worþig netle nioþoweard· wermod·
rind quick-rind the great homestead nettle lower wormwood
hindhioloðe· besoreada þa rinda ealle utan ⁊ gecnua swiþe
hind-heleth scrape the rinds all outside and pound much
wyl tosomne· do ealra emfela of geot mid hluttre ealoþ læt
boil together put of-all equally-much off pour with clear ale let
standan þone drenc nihterne ón fate ær món hine drincan
stand the drink overnight in vat before one it drink

wille· drince ón morgenne scenc fulne þises drences· to middes
will let-drink in morning cup full of-this drink at mid
mergenes stande east weard ⁊ bebeode hine gode geornlice
morning let-stand east ward and let-commend himself to-god eagerly
⁊ hine gesenige cyrre hine sungonges ymb æfter þam drence
and himself let-sign let-turn himself sunwise about after the drink
gange siþþan ⁊ stande sume hwile ær he hine reste geote
let-go afterward and let-stand some while before he himself rest let-pour
swa micel ón swa he þær of do· drince þisne drenc nigon niht
so much on as he there off do let-drink this drink nine nights
⁊ þicge swilcne mete swa he wille. Drenc wiþ þeoradle·
and let-take such meat as he will Drink against tumor-disease
sund ompran ymb delf sing þriwa pater nr· bred úp þonne
swimming dock about dig sing thrice father our pull up when
þu cweþe set libera nos a malo· genim þære fif snæda ⁊
thou say but deliver us from evil take of-the five slices and
seofon pipor corn gecnua togædere ⁊ þonne þu þ wyrce sing
seven pepper corns pound together and when thou that work sing
XII. siþum þone sealm· miserere mei deus· ⁊ gloria In excelsis
twelve times the psalm have-mercy on-me god and glory In highest
deo· ⁊ pater noster· ofgeot þonne mid wine þonne dæg ⁊
to-god and father our pour then with wine when day and
niht scade drince þonne þone drenc ⁊ bewreoh ðe wearme.
night divide let-drink then the drink and cover thee warm
Genim þonne hind hioloþan ane ófgeot mid wætere drince
Take then hind heleth alone pour-over with water let-drink
oþre mōrgne scenc fulne þonne oþre siþe seofon snæda
second morning cup full then second time seven slices
⁊ nigon piporcorn· þriddan siþe nigon snæda ⁊ XI.
and nine pepper-corns third time nine slices and eleven

piporcorn. Drínc siþþan swiðne drenc seþe wille úp yrnan
pepper-corns Drink afterward strong drink which will up run
ȝ óf dune· læt þonne blod under ancleow.
and off down let then blood under ankle
Drenc wiþ þeoradle nime healf wudu ȝ bulentsan þa smalan·
Drink against tumor-disease let-take half wood and bulentse the small
þunor wyrt· wuduweaxan nioþoweard· wealwyrt nioþowearde
thunder wort woodwax lower wallwort lower
gecnua þonne ealle tosomne wyrce hím to drence do on
pound then all together let-work for-himself to drink put in
wylisc ealo· oþþe ón beor læt standan nihterne· drince þonne
Welsh ale or in beer let stand overnight let-drink then
swilcne nigon morgenas· nime þy teoþan morgne þæs drinces
such nine mornings let-take on-the tenth morning of-the drink
twa bleda fulle· bewylle ón ane ȝ þa wyrta sien mid aseoh
two bowls full let-boil-down into one and the herbs let-be with strain
þurh claþ asete úp þær hit eorþan hrinan ne mæge oþ þ hit
through cloth set up where it earth touch not may until that it
món drincan mæge; þonne þu hit gedruncen hæbbe bewreoh
one drink may when thou it drunk have cover
þe wearme lige on þa sidan þe he þonne getenge sie· gif he
thee warm lie on the side which it then near be if it
on þam innoþe bið þonne adrifð hine þes drinc út. Sealf wiþ
in the inwards is then drives it this drink out Salve against
þeore ním garleác ȝ greate wyrt· wermod leade netlan cið
tumor take garlic and great wort wormwood red nettle shoot
gecnua smale ȝ hiorót smeru gemang þ hit sie swilc swa
pound small and hart grease mix that it be such as
dah do þonne ón linenne clað wyrme þonne gehwæþer ge
dough put then on linen cloth warm then each both

þ lic ge þa sealfe to fyre þonne þu hit smyrian wille þær
the body and the salve at fire when thou it smear will where
sio adl sie fylge hím mid þisse sealfe ⁊ mid þys drence.
the disease be follow it with this salve and with this drink
Drenc wiþ þeoradle drige wermod· rædic wealwyrt ealra
Drink against tumor-disease dry wormwood radish wallwort of-all
þreora em fela do on ealu gnid wel læte æt ærestan standan
three equally much put in ale rub well let-allow at first stand
þreo niht ær þon he hine drince· ⁊ siþþan he hine drince
three nights before that he it drink and after he it drink
ymb seofon niht forlæte blod under þam ancleowe drince
after seven nights let-let blood under the ankle let-drink
forþ þone drenc feowertyne niht· læte þonne eft blod under
forth the drink fourteen nights let-let then again blood under
þam oþran ancleowe. Drince ealles þone drenc þritig nihta ón
the other ankle Let-drink all the drink thirty nights at
undern gode blede fulle oþþe þonne þu restan wille. Wiþ
undern good bowl full or when thou rest will Against
þeorwyrme ón fet nim þa readan netlan gecnua do wæter to
tumor-worm in feet take the red nettle pound put water to
lege ón hatne stan læt afreoþan bind on þone fót neahterne.
lay on hot stone let froth bind on the foot overnight
Eft sealf ætan gecnua lege ón. Wiþ þeore on fet gegnid
Again salve oats pound lay on Against tumor in feet rub
wealwyrt ón gespet win· ⁊ hwitcwudu ⁊ pipor drince þ.
wallwort in sweetened wine and white-cud and pepper let-drink that
Oxa lærde þisne læcedom· genime wealwyrt ⁊ clufþung ⁊
Oxa taught this leechdom let-take wallwort and clove-poison and
cneowholen ⁊ efelastan ⁊ camecon ⁊ tungilsinwyrt· VIIII.
knee-holly and ever-last and camecon and star-wort nine
brune bisceop wyrt· ⁊ attorlaþan ⁊ reade netlan· ⁊ reade
brown bishop wort and venom-loather and red nettle and red

hofan· ⁊ wermod ⁊ gearwan· ⁊ hunan ⁊ dolgrunan·
hove and wormwood and yarrow and horehound and wound-rune
⁊ dweorge dwostlan do ealle þas wyrta on wylisc ealo ⁊
and dwarf dwostle put all these herbs in Welsh ale and
drince þonne nigon dagas ⁊ blod læte. Wiþ þeor wærce
let-drink then nine days and blood let-let Against tumor pain
wyrc to drence alexandre· sinfulle wermod· twa cneowholen·
work to drink alexanders sengreen wormwood two knee-holly
saluian· safine· wealmore· lufestice· fefer fuge· merce· cost·
sage savine wall-carrot lovage fever few marche costmary
garleác· æscþrotu· betonice· bisceop wyrt· on twybrownúm
garlic ash-throat betony bishop wort in twice-brewed
ealað gewyrce swet mid hunige drinc nigon morgenas nanne
ale let-work sweeten with honey drink nine mornings no
oþerne wætan drinc æfter swiþne drenc ⁊ læt blod oxa lærde
other liquid drink after strong drink and let blood Oxa taught
þisne læcedom. Wiþ þeore cneowholen niþeweard· acumba·
this leechdom Against tumor knee-holly lower oakum
cwið· ⁊ brune wyrt ealra emfela do ón wilisc ealu· bewyl
shoot and brown wort of-all equally-much put in Welsh ale boil-down
oþ þriddan dæl ⁊ drince þa hwile þa he þurfe· ⁊ þær sio
until third part and let-drink the while that he need and where the
adl gesitte fylge him simle mid tige horne oþ þ hal sie.
disease settle follow it always with cupping horn until that whole be
I.48 Wiþ þam wyr mumþe innan eglað þam men· genim
Against the worms which within ail the man take
wegbrædan getrifula ⁊ þ seaw sele on cuclere supan
waybread bruise and the juice give on spoon sup
⁊ þa wyrt selfe swa gecnuwade lege ón þone nafolan.
and the herb self so pounded lay on the navel
Wið cilda innoþes wyrmum· genim grene mintan ænne
Against of-children of-inwards worms take green mint a

gelm gedo ón þry sestras wæteres seoð oþ þriddan dæl
handful put in three sesters of-water seethe until third part
aseoh þonne sele drincan. Wið cilda innoþ sare dweorge
strain then give drink Against of-children inward sore dwarf
dwostle· ⁊ cymen gením gebeat gemenge wiþ wæter lege
dwostle and cumin take beat let-mix with water lay
ofer ðone nafolan sona bið hal. Wið wyrmum þe innan
over the navel at-once is whole Against worms which within
eglað· geældes heortes hornes ahsan oððe dust gemeng wið
ail of-burned of-hart horn ashes or dust mix with
hunig gesmire mid þone bæcþearm ⁊ þone nafolan mid þy
honey smear with the back-gut and the navel with that
þonne feallað hie. Wið wyrmum þe innan eglað getrifolad
then fall they Against worms which within ail bruised
cost to duste· gedo godne dæl in hat wæter sele drincan.
costmary to dust put good part in hot water give drink
Wiþ wyrmum eft gate tord heard ⁊ swiðe drige gemeng
Against worms again of-goat turd hard and very dry mix
⁊ gegnid wiþ hunig sele drincan þæt adrifþ hie aweg.
and rub with honey give drink that drives them away
Wið wyrmum þe innan eglað eft redíc seoð on wætre
Against worms which within ail again radish seethe in water
oþ þone þriddan dæl menge wiþ wín sele drincan. Eft
until the third part let-mix with wine give drink Again
wiþ þon gate geallan gedo on wulle lege ⁊ bind on
against that of-goat gall put on wool lay and bind on
þone nafolan. Wiþ þon ilcan· míntan wel getrifulade meng
the navel Against the same mint well bruised mix
wiþ hunig wyrc to lytlum cliwene læt forswelgan. Eft ele
with honey work to little balls let swallow Again oil
⁊ ecedes em micel gemenged sele þry dagas drincan. Eft
and of-vinegar equally much mixed give three days drink Again

eoforþrote· merce· betonice· nefte· giðcorn wyl on wine. Wiþ
boar-throat marche betony catmint gith-corn boil in wine Against
wyrmum þe innan eglað wyrtdrenc óf ontran· of feldmoran
worms which within ail herb-drink of ontre of field-carrot
sele drincan· Sealf· ete celeþonian· brunewyrt awylle on
give drink Salve oats celandine brown-wort let-boil in
morode· do þonne scip tearo ⁊ swefl to smire mid.
boiled-wine put then ship tar and sulfur to smear with
I.49 Wiþ þam smalan wyrme. Wiþewindan twig foreweard· ⁊
Against the small worm Of-withywind twig fore-part and
þa fealwan doccan næs þa readan· ⁊ þis greate sealt
the fallow dock not the red and this great salt
gebeaten togædere swiðe smale ⁊ lytel buteran.
beaten together very small and little butter
I.50 Wiþ hond wyrmum ⁊ deaw wyrmum· genim doccan oððe
Against hand worms and dew worms take dock or
clatan þa þe swimman wolde þa wyrttruman meng wið
burdock that which swim would the root mix with
fletan ⁊ wið sealt læt standan þreo niht ⁊ þy feorþan
cream and with salt let stand three nights and on-the fourth
dæge smire mid þa saran stowa.
day smear with the sore places
Gif wyrm hand ete· genim mersc mear geallan ⁊ reade
If worm hand eat take marsh horse gall and red
netlan ⁊ reade doccan ⁊ smæle clifan wyl on cu buteran
nettle and red dock and small clivers boil in of-cow butter
þonne sio sealf gesoden sie furþum nim þonne sealtes þry
when the salve sodden be even take then of-salt three
men scead ón hrer tosomne· ⁊ smire mid· lyþre mid
measures shed on stir together and smear with lather with
sapan ymb niht smire mid. Wiþ deawwyrme stæppe on hat
soap at night smear with Against dew-worm let-step on hot

col cele mid wætre stæppe ón swa hat swa he hatost mæge.
coal cool with water let-step on as hot as he hottest may
Wið deawwyrme· sume nimað wearm cwead monnes þynne
Against dew-worm some take warm dung of-man thin
bindað neahterne ón· sume swines lungenne wearme. Wiþ
bind overnight on some of-swine lung warm Against
hond wyrme Nim sciptearo· ⁊ swefl ⁊ pipor· ⁊ hwit
hand worm Take ship-tar and sulfur and pepper and white
sealt meng tosomne smire mid. Weax sealf wiþ wyrme·
salt mix together smear with Wax salve against worm
weax sealf· butere pipor hwít sealt meng tosomne smire mid.
wax salve butter pepper white salt mix together smear with
Wiþ wyrmum þe mannes flæsc etað rám geallan þone I.51
Against worms which of-man flesh eat ram gall the
fagan cnua on niwe ealo ær þon hít arisen sie sele þ
variegated pound in new ale before that it risen be give that
ofer fyllo drincan þreo niht. Eft gením grunde swelgean
after fill drink three nights Again take ground swallow
þe ón eorþan weaxeþ ⁊ sceapes smeru meng tosomne
which on earth grows and of-sheep grease mix together
gelice fela lege ón. Eft genim beren ear beseng lege ón
alike much lay on Again take barley ear singe lay on
swa hat ⁊· hat wæter lafa ón. Wiþ flæsc wyrmum genim
so hot and hot water lave on Against flesh worms take
monnes suran þa leaf gewel togædre gebræd on gærse
of-man sorrel the leaves boil together roast on grass
gecnua þonne lege on swa þu hatost mæge aræfnan.
pound then lay on as thou hottest may endure
Wiþ lusúm acrind ⁊ hwon wermod gecnua ón ealu sele I.52
Against lice oak-rind and little wormwood pound in ale give
drincan. Wið lusum cwíc seolfor ⁊ eald butere an pening
drink Against lice quick silver and old butter one penny

seolfres· ⁊ tu pening wæge buteran meng on ærfæt eal
of-silver and two penny weight of-butter mix in brass-vat all
tosomne.
together

I.53 Wið smega wyrme niwe cyse ⁊· beobread ⁊ hwætenne
Against penetrating worm new cheese and bee-bread and wheaten
hlaf ete. Eft mónnes heafod ban bærn to ahsan do mid
loaf let-eat Again of-man head bone burn to ashes put with
pipan on.
pipe on

I.54 Wiþ wyrmætúm lice ⁊ cweldehtum ácrinde dust· æscrinde
Against worm-eaten body and mortified oak-rind dust ash-rind
dust· ellen rinde dust on norþan neoþan þam treowe· eolonan
dust elder rind dust on north beneath the tree of-elecampane
moran dust· doccan moran dust· wyrm ácmeluwes dust pipores
root dust of-dock root dust of-worm oak-meal dust of-pepper
dust siglan dust· swefles dust· ele· ⁊ horses smeru to wose
dust of-rye dust of-sulfur dust oil and of-horse grease to ooze
⁊ sciptearos læst· þissa ealra emfela ⁊ þara dusta ealra
and of-ship-tar least of-these all equally-much and of-the dusts all
emfela gemeng eal ceald tosomne þ hit fram þam wosum
equally-much mix all cold together that it from the oozes
eal wel smitende smire mid on niht ⁊ on morgen aleþre.
all well smearing smear with on night and in morning lather

I.55 Wiþ aslegenum lice· brom· feltere· gearwe· hofe· wyl on
Against beaten body broom felterre yarrow hove boil in
buteran ⁊ on hun smire mid.
butter and in honey smear with

I.56 Wyrc bæþ wiþ aslegenum lice· genim þ micle fearn
Work bath against beaten body take the great fern
nioþoweard· ⁊ elm rinde grene gecnua tosomne ⁊
lower and elm rind green pound together and

meddrosna do to wætan gnid swiðe tosomne lege ón lange
mead-dregs put to liquid rub much together lay on long
hwile oþ þ he wearm sie oþþe onstæppe.
while until that he warm be or step-on
Wiþ aslegenum lice sealf eolone swiðe gesoden ⁊ niðeweard
Against beaten body salve elecampane much sodden and lower
homorwécg ⁊ eald spic cnua eal tosomne wyrm þurh clað
hammer-wedge and old bacon pound all together warm through cloth
to fyre smire mid· scearpa þonne simle ymb VII. niht sete
at fire smear with scarify then always after seven nights set
horn on þa openan scearpan smire mid þære blacan sealfe
horn on the open scarifications smear with the black salve
swa niht swa twa swa þearf sie ⁊ hy opene synd.
as night as two as need be and they open are
Wiþ fice drenc ⁊ sealf· wyrm wyrt wylle on meolce ⁊ drince. I.57
Against fig drink and salve worm wort let-boil in milk and let-drink
Sealf cnua glæs to duste do huniges tear ón lacna þ dolg mid.
Salve pound glass to dust put of-honey tear on cure the wound with

Wen salves are boiled from nettle, hemlock, the cloved wen-wort, and ship tar. The black blain is treated with dung-plant, and the air disease with boiling water, oil, and salt drunk by drops and spewed up. Burns take goat's dung and wheat straw in butter, fennel, lily, yarrow, and mallow. Joint pain and running joint-oil are bound with joint wort, wolf's bone, and tar. Fever drinks of lupine and betony close the section, with a gospel text written on a paten and washed into the drink.

I.58 To wensealfe ȝ wen bylúm· wyrc hie óf nioþoweardre netlan
For wen-salve and wen boils work it of lower nettle
ȝ óf hemlice ȝ of þære clufihtan wenwyrte ȝ of þære
and of hemlock and of the cloved wen-wort and of the
smalan morwyrte wyl ealle feower ón buteran ȝ ón sceapes
small moor-wort boil all four in butter and in of-sheep
smerwe oþþ genoh sie gecnua eft þa ilcan wyrta on þære
grease until enough be pound again the same herbs in the
sealfe ȝ scip tearo ȝ garleác ȝ cropleác ȝ secgleác ȝ
salve and ship tar and garlic and crop-leek and sedge-leek and
sealt meng wel do on clað wyrm to fyre swiðe smire mid.
salt mix well put on cloth warm at fire much smear with
Wensealf óntre cersan reade netlan wermod· twa wenwyrta·
Wen-salve ontre cress red nettle wormwood two wen-worts
ellen rinde· wegbræde· suran· bisceop wyrt· bulot niðeweard·
elder rind waybread sorrel bishop wort bulot lower
smere wyrt· sealt· sciptearo· ȝ wceapen smera. Wiþ wen
smear wort salt ship-tar and sheepen grease Against wen
byle Nim cropleac· ontre· eolone· clufehte wenwyrt· gecnua
boil Take crop-leek ontre elecampane cloved wen-wort pound
ealle þa wyrta swiþe wel lege ón.
all the herbs very well lay on

Wensealf hiorotes mearh· ifig tearo ⁊ gebeaten pipor ⁊
Wen-salve of-hart marrow ivy tar and beaten pepper and
scip tearo.
ship tar
[Wiþ þa blacan blegene sýle þam men etan twegen croppas
Against the black blain give to-the man eat two tops
oððe þrý of þære wýrte þe man on þreo wisan hateð
or three of the herb which one in three ways calls
mýxenplante.]
dung-plant
Wiþ lýft adle· ním scenc fulne weallendes wæteres oþerne I.59
Against air disease take cup full of-boiling water other
eles· ⁊ hwites sealtes swilc swa mæge mid feower fingrum
of-oil and of-white salt such as may with four fingers
geniman· hrer togædere oþ þ hit eall ón an sie. Drinc
take stir together until that it all in one be Drink
eall be dropan rest hwile sting finger on ciolan aspiw eft
all by drops rest while thrust finger in throat spew again
eall ⁊ ma Gif þu mæge· þonne on morgen forlæt blod
all and more If thou may then in morning let blood
óf earme· oððe óf sweoran swa mæst aræfnan mæge·
from arm or from neck as most endure may
⁊ scearpige· ⁊ hwon onsette ofer eall smire þonne mid
and let-scarify and little let-set-on over all smear then with
hatan ele ⁊ hím æghwæt sealtes beorge· bruce glædenan
hot oil and for-himself everything of-salt let-avoid let-use gladden
⁊ eoforfearnes uppe ón treowe ⁊ mid hnesce wulle ofer
and boar-fern up on tree and with soft wool over
wriðe ealle þa scearpan þonne hie sien gesmyrede. Wiþ
wrap all the scarifications when they be smeared Against

neurisne banwyrt do on sure fletan ⁊ on hunig æges geola
paralysis bone-wort put in sour cream and in honey of-egg yolk
meng tosomne smire mid. Eft renwyrmas cnua do on.
mix together smear with Again rain-worms pound put on
I.60 Wið bryne wyrc sealfe· genim gate tord ⁊ hwæte healm
Against burn work salve take of-goat turd and wheat straw
gebærn to duste gemeng butu wiþ buteran do on pannan
burn to dust mix both with butter put in pan
ofer fyr awyl swiðe wel aseoh þurh clað smire mid.
over fire boil very well strain through cloth smear with
Wiþ bryne genim finules niþeweardes gebeat wið ealdne wysele
Against burn take of-fennel lower beat with old fat
⁊ lege ón. Eft genim lilian ⁊ gearwan wyl on buteran smire
and lay on Again take lily and yarrow boil in butter smear
mid. Wiþ þon ilcan wylle ribban ón buteran ⁊ smire mid.
with Against the same let-boil ribwort in butter and smear with
Wiþ þon ilcan wylle gearwan ón buteran smire mid.
Against the same let-boil yarrow in butter smear with
Wiþ þon ilcan wylle cottúc on sceapes smerwe ⁊ attorlaþan
Against the same let-boil mallow in of-sheep grease and venom-loather
⁊ eoforfearn do on hunig oððe ón weax. Wiþ þon do
and boar-fern put in honey or in wax Against that put
æges þ hwite ón gelome. Wiþ bryne wad gecnua wyl on
of-egg the white on often Against burn woad pound boil in
buteran smire mid.
butter smear with
I.61 Wiþ lið wærce cnua lið wyrt wið hunige oþþe ceow ⁊ lege
Against joint pain pound joint wort with honey or chew and lay
ón. Eft wulfes heafod ban bærn swiðe ⁊ gecnua smale asyft
on Again of-wolf head bone burn much and pound small sift
þurh clað do on þ dolg. Wið liþ wærce cnua wermod wiþ
through cloth put on the wound Against joint pain pound wormwood with

teorwe ⁊ fencersan awring þ seaw óf meng tosomne clæm
tar and fen-cress wring the juice off mix together plaster
on þ lið þe þær sar sie gebind fæste ón. Wiþ lið seawe
on the joint which there sore be bind fast on Against joint juice
gelod wyrt· brune wyrt· ⁊ hare wyrt lytelu óftost weaxeþ
gelod wort brown wort and hoary wort little oftenest grows
ón tune hæfð hwite blostman gecnua ða þreo wyrta gemenge
in town has white blossoms pound the three herbs let-mix
þ biþ god sealf. Manegum men lið seau syhð gewring
that is good salve To-many man joint juice oozes wring
æples seaw ón ⁊ hornes sceafoþan swiðe smale gesceaf crum
of-apple juice on and of-horn shavings very small shave crumb
on þ dolh innán do þ óf ⁊ simle niwe ón. Wiþ lið seawe
into the wound within put it off and always new on Against joint juice
liþwyrt hundes heafod gebærne ⁊ gecnuwige ⁊ gebrædedne
joint-wort of-hound head let-burn and let-pound and roasted
æppel· meng þ eall tosomne do þ ón. Eft genim surne
apple mix that all together put that on Again take sour
æppel gebræd ⁊ lege ón· do grut ón ufan þone æppel
apple roast and lay on put groats on above the apple
Wiþ lið seawe· genim mageþan meng wið hunig do on
Against joint juice take mayweed mix with honey put on
þ dolg ⁊ bind fæste. Wiþ seawe genim ácrinde ⁊ drige
the wound and bind fast Against juice take oak-rind and dry
⁊ wirc to smedman ⁊ slahþorn rinde nioþowearde syft
and work to meal and sloe-thorn rind lower sift
þa þurh clað ⁊ scead on þ dolg. Wið lið seawe· genim
them through cloth and shed on the wound Against joint juice take
cetelhrúm ⁊ berenhealm gebærn ⁊ gnid togædere ⁊ scad
kettle-soot and barley-straw burn and rub together and shed
ón. Gif liþule utyrne genim merce nioþowearde ⁊ hunig
on If joint-oil out-run take marche lower and honey

ȝ hwætenes melewes smedman ȝ wicggan innel begnid
and of-wheaten meal fine-meal and of-earwig inside rub
tosómne lege ón. Eft gením medowyrte nioþowearde gecnua
together lay on Again take meadowwort lower pound
smale meng wiþ hunige lege ón þæt gebatod sie.
small mix with honey lay on until improved be
Gif liþule útyrne genim eced ȝ sure cruman berenes
If joint-oil out-run take vinegar and sour crumbs of-barley
hlafes ȝ renwyrmas meng tosomne bind ón þæt þ liþ
loaf and rain-worms mix together bind on wash the joint
mid ecede oþþe mid suran ealað. Gif liþule útyrne· gením
with vinegar or with sour ale If joint-oil out-run take
wermod ȝ gecnua do ón teoro clæm ón ȝ bind ón fæste.
wormwood and pound put in tar plaster on and bind on fast
I.62 Wiþ fefer adle· elehtran· gyþrife· wegbræde gecnua ón ealu læt
Against fever disease lupine cockle waybread pound in ale let
standan twa niht sele drincan. Wiþ fefre eft betonican drince
stand two nights give drink Against fever again betony let-drink
swiðe· ȝ ete þreo snæda. Eft drinc on hluttrúm ealað
much and let-eat three slices Again drink in clear ale
wermod· gyþrifan· betonican· bisceopwyrt· fen minte· bogen·
wormwood cockle betony bishopwort fen mint bogbean
sio clufihte· wenwyrt· marrubie· drince þritig daga. Drenc
the cloved wen-wort marrubium let-drink thirty days Drink
wiþ þon· betonican· springwyrt attorlaðe· berbine· eoforþrote·
against that betony spring-wort venom-loather vervain boar-throat
hundestunge· dreorge dwostle· wermod. Wið þriddan dæges
hound's-tongue dwarf dwostle wormwood Against of-third day
fefré ón wearmum wætre drince betonican tyn sopan þonne
fever in warm water let-drink betony ten sups when
to wille. Wið feorþan dæges fefre drince wegbrædan seaw
to will Against of-fourth day fever let-drink of-waybread juice

on swetum wætre twam tidum ær him se fefer to wille.
in sweet water two hours before to-him the fever to will
Wiþ ælces dæges fefere drince ón cealdúm wætere betonican
Against of-each day fever let-drink in cold water of-betony
dustes þ ænne pening gewege· oþer swilc wegbrædan.
dust that one penny weigh other such of-waybread
Wiþ fefre eft hylpð syndrigo marubie to drincanne. Wiþ
Against fever again helps separately marrubium to drink Against
lencten adle wermod eofor þrote· elehtre· wegbræde· ribbe·
spring disease wormwood boar throat lupine waybread ribwort
cerfille· attorlaðe· feferfuge· alexandre· bisceopwyrt· lufestice·
chervil venom-loather feverfew alexanders bishopwort lovage
Saluie· cassúc wyrc to drence on welscum ealað do halig
Sage hassock work to drink in Welsh ale put holy
wæter to· ⁊ spring wyrt.
water to and spring wort
Þis món sceal writan on husldisce ⁊ on þone drenc mid
This one shall write on housel-dish and on the drink with
halig wætere þwean ⁊ singan on·
holy water wash and sing on
✠ In principio erat uerbum et uerbum erat aput deum et
(cross) In beginning was word and word was with god and
deus erat uerbúm. Hoc erat In principio aput deum ómnia
god was word This was In beginning with god all
per ipsúm fácta sunt. Þweah þonne þ gewrit mid halig
through him made are Wash then the writing with holy
wætre of þam disce on þone drenc· sing· þonne credo ⁊
water off the dish into the drink sing then creed and
pater noster ⁊ þis leoþ. Beati Inmaculati þone sealm mid ad
father our and this song Blessed Undefiled the psalm with to
dominum þam XII. gebed sealmúm. Adiuro uos frigores et
lord the twelve prayer psalms I-adjure you chills and

febres· per deum patrem ómnipotentem et per eius filium
fevers through god father almighty and through his son
iesum cristum per ascensum et discensum Saluatoris nostri
jesus christ through ascent and descent of-Savior our
ut recedatis de hóc famulo dei· et de corpusculo eius
that ye-withdraw from this servant of-god and from little-body his
quam dominus noster Inluminare Instituit. Uincit uós leo de
whom lord our To-illumine Ordained Conquers you lion from
tribu iuda radix dauid. Uincit uós qui uinci nón potest·
tribe of-Judah root of-David Conquers you who be-conquered not can
✠ xps natus· ✠ xps passus· ✠ xps uenturus· ✠ aius·
(cross) christ born (cross) christ suffered (cross) christ to-come (cross) holy
✠ aius· ✠ aius· ✠ Scs· Scs· ✠ Scs· Jn die Salutiferis
(cross) holy (cross) holy (cross) Holy Holy (cross) Holy In day with-Saving
incedens gressibus urbes· oppida rura uicos castra castella
going steps cities towns lands villages camps castles
peragrans. Omnia depulsís sanabat corpora morbis· ⁊ þriwa
traversing All driven-off he-healed bodies diseases and thrice
þonne onsupe þæs wæteres swelces gehwæþer þara manna.
then let-sup of-the water such each of-the men

For the man possessed or fed by the devil, an emetic of lupine, bishopwort, henbane, and crop-leek is made with fifty drug-corns and holy water, and a drink taken from a church bell is sung over with seven masses and psalms. The breach-sick man's drink in Welsh ale, also sung over, is drunk nine mornings, with alms and prayer. Herbs for a mad heart are gathered at the dividing of day and night, with litanies and masses. A writing in Greek letters is set against witchcraft and elf-magic, with a dust laid under the altar for nine masses, and lupine, garlic, betony, and incense are bound on against the nightmare. A drink against the spring fever is sung over with many masses, and the names of the four evangelists, a charm, and prayers are written against it.

Wiþ feond seocúm men· þonne deofol þone mónnan fede oððe I.63
Against fiend sick man when devil the man feeds or
hine innan gewealde mid adle. Spiwedrenc eluhtre· bisceopwyrt·
him within control with disease Spew-drink lupine bishopwort
beolone cropleác gecnua tosomne do eala to wætan læt
henbane crop-leek pound together put ale to liquid let
standan neahterne do fiftig lybcorna ón ⁊ halig wæter. Drenc
stand overnight put fifty of-drug-corns on and holy water Drink
wiþ feondseocum men of ciricbellan to drincanne· gyþrife·
against fiend-sick man from church-bell to drink cockle
glæs· gearwe· elehtre· betonice· attorlaþe· cassúc· fane· finul·
glass yarrow lupine betony venom-loather hassock flag fennel
ciricragu· cristes mæles ragu· lufestice· gewyrc þone drenc óf
church-lichen of-christ mark lichen lovage work the drink of
hluttrum ealað gesinge seofon mæssan ofer þám wyrtum do
clear ale let-sing seven masses over the herbs put
garleác ⁊ halig wæter to ⁊ drype ón ælcne drincan þone
garlic and holy water to and drip in each drink the
drenc þe he drincan wille éft· ⁊ singe þone sealm·
drink which he drink will afterward and let-sing the psalm

Beati Inmaculati ⁊ exurgát· ⁊ Saluum me fác deus· ⁊
Blessed Undefiled and let-arise and Safe me make god and
þonne drince þone drenc óf ciricbellan ⁊ se mæsse preost
then let-drink the drink from church-bell and the mass priest
hím singe æfter þam drence þis ofer. Domine Sancte pater
to-him let-sing after the drink this over Lord Holy father
omnipotens. Wiþ bræcseocum men· cost· gotwoþe· eluhtre·
almighty Against breach-sick man costmary goutweed lupine
betonice· attorlaðe· cropleác· holecersan· hofe· finul· asinge
betony venom-loather crop-leek hollow-cress hove fennel let-sing
món mæssan ofer wyrce óf wyliscum eáloð ⁊ of halig wætere.
one mass over let-work of Welsh ale and of holy water
Drince þisne drenc æt æghwilcum niwe nigon morgenas ⁊
Let-drink this drink at each new nine mornings and
nane oþre wætan þ þicce ⁊ stille sie· ⁊ ælmessan selle
no other liquid that thick and still be and alms let-give
⁊ hím arena god geornlice bidde. Wið weden heorte
and for-himself mercies god eagerly let-pray Against mad heart
bisceopwyrt· elehtre· banwyrt· eoforfearn· giþrife· heahhioloþe
bishopwort lupine bone-wort boar-fern cockle high-beleth
þonne dæg scade ⁊ niht þonne sing þu ón ciricean letanias
when day divide and night then sing thou in church litanies
þ is þara haligra naman· ⁊ pater noster mid þy sange þu
that is of-the saints names and father our with the song thou
ga þ þu sie æt þam wyrtum ⁊ þriwa ymbga ⁊ þonne
go that thou be at the herbs and thrice go-around and when
þu hie nime gang eft to ciricean mid þy ilcan sange·
thou them take go again to church with the same song
⁊ gesing XII. mæssan ofer ⁊ ofer ealle þa drencan þe
and sing twelve masses over and over all the drinks which
to þære adle belimpaþ ón weorðmynde þara twelfa apostola.
to the disease belong in honor of-the twelve apostles

Wiþ ælcre yfelre leodrunan ⁊ wið ælfsidenne þis gewrit writ I.64
Against each evil witch and against elf-magic this writing write
hím þis greciscum stafúm· ✠ ⁂. Eft· oþer dust ⁊ drenc
for-him this with-Greek letters (cross) (signs) Again other dust and drink
wiþ leodrunan· gením brembel æppel ⁊ elehtran ⁊ pollegian
against witch take bramble apple and lupine and pennyroyal
gecnua· sift þonne do on pohhan lege under weofod sing
pound sift then put in pouch lay under altar sing
nigon mæssan ofer do ón meolóc þ dust dryp þriwa on halig
nine masses over put in milk the dust drip thrice on of-holy
wæteres sele drincan on þreo tida· on undern· on middæg· on
water give drink at three hours at undern at midday at
nón· gif sio adl netnum sie geot mid halig wætre ón muð
nones if the disease to-cattle be pour with holy water in mouth
þ ilce dust. Sealf elehtre hegerife· bisceopwyrt· þa readan
the same dust Salve lupine hedge-rife bishopwort the red
magoþan· armelu· cropleac· sealt wyl on buteran to sealfe smire
mayweed harmala crop-leek salt boil in butter to salve smear
ón þ heafod ⁊ þa breost. Drenc haran sprecel· alexandrie·
on the head and the breast Drink hare sprecel alexanders
rude· elehtre hegerife· bisceopwyrt· magoþe· cropleác· armelu·
rue lupine hedge-rife bishopwort mayweed crop-leek harmala
sio cneoehte· wenwyrt do on halig wæter. Gif món mare ride·
the kneed wen-wort put in holy water If man nightmare ride
genim elehtran ⁊ garleac· ⁊ betonican· ⁊ recels bind on
take lupine and garlic and betony and incense bind in
næsce hæbbe him món ón ⁊ he gange in on þas wyrte.
soft-leather let-have for-himself one on and he let-go in on these herbs
Eft drenc wið lencten adle feferfuge· hram gealla· finul· I.65
Again drink against spring disease feverfew ram gall fennel
wegbræde· gesinge mon fela mæssan ofer þære wyrte· ofgeót
waybread let-sing one many masses over the herb pour-over

mid ealað do halig wæter ón wyl swiþe wel drince þonne
with ale put holy water on boil very well let-drink then
swa he hatost mæge micelne scenc fulne ær þon sio adl
as he hottest may great cup full before that the disease
to wille Feower godspellara naman ⁊ gealdor ⁊ gebed·
to will Four of-evangelists names and charm and prayer
✠. Matheus· ✠ Marcus ✠· lucas· ✠· Iohannes ✠
(cross) Matthew (cross) Mark (cross) Luke (cross) John (cross)
Intercedite pro me· Tiecon· leleloth· patron· adiuro uos.
Intercede for me (Tiecon) (leleloth) (patron) I-adjure you
Eft godcund gebed· In nomine domini sit benedictum·
Again godly prayer In name of-lord be blessed
Beronice· Beronicen· et habet In uestimento et In femore
(Beronice) (Beronicen) and he-has On garment and On thigh
suo· scriptum rex regum et dominus dominantium· Eft
his written king of-kings and lord of-lords Again
godcund gebed. In nomine sit benedictum· ⁂·
godly prayer In name be blessed (signs)
Eft sceal mon swigende þís writan ⁊ don þas word
Again shall one silent this write and put these words
swigende on þa winstran breost ⁊ ne ga he in ón þ
silent on the left breast and not let-go he in on the
gewrit ne in on ber· ⁊ eác swigende þis on don· ⁂·
writing nor in on barley and also silent this on put (signs)

Drinks of bishopwort, lupine, and betony in ale are given for witlessness and folly. Lupine laid under the altar for nine masses guards milk and ale against spoiling, and is put on the four corners of the house. A spider's bite is answered by three scarifications and blood run onto a hazel stick thrown across the road. Mad dogs' bites take agrimony and honey; hind-heleth boiled in Welsh ale or in milk curbs or rouses desire; rue in oil serves the back sinews.

Wiþ ungemynde ⁊ wið dysgunge do ón ealo bisceop I.66
Against witlessness and against folly put in ale bishop
wyrt· elehtran· betonican þa suþernan finuglan· neftan
wort lupine betony the southern fennel catmint
hindhioloðan· gyþrifan· merce· drince þonne. Wiþ ungemynde
hind-heleth cockle marche let-drink then Against witlessness
⁊ disgunge do ón eala cassiám· ⁊ elehtran· bisceopwyrt·
and folly put in ale cassia and lupine bishopwort
alexandrian· giþrife· feldmoran ⁊ halig wæter· drince þonne.
alexanders cockle field-carrot and holy water let-drink then
Wið genumenum mete· genim elehtran lege under weofod I.67
Against taken meat take lupine lay under altar
sing nigon mæssan ofer þ sceal wiþ genumenum mete
sing nine masses over that shall against taken meat
lege under þ fæt· þe þu wille ón melcan. Gif ealo awerd
lay under the vat which thou will in milk If ale spoiled
sie· genim þa elehtran lege on þa feower sceattas þæs
be take the lupine lay on the four corners of-the
ærnes ⁊ ofer þa duru ⁊ under þone þerxwold ⁊ under
house and over the door and under the threshold and under
þ ealofæt do mid halig wætre þa wyrt on þ eala;
the ale-vat put with holy water the herb in the ale

Gif mete sy awyrd ⁊ ungehwæde mylcen oððe fild oþþe
If meat be spoiled and slight milk-food or curd or
bryþen· halga þa wyrte do ón ⁊ under þ fæt· ⁊ under
brewing hallow the herbs put on and under the vat and under
þa duru· do elehtran ⁊ clifan· ⁊ betonican ⁊ bisceopwyrt.
the door put lupine and clivers and betony and bishopwort
I.68 Wiþ þon gif hunta gebite mannan þ is spiþra sleah þry
Against that if hunter bite man that is spider strike three
scearpan neah fromweardes læt yrnan þ blod ón grennne
scarifications near away-ward let run the blood on green
sticcan hæslenne weorp þonne ofer weg aweg þonne ne biþ
stick hazel cast then over way away then not is
nan yfel. Eft asleah ane scearpan ou þam dolge gecnua
any evil Again strike one scarification on the wound pound
læcewyrt lege ón ne biþ hím nan yfel. Wiþ gongelwæfran
leech-wort lay on not is to-him any evil Against of-spider
bite· nim æferþan nioþowearde ⁊ slahþorn· rage adrig to
bite take averthe lower and sloe-thorn lichen dry to
duste geþæn mid hunige lacna þ dolh mid. Wiþ huntan
dust moisten with honey cure the wound with Against of-hunter
bite blace sneglas ón hattre pannan gehyrste· ⁊ to duste
bite black snails in hot pan fried and to dust
gegnidene· ⁊ pipor· ⁊ betonican ete þ dust ⁊ drince
rubbed and pepper and betony let-eat the dust and let-drink
⁊ ón lecge. Wið huntan bite Ním niþeweardne cottuc lege
and on let-lay Against of-hunter bite Take lower mallow lay
on þ dolh. Eft asleah· V. scearpan ane on þam bite ⁊
on the wound Again strike five scarifications one on the bite and
feower ymbutan weorp mid sticcan swigende ofer wænweg.
four around cast with stick silent over wain-way

Wiþ wede hundes slite agrimonian ⁊ wegbrædan gemenge I.69
Against of-mad hound bite agrimony and waybread let-mix
mid hunige ⁊ æges þ hwite lacna þa wunde mid þy. Wiþ
with honey and of-egg the white cure the wound with that Against
hundes dolge foxes clate· grundeswelge wyl on buteran smire
of-hound wound of-fox burdock groundsel boil in butter smear
mid. Eft betonican getrifula lege ón þone bite. Eft wegbrædan
with Again betony bruise lay on the bite Again waybread
gebeat lege ón. Eft twa cipan oððe þreo seoþ gebræd ón·
beat lay on Again two onions or three seethe roast in
ahsan meng wið rysle ⁊ hunige lege ón. Eft gebærne swines
ashes mix with fat and honey lay on Again let-burn of-swine
ceacan to ahsan scead ón. Eft genim wegbrædan moran gecnua
jaw to ashes shed on Again take of-waybread root pound
wiþ rysle do on þ dolh þonne ascrypð hio þ ater aweg.
with fat put on the wound then scrapes it the poison away
Gif mon sie to wræne wyl hindheoloþan on wiliscúm ealað I.70
If one be too lustful boil hind-beleth in Welsh ale
drince on neaht néstig. Gif mon sie to unwræne wyl on
let-drink on night fasting If one be too unlustful boil in
meolce þa ilcan wyrt þonne awrænst þu. Wyl ón eowe
milk the same herb then makest-lustful thou Boil in ewe
meolce eft hindhioloþan alexandrian fornetes folm hatte
milk again hind-beleth alexanders of-Fornet palm is-called
wyrt þonne biþ hit swa hím leofost bið.
herb then is it as to-him dearest is
Wiþ ræge reosan rudan swa grene seoþ on ele ⁊ on weaxe I.71
Against back sinews rue so green seethe in oil and in wax
smire mid þone rægereosan. Eft nim gate hær smec under
smear with the back-sinew Again take of-goat hair smoke under
þa brec wiþ þæs ræge reosan. Gif hoh sino forad sie· nim
the breeches against the back sinews If hough sinew broken be take

fornetes folm seoð on wætre beþe mid þ lim ȝ þweah
of-Fornet palm seethe in water bathe with the limb and wash
mid þ lim ȝ wyrce sealfe óf buteran smire æfter baþe.
with the limb and let-work salve of butter smear after bath

I.72–88 · BLOODLETTING AND LAST REMEDIES

Book I ends with times for bloodletting, forbidden fifteen nights before Lammas and thirty-five after, when venomous things fly, and with a run of short chapters: a festering wound, a cracked limb packed in rye meal, warts, scurfy nails, itch, listlessness, weariness from travel, overdrinking, chill, and sleeplessness. Chervil keeps the voice; mugwort in the shoe saves the walker; swallow chicks seethed in wine prepare a man to fight. Falling hair and baldness take salves, one of burned bees from Pliny, and ant eggs stop hair growing. A horse's scab, a horse or beast that has been shot, and a needle's eye thrust into its rump close the book.

I.72 On hwilce tid blod sie to forganne on hwilce to lætenne.
At what time blood be to forgo at which to let
Blodlæs is to forganne fíftyne nihtum ær hlafmæsse ȝ
Bloodletting is to forgo fifteen nights before Lammas and
æfter fíf ȝ þritig nihtum for þon þonne ealle æterno
after five and thirty nights for that then all venomous
þing fleogaþ ȝ mannum swiðe deriað· læcas lærdon þa þe
things fly and men much harm leeches taught those who
wisoste wæron þ nan man on þam monþe ne drenc ne
wisest were that no man in the month nor drink —
drunce ne ahwær his lichoman wanige butan hís nydþearf
drank nor anywhere his body lessen unless his need
wære· ȝ þonne on middeldagúm inne gewunode for þon
were and then at middays within remained for that
þe sio lyft biþ þonne swiþost gemenged. Romane him
that the air is then most mixed Romans for-themselves

forþon ⁊ ealle suð folc worhton eorþ hus for þære lyfte
therefore and all south peoples made earth houses for of-the air
wylme ⁊ ætternesse. Eác secgeað læcas þte geblowene wyrta
boiling and venomousness Also say leeches that blossomed herbs
þonne sien betste to wyrcenne ge to drencum ge to sealfum
then be best to work both for drinks and for salves
ge to duste. Hu món scule blodlæse ón þara six fifa ælcúm
and for dust How one shall bloodletting in of-the six fives each
on monðe forgan ⁊ hwonne hit betst sie· læcas lærað eác
in month forgo and when it best be leeches teach also
þ nan mán on þon fíf nihta ealdne monan ⁊ eft x.
that no man on the five nights old moon and again ten
nihta ⁊ fiftyne ⁊ twentiges ⁊ fíf ⁊ twentiges ⁊ þritiges
nights and fifteen and twenty and five and twenty and thirty
nihta ealdne monan ne læte blod ac betweox þara sex fifa
nights old moon — let blood but between of-the six fives
ælcúm· ⁊ nis nan blodlæstid swa god swa on foreweardne
each and not-is any bloodletting-time so good as in early
lencten þonne þa yfelan wætan beoþ gegaderode þe on
spring when the evil humors are gathered which in
wintra gedruncene beoð ⁊ on kalendas aprilis ealra selest
winter drunk are and on calends of-April of-all best
þonne treow ⁊ wyrta ærest úp spryttað þonne weaxeð sio
when trees and herbs first up sprout then grows the
yfele gillestre ⁊ þ yfele blod on þam holcum þæs lichoman.
evil phlegm and the evil blood in the hollows of-the body
Gif monnes blod dolh yfelige gením þonne geormen leaf awylle
If of-man blood wound fester take then mallow leaf let-boil
on wætre ⁊ beþe mid· ⁊ gecnua nioþowearde lege ón. Gif
in water and bathe with and pound lower lay on If
þu wille on snide blod forlætan· ním ceteles hrum gegnid to
thou will on cut blood let take of-kettle soot rub to

duste scead ón þa wunde. Genim rigen healm eft ⁊ beren
dust shed on the wound Take rye straw again and barley
gebærn to duste· gif þu ne mæge blod dolh awriþan genim
burn to dust if thou not may blood wound bind take
horses tord niwe adrige ón sunnan oððe be fyre gegnid to
of-horse turd new dry in sun or by fire rub to
duste swiþe wel lege þ dust swiþe þicce on linenne clað wriþ
dust very well lay the dust very thick on linen cloth bind
mid þy þ bloddolh neahterne. Gif þu geotend ædre ne mæge
with that the blood-wound overnight If thou gushing vein not may
awriþan genim þ selfe blod þe ofyrnð gebærn ón hatum
bind take the self blood which out-runs burn on hot
stane ⁊ gegnid to duste lege on þa ædre þ dust ⁊ awrið
stone and rub to dust lay on the vein the dust and bind
swiðe. Gif mon æt blodlætan ón sinwe beslea meng tosomne
much If one at bloodletting on sinew strike mix together
weax ⁊ pic ⁊ sceapen smera lege on clað ⁊ on þ dolh.
wax and pitch and sheepen grease lay on cloth and on the wound
I.73 Gif men cine hwilc lim genim rigen mela do on þ lim
If to-man crack any limb take rye meal put on the limb
⁊ nane wætan· gif þu wætan dest to oþþe smera sealfe
and no liquid if thou liquid puttest to or grease salve
ne meaht þu hit gelacnian ⁊ se man sceal swiþe stille
not canst thou it cure and the man shall very still
beon þy þu scealt hine halne gedon.
be thereby thou shalt him whole make
I.74 Wiþ weartum ⁊ wearrum ón lime· genim singrenan ⁊
Against warts and callosities on limb take ever-green and
huniges seaw meng togædere do on þa weartan ⁊ wearras. Eft
of-honey juice mix together put on the warts and callosities Again

cealfes scearn ⁊ ahsan gemeng wið eced ⁊ lege ón. Eft wiþies
of-calf dung and ashes mix with vinegar and lay on Again of-withy
rinde gebærn to ahsan do eced to trifula swiðe ⁊ lege ón.
rind burn to ashes put vinegar to bruise much and lay on
Wiþ scurfedum nægle· nim gecyrnadne sticcan sete ón þone I.75
Against scurfy nail take knotted stick set on the
nægl wið þa wearta sleah þonne þ þ blod springe út·
nail against the warts strike then that the blood spring out
wyrc þonne þymel to ⁊ lege eald spic ón ufan þone nægl
work then thimble to and lay old bacon on above the nail
heald þritig nihta wiþ wætan· Nim þonne hwæten corn
keep thirty nights against liquid Take then wheaten corn
⁊ hunig meng tosomne lege on do þ to oþ þ hal sie.
and honey mix together lay on do that to until that whole be
Wiþ gicþan doccan ⁊ wyrm melu ⁊ sealt ealra emfela I.76
Against itch dock and worm meal and salt of-all equally-much
meng wið sure fletan ⁊ smire mid þy. Wiþ gicþan nim
mix with sour cream and smear with that Against itch take
sciptearo ⁊ ifigtearo ⁊ ele gnid togædere do þriddan dæl
ship-tar and ivy-tar and oil rub together put third part
sealtes smire mid þy.
of-salt smear with that
Gif þu wille þ yfel swile raðe utberste nim weax ⁊ I.77
If thou will that evil swelling quickly out-burst take wax and
hemlic hatte wyrt gebeat gewyrmed tosomne wyrc to sealfe
hemlock is-called herb beat warmed together work to salve
bind on þa stowa.
bind on the places
Gif men unlust sie getenge· nime betonican þ wille þry I.78
If to-man listlessness be pressing let-take betony that will three
penegas gewegan drínc ón swetúm wætere.
pennies weigh drink in sweet water

I.79 Gif món fram longum wege geteorod sie drince betonican
If one from long way tired be let-drink betony
on þám suðrenan oxúmelle· þ eced drenc þe we ær
in the southern oxymel the vinegar drink which we before
beforan writon wiþ þære healf deadan adle.
above wrote against the half dead disease

I.80 Wiþ þon þe món hine fordrince. Drince betonican on
Against that that one himself overdrink Let-drink betony in
wætre ær oþerne drincan. Eft wyl betonican ȝ eorð
water before other drink Again boil betony and earth
geallan on hluttrum ealað oþþe ón swilcre wætan swa he
gall in clear ale or in such liquid as he
drincan scyle drince simle ær mete. Eft gením swines
drink shall let-drink always before meat Again take of-swine
lungenne gebræd ȝ on neaht nestig genim fíf snæda simle.
lung roast and on night fasting take five slices always

I.81 Wiþ miclan cele ním netelan seoþ ón ele smire ȝ gnid
Against great chill take nettle seethe in oil smear and rub
ealne þinne lichoman mid se cyle gewit aweg.
all thy body with the chill departs away

I.82 Gif men sie micel wæce getenge popig gegnid ón ele
If to-man be great wakefulness pressing poppy rub in oil
smire þinne ȝwlitan mid ȝ þone lichoman ealne wundorlice
smear thy face with and the body all wondrously
raþe him biþ sio wæcce gemetgod.
quickly to-him is the wakefulness moderated

I.83 To monnes stemne ním cerfillan ȝ wuducerfillan bisceopwyrt
For of-man voice take chervil and wood-chervil bishopwort
ontran· grundeswelgean wyrc to drence on hluttrúm ealað· Nim
ontre groundsel work to drink in clear ale Take

þreo snæda buteran gemenge wið hwæten mela ⁊ gesylte þige
three slices of-butter let-mix with wheaten meal and let-salt let-take
mid þy drence do swa nigon morgenas ma gif his þearf sie.
with the drink do so nine mornings more if of-it need be
Gif mon þung ete aþege buteran ⁊ drince· se þung I.84
If one poison-plant eat let-consume butter and let-drink the poison-plant
gewit on þa buteran. Eft wiþ þon stande on heafde
departs into the butter Again against that let-stand on head
aslea him mon fela scearpena ón þam scancan þonne
let-strike for-him one many of-scarifications on the shanks then
gewit ut þ atter þurh þa scearpan.
departs out the poison through the scarifications
Gif mon fundige wiþ his feond to gefeohtanne stæþ I.85
If one strive against his foe to fight shore
swealwan briddas geseoþe ón wine ete þonne ær· oþþe
swallow chicks let-seethe in wine let-eat then before or
wylle wætre seoðe.
well water let-seethe
Wiþ miclum gonge ofer land þy læs he teorige· mucgwyrt nime I.86
Against great going over land the less he tire mugwort let-take
him on hand oþþe do on his sco þy læs he meþige ⁊ þonne he
him in hand or put in his shoe the less he weary and when he
niman wille ær sunnan upgange cweþe þas word ærest. Tellam
take will before of-sun rising let-say these words first I-take
te artemeria ne lassus súm In uia· gesena hie þonne þu up teo
thee artemisia not weary I-am On way sign it when thou up draw
Gif mannes feax fealle wyrc him sealfe ním þone miclan I.87
If of-man hair fall work for-him salve take the great
þung ⁊ haran sprecel ⁊ eawyrte nioþowearde· ⁊
poison-plant and hare sprecel and river-wort lower and
ferdwyrt· wyrc of þære wyrte ⁊ of þisúm eallum þa sealfe ⁊
ferd-wort work of the herb and of these all the salve and

of þære buteran þe nan wæter on ne come. Gif feax fealle
of the butter which no water on — came If hair fall
awylle eoforfearn ȝ beþe þ heafod mid þy swa wearme.
let-boil boar-fern and bathe the head with that so warm
Wiþ þon gif man calu sie· plinius se micla læce segþ þisne
Against that if man bald be Pliny the great leech says this
læcedom· gením deade beon gebærne to ahsan ȝ linsæd eác
leechdom take dead bees let-burn to ashes and linseed also
do ele to on þ seoþe swiþe lange ofer gledúm aseoh þonne
put oil to on that let-seethe very long over coals strain then
ȝ awringe ȝ nime welies leaf gecnuwige geote ón þone ele·
and let-wring and let-take of-willow leaf let-pound let-pour on the oil
wylle eft hwile ón gledúm aseoh þonne smire mid æfter baþe.
let-boil again while on coals strain then smear with after bath
Heafod bæþ wið þon· weliges leaf wylle on wætere þweah
Head bath against that of-willow leaf let-boil in water wash
mid þy ær þu hit smeruwe ȝ þa leaf cnua swa gesoden
with that before thou it smear and the leaves pound so sodden
wriþ on niht ón oþ þ hio sie drige þ þu mæge smerwan
bind on night on until that it be dry that thou may smear
æfter mid þære sealfe do swa XXX. nihta leng gif his
after with the salve do so thirty nights longer if of-it
þearf sie. Wiþ þon þe hær ne weaxe æmettan ægru genim
need be Against that that hair not grow of-ant eggs take
gnid smit on þa stowe ne cymð þær næfre ænig feax úp;
rub smear on the place not comes there ever any hair up
Gif hær to þicce sie gením swealwan gebærn under tigelan
If hair too thick be take swallow burn under tile
to ahsan ȝ læt sceadan þa ahsan ón.
to ashes and let shed the ashes on

Wiþ horses hreofle· nim þa haranwyrt cnua wel gemeng I.88
Against of-horse scab take the hare-wort pound well mix
þonne wið fersce buteran wyl swiðe ón butran do on þ
then with fresh butter boil much in butter put on the
hors swa hit hatost mæge smire ælce dæge do simle þa
horse as it hottest may smear each day put always the
sealfe ón· gif sio hreofol sie micel genim hlond gehæt mid
salve on if the scab be great take urine heat with
stanum þweah mid þy hlonde swa hatum þ hors· þonne
stones wash with the urine so hot the horse when
hit drige sie smire mid þære sealfe lacna inne. Eft genim
it dry be smear with the salve cure within Again take
rynian sealt gehæt þweah mid þy· ⁊ ðonne drige sie smire
brine salt heat wash with that and when dry be smear
mid fisces smerwe. Gif hors geallede sie· nim æþelferðing
with of-fish grease If horse galled be take Æthelferth's
wyrt ⁊ gotwoþan· ⁊ mageþan gecnua wel do buteran
wort and goutweed and mayweed pound well put butter
to wring wætende þurh clað do hwit sealt ón hwer swiþe
to wring wetting through cloth put white salt on stir much
lácna þone geallan mid. Wiþ horses geallan nim æscþrotan
cure the gall with Against of-horse gall take ash-throat
⁊ gótwoþan ufewearde ⁊ bogen eác swa cnua tosomne
and goutweed upper and bogbean also so pound together
wyl on wyrle ⁊ ón buteran aseoh þurh clað smire mid.
boil in whey and in butter strain through cloth smear with
Gif hors sie ófscoten oþþe oþer neat nim ómpran sæd ⁊
If horse be shot or other neat take of-dock seed and
scittisc weax gesinge món XII. mæssan ofer ⁊ do halig
Scottish wax let-sing one twelve masses over and put holy

wæter ón þ hors oððe on swa hwilc néat swa hit sie
water on the horse or on so which neat so it be
hafa ðe þa wyrte simle mid.
have for-thee the herbs always with
Wiþ þon ilcan ním tobrecenne nædle eage stinge hindan
Against the same take broken of-needle eye stick behind
on þone byrlan ne biþ nan teona.
in the rump not is any harm

BOOK II

II.1–5 · THE DISEASED STOMACH

The second book begins with the stomach: its tokens are frequent spitting, loathing, the urge to vomit, swelling, and thirst, and from its disease come many others. The sick man is fed first on cooling, strengthening food, apples, pears, and peaches, and those with heart-disease on meats that digest slowly, salmon, goose giblets, and swine's feet; humors from surfeit are lessened with a purge, bitter ones calmed, and blood is let where there is too much. Salves of oil with white cud, dill, and southern wormwood soothe a sore or swollen stomach. A hard swelling takes salt meats, hare, and boar; against a swollen stomach the man's hands and feet are pressed in the morning and he is made to shout or sing.

Þis sint tacn adlies magan· ærest gelome spætunga oððe II.1
These are tokens of-diseased stomach first frequent spittings or
hræcunga· cisnes ȝ se man hine gelome to spiwanne·
hawkings fastidiousness and the man himself often to spew
ȝ he ónfindeþ swile ȝ þ þa oman beoð inne betynde
and he finds swelling and that the erysipelas are within shut
þurh þa ablawunge· ȝ him bið uneþe þurst getenge. Eác
through the inflation and to-him is uneasy thirst pressing Also
of þæs magan adle cumað monige ȝ missenlica adla
from of-the stomach disease come many and various diseases
geborstena wunda ȝ hramma ȝ fylle wærc ȝ fienda adl·
burst wounds and cramps and of-falling pain and of-fiends disease
ȝ micla murnunga ȝ unrotnessa butan þearfe ȝ oman
and great mournings and sorrows without need and erysipelas
ȝ ungemetlica mete sócna ȝ ungemetlice unlustas ȝ
and immoderate meat cravings and immoderate listlessnesses and
cisnessa· ȝ sara madle ón wifes gecyndon ȝ on fotum
fastidiousnesses and sore disease in of-woman nature and in feet

ȝ blædran· ȝ on unmode· ȝ on ungemet wæccúm ȝ
and bladder and in dejection and in immoderate wakings and
ungewitlico word· se maga biþ neah þære heortan ȝ þære
witless words the stomach is near the heart and the
gelodr· ȝ geadortenge þam bræg[en]e· of þam cumað þa
breastbone and connected to-the brain from the come the
adla swiþost of þæs magan intingan ȝ on yflúm seawum
diseases most from of-the stomach cause and in evil juices
wætan ætterberendum· þonne ða wætan þa yfelan weorþaþ
humors poison-bearing when the humors the evil become
gegaderode on þone magan· ȝ þær wixiað mid scearfunga
gathered in the stomach and there grow with scarifyings
innan· swiþost on þam monnum þe habbað swiþe gefelne
within most in the men who have very sensitive
ȝ sarcrenne magan swa þ hie sume somnunga sweltaþ· ne
and sore-prone stomach so that they some suddenly die not
magcn aberan þa strangan scearfunga þæra æterna wætena·
may bear the strong scarifyings of-the venomous humors
hwilum wyrmas of þám inþerran dælúm geseceað þa uferran
at-times worms from the inner parts seek the upper
dælas to þam magan· ȝ eác heortcoþe wyrceað· ȝ angnessa
parts to the stomach and also heart-disease work and anxieties
ȝ geswowunga swa þte hwilum sume men fram þara wyrma
and swoonings so that at-times some men from of-the worms
slitunge sweltað ȝ forweorþað· for þon þæm mannúm deah
tearing die and perish for that to-the men avails
þ him mon on fruman þa mettas gife þe celunge ȝ
that to-them one at beginning the meats give which cooling and
strangunge mægen hæbben swa swa beoþ æppla nales to
strengthening power have so as are apples not too
swete ealles ác surmelsce ȝ peran ȝ persucas ȝ hlaf
sweet at-all but sour-mellow and pears and peaches and loaf

gedon ón ceald wæter oþþe ón hat be þære gelicunge þæs
put in cold water or in hot by the liking of-the
magan þe þa yfelan wætan sceorfendan ȝ scearpan hæfð.
stomach which the evil humors scarifying and sharp has
Þis deah eác ón fruman þam ðe þa heortcoðe ȝ þ gesceorf
This avails also at beginning to-those who the heart-disease and the scarifying
ðrowiað ælcra gewist þ him mon lytlum þa mettas selle þa
suffer of-each meal that to-them one in-little the meats give those
þe late melten· leax ȝ þa fixas þa ðe late meltan gose
which late digest salmon and the fishes those which late digest of-goose
innefle ȝ swines fet þa ðe mægen wiþ habban þam yfelan
inwards and of-swine feet those which power against have the evil
wætan· ȝ þonne him sel sie þonne þicge he swetran mettas·
humors and when to-him better be then let-take he sweeter meats
ne biþ hím nanwuht selre þonne he þa þicge þa þe late
not is to-him anything better than he those take those which late
melten ȝ swa þeah ne synd scitole· þicge to undernes hlaf
digest and so though not are purgative let-take at undern loaf
gebrocenne on hat wæter oþþe æppla berindede. Eác biþ god
broken in hot water or apples peeled Also is good
fultum on godum wyrtdrencum swa læcas wyrcað· of ecede
help in good herb-drinks as leeches work of vinegar
ȝ óf finoles wyrttruman ȝ óf rinde· ȝ óf alwan ȝ óf
and of of-fennel root and of rind and of aloes and of
doran hunige· gemeng þ ȝ sele þæs cucler fulne oþþe
of-humble-bee honey mix that and give of-that spoon full or
twegen þonne hnescað þ þa wambe ȝ trymeþ· ȝ þ deah
two then softens that the belly and strengthens and that avails
wiþ breost wærce ȝ wiþ heortcoþe ȝ wið fellewærce·
against breast pain and against heart-disease and against skin-pain
ȝ wiþ þon þe mon sie on þam magan omigne
and against that that one be in the stomach with-erysipelatous

wætan gefylled· ȝ wið manegum adlum þ deah· ða
humor filled and against many diseases that avails those
þe cumað of oferfyllo· ȝ of missenlicum yflum wætum.
which come from surfeit and from various evil humors
Gif hie cumen óf oferfyllo mid swipe þan hy mon sceal
If they come from surfeit with purge then them one shall
lytlian. Gif hie þonne cumað óf oþrum biterúm ȝ yfelum
lessen If they then come from other bitter and evil
wætúm þa þe wyrceað oman þonne beoþ þa elcran to
humors those which work erysipelas then are the rather to
stillanne oþþ þe hie unstrangran weorþan· swiþost gif þa
still until that they weaker become most if the
wætan beoð þicce ȝ slipegran.
humors are thick and more-slippery
Be wambe coþe oþþe Gif of þære wambe anre þa yfelan
About belly disease or If from the belly alone the evil
wætan cumen ȝ ne oferyrnen ealne þone lichoman þ món
humors come and not over-run all the body that one
sceall mid halwendúm mettum anum lacnian· gif þonne sio
shall with wholesome meats alone cure if then the
yfele wæte of þære wambe oferyrneþ ealne þone lichoman
evil humor from the belly over-runs all the body
þær mon sceal mid maran lácnunge tilian· hwilum hím
there one shall with greater treatment tend at-times to-him
mon sceal óf ædran blod lætan gif þær blodes to fela
one shall from vein blood let if there of-blood too much
þince ȝ þære yflan wætan ȝ eac wyrtdrenc sellan. Ác
seem and of-the evil humor and also herb-drink give But
ærest mon sceal blod lætan æfter þon wyrtdrenc sellan.
first one shall blood let after that herb-drink give

Wiþ sarúm ȝ aþundenum magan genim ele ȝ gedo hwit II.2
Against sore and swollen stomach take oil and put white
cwuda ȝ dile ȝ suþerne wermod ón þone ele læt standan
cud and dill and southern wormwood into the oil let stand
þreo niht ȝ gedo þ þa wyrta syn gesodene on þam ele·
three nights and bring-about that the herbs be sodden in the oil
gedo ðonne on hnesce wulle smire þone magan mid. Eft wiþ
put then on soft wool smear the stomach with Again against
þon ilcan gením ealdne rysle getrifula ón treowenum mortere
the same take old fat bruise in wooden mortar
meng wið æges þ hwite do on clað lege ón. Wiþ sarúm magan
mix with of-egg the white put on cloth lay on Against sore stomach
eft gedo ón wearmne ele þa wyrt· þe hatte fenogrecum
again put in warm oil the herb which is-called fenugreek
ȝ laures croppan ȝ dile smire þone magan mid þy.
and of-laurel berries and dill smear the stomach with that
Wiþ sarum magan wegbrædan seaw ȝ eced do on clað
Against sore stomach of-waybread juice and vinegar put on cloth
lege ón. Eft gif se maga aþunden sie oþþe aþened· genim
lay on Again if the stomach swollen be or distended take
þæs selestan wines ȝ grenes eles swilc healf seoþ wermodes
of-the best wine and of-green oil such half seethe of-wormwood
croppan do on hnesce wulle smire mid. Selle him þonne
tops put on soft wool smear with Let-give to-him then
flæsc etan lytelra wuhta smælra fugla gesodenra ȝ gebrædra
flesh eat of-little creatures of-small birds sodden and roasted
ȝ manigfeald æppelcyn peran æpeningas· wisan ofþænda ȝ
and manifold apple-kind pears medlars shoots moistened and
gesodena ón ecede ȝ on wætre ȝ on wine wel scearpum.
sodden in vinegar and in water and in wine well sharp
Wiþ sarum magan· rosan leafa v. oþþe VII. oððe nigon ȝ
Against sore stomach of-rose leaves five or seven or nine and

pipores corna emfela gegnid smale ȝ on hatúm wætere
of-pepper corns equally-much rub small and in hot water
sele drincan. Eft wiþ þon ilcan gením of winhnyte XX.
give drink Again against the same take of wine-nut twenty
geclænsodra cyrnela ȝ cymenes swa micel swa þu mæge
cleansed kernels and of-cumin as much as thou may
mid þrim fingrum foreweardum geniman getrifula þonne
with three fingers foremost take bruise then
bollan fulne wyl on mortere gedo cealdes wæteres to II.
bowl full boil in mortar put of-cold water to two
gode bollan fulle sele ðonne ærest þ healf to drincanne.
good bowls full give then first the half to drink
Eft is onlegen to trymmanne þone magan ȝ to bindanne
Again is poultice to strengthen the stomach and to bind
æfter utsihtan oþþe æfter wyrtdrence gebærnedne hlaf clænne
after dysentery or after herb-drink burned loaf clean
seoþ on ealdum wine gif þu hæbbe· gif hit sie sumor do
seethe in old wine if thou have if it be summer put
wermodes sædes dust to seoþ ætgædere do on clað ofersmit
of-wormwood seed dust to seethe together put on cloth over-smear
mid ele lege ón þone magan· gif hit sie winter ne þearft
with oil lay on the stomach if it be winter not needest
þu þone wermod to don.
thou the wormwood to put

II.3 Be geswelle ȝ sare þæs magan· gif se man þ mægen hæbbe
About swelling and sore of-the stomach if the man the strength have
læt him blod æfter þon mid þy ele smire þe þa wyrta syn
let to-him blood after that with the oil smear which the herbs be
on gesodene þe we ær nemdon· æfter þon mid hate hunige
in sodden which we before named after that with hot honey
smire ȝ ofersceade þonne mid hwites cwidues ȝ alwan duste
smear and over-shed then with of-white cud and of-aloes dust

ȝ pipores hwæt hwega· oferlecge· þonne mid linene claðe oððe
and of-pepper some what over-lay then with linen cloth or
mid eowocigre wulle ȝ sele wermod ón wearmum wætere
with greasy wool and give wormwood in warm water
twam nihtum ær ofgotenne þ se þam omúm stille· ȝ sele
two nights before poured-over that it the erysipelas still and give
þonne gepiporodne wyrtdrenc· ȝ ðonne sceal món þam men
then peppered herb-drink and then shall one for-the man
mid drium handum on morgenne ȝ on æfenne þa handa
with dry hands in morning and in evening the hands
ȝ þa fet gnidan swiðe ȝ þyn· ȝ gif hit sie god weder he
and the feet rub much and press and if it be good weather he
hím on underne gife· gange him ut hwider hwega sume
for-himself at undern let-give let-go himself out whither some some
hwile· gif hit ne sie weder gange hím in geond his hus.
while if it not be weather let-go himself in throughout his house
Wiþ heardum swile þæs magan sele þu him sealte mettas II.4
Against hard swelling of-the stomach give thou to-him salt meats
ȝ haran flæsc ȝ eofores· rudan wyrttruman· ȝ cersan·
and of-hare flesh and of-boar rue root and cress
ȝ scir wín· ȝ eaðmelte mettas ȝ onlegena utteonde
and clear wine and easily-digested meats and poultices out-drawing
þone heardan swile· ȝ bæð þenda smerwunga wyrce of
the hard swelling and bath moistening smearings work of
ele ȝ óf wermode· ȝ of hwitum cwidue ȝ wine· beþe
oil and of wormwood and of white cud and wine bathe
ðonne smire mid þy· oflege þonne mid eowecigre wulle ȝ
then smear with that over-lay then with greasy wool and
besweþe· genim eác milsce æppla gedo neahterne ón win
swathe take also mellow apples put overnight in wine
ȝ þonne geseoð· geswete þonne þ wós mid huniges teare
and then seethe sweeten then the juice with of-honey tear

ȝ gepipera mid XX. corna sele hím þonne on morgenne
and pepper with twenty corns give to-him then in morning
lytelne bollan fullne oððe cucler fulne þus geworhtes drincan.
little bowl full or spoon full thus made drink

II.5 Læcedom wiþ þæs magan aþundennesse· þæs mannes fet
Leechdom against of-the stomach swelling of-the man feet
ȝ handa man sceal swiþe on morgentidum þýn· ȝ hine
and hands one shall much at morning-times press and him
mon sceal swiðe hlude hatan grædan oððe singan ȝ hine
one shall very loud bid cry or sing and him
món scel neahtnestigne tyhtan ȝ gremian to spiwanne·
one shall night-fasting urge and provoke to spew
ȝ on morgen smirewan mid ele on þam ðe sie gesoden
and in morning smear with oil in that which be sodden
rude ȝ wermod ȝ þa ær genemnedan mettas þicge.
rue and wormwood and the before named meats let-take

II.6–15 · APPETITE AND THE STOMACH'S ILLS

Loss of appetite and nausea are met with wormwood taken fasting, sharp wine, mustard, and radish; a deadened stomach takes honey, vinegar, and pepper, and centaury, called herd-wort or earth-gall, is drunk three days against a sore and listless stomach. Goat's milk drunk as soon as it is milked serves a stomach wounded within. Water boiled on wormwood and dill warms and hardens it, fennel and marche ease its swelling, sengreen in sharp wine stops vomiting, and a hundred raw lentils are eaten against a carbuncle of the stomach.

II.6 Wiþ unluste ȝ wlættan þe óf magan cymð ȝ be his
Against listlessness and nausea which from stomach comes and about his
mete· sele hím neahtnestigúm wermod oððe þreobread gedon
meat give to-him night-fasting wormwood or three-bread put

ón scearp wín sele neahtneftigum· ȝ æfter þon sealte mettas
in sharp wine give night-fasting and after that salt meats
mid ecede geswete· ȝ gerenodne senep ȝ rædic þicgen
with vinegar sweetened and prepared mustard and radish let-take
ȝ ealle þa mettas ge drincan þa þe habban hat mægen
and all the meats and drinks those which have hot power
ȝ scearp sele þicgean· ȝ gebeorh þ hie ungemeltnesse
and sharp give take and guard that they indigestion
ne þrowian· ȝ god wín gehæt ȝ hluttor þicgen ón neaht
not suffer and good wine heated and clear let-take on night
nestig· ȝ neaht. nestige lapien on hunig· ȝ secen him
fasting and night fasting let-lap in honey and let-seek for-themselves
bróc ón onrade· ȝ on wæne oððe ón þon þe hie a
exercise in riding and in wain or in that which they ever
þrowian mægen. Eft wiþ metes unluste· genim suþerne
endure may Again against of-meat listlessness take southern
cymen ofþæne mid ecede adrige ðonne· ȝ gegnid ón
cumin moisten with vinegar dry then and rub in
mortere· ȝ finoles sædes· ȝ diles þreo cucler mæl gegnid
mortar and of-fennel seed and of-dill three spoon measures rub
eall togædere geece pipores þreo cucler mæl ȝ rudan leafa
all together add of-pepper three spoon measures and of-rue leaves
VII. cucler mæl ȝ þæs selestan huniges asiwenes an pund·
seven spoon measures and of-the best honey strained one pound
getrifula eal togædere· yce þonne mid ecede swa þe þince
bruise all together increase then with vinegar as to-thee seem
þ hit sie ón þa onlicnesse geworht þe senop bið getemprod
that it be in the likeness made which mustard is tempered
to inwisan· gedo þonne on glæs fæt· ȝ þonne mid hlafe
for sauce put then in glass vat and then with loaf
oððe mid swa hwilcum mete swa þu wille lapa ón ȝ nytta
or with so which meat so thou will lap on and use

ge þeah þu mid cuclere þ supe þæt hylpþ· þises þu nytta
even though thou with spoon it sup that helps this thou use
ge ón æfenne· ge ón underne· nis þ wiþ þam unluste
both in evening and at undern not-is it against the listlessness
anum god þæs magan· ác eallum þam lichoman þ deah.
alone good of-the stomach but to-all the body that avails
Wiþ metes unluste dweorge dwostlan on wætre ofþænde·
Against of-meat listlessness dwarf dwostle in water moistened
gegnid mid ecede sele drincan wið wlættan. Wiþ unluste eft
rub with vinegar give drink against nausea Against listlessness again
míntan ȝ pipores nigan corn gegniden ón wine sele drincan.
mint and of-pepper nine corns rubbed in wine give drink
II.7 Þis sceal wið adeadodum magan· gením huniges ȝ eced
This shall against deadened stomach take of-honey and vinegar
togædere gemenged ȝ gebeatenne pipor sele ón morgenne
together mixed and beaten pepper give in morning
cucler fulne neahtnestigum nyttige scearpera drincena· ȝ
spoon full night-fasting let-use sharp drinks and
metta· ȝ æt baþe mid sinope gnide ȝ smerwe. Sele hím
meats and at bath with mustard let-rub and let-smear Give to-him
eác neahtnestigum þis· genim eced wiþ glædenan gemenged
also night-fasting this take vinegar with gladden mixed
hwæthwega ȝ langes pipores x. corn oþþe croppan ȝ
somewhat and of-long pepper ten corns or tops and
senep menge eall togædere· ȝ trifolige sele nihtnestigúm
mustard let-mix all together and let-bruise give night-fasting
an cucler mæl· geþenc ðu þonne hwæþre þte ealle þa ær
one spoon measure consider thou then however that all the before
genemnedan læcedomas ȝ þa æfter writenan ne sculon ón
named leechdoms and the after written not shall in
ane þrage to lange beón to gedone ác sculon fæc habban
one time too long be to do but shall interval have

betweonum ⁊ reste· hwilum twegen dagas hwilum þry· ⁊
between and rest at-times two days at-times three and
þonne him món blod læte ón ædre ón þam dagúm ne do
when to-him one blood let on vein in the days not let-put
hím mon nanne oþerne læcedóm to· nymþe ymb v. niht
to-him one any other leechdom to except after five nights
oþþe ma. Wiþ forsogenum magan oþþe aþundenum· gením
or more Against exhausted stomach or swollen take
hryþeren flæsc gesoden ón ecede ⁊ mid ele gerenod mid
beef flesh sodden in vinegar and with oil prepared with
sealte· ⁊ dile· ⁊ por þicge þ seofon niht þonne liht þ
salt and dill and leek let-take that seven nights then lightens that
þone geswencedan magan· þis synd tacn adeadodes magan
the afflicted stomach these are tokens of-deadened stomach
þ he þigð ne gemylt þ· ác se geþigeda mete heregaþ
that he takes not digests it but the taken meat harries
þone magan ⁊ he þone sammeltan þurh ða wambe utsent.
the stomach and he the half-digested through the belly out-sends
Wiþ sare ⁊ unluste þæs magan se þe ne mæg ne mid II.8
Against sore and listlessness of-the stomach he who not can neither with
mete ne mid drincan beon gelacnod ⁊ bitere hræcetunge·
meat nor with drink be cured and bitter hawking
Ním centaurian þ is felterre sume· hatað hyrde wyrt· sume
Take centaury that is felterre some call herd wort some
eorð geallan gegnid án pund ⁊ gedo þærón hates wæteres
earth gall rub one pound and put thereon of-hot water
IIII. bollan fulle sele hím neaht nestigum drincan þry dagas.
four bowls full give to-him night fasting drink three days
Eft genim þa reade netlan ufewearde hæbbende sæd aþweah
Again take the red nettle upper having seed wash
clæne ⁊ wyrce to supanne. Eft grenes merces· getrifulades
clean and let-work to sup Again of-green marche bruised

seaw ⁊ awrungenes sele drincan· ⁊ on þa ilcan wisan
juice and wrung give drink and in the same manner
sele hím drincan hunan seaw. Eft wið magan sare
give to-him drink of-horehound juice Again against stomach sore
rudan ⁊ míntan· dile· dweorge dwostlan· agrimonian sume
rue and mint dill dwarf dwostle agrimony some
hatað garclife· ⁊ cersan gecnua ealle ón wine oþþe on
call gar-clive and cress pound all in wine or in
ealað sele ælce dæge to drincanne.
ale give each day to drink

II.9 Wiþ inwunde magan· ním gate meoluc þonne hio furþúm
Against inward-wounded stomach take of-goat milk when it even
amolcen sie sele drincan· sume wearme eowo meoluc drincað
milked be give drink some warm ewe milk drink
wiþ magan sare· sume þone selestan ele gewyrmedne· sume
against stomach sore some the best oil warmed some
wiþ þa gate meoluc mengað oþ þ hie spiwað þ hi
with the of-goat milk mix until that they spew that they
ðe yþ spiwan magon.
the easier spew can

II.10 Wið wlættan ⁊ to hætanne magan· wæter besoden ón
Against nausea and to heat stomach water boiled on
wermode· ⁊ ón dile oþ þone þriddan dæl sele þ drincan
wormwood and on dill until the third part give that drink
þ wyrmð ⁊ heardaþ þone magan.
that warms and hardens the stomach

II.11 Wiþ aþundenesse ⁊ eþunge magan· finoles wyrttruman ⁊
Against swelling and puffing of-stomach of-fennel root and
merces óf geot mid scire wine ealde ⁊ of þon sele drincan
of-marche off pour with clear wine old and of that give drink
nehtnestigúm II. bollan fulle lytle. Wiþ windigre aþundenesse
night-fasting two bowls full little Against windy swelling

magan to wyrmanne þone cealdan magan· rudan· ⁊ dile·
of-stomach to warm the cold stomach rue and dill
mintan· ⁊ merce syndrige sceafas geseoð on þrím ceac fullum
mint and marche separate sheaves seethe in three jugs full
wæteres þ þær ne sie butan an ful sele þonne þ wæter drincan.
of-water that there not be but one full give then the water drink
Wið spiwþan ⁊ wið þon þe hím mete under ne II.12
Against vomiting and against that that to-him meat under not
gewunige· genim sinfullan gegnid ón scearp wín sele bollan
remain take sengreen rub in sharp wine give bowl
fulne to gedrincanne æfter æfen geweorce· gením wiþ þon
full to drink after evening work take against the
ilcan finoles seawes twegen dælas huniges ænne seoþ oþ þ
same of-fennel juice two parts of-honey one seethe until that
þ hæbbe huniges þicnesse sele þonne neaht nestigum cucler
it have of-honey thickness give then night fasting spoon
mæl full· þ wlættan gestireð þ lungenne bet þ lifre hælð.
measure full that nausea restrains the lung amends the liver heals
Wið miclan spiweþan ⁊ he ne mæge nanne mete gehabban·
Against great vomiting and he not may any meat hold
gením diles sædes ane yntsan· pipores feower· cymenes þreo
take of-dill seed one ounce of-pepper four of-cumin three
gegnid swiþe smale· do þonne on wæter þe wære minte ón
rub very small put then in water which were mint in
gesoden ⁊ sure æppla oððe wingeardes twigu ufeweard merwe
sodden and sour apples or of-vine twigs upper tender
gif se món ne sie on fefre yce mid wine ⁊ sele drincan
if the man not be in fever increase with wine and give drink
þonne ne to reste gan wille· ⁊ le utan ón þone magan
when he to rest go will and lay outside on the stomach
gesodene wudu æpla ⁊ hlafes crumán ⁊ swilce ónlegena.
sodden wood apples and of-loaf crumbs and such poultices

II.13 Þonne sceal þis wiþ þæs magan springe súm pyse cyn hatte
Then shall this against of-the stomach carbuncle a pea kind is-called
lenticulas ete þara hund teontig hreawra. Eft scearpes
lentils let-eat of-them a-hundred — raw Again of-sharp
ecedes gesupe þreo cucler mæl þonne he slapan wille on æfen.
vinegar let-sup three spoon measures when he sleep will in evening

II.14 Wiþ eallum magan untrumnessum· genim finoles wyrttruman
Against all stomach infirmities take of-fennel root
uteweardra þ þær mærwost sie ado of þam finole swa micel
outer that there tenderest be take off the fennel as much
swa oþer healf pund sie· geot þonne ecedes ón swa oþer healf
as other half pound be pour then of-vinegar on as other half
sester sie læt þonne þreo niht standan swa ætgædere· æfter
sester be let then three nights stand so together after
þon oferseoð þa wyrttruman hwæt hwega ón þam ecede ȝ
that over-seethe the roots some what in the vinegar and
awring óf þam ecede clæne· gedo þonne on þ eced huniges
wring off the vinegar clean put then in the vinegar of-honey
mid þy ecede· gedo þonne alwan godne dæl þær on þte
with the vinegar put then of-aloes good part there on that-it
yntsan gewege oððe ma ȝ oþer swilc hwites cweodores ȝ
ounce weigh or more and other such of-white cud and
ameos hatte suþerne wyrt oþer asaru do þara læs gemenge
ameos is-called southern herb other asarum put of-those less let-mix
hwæþere ealle togædere ȝ þonne selle him þreo cucler mæl.
however all together and then let-give to-him three spoon measures
do þis wið magan bryne ȝ þurste wlaco wæter menge
do this against stomach burning and thirst lukewarm water let-mix
wið þone selestan ele sele drincan þ styrð þam þurste.
with the best oil give drink that restrains the thirst

Wiþ þæs magan springe þonne þurh muð bitere hræcð oþþe II.15
Against of-the stomach carbuncle when through mouth bitterly hawks or
bealcet oððe him on þam magan sugeð· genim pipores swilce
belches or to-him in the stomach sounds take of-pepper such
an mynet gewege· diles sædes swilce IIII. mynet gewegen·
a coin weigh of-dill seed such four coins weigh
oþer swilc cymenes gegnid eall ⁊ sele ón wine cucler mæl
other such of-cumin rub all and give in wine spoon measure
þonne he slapan gan wille. Sió aþenung þæs magan ⁊ sio
when he sleep go will The distension of-the stomach and the
ablawunge hæto cymeð of þam blacum omum· ac genim
inflation heat comes from the black erysipelas but take
þonne sprungean gedo ón scearp eced gewæte swiðe lege ofer
then sponge put in sharp vinegar wet much lay over
þone magan þonne hit swilc sie. Æfter þon gif þær ne fele
the stomach when it such be After that if there not feel
lege oþra onlegena ón strengran ⁊ aferran swa swa ís sar
lay of-other poultices on stronger and harsher so as is sore
óm wið hunig gemenged ⁊ þon gelic swa læcas cunnon.
rust with honey mixed and to-that like as leeches know

An immoderately hot stomach shows thirst, swooning, and nausea; the sick man eats cold, hard foods and bathes in fresh water. The over-cold stomach feels no thirst but craves meat, and takes wormwood oil and an herb-drink of fennel, vinegar, aloes, and honey. Immense hunger from that cold is met by binding the limbs and by slow-digesting meats.

II.16 Þis sint tacn þæs hatan magan omihtan ungemet fæstlican·
These are tokens of-the hot stomach erysipelatous immoderate —
ȝ þæs ofercealdan· þæs hatan magan ungemetfæstan tacn
and of-the over-cold of-the hot stomach immoderate tokens
sindon þonne he bið mid omum geswenced þam men
are when he is with erysipelas afflicted to-the man
bið þurst getenge ȝ nearones ȝ geswogunga ȝ modes
is thirst pressing and narrowness and swoonings and of-mind
tweonung ȝ unlust ȝ wlætta· him is nyt þ he hlaf þicgen
doubt and listlessness and nausea to-him is useful that he loaf take
on cealdum wætre oððe on ecede ȝ swiðe fæste gesoden
in cold water or in vinegar and very firm sodden
ægra oþþe gebrædde to undernes ȝ wyrta· ȝ lactucas þ is
eggs or roasted at undern and herbs and lettuces that is
leahtric ȝ mealwan ȝ hænne flæsc næs swiþe gesoden·
lettuce and mallow and of-hen flesh not-at-all much sodden
ȝ gose þa ytmestan limo· ȝ fixas þa þe heard flæsc
and of-goose the outermost limbs and fishes those which hard flesh
habban· ȝ wine winclan· ȝ ostran ȝ oþru wysena cyn ȝ
have and pine winkles and oysters and other of-shellfish kind and
mylsce æppla ȝ bæþ of swetum ferscum wæterum sceal beon
mellow apples and bath of sweet fresh waters shall be
geworht hat bæþ him ne deah. Taen þæs ofercealdan dan
made hot bath to-him not avails Token of-the over-cold —

magan þ þa men ne þyrst ne hi swol gefelaþ on magan
stomach that the men not thirst nor they heat feel in stomach
ȝ ne biþ him ænig wearm þrowung getenge. Ac hy girnað
and not is to-them any warm suffering pressing But they yearn
metta swiþor þonne hít gelíclic sie ȝ gif hím ofstondeþ
meats more than it likely be and if to-them remains
ón innan ænigu ceald wæte þonne spiwað hie þ horh ȝ
in within any cold humor then spew they the phlegm and
þa mettas gehabban ne magon þe hie geþicgeað· ȝ æfter
the meats hold not can which they take and after
þam spiwað sona hím to gifanne biddað· þa men þu scealt
that spew at-once to-them to give ask the men thou shalt
smerwan mid þy ele þe mon wermod ón seoðe· ȝ þa
smear with the oil which one wormwood in seethe and the
þiccan geurnen ón ȝ þa slipinga wætan ón þam magan ȝ
thick run-together on and the slippery humors in the stomach and
þa acolodan· ȝ þ ofstandene þicce slipige horh þu scealt
the chilled and the remaining thick slippery phlegm thou shalt
mid þám ær genemnedan læcedomum wyrman ȝ þynnian.
with the before named leechdoms warm and thin
Wyrc hím þonne wyrtdrenc of finoles wyrttruman rinde ȝ
Work for-him then herb-drink of of-fennel root rind and
merwost sie þte six yntsan gewege ȝ ecedes anne sester·
tenderest let-be that-it six ounces weigh and of-vinegar one sester
ȝ alwan þreo yntsan· seoþ þonne on þam ecede þone finol
and of-aloes three ounces seethe then in the vinegar the fennel
oþ þ hit sie wel gesoden awring þonne þa wyrta of þam
until that it be well sodden wring then the herbs off the
ecede gedo þonne to þam ecede clænes huniges pund seoþ
vinegar put then to the vinegar of-clean honey pound seethe
þonne ætgædere oþ þ hit sie swa þicce swa hunig scead
then together until that it be as thick as honey shed

þonne þa alwan ón wel gegnidene ȝ sele þreo cucler mæl
then the aloes on well rubbed and give three spoon measures
mid wætere þ deah wiþ heort ece ȝ wiþ felle wærce.
with water that avails against heart ache and against skin pain
Be þære ofermiclan friclo þonne óf þære selfan cealdan adle
About the excessive appetite when from the same cold disease
þæs magan cymð þ sio ofermiclo friclo ȝ gifernes arist
of-the stomach comes that the excessive appetite and greed arises
of þæs hores wætan þe of þam magan cymð ȝ hie beoþ
from of-the phlegm humor which from the stomach comes and they are
spiwende ȝ swa swa hund eft sona secað þa mettas· þam
spewing and so as hound again at-once seek the meats to-them
þu scealt sellan clæne ȝ hluttor wín ȝ read swiðe gehæt
thou shalt give clean and clear wine and red much heated
ne sie to scearp· ne se mete ne sie to scearp ne to sur þe
not let-be too sharp nor the meat — be too sharp nor too sour which
þu hím selle· ác smeþe ȝ fæt· gif ormæte hungor cymð
thou to-them give but smooth and fat if immense hunger comes
óf ungemetlicre hæto þæs magan ȝ tyddernesse þ hie syn
from immoderate heat of-the stomach and weakness that they be
sona geswogene gif hie þone mete næbben. Wiþ ormætum
at-once swooned if they the meat not-have Against immense
hungre þonne scealt þu sona þæs mannes tilian bind his
hunger then shalt thou at-once the man tend bind his
ytmestan limo mid byndellum teoh him þa loccas ȝ wringe
outermost limbs with bandages draw for-him the locks and let-wring
þa earan ȝ þone wangbeard twiccige þonne him sel sie
the ears and the cheek-beard let-twitch when to-him better be
sele him sona hlaf ón wine gebrocenne ær he oþre mettas
give to-him at-once loaf in wine broken before he other meats
þicge· sele him þa mettas þa þe ne sien to raðe gemelte·
take give to-him the meats those which not be too quickly digested

late mylt hryþeres flæsc gæten· ⁊ hiorota· buccena ís wyrrest
late digests of-ox flesh goaten and of-harts of-bucks is worst
⁊ ramma· ⁊ fearra ⁊ þa þe swiðe ealde beoð on
and of-rams and of-bulls and those which very old are in
feoþorfotum netenum ⁊ fuglas þa þe heard flæsc habbað·
four-footed beasts and fowls those which hard flesh have
pawa· swan· æned þam ðe cealde wambe habbað þu scealt
peacock swan duck to-those who cold belly have thou shalt
sellan wel meltende mettas scellihte fiscas· ⁊ culfrena briddas·
give well digesting meats scaly fishes and of-doves chicks
hænne flæsc ⁊ gose fiþru swa betere swa fætran sien ⁊
of-hen flesh and of-goose wings so better as fatter be and
ferscran þa ytmestan leomo· swina beoð eaðmelte ⁊ geong
fresher the outermost limbs of-swine are easily-digested and young
hryþer ⁊ ticcenu· ⁊ swete wín sel mylt þonne þ afre.
ox and kids and sweet wine better digests than the harsh

II.17–20 · THE LIVER

The liver lies on the right side, stretched to the midriff, with five lobes, and makes the blood and sends it through the body. Six things cause its pain, and its diseases are read in the urine and in loss of appetite and color. A swelling shows under the soft rib on the right, its pain rising to the collarbone and shoulder; blood is let from a vein on the left side, and the side is bathed with oil, rue, dill, and marche seed. A wounded liver neglected brings the man to spitting pus. When the swelling bursts, warm goat's milk and mead are given, with drinks of water boiled on herbs.

Wiþ eallum lifer adlúm ⁊ gecyndum ⁊ wæstmúm ⁊ be II.17
Against all liver diseases and natures and growths and about
þam sex þingum þe ðone lifer wærc wyrceað ⁊ lacnung þara
the six things which the liver pain work and cure of-them

ealra ⁊ sweotol tacn ge be micgean ge be unluste ge hira
all and clear tokens both by urine and by listlessness and their
hiwe. Sio biþ on þa swiþran sidan áþened oþ þone neweseoþan
color It is on the right side extended to the midriff
sio hæfð fíf læppan helt þa lendenbrædan· sio is blodes timber·
it has five lobes holds the loin-flesh it is of-blood timber
⁊ blodes hus· ⁊ fostor· þonne þara metta meltung biþ ⁊
and of-blood house and nurture when of-the meats digestion is and
þynnes þa becumaþ on þa lifer þonne wendaþ hie hiora hiw
thinness they come into the liver then turn they their hue
⁊ cerrað on blod· ⁊ þa unsefernessa þe þær beoþ hio
and turn into blood and the impurities which there are it
awyrpþ ut ⁊ þ clæne blod gesomnaþ ⁊ þurh feower ædra
throws out and the clean blood gathers and through four veins
swiþost ónsend to þære heortan ⁊ eác geond ealne þone
most sends to the heart and also throughout all the
lichoman oþ þa ytmestan limo. Be sex þingúm þe þone
body to the outermost limbs About six things which the
liferwærc wyrceað ærest geswel þ is aþundenes þære. lifer.
liver-pain work first swelling that is distension of-the liver
Oþer is þæs geswelles toberstung. Þridde ís wund þære lifre·
Second is of-the swelling bursting Third is wound of-the liver
feorþe is welmes hæto mid gefelnesse ⁊ mid sare geswelle·
fourth is of-boiling heat with feeling and with sore swelling
fifte is aheardung þæs magan mid gefelnesse ⁊ mid sare.
fifth is hardening of-the stomach with feeling and with sore
Sexte is heardung þære lifre butan gefelnesse ⁊ butan sare.
Sixth is hardening of-the liver without feeling and without sore
Þære lifre geswel oþþe aþundenesse þu meaht þus ongitan· on
Of-the liver swelling or distension thou canst thus perceive on
þa swiðran healfe under þám hnescan ribbe biþ ærest se swile
the right side under the soft rib is first the swelling

ón þære lifre ⁊ gefelð se món ærest þær hefignesse ⁊ sar ⁊
in the liver and feels the man first there heaviness and sore and
of þære stowe ofer ealle þa sidan astihð oþ þ wiþoban ⁊
from the place over all the side mounts to the collarbone and
oþ ðone swiþran sculdor þ sar· ⁊ his micgge bið blodread
to the right shoulder the sore and his urine is blood-red
swilce hio blodig sie· biþ hím unlust getenge ⁊ hís hiw blac
as-if it bloody be is to-him listlessness pressing and his hue pale
⁊ he biþ hwæt hwega hriþende· ⁊ singalne cyle þrowaþ ⁊
and he is some what feverish and continual chill suffers and
cwacaþ swa món on lencten adle deþ· ne mæg him mete
quakes as one in spring disease does not can to-him meat
under gewunian þint sio lifer ⁊ ne mæg þam sare mid
under remain swells the liver and not can the sore with
handa ónhrinan bið to þon strang ⁊ næfþ nanne slæp þonne
hand touch is to that strong and not-has any sleep when
hit strangost biþ· þonne se swile tobyrst þonne bið seo micge
it strongest is then the swelling bursts then is the urine
lyswen swilce worms· gif he utyrnð þonne biþ þ sar læsse.
purulent like pus if it out-runs then is the sore less
Wiþ þære lifre swile oððe aþundenesse gif se utgang forsitte II.18
Against of-the liver swelling or distension if the outgoing stop
hím is on fruman blod to forlætenne ón ædre on þa winestran
to-him is at beginning blood to let on vein on the left
healfe wyrc hím þonne beþinge þus ⁊ sealfe of ele ⁊
side work for-him then bathing thus and salve of oil and
rudan· ⁊ dile ⁊ óf merces sæde swa micel swa þe þince
rue and dill and of of-marche seed as much as to-thee seem
seoð eall mid þy ele ⁊ þonne mid hnescre wulle beþe mid þy
seethe all with the oil and then with soft wool bathe with the
wose lange þa swiðran sidan ⁊ þonne oferlege mid wulle ⁊
ooze long the right side and then over-lay with wool and

besweþe fæste ymb III. niht wyrc hím eft ónlecgende sealfe
swathe fast after three nights work for-him again laying-on salve
ȝ beren grytte geond gotene mid wine ȝ þonne gesodene
and barley groats throughout poured with wine and then sodden
ȝ mid ecede ȝ mid hunige eall getrifulad ȝ eft gesoden
and with vinegar and with honey all bruised and again sodden
lege ón þone þiccestan clað oþðe on fel swiðe mid swa wearme
lay on the thickest cloth or on skin much with so warm
ȝ on þ sar bind ȝ hwilum teoh mid glæse oþþe mid
and on the sore bind and at-times draw with glass or with
horne. Gif se utgang forsitte mid wyrtdrencum ateoh hine ut.
horn If the outgoing stop with herb-drinks draw it out
Wyrc óf wermode· ȝ of hirde wyrte· ȝ of rudan sæde· do
Work of wormwood and of herd wort and of of-rue seed put
aseowones huniges genoh to sele neahtnestigúm cucler mæl.
of-strained honey enough to give night-fasting spoon measure
II.19 Tacn be aswollenre ȝ gewundadre lifre læcedomas wiþ
Tokens about swollen and wounded liver leechdoms against
þon· ȝ be þære lifre aheardunge. Se þe bið gewundod
that and about of-the liver hardening He who is wounded
þonne on þa lifre· ȝ gif be ne biþ þon raþor gelacnod
then in the liver and if he not is the sooner cured
þonne becymð he ón þa adle þe món wormse spiweþ·
then comes he into the disease which one pus spews
gif se geswollena mon ón þære lifre oððe se aþundena swa
if the swollen man in the liver or the distended so
aswollen gebit oþ þone fif ȝ twentigeþan dæg swa se swile
swollen abides until the five and twentieth day so the swelling
ne bersteþ þonne ónginð sio lifer heardian gif hio gebyrst
not bursts then begins the liver harden if it bursts
þonne bið þær wind ón þære lifre. Þære wunde tacn sindon
then is there wind in the liver Of-the wound tokens are

þonne sio wund geborsten biþ þonne bið þurh þa wambe se
when the wound burst is then is through the belly the
utryne swilce blodig wæter ⁊ biþ his neb read ⁊ aswollen·
out-running like bloody water and is his face red and swollen
⁊ þonne þu him þine hand setest on þa lifre þonne gefelþ
and when thou on-him thy hand settest on the liver then feels
he swiþe micel sar ⁊ biþ se man swiðe mearo· ⁊ of
he very great sore and is the man very tender and from
þære adle cymð ful óft wæter bolla. Wiþ geswollenum sare.
the disease comes full often water swelling Against swollen sore
On fruman mid onlegenum ⁊ sealfum sceal món lacnian·
At beginning with poultices and salves shall one cure
sio sceal beón of berenum gryttum ón leage gesodenum ⁊
it shall be of barley groats in lye sodden and
of culfrena scearne geworht mid hunige ⁊ þonne alecge
of of-doves dung made with honey and then let-lay
món þa sealfe ón hatne clað oþþe fel oþþe cartan besweþe
one the salve on hot cloth or skin or parchment swathe
mid þonne hnescað se swile sona ⁊ gebersteþ innan.
with then softens the swelling at-once and bursts within
Drince mulsa þ is gemilscede drincan ælce dæge· ⁊ gate
Let-drink mulsum that is mead-sweetened drink each day and of-goat
meoluc gesodene ⁊ wæter on þam sien gesodene gode
milk sodden and water in which be sodden good
wyrta.
herbs
Læcedomas wiþ þære lifre wunde þonne se swile gewyrsmed II.20
Leechdoms against of-the liver wound when the swelling festered
tobyrst· Nim gate meoluc swa wearme niwan amolcene sele
bursts Take of-goat milk so warm newly milked give
drincan. Do eac to drence nædran geworhte swa læcas cunnón
drink Put also for drink adders made as leeches know

ȝ þonne hie ælcra drincan willen drincan hie nemne wæter·
and when they any drink will drink they except water
ær gesoden óf wyrtum· on wermode ȝ on oþrum swelcum
before sodden of herbs on wormwood and on other such
ȝ swilca onlegena swa we ær writon. Ác mon sceal ær
and such poultices as we before wrote But one shall before
mid wearmum springum ȝ hate wætre beþian ȝ þwean
with warm sponges and hot water bathe and wash
þa stowe ȝ ón þam wætre sien gesodene laures croppan
the place and in the water be sodden of-laurel berries
ȝ hirdewyrt þ is eorðgealla ȝ wermod mid þy þu þa
and herd-wort that is earth-gall and wormwood with that thou the
saran stowa lange ærest beþe ȝ læt reocan ón· gif þonne
sore places long first bathe and let reek on if then
sio wund swiðe rotige þære lifre oþ þ he þ wursm óf
the wound much rot of-the liver until that he the pus from
muðe hræce· gewyrce him gemilscade drincan· þ is micel
mouth hawk let-work for-him mead-sweetened drink that is great
dæl bewylledes wæteres ón huniges godum dæle· of þam
part of-boiled-down water in of-honey good part from that
sceal beón þ rot gelome adon þenden hit món weld oþ
shall be the scum often removed while it one boils until
þ þær nan ne sie· læt þonne colian ȝ sele þonne drincan.
that there none — be let then cool and give then drink

The liver hardens in its lobes, hollows, and membranes in two ways, before any other trouble or after it, and the signs of each place are given. The hardness that can be felt is bathed with sponges in water boiled with herbs, salved, and cupped; when it festers, the leech lances it, keeping a linen bandage ready. The unfelt hardening that has become dropsy is past cure, and a full-blooded patient is bled from the arm first. A diet forbids broth, eggs, and sweet things; herb-drinks of marche, dill, and ivy berries, a hart's dried lungs in honey, and for a growing liver an emetic and three weeks of set drinks follow.

Her sint tacn aheardodre lifre ge ón þam læppum ⁊ II.21
Here are tokens of-hardened liver both in the lobes and
healocum ⁊ filmenum. Sío áheardung ís on twa wisan gerad.
hollows and membranes The hardening is in two ways arranged
Oþer biþ ón fruman ær þon þe ænig oþer earfeþe ón lifre
One is at beginning before that that any other trouble on liver
becume· oþeru æfter oþrum earfeþum þære lifre cymð· sio
come other after other troubles of-the liver comes it
biþ butan sare· ⁊ þonne se man mete þigð þonne awyrpð
is without sore and when the man meat takes then throws-up
he eft ⁊ ónwendeþ his hiw ⁊ hæfð ungewealdene wambe
he again and changes his hue and has uncontrolled belly
⁊ þa micgean· ⁊ þonne þu ðine handa setst ufan on þa
and the urine and when thou thy hands settest above on the
lifre þonne beoð swa hefige swa stan ⁊ ne biþ sar· gif þ
liver then are as heavy as stone and not is sore if that
lange swa biþ þonne gehæfþ hit ón uneþelicne wæterbollan.
long so is then holds it into difficult water-swelling
Ealle þa blawunge ⁊ þa welmas þa þe beoþ gehwær
All the inflations and the boilings those which are everywhere
geond þone lichoman· þa cumað óf hatum blode ⁊
throughout the body they come from hot blood and

weallendum· swa bið eác swilce on ðære lifre to óngitanne
boiling so is also likewise in the liver to perceive
hwæþer sio hæto ȝ sío áblawung sie on þære lifre selfre on
whether the heat and the inflation be in the liver self in
þám filmenum· ȝ on þám þingum þe ymbutan þa lifre
the membranes and in the things which about the liver
beoþ· ȝ hwæþer hio sie on ðam liferbylum ȝ læppum þe
are and whether it be in the liver-boils and lobes or
on þam liferholúm ȝ healcum þe on þam dælum bæm.
in the liver-hollows and hollows or in the parts both
Þonne se læce þ ongit þonne mæg he þone læcedóm þe
When the leech that perceives then can he the leechdom the
raðor findan· Wis synd þa tacn· Gif sio ablawung sio hate
sooner find These are the tokens If the inflation the hot
biþ on þære lifre ofrum oððe bylúm þonne biþ þær micel
is in of-the liver edges or boils then is there great
aþundenes ȝ fefer mid sweorunga omena ȝ stingende
distension and fever with heaviness of-erysipelas and stinging
sar oþ þa wiþoban oð ða eaxle ȝ hwosta ȝ nearones
sore up-to the collarbone up-to the shoulder and cough and narrowness
breosta· ȝ mare hefignes þonne sar· ȝ þonne sio ablawung
of-breasts and more heaviness than sore and when the inflation
bið ón þam filmenum ȝ on þam ædrúm þe ón ȝ ymb
is in the membranes and in the veins which in and about
þa lifre beoð þonne biþ þ sar scearpre þonne þær welmes
the liver are then is the sore sharper than there of-boiling
sar þe on þære lifre selfre beoð· ȝ þu meaht be þon
sore which in the liver self are and thou canst by that
ongitan þ sio adl biþ þære lifre læppum ȝ ofrum. Gif
perceive that the disease is of-the liver in-lobes and edges If
þonne sio lifre aheardung ȝ sio adl ȝ sio ablawung biþ
then the of-liver hardening and the disease and the inflation is

on þære lifre healcum ⁊ holocum gecenned þonne þincþ
in of-the liver hollows and holes born then seems
him sona ón fruman þ sio wæte swiþor niþor gewite
to-him at-once at beginning that the humor more down depart
þonne hio úpstige· ⁊ se món gesworunga þrowað ⁊ modes
than it up-mount and the man heavinesses suffers and of-mind
geswæþrunga· ne mæg him se lichoma batian ác he bið
faintnesses not can to-him the body improve but he is
blác ⁊ þynne ⁊ acolod ⁊ forþon ætfilð hím wæterbolla.
pale and thin and chilled and therefore befalls him water-swelling
Wiþ þære gefelan heardnesse þære lifre ðonne is sio to II.22
Against the perceptible hardness of-the liver then is it to
beðianne mid hatan wætre ón þám sien gesodene wyrta.
bathe with hot water in which be sodden herbs
Wermod· ⁊ wildre magþan wyrttruman· fenogrecum hatte
Wormwood and of-wild mayweed root fenugreek is-called
wyrt· ⁊ eorð gealla· þonne þa sien ealle gesodene beþe
herb and earth gall when they be all sodden bathe
þonne mid miclum spryngum þa saran stowe lange· forlæt
then with great sponges the sore place long leave
swa III. dagas. Wyrc þonne sealfe óf hwætenum gryttum
so three days Work then salve of wheaten groats
geworht oððe óf briwe óf wermode· ⁊ óf wine· ⁊ óf
wrought or of brewis of wormwood and of wine and of
aprotanean ⁊ cymene· ⁊ of laures croppan do huniges to
southernwood and cumin and of of-laurel berries put of-honey to
þ þu þyrfe sele him þ þry dagas· oþre þrie sete him horn
that thou need give him that three days other three set him horn
ón oþþe glæs teoh ut. Sel þu lácnast gif þu seoþest rudan
on or glass draw out Better thou curest if thou seethest rue
ón ele ⁊ grenne wermod oððe drigne· ⁊ hwit cwudu þy
in oil and green wormwood or dry and white cud with-it

ealle beþe lege on ufan· læt beón ealne dæg ⁊ eác fela daga
all bathe lay on above let be all day and also many of-days
þas þing sint to donne ⁊ þám monnum synd to sellanne
these things are to do and to-the men are to give
migole drincan· þa wyrt peterfilian· ⁊ dile· ⁊ merces
urine-provoking drinks the herbs parsley and dill and of-marche
sæd oððe wyrttruman mid hunige sele þu him ælce dæge
seed or root with honey give thou him each day
drincan· gif hím fefer ne sie yc þ mid wine æfter þon
to-drink if to-him fever not be increase that with wine after that
oþre wyrtdrencas sculon siþþan þ geswel biþ gehweled ⁊
other herb-drinks must after the swelling is suppurated and
tobyrst ⁊ wyrð únsarre ⁊ niþer gewit þurh ða wambe ⁊
bursts and becomes less-sore and down departs through the belly and
se mán mihð wormse· talaþ þ he þonne hal sie· þonne
the man passes-urine pus supposes that he then whole be then
beoþ hím to sellanne swiþost þa migolan drincan þte
are to-him to give most the urine-provoking drinks so-that
eall þ yfel þurh ða wambe ⁊ þurh þa micgean weorðen
all the evil through the belly and through the urine be
aweg adon· þy læs se mon weorþe þurh þone muþ worms
away put the less the man become through the mouth pus
spiwende ⁊ hine huru wiþ bæð healde ⁊ wiþ grene æpla
spewing and him at-least against bath let-hold and against green apples
gif þonne se swile ⁊ þ worms upstihð to þon þ þe
if then the swelling and the pus up-mounts to that that to-thee
þince þ hit mon sniþan mæge ⁊ út forlætan· wyrc him
seem that it one cut may and out let work him
þonne sealfe ærest of culfran scearne ⁊ óf þam gelica· ⁊
then salve first of of-culver dung and of the like and
ær mid spryngum beþe þa stowe mid þy wætre ⁊ wyrtum
before with sponges bathe the place with the water and herbs

þe we ær writon þonne þu ongite þ þ geswel hnescige
which we before wrote when thou perceive that the swelling soften
ȝ swiþrige· þonne hrin ðu him mid þy snid irene ȝ snið
and subside then touch thou him with the cutting iron and cut
lyt hwon ȝ listum þ þ blod mæge út furþum þylæs þider
little — and skillfully that the blood may out even lest thither
in yfel wohha gesige· Ne forlæt þu þær blodes to fela ón
in evil of-woes sink Not let thou there of-blood too much at
ænne siþ· þyles se seoca mán to werig weorðe oððe swylte·
one time lest the sick man too weary become or die
ác þonne þu hit tostinge oþþe sniþe þonne hafa þe
but when thou it pierce or cut then have to-thee
linenne wætlan gearone þ þu þ dolh sona mid forwriðe·
linen bandage ready that thou the wound soon with bind-up
ȝ þonne þu hit eft ma lætan wille teoh þone wætlan
and when thou it again more let wilt draw the bandage
óf læt lytlum swa oþþ hit adrugie· ȝ þonne sio wund sie
off let by-little so until it dry-up and when the wound be
clæne· geryme þonne þ þ þyrel to nearo ne sie· ác þu
clean widen then that the hole too narrow not be but thou
hie ælce dæge mid pipan geond spæt· ȝ aþweah mid þam
it each day with pipe throughout squirt and wash with the
þingum siþþan óflege þe þa wunde clænsien· gif hio swiþor
things afterward lay-on which the wound cleanse if it more
unsyfre weorþe clænsa mid hunige ȝ gelæt eft togædere.
unclean become cleanse with honey and let again together
Eft þonne seo ungefelde áheardung þære lifre to langsum
Again when the unperceived hardening of-the liver too lasting
wyrð· þonne wyrcþ hio wæter bollan þone þe mon
becomes then works it water swelling the which one
gelacnian ne mæg. Ac món sceal sona ón fruman þa ær
cure not can But one shall soon at beginning the before

genemnedan beþunga· ne drince he niwes naht· ȝ gif se
named bathings not let-drink he of-new aught and if the
lifersioca món blodes to fela hæbbe þonne sceal hím món
liver-sick man of-blood too much have then shall to-him one
ær eallum oþrum læcedomum blod lætan of þám swiðran
before all other leechdoms blood let from the right
earme on þære niþerran ædre· gif þa mon ne mæge eaþe
arm on the lower vein if that one not may easily
gewedian þonne sceal món on þære middel ædre blod lætan·
reach then shall one on the middle vein blood let
þa þe þ ne doþ on micel earfeþum becumað.
those who that not do in great hardships come

II.23 Hwæt him sie to forganne ón lifer adle hwæt him sie to
What to-him be to forgo in liver disease what to-him be to
healdanne ge on læcedomum ge on mete· forþon is þearf
hold both in leechdoms and in meat therefore is need
micel þ món nauþer ne sealfa ne baþu· ne ónlegena ær
great that one neither — salves nor baths nor poultices before
to nyde· ær him món blod læte þam þe fela blodess hæþ·
to need before to-him one blood let to-him who much of-blood has
æfter þon þe se lichoma sie þurh þa blodlæse geclænsað·
after that that the body be through the bloodletting cleansed
þæs mannes bileofa is to besceawianne· ærest hím is to
of-the man sustenance is to consider first to-him is to
sellanne þ þone innoð stille ȝ smeþe· ne sie scearp ne
give what the inwards still and smooth not be sharp nor
to afor· ne slitende· ne swigene· ælc broþ is to forganne for
too bitter nor rending nor caustic each broth is to forgo for
þon þe hit biþ bindende ȝ yfele wætan wyrcþ· ægru sint to
that that it is binding and evil humors works eggs are to
forganne forþonþe hira wæte bið fæt ȝ maran hæto wyrcð·
forgo because their humor is fat and more heat works

hlafes cruman gif hie beoþ ofþænde oþþe gesodene sint to
of-loaf crumbs if they are moistened or sodden are to
þicganne ác na to swiðe· oþre wætan mete gearwa ⁊
take but not too much other moist meat preparations and
cócnunga ealle sint to forbeodanne· ⁊ eal þa wætan þing ⁊
cookings all are to forbid and all the moist things and
þa smerewigan ⁊ osterhlafas ⁊ eall swete þing þe wyrcað
the greasy and oyster-loaves and all sweet things which work
aþundenesse· ge þa scearpan afran þing sint to fleonne·
swelling also the sharp bitter things are to flee
forþon þe þa sint fortynende þa innoþas· ⁊ gesamnað þone
because that they are shutting-up the inwards and gather the
swile ⁊ unyþelice meltað· for ðonne æppla· ne wín nis
swelling and not-easily disperse for that apples nor wine is
to sellanne· for ðon þe hie habbað hatne bræþ· þám is to
to give for that that they have hot breath to-him is to
þicganne únscearp wín· eác sceal món oxumellis sellan þ
take unsharp wine also shall one oxymel give that
bið óf ecede ⁊ of hunige geworht drenc suþerne· ⁊ þonne
is of vinegar and of honey wrought drink southern and when
ongínð þære hæto welm wanian swiþost þurh ða micgean·
begins of-the heat boiling wane most through the urine
⁊ hím is to sellanne láctucas· ⁊ suþerne popig innewearð.
and to-him is to give lettuces and southern poppy inward
Tacn þ se swile þwinan ne mæg· ne utyrnan on þære lifre· þ
Token that the swelling dwindle not can nor out-run in the liver that
se món hæfð hefig sar ón niþeweardre lifre dælum· emne swa
the man has heavy sore in of-lower liver parts even as
he sie mid hwilcre hwega byrþenne gehefegod ón þære swiþran
he be with some — burden weighed-down on the right
healfe· ⁊ næfð he fefres hæto ón þam dælum· þam men sint
half and not-has he of-fever heat in the parts to-the man are

to sellanne þa drincan ⁊ þa læcedomas þa ðe we lærdon þ
to give the drinks and the leechdoms those which we taught that
mon dyde to þære ungefelan heardnesse ongunnenre on þære
one did to the imperceptible hardness begun in the
lifre gehnescige mid þy þ forsetene yfel· gif hwa þone læcedóm
liver soften with that the obstructed evil if anyone the leechdom
deþ to þe þa forsettan þing óntyne ⁊ utteo ær þon ðe
does to which the obstructed things open and draw-out before that that
he þone forheardodan swile gehnesce· weneþ þ he hit bete·
he the hardened swelling soften weens that he it amend
gif þær aht bið læfed þæs heardan· ne bet he hit ac wyrt·
if there aught is left of-the hard not amends he it but harms
⁊ adrigþ mid þy læcedome þa wætan ⁊ wirð se swile swa
and dries with the leechdom the humors and becomes the swelling as
heard swa stan· ⁊ ne mæg hine món gemeltan ne gehnescian.
hard as stone and not can it one melt nor soften
II.24 Wyrtdrencas wið eallum lifer adlum· wyrce món to drencum
Herb-drinks against all liver diseases let-work one for drinks
lifer seocum mannum· merces sæd· diles· wermodes· þy
to-liver sick men of-marche seed of-dill of-wormwood in-the
gemete þe læcas cunnon gnid ón wæter sele drincan. Eft
measure which leeches know rub in water give to-drink Again
costes ⁊ pipores dust ⁊ oþra wyrta þisum gelica drince
of-costmary and of-pepper dust and of-other herbs to-these like let-drink
III. dagas· ⁊ licge on þa swiðran sidan healfe tid ⁊ drince
three days and let-lie on the right side half hour and let-drink
eft ón æfenne· healde hine þonne wiþ eced. Wiþ bæþ wiþ
again in evening let-hold himself then against vinegar Against bath against
pisan ⁊ beana· ⁊ næpas· ⁊ wiþ þa þing þe windigne æþm
peas and beans and turnips and against the things which windy breath
ón men wyrcen. Eft cost· fenum grecum pipor haran tyrdlu
in man work Again costmary hay Greek pepper of-hare droppings

ealra emfela· gebeat oþþe gegnid ⁊ asifte· gedo cucler fulne
of-all equally-much beat or rub and sift put spoon full
þæs ón win sele drincan þam þe butan fefre sie· þæm ðe
of-that in wine give to-drink to-him who without fever be to-him who
fefer hæbbe þ ís micel hæto ⁊ hruð sele þám ón wearmum
fever have that is much heat and ague give to-him in warm
wætere· gelicge þonne on þa swiþran sidan ⁊ alecge his swiþran
water let-lie then on the right side and let-lay his right
hand hím under heafod areahte healfe tid. Eft wyrtdrencas
hand him under head stretched half hour Again herb-drinks
wiþ lifer adle· clæfran seawes II. lytle bollan fulle mid
against liver disease of-clover juice two little bowls full with
lytle hunige gemengde· do wear fulne gehættes wines to sele
little honey mixed put bowl full of-heated wine to give
drincan þry dagas gif hwæt yfles on þære bið se drenc lácnað.
to-drink three days if aught of-evil in it is the drink cures
Eft wildre mealwan seawes þry lytle bollan fullan gemengde
Again of-wild mallow juice three little bowls full mixed
wiþ swilc tu wæteres sele drincan IIII. dagas· ⁊ gif hím
with such two of-water give to-drink four days and if to-him
hrið adl getenge bið þa todrifþ se wyrt drenc. Eft wín
fever disease pressing is that drives-away the herb drink Again wine
cymen ⁊ hunig gegnid tosomne sele drincan. Eft ifig
cumin and honey rub together give to-drink Again ivy
croppena on þam monðe gegaderod þe we hatað ianuarius ón
of-berries in the month gathered which we call January in
læden· ⁊ on englisc se æftera geola· fíf ⁊ XX. ⁊ pipores
Latin and in English the after yule five and twenty and of-pepper
eác swa· gegnid þonne mid þy selestan wine· ⁊ gehæte sele
also so rub then with the best wine and heat give
þam seocan men neahtnestigum drincan. Læcedóm wið lifer
to-the sick man night-fasting to-drink Leechdom against liver

adle eft caules twigu oþþe stelan mid þam croppum adrige
disease again of-cole twigs or stalks with the heads dry
clænlice bærne to ahsan geheald þa ahsan· ⁊ þonne þearf
cleanly burn to ashes hold the ashes and when need
sie gedo þære ahsan cucler fulne mid XI. gegnidenra pipor
be put of-the ashes spoon full with eleven of-rubbed pepper
corna ón eald swiþe hluttor ∗∗∗ gehæt þonne sele drincan
corns in old very clear (lacuna) heat then give to-drink
oþre siþe nigon corn· þriddan siðe seofon. Læcedom wiþ lifre
second time nine corns third time seven Leechdom against liver
adle eft laures croppan ⁊ pipores corna XX. gegnid smale·
disease again of-laurel berries and of-pepper corns twenty rub small
gedo ón bollan fulne ealdes wines· ⁊ gemeng togædere
put in bowl full of-old wine and mix together
mid glowende irene sele drincan ⁊ gelicge stille. Wiþ lifre
with glowing iron give to-drink and let-lie still Against liver
adlum rudan sceafas þry gedo on wine croccan ⁊ þry micle
diseases of-rue sprigs three put in wine crock and three great
bollan fulle wæteres oferwylle oþ þone þriddan dæl ⁊ swete
bowls full of-water boil-over until the third part and sweeten
swiðe mid hunige ⁊ þonne eft oferwylle sele drincan.
much with honey and then again boil-over give to-drink
Eft wintreowes þa grenan twigu ufeweard gegnid ón þ seleste
Again of-vine the green twigs upper rub in the best
win sele drincan. Eft heorotes lungena mid þære þrotan
wine give to-drink Again of-hart lungs with the throat
asprindlad ⁊ aþened ⁊ adriged ón rece· ⁊ þonne hie ful wel
split-open and stretched and dried in smoke and when they full well
adrugode synd gebryte ⁊ gegnid ⁊ þonne gesomna mid hunige
dried are break and rub and then gather with honey
sele to etanne lifer seocum men þ is halwende læcedóm. Gif
give to eat to-liver sick man that is healing leechdom If

lifer weaxe drince se man spiwolne drenc. Drince eft wucan
liver wax let-drink the man emetic drink Let-drink again week
æfter þon beón broð ȝ mænige oþre wætan· oþre wucan drince
after that bean broth and many other liquids second week let-drink
wermod ón maxwyrte awyllede· ȝ nane oþre wætan ȝ ealifer
wormwood in mash-wort boiled and no other liquid and ealifer
hatte wyrt awylle þa eác on maxwyrte drince þriddan wucan
is-called herb let-boil that also in mash-wort let-drink third week
ȝ nanne oþerne wætan. Drince æfter speowolne drenc ane siþe.
and no other liquid Let-drink after emetic drink one time

II.25–29 · THE BELLY

The signs of a diseased belly are rumbling, prickings, knees grown hot, loins grown heavy and sore, and heavy limbs; the first remedy is a day's fast, then nettle, beet, or dock seethed in wine. A belly wounded within is fed eggs, barley bread, butter, and pea juice. Bellies differ by nature, hot, cold, wet, or dry; a cold one is helped by pitch, rain-water baths, and a fat child sleeping against it, and intercourse harms the dry and cold. Phlegm is vomited with radish and oxymel, whose recipe is given; a windy belly is eased with herbs in oil through a pipe, and badly digested meat is spewed up.

Her sint tacn sweotol be wambe coþum ȝ adlúm ȝ II.25
Here are tokens clear about of-belly diseases and ailments and
hu món þa yfelan wætan þære wambe lacnian scyle· þonne
how one the evil humors of-the belly cure shall when
wamb adl toweard sie þonne beoþ· þa tacn. Went hie sio
belly disease approaching be then are the tokens Turns itself the
wamb ȝ hryt ȝ gefelð sar þonne se món mete þigeð ȝ
belly and rumbles and feels sore when the man meat takes and
pungetunga ȝ unlust metes. Cneow hatiað lendenu hefegiað
prickings and distaste of-meat Knees grow-hot loins grow-heavy

ȝ togetteþ betweox sculdrum ȝ eall lichoma sticce mælum
and twitches between shoulders and all body piece meal
hefegað ȝ latiað þa fet· ȝ þa liran þara lendena sariað·
grows-heavy and grow-sluggish the feet and the brawns of-the loins grow-sore
þonne mon þas tacn ongite· þonne is se æresta læcedóm
when one these tokens perceive then is the first leechdom
dægfæsten þ mon mid þy þa wambe clænsige þ hio þy
day-fast that one with that the belly cleanse that it the
þe leohtre sie· Gif sio adl sie þonne git weaxende fæste II.
— lighter be If the disease be then yet waxing let-fast two
dagas togædere Gif him mægen gelæste· gif he þ ne mæge
days together If to-him strength last if he that not may
selle him mon leohtes hwæt hwega to þícganne swa ægru
let-give him one of-light something — to take as eggs
beoð ȝ ðon gelíc. Sume to þære wambe clænsunga seoþað
are and to-that like Some for of-the belly cleansing seethe
netelán on wætre ȝ ón wine· ȝ on ele· sume þære readan
nettle in water and in wine and in oil some of-the red
netlan twigu grene· sume betan oþþe doccan on geswettum
nettle twigs green some beet or dock in sweetened
wine seoþað ȝ sellað to þicgenne· ȝ gif sio adl mare
wine seethe and give to take and if the disease more
wyrð ȝ se seoca man þ mægen hæfð þonne seoþan
becomes and the sick man the strength has then seethe
hie him strengran wyrta ȝ doþ hwæt hwega piper to;
they for-him stronger herbs and put something — pepper to
Sceawige món georne hwilc se utgang sie þe micel þe
Let-observe one eagerly which the outgoing be whether much whether
lytel þe þær nan ne sie· leornige be þon se læce hu him
little whether there none — be let-learn by that the leech how to-him
þince hwæt món don scule· gif þ sie omihte wæte innan
seem what one do shall if that be erysipelatous humor within

ónburnenu tyhte hie món ut mid liþum mettum sincendum
inflamed let-draw it one out with mild meats sinking
ȝ ne læt inne gesittan on þam lichoman ȝ wyrð
and not let within settle in the body and becomes
gegaderodu omig wæte ón þære wambe oððe on þam
gathered erysipelatous humor in the belly or in the
smælþearme· ȝ næfð þonne utgang sio stow ac bið awyrded
small-gut and not-has then outgoing the place but is injured
sio stow ȝ se maga onwent ȝ tóbrocen ȝ þ heafod
the place and the stomach upset and broken and the head
aþruten ȝ sar· ȝ þa innoþas ablawene ȝ hate fefras·
swollen and sore and the inwards blown-up and hot fevers
ȝ micel þurst ȝ ealles lichoman adla weorþað aweahte.
and great thirst and of-all body diseases become awakened
Sceal món lacnian swilce adle gif he fefer næfð· mid cu
Shall one cure such disease if he fever not-has with cow
meolcum oððe gate swa nige molcene drince. Eác hylpð gif
milks or of-goat so new milked let-drink Also helps if
món mid ea stanum onbærnedum· oþþe mid hatene isene
one with river stones heated or with hot iron
þa meolúc gewyrð ȝ selþ drincan· ȝ gif þ biþ geong
the milk warms and gives to-drink and if that is young
man ȝ þa tid hæfð ȝ mihte hím mon sceal óf earme
man and the time has and might to-him one shall from arm
blod swiþe lætan ȝ ymb III. niht drince eft þa meoluc.
blood much let and after three nights let-drink again the milk
Be wambe coþum ȝ Gif hio innan wund biþ hu þ món II.26
About of-belly diseases and If it within wounded is how that one
ongitan mæge ȝ gelácnian· ærest gif hire bið ón innan wund
perceive may and cure first if to-it is in within wound
þonne biþ þær sar ȝ beotunga ȝ gesceorf· ȝ þonne hie mete
then is there sore and throbbings and griping and when they meat

þicgeað ⁊ drincað þonne wlatað hie ⁊ bið hiora muð ful ⁊
take and drink then loathe they and is their mouth foul and
hriðiað ⁊ hira utgang blodig ⁊ stincð yfele· þam mannum
shiver and their outgoing bloody and stinks evilly to-the men
sceal man sellan ægra to supanne· beren bread clæne niwe
shall one give of-eggs to sup barley bread clean new
buteran ⁊ niwe beren mela oððe grytta togædre gebriwed swa
butter and new barley meal or groats together brewed as
cocas cunnon· selle mon neahtnestigum. Eft pysena seaw ⁊
cooks know let-give one night-fasting Again of-peas juice and
wegbrædan menge mon wið aseowen hunig selle neahtnestigum.
waybread let-mingle one with strained honey let-give night-fasting
Eác wiþ þon do man gode sealfa ónlegena utan to þa
Also against that let-put one good salves poultices without to those
þe þ yfel út teon eadmylte mettas ⁊ scir wín ⁊ smeþe.
which the evil out draw easily-digested meats and clear wine and smooth
II.27 Be wambe missenlicre gecyndo oððe þære misbyrdo hu þ
About of-belly various nature or the ill-birth how that
mon mæge óngitan. Þonne hio bið hatre gebyrdo ⁊ gecyndo·
one may perceive When it is of-hot birth and nature
þonne mæg hire sona lytel drinca helpan· Gif he mara biþ se
then can it soon little drink help If it more is the
drinca sona biþ seo wamb gehefegod ⁊ cloccet swa swa hit
drink soon is the belly weighed-down and clucks as as it
on cylle slecgete ⁊ gefihð drium mettum þonne sio wæte
in bottle splashes and rejoices-in dry meats when the wet
wamb ne þrowað seo þurst ⁊ sio swiðe wætre gecyndo biþ
belly not suffers the thirst and which of-very wet nature is
ne þrowað seó þurst ne hefignesse metta· ⁊ gefihð wætum
not suffers the thirst nor heaviness of-meats and rejoices-in wet
mettum. Be hatre gecyndo wambe· Sio wamb seo þe bið
meats About hot nature of-belly The belly which that is

hatre gecyndo sio melt mete wel swiþost þa þe hearde beoð
of-hot nature it digests meat well most those which hard are
ȝ úneað mylte ȝ gefihð wearmum mettum ȝ drincum·
and hardly digestible and rejoices-in warm meats and drinks
ȝ ne biþ hire gesceðed fram cealdum mettum mid gemete
and not is to-it harmed by cold meats with measure
geþigdum. Seo þe bið wæterigre gecyndo sio hæfð gode
taken That which is of-watery nature it has good
girnesse metes· hio næfð gode meltunge swiþost ón þam
desire of-meat it not-has good digestion most in the
mettúm þe uneaðe melte beoð· gefihð cealdum mettum. Be
meats which hardly digestible are rejoices-in cold meats About
cealdre ȝ wætre gecyndo wambe. Sio wamb sio ðe bið cealdre
cold and wet nature of-belly The belly that which is of-cold
oððe wætre gecyndo oððe misbyrdo· hím cymð brægenes adl
or of-wet nature or ill-birth to-him comes of-brain disease
ȝ ungewitfæstnes him bið· ȝ þonne sio fordrugade gecyndo
and witlessness to-him is and when the dried-up nature
on þám sinum ȝ on þam banum biþ· þ þa syn forþyrrode
in the sinews and in the bones is that the sinews withered
þonne ne mæg món þa gelacnian· gif hio þonne biþ innor
then not can one them cure if it then is inner
on þam flæsceahtum stowum mid syndrigum stowum ȝ
in the fleshy places with separate places and
wætingum ȝ mettum þ món mæg gelácnian þenden of
wettings and meats that one can cure while from
þære lifre sio blodsceawung geond get ealne þone lichoman.
the liver the blood-distribution throughout pours all the body
Selest læcedom is to swilcum þingum þ món gelome nyttige
Best leechdom is for such things that one often use
pices ȝ þa wambe mid þy geslea þonne hio gewyrmedu sie
pitch and the belly with that strike when it warmed be

ȝ baþu óf ren wætere ȝ nige molcen meoluc mid hunige
and baths of rain water and newly milked milk with honey
gesmeþed hím deah· baþige hine gelome ón dæge ȝ hwilum
smoothed to-him avails let-bathe himself often in day and at-times
mid ele smire. Him hylpð eác þ him fæt cild ætslape· ȝ
with oil let-smear To-him helps also that by-him fat child sleep and
þ he þ gedo neah his wambe simle· him hylpð eác ofen
that he that put near his belly always to-him helps also oven
bacen hlaf ȝ scellehte fiscas ón wose· ȝ þone mete þe wel
baked loaf and shelly fishes in juice and the meat which well
myltan wille. Be hatre ȝ drygre wambe Gif sio wamb adlig
digest will About hot and dry belly If the belly ailing
bið hat hwæt hwega· eac þære drygnesse· þonne ne sceal
is hot something — also of-the dryness then not shall
he huniges ónbitan ác eald wín wlæce mettas· gif sio yfle
he of-honey taste but old wine lukewarm meats if the evil
wæte to micel sie· þonne dugon him ceald wæter ȝ scearpe
humor too much be then avail to-him cold water and sharp
mettas butan hætu· hwilum beoþ· þa wætan on þære wambe
meats without heat at-times are the humors in of-the belly
filmenum· þonne sceal món þ wislice secean ȝ wærlice
membranes then shall one that wisely seek and warily
clænsian mid alwan· ȝ mid swelcum útyrnendum drencum
cleanse with aloes and with such out-running drinks
ateon ut þa horhehtan wætan. Þwæne mid þy ærest ȝ þonne
draw out the phlegmy humors Moisten with that first and then
wyrce leohte spiwole drencas of rædice swa þ læcas cunnon.
let-work light emetic drinks of radish so as leeches know
Be hæmedþingum eallúm þyrrum lichomum hæmedþing ne
About intercourses to-all dry bodies intercourse not
dugon ác swiþost þyrrum ȝ cealdum· ne dereþ hit hatum
avails but most to-dry and cold not harms it to-hot

ȝ wætum wyrrest bið þám cealdan hatan swiþost þam ðe
and wet worst is to-the cold hot most to-those who
hornadle habbað. Swelcúm mannum deah þ hie hím
horn-disease have To-such men avails that they for-themselves
geswinc angesecen ȝ hie selfe drencen butan baðe ȝ mid
toil seek and they selves drench without bath and with
smirenessúm hie smerwan. Be cealdre gecyndo wambe.
ointments themselves smear About cold nature of-belly
Se þe cealdre gecyndo sie nyttige se gemetlices yfeles swilce
He who of-cold nature be let-use he of-moderate evil likewise
se þe drygre oððe wætre sie. Se þe hattre sie sio gegadraþ
he who of-dry or of-wet be He who of-hot be it gathers
óman· þa món sceal gif hie niþer beoð þurh þa wambe
erysipelas those one shall if they down are through the belly
utrihtan mid wyrtdrence út adon· Gif hie úpstigen þurh
set-straight-out with herb-drink out put If they up-mount through
spiwþan sceal món aweg adon.
vomit shall one away put
Wiþ þon þe mannes þ ugerre hrif sie gefylled mid yfelre II.28
Against that that of-man the upper belly be filled with evil
wætan horhehtre þ þám mannum gelimpð þe ón miclum
humor phlegmy that to-the men happens who in great
gedrince wel fedende mettas þicgeað oþþe spiwað ȝ swiþust
drinking well feeding meats take or spew and most
æfter mete ȝ him bið wlætta getenge· beoð geond
after meat and to-them is loathing pressing are throughout
blawene ȝ bið sio wamb aþened ȝ hræctað gelome. Ðam
blown and is the belly distended and hawk often To-the
monnum sceal sellan oxumelle mid rædice þ is suþerne
men shall give oxymel with radish that is southern
læcedóm· ȝ þonne spiwað hie sona þone þiccan horh ȝ
leechdom and then spew they soon the thick phlegm and

him biþ sel. Gewyrc þe læcedóm þus óf ecede ȝ óf
to-them is better Work thee leechdom thus of vinegar and of
hunige· gením þ seleste hunig do ofer heorð aseoþ þ weax
honey take the best honey put over hearth seethe the wax
ȝ þ hrot óf· gedo ðonne to þam hunige emfela ecedes
and the scum off put then to the honey equally-much of-vinegar
þæs ne sie swiþe afor ne swiðe swete meng to gædere ȝ do
which not be very bitter nor very sweet mix — together and put
to fyre ón croccan ofer wylle on godum gledum clænum ȝ
to fire in crock over boil on good coals clean and
cwicum oþ þ hit sie gemenged þ hit sie án ȝ hæbbe
live until that it be mixed that it be one and have
huniges þicnesse ȝ ne sie on bergnesse to sweotol þæs
of-honey thickness and not be in tasting too clear of-the
ecedes afre scearpnes· gif sio wamb biþ windes full þonne
vinegar bitter sharpness if the belly is of-wind full then
cymð þ of wlácre wætan· sió cealde wæte wyrcþ saran.
comes that of lukewarm humor the cold humor works sore
Wiþ þon sceal món seoþan cymen ón ele· ȝ merces sæd· ȝ
Against that shall one seethe cumin in oil and of-marche seed and
moran sæd· ȝ diles· Gif se cyle sie mara do þonne rudan ȝ
of-carrot seed and of-dill If the chill be more put then rue and
laures blede· ȝ finoles sæd gesoden ón ele· gif þonne git sio
of-laurel fruit and of-fennel seed sodden in oil if then yet the
adl egle gebringe inne þurh pipan oððe horn swa læcas
disease troublesome let-bring in through pipe or horn as leeches
cunnan þonne deþ þ þ sar aweg. gif þonne git sio adl
know then does that the sore away if then yet the disease
egle do spatl to ȝ gelauredne ele þ is laures seaw oððe
troublesome put spittle to and laureled oil that is of-laurel juice or
blostman gemenged ȝ eác oþru þing gif þearf sie sece món.
blossoms mixed and also other things if need be let-seek one

Wiþ þon þe men mete untela melte ⁊ gecirre ón yfele II.29
Against that that to-man meat badly digest and turn into evil
wætan ⁊ scittan· þam monnum deah þ hie spiwen· gif him
humors and diarrhea to-the men avails that they spew if to-them
to uneaþe ne sie· gegremme mid wyrtdrence þ he spiwe· þ
too difficult not be let-provoke with herb-drink that he spew which
he mid geswette wine gewyrce gif þær oferþearf sie ær mete
he with sweetened wine work if there over-need be before meat
þ he spiwan mæge· fleo þa mettas þa þe him dylsta ⁊
that he spew may let-flee the meats those which to-him filth and
forbærnunga ⁊ stiem on innan wyrcen ⁊ to hrædlice meltan·
burnings and steam in within work and too quickly digest
þicgen þa ðe god seaw wyrcen ⁊ wambe hnescen. Hwilum
let-take those which good juice work and belly soften At-times
him deah þ him món selle leohte wyrtdrencas swilce swa
to-him avails that to-him one give light herb-drinks such as
bið wel getead alwe. Seo wæte wyrcþ gif hie món ne deþ
is well prepared aloes The humor works if it one not does
aweg uneaþlacna adla þ is fót wærc· liþ wærc· lenden wærc
away hard-to-cure diseases that is foot ache joint ache loin ache
⁊ oft strang fefer becymð on þa men þe þa adle habbað.
and often strong fever comes on the men who the disease have

To keep the belly sound, the stool and urine are watched daily and the bowels cleansed in early spring before winter's humors spread; neglect brings palsy, falling sickness, lepra, and tetter. Remedies follow for belly pain, gripes, and the disease of the colon and small guts, which unwise leeches mistake for loin or spleen disease. Bloodletting, salves of sulfur and pepper, and baths of salt water serve it. The dangerous disease that casts the stool through the mouth, slow digestion, and children's bellies close the chapters.

II.30 Gif þu wille þ þin wamb sie simle gesund þonne scealt
If thou wilt that thy belly be always sound then shalt
u hire þus tilian gif þu wilt· gesceawa ælce dæge þ þin
thou it thus tend if thou wilt observe each day that thy
utgong ȝ micge sie gesundlic æfter rihte· Gif sio micge sie
outgoing and urine be healthy after right If the urine be
lytelu seoð merce ȝ finul wyrc god broð· oððe seaw ȝ
little seethe marche and fennel work good broth or juice and
oþra sweta wyrta· gif se utgang sie læssa nim ða wyrt þe
of-other sweet herbs if the outgoing be less take the herb which
hatte on suþerne terebintina swa micel swa ele berge· sele
is-called in southern terebinth as much as olive berry give
þonne to reste gan wille. Þas wyrta sindon eác betste to
when to rest go will These herbs are also best for
þon ȝ eað begeatra· bete· ȝ mealwe· ȝ brassica ȝ þisum
that and easily got beet and mallow and brassica and to-these
gelica gesodene ætgædre mid geonge swines flæsce· þicge
like sodden together with young of-swine flesh let-take
þ broð· ȝ eác deah netle gésoden ón wætre· ȝ geselt to
the broth and also avails nettle sodden in water and salted to
þicganne· ȝ eác ellenes leáf ȝ þ broð on þa ilcan wisan.
take and also of-elder leaf and the broth in the same wise

Sume alwan leaf sellað þonne mon wile slapan gan· swelc
Some of-aloe leaf give when one will sleep go such
swa bið þreo beana ælce dæge to forswelganne ⁊ þisum
as is three beans each day to swallow and to-these
gelice drencas ⁊ swiðran gif þearf sie syndon to sellanne·
like drinks and stronger if need be are to give
swiðost ón foreweardne lencten ær þon sio yfele wæte se
most in early spring before that the evil humor which
þe on wintra gesomnad bið hie togeote geond oþera lima.
that in winter gathered is itself pour-asunder through other limbs
Monige men þæs ne gymdon ne ne gymað þonne becymð of
Many men of-that not cared nor — care then comes from
þam yflum wætum· oððe sio healfdeade adl oþþe fylle wærc
the evil humors either the half-dead disease or falling pain
oððe sio hwite riefþo þe món on suþerne lepra hæt oþðe
or the white scurf which one in southern lepra calls or
tetra oþþe heafod hriefðo· oþþe oman. Forþon sceal món ær
tetter or head scurf or erysipelas Therefore shall one before
clænsian þa yflan wætan aweg ær þon þa yfelan cuman ⁊
cleanse the evil humors away before that the evils come and
geweaxen ón wintra· ⁊ þa limo geond yrnen. Wiþ wambe
grow in winter and the limbs through run Against belly
coþe ⁊ sare· linsædes gegniden oððe gebeaten bolla full· ⁊ II.
disease and sore of-linseed rubbed or beaten bowl full and two
scearpes ecedes oferwylle ætgædere sele drincan neahtnestigum
of-sharp vinegar boil-over together give to-drink night-fasting
þam seocan men. Eft lege dweorge dwostlan gecowene on
to-the sick man Again lay dwarf dwostle chewed on
þone nafolan sona gestilleþ; Eft diles sædes lytelne gegnid on
the navel soon stills Again of-dill seed little rub in
wæter sele drincan. Wiþ wambe coðe ⁊ wiþ inneforan sare.
water give to-drink Against belly disease and against within-before sore

Þonne for miclum cele wamb sie ungewealden· do ða þing to
When for great chill belly be uncontrolled put the things to
þe we be ufan writon. Gif þær þonne sie þæs hrifes wendung
which we — above wrote If there then be of-the belly turning
oððe gesceorf· genim þreo croppan laures bleda gegnid ⁊
or griping take three clusters of-laurel fruits rub and
cymenes· ⁊ petersilian syndrige cuclera fulle· ⁊ pipores
of-cumin and of-parsley separate spoons full and of-pepper
XX. corna· gegnid eall togædere ⁊ þrie filmenna ón bridda
twenty corns rub all together and three membranes in of-birds
wambum adrige· æfter ðon genim wæter gegnid dile ón· ⁊ þas
bellies dry after that take water rub dill in and these
þing gehæte sele drincan· oþ þ þ sar gestilled sie. Wiþ þon
things heat give to-drink until that the sore stilled be Against the
ilcan genim hlaf geseoð on gate meolce soppige on suþerne.
same take loaf seethe in of-goat milk let-sop in southern
Wiþ wambe coþe seoð rudan ón ele ⁊ þicge on ele. Eft
Against belly disease seethe rue in oil and let-take in oil Again
wilde culfre ón ecede ⁊ ón wætre gesoden sele to þicgenne.
wild culver in vinegar and in water sodden give to take
Wið wambe coðe eft laures leáf ceowe ⁊ þ seaw swelge
Against belly disease again of-laurel leaf let-chew and the juice let-swallow
⁊ þa leaf lecge on his nafolan. Eft heorotes mearh gemylt
and the leaves let-lay on his navel Again of-hart marrow melt
sele ón hatum wætre drincan. To wambe gemetlicunge· genim
give in hot water to-drink For of-belly moderation take
betan adelf ⁊ ahrise ne þweah þu hie ác swa lange seoð ón
beet dig-up and shake not wash thou it but so long seethe in
cetele ⁊ wylle oþ þ hio sie eal tosoden ⁊ þicge geurnen·
kettle and let-boil until that it be all boiled-away and thick run
do þonne lytel sealtes to ⁊ huniges· v. cucler mæl· eles
put then little of-salt to and of-honey five spoon measures of-oil

cucler mæl sele bollan fulne. Eft heafdehtes porres gesodenes
spoon measure give bowl full Again of-headed leek sodden
syndrigne sele þicgean. Eft þære readan netlan sæd ón
separately give to-take Again of-the red nettle seed in
hlaf sele þicgean. Eft byrigbergena seaw selle drincan. Eft
loaf give to-take Again of-mulberries juice let-give to-drink Again
plum bleda ete neahtnestig. Eft elnes rinde gebeatene þte
plum fruits let-eat night-fasting Again of-elder rind beaten so-that
peningge wege ón cealdes wætres bollan fullum sele drincan.
penny weigh in of-cold water bowl full give to-drink
Be wambe coþum ȝ tacnum on roppe ȝ ón smæl II.31
About belly diseases and tokens in colon and in small
þearmum. Sum cyn bið eác þære ilcan adle on þære wambe·
guts Some kind is also of-the same disease in the belly
ȝ on þam roppe ȝ smæl þearmum þe þis bið to tacne·
and in the colon and small guts which this is for token
þ hie þrowiað ormætne þurst· ȝ metes unlust ȝ óft
that they suffer immense thirst and of-meat distaste and often
ut yrnað gemengde utgange hwilum heard· hwilum hwit·
out run mixed outgoing at-times hard at-times white
hwilúm óft on dæge útgað ȝ þonne lytlum· hwilum æne·
at-times often in day go-out and then by-little at-times once
ȝ þonne micel· hwilum hie wel gelyst utgangan· ȝ him
and then much at-times them well lists go-out and them
þa byrþenne fram aweorpan· ȝ geornne tilian ac ne magon
the burden from cast and eagerly strive but not can
nabbað þ mægen þære meltunge ȝ dropeteð blod· swa þon
not-have the strength of-the digestion and drips blood as to-that
gelicost þe tobrocen fæt. Be hiora hrife ȝ þam nafolan· ȝ
likest as broken vat About their belly and the navel and
þam mægereosan· ȝ bæcþearme ȝ neweseoþan· ȝ milte
the back-sinews and back-gut and lower-belly and spleen

scare· beoð æblæce ȝ eal se lichoma áscimod· ȝ yfel stenc
groin are very-pale and all the body glazed and evil stench
nah his selfes geweald ȝ biþ þ sar on ða swiðran sidan·
not-has of-his self control and is the sore on the right of-side
healfe on þa scare· ȝ þa wambe swiþe genearwod· ȝ eft
half on the groin and the belly much troubled and again
fram þam nafolan oþ þone milte· ȝ on þa winestran.
from the navel to the spleen and on the left
rægereosan ȝ gecymð æt þam bæcþearme ȝ æt þam
back-sinew and comes at the back-gut and at the
neweseoþan· ȝ þa lendenu beoð mid micle sare begyrdedu.
lower-belly and the loins are with much sore girded
Wenað unwise læcas þ þ sie lenden adl oððe milte wærc·
Ween unwise leeches that it be loin disease or spleen pain
ac hit ne bið swa· lenden seoce men migað blode ȝ sande
but it not is so loin sick men pass-urine blood and sand
þonne þam þe milte wærc bið· windeþ him se milt ȝ biþ
whereas to-them who spleen pain is swells in-them the spleen and is
aheardod ón þam winestran dæle þære sidan. Þa wambseocan
hardened in the left part of-the side The belly-sick
men þrowiað ón þam bæcþearme ȝ ón þám niþerran hrife
men suffer in the back-gut and in the lower belly
ȝ losað him sona sio stefn ȝ cele þrowað ȝ slæp oþtogen
and is-lost to-them soon the voice and chill suffer and sleep withdrawn
ȝ miht ȝ tihð innan þone rop ȝ on þ smæl þearme.
and might and draws within the colon and on the small gut
II.32 Þisse adle fruman mon mæg yþelice gelacnian· on þa ilcan
Of-this disease beginning one can easily cure in the same
wisan þe þa utyrnendan ȝ æfter uneð· gif hio bið unwislice
wise as the out-running and after hardly if it is unwisely
to lange forlæten. On fruman món sceal dæg oððe II.
too long neglected At beginning one shall day or two

togædere gefæstan ⁊ beþan þa breost mid wine· ⁊ mid ele
together fast and bathe the breast with wine and with oil
⁊ wyrcean ónlegena of rosan ⁊ berenum melwe wið win
and work poultices of rose and barley meal with wine
gemenged ⁊ on hunige gesoden ⁊ mid ele on mortere
mixed and in honey sodden and with oil in mortar
gesamnod lege ofer þa scare oþ þone nafolan ⁊ ofer þa
gathered lay over the groin up-to the navel and over the
lendeno oþ þone bæcþearm ⁊ þær hit sar sie· læt him
loins up-to the back-gut and where it sore be let him
blod þus ⁊ sete glæs ón oððe horn ⁊ teo þ blod ut ⁊
blood thus and set glass on or horn and draw the blood out and
smere mid ele ⁊ bewreoh hine wearme for þon þe cile biþ
smear with oil and cover him warm for that that chill is
þære adle feond. Wyrc him sealfe þus wiþ wambe coþúm
of-the disease enemy Work him salve thus against belly diseases
óf cwicum swefle ⁊ óf blacum pipore· ⁊ óf ele gnide món
of live sulfur and of black pepper and of oil let-rub one
smæle ⁊ menge togædere ⁊ weax ealra emfela. Weaxes
small and let-mix together and wax of-all equally-much Of-wax
þeah læst· gif sio adl sie to þon strang þ þas læcedomas
though least if the disease be to that strong that these leechdoms
ne onnime gif se mon sie geong ⁊ strang læt hím blod
not take-on if the man be young and strong let him blood
óf innan earme of þære miclan ædre þære middel ædre.
from inner arm from the great vein the middle vein
Wyrc þus sealfe ⁊ smire þa saran stowa seoþ rudan on ele
Work thus salve and smear the sore places seethe rue in oil
do petersilian to gif þu hæbbe ⁊ ricsa wyrttruman· ⁊ popig
put parsley to if thou have and of-rush root and poppy
siþþan eal gesoden sie do þonne weax ón þ ele· þte þ eall
after all sodden be put then wax in the oil so-that it all

weorðe to hnescum weaxhlafe þ hit sie hwæþre swiþust
become to soft wax-cake that it be yet most
geþuht sealf smire þa stowa þ hit sie sar mid þy· swiþost
seeming salve smear the places that it be sore with that most
þone bæcþearm baþo wiþ wambe coþum· him of sealtum
the back-gut baths against belly diseases for-him of salt
wætrum sint to wyrcanne· gif he þa næbbe selte món hiora
waters are to work if he those not-have let-salt one their
mettas. Wiþ wambe coþum eft swines clawe gebærnde ȝ
meats Against belly diseases again of-swine claw burned and
to duste gegnidene do ón scearp wín sele drincan. Wið
to dust rubbed put in sharp wine give to-drink Against
wambe coþe gate lifer gebærnedu ȝ hwæt hwega gegniden
belly disease of-goat liver burned and something — rubbed
ȝ ón þa wambe aled him biþ þe bet. Wiþ wambe coþum
and on the belly laid to-him is the better Against belly diseases
eft lacnung on þ hrif to sendanne· gením garleaces þreo
again cure in the belly to send take of-garlic three
heafdu ȝ grene rudan twa hand fulle· ȝ eles IIII. pund
heads and green rue two hand full and of-oil four pounds
oððe swa þe þince· gebeat þ leác ȝ þa rudan gegnid
or as to-thee seem beat the leek and the rue rub
togædere awring oððe aseoh· do to þam ele clænre buteran
together wring or strain put to the oil of-clean butter
pund hlutres pices fiftan healfe yntsan· ȝ clænes weaxes III.
pound of-clear pitch fifth half ounces and of-clean wax three
yntsan gemenge eal togædre do ón glæs fæt· clænsa þonne
ounces let-mix all together put in glass vat cleanse then
ærest þa wambe mid drences anfealdre óngeotunge· gif þ
first the belly with of-drink simple infusion if the
sar þonne mare sie do maran ele to· gemeng þonne þa þing
sore then more be put more oil to mix then the things

Þe ic ær nemde gewlece do ón. Þas þing magon ge
which I before named make-lukewarm put on These things avail both
wiþ lenden ece· þonne món sonde mihð ge wið roppes
against loin ache when one sand passes and against of-colon
ge wið wambe ⁊ smæl þearmes adlum ⁊ út wærce ge
and against belly and of-small gut diseases and out pain and
wiþ magan adlum ⁊ clawunga· ⁊ wiþ wifa tedrum
against stomach diseases and clawings and against of-women tender
gecyndum. Sum coþu is þære wambe þ þone seocan mónnan
natures Some disease is of-the belly that the sick man
lysteð utganges ⁊ ne mæg þonne he ute betyned bið. Wiþ
lists of-outgoing and not can when he out shut is Against
þon sceal món nædran æsmogu seoþan on ele· oððe ón
that shall one of-adder slough seethe in oil or in
buteran· oþþe on wine ón tinum fæte ⁊ smire þa wambe
butter or in wine in tin vat and smear the belly
mid þy· Gif se utgang sie windig ⁊ wætrig· ⁊ blodig
with that If the outgoing be windy and watery and bloody
beþige mon þone bæcþearm on gongstole mid fenugreco ⁊
let-bathe one the back-gut on privy-stool with fenugreek and
mersc mealwe· sume mid pice ⁊ smicað ⁊ beþiað. Sume of
marsh mallow some with pitch and smoke and bathe Some of
rigenum melwe wyrceað briwas ⁊ cócnunga mid sealte. Sume
rye meal work brewises and cookings with salt Some
dweorge dwostlan geceowað ⁊ lecgeað on þone nafolan.
dwarf dwostle chew and lay on the navel
Be þære frecnan coþe þe se món his utgang þurh II.33
About the dangerous disease which the man his outgoing through
ðone muð him fram weorpe sceal aspiwan. He sceal óft
the mouth him from cast shall spew-up He shall often
bealcettan ⁊ eal se lichoma stincð fule selle hím mon dile
belch and all the body stinks foully let-give him one dill

gesodenne ón ele oððe ón wætre to drincanne ⁊ hatne hlaf
sodden in oil or in water to drink and hot loaf
do on þone drincan. Þisse adle eac wiþstandeþ tosnidenre
put in the drink To-this disease also withstands of-cut-up
hreaþemuse blod gesmiten on þæs seocan mannes wambe.
bat blood smeared on of-the sick man belly
Wið innoð wundum ⁊ wiþ smæl þearma sare· ón godne
Against inward wounds and against of-small guts sore in good
ele geswetne do þone suþernan wermod þ is wrutene· ⁊
oil sweetened put the southern wormwood that is wrutene and
oþerne wermod ⁊ seoþ þicge þ swa hím efost sie. Eft
other wormwood and seethe let-take that as to-him quickest be Again
wiþ innoþ wundum heorotes mearh gemylt on hatum wætre
against inward wounds of-hart marrow melt in hot water
sele drincan. Wiþ tobrocenum innoþum ⁊ sarum wildre
give to-drink Against broken inwards and sore of-wild
mintan dæl geclænsa wel swa micel swa món mæge mid
mint part cleanse well as much as one may with
þrím fingrúm genimán do finoles sædes to ⁊ merces cucler
three fingers take put of-fennel seed to and of-marche spoon
mæl· do eall togædere gegnid smæle· gedo þonne ón þæs
measure put all together rub small put then in of-the
selestan wines IIII. bollan fulle· hæte þonne oþ þ hit sie
best wine four bowls full heat then until that it be
swa hat swa þin finger forberan mæge sele þonne drincan·
as hot as thy finger bear may give then to-drink
do swa þry dagas. Wiþ tobrocenum innoðum· cellendres
do so three days Against broken inwards of-coriander
sæd wel gegniden ⁊ lytel sealtes gedo on scearp wín·
seed well rubbed and little of-salt put in sharp wine
gedo on ⁊ gewyrme mid hate glowende isene sele drincan.
put in and warm with hot glowing iron give to-drink

Wiþ fortogenesse innán· heorotes horn gebærned to ahsan
Against contraction within of-hart horn burned to ashes
gegniden ón mortere· ⁊ þonne asift ⁊ mid hunige gewealcen
rubbed in mortar and then sift and with honey rolled
to snædum sele neahtnestigum to þicganne. Eft ním þa
to morsels give night-fasting to take Again take the
betan þe gehwær weaxað geseoð on wætres godum dæle·
beet which everywhere grows seethe in of-water good part
sele þonne drincan· II. gode bollan fulle scilde hine wiþ
give then to-drink two good bowls full let-shield himself against
cyle. Be latre meltunge innan· nim gearwan drince on ecede
chill About slow digestion within take yarrow let-drink in vinegar
þ deah eac wið eallum blædran adlum. Be latre meltunge
that avails also against all bladder diseases About slow digestion
innan rudan sædes VIIII. cyrnelu gegnidene III. bollan fulle
within of-rue seed nine kernels rubbed three bowls full
gedo þa on ecedes sester fulne oferwylle sele þonne drincan
put them in of-vinegar sester full boil-over give then to-drink
ón sume rawe nigon dagon. Be latre meltunge ním þære
in some row nine days About slow digestion take of-the
readan netlan swa micel swa mid twam handum mæge befon·
red nettle as much as with two hands may grasp
seoþe ón sester fullúm wætres drinc neaht nestig. Ræd
let-seethe in sester full of-water drink night fasting Counsel
bið gif he nimð mealwan mid hire ciþum seoþe on wætere
is if he takes mallow with its sprouts let-seethe in water
sele drincan. Þa þe þissa læcedoma ne gimað on þisse
give to-drink Those who of-these leechdoms not care in this
adle þonne becymð hím ón wæter bolla· lifer wærc ⁊
disease then comes to-them on water swelling liver pain and

miltes sar oþþe geswel micgean forhæfdnis· wambe ablawung
of-spleen sore or swelling of-urine retention of-belly inflation
lenden wærc on þære blædran stanas weaxað ⁊ sond.
loin pain in the bladder stones grow and sand
II.34 Be þæs monnes mihtum sceal món þa læcedomas sellan þe
By of-the man mights shall one the leechdoms give which
þonne gefoge synd heafde ⁊ heortan wambe ⁊ blædran ⁊
then suitable are head and heart belly and bladder and
hu geares hit sie· se þe ne besceawað þis se him sceþeð
how of-year it be he who not considers this he to-him harms
swiþor þonne he hine bete. Se sceal nyttian gerosodes eles
more than he him amend He shall use of-rosed oil
ecedes ⁊ wines ⁊ mintan leaf gegniden on hunig ⁊
of-vinegar and of-wine and of-mint leaf rubbed in honey and
þa unsmeþan tungan mid þy gnidan ⁊ smirewan
the unsmooth tongue with that rub and smear
Wiþ latre meltunge. Olisatrum hatte wyrt seo deah to
Against slow digestion Olusatrum is-called herb which avails to
drincanne. Eft wyl on wætre lilian wyrttruman sele to
drink Again boil in water of-lily root give to
drincanne. Gif wamb forweaxe on men· finol· cost· elehtre·
drink If belly overgrow in man fennel costmary lupine
attorlaþe· cerlices sæd· wyrm melo ón ealað sele drincan. Gif
venom-loather of-charlock seed worm meal in ale give to-drink If
món forwundod sie· ⁊ wið breost wærce· curmealle ⁊
one wounded be and against breast pain centaury and
dile wyl on ealoð. Eft grene rudan lytlum oððe on hunige
dill boil in ale Again green rue by-little or in honey
þige. Gif mon sie forblawen sæ winewinclan gebærnde ⁊
let-take If one be blown-up sea periwinkles burned and
gegnidene gemeng wiþ æges þ hwite smire mid. Wiþ wambe
rubbed mix with of-egg the white smear with Against belly

gicþan· dweorge dwostlan weorp on weallende wæter læt
itch dwarf dwostle cast in boiling water let
socian ón lange oþ þ mon mæge drincan þ wæter. Wiþ
soak on long until that one may drink the water Against
wambe wyrmum· nim þa miclan sinfullan wring þ seaw
belly worms take the great sengreen wring the juice
óf feower lytle bollan fulle on wines anum bollan fullum
off four little bowls full in of-wine one bowl full
swa miclum sele drincan þ deah wiþ wambe wyrmum.
so great give to-drink that avails against belly worms
Be cilda wambum ⁊ oferfylle ⁊ gif him mete tela II.35
About of-children bellies and surfeit and if to-them meat well
ne mylte· ⁊ gif him swat ofga ⁊ stince fule· þonne
not digest and if from-them sweat go-off and stink foully when
mon þ ongite þonne ne sceal him mon anne mete
one that perceive then not shall to-them one one meat
gebeodan· ác missenlice þ seo niownes þara metta mæge
offer but various that the newness of-the meats may
hím gode beón· gif hwa ofer gemet þigþ mete þæs món
to-them good be if anyone over measure takes meat of-that one
tilað þe eaðelicor þe mon raþor gedo þ he spiwe· ⁊
tends the more-easily the one sooner bring-about that he spew and
gelær sie. Gif his món getilað æt þære yfelan wætan him
empty be If of-it one tends from the evil humor to-them
becumað ón missenlica adla· breost wærc· sweorcoþu cealf
come on various diseases breast pain neck-disease jaw
adl· heafdes hrifþo· healsgund· cyrnelu úneaðlacnu ⁊ þam
disease of-head scurf neck-pus kernels hard-to-cure and to-that
gelic· gif hi for þisúm ne mægen slapan ðonne sceal him
like if they for these not may sleep then shall to-them
mon sellan hat wæter drincan þonne stilð þ gesceorf innan
one give hot water to-drink then stills the griping within

ȝ clænsað þa wambe· Nyttigen baþes medmiclum· ȝ mete
and cleanses the belly Let-use of-bath moderately and meat
þicgen ȝ mid wætre gemengedne drincan þicgen.
let-take and with water mixed drink let-take

II.36–45 · THE SPLEEN

The spleen-sick are pale, lean, and sad, with wounds slow to heal and pain on the left side. Some hold that the spleen makes men laugh. Its diseases come from chill, heat, dryness, and evil humors, from cold drinks, oysters, and apples in summer, and from bathing after meat. Within it is treated with lettuce and gourd, without with rosed oil and poultices; a swine's bladder of vinegar is bound on its hardness. Bloodletting from the left arm, a diet of shellfish and fowl, and gladden vinegar follow.

II.36 Be milte wærce ȝ þ he bið ón þære winestran sidan ȝ
About spleen pain and that it is on the left side and
tacn þære adle hu hiwlease hie beoð ȝ dolh uneaðlácno· þa
tokens of-the disease how hueless they are and wounds hard-to-cure the
men beoð mægre ȝ unrote· blace ón onsyne þeah þe hie ær
men are lean and sad pale in face though that they before
fætte wæron· ȝ beoð hiderwearde· ȝ wamb úngewealden ȝ
fat were and are hitherward and belly uncontrolled and
unyþe micge biþ hal· ác hio biþ sweartre ȝ grenre· ȝ blacre
hardly urine is whole but it is blacker and greener and paler
þonne hire riht sie ȝ fnæstiað swiþe beoþ fortogene· Gif sio
than its right be and pant much are contracted If the
adl biþ to langsum· becymeþ þonne ón wæter bollan ne mæg
disease is too lasting comes then on water swelling not can
hine món þonne gelacnian tunge úngewealden ȝ unsmeþe ȝ
him one then cure tongue uncontrolled and unsmooth and

þa dolh beoþ uneaðlácnu þa þe on lichoman beoð ȝ hie
the wounds are hard-to-cure those which on body are and they
beoð on þa winstran sidan mid ece gespencede ȝ ón ðone
are on the left side with ache troubled and on the
lið þæra eaxla betweox gesculdrum biþ micel ece ȝ ón
joint of-the shoulders between shoulders is much ache and on
þám gehweorfe þara bana ón þam sweoran habbað eác lirehte
the turning of-the bones in the neck have also brawny
fet cneow truciað. Hu se milte bið emlang ȝ gædertenge
feet knees fail How the spleen is alongside and close-to
þære wambe hæfð þynne filmene sio hæfð fætte ȝ þicce
the belly has thin membrane which has fat and thick
ædra· ȝ sio filmen biþ þeccende ȝ wreonde þa wambe ȝ
veins and the membrane is thatching and covering the belly and
þa innofaran ȝ þa wyrmð· ȝ ís aþened on þone winestran
the inwards and them warms and is stretched on the left
néweseoþan ȝ is mid sinehtum limum gehæfd· ȝ is ón oðre
lower-belly and is with sinewy limbs held and is on other
healfe brad gehrineð þære sidan· ón oðre ís ðam innoðe getang.
half broad touches the side on other is to-the inwards close
Be hleahtre þe óf milte cymð sume secgaþ þ se milte
About laughter which from spleen comes some say that the spleen
ðam sinúm þeowige ȝ þte se milte ón sumum dælum þam
to-the sinews serve and that the spleen in some parts to-the
monnum adeadige oþþe óf sie· ȝ þ hi forþon hlyhhan
men deaden or off be and that they therefore laugh
mægen. Soþlice on þa ilcan wisan þe oþer limo þrowiað
may Truly in the same wise as other limbs suffer
untrumnessa se milte þrowað on þa ilcan wisan. Of cele
infirmities the spleen suffers in the same wise From chill
ungemetlicum of hæto ȝ óf drignesse of micelre yfelre
immoderate from heat and from dryness from great evil

wætan forþon wixþ se milte ofer gesceap ȝ wonað ȝ heardað
humor therefore waxes the spleen over shape and wanes and hardens
ȝ swiþost óf cele ȝ of ungemetlicre wætan· þonne cumað
and most from chill and from immoderate humor then come
þa óftost óf mettum ȝ óf cealdum drincan swa swa
they oftenest from meats and from cold drinks so as
sindon cealde ostran ȝ æpla ȝ missenlice wyrta swiþost on
are cold oysters and apples and various herbs most in
sumera þonne þa món þigð. Bæþ him egleð swiðost æfter
summer when them one takes Bath to-him troubles most after
mete ȝ hæmed þing on oferfyllo. Sió ungemetlice hæto þæs
meat and intercourse — in surfeit The immoderate heat of-the
miltes cymð óf feferadlum ȝ óf feferes swolle ȝ ón yldo
spleen comes from fever-diseases and from of-fever heat and in age
for blode· bið aþened se milte ȝ aþunden mid geswelle ȝ
for blood is stretched the spleen and swollen with swelling and
eac hat lyft ȝ swolga bringað adle ón ðam milte· þonne se
also hot air and heats bring disease on the spleen when the
mon wyrð to swiþe forhæt. Swa bið eác ón wintra for cyle
man becomes too much overheated So is also in winter for chill
ȝ for þara wedra missenlicnesse þ se milte wyrð gelefed.
and for of-the weathers variety that the spleen becomes weakened
þ magon wise men óngitan hwanan sio adl cume be
that can wise men perceive whence the disease come by
misgewiderum ȝ óf metta ȝ óf drincena þiginge ȝ
bad-weathers and from of-meats and from of-drinks taking and
þurh þas þing þa yfelan wætan ȝ windigo þing beoþ
through these things the evil humors and windy things are
acenned on þam milte ȝ adla weaxaþ
born in the spleen and diseases grow

Hu món scyle þone monnan innan ⁊ utan lacnián mid hatum II.37
How one shall the man within and without cure with hot
⁊ cealdum innan mid lactucan· ⁊ clatan· ⁊ cucurbitan drince
and cold within with lettuce and burdock and gourd let-drink
on wine· baþige hine on swetum wætre. Utan he is to lacnianne
in wine let-bathe himself in sweet water Without he is to cure
mid gerosode ele ⁊ to smirwanne· ⁊ onlegena geworhte óf
with rosed oil and to smear and poultices wrought of
wine ⁊ winbergum ⁊ óft of butran· ⁊ óf niwum weaxe ⁊
wine and grapes and often of butter and of new wax and
óf ysopo· ⁊ óf ele onlegen geworht; Meng wiþ gose smeru
of hyssop and of oil poultice wrought Mix with of-goose grease
oððe swines rysle ⁊ wið recels· ⁊ mintan· ⁊ þonne he hine
or of-swine fat and with incense and mint and when he himself
baþige smire mid ele meng wið croh. Mettas him beoð nytte
bathe smear with oil mix with saffron Meats to-him are useful
þa þe god blod wyrceað swa swa sint scilfixas finihte ⁊
those which good blood work so as are shellfish finny and
ham wilda hænna ⁊ ealle þa fugelas þe on dunum libbað· ⁊
home wild hens and all the fowls which on downs live and
pipiones þ beoð culfrena briddas ⁊ healfeald swin· ⁊ gate
pipiones that are of-culvers chicks and half-old swine and of-goat
flæsc ⁊ wysena seaw mid hunige· hwæt hwega gepiperod·
flesh and of-peas juice with honey something — peppered
⁊ eal ðas wætan þing breostum ⁊ innoþum ne dugon
and all these moist things to-breasts and inwards not avail
ne þ wín is to þicgenne þte hæteþ ⁊ wæteþ þone innoþ.
nor the wine is to take which heats and wets the inwards
Hu mán sceal þa wætan ⁊ þa wonsceaftan utan lacnián mid II.38
How one shall the humors and the wretchedness without cure with
afrum sealfum. Pic ⁊ hlutor eced ⁊ gerosodne ele meng
bitter salves Pitch and clear vinegar and rosed oil mix

tosomne lege utan ón. Wiþ þam wætan yfle þæs miltes·
together lay without on Against the moist evil of-the spleen
nim syndrig sealt oðde wið weaxhlaf sealfe gemeng· ⁊
take separate salt or with wax-cake salve mixed and
gewermed ⁊ ón blædran gedon þ lacnað þone milte. Eft
warmed and on bladder put that cures the spleen Again
nim sealt ⁊ weax ⁊ eced meng togædre þ deah· Nim
take salt and wax and vinegar mix together that avails Take
eft fifleafan wyrttruman· ⁊ drige wegbrædan ⁊ gebærned
again of-cinquefoil root and dry waybread and burned
sealt ealra emfela wese mid ecede ⁊ gesomna do drige
salt of-all equally-much moisten with vinegar and gather put dry
pic to· ⁊ weax· ⁊ ele meng eal togædere do ón· Ne bið
pitch to and wax and oil mix all together put on Not is
þ an þ þ drige þa wætan ac þa aheardodan swilas þa
that alone that it dry the humors but the hardened swellings those
ðe cumað óf þiccum wætum slipegrum bet ⁊ þwænð.
which come from thick humors slippery amends and softens
Wiþ slipegrum wætum þæs miltes· Nim acorfenes sealtes þ
Against slippery humors of-the spleen Take of-cut salt the
wæter þe þær óf gæþ meng wið þa ær gemengnedan þing.
water which there off goes mix with the before mixed things
II.39 Wiþ windigre aþundenesse þæs miltes for æppla· ⁊ hnuta
Against windy swelling of-the spleen for of-apples and of-nuts
⁊ wysena æte· rop ⁊ smælþearme· wambe ⁊ inneforan·
and of-peas eating colon and small-gut belly and within-before
⁊ magan þa geond blawað. Wiþ þon deah pipor ⁊
and stomach then through blow Against that avails pepper and
cymen· ⁊ hunig· ⁊ sealt menge togædere. Wiþ sogoþan
cumin and honey and salt let-mix together Against hiccup
⁊ seadan ⁊ geohsan þe óf milte cymð· gitte hatte
and surgings and hiccup which from spleen comes git is-called

suþerne wyrt sio is god ón hlafe to þicgenne ⁊ merces·
southern herb which is good in loaf to take and of-marche
sæd ⁊ cellendran· ⁊ petersilian on hlaf becneden oþþe on
seed and coriander and parsley in loaf kneaded or in
win gegniden· ⁊ eac þ deah wiþ ablawunge þæs miltes·
wine rubbed and also that avails against inflation of-the spleen
gif þonne sio aþindung þæs windes semninga cymð þonne
if then the swelling of-the wind suddenly comes then
ne magon þas þing helpan· for þon ðe þ wile wendan on
not can these things help for that that it will turn into
wæter bollan· gif mon to þam þa wyrmendan þing deþ þonne
water swelling if one to it the warming things does then
ycþ món þa adle. Wiþ milte seocum men hím món sceal
increases one the disease Against spleen sick man to-him one shall
sellan eced on þam suþernan læcedome þe hatte oxumelle
give vinegar in the southern leechdom which is-called oxymel
þe we writon wiþ þære healfdeadan adle ⁊ blædran
which we wrote against the half-dead disease and bladder
adle· Ním laures rinde· ⁊ drige mintan ⁊ pipor ⁊ rudan
disease Take of-laurel rind and dry mint and pepper and of-rue
sæd· cost· ⁊ hunan· ⁊ centaurian· þ is hyrdewyrt oðre
seed costmary and horehound and centaury that is herd-wort by-other
naman eorþgealla swiþust þære seaw· do þas wyrta on þone
name earth-gall most its juice put these herbs in the
ær nemdan læcedóm ón þ wos þu meaht geseon æt þam
before named leechdom in the juice thou canst see at the
ær genemdan adlum hu þu ðone oxumelle wyrcean scealt.
before named diseases how thou the oxymel work shalt
Aleres rinde seoþ ón wætre oþ þ þæs wætres sie þriddan dæl
Of-alder rind seethe in water until that of-the water be third part
unbewelled· ⁊ sele þonne þæs· godne ceac fulne to drincanne
unboiled-away and give then of-it good jug full to drink

on þry siþas læt simle dægþerne betweonum. Þís ilce deah
on three times let always day-interval between This same avails
lendenseocum men· eft þæs blacan ifiges croppan ærest· þreo·
to-loin-sick man again of-the black ivy berries first three
eft V. þonne VII. þonne nigon· þonne XI. þonne XIII.
again five then seven then nine then eleven then thirteen
þonne XV. þonne seofantyne· þonne nigantyne· þonne XXI.
then fifteen then seventeen then nineteen then twenty-one
sele swa æfter dagum drincan ón wine. Gif se mán hæbbe eác
give so after days to-drink in wine If the man have also
fefer sele þu þa cyrnlu þæs eorþifiges on hatum wætre drincan·
fever give thou the kernels of-the earth-ivy in hot water to-drink
þis ilce deah wiþ lendenseocum men. Eft eorðgeallan ón
this same avails against loin-sick man Again earth-gall in
wine gesodenne sele drincan. Eft betonican wyl ón wine sele
wine sodden give to-drink Again betony boil in wine give
drincan. Sealf ⁊ onlegen wið milte wærce wyrc of hunige ⁊
to-drink Salve and poultice against spleen pain work of honey and
óf ecede dumelu ⁊ linsæd to ⁊ beres grytta merces sæd lege
of vinegar dust-meal and linseed to and of-barley groats of-marche seed lay
ón ⁊ smire mid þys. Do eác driges wermodes blostmán to.
on and smear with this Put also of-dry wormwood blossoms to
II.40 Eft þonne se milte ablawen wyrð sona he wile aheardian
Again when the spleen inflated becomes soon it will harden
⁊ biþ þonne uneaþlæcne· þonne þ blod aheardað on þam
and is then hard-to-cure when the blood hardens in the
ædrúm þæs miltes· lacna hine þonne mid þám ær genemdan
veins of-the spleen cure it then with the before named
wyrtum· meng þa godan wyrta wið oxumelli þone suþernan
herbs mix the good herbs with oxymel the southern
eced drenc· ðe we ær writon þa lácniað þone milte ⁊
vinegar drink which we before wrote they cure the spleen and

aweg adoð þ þicce ȝ lifrige blod· ȝ þa yfelan wætan·
away put the thick and clotted blood and the evil humors
næs þurh ða micgean ane ác eac þurh oþerne utgang.
not through the urine alone but also through other outgoing
Hinderwyrt seo læsse lege gebeatene utan· Nim eác clæfran
Hind-wort the less lay beaten without Take also clover
wyrttruman do ón eced ȝ gate tyrdlu wyrc þonne to sealfe
root put in vinegar and of-goat droppings work then to salve
ȝ beren melo do þærto· sele him þis eác on wine drincan.
and barley meal put thereto give him this also in wine to-drink
Wiþ þære heardnesse ȝ sare þæs miltes· swines blædran nim II.41
Against the hardness and sore of-the spleen of-swine bladder take
swa niwe gefyl mid scearpe ecede alege ofer ða heardnesse
so new fill with sharp vinegar lay over the hardness
þæs miltes besweþe þonne þ hio aweg ne glide· ác sy
of-the spleen swathe then that it away not glide but be
þreo niht þærón fæste gebunden· æfter þon onbind· þonne
three nights thereon fast bound after that unbind then
findest þu gif hit tela bið þa blædran gelære ȝ þ hearde
findest thou if it well is the bladder empty and the hard
tohnesced ȝ þ sar gestilled. Eft genim ifies leaf seoð ón
softened and the sore stilled Again take of-ivy leaf seethe in
ecede ȝ oferwylle on þam selfan ecede sifeþan· do þonne on
vinegar and boil-over in the same vinegar bran put then in
blædran bind ón þ sar· sele þonne æfter wyrtdrenc sona þus
bladder bind on the sore give then after herb-drink soon thus
geworhtne; Wiþ heardnesse miltes· genim eorðgeallan gebeat
wrought Against hardness of-spleen take earth-gall beat
oþþe gegnid to duste swa swa þreo cucler mæl sien oðde
or rub to dust so as three spoon measures be or
ma. Do safinan dustes to cúcler mæl þreo· ȝ weallendes
more Put of-savine dust to spoon measures three and of-boiling

pices dustes þreo cúcler mæl· ásifte eall sele þonne on wine
pitch dust three spoon measures sift all give then in wine
neahtnestigum to drincanne cucler fulne· gif he sie eác on
night-fasting to drink spoon full if he be also in
fefre sele hím ón hatum wætre gewlecedum þa wyrta drincan
fever give him in hot water made-lukewarm the herbs to-drink
þy læs þ pic ófstande mid þy oþre duste. Eft to milte
the less the pitch stand-off with the other dust Again for spleen
seocum men ⁊ wiþ eallum inadlum· eced wiþ glædenan
sick man and against all inward-diseases vinegar with gladden
gemenged wyrc þus glædenán rinde lytelra gedo þreo pund on
mixed work thus of-gladden rind of-little put three pounds in
glæs fæt wel micel· gedo þonne þæs scearpestan wines to V.
glass vat well great put then of-the sharpest wine to five
sestras ásete þonne on hate sunnan on sumera þonne þa
sesters set then in hot sun in summer when the
hatostan weder synd· ⁊ þa sciran dagas hwitan þe we
hottest weathers are and the bright days white which we
gewritene habbað· þ hit sipige ⁊ socige IIII. dagas oþþe
written have that it soak and steep four days or
ma· siþþan þæs ecedes sele þu milte seocum men cucler
more after of-the vinegar give thou to-spleen sick man spoon
fulne ⁊ sona gif hím æfter þám drincan· for þon þe þ
full and soon give to-him after the drink for that that it
is swiþe strang þam þe þ nawa ær þigde. Þonne deah þís
is very strong to-him who it never before took Then avails this
wiþ hunige geyced ge wið milte adle· ge wiþ magan· ge
with honey increased both against spleen disease and against stomach and
wið hrean ge wiþ þon þe món blode spiwe· ge wiþ
against hawking and against that that one blood spew and against
eallum innan adlum· eác þón riefþo ⁊ gicþa son aweg
all inward diseases also the scurf and itch soon away

deþ. Þes læcedóm deah ge wiþ hriefðo ȝ gicþan· wyrc óf
does This leechdom avails both against scurf and itch work of
ecede weaxsealfe· gením þæs ecedes V. cúcler mæl do ón
vinegar wax-salve take of-the vinegar five spoon measures put in
niwne croccan do eles bollan fulne to seoð ætsomne sceað
new crock put of-oil bowl full to seethe together shave
niwes swefles fíf cúcler mæl· ȝ lytel weaxes ofer wylle
of-new sulfur five spoon measures and little of-wax over boil
eft oþ þ þæt eced sie forweallen· do þonne óf fyre ȝ
again until that the vinegar be boiled-away put then off fire and
hrere ȝ siþþan smire mid þy þa hriefþo ȝ þone gicðan.
stir and afterward smear with that the scurf and the itch
Gif omihte blod ȝ yfel wæte on þam milte sie þindende II.42
If erysipelatous blood and evil humor in the spleen be swelling
þonne sceal hím mon blod þus lætan. Gif þe þince þ þu
then shall to-him one blood thus let If to-thee seem that thou
oþerne maran læcedom don ne durre· for unmihte þæs mannes
other greater leechdom do not dare for weakness of-the man
oððe for unmeltunge oþþe for ylde· oþþe for giogoðe· oþþe for
or for indigestion or for age or for youth or for
ungewiderum· oþþe for útrihtan· gebid þonne oþ þ þu mæge·
bad-weathers or for outflow wait then until that thou may
oððe dyrre· gif hæto oþþe meht ne wyrne læt him blod ón þam
or dare if heat or might not prevent let him blood on the
winestran earme of þære uferran ædre· gif þu þa findan ne
left arm from the upper vein if thou it find not
mæge læt óf þære midmestan ædre· gif þu þa findan ne mæge
may let from the midmost vein if thou it find not may
læt of þære heafod ædre. Þonne gif mon þa findan ne mæge
let from the head vein Then if one it find not may
læt of þære winestran handa neah þam lytlan fingre óf ædre·
let from the left hand near the little finger from vein

gif hit swiðe read sie oþþe won þonne bið hit þy þe swiþor
if it very red be or dark then is it the — more
to lætanne· gif hit clæne oþþe hluttor sie læt þy þe læsse. Is
to let if it clean or clear be let the — less Is
hwæþere swa to lætanne swa þ liflice mægen ne aspringe.
however so to let as that vital strength not fail
II.43 Þús him món sceal þus mettas sellan ón þære adle geseawe
Thus to-him one shall thus meats give in the disease juicy
wysan ȝ hlaf ón hatum wætere ȝ oxumelle þe we writon
peas and loaf in hot water and oxymel which we wrote
ær beforan wiþ blædran adle suþerne eced drenc· merce on
before above against bladder disease southern vinegar drink marche in
wætre gesoden ȝ swilca wyrta ȝ migole drincan ȝ þynne
water sodden and such herbs and urine-provoking drinks and thin
wín him is to sellanne wel scir þ bet þ mægen þæs miltes
wine to-him is to give well clear that amends the strength of-the spleen
ȝ scellihte fiscas him sint to þicgenne· ȝ fuglas þa þe on
and shelly fishes to-him are to take and fowls those which in
fennum ne sien. Þis him is to forganne· ne þicgen hie fen
fens not be This to-him is to forgo not let-take they fen
fixas· ne sæ fixas þa þe habbað heard flæsc· ȝ þicgen hie
fishes nor sea fishes those which have hard flesh and let-take they
þa ær genemdan mettas· ostran· ȝ pinewinclan· ne þa mettas
the before named meats oysters and periwinkles nor the meats
þa þe ablawan monnan mægen· ne hriþeres flæsc· ne swines
those which inflate of-man strength nor of-ox flesh nor of-swine
ne sceapes ne þicgean hie· ne gate· ne ticcenes· ne drince þicce
nor of-sheep — let-take they nor of-goat nor of-kid nor let-drink thick
wín· ne mete ne to swiðe hatne· ne eác to cealdne. Eft blod
wine nor meat nor too much hot nor also too cold Again blood
bið god to lætanne ón foran lenctene of þam winstran earme.
is good to let in fore spring from the left arm

Eft læcedom se þ yfel ut tihð of þam milte ⁊ se II.44
Again leechdom which the evil out draws from the spleen and which
deah to manegum oþrum adlum· genim grene rudan ane
avails for many other diseases take green rue one
dæge ær gesomna ⁊ medmicel pipores· oþer swilc cymenes
day before gather and moderate of-pepper other such of-cumin
oððe ma· do þ cymen ane dæge ær oððe twam oþþe
or more put the cumin one day before or two or
þrim ón eced adrige ⁊ agnid to duste ealle þas wyrta·
three in vinegar dry and rub to dust all these herbs
menge wið hunig asiwen· gedo þonne ón glæsene ampullan
let-mix with honey strained put then in glass ampulla
⁊ sele þonne cucler fulne þes deah wiþ magan ablawunge
and give then spoon full this avails against of-stomach inflation
⁊ innoþa· hnesceþ þa wambe· þynnað þa omán bitre
and of-inwards softens the belly thins the erysipelas bitter
hwæcetunge aweg deþ ⁊ breost coþe· ⁊ sid wærce· ⁊
belchings away does and breast disease and side pain and
lifer adle· ⁊ lenden wærce· ⁊ milte wærce eal þ liht.
liver disease and loin pain and spleen pain all that lightens
Læcedomas ⁊ swið drenc wiþ aswollenum milte· acele ðu II.45
Leechdoms and strong drink against swollen spleen cool thou
wealhat iren þonne hít furþum sie óf fyre atogen· ón wine
welding-hot iron when it just be from fire drawn in wine
oþþe ón ecede sele þ drincan þ þu meaht eác sellan þam þe
or in vinegar give that to-drink that thou canst also give to-those who
habbaþ heardne lichoman· ne sceal món hwæþere þisne drincan
have hard body not shall one however this drink
sellan ón foreweardne þone ece ⁊ þa adle ác ymb fela nihta.
give at beginning-of the ache and the disease but after many nights

Pain in either side is known by strong fever, a pain beating on the ribs and reaching the collarbones and shoulders, coughing blood, a dry tongue, cold fingers, and red eyes. The leech asks whether the man was struck, stabbed, or fell, which is easier to cure than pain from chill or inward humor; pain from the liver or lungs is very dangerous. Blood is let early, the side bathed from a swine's bladder of water and oil, and the shoulders cupped and scarified; boar's dung in his drink, coriander seethed in honey, and a light diet of broths, peas, and eggs follow.

II.46 Her sindon læcedomas wiþ æghwæþerre sidan sare ⁊ tacn
Here are leechdoms against of-either side sore and tokens
hu sio adl toweard sie· ⁊ hu þ mon óngitan mæge· ⁊
how the disease approaching be and how that one perceive may and
hu hiora mon tilian scyle· þas læcedomas sceal mon don wiþ
how of-them one tend shall these leechdoms shall one do against
sidan sare· ⁊ þis sindon þære adle tacn gelic lungen adle
of-side sore and these are of-the disease tokens like of-lung disease
tacnum ⁊ lifer wærces tacnum. Þa men beoþ mid hriþingum
tokens and of-liver pain tokens The men are with fevers
swiþe strangum wæcede· ⁊ micel sar on bam sidúm. Hwilum
very strong weakened and much sore on both sides At-times
cnysseþ þ sar on þa rib· hwilúm ofer ealle sidan biþ þ sar·
beats the sore on the ribs at-times over all side is the sore
hwilúm becymð on þa weoþoban ⁊ eft ymb lytel ge þa
at-times comes on the collarbones and again after little both the
gesculdru ge est þone neweseoþan þ sar gret· ⁊ hwosað
shoulders and again the lower-belly the sore attacks and cough
gelome· hwilum blode hræcaþ· singale wæccean þrowiað·
often at-times blood hawk continual wakings suffer
tunge bið drige· ne magon gelicgean ón þære winestran
tongue is dry not can lie on the left

sidan· Gif ón þære swiðran þ sar bið· ne magon eác eft
side If on the right the sore is not can also again
ón þa swiðran· gif on þa winstran þ sar biþ· gefelað þ þa
on the right if on the left the sore is feel that the
innoþas hi wendaþ mid hiora hefignesse ⁊ on þa sidan
inwards themselves turn with their heaviness and on the side
feallað þe he on licgeað· ær þære adle þas tacn beoþ·
fall which he on lie before the disease these tokens are
biþ eác geond fingras cele ⁊ cneowa· unmeht eagan readiað
is also through fingers chill and of-knees weakness eyes redden
read ⁊ beoþ heow ⁊ famig utgang micge ageolwod ⁊
red and are hue and foamy outgoing urine yellowed and
lytel biþ þæs innoþes meltung ⁊ ædra clæppetung· eþung
little is of-the inwards digestion and of-veins throbbing breathing
bið sarlic gehnycned neb ⁊ þara breosta biþ deawig wætung
is painful wrinkled face and of-the breasts is dewy wetting
swa swa sie geswat· moder elhygd ceolan hristung ⁊
so as be sweat of-mind distraction of-throat rattling and
hreoung· hlydende swiþust innan wistlað of þam dæle þe
roughness sounding most within whistles from the part which
þ sar bið hlinunge ⁊ hligiunge wið wiþersæc· gif þas tacn
the sore is leaning and laughing against resistance if these tokens
lange wuniað· þonne biþ seo adl to frecenlico ⁊ ne mæg
long dwell then is the disease too dangerous and not can
him món getilian· ahsa hwæþre þone mannan þe þis þrowað
him one tend ask however the man who this suffers
hwæþer he ærre wære slegen on þa sidan oððe gestungen
whether he earlier were struck on the side or stabbed
oþþe hwæþer he lenge ær afeolle oððe gebrocen wurde·
or whether he long before fell or broken were

gif hit þ wære þonne bið he þy eaðlæcna· gif hit biþ of
if it that were then is he the easier-to-cure if it is from
cyle cumen oþþe of yfelre inwætan hit bið þe uneaþlæcra.
chill come or from evil inward-humor it is the harder-to-cure
Gif he þonne biþ ær on þære lifre oþþe on þám lungenum
If he then is before in the liver or in the lungs
gesargod ⁊ þanan cymeð sio sidwærc þonne biþ þ swiðe
pained and thence comes the side-pain then is that very
frecne. Gif hit on þam milte biþ ær þonne biþ hit þy
dangerous If it in the spleen is before then is it the
eaþlacre· gif he þonne biþ ær on þære lungene gewundod
easier-to-cure if he then is before in the lung wounded
⁊ þanan cymð se sidwærc þonne biþ þ swiðe frecne· gif
and thence comes the side-pain then is that very dangerous if
hit on þam milte bið ær· þonne cymð þ sar on þa winstran
it in the spleen is before then comes the sore on the left
sidan· ge þa habbað hefige frecennesse· ahsa hine hwæþer
side and they have heavy danger ask him whether
hím se milte sar sie oððe hwæþer hím sweorcoþu sie· swa
to-him the spleen sore be or whether to-him neck-disease be so
þu meaht ongitan þ þære sidan sar cymð óf yfelre wætan
thou canst perceive that of-the side sore comes from evil humor
⁊ biþ swiðe frecne. Gif him se utgang forseten sie oððe
and is very dangerous If to-him the outgoing obstructed be or
gemigan ne mæge mid sineþre óndounge wyrtdrences þurh
urinate not may with smoother infusion of-herb-drink through
horn oððe pipan sio wamb biþ to clænsianne· frecne bið eac
horn or pipe the belly is to cleanse dangerous is also
þonne þæs seocan mannes hraca bið maniges hiwes ⁊ bleo
when of-the sick man spittle is of-many hue and color

Be þisum tacnum þu meaht hwær se man to lacnianne
By these tokens thou canst where the man to cure
sie óngitan hwær ne sie· hwær món unsofte getilað ón
be perceive where not be where one not-softly tends at
forewearde þa adle þonne þ sar ærest gestihð on þa
beginning-of the disease when the sore first mounts on the
sculdru ⁊ on þa breost. Sona sceal món blod óf ædre
shoulders and on the breast Soon shall one blood from vein
lætan. Gif þ sar gewunige ón þam breostum anum oþþe
let If the sore dwell in the breasts alone or
on þam uferan hrife oþþe on þam midhrife· þonne sceal
in the upper belly or in the midriff then shall
hím món wyrtdrenc sellan ⁊ nimán swete wæter mid ele
to-him one herb-drink give and take sweet water with oil
gedon ón swines blædran ⁊ beþian þ sar mid.
put in of-swine bladder and bathe the sore with
Læcedomas þa þe þynnunge mægen hæbben ⁊ smalunge· II.47
Leechdoms those which thinning power have and slimming
þam lichoman þa ða hæto medmicle oþþe strange þrowian
to-the body those who heat moderate or strong suffer
⁊ hu him món scyle swines blædran óndon. Genim hunan
and how to-him one shall of-swine bladder apply Take horehound
⁊ weax ⁊ ele gemenge oþþe gegnid togædre ealra emfela
and wax and oil let-mix or rub together of-all equally-much
þ hit an sie smire mid ⁊ do on clæþ lege ón. Wiþ sare
that it one be smear with and put on cloth lay on Against sore
sidan eft genim rudan leaf ⁊ laures croppan gebeat smæle
side again take of-rue leaf and of-laurel berries beat small
⁊ seoð on hunige lege on clað oþþe ón fel þ hit ealle
and seethe in honey lay on cloth or on skin that it all
þa sidan ⁊ þ sar oferlicge lege ón ⁊ beþe mid þy ⁊
the side and the sore over-lie lay on and bathe with that and

belege æfter þære beþinge mid hatte wulle· ȝ bind weaxhlaf
cover after the bathing with hot wool and bind wax-cake
ón· gif þ sar þonne ne sie þe læsse teoh þonne mid glæse
on if the sore then not be the less draw then with glass
ón þa sculdru· ȝ scearpa þær hit sar sie swiþust· ȝ screþ
on the shoulders and scarify where it sore be most and scrape
þ blod of swiðe· ȝ gif hít þonne git swiþor sar sie· ne
the blood off much and if it then yet more sore be not
do þu þonne mid sealte þa blædran ón· ác on forewearde
put thou then with salt the bladder on but at beginning-of
þa adle þenden þ sar læst sie. Rudan geseoð on ele oððe
the disease while the sore least be Rue seethe in oil or
on wine· ȝ dile smire þa sidan mid þy neodlice· ȝ beþe
in wine and dill smear the side with that diligently and bathe
mid hnescre wulle ȝ mid þy ele ȝ do þonne þa blædran
with soft wool and with the oil and put then the bladder
ón· do wearm sealt to do eác seofoþa ón sealt wæter do
on put warm salt to put also bran in salt water put
on þa blædran alege on þ sar do þis þreo niht.
in the bladder lay on the sore do this three nights

II.48 Gif þas fultumas ne syn helpe· læt blod þonne ón ædre
If these helps not be of-help let blood then on vein
óf earme nær on þa healfe þe þ sar biþ· ȝ þa wambe
from arm nearer on the half which the sore is and the belly
mán sceal clænsian mid smeþe wyrtdrence. Eft eoforswines
one shall cleanse with smooth herb-drink Again of-boar
cwead þ món fint ón wuda gemylte ón wætre aseoh do on
dung that one finds in wood melt in water strain put in
his drincan· oþþe drige gemeng ȝ gegnid on his drincan
his drink or dry mix and rub in his drink
þ hælþ þære sidan sar. Eft celendres sæd gegnid ȝ
that heals of-the side sore Again of-coriander seed rub and

seoþ on hunige oþ þ hit ðicce sie· genim þæs þonne ón
seethe in honey until that it thick be take of-it then in
morgenne ⁊ ón æfenne þreo cucler mæl sele to þicgenne.
morning and in evening three spoon measures give to take
Læcedomas ⁊ weaxsealfa ⁊ scearpunga wiþ sidan sare· ⁊ II.49
Leechdoms and wax-salves and scarifications against of-side sore and
hwæt him sie to þicganne. Eác þu scealt þonne þu on þam
what to-him be to take Also thou shalt when thou on the
sculdrum tyhst blod teon swiðe ón þære sidan ⁊ ymb III.
shoulders drawest blood draw much on the side and after three
niht scearpian ⁊ weax sealfe ⁊ ele on lecgean ⁊ sellan
nights scarify and wax salve and oil on lay and give
drencas þa þu wite þ wið sid wærce scylen· gif þe wyrt
drinks which thou know that against side pain shall if to-thee herb
drenc ne limpe sele strangne· leohte mettas þicge ⁊ geseaw
drink not suit give strong light meats let-take and juicy
broþu ⁊ geseawe pysan ⁊ geslegen ægru ⁊ bread gebrocen
broths and juicy peas and beaten eggs and bread broken
on hát wæter winewinclan adon of scellum mid pysúm.
in hot water periwinkles taken from shells with peas
Eft wiþ sidan sare betonican leaf geseoð ón ele ⁊ gebryte II.50
Again against of-side sore of-betony leaf seethe in oil and bruise
alege ón þa sidan.
lay on the side

The lung disease swells the breast and brings a dry cough that takes the voice; the man is smeared with oil, bled, and fed brewis of wallwort. Drinks of gale, elecampane, horehound, and many herbs follow, with emetics of drug-corns, hove, and elder rind, gentler drinks that do not cause vomiting, and remedies for stitch and constipation. The book then treats the flux, known by its stool, and begins on its diet when the manuscript breaks off.

II.51 Her æfter sint lungen adla laðlicu tacn ⁊ hwanan sio
Here after are of-lung diseases loathly tokens and whence it
cume ⁊ hu món læcedomas wiþ þon wyrcean scyle· breost
come and how one leechdoms against that work shall breast
ablawen ⁊ sar þeoh ⁊ lira· ⁊ hím se maga micla þindeþ
inflated and sore thigh and brawn and to-him the stomach much swells
⁊ ban ⁊ fet fela swellende yfele swilas unfelende ⁊ hine
and bones and feet much swelling evil swellings unfeeling and him
dreceþ þyrre hwostan ⁊ hím ón þam hwostan hwilum losað
troubles dry cough and to-him in the cough at-times is-lost
sio stemn. Smire þone mannan mid ele· ⁊ eac mid niwre
the voice Smear the man with oil and also with new
wulle beþe þa sidan ⁊ rib· ⁊ betweox sculdrum hwene ær
wool bathe the sides and ribs and between shoulders a-little before
æfenne· læt þonne on wesan· æfter þón læt him blod of þam
evening let then on be after that let him blood from the
halan haþoliþan in ofne þær him ne egle fyr· gif þu him to
whole elbow in oven where him not trouble fire if thou him too
fela lætst ne biþ him þonne feores wen. Wyrc hím briw óf
much lettest not is to-him then of-life hope Work him brewis of
wealwyrte moran· ⁊ of fleaþan wyrte· ⁊ hunan ⁊ dile sæd
of-wallwort roots and of water-lily herb and horehound and dill seed
seoþ þas on butran sele etan colne on morgen ⁊ on niht
seethe these in butter give to-eat cool in morning and on night

briw his mete wiþ ele ȝ eal his drinca sie ceald. Manegum
brew his meat with oil and all his drink let-be cold To-many
men lungen rotað on drince· he spiwles drences ȝ fela
men lung rots on let-drink he of-emetic drink and many
henne ægru geslea on an fæt swa hreaw· geþwere þonne ȝ
of-hen eggs beat in one vat so raw stir then and
þicge ȝ gemenge ær wiþ fletan ȝ nan oþer molcen þicge.
let-take and mix before with cream and no other milk-food let-take
Leoht drenc· genim gagellan wyl ón wyrte læt þonne hwon
Light drink take gale boil in wort let then a-little
gestandan do of þa gagellan do þonne niwne gist ón
stand put off the gale put then new yeast on
bewreoh þonne þ hit ahebbe well· do þonne eolenan· ȝ
cover then that it rise well put then elecampane and
wermod· ȝ betonican· ȝ merce· ȝ antran to sele drincan.
wormwood and betony and marche and ontre to give to-drink
Gewýrc beowyrt wiþ lungen wunde· ȝ banwyrt seo þe
Work bee-wort against lung wound and bone-wort which that
hæbbe croppan gecnua þa wyrta twa wyl on butran. Drenc
have clusters pound the herbs two boil in butter Drink
wið lungen adle genim hindheoloþan leaf· ȝ hind berigean·
against lung disease take hind-beleth leaf and hind berry
ȝ garclifan heopbremles leaf wyl on wyrte læt drincan.
and gar-clive of-hip-bramble leaf boil in wort let drink
Wiþ lungen adle· hind berigean leaf ȝ hreodes spir reade
Against lung disease hind berry leaf and of-reed spire red
hófan· bísceopwyrt dolhrunan· neftan on clænum wætre ealle
hove bishopwort wound-rune catmint in clean water all
þas wyrta wylle ȝ drince. Wiþ lungen adle wyrc sealfe on
these herbs let-boil and let-drink Against lung disease work salve in
buteran ȝ þige ón meolcum· nim brune wyrt meodowyrt·
butter and let-take in milks take brown wort meadowwort

berc rago· nefte· garclife. Wiþ lungen adle brune wyrt
birch lichen catmint gar-clive Against lung disease brown wort
cneowholen· betonica· wudu merce sure· eofor fearn· acumba·
knee-holly betony wood marche sour boar fern oakum
garclife· twegen bremlas· uouelle· wad· wyrc to drence ȝ
gar-clive two brambles uouelle woad work to drink and
to sealfe. Genim eoforfearn gecnuwa ȝ awylle on butran
to salve Take boar-fern pound and boil in butter
do þa sealfe ón awyllede gate meolúc ȝ þicge on neaht
put the salve in boiled of-goat milk and let-take on night
nestig· ȝ on ufan mete. Drenc wiþ drigre lungenne· holen
fasting and on after meat Drink against dry lung holly
rinde· ȝ V. leafan· dile· ȝ redic gecnua to duste· ȝ óf
rind and five leaf dill and radish pound to dust and off
geót mid ealoð sele drincan gelome. Eft drenc· marubian·
pour with ale give to-drink often Again drink marrubium
ȝ betonican· merce rude· surapuldre rinde· slah þorn winde
and betony marche rue sour-apple-tree rind sloe thorn bindweed
drince ón ealað. Briw wiþ lungen adle· óntran· eolonan·
let-drink in ale Brewis against lung disease ontre elecampane
marubian· wenwyrt· þa clifihtan· rude· merce· pipor· hunig.
marrubium wen-wort the cleaving rue marche pepper honey
Wiþ drigre lungenne· óf wealwyrte moran· ȝ óf fleoþan
Against dry lung of of-wallwort roots and of water-lily
wyrte· hunan· diles sæd· seoþ on butran sele etan colne on
herb horehound of-dill seed seethe in butter give to-eat cool in
morgenne· ȝ on niht· ȝ briw his mete wiþ ele. Eft ním
morning and on night and brew his meat with oil Again take
alres rinde seoþ on wætre oþ þ þæs wæteres sie þriddan
of-alder rind seethe in water until that of-the water be third
dæl onbewylled sele þonne cælic fulne to drincanne on þry
part boiled-away give then chalice full to drink on three

siþas· læt simle dægþerne betweonum. Wiþ lungen wunde·
times let always day-interval between Against lung wound
þæs blacan ifiges croppena ⁊ corna ærest þreo on dæg V.
of-the black ivy of-berries and of-corns first three on day five
on morgene seofan þy þriddan dæge þonne nigon· þonne
on morrow seven the third day then nine then
XI. þonne þreottyne· þonne fiftyne· þonne seofontyne· þonne
eleven then thirteen then fifteen then seventeen then
nigantyne· þonne XXI. sele swa æfter dagum drincan on
nineteen then twenty-one give so after days to-drink in
wine. Eft wiþ lungen wunde betonican wyl on wine sele
wine Again against lung wound betony boil in wine give
drincan. Wiþ þon ilcan genim mugcwyrt niþewearde· ⁊
to-drink Against the same take mugwort lower and
brunewyrt wyl on buteran. Wiþ lungen adle genim cwican·
brown-wort boil in butter Against lung disease take quitch
⁊ ac rinde· ⁊ garclifan gecnuwa togædere· bewylle þonne
and oak rind and gar-clive pound together boil-away then
þriddan dæl on hwætene wyrte supe æfter amylte buteran.
third part in wheaten wort let-sup after melted butter
Eft genim brune wyrt· ⁊ biscop wyrt· wudu merce· wudu
Again take brown wort and bishop wort wood marche wood
cerfillan· eofor fearn· hind hioloþe· acumba· attorlaþe· reade
chervil boar fern hind heleth oakum venom-loather red
hofe· ⁊ mædere. Wiþ lungen adle· dolhrune· ⁊ æferþe
hove and madder Against lung disease wound-rune and averthe
nioþoweard· ⁊ brune wyrt· ⁊ reade hofe· ⁊ reade netlan
lower and brown wort and red hove and red nettle
awylle ón hunige ⁊ ón cubuteran súp on meolcum. Eft
boil in honey and in cow-butter sup in milks Again

genim rædices III. snæda· ⁊ brade leaces gelice ⁊ spices
take of-radish three slices and of-broad leek like and of-bacon
III. do þ III. dagas oþþe nigon.
three do that three days or nine

II.52 To spiw drence VI. corn alwan XXX. lybcorna ⁊ þa
For emetic drink six corns of-aloes thirty of-drug-corns and the
greatan wyrt nioþowearde· hwerwe hatte drige þa on sunnan
great herb lower hwerwe is-called dry it in sun
⁊ ellen rinde niþewearde drige eác ⁊ getrifula swiþe
and elder rind lower dry also and bruise very
smæle· do healfne bollan ealoð to· ⁊ swete mid hunige· do
small put half bowl of-ale to and sweeten with honey put
hwon buteran· ⁊ pipores hwon· ⁊ gehæte þ ealu ⁊ do
a-little butter and of-pepper a-little and heat the ale and put
hwon sealtes to. Eft wermod ⁊ eolonan læsse læt standan
a-little of-salt to Again wormwood and elecampane less let stand
twa niht ón ealoþ drince þonne. Eft glædene· hofe fleotwyrt
two nights in ale let-drink then Again gladden hove fleet-wort
cnuwa ón ealaþ ⁊ geswet drince þonne. Gif món hine
pound in ale and sweeten let-drink then If one himself
brece ofer gemet to spiwanne siþþan him spiw drenc of sie·
break over measure to vomit after to-him emetic drink off be
genim fættes flæsces sele twa snæda. Wece drenc· elene
take of-fat flesh give two slices Weak drink elecampane
þone læstan dæl þunges· cámmóc wyl þ on ealaþ sele
the least part of-poison-plant cammock boil it in ale give
þ lytlum supan þonne hit col sie oþ þ he spiwe. þ is
it by-little to-sup when it cool be until that he spew that is
hofe niþeweard bescrepen ⁊ gecnuad· ⁊ ellen wyrttruman
hove lower scraped and pounded and of-elder root
rinde awæsc þa clæne ⁊ bescrepene· arend þonne of þam
rind wash it clean and scraped strip then off the

wyrttruman· ⁊ gecnua gotwoþan· ⁊ wenwyrt sio weaxeþ
root and pound goutweed and wen-wort which grows
ón ealdum lande· geot þonne hluttor eala to· wylle swa
on old land pour then clear ale to boil as
swiþre medo Gif hebbe bewreo ⁊ læt standan nihterne aseoh
stronger mead If rise cover and let stand overnight strain
bollan fulne geswete þonne mid hunige aseoh þonne eft·
bowl full sweeten then with honey strain then again
bebinde þonne genoh wearme· læte þonne standan neahterne.
bind then enough warm let then stand overnight
Drince þonne on morgen ⁊ hine wréo wearme ⁊ him
Let-drink then in morning and himself let-cover warm and himself
slæp beorge swiþe georne· lange he mæg on þam wyrtum
sleep let-guard very eagerly long it can on the herbs
standan ⁊ þonne hine món drincan wille ónhrere eft.
stand and when it one drink will stir again
Wyrce þonne in þær bollan fulne swa he ær worhte· Gif
Let-work then in there bowl full as he before wrought If
he sie to unswið gegnide he fiftig lyb corna geswete þonne.
it be too weak let-rub he fifty drug corns sweeten then
Wyrce swiðran gif he wille· adelfe þa greatan wyrt ascrep
Let-work stronger if he will let-dig-up the great herb scrape
þa greatan rinde óf gecnuwa þonne smæle geót þonne
the great rind off pound then small pour then
hluttor eala ón. Se drenc biþ swa selra swa þ ealu selre
clear ale on The drink is so better as the ale better
biþ. Spiwe drenc· genim ellenrinde niþewearde· ⁊ hámwyrte
is Emetic drink take elder-rind lower and home-wort
⁊ hundteontig lybcorna gecnua swiþe wel ealle þa wyrta
and a-hundred of-drug-corns pound very well all the herbs
do on ealo menge þonne· genim þonne wah mela hæsles
put in ale let-mix then take then wall meal of-hazel

oþþe alres asift þonne ful clæne tela micle hand fulle do
or of-alder sift then full clean well great hand full put
on gemang læt neahterne standan ahlyttra swiþe wel· geswet
in mixture let overnight stand clarify very well sweeten
mid hunige gedrinc scenc fulne tela micelne. Gif se drenc
with honey drink cup full well great If the drink
nelle óf gením ónred selle ón ealað drincan scenc fulne
not-will off take onred let-give in ale to-drink cup full
wearmes sona biþ sel. Wyrc spiwdrenc. Genim lybcorn ⁊
of-warm soon is better Work emetic-drink Take drug-corn and
pipor corn ⁊ hwit cwuda ⁊ alwan grind to duste þa wyrta
pepper corn and white cud and aloes grind to dust the herbs
swiþe· do on beor swa on wín swa on þeorfe meolúc gif þu
much put in beer or in wine or in fresh milk if thou
þara oþerra nawþer næbbe· gif þu on wine wyrce oþþe ón
of-the others neither not-have if thou in wine work or in
meolce geswet mid hunige drince tela micelne scenc fulne.
milk sweeten with honey let-drink well great cup full
Spiwe drenc wyrc óf beore do cost to ⁊ alwan ⁊
Emetic drink work of beer put costmary to and aloes and
lybcorna fiftyne þara oþera gelice.
of-drug-corns fifteen of-the others like
Spiwe drenc hamwyrte III. snæda· ⁊ ellen rinde berende
Emetic drink of-home-wort three slices and elder rind bearing
gelice micel XXV. lybcorna gegnid do huniges swilce an
like much twenty-five of-drug-corns rub put of-honey such-as one
snæd sie on ete þonne mid cuclere ón sup hates wæteres
slice be on let-eat then with spoon on sup of-hot water
oððe cealdes. Gif drenc óf men nelle· genim merce· ⁊ cerfillan
or of-cold If drink off man not-will take marche and chervil
seoþ swiþe ón wætre do sealt to drince þonne. Gif hine
seethe much in water put salt to let-drink then If him

innan wærce· genim niges ealað amber fulne do hand fulle
within ache take of-new ale amber full put hand full
hamwyrte ón· læt on hebban drince oþ þ þu spiwe· sting
of-home-wort in let on rise let-drink until that thou spew stick
þonne feþre ón muð teoh þa gellestran út drinc eft sona
then feather in mouth draw the phlegm out drink again soon
Nim scamoniam þ penig gewege ⁊ gegnid smæle ⁊ hrer
Take scammony that penny weigh and rub small and stir
henne æg swiðe sealt do þa wyrt ón ne læt geyrnan þ æg
of-hen egg much salt put the herb in not let curdle the egg
ac súp. Wyrtdrenc· scamonian geceos þus brec on tu do
but sup Herb-drink scammony choose thus break in two put
hwon ón þine tungan Gif hío hwite oferbregdeþ swa meluc
a-little on thy tongue If it white overspreads as milk
þonne hio biþ god· gegnid þonne on treowenum fæte næs
then it is good rub then in wooden vat not
on nanum oþrum mid sticcan oþþe mid hæfte do óf þ
in any other with stick or with haft put off what
món gegnidan ne mæge þ biþ geurnen· do caulices ón II.
one rub not may that is run put of-cole in two
dropan oðde þry· oþþe eleleafes stelan gewyl tosómne· gif
drops or three or of-olive-leaf stalk boil together if
hio biþ god· drenc bið ón peninge· Gif mætra bið on oðrum
it is good drink is in penny If weaker is in second
healfum oðde ón twam auuifeþrimænemæ. Spiwe drenc· hofan
half or in two (auuifeþrimænemæ) Emetic drink hove
⁊ onred· ⁊ ellen rinde gecnua to somne ellen læst· do
and onred and elder rind pound — together elder least put
þonne to XXX. pipor corna geswet mid hunige sele drincan.
then to thirty pepper corns sweeten with honey give to-drink

II.53 To leohtum drence ælfþonan gyþrifan· betonican þa clufyhtan
For light drink elf-thone cockle betony the cleaving
wenwyrt· eoforþrotan· heah hioloþan· ealehtran· eolonan twa
wen-wort boar-throat high heleth lupine elecampane two
snæda· clatan· wegbrædan· óntre· cropleác to wætan healf halig
slices burdock waybread ontre crop-leek for liquid half holy
wæter· healf sie hluttor eala. To leohtum drence· bisceop wyrt
water half let-be clear ale For light drink bishop wort
elehtre· wermod· wulfes camb wyl ón meolcum swiþe awring
lupine wormwood wolf's comb boil in milks much wring
þonne þurh clað dryp ealo ón oððe wín sele supan. Leoht drenc
then through cloth drip ale on or wine give to-sup Light drink
bisceop wyrt ontre eolone· marubie· dweorge dwostle· merce·
bishop wort ontre elecampane marrubium dwarf dwostle marche
æscþrotu· betonica· heah hioloðe· hind hioloþe· gagille· mínte·
ash-throat betony high heleth hind heleth gale mint
dile· finul· cerfille· drince on ealuð geworhte. Unspiwol drenc
dill fennel chervil let-drink in ale wrought Non-emetic drink
bisceop wyrt· wermod· attorlaðe· springwyrt gyðrife· dweorge
bishop wort wormwood venom-loather spring-wort cockle dwarf
dwostle· finul· gebeaten pipor· gedo þa wyrta ealle on an fæt
dwostle fennel beaten pepper put the herbs all in one vat
gedo þonne eald wín hluttor on ðone drenc oððe swiðe god
put then old wine clear on the drink or very good
medo drince þonne þone drenc neahtnestig· ⁊ swa betere him
mead let-drink then the drink night-fasting and so better to-him
ís swa he óftor drince ⁊ ete þone briw þe her áwriten is·
is as he oftener drink and let-eat the brewis which here written is
byrig eolonan ómpran· ontre· gotwoþe hromgeallan· gescadwyrt
borough elecampane dock ontre goutweed ram's-gall shade-wort
nioþowearde· gecnua þa wyrta do sealt ón wyl on butran.
lower pound the herbs put salt on boil in butter

Eft unspiwol drenc· bisceopwyrt· gyþrife· springwyrt V.
Again non-emetic drink bishopwort cockle spring-wort five
dagas drince ætsomne simle on morgne forlæte oþre fife
days let-drink together always in morning let-leave other five
V. drince. Leoht drenc genim wermod· ⁊ betonican· ⁊
five let-drink Light drink take wormwood and betony and
hioloþan læst ⁊ hind hioloþan do on eala. Stille drenc·
heleth least and hind heleth put in ale Still drink
betonican· eolone· wermod· ontre· hune· elehtre· wenwyrt·
betony elecampane wormwood ontre horehound lupine wen-wort
gearwe· dweorge dwostle· attorlaðe feldmoru.
yarrow dwarf dwostle venom-loather field-carrot
Wiþ instice· genim aprotanan· ⁊ attorlaðan· bisceop wyrt II.54
Against in-stitch take southernwood and venom-loather bishop wort
þa suþernan· gehæte on beore ⁊ supe. Gif stice butan
the southern heat in beer and let-sup If stitch outside
innoðe sie· genim þonne þa readan netlan ⁊ ealde sapan
inwards be take then the red nettle and old soap
gebeat tosomne ⁊ smire mid ⁊ beþe mid to fyre.
beat together and smear with and bathe with at fire
Drenc Gif món innan forhæfd sie· gecnua eolonan wyl ón ealoð II.55
Drink If one within constipated be pound elecampane boil in ale
⁊ betonican· wermod ⁊ þa clufihtan wenwyrt sele drincan.
and betony wormwood and the cleaving wen-wort give to-drink
Wiþ incoþe costes godne dæl· ⁊ finoles sædes oþer swilc
Against in-disease of-costmary good part and of-fennel seed other such
gebeat smæle ⁊ gegnid to duste. Genim þæs cucler fulne· gedo
beat small and rub to dust Take of-it spoon full put
ón eald wín oþþe cæren drince þonne neahtnestig þry dagas.
in old wine or carenum let-drink then night-fasting three days

Wiþ færcoþe bisceopwyrt· wermod· betonica· redíc· merce·
Against sudden-disease bishopwort wormwood betony radish marche
cost· rudan sæd wyrc to drence.
costmary of-rue seed work to drink

II.56 Gif món ne mæge útgegan· gením uman· ⁊ eac gecrypte
If one not may out-go take uma and also crumpled
hand fulle· ⁊ medmicelne bollan fulne ealað· bewyl þrimme
hand full and moderate bowl full of-ale boil-away by-a-third
þ ealo on þære wyrte drince þonne neahtnestig. Eft gif món
the ale on the herb let-drink then night-fasting Again if one
syþ garleác on henne broþe ⁊ selð drincan þonne to læt.
seethes garlic in of-hen broth and gives to-drink then — dissolves
hio þ sar. Eft gate meoluc ⁊ eced seoþ ætgædere sele
it the sore Again of-goat milk and vinegar seethe together give
drincan. Eft gate meoluc ⁊ hunig ⁊ sealt sele drincan. Eft
to-drink Again of-goat milk and honey and salt give to-drink Again
wylle gearwan on hunige ⁊ ón butran ete þa wyrt mid.
let-boil yarrow in honey and in butter let-eat the herb with
Wiþ útwærce eft efelastan ufewearde· wegbrædan ellenrinde
Against out-pain again ever-last upper waybread elder-rind
sealt ón ealo gegniden.
salt in ale rubbed

Tácn be utsihtan ge on þam uferran hrife ge ón þam niþerran.
Tokens about diarrhea both in the upper belly and in the lower
Þa adle món mæg ongitan be þam utgange hwilc se ón ónsyne
The disease one can perceive by the outgoing which it in appearance
sie. Sum biþ þynne sum mid þiccum wætum geond goten.
be Some is thin some with thick humors through poured
Sum mid þæs innoþes· ⁊ mid þara smæl þearma gebrocum
Some with of-the inwards and with of-the small guts fragments
gemenged· sum swiðe gefylled mid wormse. Sum swiðe blodig.
mixed some much filled with pus Some very bloody

Sum cymð of þam uferran hrife. Sum of þam niþerran·
Some comes from the upper belly Some from the lower
þam þe óf þam uferran hrife cymð se útwærc þis tácn bið·
to-them whom from the upper belly comes the out-pain this token is
þ se man sar gefelð æt his nafolan ȝ on his sculdrum hefig
that the man sore feels at his navel and on his shoulders heavy
sar· ȝ þurst ȝ unlust ȝ þurh bæc þearm lytel blod dropað;
sore and thirst and listlessness and through back gut little blood drips
Sió utsiht adl cymð manegum ærest of to miclum
The diarrhea disease comes to-many first from too much
útgange· ȝ þonne lange hwile ne gymð mon þæs oþ
outgoing and then long while not cares one it until
þ se innoþ wyrð ge onburnen ge þurh þ gewundod·
that the inwards becomes both inflamed and through that wounded
hwilum onginneð of þam midhrife se is betweox þære
at-times begins from the midriff which is between the
wambe ȝ þære lifre· ȝ þa seaw þa ðe beoð gemengedu
belly and the liver and the juices those which are mixed
óf mettum wiþ blod ȝ wiþ oman geondgeotaþ þone
from meats with blood and with erysipelas pour-through the
innoþ wyrceað yfelne útgáng ȝ for þære grimnesse þara
inwards work evil outgoing and for the fierceness of-the
omena ne mæg beón gehæfd þy se mete ác beoþ somod
erysipelas not can be held therefore the meat but are together
þa innoþas bedrifen þonne wyrð þ to utwærce. Hu món
the inwards driven then becomes that to out-pain How one
þa utyrnendan men scyle lácnian þam món sceal sellan
the out-running men shall cure to-them one shall give
þa mettas þa ðe wambe nearwian ȝ þam magan ne
the meats those which belly narrow and the stomach not
sceþþan· caules seaw· hwilum pysena broþ ȝ eced· ȝ por
harm of-cole juice at-times of-peas broth and vinegar and leek

mid wegbrædan gesoden ȝ ealdne cyse gesodenne ón gate
with waybread sodden and old cheese sodden in of-goat
meolce mid þy smerwe gate· hwilum bræde þone cyse ȝ
milk with the grease of-goat at-times let-roast the cheese and
drigne hlaf ȝ wæter þ sie rose on gesoden hwilum scearp
dry loaf and water that be rose in sodden at-times sharp
win drince. Wyrc him onlegena to clame geworht· beren
wine let-drink Work him poultices for paste wrought barley
melo oþþe hwæten mid hunige gesoden· mid medmicle ∗∗∗
meal or wheaten with honey sodden with moderate (lacuna)

II.59 · THE HALF-DEAD DISEASE

The half-dead disease seizes one side of the body when the sinews slip and are filled with a thick, slippery, evil humor. The tongue is whiter on the side the disease will take; the patient is kept in a warm chamber, bled from the vein of whichever hand is found cold, purged, rubbed with salves by the fire, and fed meats that digest easily. The true disease comes only after forty or fifty winters, and what strikes the young is another, easier ill. A recipe for oxymel follows, with radish soaked in it as an emetic, and the chapter closes with drinks of pea water, sengreen, elder blossom, and beet.

II.59 Wið þære healf deadan adle ȝ hwanon seo cume· seo
Against the half dead disease and whence it come the
adl cymð on þa swiðran healfe þæs lichoman· oððe on
disease comes on the right half of-the body or on
þa wynstran· þær þa sína toslupað ȝ beoð mid slipigre
the left where the sinews slip-apart and are with slippery
ȝ þíccere wætan yfelre ȝ yfelre þiccere ȝ mycelre.
and thick humor evil and evil thick and great

Þá wætan man sceal mid blodlæsum ⁊ drencum ⁊
The humors one shall with bloodlettings and drinks and
læcedomum on weg adón· þonne seo adl cume ærest on
leechdoms — away put when the disease come first on
ðone mannan þonne ontyne þu his muð sceawa his tungan
the man then open thou his mouth observe his tongue
þonne bið heo on þa healfe hwittre þe seo adl on beon
then is it on the half whiter which the disease on be
wile· lacna hine þonne þus· Gefere þæne mannan on swiðe
will cure him then thus Convey the man into very
fæstne cleofan ⁊ wearmne gereste him swiðe wel hleowe
fast chamber and warm let-rest him very well sheltered
þær ⁊ wearme gleda bere man gelome ínn.
there and warm coals let-bear one often in
Onwreoh hine þonne ⁊ sceawa his handa georne· ⁊ swa
Uncover him then and observe his hands eagerly and so
hwæþere swa ðu cealde finde læt him sona blod on þære
whichever as thou cold find let him soon blood on the
cealdan ædre· æfter þære blodlæse· hulwega ymb III. niht
cold vein after the bloodletting about after three nights
sele him wyrt drenc útyrnende dó giðcorna swa feala swa
give him herb drink out-running put of-gith-corns so many as
læcas witon þ to wyrtdrence sculon ⁊ swa gerade wyrta.
leeches know that to herb-drink must and such prepared herbs
Hwilum alwan æfter hire rihte· him mon scæl sellan
At-times aloes after its right to-him one shall give
hwilum scamoniam· hwilum eft æfter wyrtdrencum· þonne
at-times scammony at-times again after herb-drinks when
he gerest sy· læt eft blod on ædre swa þu on fruman
he rested be let again blood on vein as thou at beginning

dydest· hwilum þu teoh mid glæse oððe mid horne blod
didst at-times thou draw with glass or with horn blood
of þam saran stowum adeadodum.
from the sore places deadened
Wiþ þære healfdeadan adle· beþe hwilum þa saran stowe æt
Against the half-dead disease bathe at-times the sore place at
heorðe oððe be gledum· ȝ smere mid ele· ȝ mid halwendum
hearth or by coals and smear with oil and with healing
sealfum· ȝ gnid swyðe þ þa sealfa in besincen. Wyrc to
salves and rub much that the salves in sink Work to
sealfe ealdne rysle sealtne heortes mearh· gose rysle· oððe
salve old fat salted of-hart marrow of-goose fat or
hænna· ȝ dó gode wyrta tó beðe þa saran stowe æt fyre.
of-hen and put good herbs to bathe the sore place at fire
Hwilum onlege ȝ onbind pic· ȝ weax· pipor· ȝ smeru· ȝ
At-times lay-on and bind-on pitch and wax pepper and grease and
ele· togædere gemilted. Hwilum on þa saran sinua ȝ aswollenan
oil together melted At-times on the sore sinews and swollen
lege ón ȝ bind on gate tyrdelu gemenged wið hunig· oððe on
lay on and bind on of-goat droppings mixed with honey or in
ecede gesoden· þonne þwinað þa aslawenan ȝ þa aswollena sina.
vinegar sodden then dwindle the sluggish and the swollen sinews
Wyrc him wyrt drenc þe ne bið útyrnende· ne spiwol
Work him herb drink which not is out-running nor emetic
ác todrifð ȝ lytlað þa yfelan wætan· on þam seocum
but drives-apart and lessens the evil humors in the sick
men þe biþ swa swa horh oððe risoda oððe gillistre.
man which is so as phlegm or rheum or mucus
Genim huniges þis lytle pund dó þonne to þan gebeaten
Take of-honey this little pound put then to it beaten
ȝ asift pipor· syle þonne to þicganne þam untruma men.
and sifted pepper give then to take to-the infirm man

Eft ymbe þreo niht syle him on þam ilcan· gemete oððe
Again after three nights give him in the same measure or
mare· ⁊ swa ymb feower niht.
more and so after four nights
Wið þære healf deadan adle· do þu hwilum sealtes cucler mæl
Against the half dead disease put thou at-times of-salt spoon measure
tó menge wið hunig ⁊ eft pipor· cunna swa ægþer ge on
to mix with honey and again pepper try so either both in
þisum læcedome ge on oðrum þæm þe ic eac write hu hit on
this leechdom and in others those which I also write how it on
níman wolde· gif þ lic heard si utan lege on þane læcedom
take would if the body hard be without lay on the leechdom
þe þ heard forði hwelige ⁊ þæt yfel út teo. Teoh him blod
which the hard therefore suppurate and the evil out draw Draw him blood
óf gif þæt neb oðde þ heafod sár si on þam hnescan· ⁊ nitta
off if the face or the head sore be on the soft and use
þara læcedoma þe þane horh of þam heafde teo· oþþe þurh
the leechdoms which the phlegm from the head draw either through
muð· oðde þurh nosu· ⁊ þonne he þa miht hæbbe gedo
mouth or through nose and when he the might have bring-about
þ he gelome gefnese· syle him þa mettas þe syn eaðmylte·
that he often sneeze give to-him the meats which be easily-digested
⁊ god seaw hæbben ⁊ he fram þam mettum mæge smaligan·
and good juice have and he from the meats may grow-thin
þæt syn gesodene wyrta· wyll· geote man þ æreste wós ⁊
that be sodden herbs boil let-pour one the first juice and
þ æftere onweg· dó þonne god wós tó· ⁊ syle to þycganne
the second away put then good juice to and give to take
do lytel sealt· ⁊ ele· ⁊ merce tó ⁊ pórr· ⁊ þæm gelice.
put little salt and oil and marche to and leek and to-them like

Heald þonne georne þ se mete sí gemylt ǽr he him eft
Hold then eagerly that the meat be digested before he him again
gyfe· forðan þe se ungemylta mete him wyrcð mycel yfel·
give because that the undigested meat to-him works much evil
scires wines drince æt hwæga gif he má wille· drince hát
of-clear wine let-drink some — if he more will let-drink hot
wæter. Healde hine georne wið bæþ· ȝ hwilum þonne he hit
water Let-hold himself eagerly against bath and at-times when he it
geþrowian mæge læte him blod on innan earme ȝ sceawige
bear may let-let to-him blood on inner arm and let-observe
þa scancan· æþele læcedom· ȝ hu seo healf deade adl· ǽr
the shank noble leechdom and how the half dead disease before
feowertigum oððe fiftigum wintra næfre on men ne becume.
forty or fifty of-winters never on man — come
Sume béc lærað wið þære healfdeadan adle þ man wintreow
Some books teach against the half-dead disease that one vine
bærne to gledum ȝ þonne þa gleda sette toforan þam seocum
burn to coals and then the coals set before the sick
men ȝ þ he þonne ontyndum eagum ȝ opene muþe þane
man and that he then with-opened eyes and open mouth the
réc swelge þa þrage þe he mæge· ȝ þonne he má ne mæge
smoke swallow the while that he may and when he more not may
onwende his neb awég lythwon ȝ eft wende tó ȝ onfó ðam
turn his face away a-little and again turn to and receive the
steme ȝ swa dó ælce dæge oð þ se dæl þæs lichoman þe
steam and so do each day until that the part of-the body which
þær adeadod wæs ȝ gelewed to þære ærran hælo becume.
there deadened was and injured to the former health come
Soðlice seo adl cymð on monnan æfter feowertigum oððe
Truly the disease comes on man after forty or
fiftigum wintra gif he bið cealdre gecyndo þonne cymð æfter
fifty of-winters if he is of-cold nature then comes after

feowertigum elcor cymð æfter fiftigum wintra his gærgetales·
forty otherwise comes after fifty of-winters of-his year-tale
gif hit gingran men gelimpe þonne bið þ eaðlæcnere· ⁊ ne
if it to-younger man happen then is that easier-to-cure and not
bið seo ylce adl þeah þe ungleawe læcas wenan þ þ seo ylce
is the same disease though that unwise leeches ween that it the same
healfdeade adl sí. Hu gelic adl on man becume on geogoðe
half-dead disease be How like disease on man come in youth
on sumum lime swa swa seo healfdeade adl on yldo deð.
on some limb so as the half-dead disease in age does
Ne bið hit seo healf deade adl ac hwilc æthwega yfel wæte
Not is it the half dead disease but some — evil humor
bið gegoten on þ lim þe hit on gesit· ac bið eaðlæcnere·
is poured on the limb which it on settles but is easier-to-cure
ác seo soðe healfdeade adl cymð æfter fiftigum wintra.
but the true half-dead disease comes after fifty of-winters
Gif mon sy þære healfdædan adle seoc· oððe bræc seoc·
If one be of-the half-dead disease sick or falling sick
wyrc him oxumelli suðerne eced drenc ecedes· ⁊ huniges·
work him oxymel southern vinegar drink of-vinegar and of-honey
⁊ wæteres gemang.
and of-water mixture
Nim ecedes anne dæl· huniges twegen dælas wél geclæsnodes·
Take of-vinegar one part of-honey two parts well of-cleansed
wæteres feorðan· seoð þonne oð þ þriddan dæl þære wætan·
water fourth seethe then until that third part of-the liquid
oððe feorðan· ⁊ fleot þ fam ⁊ þ rot symle óf oðþæt hit
or fourth and skim the foam and the scum always off until it
gesoden si· gif þu wille þone drenc strengran wyrcan· þonne
sodden be if thou wilt the drink stronger work then
dó þu swa mycel þæs ecedes swa þæs huniges ⁊ nytta þæs
put thou as much of-the vinegar as of-the honey and use the

læcedomas ge wið þisse adle ge wið ælcere ful neah. Nim
leechdom both against this disease and against each full nigh Take
simble þæs ecedrences swa geworhtes swa mycel swa þe
always of-the vinegar-drink so wrought as much as to-thee
þince· dó wið þissum adlum rædic on þ seaw þæs drinces
seem put against these diseases radish in the juice of-the drink
læt beo nihterne ón· syle þonne on morgenne þam seocum
let be overnight in give then in morning to-the sick
men· neahtnestigum þane rædic swá geseawne to þicganne
man night-fasting the radish so juicy to take
swa he swyðust mæge· ⁊ þ þu þanne læfe þæs seawes
as he most may and what thou then leave of-the juice
syððan se rædic ofe sy· geot hat wæter on syle drincan þam
after the radish off be pour hot water on give to-drink to-the
seocum men to fylle. And þonne ymbe anes dæges hwile
sick man to fill And then after of-one day while
stinge him mon feþere on muð oððe finger nede hine to
let-stick him one feather in mouth or finger let-force him to
spiwanne. Nim eft eles anne dæl· wearmes wæteres twegan·
vomit Take again of-oil one part of-warm water two
sealtes twegan cuceles fulle meng togædere syle to drincanne
of-salt two spoons full mix together give to drink
ceac fulne ⁊ þanne stinge finger on muð bæde to spiwanne·
jug full and then stick finger in mouth urge to vomit
læt þanne spiwan on þane ylcan ceac þe he ǽr óf dranc
let then spew into the same jug which he before from drank
gesceawa þonne hwæðer þe spiwða sy swa micel swa he
observe then whether the vomit be as much as he
ær gedranc· gif he mara sy tyla his swa· gif he emmicel
before drank if it more be tend him so if it equally-much
si þane þe he ær gedranc syle eft on ða ilcan wisan
be as-that which he before drank give again in the same wise

oðþæt he ma spiwe þanne he gedrince ǽr· þis sceal swiþust
until he more spew than he drink before this shall most
wið blædran adle ⁊ þæm stanum þe on blæddran syn.
against bladder disease and the stones which in bladder be
Wið þære healfdeadan [adle]· Nim þ wæter þe pyosan
Against the half-dead disease Take the water which peas
ræran on gesodene ofer willeda syle drincan swiðe þonne
were in sodden over boiled give to-drink much then
weccð þ þone innoð ⁊ clænsað. Eft synfullan leaf on wín
stirs that the inwards and cleanses Again of-sengreen leaf in wine
gegníden þ clænsað þane innað. Wið þan ilcan eft· ellenes
rubbed that cleanses the inwards Against the same again of-elder
blosman genim ⁊ gegnid ⁊ gemenge wið hunig ⁊ gedó on
blossoms take and rub and mix with honey and put in
box· ⁊ þonne þearf si genim bollan fulne hluttres geswettes
box and when need be take bowl full of-clear sweetened
wínes gemenge wið þ ⁊ aseohhe syle drincan. Wið þan
wine mix with it and strain give to-drink Against the
ilcan betan mid hire wyrtruman seoð on wætere butan
same beet with its root seethe in water without
sealte· syle þonne þæs wæteres bollan fulne to gedrincanne.
salt give then of-the water bowl full to drink

After a gap in the manuscript come the remedies the patriarch Elias of Jerusalem sent to King Alfred: balsam, petroleum, and tyriaca against inward ills, and the white stone, drunk with red earth against stitch and flying venom, whose struck fire avails against lightning and leads the lost back to the road. Charms follow for an elf-shot horse and for diarrhea, Dun's remedy for the lungs, cures for the yellow disease, myrrh against all sudden ills, and the eight virtues of jet. The book ends with weights of oil, ale, and honey and Bald's Latin verses claiming the book.

II.64 ∗∗∗ þte oþerne healfne pening gewege gegnid swiþe smale
(lacuna) so-that other half penny weigh rub very small
do þonne on hluttor æg ⁊ sele þam men to supanne· hió is
put then in clear egg and give to-the man to sup it is
swiþe gód eác on þas wisan wið hwostan ⁊ wiþ springe
very good also in this wise against cough and against carbuncle
do þas wyrte on he biþ sona hal. Þis is balzaman smyring
put this herb on he is soon whole This is of-balsam smearing
wiþ eallum untrumnessum þe on mannes lichoman biþ·
against all infirmities which in of-man body is
wiþ fefre· ⁊ wiþ scinlace ⁊ wið eallum gedwolþinge. Eal
against fever and against delusion and against all error-things All
swa same se petra oleum he is god ⁊feald to drincanne wið
so same the petra oleum it is good simple to drink against
innan tiedernesse ⁊ utan to smerwanne on wintres dæge for
inner tenderness and outside to smear on of-winter day for
þon þe he hæfð swiðe micle hæte for ðy hine mon sceal
that that it has very much heat for that it one shall
drincan on wintra· ⁊ he is god gif hwam seó spræc oþfylð
drink in winter and it is good if to-anyone the speech fails
nime þonne ⁊ wyrce cristes mæl under his tungan ⁊ his
let-take then and let-work of-christ mark under his tongue and of-it

an lytel swelge· Gif món eác of his gewitte weorðe þonne
a little let-swallow If one also of his wit become then
nime he his dæl ⁊ wyrce cristes mæl on ælcre lime butan
let-take he of-it part and let-work of-christ mark on each limb but
cruc on þam heafde foran se sceal on balzame beon ⁊
cross on the head before which shall in balsam be and
oþer on þam heafde ufan. Tyriaca ís god drenc wiþ eallum
other on the head above Tyriaca is good drink against all
innoð tydernessum· ⁊ se man se þe hine swa begæþ
inward tendernesses and the man who that it so goes-about
swa hit her on segð þonne mæg he him miclum gehelpan.
as it here on says then can he himself much help
To þam dæge þe he wille hine drincan he sceal fæstan oþ
On the day which he will it drink he shall fast until
midne dæg ⁊ ne læte hine wind beblawan þy dæge· ga him
mid day and not let him wind blow-on that day let-go him
þonne ón bæþ sitte þær on oð þ he swæte· nime þonne ane
then into bath let-sit there on until that he sweat let-take then a
cuppan do an lytel wearmes wætres on innán nime þonne ane
cup put a little of-warm water in within let-take then a
lytle snæd þæs tyriacan ⁊ gemenge wiþ þ wæter ⁊ seoh
little slice of-the tyriaca and let-mix with the water and strain
þurh þynne hrægl drince þonne· ⁊ ga him þonne to his
through thin cloth let-drink then and let-go him then to his
reste ⁊ bewreo hine wearme· ⁊ licge swa oþ he wel swæte·
rest and let-cover himself warm and let-lie so until he well sweat
arise þonne ⁊ sitte him úp ⁊ scirpe hine ⁊ þicge siþþan
let-arise then and let-sit him up and let-clothe himself and let-take after
his mete to nones ⁊ beorge him georne wiþ þone wind
his meat at nones and let-guard himself eagerly against the wind
þæs dæges· þonne gelyfe ic to gode þ hit þam men miclum
of-the day then believe I to god that it the man much

gehelpe. Se hwita stan mæg wiþ stice ȝ wiþ fleogendum
help The white stone avails against stitch and against flying
attre· ȝ wiþ eallum uncuþum brocum· þu scealt hine scafan
venom and against all strange afflictions thou shalt it shave
on wæter ȝ drincan tela micel ȝ þære readan eorþan dæl scafe
in water and drink well much and of-the red earth part shave
þær to ȝ þa stanas sint ealle swiðe gode óf to drincanne wiþ
there to and the stones are all very good of to drink against
eallum uncuþlicu þing· Þonne þ fyr óf þam stane aslegen hít
all strange things When the fire from the stone struck it
is god wið ligetta· ȝ wið þunorrada ȝ wið ælces cynnes
is good against lightnings and against thunders and against of-each kind
gedwol þing· ȝ gif mon on his wege biþ gedwolod slea him
error thing and if one on his way is led-astray let-strike him
anne spearcan beforan biþ he sona on rihtan. Þis eal het þus
a spark before is he soon on right This all bade thus
sécgean ælfrede cyninge domne helias patriarcha ón gerusalem.
say to-Alfred king lord Elias patriarch in jerusalem
II.65 Gif hors ófscoten sie· Nim þonne þ seax þe þæt hæfte sie
If horse shot be Take then the knife which the haft be
fealo hryþeres horn ȝ sien III. ærene næglas ón· Writ þonne
fallow of-ox horn and be three brazen nails on Write then
þam horse on þam heafde foran cristes mæl ȝ on leoþa
on-the horse on the head before of-christ mark and on of-limbs
gehwilcum þe þu ætfeolan mæge· Nim þonne þ winestre
each which thou reach may Take then the left
eare þurh sting swigende· þis þu scealt don· genim ane girde
ear through stab silent this thou shalt do take a rod
sleah on þ bæc þonne biþ þ hors hal· ȝ awrit on þæs seaxes
strike on the back then is the horse whole and write on of-the knife
horne þas word· Benedicite omnia opera domini dominum.
horn these words Bless all works of-the-lord the-lord

Sy þ ylfa þe him sie þis him mæg to bote. Wiþ utwærce
Be it elf which to-him be this to-him can for remedy Against out-pain
brembel þe sien begen endas on eorþan· genim þone neoþran
bramble which be both ends in earth take the lower
wyrttruman delf úp þwit nigon sponas on þa winstran hand
root dig up cut nine chips on the left hand
ȝ sing þriwa miserere mei deus· ȝ nigon siþum pater
and sing thrice have-mercy on-me god and nine times father
noster· genim þonne mucgwyrt· ȝ efelastan· wyl þas þreo
our take then mugwort and ever-last boil these three
on meolcum oþ þ hy readian supe þonne on neaht nestig
in milks until that they redden let-sup then on night fasting
gode blede fulle hwile ær he oþerne mete þicge· reste hine
good bowl full while before he other meat take let-rest himself
softe· ȝ wreo hine wearme· gif ma þearf sie do eft swa·
softly and let-cover himself warm if more need be do again so
gif þu þonne git þurfe do þriddan siþe ne þearft þu óftor.
if thou then yet need do third time not needst thou oftener
Gif utgang forseten sie genim giðcornes leafa gode hand
If outgoing obstructed be take of-gith-corn of-leaves good hand
fulle ȝ þa ruwan wegbrædan nioþowearde· ȝ doccan þa
full and the rough waybread lower and dock that
þe swimman wille· wyl þas þreo on ealdum ealað swiþe
which swim will boil these three in old ale much
ȝ do sealte buteran on wylle þicce læt drincan gode blede
and put salt butter on boil thick let drink good bowl
fulle hwile ær oðrum mete ȝ wreoh hine wearme· ȝ
full while before other meat and cover him warm and
reste stille do þus þriwa ne þearf óftor.
let-rest still do thus thrice not need oftener

Wiþ lungen adle læcedom dun tæhte· saluie· rude be healfan
Against lung disease leechdom Dun taught sage rue by half
þære saluian· fefer fugian emmicel þara twegea wyrta þære
of-the sage fever few equally-much of-the two herbs of-the
saluian þreo spelc dweorge dwostlan hiere þe nu ealra wyrta
sage three parts dwarf dwostle of-it which now of-all herbs
fyrmest on þa sealfe þe him þises læcedomes þearf sie healde
foremost in the salve which to-him of-this leechdom need be let-hold
hine georne wiþ geswet eala drince hluttor eala ⁊ on þæs
himself eagerly against sweetened ale let-drink clear ale and in of-the
hluttran ealað wyrte wylle geonge ácrinde ⁊ drince. Wiþ
clear ale wort let-boil young oak-rind and let-drink Against
útwærce genim unsmerigne healfne cyse do englisces huniges
out-pain take unfatty half cheese put of-English honey
III. snæda to· wylle on pannan oþ þ hít brunige· genim þonne
three slices to boil in pan until that it brown take then
geongre acrinde hand fulle ⁊ swa swigende æt ham gebring
of-young oak-rind hand full and so silent at home bring
⁊ næfre in on þone món sceafe þ grene on utan wylle þa
and never in on the man shave the green on without boil the
sæp spone on cu meolce geswete mid þrim snædum huniges
sap chips in cow milk sweeten with three slices of-honey
þone drenc þicge þonne mid ðy cyse æfter drence VII. niht eala
the drink let-take then with the cheese after drink seven nights ale
forga ⁊ meoloc þicge unsure. Wiþ unlybbum supe cu buteran
let-forgo and milk let-take unsour Against poisons let-sup cow butter
VIIII. morgnas III. sopan VIII. morgnas cerfillan gemetlice on
nine mornings three sups eight mornings chervil moderately in
wine þridda dæl wætres nime þonne hwerhwettan nioþowearde
wine third part of-water let-take then of-cucumber lower

gnid on wylisc ealo swete mid hunige drince þære teoþan niht·
rub in Welsh ale sweeten with honey let-drink the tenth night
to mete þone drenc on þreo þicge æt þam þrim honcredum.
for meat the drink in three let-take at the three cock-crows
Wiþ þære geolwan adle· genim nioþowearde eolenan gedo þ
Against the yellow disease take lower elecampane put that
þu hæbbe on þam forman dæge þonne þu hire ærest bruce on
thou have on the first day when thou it first use in
morgen nim þreo snæda ⁊ þreo on niht ⁊ hire sculon beon
morning take three slices and three on night and of-it shall be
on hunig gesnæd· ⁊ þy æfteran mergen IIII. snæda ⁊ IIII.
in honey sliced and the second morning four slices and four
on niht· ⁊ þriddan mergen V. snæda ⁊. V. on niht· ⁊ þy
on night and third morning five slices and five on night and the
feorþan mergen. VI. ⁊ VI. on niht. Þes drenc sceal wiþ þon
fourth morning six and six on night This drink shall against the
ilcan. genim alexandrian ⁊ grundeswelgean cnua smale ⁊ do
same take alexanders and groundsel pound small and put
to drence on hluttrum ealað. Gif men sie færlice yfele wyrce
to drink in clear ale If to-man be suddenly evil let-work
III. cristes mæl an on þære tungan oþer on þam heafde· þridde
three of-christ marks one on the tongue other on the head third
on þam breostum sona bið sel. To gehealdanne lichoman hælo
on the breast soon is better For to-keep of-body health
mid drihtnes gebede· þis is æþele læcedom· genim myrran ⁊
with of-lord prayer this is noble leechdom take myrrh and
gegnid on wín swilce sie tela micel steap ful ⁊ þicge on niht
rub in wine such-as be well much stoup full and let-take on night
nestig· ⁊ eft þonne restan wille þ gehealdeþ wundorlice
fasting and again when rest will that keeps wondrously
líchoman hælo ⁊ hít eac deah wiþ feondes costungúm yflum.
of-body health and it also avails against of-fiend temptings evil

Þonne is eft se æþelesta læcedom to þon ilcan· genim
Then is again the noblest leechdom for the same take
myrran ȝ hwit recels ȝ safinan· ȝ saluiam· ȝ wurman ȝ
myrrh and white incense and savine and sage and wurma and
þæs recelses ȝ myrran sy mæst· ȝ þa oþre syn áwegene
of-the incense and of-myrrh let-be most and the others let-be weighed
þara sien emfela· ȝ ætsomne on mortere gegnide to duste
of-them let-be equally-much and together in mortar let-rub to dust
sette under weofod þonne cristes tid sie ȝ gesinge món III.
let-set under altar when of-christ tide be and let-sing one three
mæssan ofer þa III. dagas on midne winter ȝ æt stefanes tide
masses over the three days at mid winter and at of-Stephen tide
ȝ Sce Iohannes euangelista ȝ þa þry dagas þicge on wine
and of-Saint John evangelist and the three days let-take in wine
on neaht nestig ȝ þ þær to lafe sie þæs dustes hafa ȝ
on night fasting and what there to leaving be of-the dust have and
geheald; hit mæg wiþ eallum fær untrymnessum· ge wiþ
keep it avails against all sudden infirmities both against
fefre ge wiþ lencten adle ge wiþ atre· ge wiþ yfelre lyfte.
fever and against spring disease and against venom and against evil air
Gewritu eác secgeaþ se þe þone læcedom bega þ he hine
Writings also say he who the leechdom go-about that he himself
mæge gehealdan XII. monaþ wiþ ealra untrymnessa frecenesse.
may keep twelve months against of-all infirmities danger
Þonne eft wið gicþan þ eal se lichoma sy clanes hiwes ȝ
Then again against itch that all the body be of-clean hue and
glades ȝ beorhtes· genim ele ȝ ealdes wines dræstan emfela
of-glad and of-bright take oil and of-old wine dregs equally-much
do on mortere gemeng wel to somne ȝ smire mid þy þone
put in mortar mix well — together and smear with that the
lichoman on sunnan. Wið ælfe ȝ wiþ uncuþum sidsan gnid
body in sun Against elf and against strange influence rub

myrran on wín ⁊ hwites recelses em micel· ⁊ sceaf gagates
myrrh in wine and of-white incense equally much and shave of-jet
dæl þæs stanes on þ wín drince III. morgenas neaht nestig
part of-the stone in the wine let-drink three mornings night fasting
oþþe VIIII. oþþe XII. Wiþ lond adle wyl wermod swa drigne
or nine or twelve Against land disease boil wormwood whether dry
swa grenne swa þer he hæbbe on oleó [infirmorum] oþ þ
or green whichever — he have in oil of-the-infirm until that
þæs eles sie þriddan dæl bewylled ⁊ smire mid þone lichoman
of-the oil be third part boiled-away and smear with the body
ealne æt fyre· ⁊ mæsse preost sceal don þone læcedom gif
all at fire and mass priest shall do the leechdom if
man hæfþ. Wiþ gongel wæfran bite smit on isen swat. Wiþ
one has Against of-gangel weaver bite smite on iron sweat Against
utsihte mer geallan· blæc snegl wyl on meolcum súp on æfenne
diarrhea mere gall black snail boil in milks sup in evening
⁊ on morgenne. Heafod sealf murre ⁊ alwe libania ealra
and in morning Head salve myrrh and aloes frankincense of-all
gelice fela meng wiþ eced smire mid þ heafod. Wiþ þon ilcan
alike much mix with vinegar smear with the head Against the same
swefl ⁊ spegles æppel murre· ⁊ æghwilces cynnes recels nigon
sulfur and of-mirror apple myrrh and of-each kind incense nine
wyrta englisce· polleie· brembel· æppel· elehtre· biscop wyrt·
herbs English pennyroyal bramble apple lupine bishop wort
finul· ruwe wegbræde· haran sprecel· sio hare wyrt· liþ wyrt·
fennel rough waybread hare sprecel the hoar wort joint wort
ealra þissa emfela· oleum [infirmorum]· halig wæter· halig
of-all these equally-much oil of-the-infirm holy water holy
sealt· oþer ele· smire þe mid þys ufan þonne þu hi gnide.
salt other oil smear thee with this above when thou them rub

II.66 Be þam stane þe gagates hatte is sæd þ he VIII. mægen
About the stone which jet is-called is said that it eight virtues
hæbbe. An is þonne þunorrad biþ ne sceþeð þam men þe
have One is when thunder is not harms the man who
þone stan mid him hæfð. Oþer mægen is on swa hwilcum
the stone with him has Second virtue is in so whatever
huse swa he biþ ne mæg þær inne feond wesan. Þridde
house as it is not can there within fiend be Third
mægen is þ nan attor þam men ne mæg sceþþan þe þone
virtue is that no venom the man not can harm who the
stan mid him hafaþ. Feorþe mægen is þ se man se þe
stone with him has Fourth virtue is that the man who that
þone laþan feond on him deagollice hæfþ gif he þæs stanes
the loathly fiend in him secretly has if he of-the stone
gesceafenes hwilcne dæl on wætan onfehð þonne biþ sona
shaving any part in liquid receives then is soon
sweotol æteowod on him þ ær deagol mað. Fifte mægen
clearly shown on him what before secret was Fifth virtue
is se þe ænigre adle gedreht biþ gif he þone stan on wætan
is he who of-any disease afflicted is if he the stone in liquid
þigeþ him biþ sona sel. Syxte mægen is þ drycræft þam
takes to-him is soon better Sixth virtue is that sorcery the
men ne dereþ se þe hine mid him hæfð. Seofoþe mægen is
man not harms he who it with him has Seventh virtue is
þ se þe þone stan on drince onfehð he hæfþ þe smeþran
that he who the stone in drink receives he has the smoother
lichoman. Eahtoþe is þæs stanes mægen þ nan nædran cynnes
body Eighth is of-the stone virtue that no of-adder kind
bite þam sceþþan ne mæg þe þone stan on wætan byrigþ.
bite to-him harm not can who the stone in liquid tastes

Pund eles gewihð XII. penegum læsse þonne pund wætres· II.67
Pound of-oil weighs twelve pennies less than pound of-water
ȝ pund ealoð gewihð VI. penegum mare þonne pund
and pound of-ale weighs six pennies more than pound
wætres· ȝ I. pund wines geþihð XV. penegum mare þonne
of-water and one pound of-wine weighs fifteen pennies more than
I. pund wætres· ȝ pund huniges gewihð XXXIIII. penegum
one pound of-water and pound of-honey weighs thirty-four pennies
mare þonne pund wætres· ȝ I. pund buteran gewihð· lxxx.
more than pound of-water and one pound of-butter weighs eighty
penegum læsse þonne pund wætres· ȝ pund beores gewihð
pennies less than pound of-water and pound of-beer weighs
XXII. penegum læsse þonne pund wætres· ȝ I. pund
twenty-two pennies less than pound of-water and one pound
melowes gewihð CXV. penegum læsse þonne pund
of-meal weighs hundred-and-fifteen pennies less than pound
wætres· ȝ I. pund beana gewihð lv. penegum læsse
of-water and one pound of-beans weighs fifty-five pennies less
þonne pund wætres· ȝ XV. pund wætres gaþ to sestre
than pound of-water and fifteen pounds of-water go to sester
Bald habet hunc librum cild quem conscribere iussit; Híc
Bald has this book Cild whom to-write ordered Here
precor assidue cunctis in nomine cristi· Quo nullus tollat
I-pray constantly to-all in name of-christ That no-one take
húnc librum perfidus a me· Néc ui nec furto néc
this book faithless from me Nor by-force nor by-theft nor
quodam famine falso· Cur quia nulla mihi tam cara est
by-some speech false Why because none to-me so dear is
óptima gaza· Quam cari libri quos cristi gratia comit.
best treasure As dear books which of-christ grace adorns

BOOK III

III.1–15 · HEAD TO BREAST

The third book begins at the head and works down to the breast and stomach. A red band and wrætt are bound on the head; little stones from swallow chicks' maws guard against headache, nightmares, and spells. A raven's eyes hung on the neck heal swollen eyes, and eye salves follow. Ear, tooth, mouth, jaw, throat, and neck remedies come next, with a long list of herbs for a salve against bites, then cough, blood-spitting, a dust drink of many seeds against the yellow disease that comes from fiends' gall, remedies for breast pain, lung disease, and stomach pain.

Wiþ þon þe món on heafod ace· genim nioþowearde wrætte III.1
Against that that one in head ache take lower wrætt
do on readne wræd binde þ heafod mid. Wiþ þon ilcan·
put on red band let-bind the head with Against the same
nim senepes sæd ⁊ rudun gegnid on ele do on hat wæter
take of-mustard seed and rue rub in oil put in hot water
þweah gelome þ heafod on þam wætre he biþ hal. Wiþ
wash often the head in the water he is whole Against
ealdum heafod ece genim dweorge dwostlan wyl on ele oððe
old head ache take dwarf dwostle boil in oil or
on butran smire mid þa þunwongan ⁊ bufan þam eagum
in butter smear with the temples and above the eyes
on ufan þ heafod þeah him sie gemynd oncyrred he biþ
on above the head though to-him be mind turned he is
hal. Wiþ swiþe ealdum heafod ece nim sealt ⁊ rudan ⁊
whole Against very old head ache take salt and rue and
ifig crop cnua ealle to somne do on hunig ⁊ smire mid þa
ivy cluster pound all — together put in honey and smear with the
þunwangan· ⁊ þone hnifel ⁊ ufan þ heafod. To þon ilcan
temples and the forehead and above the head For the same

séc lytle stanas on swealwan bridda magan ⁊ heald þ hie
seek little stones in of-swallow birds stomachs and hold that they
ne hrinan eorþan ne wætre· ne oþrum stanum beseowa hira
not touch earth nor water nor other stones sew of-them
III. on þon þe þu wille do on þone món þe him þearf
three in that which thou wilt put on the man who to-him need
sie him biþ sona sel· hi beoþ gode wiþ heafod ece ⁊
be to-him is soon better they are good against head ache and
wiþ eagwærce ⁊ wiþ feondes costunga ⁊ nihtgengan· ⁊
against eye-pain and against of-fiend temptings and night-goers and
lencten adle ⁊ maran ⁊ wyrtforbore· ⁊ malscra· ⁊ yflum
spring disease and nightmare and herb-restraint and bewitchings and evil
galdor cræftum· hit sculon beón micle briddas þe þu hie
incantation crafts it shall be great birds which thou them
scealt on findan· gif món on healf heafod ace gecnua rudan
shalt in find if one in half head ache pound rue
swiþe do on strang eced ⁊ smire mid þ heafod ufan rihte.
much put in strong vinegar and smear with the head above right
Wiþ þon ilcan adelf wegbrædan butan isene ær sunnán
Against the same dig-up waybread without iron before of-sun
upgange bind þa moran ymb þ heafod mid wræte reade
uprising bind the roots about the head with wrætt red
wræde sona hím bið sel.
band soon to-him is better

III.2 Wiþ aswollenum eagum genim cucune hrefn ado þa eagan of
Against swollen eyes take live raven take the eyes off
⁊ eft cucune gebring on wætre ⁊ do þa eagan þam men
and again live bring in water and put the eyes on-the man
on sweoran þe him þearf sie he biþ sona hal. Wyrc gode
on neck who to-him need be he is soon whole Work good
eagsealfe Nim celeþonian ⁊ biscop wyrt· wermod· wudu
eye-salve Take celandine and bishop wort wormwood wood

merce· wudu bindes leaf· do ealra emfela cnuwa wel do on
marche of-wood bind leaf put of-all equally-much pound well put in
hunig· ⁊ on wín· ⁊ on æren fæt oððe on cyperen do twæde
honey and in wine and in brazen vat or in copper put two-parts
þæs wines· ⁊ þriddan dæl þæs huniges do þ se wæta mæge
of-the wine and third part of-the honey put that the liquid may
furþum ofer yrnan þa wyrta læt standan VII. niht ⁊ wreoh
just over run the herbs let stand seven nights and cover
mid brede aseoh þurh clænne claþ ðone drenc do eft on þ
with board strain through clean cloth the drink put again in the
ilce fæt nytta swa þe þearf sie. Se món se him gedeþ ymb
same vat use as to-thee need be The man who to-him puts after
XXX. nihta foxes gelyndes dæl on þa eagan he biþ ece hal;
thirty nights of-fox fat part on the eyes he is ever whole
Gif mist sie fore eagum nim cilder hlond ⁊ huniges tear
If mist be before eyes take of-child urine and of-honey tear
meng tosomne begea emfela smire mid þa eagan innan;
mix together of-both equally-much smear with the eyes within
Eft hrefnes geallan ⁊ leaxes ⁊ eles ⁊ feld beon hunig
Again of-raven gall and of-salmon and of-oil and field of-bee honey
meng to somne smire mid þære sealfe innan þa eagan;
mix — together smear with the salve within the eyes
Wiþ flie gebærned sealt ⁊ spegles æppel ⁊ attrum ealra
Against film burned salt and of-mirror apple and vitriol of-all
emfela gnid to duste ⁊ do on þa eagan þweah leohtlice
equally-much rub to dust and put on the eyes wash lightly
mid wylle wætre ⁊ smire æfter mid wifes meolce;
with spring water and smear after with of-woman milk
Gif wyrmas sien on eagum scearpa þa bræwas innan do on
If worms be in eyes scarify the eyelids within put on
þa scearpan celeþonian seaw· þa wyrmas bioþ deade ⁊ þa
the scarifications of-celandine juice the worms are dead and the

eagan hale. Gif flæsc on eagum weaxe wring wyrm wyrte
eyes whole If flesh in eyes grow wring worm wort
on þa eagan oþ þ him sel sie.
on the eyes until that to-him better be
Gif on eagan weaxen reade sponge drype on hat culfran
If on eyes grow red spots let-drip on hot of-culver
blod oþþe swealwan oððe wifes meoluc oþ þ þa sponge
blood or of-swallow or of-woman milk until that the spots
aweg synd. Gif eagan tyren nim drige rudan ȝ huniges
away be If eyes run take dry rue and of-honey
tear meng tosomne læt standan III. niht awring þurh þicne
tear mix together let stand three nights wring through thick
clað linenne ȝ do on þa eagan siþþan. Wyrc gode drige
cloth linen and put on the eyes afterward Work good dry
scade sealfe nim spegles æppel ȝ gebærned sealt ȝ pipor
dusting salve take of-mirror apple and burned salt and pepper
ȝ attrúm ȝ hwit cwudu gegnid to duste asift þurh clað
and vitriol and white cud rub to dust sift through cloth
do lytlum on. Eft hwit cwudu ȝ gebærned oster scyl gnid
put by-little on Again white cud and burned oyster shell rub
to duste ȝ nytta swa þe þearf sie ægþer mæg adon flie
to dust and use as to-thee need be either can put film
óf eagan. Wyrc smeþe eagsealfe nim buteran wyl on pannan
off eyes Work smooth eye-salve take butter boil in pan
afleot þ fam óf ȝ ahlyttre þa buteran on blede do eft þ
skim the foam off and clarify the butter in bowl put again the
hluttre on pannan gecnua celeþonian ȝ bisceop wyrt· wudu
clear in pan pound celandine and bishop wort wood
merce· wyl swiþe aseoh þurh clað nytta swa þe þearf sie;
marche boil much strain through cloth use as to-thee need be

Wiþ ear wærce genim henne gelyndo ȝ oster scylle sete on III.3
Against ear pain take of-hen fat and oyster shell set on
gleda gewyrm hwon ȝ dryp on þa earan sona beoð hale; Eft
coals warm a-little and drip on the ears soon are whole Again
celendran seaw ȝ wifes meoluc gewýrm on scylle ȝ dryp
of-coriander juice and of-woman milk warm in shell and drip
on þa earan· Gif wyrmas sien on earan do belenan seaw wearm
on the ears If worms be in ears put of-henbane juice warm
on þa wyrmas hie beoþ deade ȝ feallað óf ȝ þa earan hale.
on the worms they are dead and fall off and the ears whole
Eft wring curmeallan seaw on oþþe marubian oðde wermod
Again wring of-centaury juice on or marrubium or wormwood
wearmne sona hím bið sel. Wyrc gode ear sealfe· genim
warm soon to-him is better Work good ear salve take
bares geallan· ȝ fearres· ȝ ele ealra emfela læt drypan
of-boar gall and of-bull and oil of-all equally-much let drip
wearm on þ eare.
warm in the ear
Wiþ toþ ece ceow pipor gelome mid þam toþum him III.4
Against tooth ache chew pepper often with the teeth to-him
biþ sona sel. Eft seoð beolenan moran on strangum ecede
is soon better Again seethe of-henbane roots in strong vinegar
oþþe on wine sete on þone saran toþ ȝ hwilum ceowe
or in wine set on the sore tooth and at-times let-chew
mid þy saran toþe he bið hal. Gif þa teþ synd hole ceow
with the sore tooth he is whole If the teeth are hollow chew
boþenes moran mid ecede on þa healfe.
of-bothen roots with vinegar on the side
Wiþ innan tobrocenum muðe nim plúm treowes leaf wyl III.5
Against within broken mouth take of-plum tree leaf boil
on wine ȝ swile mid þone muþ
in wine and swill with the mouth

III.6 Wið ceoc adle nim þone hweorfan þe wíf mid spinnað bind
Against jaw disease take the whorl which women with spin bind
on his sweoran mid wyllenan þræde ⁊ swile innan mid hate
on his neck with woolen thread and swill within with hot
gate meolce him biþ sel. Wið ceol wærce adelf ær sunnan
of-goat milk to-him is better Against throat pain dig-up before of-sun
úpgange wegbrædan bind on hís sweoran. Eft bærn swealwan
uprising waybread bind on his neck Again burn swallow
to duste· ⁊ meng wiþ feldbeon hunig sele him etan gelome.
to dust and mix with of-field-bee honey give him to-eat often

III.7 Wiþ heals wærce wyl neoþewearde netelan on oxan smerwe
Against neck pain boil lower nettle in of-ox grease
⁊ on buteran þonne þone healswærc smire ða þeoh· Gif
and in butter when the neck-pain smear the thighs If
þa þeoh wærce smire þone heals mid þære sealfe. Eft wyl
the thighs ache smear the neck with the salve Again boil
niþewearde netelan on ecede do oxan geallan on þ eced
lower nettle in vinegar put of-ox gall in the vinegar
⁊ þa wyrte óf smire mid þone heals.
and the herb off smear with the neck

III.8 Wiþ bite wyrc· sealfe· nim þas wyrte safenan ⁊ mersc
Against bite work salve take these herbs savine and marsh
mealwan ⁊ attorlaþan ⁊ weoþobend ⁊ hwerhwettan ⁊
mallow and venom-loather and withy-bind and cucumber and
clufwyrt ⁊ sigel hweorfan· hind heoloþan· mucgwyrt· wudu
clove-wort and sun whorl hind heleth mugwort wood
fillan· garclifan· wrætte· lufestice· mageþan· giþcorn· wad·
fille gar-clive wrætt lovage mayweed gith-corn woad
finul· þefan þorn· selfæte· eoforþrote· cicena mete· dulhrune·
fennel thief thorn self-eat boar-throat of-chickens meat wound-rune
wylisc moru· hnut beames leaf· næp· gearwe· hofe· hóc leaf·
Welsh carrot of-nut tree leaf turnip yarrow hove hock leaf

alexandre· fica werfica· se fula wermod· sio greate banwyrt·
alexanders fig wer-fig the foul wormwood the great bone-wort
acleaf· wegbræde· grunde swelge· read clæfre· leahtric· þufe
oak-leaf waybread ground swallow red clover lettuce tufty
þistel· taru· hege clife· cluf þung· englisc moru· dynige.
thistle tare hedge clive clove poison-plant English carrot dynige
Wiþ hwostan wyl marubian on wætre godne dæl geswet hwon III.9
Against cough boil marrubium in water good part sweeten a-little
sele drincan scenc ful. Eft marubian swiðe wyl on hunige
give to-drink cup full Again marrubium much boil in honey
do hwon buteran on sele III. snæda oþþe IIII. etan on neaht
put a-little butter on give three slices or four to-eat on night
nestig besup scenc fulne mid wearmes þæs ærran drences.
fasting sup-after cup full with of-warm the former drink
Wiþ þon þe món blode hræce ⁊ spiwe· genim god beren III.10
Against that that one blood hawk and spew take good barley
mela· ⁊ hwit sealt do on ream oþþe gode flete hwer on
meal and white salt put in cream or good skim stir in
blede oþ þ hit sie þicce swa þynne briw sele etan VIIII.
bowl until that it be thick as thin brewis give to-eat nine
snæda VIIII. morgenas on neaht nestig· do þæs meluwes
slices nine mornings on night fasting put of-the meal
twæde ⁊ þæs sealtes þriddan dæl wyrc ælce dæge niwne.
two-parts and of-the salt third part work each day new
Wiþ feondum geallan ete rædic ⁊ pipor on neaht nestig· III.11
Against of-fiends gall let-eat radish and pepper on night fasting
⁊ awylled linsæd on meolce supe mid do þus gelome
and boiled linseed in milk let-sup with do thus often
him biþ sona sel.
to-him is soon better

III.12 Wið þære geolwan adle sio cymð óf feondum geallan
Against the yellow disease which comes from of-fiends gall
genim þæs scearpan þistles moran ȝ betonican· ȝ
take of-the sharp thistle roots and betony and
attorlaþan hand fulle· ȝ gyþrifan hand fulle ȝ VIIII.
venom-loather hand full and cockle hand full and nine
snæda nioþowearde æscþrotan óf geot mid strangan beore·
slices lower ash-throat off pour with strong beer
oþþe mid strangum ealað ȝ drince gelome sele him etan
or with strong ale and let-drink often give him to-eat
gewyrtodne henfugel ȝ gesodenne cawel on godum broðe
spiced hen-fowl and sodden cole in good broth
do þus gelome him biþ sona sel.
do thus often to-him is soon better
Wyrc godne dust drenc wiþ þære geolwan adle· nim merces
Work good dust drink against the yellow disease take of-marche
sæd· ȝ finoles sæd· dile sæd· eoforþrotan sæd· feldmoran
seed and of-fennel seed dill seed boar-throat seed field-carrot
sæd· sæþerian sæd· petorsilian sæd· alexandran sæd lufestices
seed savory seed parsley seed alexanders seed of-lovage
sæd· betonican sæd· caules sæd· costes sæd· cymenes sæd·
seed betony seed of-cole seed of-costmary seed of-cumin seed
ȝ pipores mæst þara oðerra emfela gegnid ealle wel to
and of-pepper most of-the others equally-much rub all well to
duste nim þæs dustes godne cucler fulne do on strang
dust take of-the dust good spoon full put in strong
hluttor eala drince scenc fulne on neaht nestig· he is god
clear ale let-drink cup full on night fasting it is good
wiþ ælcre liman untrumnesse ȝ wiþ heafod ece ȝ wiþ
against of-each limb infirmity and against head ache and against
ungemynde ȝ wiþ eagwærce ȝ wiþ ungehyrnesse ȝ
witlessness and against eye-pain and against deafness and

breost wærce ⁊ lungen adle ⁊ lenden wærce· ⁊ wiþ
breast pain and lung disease and loin pain and against
ælcre feondes costunga gewyrc þe dust genoh on hærfeste
each of-fiend temptation work thee dust enough in harvest
þonne þu þa wyrta hæbbe nytta þonne þe þearf sie.
when thou the herbs have use then to-thee need be
Wið breostwærce marubie· nefte· ontre bisceop wyrt· III.13
Against breast-pain marrubium catmint ontre bishop wort
wenwyrt· wyl on hunige ⁊ buteran do þæs huniges twæde·
wen-wort boil in honey and butter put of-the honey two-parts
⁊ þære buteran þriddan dæl nytta swa þe þearf sie.
and of-the butter third part use as to-thee need be
Wiþ hwostan ⁊ lungen adle· genim spegles æppel ⁊ swefl III.14
Against cough and lung disease take of-mirror apple and sulfur
⁊ recels ealra emfela meng wiþ weaxe lege on hatne stan
and incense of-all equally-much mix with wax lay on hot stone
drinc þurh horn þone rec ⁊ ete æfter ealdes spices III.
drink through horn the smoke and let-eat after of-old bacon three
snæda oððe butran ⁊ supe mid fletum; Wiþ lungen adle·
slices or butter and let-sup with creams Against lung disease
genim betonican· ⁊ marubian· agrimonian· rermod· fel terre·
take betony and marrubium agrimony wormwood gall of-earth
rude. acrind· gagollan· wyl on wætre· bewyl þæs wæteres
rue oak-rind gale boil in water boil-away of-the water
þriddan dæl· do of þa wyrte drince on morgenne wearmes
third part put off the herbs let-drink in morning of-warm
scenc fulne ete III. snæda mid þæs briwes þe her æfter segþ
cup full let-eat three slices with of-the brewis which here after says
Wyrc briw wiþ lungen adle nim betonican· ⁊ marubian·
Work brewis against lung disease take betony and marrubium
wermod· hindheoloþan· wenwyrt nioþoweard· elehtre· elene·
wormwood hind-beleth wen-wort lower lupine elecampane

rædic· eoforþrote· feldmore· gecnua ealle swiþe wel ⁊ wyl
radish boar-throat field-carrot pound all very well and boil
on buteran ⁊ awring þurh clað scead on þ wós beren
in butter and wring through cloth shed on the juice barley
mela hwer on blede butan fyre oþ þ hit sie swa þicce
meal stir in bowl without fire until that it be as thick
swa briw ete III. snæda· mid þy drence wearmes.
as brewis let-eat three slices with the drink of-warm
Eft wyl on hunige anum marubian do hwon beren mela
Again boil in honey alone marrubium put a-little barley meal
to ete on neaht nestig ⁊ þonne þu him selle drenc
to let-eat on night fasting and when thou him give drink
oððe briw sele him hatne ⁊ læt gerestan þone man æfter
or brewis give him hot and let rest the man after
tide dæges on þa swiðran sidan ⁊ hafa þone earm aþened.
hour of-day on the right side and have the arm stretched
III.15 Wiþ magan wærce wyl píc on cu meolce ado þ pic óf
Against stomach pain boil pitch in cow milk take the pitch off
supe hwon wearm sona biþ sel. Wiþ aþundenesse ⁊ [gif]
let-sup a-little warm soon is better Against swelling and if
men nelle myltan his mete wyl on wætere polleian ⁊
to-man not-will digest his meat boil in water pennyroyal and
leac cersan sele drincan him biþ sona sel;
leek cress give to-drink to-him is soon better

Willow rind eases the spleen and bogbean the loins. For belly pain a dung beetle is seized with both hands together with its heap, waved hard, and, after a Latin charm said three times, thrown over the back unwatched; the hands then heal the belly for a year. Bladder stones, constipation, the flux, worms, and a sung charm for joint pain follow, with remedies for warts, the great body, continual thirst, and burns, and a strong drink and steam baths of ivy and cowslip against the theor.

Wiþ milte wærce cnua grene sealhrinde seoð on hunige III.16
Against spleen pain pound green willow-rind seethe in honey
anum sele him etan III. snæda on neaht nestig.
alone give him to-eat three slices on night fasting
Wiþ lenden wærce marubie. nefte. bogen em fela ealra III.17
Against loin pain marrubium catmint bogbean equally much of-all
do on god ealu wyrc to drence swet hwón sele drincan
put in good ale work to drink sweeten a-little give to-drink
licge upweard æfter þon gode hwile.
let-lie upward after that good while
Wiþ wambe wærce ȝ rysel wærce þær þu geseo tord III.18
Against belly pain and fat pain where thou see turd
wifel on eorþan úp weorpan ymbfo hine mid twam handum
weevil in earth up cast seize it with two hands
mid his geweorpe wafa mid þinum handum swiþe ȝ cweð
with its heap wave with thy hands much and say
þriwa· Remedium facio ad uentris dolorem. Weorp þonne
thrice Remedy I-make for of-belly pain Cast then
ofer bæc þone wifel on wege beheald þ þu ne locige
over back the weevil on way beware that thou not look
æfter· þonne monnes wambe wærce oððe rysle ymbfoh mid
after when of-man belly pain or fat seize with

þinúm handum þa wambe him biþ sona sel· XII. monaþ
thy hands the belly to-him is soon better twelve months
þu meaht swa don æfter þam wifele
thou canst so do after the weevil

III.19 Wiþ blæddre wærce. Wudu merce· ȝ leaccerse wyl swiþe
Against bladder pain Wood marche and leek-cress boil much
on ealað sele drincan ȝ etan gebrædne stær.
in ale give to-drink and to-eat roasted starling

III.20 Gif man ne mæge gemigan ȝ him weaxan stanas on
If one not may urinate and to-him grow stones in
þære blædran wyl sundcorn on ealað ȝ petersilian sele him
the bladder boil sound-corn in ale and parsley give him
drincan.
to-drink

III.21 Gif men sie se utgang forseten wyl wermod on surum ealaþ
If to-man be the outgoing obstructed boil wormwood in sour ale
ȝ do buteran þær to him biþ sona sel Gif he hit drincþ.
and put butter there to to-him is soon better If he it drinks

III.22 Wiþ útriht adle· v. leafan· hleomoce· curmealle· elehtre.
Against diarrhea disease five leaf brooklime centaury lupine
gecnua þa wyrta· ȝ wyl on meolce sele him drincan
pound the herbs and boil in milk give him to-drink
wearm on morgenne ȝ on æfen; Wyrc briw to þon ilcan
warm in morning and in evening Work brewis for the same
wudu cunellan· hleomóc· bewyl þara meolce þriddan dæl
wood cunel brooklime boil-away of-the milk third part
þære wyrte of þam meolcum scead hwæten mela þær on ȝ
the herbs off the milks shed wheaten meal there on and
ete þone briw cealdne· ȝ supe þa meolúc him bið sona
let-eat the brewis cold and let-sup the milk to-him is soon
sel Gif se briw ȝ se drenc inne gewuniað þu meaht
better If the brewis and the drink within dwell thou canst

þone man gelácnian gif him óffleogeð him bið selre þ
the man cure if from-him flies-off to-him is better that
þu hine na ne grete him biþ his feorh adl getenge.
thou him not — touch to-him is his life disease pressing
Gif wyrmas beoþ on mannes innoðe wyl on buteran grene III.23
If worms are in of-man inwards boil in butter green
rudan drinc on neaht nestig scenc fulne hi gewitað ealle
rue drink on night fasting cup full they depart all
aweg mid þy utgange ⁊ he bið sona hal;
away with the outgoing and he is soon whole
To þon ilcan genim cymenes dust meng to gate geallan
For the same take of-cumin dust mix to of-goat gall
⁊ fearres gnid þone nafolan mid ealle hi gewitaþ niþer;
and of-bull rub the navel with all they depart down
óf þæm men.
from the man
Wiþ lið wærce sing VIIII. siþum þis gealdor þær on· III.24
Against joint pain sing nine times this charm there on
⁊ þin spatl spiw on· Malignus obligauit· angelus curauit·
and thy spittle spew on The-evil-one bound angel cured
dominus Saluauit· him biþ sona sel.
lord Saved to-him is soon better
To þon ilcan genim culfran tord· ⁊ gate tord drige swiðe
For the same take of-culver turd and of-goat turd dry much
⁊ gnid to duste meng wiþ hunig ⁊ wiþ butran smire
and rub to dust mix with honey and with butter smear
mid þa leoþu.
with the joints
Wiþ weartum genim hundes micgean ⁊ muse blod meng III.25
Against warts take of-hound urine and of-mouse blood mix
to somne smire mid þa weartan hi gewitaþ sona aweg
— together smear with the warts they depart soon away

III.26 Wiþ miclan lice genim nioþowearde elenan ⁊ þung· ⁊
Against great body take lower elecampane and poison-plant and
ómpran þa þe swimman wile ealra emfela· ⁊ gecnua wel·
dock that which swim will of-all equally-much and pound well
⁊ wyl on buteran do wel sealtes on ⁊ smire mid. Wyrc bið
and boil in butter put well of-salt on and smear with Work bath
wiþ þam miclan lice· elene· ælfþone· marubie· curmealle·
against the great body elecampane elf-thone marrubium centaury
ellen tanas· ⁊ ac tanas wyl swiðe on wætre ⁊ beþe
elder twigs and oak twigs boil much in water and bathe
on swiðe hatum þ líc. Wyrc drenc wið þam miclan lice
in very hot the body Work drink against the great body
hindhioloþan· curmeallan· bogen· nefte· agrimonia· betonica·
hind-heleth centaury bogbean catmint agrimony betony
finul· dile· do on god ealo sele drincan on dæge III. scencas
fennel dill put in good ale give to-drink in day three cups
fulle. Wyrc briw wiþ þon ilcan· genim nioþowearde elenan·
full Work brewis against the same take lower elecampane
⁊ eofor þrotan· redic· ⁊ þa readan netlan nioþowearde
and boar throat radish and the red nettle lower
scearfa smæle ⁊ gecnua wel· wyl siþþan on buteran do clæne
scrape small and pound well boil afterward in butter put clean
ifig taran þær on gif þu hæbbe· ⁊ hwon berenes melwes do
ivy tar there on if thou have and a-little of-barley meal put
on blede mid þam wyrtum ⁊ hrer mid sticcan oþ þ hit
in bowl with the herbs and stir with stick until that it
col sie sele etan on neaht nestig III. snæda sele þone briw ⁊
cool be give to-eat on night fasting three slices give the brewis and
þone drenc ær þam bæþe þy læs hit inslea æfter þam baþe.
the drink before the bath the less it strike-in after the bath

Wiþ singalum þurste untrumra manna· Nim wermod ⁊ III.27
Against continual thirst of-infirm men Take wormwood and
hind hioloþan ⁊ gyþrifan wylle ón ealaþ geswete hwon
hind heleth and cockle let-boil in ale sweeten a-little
sele him drincan hít hælþ þone þurst wundorlice.
give him to-drink it heals the thirst wondrously
Wiþ innan fortoge smæl þearma ece· genim betonican· ⁊ III.28
Against within contraction of-small guts ache take betony and
wermod· merce· rædic· finul· gecnua ealle· ⁊ do on eala
wormwood marche radish fennel pound all and put in ale
sete þonne ⁊ bewreoh drinc on neaht nestig scenc fulne.
set then and cover drink on night fasting cup full
Wiþ bryne gif món sie mid fyre ane forbærned nim III.29
Against burn if one be with fire alone burnt take
wudurofan· ⁊ lilian· ⁊ hleomoc wyl on buteran ⁊ smire
woodruff and lily and brooklime boil in butter and smear
mid. Gif mon sie mid wætan forbærned nime elm rinde·
with If one be with liquid burnt let-take elm rind
⁊ lilian moran wyl on meolcum smire mid þriwa on dæg.
and of-lily roots boil in milks smear with thrice in day
Wiþ sunbryne· merwe ifig twigu wyl on butran smire mid.
Against sunburn tender ivy twigs boil in butter smear with
Wyrc godne deor drenc· wermod· bogen· garclifan· polleian· III.30
Work good strong drink wormwood bogbean gar-clive pennyroyal
wenwyrt· þa smalan fel terre· eagwyrt· þeorwyrt· ceaster
wen-wort the small gall of-earth eye-wort theor-wort of-castle
æsces II. snæda· elenan III. commuces ȝ III. wudu
ash two slices of-elecampane three of-cammock drams three wood
weax án godne dæl· curmeallan· gescearfa þas wyrta on god
wax one good part centaury scrape these herbs in good
hluttor eala oþþe wylisc ealu læt standan III. niht bewrigen
clear ale or Welsh ale let stand three nights covered

sele drincan scenc fulne tide ær oþrum mete. Wiþ þeore
give to-drink cup full hour before other meat Against theor
ȝ wiþ sceotendum wenne· nim bogen· ȝ gearwan ȝ
and against shooting wen take bogbean and yarrow and
wudu weax ȝ hrefnes fót do on god ealu sele drincan on
wood wax and raven's foot put in good ale give to-drink in
dæge III. scencas fulle. Gif þeor gewunige on anre stowe
day three cups full If theor dwell in one place
wyrc beþinge nim þ ifig þe on stane weaxe· ȝ gearwan·
work bathing take the ivy which on stone grow and yarrow
ȝ wudu bindes leaf ȝ cuslyppan gecnua ealle wel lege
and of-wood bind leaf and cowslip pound all well lay
on hatne stan on troge geot hwón wæteres on læt reocan
on hot stone in trough pour a-little of-water on let reek
on þ lic þær þær him þearf sie þonne se col sie do
on the body there where to-him need be when it cool be put
oþerne hatne on beþe swa gelome him biþ sona sel.
other hot on bathe so often to-him is soon better

Wen and wound salves come first, then a broken head, the shoulder, a dog's bite, cut and shrunken sinews, a spider's bite, and canker. A woman in hard labor has carrot to eat and henbane bound on her thigh by a boy or maiden; the pregnant woman must avoid salt, sweet, and swine's flesh. Remedies for stopped and excessive flow follow, then a penetrating worm and the black salve that kills it. A whip of porpoise hide is swung at lunacy. Drinks and salves blessed by masses serve against fiends' temptations and madness, with emetics, poison, lice, and a thorn in the foot.

Wyrc gode wensealfe nim wudu merce· ⁊ hrefnes fót· ⁊ III.31
Work good wen-salve take wood marche and raven's foot and
wermod nioþoweardne· cú slyppan· rudan· wudu bindes leaf·
wormwood lower cow slip rue of-wood bind leaf
ifig leáf þe on eorþan wixþ· þa clufihtan· wenwyrt· gecnua
ivy leaf which on earth grows the cloved wen-wort pound
ealle· wyl on rammes smerwe oþþe on buccan do þriddan
all boil in of-ram grease or in of-buck put third
dæl buteran awring þurh claþ do þonne godne scip taran
part butter wring through cloth put then good ship tar
to ⁊ hrer oþ þ hit cól sie.
to and stir until that it cool be

Wyrc gode dolh sealfe nim gearwan· ⁊ wudu rofan III.32
Work good wound salve take yarrow and wood ruff
nioþowearde· feld moran· ⁊ nioþoweardne sigel hweorfan
lower field carrot and lower sun whorl
wyl on godre buteran awring þurh clað ⁊ læt gestandan
boil in good butter wring through cloth and let stand
wel ælc dolh þu meaht lácnian mid.
well each wound thou canst cure with

III.33 Gif mon sie ufan on heafod wund ⁊ sie ban gebrocen
If one be above on head wounded and be bone broken
nim sigel hweorfan· ⁊ hwite clæfran wisan· ⁊ wudurofan
take sun whorl and of-white clover stalks and woodruff
do on gode butran aseoh þurh clað ⁊ lacna siþþan.
put in good butter strain through cloth and cure afterward
Gif sio eaxl úpstige nim þa sealfe do hwon wearme mid
If the shoulder up-mount take the salve put a-little warm with
feþere him bið sona sel. Wyrc godne dolh drenc nim
feather to-him is soon better Work good wound drink take
agrimonian ⁊ wudu rofan do on god ealo sele drincan
agrimony and wood ruff put in good ale give to-drink
godne scenc fulne on neaht nestig. Gif gebrocen ban sie
good cup full on night fasting If broken bone be
on heafde ⁊ óf nelle cnua grene betonican ⁊ lege on
in head and off not-will pound green betony and lay on
þ dolh gelome oþ þ þa ban of syn ⁊ þ dolh gebatod.
the wound often until that the bones off be and the wound bettered
III.34 Wiþ hundes slite cnuwa ribban lege on þ dolh ⁊ rudan
Against of-bound bite pound ribwort lay on the wound and rue
wyl on butran lácna mid þ dolh. Gif sinwe syn forcorfene
boil in butter cure with the wound If sinews be cut-through
nim renwyrmas gecnuwa wel lege on oþ þ hi hale synd.
take rain-worms pound well lay on until that they whole be
Gif sinwe sien gescruncene nime æmettan mid hiora bedgeride
If sinews be shrunken let-take ants with their nest
wyl on wætre ⁊ beþe mid ⁊ rece þa sinwe geornlice.
boil in water and bathe with and stretch the sinews eagerly

Wiþ gongewifran bite nim henne æg gnid on ealu hreaw III.35
Against of-gang-weaver bite take of-hen egg rub in ale raw
ȝ sceapes tord niwe swa he nyte sele him drincan godne
and of-sheep turd new so he not-know give him to-drink good
scenc fulne.
cup full
Wiþ cancre nim gate geallan ȝ hunig meng to somne· III.36
Against canker take of-goat gall and honey mix — together
begea emfela do on þ dolh. To þon ilcan niwe hundes
of-both equally-much put on the wound For the same new of-hound
heafod bærn to ahsan do on dolh· gif hit nelle þ nim
head burn to ashes put on wound if it not-will that take
monnes drogan drig swiðe gnid to duste do on gif þu
of-man dung dry much rub to dust put on if thou
mid þys ne meaht gelacnian ne meaht þu him æfre nahte.
with this not canst cure not canst thou him ever aught
Wiþ þon þe wíf ne mæge bearn acénuan· nim feld moran III.37
Against that that woman not may child bring-forth take field carrot
nioþowearde wyl on meolcum ȝ on wætre do begea emfela
lower boil in milks and in water put of-both equally-much
sele etan þa moran ȝ þ wos supan. To þon ilcan bind
give to-eat the roots and the juice to-sup For the same bind
on þ winstre þeoh up wið þ cennende lím nioþowearde
on the left thigh up toward the bearing limb lower
beolonan oþþe XII. corn cellendran sædes ȝ þ sceal don
henbane or twelve corns of-coriander seed and that shall do
cniht oððe mæden· swa þ bearn sie acenned do þa wyrta
boy or maiden so that child be born put the herbs
aweg þy læs þ innelfe utsige. Gif óf wife nelle gan æfter
away the less the inwards out-sink If from woman not-will go after
þám beorþre þ gecyndelic sie· seoþe eald spic on wætre
the birth what natural be let-seethe old bacon in water

beþe mid þone cwiþ oððe hleomóc oþþe hoccer leaf wyl on
bathe with the womb or brooklime or hock leaf boil in
ealoþ sele drincan hit hat. Gif on wife sie dead bearn wyl
ale give to-drink it hot If in woman be dead child boil
on meolce ⁊ on wætre hleomóc ⁊ polleián sele drincan
in milk and in water brooklime and pennyroyal give to-drink
ón dæg tuwa. Georne is to wyrnanne bearneacnum wife þ
in day twice Eagerly is to forbid to-pregnant woman that
hio aht sealtes ete oððe swetes oþþe beor drince· ne swines
she aught of-salt eat or of-sweet or beer drink nor of-swine
flæsc ete ne naht fætes· ne druncen gedrince ne on weg ne
flesh eat nor aught of-fat nor drunken drink nor — away —
fere· ne on horse to swiðe ride þy læs þ bearn óf hire
go nor on horse too much ride the less the child from her
sie ær riht tide. Gif hió blede to swiþe æfter þam beorþre
be before right time If she bleed too much after the birth
nioþowearde clatan wyl on meolce sele etan ⁊ supan þ wos.
lower burdock boil in milk give to-eat and to-sup the juice

III.38 Wiþ þon þe wifum sie forstanden hira monaþ gecynd wyl
Against that that to-women be stopped their monthly nature boil
on ealað hleomóc ⁊ twa curmeallan sele drincan ⁊ beþe
in ale brooklime and two centauries give to-drink and bathe
þ wíf on hatum baþe ⁊ drince þone drenc on þam
the woman in hot bath and let-drink the drink in the
baþe hafa þe ær geworht clam óf beor dræstan ⁊ óf
bath have thee before wrought poultice of beer dregs and of
grenre mucgwyrte ⁊ merce· ⁊ óf berene melwe meng ealle
green mugwort and marche and of barley meal mix all
tosómne gehrer on pannan clæm on þ gecynde lím ⁊ on
together stir in pan plaster on the natural limb and on
þone cwið nioþoweardne þonne hio óf þam baðe gæþ ⁊
the womb lower when she from the bath goes and

drince scenc fulne þæs ilcan drences wearmes ⁊ bewreoh
let-drink cup full of-the same drink warm and cover
þ wíf wel ⁊ læt beon swa beclæmed lange tide þæs
the woman well and let be so plastered long time of-the
dæges do swa tuwa swa þriwa swæþer þu scyle· þu scealt
day do so twice or thrice whichever thou must thou shalt
simle þam wife bæþ wyrcean ⁊ drenc sellan on þa ilcan
always for-the woman bath work and drink give at the same
tid· þe hire sio gecynd æt wære ahra þæs æt þam wife.
time which to-her the nature at was (ahra) of-that at the woman
Gif wife to swiþe ófflowe sio monað gecynd· genim niwe
If from-woman too much off-flow the monthly nature take new
horses tord lege on hate gleda læt reocan swiþe betweoh
of-horse turd lay on hot coals let reek much between
þa þeoh úp under þæt hrægl þ se món swæte swiþe.
the thighs up under the garment that the one sweat much
Wið smeawyrme smiring· nim swines geallan ⁊ fisces III.39
Against penetrating-worm smearing take of-swine gall and of-fish
geallan· ⁊ hrefnes geallan· ⁊ haran geallan meng to somne
gall and of-raven gall and of-hare gall mix — together
smire þa dolh mid blaw mid hreode on þ seaw on þ
smear the wounds with blow with reed on the juice on the
dolh cnua þonne heorot brembel leáf lege on þa dolh. Wyrc
wound pound then hart bramble leaf lay on the wounds Work
beþinge to þon ilcan nim æps rinde· ⁊ wir rinde· cwic
bathing for the same take aspen rind and myrtle rind quick
rinde· slah þorn rinde· wirrinde· berc rinde· cnua ealle þa
rind sloe thorn rind myrtle-rind birch rind pound all the
rinda wyl on cyse hwæge þweah mid ⁊ beþe þ lím þe se
rinds boil in cheese whey wash with and bathe the limb which the
wyrm on sie· ⁊ æfter þære beþinge adrig ⁊ smire mid þære
worm in be and after the bathing dry and smear with the

sealfe· ⁊ blaw þa sealfe on þa dolh ⁊ lege ða brembel leaf
salve and blow the salve on the wounds and lay the bramble leaf
ón do swa on dæge ðriwa on sumera ⁊ on wintra twiwa.
on do so in day thrice in summer and in winter twice
Wyrc þa blacan sealfe gif þe þearf sie· gesamna þe tu
Work the black salve if to-thee need be gather thee two
ambru hryþra micgean· ⁊ amber fulne holen rinda· ⁊
ambers of-cattle urine and amber full of-holly rinds and
æscrinda· ⁊ þunges· wylle þonne on cetele oþ þ se wæta
ash-rinds and of-poison-plant boil then in kettle until that the liquid
sie twæde on bewylled ado óf þa wyrta ⁊ þa rinda· wyl eft
be two-parts on boiled-away take off the herbs and the rinds boil again
oþ þ hit sie swa þicce swa molcen ⁊ swa sweart swa col
until that it be as thick as milk-food and as swart as coal
smire mid siþþan þ dolh ⁊ hafa clám geworht óf mealtes
smear with afterward the wound and have poultice wrought of of-malt
smedmán ⁊ of hwiting melwe· ⁊ elehtran clufa cnua ⁊
fine-meal and of whiting meal and of-lupine cloves pound and
gnid tosomne wyrc to clame gif he sie to drige do on
rub together work to poultice if it be too dry put in
breowende wyrt hwon clæm on þa dolh ⁊ utan ymb· siþþan
brewing wort a-little plaster on the wounds and without about after
hie gesmyred synd seo sealf wile ærest þa dolh ryman ⁊ þ
they smeared are the salve will first the wounds widen and the
deade flæsc ófetan ⁊ þone swile aþwænan ⁊ þone wyrm þær
dead flesh eat-off and the swelling soften and the worm there
on deadne gedeþ oþþe cwicne ofdrifð ⁊ þa dolh gelácnað.
in dead makes or living drives-off and the wounds cures
III.40 Wiþ þon þe mon sie monaþ seóc nim mere swines fel
Against that that one be month sick take of-mere swine skin
wyrc to swipan swing mid þone man sona bið sel· amen.
work to whip swing with the man soon is better amen

Wyrc gode drenc wiþ eallum feondes costungum· Nim III.41
Work good drink against all of-fiend temptings Take
betonican· bisceop wyrt· elehtran· gyþrifan· attorlaþan· wulfes
betony bishop wort lupine cockle venom-loather wolf's
camb· gearwan· lege under weofod gesinge VIIII. mæssan ofer
comb yarrow lay under altar let-sing nine masses over
gescearfa þa wyrta on halig wæter sele drincan on neaht nestig
scrape the herbs in holy water give to-drink on night fasting
scenc fulne· ⁊ do þ halig wæter on ealne þone mete þe se
cup full and put the holy water in all the meat which the
man þicge. Wyrc gode sealfe wiþ feondes costunga· bisceop
man take Work good salve against of-fiend temptings bishop
wyrt· elehtre· haran sprecel· streawberian wise· sio clufihte
wort lupine hare sprecel of-strawberry stalk the cleaving
wenwyrt eorðrima· brembel æppel· polleian· wermod· gecnua
wen-wort earth-rim bramble apple pennyroyal wormwood pound
þa wyrta ealle awylle on godre buteran wring þurh clað sete
the herbs all boil in good butter wring through cloth set
under weofod singe VIIII. mæssan ofer· smire þone man mid
under altar let-sing nine masses over smear the man with
on þa þunwonge· ⁊ bufan þam eagum ⁊ ufan þ heafod·
on the temples and above the eyes and above the head
⁊ þa breost ⁊ under þam earmum þa sidan. Þeos sealf is
and the breast and under the arms the sides This salve is
god wiþ ælcre feondes costunga ⁊ ælfsidenne ⁊ lencten
good against each of-fiend temptation and elf-influence and spring
adle. Gif þu wilt lacnian gewitseocne man gedo bydene fulle
disease If thou wilt cure wit-sick man put tub full
cealdes wætres dryp þriwa on þæs drences· beþe þone man
of-cold water drip thrice in of-the drink bathe the man
on þam wætre ⁊ ete se man gehalgodne hlaf· ⁊ cyse· ⁊
in the water and let-eat the man hallowed loaf and cheese and

garleac· ȝ cropleác ȝ drince þæs drences scenc fulne ȝ
garlic and crop-leek and let-drink of-the drink cup full and
þonne he sie bebaþod smire mid þære sealfe swiþe· ȝ siþþan
when he be bathed smear with the salve much and after
him sel sie wyrc him þonne swiðne drenc útyrnendum.
to-him better be work him then strong drink out-running
Wyrc þus þone drenc nim lybcornes leaf· ȝ celeþonian
Work thus the drink take of-drug-corn leaf and of-celandine
moran· ȝ glædenan moran· ȝ hoccer moran· ȝ ellenes
root and of-gladden root and hock root and of-elder
wyrttruman rinde wyl on ealað læt standan neahterne ahlyttre
root rind boil in ale let stand overnight clarify
þonne ȝ gewyrm do buteran to ȝ sealt sele drincan.
then and warm put butter to and salt give to-drink
Wyrc spiwe drenc útyrnendne ním feowertig lybcorna
Work emetic drink out-running take forty of-drug-corns
berend wel ȝ gegnid on nioþowearde celeþonian ȝ hóccer
husk well and rub in lower celandine and hock
moran ȝ twa clufe þære clufehtan wenwyrte ȝ hwerhwette
root and two cloves of-the cleaving wen-wort and cucumber
niþewearde an lytel· ȝ hamwyrte moran medmicel· gedo
lower a little and of-home-wort root moderate put
ealle þa wyrta swiþe wel clæne ȝ gecnua do on eala
all the herbs very well clean and pound put in ale
bewreoh læt standan neahterne sele drincan scenc fulne.
cover let stand overnight give to-drink cup full
III.42 Gif swiððrenc on man gesitte ȝ he nelle ófgan nim
If strong-drink in man settle and he not-will off-go take
niþewearde celeþonian· ȝ lybcornes leaf oþþe arod wyl on
lower celandine and of-drug-corn leaf or arod boil in
ealað do buteran ȝ sealt to sele drincan wearmes scenc fulne.
ale put butter and salt to give to-drink of-warm cup full

Wiþ attres drince seoþ henne ȝ hóccer leaf on wætre III.43
Against of-venom drink seethe hen and hock leaf in water
ado þone fugel óf ȝ þa wyrta sele supan þ broð wel
take the fowl off and the herbs give to-sup the broth well
gebutered swa he hatost mæge· Gif he ær hæfþ attor
buttered as he hottest may If he before has venom
gedruncen ne biþ him ahte þe wyrs gif he þ broð þonne
drunk not is to-him aught the worse if he the broth then
ær sypð ne meaht þu him þy dæge attor gesellan;
before sups not canst thou him that day venom give
Wiþ lusum sele him etan gesodenne capel on neaht nestig III.44
Against lice give him to-eat sodden cole on night fasting
gelome he biþ lusúm bewered.
often he is from-lice guarded
Gif þorn stinge man on fót oþþe hreod ȝ nelle ófgan III.45
If thorn sting man in foot or reed and not-will off-go
nime niwe gose tord· ȝ grene gearwan cnuwige swiþe
let-take new of-goose turd and green yarrow let-pound much
tosomne clæm on þ dolh sona biþ sel;
together plaster on the wound soon is better

Wolf's comb heals specks in the eye. For the air disease that twists the mouth, coriander in woman's milk, a vapor bath of many rinds, and a bath of red ants are given. A vapor of the red ryden makes the fig worms fall out. Sore shoulders, knees, and feet, a bleeding wound, and a twisted skull, set right by three mallet blows on a board across the feet, follow. Spoiled milk is guarded with herbs, a radish root guards against a woman's chatter, and rud molin wards off the devil. A salve against elves, night-goers, and the devil's intercourse is sung over with nine masses.

III.46 Wiþ æsmælum· ⁊ wiþ eallum eagna wærce· ceow wulfes
Against eye-specks and against all of-eyes pain chew wolf's
comb wring þonne þurh hærenne clað wyllenne on þa
comb wring then through hair cloth woolen on the
eagan þ seaw on niht þonne he restan wille ⁊ on morgen
eyes the juice on night when he rest will and in morning
do æges þ hwite þær on.
put of-egg the white there on

III.47 Wiþ lyft adle Gif se muð sie woh oþþe won· nim cellendran
Against air disease If the mouth be crooked or wan take coriander
gnid on wifes meolce do on þ hale eare him biþ sona sel.
rub in of-woman milk put in the whole ear to-him is soon better
Eft nim cellendran adrig gewyrc to duste gemeng þ dust
Again take coriander dry work to dust mix the dust
wiþ wifes meolúc þe wæpned fede awring þurh hærenne
with of-woman milk who male-child feed wring through hair
clað ⁊ smire þ hale wonge mid ⁊ drype on þ eare
cloth and smear the whole cheek with and drip in the ear
wærlice. Wyrc þonne beþinge· genim brembel rinde ⁊ elm
warily Work then bathing take bramble rind and elm
rinde· æsc rinde· slahþorn rinde apuldor rinde· ifig rinde· ealle
rind ash rind sloethorn rind apple-tree rind ivy rind all

þas nioþowearde ⁊ hwerhwettan· smeru wyrt· eofor fearn·
these lower and cucumber grease wort boar fern
elene· ælfþone· betonice· marubie· redic· agrimonia gescearfa
elecampane elf-thone betony marrubium radish agrimony scrape
þa wyrta on cetel ⁊ wyl swiðe· þonne hit sie swiþe gewylled
the herbs in kettle and boil much when it be very boiled
do of þam fyre ⁊ sete ⁊ gewyrc þam men setl ofer þam
put off the fire and set and work for-the man seat over the
citele ⁊ bewreow ðone man mid þ se æþm ne mæge út
kettle and cover the man with that the vapor not may out
nahwær butan he mæge geeþian· beþe hine mid þisse beþinge
anywhere except he may breathe bathe him with this bathing
þa hwile þa he mæge araefnan. Hafa him þonne oþer bæþ
the while that he may endure Have for-him then other bath
gearo· genim æmet bed mid ealle· þara þe hwilum fleogað
ready take ant bed with all of-those which at-times fly
beoþ reade· wyl on wætre beþe hine mid· ongemethatum.
are red boil in water bathe him with immoderately-hot
Wýrc him þonne sealfe nim ælces þara cynnes wyrta wyl
Work him then salve take of-each of-the kind herbs boil
on buteran smire mid þa saran limu hie cwiciaþ sona.
in butter smear with the sore limbs they quicken soon
Wyrc him leage óf ellen ahsan þweah his heafod mid colre
Work him lye of elder ashes wash his head with cool
him biþ sona bet· ⁊ se man læte him blod ælce monþe
to-him is soon better and the man let-let him blood each month
on v. nihta ealdne monan ⁊ on fiftyne ⁊ on xx.
on five of-nights old moon and on fifteen and on twenty
Drenc wiþ fíc adle nim bulut· ⁊ eoforþrotan nioþowearde· ⁊ III.48
Drink against fig disease take bulut and boar-throat lower and
wudu fillan· ⁊ geaces suran· ⁊ æferþan gescearfa þas wyrto
wood fille and of-cuckoo sour and averthe scrape these herbs

tosomne do on gellet innan læt standan neahterne ær þu hine
together put in bowl within let stand overnight before thou it
drince. Wyrc beþinge nim þ reade ryden do on trig hæt þonne
drink Work bathing take the red ryden put in tray heat then
stanas swiþe hate lege on þ trig innan ⁊ he sitte on stole ofer
stones very hot lay in the tray within and he let-sit on stool over
þære beþinge þ hio hine mæge tela gereocan þonne feallað
the bathing that it him may well reek-on then fall
þa fíc wyrmas on þa beþinge him biþ sona sel· drince þone
the fig worms in the bathing to-him is soon better let-drink the
drenc ær þære beþinge· Gif he þonne þa beþinge þurhteon
drink before the bathing If he then the bathing go-through
ne mæge drince þone drenc ælce dæge oþ þ him sel sie.
not may let-drink the drink each day until that to-him better be

III.49 Wiþ sculdor wærce ⁊ earma· wyl betonican ón ealoð sele
Against shoulder pain and of-arms boil betony in ale give
drincan gelome ⁊ simle smire hine æt fyre mid wenwyrte.
to-drink often and always smear him at fire with wen-wort

III.50 Gif cneow sar sie cnua beolenan ⁊ hemlic beþe mid ⁊
If knee sore be pound henbane and hemlock bathe with and
lege on.
lay on

III.51 Gif se fót sar sie ellen leaf· ⁊ wegbrædan ⁊ mucgwyrt
If the foot sore be elder leaf and waybread and mugwort
gecnua ⁊ lege on ⁊ gebind hat þær on.
pound and lay on and bind hot there on

III.52 Gif þu ne mæge blod dolh forwriþan nim niwe horses
If thou not may blood wound bind-up take new of-horse
tord adrig on sunnan gegnid to duste swiþe wel lege þ
turd dry in sun rub to dust very well lay the
dust swiþe þicce on linenne claþ wriþ mid þy þ dolh.
dust very thick on linen cloth bind with that the wound

Gif meoluc sie awyrd bind tosomne wegbrædan· ȝ giþrifan· III.53
If milk be spoiled bind together waybread and cockle
ȝ cersan lege on þone fildcumb ȝ ne sete þ fæt niþer
and cress lay on the milk-pail and not set the vat down
on eorþan seofon nihtum.
on earth seven nights
Wýrc sealfe wið nihtgengan· wyl on buteran elehtran· III.54
Work salve against night-goers boil in butter lupine
hegerifan· bisceop wyrt· reade magþan· cropleác· sealt smire
hedge-rife bishop wort red mayweed crop-leek salt smear
mid him bið sona sel.
with to-him is soon better
Gif men sio heafod panne beó gehlenced alege þone man III.55
If to-man the head pan be twisted lay the man
úpweard drif II. stacan æt þam eaxlum lege þonne bred
upward drive two stakes at the shoulders lay then board
þweores ofer þa fet sleah þonne þriwa on mid slege bytle
across over the feet strike then thrice on with sledge beetle
hio gæþ on riht sona.
it goes into right soon
Gif men nelle myltan his mete niþeweard clate ȝ merce III.56
If to-man not-will digest his meat lower burdock and marche
ȝ sundcornes leáf wyl on ealaþ sele drincan.
and of-sound-corn leaf boil in ale give to-drink
Wiþ wíf gemædlan geberge on neaht nestig rædices III.57
Against of-woman chatter let-taste on night fasting of-radish
moran þy dæge ne mæg þe se gemædla sceþþan.
root that day not can thee the chatter harm
Wiþ feondes costunge rud molin hatte wyrt weaxeþ be III.58
Against of-fiend temptation rud molin is-called herb grows by
yrnendum wætre· gif þu þa on þe hafast ȝ under þinum
running water if thou it on thee hast and under thy

heafod bolstre· ⁊ ofer þines huses durum· ne mæg þe
head bolster and over of-thy house doors not can thee
deofol sceþþan inne ne ute.
devil harm within nor without

III.59 Wiþ þeor wenne gif he sie men on cneowe oþþe on
Against theor wen if it be to-man on knee or on
oþrum lime wyrc clam óf surre rigenre grut oððe dage
other limb work poultice of sour rye groats or dough
gedo æges hwit to ⁊ broc cersan lege on þ lím oþ
put of-egg white to and brook cress lay on the limb until
þ se clam hatige do of þone lege oþerne þær on.
that the poultice heat put off that lay other there on

III.60 Wyrc gode earsealfe hundes tunge niþeweard ⁊ singrene
Work good ear-salve hound's tongue lower and ever-green
⁊ sinfulle· tunhofe nioþoweard· celeþonian leaf· garleác·
and sengreen town-hove lower celandine leaf garlic
cropleác do on win oððe on eced wring þurh hærenne
crop-leek put in wine or in vinegar wring through hair
clað on þ eare læt standan III. niht ær þu hine on
cloth in the ear let stand three nights before thou it on
do. Eft nim cropleác ⁊ sinfullan gecnua hwon wines to
put Again take crop-leek and sengreen pound a-little of-wine to
⁊ wring on þ eare him biþ sona sel
and wring in the ear to-him is soon better

III.61 Wyrc sealfe wiþ ælfcynne ⁊ nihtgengan ⁊ þam mannum
Work salve against elf-kind and night-goers and the men
þe deofol mid hæmð· genim eowohumelan· wermod
who devil with has-intercourse take ewe-hop wormwood
bisccopwyrt· elehtre· æscþrote· beolone· hare wyrt· haran
bishopwort lupine ash-throat henbane hoar wort hare
sprecel· hæþ berigean wisan· cropleác· garleác· hegerifan corn·
sprecel of-heath berry stalks crop-leek garlic of-hedge-rife corn

gyþrife· finul. do þas wyrta on an fæt sete under weofod
cockle fennel put these herbs in one vat set under altar
sing ofer VIIII. mæssan awyl ón buteran ⁊ on sceapes
sing over nine masses boil in butter and in of-sheep
smerwe do haliges sealtes fela on aseoh þurh clað· weorp
grease put of-holy salt much on strain through cloth cast
þa wyrta on yrnende wæter. Gif men hwilc yfel costung
the herbs in running water If to-man any evil temptation
weorþe oþþe ælf oþþe niht gengan· smire his ȝwlitan mid
become or elf or night goers smear his face with
þisse sealfe ⁊ on hís eagan do ⁊ þær him se lichoma sar
this salve and on his eyes put and where to-him the body sore
sie· ⁊ recelsa hine ⁊ sena gelome his þing biþ sona selre.
be and cense him and sign often his thing is soon better

III.62–73 · ELF DISEASE AND LAST CHARMS

The elf disease is treated with hallowed herbs, masses, and smoke; elecampane is marked with a knife on Thursday evening and dug at dawn in silence. The leech reads elf-hiccup in yellow eyes and in the gaze of man or woman. A Latin writing drives every assault of the nymphs from every limb; the water-elf disease, known by wan nails and tearful eyes, takes a sung charm against festering. Drinks against the devil and the mad heart follow, with a hurt man who will live if he faces the leech, then the stomach, the belly, carbuncles, and the yellow disease; the book breaks off as a man whose inwards came out is fed after his sewing.

Wið ælfadle nim bisceop wyrt· finul· elehtre· ælfþonan III.62
Against elf-disease take bishop wort fennel lupine elf-thone
nioþowearde· ⁊ gehalgodes cristes mæles ragu· ⁊ stor do
lower and of-hallowed christ mark lichen and incense put
ælcre hand fulle· bebind ealle þa wyrta on claþe bedyp on
of-each hand full bind all the herbs in cloth dip in

font wætre gehalgodum þriwa· læt singan ofer III. mæssan·
font water hallowed thrice let sing over three masses
ane omnibus Scis· oþre contra tribulationem· þriddan pro
one for-all Saints second against tribulation third for
infirmis· do þonne gleda an gledfæt ⁊ lege þa wyrta on·
the-sick put then coals in coal-vat and lay the herbs on
gerec þone man mid þam wyrtum ær undern ⁊ on niht
smoke the man with the herbs before undern and on night
⁊ sing letania ⁊ credan ⁊ pater noster ⁊ writ him
and sing litany and creed and father our and write him
cristes mæl on ælcum lime ⁊ nim lytle hand fulle þæs ilcan
of-christ mark on each limb and take little hand full of-the same
cynnes wyrta gelice gehalgode ⁊ wyl on meolce dryp þriwa
kind of-herbs alike hallowed and boil in milk drip thrice
gehalgodes wætres on ⁊ supe ær his mete him biþ sona
of-hallowed water on and let-sup before his meat to-him is soon
sel. Wiþ þon ilcan· gang on þunres æfen þonne sunne on
better Against the same go on of-Thursday evening when sun in
setle sie þær þu wite elenan standan sing þonne benedicite·
setting be where thou know elecampane stand sing then bless
⁊ pater noster· ⁊ letanian· ⁊ sting þin seax on þa wyrte
and father our and litany and stick thy knife in the herb
læt stician þær on gang þe aweg gang eft to þonne dæg ⁊
let stick there in go thee away go again to when day and
niht furþum scade on þam ilcan uhte gang ærest to ciricean
night just divide in the same dawn go first to church
⁊ þe gesena ⁊ gode þe bebeod gang þonne swigende ⁊
and thee sign and to-god thee commend go then silent and
þeah þe hwæt hwega egeslices ongean cume oþþe man ne
though that something — of-terrible against come or man not
cweþ þu him ænig word to ær þu cume to þære wyrte
say thou him any word to before thou come to the herb

þe þu on æfen ær gemearcodest sing þonne benedicite· ⁊
which thou in evening before markedst sing then bless and
pater noster· ⁊ letania adelf þa wyrt læt stician þ seax þær
father our and litany dig-up the herb let stick the knife there
on· gang eft swa þu raþost mæge to ciricean ⁊ lege under
in go again as thou quickest may to church and lay under
weofod mid þám seaxe læt licgean oþ þ sunne uppe sie·
altar with the knife let lie until that sun up be
awæsc siþþan do to drence· ⁊ bisceop wyrt ⁊ cristes mæles
wash afterward put to drink and bishop wort and of-christ mark
ragu awyl þriwa on meolcum geot þriwa halig wæter on sing
lichen boil thrice in milks pour thrice holy water on sing
on pater noster· ⁊ credan· ⁊ gloria in excelsis deo· ⁊ sing
on father our and creed and glory in highest to-god and sing
on hine letania· ⁊ hine eác ymb writ mid sweorde on IIII.
on him litany and him also about write with sword on four
healfa on cruce· ⁊ drince þone drenc siþþan him biþ sona
sides in cross and let-drink the drink afterward to-him is soon
sel. Eft wiþ þon lege under weofod þas wyrte læt gesingan
better Again against that lay under altar these herbs let sing
ofer VIIII. mæssan· recels· halig sealt III. heafod cropleaces
over nine masses incense holy salt three heads of-crop-leek
ælfþonan nioþewearde· elenan· nim on morgen scenc fulne
elf-thone lower elecampane take in morning cup full
meoluce dryp þriwa haliges wæteres on supe swa he hatost
of-milk drip thrice of-holy water on let-sup as he hottest
mæge· ete mid III. snæda ælfþonan ⁊ þonne he restan
may let-eat with three slices of-elf-thone and when he rest
wille hæbbe gleda þær inne lege stor ⁊ ælfþonan on þa
will let-have coals there within lay incense and elf-thone on the
gleda· ⁊ rec hine mid þ he swæte· ⁊ þ hús geond réc
coals and smoke him with that he sweat and the house through smoke

ȝ georne þone man gesena· ȝ þonne he on reste gange
and eagerly the man sign and when he to rest go
ete III. snæda eolenan· ȝ III. cropleaces· ȝ III. sealtes·
let-eat three slices of-elecampane and three of-crop-leek and three of-salt
ȝ hæbbe him scenc fulne ealað ȝ drype þriwa halig wæter
and let-have him cup full of-ale and let-drip thrice holy water
on· besupe ælce snæd· gereste hine siþþan· do þis VIIII.
on let-sup-after each slice let-rest himself afterward do this nine
morgenas· ȝ VIIII. niht him biþ sona sel. Gif him biþ
mornings and nine nights to-him is soon better If to-him is
ælfsogoþa him beoþ þa eagan geolwe þær hi reade beón
elf-biccup to-him are the eyes yellow where they red be
sceoldon. Gif þu þone món lacnian wille þænc his gebæra ȝ
should If thou the man cure wilt think-of his bearing and
wite hwilces hades he sie· gif hit biþ wæpned man ȝ locað
know of-which condition he be if it is male man and looks
úp þonne þu hine ærest sceawast ȝ se ȝwlita biþ geolwe
up when thou him first observest and the face is yellow
blac· þone món þu meaht gelacnian æltæwlice gif he ne biþ
pale the man thou canst cure entirely if he not is
þær on to lange· gif hit biþ wíf ȝ locað niþer þonne
there in too long if it is woman and looks down when
þu hit ærest sceawast· ȝ hire ȝwlita biþ reade wan þ þu
thou it first observest and her face is red wan that thou
miht eác gelácnian· gif hit bið dægwerne leng on þonne XII.
canst also cure if it is day-work longer on than twelve
monaþ ȝ sio onsyn biþ þyslicu þonne meaht þu hine betan
months and the appearance is such then canst thou him amend
to hwile· ȝ ne meaht hwæþere æltæwlice gelácnian. Writ þis
for while and not canst however entirely cure Write this
gewrit· Scriptum est rex regum et dominus dominantium·
writing Written is king of-kings and lord of-lords

byrnice· beronice· lurlure· iehe· aius· aius· aius· Scs· Scs· Scs·
(byrnice) (beronice) (lurlure) (iehe) holy holy holy Holy Holy Holy
dominus deus Sabaoth· amen· alleluiah. Sing þis ofer þam
lord god of-Hosts amen alleluia Sing this over the
drence ⁊ þam gewrite· deus omnipotens pater domini nostri
drink and the writing god almighty father of-lord our
iesu cristi· per Inpositionem huius scriptura expelle a
jesus christ through Laying-on of-this writing drive-out from
famulo tuo N· Omnem Impetum castalidum· de capite· de
servant thy N All Assault of-nymphs from head from
capillis· de cerebro· de fronte· de lingua· de sublingua· de
hairs from brain from forehead from tongue from under-tongue from
guttore· de faucibus· de dentibus· de oculis· de naribus· de
throat from jaws from teeth from eyes from nostrils from
auribus· de manibus· de collo· de brachiis· de corde· de
ears from hands from neck from arms from heart from
anima· de genibus· de coxis· de pedibus· de compaginibus·
soul from knees from hips from feet from joints
omnium membrorum intus et foris· amen. Wyrc þonne drenc
of-all limbs within and without amen Work then drink
font wæter· rudan· Saluian· cassuc· draconzan· þa smeþan
font water rue Sage hassock dragonwort the smooth
wegbrædan niþewearde fefer fugian· diles crop· garleaces III.
waybread lower fever few of-dill cluster of-garlic three
clufe· finul· wermod· lufestice· elehtre· ealra emfela· writ
cloves fennel wormwood lovage lupine of-all equally-much write
III. crucem mid oleum infirmorum ⁊ cweð· pax tibi· Nim
three cross with oil of-the-infirm and say peace to-thee Take
þonne þ gewrit writ crucem mid ofer þam drince ⁊ sing
then the writing write cross with over the drink and sing
þis þær ofer. deus omnipotens pater domini· nostri· iesu cristi
this there over god almighty father of-lord our jesus christ

per Inpositionem huius scripturæ et per gustum huius
through Laying-on of-this writing and through taste of-this
expelle diabolum a famulo tuo· N· ⁊ credo· ⁊ pater·
drive-out devil from servant thy N and I-believe and father
noster· wæt þ gewrit on þam drence ⁊ writ crucem mid
our wet the writing in the drink and write cross with
him on ælcum lime ⁊ cweð signum crucis xpī conseruate
it on each limb and say sign of-cross of-christ keep-ye
In uitam eternam· amen. Gif þe ne lyste hát hine selfne
Into life eternal amen If to-thee not list bid him self
oþþe swa gesubne swa he gesibbost hæbbe ⁊ senige swa
or as related as he nearest have and let-sign as
he selost cunne· þes cræft mæg wiþ ælcre feondes costunge.
he best can this craft avails against each of-fiend temptation
III.63 Gif mon biþ on wæter ælfadle þonne beoþ him þa hand
If one is in water elf-disease then are to-him the hand
næglas wonne ⁊ þa eagan tearige ⁊ wile locian niþer· do
nails wan and the eyes tearful and will look down put
him þis to læcedome· eoforþrote· cassuc· fone nioþoweard·
him this for leechdom boar-throat hassock fane lower
eowberge· elehtre· eolone· merscmealwan crop· fen minte· dile·
yew-berry lupine elecampane of-marsh-mallow cluster fen mint dill
lilie· attorlaþe· polleie· marubie· docce· ellen· fel terre· wermod·
lily venom-loather pennyroyal marrubium dock elder gall of-earth wormwood
streawbergean leaf· consolde· ófgeot mid ealaþ· do halig wæter
strawberry leaf comfrey pour-over with ale put holy water
to sing þis gealdor ofer þriwa· Ic binne awrat betest beado
to sing this charm over thrice I wounds wrote best battle
wræda swa benne ne burnon ne burston ne fundian ne feologan·
bands so wounds not burned nor burst nor spread nor fester
ne hoppetan ne wund waco sian· ne dolh diopian· ác hím self
nor throb nor wound grow — nor gash deepen but him self

healde hale wæge· ne ace þe þon ma þe eorþan on eare
let-hold whole cup not let-ache to-thee the more than earth in sea
ace· Sing þis manegum siþum· eorþe þe on bere eallum hire
ache Sing this many times earth thee on let-bear with-all her
mihtum ⁊ mægenum· þas galdor món mæg singan ón wunde.
mights and powers these charms one can sing on wound
Wiþ deofle liþe drenc ⁊ ungemynde do on ealu cassúc· III.64
Against devil light drink and witlessness put in ale hassock
elehtran moran· finul ontre· betonice· hind heoloþe· merce
of-lupine roots fennel ontre betony hind heleth marche
rude· wermod· nefte· elene· ælfþone· wulfes comb· gesing
rue wormwood catmint elecampane elf-thone wolf's comb sing
XII. mæssan ofer þam drence ⁊ drince him biþ sona sel.
twelve masses over the drink and let-drink to-him is soon better
drenc wiþ deofles costunga· þefan þorn cropleac· eletre·
drink against of-devil temptations thief thorn crop-leek lupine
ontre· bisceop wyrt· finul· cassuc· betonice· gehalga þas wyrta
ontre bishop wort fennel hassock betony hallow these herbs
do on ealu halig wæter· ⁊ sie se drenc þær inne þær se
put in ale holy water and let-be the drink there within where the
seoca man inne sie· ⁊ simle ær þon þe he drince sing
sick man within be and always before that that he drink sing
þriwa ofer þam drence· deus In nomine tuo saluum me fác.
thrice over the drink god In name thy safe me make
Gif man sie gegymed ⁊ þu hine gelacnian scyle· geseoh þ III.65
If man be hurt and thou him cure shalt see that
he sie toweard þonne þu ingange þonne mæg he libban· gif
he be toward when thou go-in then can he live if
he þe sie framweard ne gret þu hine ahte· gif he libban
he to-thee be away-turned not touch thou him aught if he live
mæge wyl on buteran betonican· gyþrifan· gearwan· polleian·
may boil in butter betony cockle yarrow pennyroyal

dolhrunan· awring þurh claþ læt standan· gehæt scenc fulne
wound-rune wring through cloth let stand heat cup full
cu wearmre meolce do þære sealfe v. snæda þær on supe
of-cow warm milk put of-the salve five slices there on let-sup
on neaht nestig ⁊ ete fersc flæsc þær þær hit fætost sie·
on night fasting and let-eat fresh flesh there where it fattest be
⁊ þicge on niht þa sealfe ⁊ þ dolh wet mid ealdan spice
and let-take on night the salve and the wound wet with old bacon
oþþe mid ferscre buteran þonne hit sie clæne ⁊ wel read·
or with fresh butter when it be clean and well red
lacna mid þa ilcan sealfa· ⁊ ne læt tosomne gif hio sie
cure with the same salves and not let together if it be
clæne· læt siþþan tosomne. Gif hit nelle for þisúm læcedome
clean let afterward together If it not-will for this leechdom
batian· wyl on meolcum þa readan gearwan ⁊ finul· linwyrt·
improve boil in milks the red yarrow and fennel flax-wort
ealra gelice læt aweallan v. siþum awring þurh clað gebriw
of-all alike let boil-up five times wring through cloth brew
wel swiþne briw þær on mid hwæte melwe ⁊ gesceaf godes
well strong brewis there on with wheat meal and shave of-good
weaxes ane snæde þær on ⁊ hrer tosomne læt gecolian·
wax one slice there on and stir together let cool
genim haran wulle lytle snæde III. bewind mid þy briwe
take of-hare wool little slices three wind with the brewis
utan þ he mæge forswelgan ⁊ besupe mid cu wearmum.
without that he may swallow and sup-after with cow warm
III.66 Drenc gif þeor sie on men nim þas wyrte nioþewearde·
Drink if theor be on man take these herbs lower
finol bisceop wyrt æscþrotan ealra emfela þissa twega
fennel bishop wort ash-throat of-all equally-much of-these two
mæst· ufewearde rudan· ⁊ betonican ófgeot mid hluttrum
most upper rue and betony pour-over with clear

ealaþ ⁊ gesinge III. mæssan ofer ⁊ drince ymb II. niht
ale and let-sing three masses over and let-drink after two nights
þæs þe he ofgoten sie ær his mete ⁊ æfter.
of-that that it poured-over be before his meat and after
Wiþ deofol seoce do on halig wæter ⁊ on eala bisceop III.67
Against devil sickness put in holy water and in ale bishop
wyrte hindhioloþan· agrimonian· alexandrian· gyþrifan sele
wort hind-beleth agrimony alexanders cockle give
him drincan. Eft cassuc· þefan þorn· stan crop· elehtre·
him to-drink Again hassock thief thorn stone crop lupine
finul· eoforþrote cropleác ofgeot gelice. Eft swiþe drenc
fennel boar-throat crop-leek pour-over alike Again strong drink
wið deofle· nim micle hand fulle secges· ⁊ glædenan do
against devil take great hand full of-sedge and gladden put
on pannan· geot micelne bollan fulne ealaþ on bewyl healf
in pan pour great bowl full of-ale on boil-away half
gegnid. XX. lybcorna do on þ þis is god drenc wiþ deofle.
rub twenty of-drug-corns put on that this is good drink against devil
Leoht drenc wiþ weden heorte elehtre· bisceop wyrt ælfþone· III.68
Light drink against mad heart lupine bishop wort elf-thone
elene· cropleác· hind hioloþe· ontre· clate· Nim þas wyrta
elecampane crop-leek hind beleth ontre burdock Take these herbs
þonne dæg ⁊ niht scade· sing ærest on ciricean letania· ⁊
when day and night divide sing first in church litany and
credan· ⁊ pater noster· gang mid þy sange to þam wyrtum
creed and father our go with the song to the herbs
ymbga hie þriwa ær þu hie nime· ⁊ ga eft to ciricean gesing
go-round them thrice before thou them take and go again to church sing
XII. mæssan ofer þam wyrtum þonne þu hie ofgoten hæbbe.
twelve masses over the herbs when thou them poured-over have

III.69 Gif men sie maga asurod ⁊ forþunden· genim holen leafa
If to-man be stomach soured and swollen take of-holly leaves
micle twa hand fulla gescearfa swiþe smale wyl ón meolcum
great two hands full scrape very small boil in milks
oþ þ hie syn wel mearuwe wursla snæd mælum ete
until that they be well tender morsels slice by-pieces let-eat
þonne VI. snæda· on morgen III. ⁊ on æfen III. ⁊
then six slices in morning three and in evening three and
æfter his mete· do þus VIIII. niht leng gif him þearf sie.
after his meat do thus nine nights longer if to-him need be
Gif mon biþ aþunden ete rudan ⁊ drince he biþ hal.
If one is swollen let-eat rue and let-drink he is whole
Wiþ magan wærce rudan sæd ⁊ cwic seolfor ⁊ eced
Against stomach pain of-rue seed and quick silver and vinegar
bergen on neaht nestig. Eft gnid on eced ⁊ on wæter
let-taste on night fasting Again rub in vinegar and in water
polleian sele drincan sona þ sar toglit.
pennyroyal give to-drink soon the sore glides-away

III.70 Wiþ wambe wærce ófgeot polleian ⁊ drince ⁊ sume
Against belly pain pour-over pennyroyal and let-drink and some
binde to þam nafolan· ⁊ wite georne þ sio wyrt aweg
let-bind to the navel and let-know eagerly that the herb away
ne aglide sona biþ sel.
not glide soon is better
Wiþ magan wærce wudu þistles þone grenan mearh þe
Against stomach pain of-wood thistle the green marrow which
biþ on þam heafde sele him etan mid hatan ele.
is in the head give him to-eat with hot oil
Wiþ wambe heardnesse geclænsa giþcorn gnid on ceald
Against belly hardness cleanse gith-corn rub in cold
wæter sele him drincan.
water give him to-drink

Wiþ springe gnid saluian wiþ hunig smire mid sona biþ III.71
Against carbuncle rub sage with honey smear with soon is
sel. Eft wyrc sealfe nim hand fulle spring wyrte· ⁊
better Again work salve take hand full spring wort and
hand fulle wegbrædan· ⁊ hand fulle magþan· ⁊ hand
hand full waybread and hand full mayweed and hand
fulle niðewearde doccan þære þe swimman wille on butran
full lower dock that which swim will in butter
ahlyttre þ sealt óf ⁊ þ fám do hwon huniges to englisces·
clarify the salt off and the foam put a-little of-honey to of-English
do ofer fyr awyl· þonne hit wealle· sing III. pater noster
put over fire boil when it boil sing three father our
ofer do eft of sing þonne VIIII. siþum pater noster ón
over put again off sing then nine times father our on
⁊ þriwa awyl ⁊ swa gelome óf ado ⁊ lacna mid siþþan.
and thrice boil and so often off take and cure with afterward
Wiþ þære geolwan adle ófgeot þas wyrte mid swiþe beore· III.72
Against the yellow disease pour-over these herbs with strong beer
ribban hand fulle· cwíc rinda hand fulle VIIII. snæda
of-ribwort hand full of-quick rinds hand full nine slices
niþeweardre æscþrotan· ⁊ VIIII. niþeweardre eolenan.
of-lower ash-throat and nine of-lower elecampane
Eft dile· celendre· Saluian mæst wyl ón swiþum beore þ hit
Again dill coriander Sage most boil in strong beer that it
sie þicce· ⁊ grene· nim niþewearde eolenan gesniþ on hunig
be thick and green take lower elecampane slice in honey
ete swa manige snæda swa he mæge gedrince þæs drences
let-eat as many slices as he may let-drink of-the drink
scenc fulne æfter ⁊ eal þ fæc ete sceapen flæsc ⁊ nan oþer.
cup full after and all the space let-eat sheepen flesh and no other

III.73 Gif men sie innelfe ute gecnua gallúc awring þurh clað
If to-man be inwards out pound comfrey wring through cloth
on cu wearme meolce· wæt þine handa þær ón ⁊ gedo þ
in cow warm milk wet thy hands there in and put the
innelfe on þone man geseowe mid seolce wyl him þonne
inwards in the man sew with silk boil him then
gallúc VIIII. morgnas butan him leng þearf sie fed hine
comfrey nine mornings unless to-him longer need be feed him
mid fersce hænne flæsc ***
with fresh of-hen flesh (lacuna)

Liber medicinalis

The Herbarium

The Herbarium opens with betony, born in meadows, clean downs, and sheltered places, which shields a man's soul and body against monstrous night-goers, terrible sights, and dreams; it is gathered in August without iron and dried in the shade. Nearly thirty remedies follow for a broken head, the eyes, ears, nose, teeth, side, loins, inwards, throat, poison, adder's bite, and mad dog's bite. Waybread is next, its root bound on the neck for headache, its juice given for the belly, worms, and fevers, and its seed, leaves, and pounded herb laid on wounds, blisters, and the feet.

Đeos wyrt þe man betonicam nemneð heo biþ cenned 1
This herb which one betonica names it is born
on mædum ⁊ on clænum dunlandum· ⁊ on gefriþedum
in meadows and on clean down-lands and in protected
stowum· seo deah gehwæþer ge þæs mannes sawle ge his
places which avails either both of-the man soul and his
lichoman hio hyne scyldeþ wið unhyrum nihtgengum ⁊
body it him shields against monstrous night-goers and
wið egeslicum gesihðum ⁊ swefnum· ⁊ seo wyrt byþ
against terrible sights and dreams and the herb is
swyþe haligu ⁊ þus þu hi scealt niman on agustes monðe
very holy and thus thou it shalt take in of-August month
butan irenne· ⁊ þonne þu hi genumene hæbbe· ahryse þa
without iron and when thou it taken have shake the
moldan of· þ hyre nanwiht on ne clyfie ⁊ þonne drig hi
mold off that to-it nothing on not cleave and then dry it
on sceade swyþe þearle ⁊ mid wyrttruman mid ealle gewyrc
in shade very much and with root with all work
to duste· bruc hyre þonne· ⁊ hyre byrig þonne ðu beþurfe.
to dust use it then and it taste when thou need

Gif mannes heafod tobrocen sy genim þa ylcan wyrte
If of-man head broken be take the same herb
betonican scearfa hy þonne ⁊ gnid swyþe smale to duste
betony scrape it then and rub very small to dust
genim þonne twega trymessa wǽge þíge hit þonne on hatum
take then of-two drachms weight let-take it then in hot
beore þonne halað þ heafod swyðe hraðe æfter þam drince.
beer then heals the head very quickly after the drink
Wið eagena sár genim þære ylcan wyrte wyrttruman seoð
Against of-eyes sore take of-the same herb root seethe
on wætere to þriddan dæle· ⁊ of þam wætere beþa þa
in water to third part and of the water bathe the
eaga· ⁊ genim þæræ sylfan wyrte leaf ⁊ bryc hy ⁊
eyes and take of-the same herb leaf and bruise them and
lege ofer þa eagan on þone andwlatan.
lay over the eyes on the face
Wið earena sar genim þære ylcan wyrte leaf þonne heo grenost
Against of-ears sore take of-the same herb leaf when it greenest
beo· wyl on wætere ⁊ wring þ wos ⁊ siþþan hyt gestánden
be boil in water and wring the juice and after it stood
beo do hit eft wearm ⁊ þurh wulle drype on þ eare.
be make it again warm and through wool drip in the ear
Wið egena dymnesse genim wære ylcan wyrte betonican
Against of-eyes dimness take of-the same herb betony
anre triemesse wæge ⁊ wyl on wætere ⁊ syle drincan
of-one drachm weight and boil in water and give to-drink
fæstendum þonne gewanað hit þone dæl þæs blodes ðe
to-fasting then lessens it the part of-the blood which
seo dymnys of cymð.
the dimness from comes

Wið tyrende eagan genim þa ylcan wyrte betonican ⁊ syle
Against running eyes take the same herb betony and give
þigccean heo gegodað ⁊ onliht þæra eagena scearpnysse.
to-take it improves and lightens of-the eyes sharpness
Wiþ swyþlicne blodryne of nosum genim þa ylcan wyrte
Against violent blood-running from nose take the same herb
betonican ⁊ cnuca hy ⁊ gemeng þærto sumne dæl sealtes
betony and pound it and mix thereto some part of-salt
⁊ genim þonne swa mycel swa þu mæge mid twam
and take then as much as thou may with two
fingrum geniman wyrc hit sinewealt ⁊ do on þa næsþyrlu.
fingers take work it round and put in the nostrils
Wiþ toðece genim þa ylcan wyrte betonican ⁊ wyl on
Against toothache take the same herb betony and boil in
ealdan wine oþþe on ecede to þriddan dæle hit hælþ
old wine or in vinegar to third part it heals
wundurlice þæra toða sár· ⁊ geswell.
wondrously of-the teeth sore and swelling
Wiþ sidan sare genim þære ylcan wyrte þreora trymessa
Against of-side sore take of-the same herb of-three drachms
wæge· seoð on ealdum wine· ⁊ gnid þærto xxvii. pipor
weight seethe in old wine and rub thereto twenty-seven pepper
corn gedrinc his þonne on niht nistig þreo full fulle.
corns drink of-it then on night fasting three cups full
Wiþ lænden brædena sare genim þæra ylcan betonican þreora
Against of-loin breadths sore take of-the same betony of-three
trymessa wæge xvii. pipor corn gnid to somne wyll on
drachms weight seventeen pepper corns rub — together boil in
ealdum wine syle him swa wearm on niht nistig þreo full fulle.
old wine give to-him so warm on night fasting three cups full

Wið wambe sare genim þære ylcan wyrte twega trymessa
Against of-belly sore take of-the same herb of-two drachms
wæge wyl on wætere syle hyt þonne him· wearm drincan·
weight boil in water give it then to-him warm to-drink
ðonne bið þæs innoðes sar settende ⁊ liðigende þ hit
then is of-the inwards sore settling and softening that it
sona nænig lað ne bið.
soon no harm — is
Gif mannes innoð to fæst sy anbyrge þas ylcan wyrte on
If of-man inwards too fast be let-taste this same herb in
wearmum wætere on niht nistig· þonne bið se man hal
warm water on night fasting then is the man whole
on þreora nihte fyrste.
in of-three nights space
Wiþ þon ðe men blod uppwealle þurh his muð genim
Against that that to-man blood well-up through his mouth take
þære ylcan wyrte þreora trymessa wæge ⁊ cole gate meolc
of-the same herb of-three drachms weight and cool of-goat milk
þreo full fulle· ðonne bið he swyþe raðe hal.
three cups full then is he very quickly whole
Gif man nelle beon druncen nime þonne ærest onbyrge
If one not-will be drunk let-take then first let-taste
betonican ðære wyrte.
betony the herb
Gif men wylle spring on gesittan genime þonne anes trymeses
If to-man will carbuncle on settle let-take then of-one drachm
gewæge· cnucige wið eald smeoru lecge on ðone stede þe
weight let-pound with old grease let-lay on the place which
se spring on gesittan wolde· þonne byþ hit sona hal.
the carbuncle on settle would then is it soon whole

Gif mon sy innan gebrocen oþþe him se lichoma sár
If one be within broken or to-him the body sore
sy genime þonne betonican þære wyrte feower trymessan
be let-take then betony the herb four drachms
gewæge wyll on wine swyþe· drince þonne on niht nistig·
weight boil in wine much let-drink then on night fasting
þonne leohtað him se lichoma.
then lightens to-him the body
Gif mon on mycelre rade oþþe on miclum gangum weorðe
If one on great riding or on great goings become
geteorad nime þonne betonican þære wyrte ane trymessan
tired let-take then betony the herb one drachm
fulle seoð on geswettum wine drince þonne on niht nistig
full seethe in sweetened wine let-drink then on night fasting
þreo full fulle þonne bið he sona unwerig.
three cups full then is he soon unweary
Gif man sy innan unhal oþþe hyne wlatige þonne genim ðu
If one be within unwell or him nauseate then take thou
betonican þære wyrte twa trymessan gewæge· ȝ huniges anre
betony the herb two drachms weight and of-honey of-one
yndsan gewæge wylle þonne on beore swyþe þearle drince ðreo
ounce weight let-boil then in beer very much let-drink three
ful fulle on niht nistig· þonne rumað him sona se innað.
cups full on night fasting then opens to-him soon the inwards
Gif þu ðonne wylle þ ðin mete eaðelice gemylte genim
If thou then wilt that thy meat easily digest take
þonne betonican þære wyrte þreo trymessan gewæge ȝ
then betony the herb three drachms weight and
huniges ane yndsan seoð þonne þa wyrte oð þ heo
of-honey one ounce seethe then the herb until that it
heardige· drinc hy þonne on wætere twa full fulle.
harden drink it then in water two cups full

Wiþ ðon þe man ne mæge his mete gehabban ⁊ he spiwe
Against that that one not may his meat hold and he spew
ðonne he hyne geðigedne hæbbe genim þonne betonican
when he it taken have take then betony
þære wyrte· IIII. trymesan gewæge· ⁊ awylled hunig· wyrc
the herb four drachms weight and boiled honey work
þonne lytle poslingas feower þær of· ete þonne ænne
then little pellets four there of let-eat then one
⁊ ænne on hatum wætere ⁊ on wine tó somne gedicge
and one in hot water and in wine — together let-take
ðonne þæs wætan þreo full fulle.
then of-the liquid three cups full
Wið innoþes sare· oððe gif he aþunden sy· genim betonican
Against of-inwards sore or if he swollen be take betony
þa wyrt gnid on wíne swyðe smale lege þonne abutan þa
the herb rub in wine very small lay then about the
wambe· ⁊ þyge hy· þonne eac hraðe cymeþ þæt to bote.
belly and let-take it then also quickly comes that to remedy
Gif þonne hwylc man attor geþycge genime ðonne þære
If then any man venom take let-take then of-the
ylcan wyrte þreo trymessan gewæge· ⁊ feower ful fulle
same herb three drachms weight and four cups full
wines wylle to somne ⁊ drince þonne aspiweð he þ attor.
of-wine let-boil — together and let-drink then spews-up he the venom
Gif hwylcne man nædre to slite genime þære wyrte· IIII.
If any man adder — bite let-take of-the herb four
trymesan gewæge wyll on wine ⁊ gnid swyþe smale do
drachms weight boil in wine and rub very small put
þonne gehwæþer ge on ða wunde lege ⁊ eac drinc swyþe
then either both on the wound lay and also drink very
þearle· ðonne meaht ðu æghwylcere nædran slite swa gehælan.
much then canst thou each of-adder bite so heal

Eft wið nædran slite genim þære ylcan wyrte ane trymesan
Again against of-adder bite take of-the same herb one drachm
gewæge gecnid on read wín gedo þonne ðæt þæs wines
weight rub in red wine make then that of-the wine
syn þreo ful fulle smyre ðonne mid þam wyrtum ða wunde
be three cups full smear then with the herbs the wound
ȝ mid þy wíne þonne byð hio sona hal.
and with the wine then is it soon whole
Wið wede hundes slite genim betonican ða wyrte gecnuca
Against of-mad hound bite take betony the herb pound
hy swyþe smale ȝ lege on þa wunde.
it very small and lay on the wound
Gif þe ðin þrotu sar sy oððe þines swyran hwylc dæl genim
If to-thee thy throat sore be or of-thy neck any part take
þa ilcan wyrte ȝ gecnuca swyðe smale wyrc to clyþan· lege on
the same herb and pound very small work to poultice lay on
þone swyran ðonne clænsað heo hit· æghwær ge innan ge utan.
the neck then cleanses it it everywhere both within and without
Wið lǽndena sare· ȝ gif men his ðéoh acen· genim þære
Against of-loins sore and if to-man his thighs ache take of-the
ylcan wyrte twegra trymesa gewæge will on beore· sile him
same herb of-two drachms weight boil in beer give to-him
drincan.
to-drink
Gif he ðonne sy febrig ȝ he sy mycelre hætan ðrowiende
If he then be feverish and he be of-great heat suffering
syle ðonne þa wyrte on wearmum wætere na læs on beore·
give then the herb in warm water not less in beer
ðonne godiað þæra lendena sár· ȝ þæra ðeona swyðe hraðe.
then improves of-the loins sore and of-the thighs very quickly

Wiþ fotadle genim þa ylcan wyrte seoð on wætere oþ
Against foot-disease take the same herb seethe in water until
ðæt þæs wæteres sy ðriddan dæl on bisoden cnuca ðonne
that of-the water be third part — boiled-away pound then
þa wyrte ⁊ lege on þa fet· ⁊ smire þær mid· ⁊ drinc
the herb and lay on the feet and smear there with and drink
þ wos þonne findest ðu þær æt bote ⁊ ælteowe hælo.
the juice then findest thou there at remedy and perfect health

2 Wegbræde.
Waybread

Gif mannes heafod æce oððe sar sy genime wegbrædan
If of-man head ache or sore be let-take of-waybread
wyrtwalan ⁊ binde him on swyran· ðonne gewiteð þ sar
root and let-bind him on neck then departs the sore
of þam heafde.
from the head

Gif men his wàmb sar sy genime wegbrædan seap ðære
If to-man his belly sore be let-take of-waybread juice of-the
wyrte gedo þ hio blacu sy ⁊ þyge hy ðonne mid
herb make that it pale be and let-take it then with
micelre platunge gewiteþ þ sar on weg gif hyt þonne sy
great sipping departs the sore — away if it then be
wæt sio wamb sy aþundeno scearfa donne þa wyrte· ⁊
that the belly be swollen scrape then the herb and
lege on þa wambe ðonne fordwineð heo sona.
lay on the belly then dwindles it soon

Wið þæs innoðes sare genim wegbrædan seap do on sumes
Against of-the inwards sore take of-waybread juice put in of-some
cynnes cald· ⁊ þicge hyt swyðe· þonne bataþ he inne weard ⁊
kind cold and let-take it much then improves it in ward and
clænsað þone magan ⁊ þa smæl þyrmas swyþe wundrum well.
cleanses the stomach and the small guts very wondrously well

Eft wið þon þe man on wambe forweaxen sy seoð þonne
Again against that that one in belly overgrown be seethe then
þa wegbrædan swyþe· ȝ ete þonne swyþe ðonne dwineþ
the waybread much and let-eat then much then dwindles
seo wamb sona.
the belly soon
Eft wið þon þe man þurh hys árgang blode utyrne
Again against that that one through his anus with-blood out-run
genim wegbrædan seap syle him drincan þonne bið hit
take of-waybread juice give to-him to-drink then is it
sona oðstilled.
soon stilled
Gif man gewundud sy genim wegbrædan sæd gnid to duste
If one wounded be take of-waybread seed rub to dust
ȝ sceað on þa wunde heo bið sona hal· gif se lichoma
and shed on the wound it is soon whole if the body
hwær mid hefiglicre hæto sy gebyrgod gecnuca ða sylfan
anywhere with heavy heat be burdened pound the same
wyrte ȝ lege þæron ðonne colað se lichoma ȝ halað.
herb and lay thereon then cools the body and heals
Gif ðu þonne wylle mannes wambe þwænan þonne nim ðu þa
If thou then wilt of-man belly soften then take thou the
wyrte wyll ón ecede· do þonne þ wos ȝ þa wyrte swa áwyllede
herb boil in vinegar put then the juice and the herb so boiled
on wín drince þonne on niht nihstig· symle an ful to fylles.
in wine let-drink then on night fasting always one cup to fill
Wið nædran slite genim wegbrædan ða wyrt gnid on wíne
Against of-adder bite take waybread the herb rub in wine
ȝ ete hy.
and let-eat it

Wiþ scorpiones slite genim wegbrædan wyrtwalan· bind
Against of-scorpion bite take of-waybread root bind
oþone man þonne ys to gelyfenne þ hyt cume him to
on-the man then is to believe that it come to-him to
godre are.
good help
Gif men innan wyrmas eglen genim wægbredan seap cnuca
If man within worms ail take of-waybread juice pound
ȝ wring ȝ syle him supan ȝ nim ða sylfan wyrte
and wring and give to-him to-sup and take the same herb
gecnuca lege on þone naflan ȝ wrið þærto swyðe fæste.
pound lay on the navel and bind thereto very fast
Gif hwylces mannes lichoma sy aheardod nim þonne
If of-any man body be hardened take then
wegbrædan þa wyrte· ȝ gecnuca wið smeru butan sealte
waybread the herb and pound with grease without salt
ȝ wyrc swa to clame lege þonne on þær hit heardige
and work so to poultice lay then on where it harden
hnescaþ hyt sona ȝ bataþ.
softens it soon and improves
Gif hwylcum men sy þæs feorðan dæges fefer getenge
If to-any man be of-the fourth day fever pressing
genim ðonne þære wyrte seap cnid on wætere syle him
take then of-the herb juice rub in water give to-him
drincan twam tidum ær hym þæs feferes wene· þonne
to-drink two hours before to-him of-the fever expect then
ys wén þ hyt him cume to mycelre freme.
is hope that it to-him come to great benefit

Wið fotadle· ⁊ wið sina sare genim þonne wægbrædan
Against foot-disease and against of-sinews sore take then of-waybread
leaf gnid wið sealt sete ðonne on þa fet ⁊ on þa syna
leaf rub with salt set then on the feet and on the sinews
þonne ys þ gewisslice læcedom.
then is that certain leechdom
Wið þam fefore þe ðy þriddan dæge on man becymeð genim
Against the fever which the third day on man comes take
wegbrædan þry cyðas cnid on wætere oþþe on wine syle
of-waybread three sprouts rub in water or in wine give
him drincan ær þon se fefor him tó cume on niht nihstig.
to-him to-drink before that the fever to-him to come on night fasting
Wiþ ðy fefore þe ðy æftran dæge to cymeð· gecnuca þas
Against the fever which the second day to comes pound this
ylcan wyrte swyþe smale syle him on ealoð drincan þ ys
same herb very small give him in ale to-drink it is
to gelyfenne þ hit dyge.
to believe that it avail
Wið wunda hatum genim þonne wegbrædan þa wyrt cnuca
Against of-wounds heats take then waybread the herb pound
on smærwe butan sealte lege on þa wunde· þonne bið he
in grease without salt lay on the wound then is he
sona hal.
soon whole
Gif mannes fet on syþe tydrien· genim þonne wegbræden
If of-man feet on journey weaken take then waybread
ða wyrt gnid on ecede beþe ða fet þærmid· ⁊ smyre·
the herb rub in vinegar bathe the feet therewith and smear
ðonne þwineþ hy sona.
then dwindles it soon

Gif hwylcum weargbræde weaxe on þam nosum oððe on þam
If to-anyone warty-growth grow on the nose or on the
hleore genim ðonne wegbrædan seaw wring on hnesce wulle lege
cheek take then of-waybread juice wring on soft wool lay
þæron· læt licgan nigon niht þonne halaþ hyt hraðe æfter ðam.
thereon let lie nine nights then heals it quickly after that
Be æghwylcum uncuþum blædrum ðe on mannes nebbe
About each strange blisters which on of-man face
sittað nim wegbrædan sæd drig to duste ȝ gnid meng
sit take of-waybread seed dry to dust and rub mix
wið smeoru do lytel sealtes to wesc mid wine smyre þ
with grease put little of-salt to wash with wine smear the
neb mid· þonne smeþað hyt ȝ halað.
face with then smooths it and heals
Wiþ muþes wunde genim wegbrædan leaf· ȝ hyre seaw
Against of-mouth wound take of-waybread leaf and its juice
gnid tosomne hafa ðonne swiþe lange on þinum muðe ȝ
rub together have then very long in thy mouth and
et ðone wyrtwalan.
eat the root
Gif wede hund man toslite genim þas ylcan wyrte ȝ
If mad hound man tear take this same herb and
gegnid· ȝ lege on· ðonne bið hit sona hal.
rub and lay on then is it soon whole
Wiþ ælces dæges mannes tyddernysse innewardes nime þonne
Against of-each day of-man weakness inwardly let-take then
wegbrædan do on win ȝ sup þ wos ȝ et þa wegbrædan
waybread put in wine and sup the juice and eat the waybread
ðonne deah hit wið æghwylcre innancundre unhælo.
then avails it against each inward unhealth

Five herbs follow. Cinquefoil, written round three times with finger and thumb before it is lifted, heals limbs, the belly, the mouth, and the head, and is gathered in August. Vervain, or ash-throat, serves wounds, kernels, the liver, stone in the bladder, and a spider's bite. Henbane, a white kind and a poisonous black, helps the ears, teeth, and breasts; adder-wort, gathered in April, heals an adder's bite; and bee-wort, hung at the hive, keeps the bees from flying off, and its root frees stopped urine.

Fifleafe. 3

Cinquefoil

Gif men his leoðu acen oðde ongeflogen sy genim fifleafe
If to-man his limbs ache or flown-on be take cinquefoil
ða wyrt· cnuca on smeorwe swyþe smale lege ðæron butan
the herb pound in grease very small lay thereon without
sealte ðonne halað hyt sona.
salt then heals it soon
Wiþ wambe sare genim fifleafan seaw þære wyrte gewring
Against of-belly sore take of-cinquefoil juice of-the herb wring
twegen cuculeras fulle· syle him supan· þonne clænsaþ hit
two spoons full give to-him to-sup then cleanses it
on weg þ sar eall.
— away the sore all
Wiþ muðes ece· ⁊ wið tungan· ⁊ wið þrotan genim
Against of-mouth ache and against tongue and against throat take
fifleafan wyrtwalan wyll on wætere· syle him supan ðonne
of-cinquefoil root boil in water give to-him to-sup then
clænsað hit ðone muð innan ⁊ bið se ece lithende.
cleanses it the mouth within and is the ache easing

Wiþ heafdes sare· genim fifleafan ða wyrt· bewrit þriwa
Against of-head sore take cinquefoil the herb write-around thrice
mid þam læstan fingre ȝ mid þam ðuman ahefe þonne
with the least finger and with the thumb lift then
upp of ðære eorðan ȝ gegnid swyþe smale ȝ bind on
up from the earth and rub very small and bind on
þ heafod ðonne biþ se ece lythende.
the head then is the ache easing
Gif men blod ut of nosum yrne to swiðe syle him
If to-man blood out from nose run too much give to-him
drincan fifleafan on wine· ȝ smyre þ heafud mid þam
to-drink cinquefoil in wine and smear the head with it
ðonne oðstandeþ se blodgyte sona.
then stops the blood-shedding soon
Gif mannes midrifes áce genime fifleafan seaw mencg to
If of-man midriff ache let-take of-cinquefoil juice mix to
wine ȝ drince ðonne þreo ful fulle þry morgenas ȝ on
wine and let-drink then three cups full three mornings and on
niht nistig.
night fasting
Wiþ nædran slite genim fifleafan þa wyrte gnid on wine·
Against of-adder bite take cinquefoil the herb rub in wine
ȝ drince swiðe ðonne cymeð him þ to bote.
and let-drink much then comes to-him that to remedy
Gif man forbærned sy genime fifleafan þa wyrt bere on
If one burnt be let-take cinquefoil the herb let-bear on
him ðonne cweþað cræftige men þ him þ to gode cume.
him then say skilled men that to-him that to good come
Gif þu wille cancer ablendan genim ðonne fifleafan ða
If thou wilt canker blind take then cinquefoil the
wyrte seoð on wine ȝ on ealdes bearges rysle butan sealte
herb seethe in wine and in of-old barrow fat without salt

mencg eall tosomne· wyrc to clyðan ⁊ lege ðonne on þa
mix all together work to poultice and lay then on the
wunde þonne halað heo sona.
wound then heals it soon
Ðu scealt ðonne eac gewyrcean þa wyrt on agustus monðe.
Thou shalt then also prepare the herb in August month
Æscþrote. 4
Ash-throat
Ðeos wyrt þe man uermenacam ⁊ oðrum naman æscþrote
This herb which one verbenaca and by-other name ash-throat
nemneð bið cenned gehwær on smeþum landum ⁊ on
names is born everywhere on smooth lands and on
wǽtum.
wet
Wiþ wunda ⁊ wið deadspringas ⁊ wið cyrnlu genim
Against wounds and against dead-ulcers and against kernels take
þære ylcan wyrte wyrtwalan· ⁊ gewrið abútan ðone swyran
of-the same herb root and bind about the neck
þonne fremað hit healice.
then benefits it highly
Eft wið cyrnlu genim ða sylfan wyrte uermenacam· gecnuca
Again against kernels take the same herb verbenaca pound
hy ⁊ lege ðærto heo hælð wundorlice.
it and lay thereto it heals wondrously
Wiþ ða þe habbað ætstandene ædran swa þ þæt blod
Against those who have stopped veins so that the blood
ne mæg hys gecyndelican ryne habban ⁊ heora þigne
not can its natural course have and their food
gehealdan ne magon· nim þære ylcan wyrte seaw ⁊ syle
hold not can take of-the same herb juice and give

drincan ⁊ syððan genim win ⁊ hunig ⁊ wæter mencg
to-drink and afterward take wine and honey and water mix
to somne ⁊ hyt sona hælð þa untrumnysse.
— together and it soon heals the infirmity
Wið lifre sar genim on midde sumeres dæg þa ylcan wyrte
Against liver sore take on of-mid summer day the same herb
⁊ gegnid to duste nim þonne fif cuculeras fulle ðæs dustes·
and rub to dust take then five spoons full of-the dust
⁊ þry scenceas godes wines mencg to somne syle drincan hyt
and three cups of-good wine mix — together give to-drink it
fremað miclum eac swa same manegum oðrum untrumnyssum.
benefits much also so same many other infirmities
Wiþ þa untrumnysse þe stanas weaxað on blædran genim
Against the infirmity which stones grow in bladder take
þære ylcan wyrte wyrtwalan· ⁊ cnuca hy wyll þonne
of-the same herb root and pound it boil then
on hatan wine syle drincan hyt hælð þa untrumnysse
in hot wine give to-drink it heals the infirmity
wundorlicum gemete· ⁊ na þ án ac eac swa hwæt swa
in-wondrous measure and not that alone but also so what so
þæne migðan gelet· hyt hrædlice gerymð ⁊ forð gelædeþ.
the urine hinders it quickly clears and forth leads
Wið heafod sar genim þa ylcan wyrte ⁊ gebind to þam
Against head sore take the same herb and bind to the
heafde ⁊ heó gewanað þ sar ðæs heafdes
head and it lessens the sore of-the head
Wið nædran slite swa hwylc man swa þas wyrt uermenacam
Against of-adder bite so which man so this herb verbenaca
mid hyre leafum ⁊ wyrtrumum on him hæfð wið eallum
with its leaves and roots on him has against all
nædrum he bið trum.
adders he is strong

Wiþ attorcoppan bite genim þære ylcan wyrte leaf seoð
Against of-spider bite take of-the same herb leaf seethe
on wine gecnucode· gif hyt mid geswelle on forboren byð
in wine pounded if it with swelling on borne is
gelege þærtó seo wund sceal sona beon geopenud ȝ syððan
lay thereto the wound shall soon be opened and after
heo géopenud beo þonne gecnuca þa wyrt mid hunige· ȝ
it opened be then pound the herb with honey and
lege þærto oþðæt hyt hal sy þ bið swiðe hrædlice.
lay thereto until it whole be that is very quickly
Wiþ wede hundes slite genim þa ylcan wyrte uermenacam ȝ
Against of-mad hound bite take the same herb verbenaca and
hwætene corn swa gehale· ȝ lege to þære wunde oþþ ða corn
wheaten corns so whole and lay to the wound until the corns
þurh ðone wætan gehnehsode syn· ȝ swa todundene· nim
through the moisture softened be and so swollen take
þonne ða corn ȝ gewurp to sumum henfugule· gif he hy
then the corns and cast to some hen-fowl if it them
þonne etan nelle ðonne nim ðu oþre corn ȝ mencg to þære
then eat not-will then take thou other corns and mix to the
wyrte þam gemete þe þu ær dydest· ȝ lege to ðære wunde
herb in-the measure which thou before didst and lay to the wound
swa oþðæt þu ongite þ seo frecnys ofánumen sy ȝ ut atogen.
so until thou perceive that the danger taken-off be and out drawn
Wiþ niwe wundela genim þa ylcan wyrte ȝ cnuca mid
Against new wounds take the same herb and pound with
buteran ȝ lege to þære wunde.
butter and lay to the wound
Wið nædran slite genim þa ylcan wyrte twigu ȝ seoð on
Against of-adder bite take the of-same herb twigs and seethe in
wine ȝ cnuca syþþan gyf se slyte blind bið ȝ mid þam
wine and pound afterward if the bite blind is and with the

geswelle· ungeheafdud þonne lege ðu þa wyrte þærto sona
swelling unheaded then lay thou the herb thereto soon
hyt sceal openian· ⁊ syððan hyt geopenud beo· þonne nim
it shall open and after it opened be then take
ðu ða ylcan wyrte ungesodene ⁊ cnuca mid hunige lege
thou the same herb unsodden and pound with honey lay
to þære wunde oðþ heo hal sy þ is swyþe hrædlice gyf
to the wound until it whole be that is very quickly if
man hy þyssum gemete þærto alegð.
one it in-this measure thereto lays
Henne belle.
Hen bell
Ðeos wyrt þe man symphoniacam· [.s. jusquiamum]
This herb which one symphoniaca that-is jusquiamus
nemneð ⁊ oðrum naman belone ⁊ eac sume men
names and by-other name belone and also some men
hennebelle hatað wihst on beganum landum ⁊ on sandigum
henbell call grows on cultivated lands and on sandy
landum ⁊ on wyrttunum. þonne ys oðer þisse ylcan wyrte
lands and in herb-gardens then is other of-this same herb
sweart on hiwe· ⁊ stiðran leafum ⁊ eac ætrigum. þonne
swart in hue and stiffer in-leaves and also poisonous then
ys seo ærre hwitre ⁊ heo hæfð þas mægnu.
is the former whiter and it has these virtues
Wið earena sar genim þysse ylcan wyrte seaw ⁊ wyrm
Against of-ears sore take of-this same herb juice and warm
hit drype on þ eare hyt wundorlicum gemete þæra earena
it drip in the ear it in-wondrous measure of-the ears
sár afligð· ⁊ eac swa same þeah þær wyrmas on beon
sore puts-to-flight and also so same though there worms in be
hyt hy ácwelleð.
it them kills

Wið cneowa geswell oððe sceancena oððe swa hwær swa
Against of-knees swelling or of-shanks or so where so
on lichoman geswell sy nim þa ylcan wyrte simphoniacan
on body swelling be take the same herb symphoniaca
ȝ cnuca hy lege þærto þ geswell heo ófanimeð.
and pound it lay thereto the swelling it takes-off
Wiþ toða sare genim þære ylcan wyrte wyrtwalan seoð
Against of-teeth sore take of-the same herb root seethe
on strangum wine supe hit swa wearm ȝ healde on his
in strong wine let-sup it so warm and let-hold in his
muðe sona hit gehælð þara toða sár.
mouth soon it heals of-the teeth sore
Wið þæra gewealda gesar· oððe geswell genim þære ylcan
Against of-the private-parts sore or swelling take of-the same
wyrte wyrtwalan ȝ gewrið to ðam þeo ge þ sár ge þ
herb root and bind to the thigh both the sore and the
geswell þara gewealda hio ofanimeð.
swelling of-the private-parts it takes-off
Gif wifes breost sare sién genim ðonne þære ylcan wyrte
If of-woman breasts sore be take then of-the same herb
seaw wyrc to drence ȝ syle hyre drincan ȝ smyre ða
juice work to drink and give to-her to-drink and smear the
breost þærmid þonne byð hyre sona þe sel.
breasts therewith then is to-her soon the better
Wið fota sar genim þa ylcan wyrte mid hyre wyrtruman
Against of-feet sore take the same herb with its root
ȝ cnuca to somne lege ofer ða fet ȝ þærto gebind hyt
and pound — together lay over the feet and thereto bind it
hælþ wundurlice ȝ þ geswell ófanimð.
heals wondrously and the swelling takes-off

Wiþ lungen adle genim þære sylfan wyrte seaw syle drincan
Against lung disease take of-the same herb juice give to-drink
mid healicre wundrunge he bið gehæled.
with high wonder he is healed

6 Nædre wyrt.
Adder wort

Ðeos wyrt þe man uiperinam ⁊ oðrum naman nædderwyrt
This herb which one viperina and by-other name adder-wort
nemneð bið cenned on wætere ⁊ on æcerum heo bið
names is born in water and in fields it is
hnesceum leafum ⁊ bitterre on byrgingce.
with-soft leaves and bitter in tasting
Wið næddran slite genim ðas sylfan uiperinam cnuca hy
Against of-adder bite take this same viperina pound it
mengc mid wine syle drincan heo hælð wundorlice þone
mix with wine give to-drink it heals wondrously the
slyte ⁊ þ attor todrifð· ⁊ þas wyrte ðu scealt niman
bite and the venom drives-apart and this herb thou shalt take
on ðam monðe þe man aprelis nemneð.
in the month which one April names

7 Beowyrt.
Bee-wort

Ðeos wyrt þe man on leden ueneriam ⁊ on ure geþeode
This herb which one in Latin veneria and in our language
beowyrt nemneð heo bið cenned on beganum stowum ⁊
bee-wort names it is born in cultivated places and
on wyrtbeddum ⁊ on mædum· ⁊ þas wyrte þu scealt
in herb-beds and in meadows and this herb thou shalt
niman on þam monðe þe man augustum nemneð.
take in the month which one August names

Wiþ ðæt beon æt ne fleon genim þas ylcan wyrte þe
Against that bees off not fly take this same herb which
we ueneriam nemdon ⁊ gehoh hy to ðære hyfe þonne
we veneria named and hang it to the hive then
beoð hy wungynde· ⁊ næfre ne swicað ác him gelicað·
are they dwelling and never — depart but them pleases
þeos wyrt byð seldon funden ne hy man gecnawan ne
this herb is seldom found nor it one know —
mæg buton ðonne heo grewð ⁊ blewð.
can except when it grows and blows
Gif hwa ne mæge gemigan ⁊ se micgða æt standen sy nime
If anyone not may urinate and the urine — stopped be let-take
þysse ylcan wyrte wyrtwalan ⁊ seoþe on wætere to þriddan
of-this same herb root and let-seethe in water to third
dæle· sylle drincan· þonne binnan þrym dagum he mæg þone
part let-give to-drink then within three days he can the
migþan forð asendan hyt hælð wundorlice þa untrumnysse.
urine forth send it heals wondrously the infirmity

Lion's foot unbinds a man from his infirmity: five of its shoots are seethed in water at the waning moon, he is washed with it, led out of the house at nightfall, and must not look back. Clove-poison, eaten fasting, makes a man die laughing, and it cleanses wounds of foul matter. Clove-wort is bound on the lunatic with a red thread. Three artemisias, which Diana is said to have found and given to Chiron the centaur, follow; the first, carried in the hand, eases a journey and guards the house. Dock, dragons, said to have sprung from a dragon's blood, raven's leek, gentian, and slite close the section.

8 Leon fot.

Lion foot

Ðeos wyrt þe man pedem leonis ȝ oðrum náman leonfot

This herb which one foot of-lion and by-other name lion-foot

nemneð heo bið cenned on feldon· ȝ on dicon· ȝ on

names it is born in fields and in ditches and in

hreodbeddon.

reed-beds

Gyf hwa on þære untrumnysse sy þ he sy cis þonne

If anyone in the infirmity be that he be fastidious then

meaht ðu hine unbindan genim þysse wyrte þe we leon

canst thou him unbind take of-this herb which we lion

fot nemdon fif ðyfelas butan wyrttruman seoð on wætere on

foot named five shoots without root seethe in water in

wanwægendum monan ȝ ðweah hine þærmid ȝ læd út of

waning moon and wash him therewith and lead out from

þam huse on foran nihte ȝ ster hyne mid þære wyrte þe man

the house at fore night and cense him with the herb which one

aristolochiam nemneð ȝ þonne he utga ne beseo he hyne nu

aristolochia names and when he out-go not let-look he himself now

on bæc· þus ðu hine meaht of þære untrumnysse unbindan.

on back thus thou him canst from the infirmity unbind

Clufþunge. 9

Clove-poison

Ðeos wyrt þe man sceleratam ȝ oðrum naman clufþunge
This herb which one scelerata and by-other name clove-poison
nemneð heo bið cenned on fuhtum ȝ on wæteregum
names it is born in damp and in watery
stowum swa hwylc man swa þas wyrte fæstende þigð
places so which man so this herb fasting takes
hlihhende he ðæt lif forlæteð.
laughing he the life leaves
Wið wundela ȝ wið deadspringas genim þas ylcan wyrté
Against wounds and against dead-ulcers take this same herb
ȝ gecnuca hy mid smeruwe butan sealte lege to þære
and pound it with grease without salt lay to the
wunde ðonne yt heo ȝ fæormiað gyf ðær hwæt horwes
wound then eats it and cleanses if there aught of-filth
on bið· ac ne geþafa þ heo lengc þær æt licge þonne hyt
on is but not allow that it longer there at lie than it
þearf sy þy læs heo þone halan lichoman fornime gyf þonne
need be the less it the whole body take-away if then
mid orþance þisses ðinges fundian wille gecnuca ða wyrte ȝ
with ingenuity of-this thing try will pound the herb and
wrið hy to þinre halan handa sona heo yt þone lichaman.
bind it to thy whole hand soon it eats the body
Wið swylas ȝ wið weartan genim þa sylfan wyrte ȝ gecnuca
Against swellings and against warts take the same herb and pound
hy mid swinenum gore lege to þam swylum ȝ to þam weartum
it with swine dung lay to the swellings and to the warts
binnan feawum tidum heo drifð þ yfel ȝ þ worms ut atyhð.
within few hours it drives the evil and the pus out draws

10 Cluf wyrt.

Clove wort

Ðeos wyrt þe man batracion ȝ oþrum naman clufwyrt

This herb which one batracion and by-other name clove-wort

nemneð bið cenned on sandigum landum ȝ on feldum

names is born on sandy lands and in fields

heo bið feawum leafum ȝ þynnum.

it is with-few leaves and thin

Wið monoð seoce genim þas wyrte ȝ gewrið mid anum

Against month sick take this herb and bind with a

readum þræde onbutan þæs monnes swyran on wanwegendum

red thread about of-the man neck in waning

monan on þam monþe ðe man aprelis nemneð ȝ on

moon in the month which one April names and in

octobre forewearðum sona he bið gehæled.

October early soon he is healed

Wiþ þa sweartan dolh genim þas ylcan wyrte myd hyre

Against the swart wounds take this same herb with its

wyrtwalan ȝ gecnuca hy mengc eced þærto lege to ðam

root and pound it mix vinegar thereto lay to the

dolchum sona hyt fornimð hy ȝ gedeð þam oþrum lice gelice.

wounds soon it takes-away them and makes to-the other body like

11 Mugcwyrt.

Mugwort

Ðeos wyrt þe man artemesiam ȝ oðrum naman mucgwyrt

This herb which one artemisia and by-other name mugwort

nemneð bið cenned on stanigum stowum ȝ on sandigum·

names is born in stony places and in sandy

þonne hwa siðfæt onginnan wille ðonne genime he him on

when anyone journey begin will then let-take he him in

hand þas wyrte artemisiam ȝ hæbbe mid him ðonne ne

hand this herb artemisia and let-have with him then not

ongyt he na mycel to geswynce þæs siðes ȝ eac heo afligð
perceives he — much to toil of-the journey and also it puts-to-flight
deofulseocnyssa ȝ on þam huse þe he hy inne hæfð heo
devil-sicknesses and in the house which he it in has it
forbyt yfele lacnunga ȝ eac heo awendeð yfelra manna eagan.
forbids evil leechcrafts and also it turns of-evil men eyes
Wiþ innoðes sár genim þas ylcan wyrte ȝ gecnuca hy
Against of-inwards sore take this same herb and pound it
to duste ȝ gemengc hy wið niwe beor syle drincan sona
to dust and mix it with new beer give to-drink soon
heo geliðegað þæs innoþes sar.
it eases of-the inwards sore
Wiþ fota sár genim þas ylcan wyrte ȝ gecnuca hy mid
Against of-feet sore take this same herb and pound it with
smeruwe lege to þam fotum heo þ sár ðæra fota ofgenimð.
grease lay to the feet it the sore of-the feet takes-off
Herba artemesia traganthes þ is mugcwyrt. 12
Herb artemisia traganthes that is mugwort
Wið blædran sár ȝ wið þ man ne mæge gemígan
Against of-bladder sore and against that one not may urinate
genim þysse wyrte seaw þe man eac mugwyrt nemneð
take of-this herb juice which one also mugwort names
seo ys swa þeah oþres cynnes ȝ gewyll hy on hatan
which is so though of-other kind and boil it in hot
wætere oððe on wine ȝ syle drincan.
water or in wine and give to-drink
Wið þeona sár genim þas ylcan wyrte ȝ gecnuca hy mid
Against of-thighs sore take this same herb and pound it with
smeruwe ȝ gewæsc hy wel mid ecede gebind syþþan to
grease and wash it well with vinegar bind afterward to
ðam sare ðy þriddan dage him bið sel.
the sore the third day to-him is better

Wið sina sare ⁊ wið geswel genim þa ylcan wyrte
Against of-sinews sore and against swelling take the same herb
artemesiam cnuca hy mid ele wel gewylde lege þærto hyt
artemisia pound it with oil well boiled lay thereto it
hælð wundorlice.
heals wondrously
Gyf hwa mid fotadle swyþe ⁊ hefelice geswenced sy·
If anyone with foot-disease very and heavily afflicted be
þonne genim ðu þysse ylcan wyrte wyrtwalan syle etan
then take thou of-this same herb root give to-eat
on hunige ⁊ eft sona he bið gehæled ⁊ aclænsod swa
in honey and again soon he is healed and cleansed so
þæt ðu ne wenst þ heo mæge swa mycel mægen habban.
that thou not weenest that it may so much power have
Gyf hwa sy mid feferum gedreht genime þonne ðysse ylcan
If anyone be with fevers afflicted let-take then of-this same
wyrte seaw mid ele ⁊ smyre hyt sona heo þone fefer fram
herb juice with oil and smear it soon it the fever from
adeþ.
puts

13 Mucg wyrt.
Mug wort
Ðeos wyrt þridde þe we artemesiam leptefilos· ⁊ oðrum
This herb third which we artemisia leptafyllos and by-other
naman mucgwyrt nemdon· heo bið cenned abuton dicum
name mugwort named it is born about ditches
⁊ on ealdum beorgum gyf ðu hyre blosðman brytest he
and on old barrows if thou its blossoms breakest it
hæfð swæc swylce ellen.
has smell like elder

Wið þæs magan sáre genim þas wyrte ⁊ cnuca hy ⁊ gewyll
Against of-the stomach sore take this herb and pound it and boil
hy wel mid ámigdales ele þam gemete ðe þu clyþan wyrce
it well with of-almond oil in-the measure which thou poultice work
do þonne on anne clænne clað ⁊ lege þærto binnan fif dagúm
put then on a clean cloth and lay thereto within five days
he bið hal· ⁊ gif þysse wyrte wyrttruma byð ahangen ofer
he is whole and if of-this herb root is hung over
hwylces huses duru þonne ne mæg ænig man þam huse derian.
of-any house door then not can any man the house harm
Wið þara sina bifunge genim þysse ylcan wyrte seaw
Against of-the sinews trembling take of-this same herb juice
gemencged mid ele smyre hy ðonne þærmid hy geswicað
mixed with oil smear them then therewith they cease
þære bifunge· ⁊ hyt ealne ðone leahtor genimeð.
from-the trembling and it all the ailment takes-away
Witodlice þas þreo wyrta þe we artemesias nemdon ys
Truly these three herbs which we artemisias named is
sæd þ diana hy findan scolde ⁊ heora mægenu ⁊
said that Diana them find should and their virtues and
læcedom chironi centauro syllan se ærest of þyssum wyrtum
leechdom to-Chiron centaur give who first of these herbs
læcnunge gesette ⁊ he þas wyrta of naman ðære dianan
leechcraft set and he these herbs from name of-the Diana
þ is artemesias genemnede.
that is artemisias named

14 Doccæ.

Dock

Ðeos wyrt þe man lapatium ȝ oðrum naman doccæ
This herb which one lapatium and by-other name dock
nemneð bið cenned on sandigum stowum ȝ on ealdum
names is born in sandy places and on old
myxenum.
dunghills
Wið cyrnlu þe on gewealde wexeð genim þas wyrte
Against kernels which in groin grow take this herb
lapatium ȝ cnuca hy mid ealdum rysle buton sealte swa þ
lapatium and pound it with old fat without salt so that
ðær smeruwes sy twam dælum mare þonne þære wyrte swyþe
there of-grease be by-two parts more than of-the herb very
wel gemenged do hyt þonne syntrændel ȝ befeald on caules
well mixed put it then round and fold in of-cole
leafe ȝ berec on hatum ahsum ȝ þonne hit hat sy lege
leaf and roast in hot ashes and when it hot be lay
ofer þa cyrnlu· ȝ gewrið ðærto þys is selest wið cyrnlu.
over the kernels and bind thereto this is best against kernels

15 Dracentse.

Dragons

Ðeos wyrt þe man dracontea ȝ oðrum naman dracentse
This herb which one dracontea and by-other name dragons
nemneð ys sæd þ heo of dracan blode acenned beon
names is said that it from of-dragon blood born be
sceolde· heo bið cenned on ufeweardum muntum þær bærwas
should it is born on upper mountains where groves
beoð swyþost on haligum stowum· ȝ on þam lande þe man
are most in holy places and in the land which one
apulia nemneð· heo on stanigum lande wyxð heo ys hnesce
apulia names it in stony land grows it is soft

on æthrine ȝ weredre on byrincge ȝ on swæce swylce grene
in touch and sweeter in tasting and in smell like green
cystel· ȝ se wyrtruma neoðeweard swylce dracan heafod.
cistel and the root lower like of-dragon head
Wið earla nædrena slite genim þysse wyrte dracontea
Against of-all adders bite take of-this herb dracontea
wyrttruman cnuca mid wine ȝ wyrm hyt syle drinccan
root pound with wine and warm it give to-drink
eall þ attor hyt tofereð.
all the venom it disperses
Wið ban bryce genim þysse ylcan wyrte wyrttruman ȝ
Against bone breach take of-this same herb root and
cnuca mid smerwe þam gelice þe ðu clyþan wyrce ðonne
pound with grease in-the like which thou poultice work then
atyhð hyt of þam lichoman þa tobrocenan bán· ðas wyrte
draws it from the body the broken bones this herb
þu scealt niman on þam monðe þe man iulium nemneð.
thou shalt take in the month which one July names
Hræfnes leac. 16
Raven's leek
Ðeos wyrt ðe man satyrion ȝ oðrum naman hræfnes leac
This herb which one satyrion and by-other name raven's leek
nemneð heo bið cenned on hean dunum ȝ on heardum
names it is born on high downs and in hard
stowum ȝ swa some on mædum ȝ on beganum landan
places and so same in meadows and on cultivated lands
ȝ on sandigum.
and on sandy

Wið earfoðlice wundela genim þysse wyrte wyrttruman þe
Against difficult wounds take of-this herb root which
we satyrion nemdon ⁊ eac sume men priapisci hatað ⁊
we satyrion named and also some men priapiscus call and
cnuca tosomne hyt þa wunda aclænsað ⁊ ða dolh gelycð.
pound together it the wounds cleanses and the gashes closes
Wiþ eagena sár þ is þonne þ hwa tornige sy genim
Against of-eyes sore that is then that anyone tearful be take
þysse ylcan wyrte seaw ⁊ smyre ða eagan þærmid butan
of-this same herb juice and smear the eyes therewith without
yldincge hyt ofgenimið þ sar.
delay it takes-off the sore

17 Feld wyrt.
Field wort

Ðeos wyrt þe man gentianam ⁊ oðrum naman feldwyrt
This herb which one gentiana and by-other name field-wort
nemneþ heo bið cenned on dunum ⁊ heo framað to eallum
names it is born on downs and it benefits for all
drenceom heo bið hnesce on æthrine ⁊ bittere on byrgingce
drinks it is soft in touch and bitter in tasting
Wið nædran slite genim þysse ylcan wyrte gentianam
Against of-adder bite take of-this same herb gentiana
wyrttruman ⁊ gedrige hine cnuca ðonne to duste anre tremese
root and dry it pound then to dust of-one drachm
gewihte syle drincan on wine þry scenceas hit fremað miclum.
weight give to-drink in wine three cups it benefits much

Slite. 18

Slite

Ðeos wyrt ðe man orbicularis ȝ oþrum naman slite
This herb which one orbicularis and by-other name slite
nemneð heo bið cenned on beganum stowum ȝ on
names it is born in cultivated places and on
dunlandum.
down-lands
Wiþ þ ðæt mannes fex fealle genim þas ylcan wyrte ȝ
Against that that of-man hair fall take this same herb and
do on þa næsþyrlu.
put in the nostrils
Wið innoþes styrunga genim þas ylcan wyrte wyrc to salfe
Against of-inwards stirrings take this same herb work to salve
lege to ðæs innoðes sare· eac heo wið heortece well fremað.
lay to of-the inwards sore also it against heartache well benefits
Wið miltan sare genim þysse ylcan wyrte seaw anne scenc ȝ
Against of-spleen sore take of-this same herb juice one cup and
fif sticcan fulle ecedes syle drincan ix dagas þu wundrasð
five spoons full of-vinegar give to-drink nine days thou wonderest
ðære gefremmincge genim eac ðære ylcan wyrte wyrtruman
at-the effecting take also of-the same herb root
ȝ áhoh abutan þæs mannes swyran swa þ he hangie forne
and hang about of-the man neck so that it hang straight
gean ða miltan hrædlice he bið gehæled· ȝ swa hwylc man
against the spleen quickly he is healed and so which man
þysse wyrte seaw þigeð· wundorlicre hrædnysse he ongit þæs
of-this herb juice takes in-wondrous quickness he perceives of-the
innoðes liðunge þas wyrte man mæg niman on ælcne sæl.
inwards easing this herb one can take at each season

Proserpinaca, encircled with a gold ring before sunrise, is hung on the neck for the eyes. Aristolochia overpowers poison and fevers, and cress grows of itself in wells and brooks. Then come great wort; glove-wort, which Apollo is said to have found and given to Aesculapius; mayweed, gathered before sunrise against film on the eyes; and hart clover, wolf's comb, hemp, and raven's foot, each with its cures. Joint-wort heals whatever grows sore in the body, and whoever gathers it must be clean and take it before sunrise in July.

19 Unfortrædde.

Untrodden

Ðeos wyrt ðe man proserpinacam ⁊ oðrum naman
This herb which one proserpinaca and by-other name
unfortredde nemneð heo bið cenned gehwær on begánum
untrodden names it is born everywhere in cultivated
stowum ⁊ on beorgum· ðas wyrte ðu scealt on sumera nimen.
places and on barrows this herb thou shalt in summer take
Wið þ man blod spiwe genim þysse wyrte seaw
Against that one blood spew take of-this herb juice
proserpinace ⁊ butan smice gewyl on swiðe godum ⁊
proserpinaca and without smoke boil in very good and
strangum wine drince þonne fæstende nigon dagas binnan
strong wine let-drink then fasting nine days within
þam fæce þu ongytst on ðam wundorlic ðinge.
the space thou perceivest in that wondrous thing
Wiþ sydan sare genim þysse ylcan wyrte seaw mid ele ⁊
Against of-side sore take of-this same herb juice with oil and
smyre gelomlice hit genimð þ sar.
smear often it takes the sore

Wið tittia sár wifa þe beoð melce ⁊ toðundene genim ða
Against of-teats sore of-women which are milky and swollen take the
ylcan wyrte ⁊ cnuca hy ⁊ mid buteran geliðga lege ðonne
same herb and pound it and with butter soften lay then
þærto heo todrifð wundorlice ða toðundennysse ⁊ þ sar.
thereto it drives-apart wondrously the swelling and the sore
Wið eagena sare ær sunnan upgange oððe hwene ær heo
Against of-eyes sore before of-sun uprising or a-little before it
fullice gesigan onginne ga to ðære ylcan wyrte proserpinacam
fully set begin go to the same herb proserpinaca
⁊ bewrit hy abutan mid anum gyldenan hringe ⁊
and write-around it about with a golden ring and
cweð þ þu hy to eagena læcedome niman wylle· ⁊ æfter
say that thou it for of-eyes leechdom take wilt and after
ðrim dagum gá eft þærtó ær sunnan úpgange ⁊ genim
three days go again thereto before of-sun uprising and take
hy ⁊ hoh on butan þæs mannes swyran heo fremað wel.
it and hang on about of-the man neck it benefits well
Wið earena sár genim þysse ylcan wyrte seaw gewlæht
Against of-ears sore take of-this same herb juice warmed
drype on þ eare wundorlice hit þ sar tófereð· ⁊ eac we
drip in the ear wondrously it the sore disperses and also we
sylfe efenlice ⁊ glæwlice onfunden habbað þ hit fremað
self equally and clearly found-out have that it benefits
⁊ eac witodlice utene þæra earena sar gehælð.
and also truly outside of-the ears sore heals
Wið utsihte genim þysse ylcan wyrte leafa seaw ⁊ wyll
Against diarrhea take of-this same herb of-leaves juice and boil
on wætere syle drincan þam gemete þe ðe þince he bið
in water give to-drink in-the measure which to-thee seem he is
hal geworden.
whole become

20 Smero wyrt.

Smear wort

Ðeos wyrt þe man aristolochiam ȝ oðrum naman

This herb which one aristolochia and by-other name

smerowyrt nemneð heo bið cenned on dunlandum ȝ on

smear-wort names it is born on down-lands and in

fæstum stowum

firm places

Wið attres strenðe genim þas wyrte aristolochiam ȝ cnuca

Against of-venom strength take this herb aristolochia and pound

syle drincan on wine heo oferswið ealle strenðe þæs attres.

give to-drink in wine it overpowers all strength of-the venom

Wiþ þa stiþustan feferas genim ðas sylfan wyrte ȝ gedrige

Against the stiffest fevers take this same herb and dry

hy smoca þonne þærmid heo aflygð na læs þone fefer

it smoke then therewith it puts-to-flight not less the fever

eac swylce deoful seocnyssa.

also likewise devil sicknesses

Wið næsðyrla sare genim þysse ylcan wyrte wyrtruman· ȝ do

Against of-nostrils sore take of-this same herb root and put

on þa næsðyrlu hrædlice hyt hi áfeormeð ȝ to hæle gelædeð.

in the nostrils quickly it them cleanses and to health leads

Witodlice ne magon læceas naht mycel hælan butan þisse wyrte.

Truly not can leeches aught much heal without this herb

Wið þæt hwa mid cyle gewæht sy genim þas ylcan wyrte

Against that anyone with chill afflicted be take this same herb

ȝ ele ȝ swinen smero do tosomne þonne hæfð hit ða

and oil and swine grease put together then has it the

strængðe hýne to gewyrmenne.

strength him to warm

Wið nædran slite genim þysse ylcan wyrte wyrttruman tyn
Against of-adder bite take of-this same herb root of-ten
peneza gewæge ⁊ healfne sester wines gewesc tosomne syle
pennies weight and half sester of-wine wash together give
drincan gelomlice þonne tofereð hit þæt attor.
to-drink often then disperses it the venom
Gyf hwylc cyld ahwæned sy þonne genim þu þas ylcan
If any child afflicted be then take thou this same
wyrte ⁊ smoca hit mid þonne gedest ðu hit ðe glædre.
herb and smoke it with then makest thou it the gladder
Wið þ wearhbræde hwam on nosa wexe genim þa ylcan
Against that warty-growth to-anyone on nose grow take the same
wyrte ⁊ cypressum ⁊ dracentsan ⁊ hunig· cnuca tosomne
herb and cypress and dragons and honey pound together
lege þærto ðonne bið hit sona gebet.
lay thereto then is it soon amended

Cærse. 21
Cress

Wið þ mannes fex fealle genim þære wyrte seaw þe
Against that of-man hair fall take of-the herb juice which
man nasturcium ⁊ oðrum naman cærse nemneð do on
one nasturtium and by-other name cress names put on
þa nosa þ fex sceal wexen.
the nose the hair shall grow
Ðeos wyrt ne bið sáwen ac heo of hyre sylfre cenned bið
This herb not is sown but it of its self born is
on wyllon ⁊ on brocen eac hit awriten ys þ heo on
in wells and in brooks also it written is that it in
sumum landon wið wagas weaxen wylle.
some lands against walls grow will

Wið heafod sár þ is wið scurf ȝ wið gicðan genim
Against head sore that is against scurf and against itch take
þysse ylcan wyrte sǽd ȝ gose smeru cnuca tosomne hit
of-this same herb seed and of-goose grease pound together it
þa hwitnesse þæs scurfes of ðam heafde atyhð.
the whiteness of-the scurf from the head draws
Wið lices sarnysse genim þas ylcan wyrte nasturcium ȝ
Against of-body soreness take this same herb nasturtium and
polleian seoð on wætere syle drincan þonne gebetst ðu þæs
pennyroyal seethe in water give to-drink then amendest thou of-the
lichoman sarnysse ȝ þ yfel tofærð.
body soreness and the evil departs
Wið swylas genim þas ylcan wyrte ȝ cnuca hy mid ele· lege
Against swellings take this same herb and pound it with oil lay
ofer þa swylas nim ðonne þære ylcan wyrte leaf ȝ lege þærto.
over the swellings take then of-the same herb leaf and lay thereto
Wið weartan genim þas ylcan wyrte ȝ gyst cnuca tosomne
Against warts take this same herb and yeast pound together
lege þærto hy beoð sona fornumene.
lay thereto they are soon taken-away

22 Greate wyrt.
Great wort
Ðeos wyrt þe man hieribulbum ȝ oðrum naman greate
This herb which one hieribulbum and by-other name great
wyrt nemneþ heo biþ cenned abutan heogan ȝ on fulum
wort names it is born about hedges and in foul
stowum.
places
Wið liða sare genim þysse ylcan wyrte þe we hieribulbum
Against of-limbs sore take of-this same herb which we hieribulbum
nemdun syx yntsan ȝ gætenes smeruwes ðam be gelicon·
named six ounces and of-goat grease the by like

ȝ of cypresso þam treowcynne anes pundes gewihte eles
and of cypress the tree-kind of-one pound weight of-oil
ȝ twegea yntsa cnuca to somne wel geméngced hit genimð
and two ounces pound — together well mixed it takes
þ sar ge þæs innoðes ge þæra liða.
the sore both of-the inwards and of-the limbs
Gif nebcorn on wifmannes nebbe wexen genim þysse sylfan
If face-corn on of-woman face grow take of-this same
wyrte wyrtruman ȝ gemengc wið ele þwea syððan þærmid
herb root and mix with oil wash afterward therewith
hit afeormað of ealle þa nebcorn.
it cleanses off all the face-corns

Glof wyrt. 23
Glove wort

Ðeos wyrt þe man apollinarem ȝ oðrum naman glofwyrt
This herb which one apollinaris and by-other name glove-wort
nemneþ ys sǽd þ apollo hy ærest findan sceolde ȝ hy
names is said that Apollo it first find should and it
esculapio þam læce syllan þanon he hyre þæne naman on asette.
to-Aesculapius the leech give thence he to-it the name on set
Wið handa sare genim þas ylcan wyrte apollinarem cnuca
Against of-hand sore take this same herb apollinaris pound
hy mid ealdum smerwe butan sealte do þærtó anne scænc
it with old grease without salt put thereto a cup
ealdes wines ȝ þ sy gehæt butan smice· ȝ þæs
of-old wine and that let-be heated without smoke and of-the
smerwes· sy ánes pundes gewihte cnuca to somne þam
grease let-be of-one pound weight pound — together in-the
gemete þe ðu clyþan wyrce ȝ lege to þære handa.
measure which thou poultice work and lay to the hand

24 Mageþe.

Mayweed

Wið eagena sare genime man ǽr sunnan upgange ðas

Against of-eyes sore let-take one before of-sun uprising this

wyrte þe man camemelon ȝ oðrum naman mageþe

herb which one chamaemelon and by-other name mayweed

nemneð ȝ þonne hy man nime cweþe þ he hy wille

names and when it one take let-say that he it will

wið flean ȝ wið eagena sare niman nyme syððan þ

against film and against of-eyes sore take let-take afterward the

wós ȝ smyrige ða eagan ðærmid.

juice and let-smear the eyes therewith

25 Heort clæfre.

Hart clover

Ðeos wyrt þe man chamedris ȝ oðrum naman heortclæfre

This herb which one chamaedrys and by-other name hart-clover

nemneð heo bið cenned on dunum ȝ on fæstum landum.

names it is born on downs and on firm lands

Gyf hwa tobrysed sy genim þas wyrte þe we camedris

If anyone bruised be take this herb which we chamaedrys

nemdon cnuca hy on trywenum fæte syle drincan on wine

named pound it in wooden vat give to-drink in wine

eac swylce to slite heo gehæleð.

also likewise to bite it heals

Wið nædran slite genim þas ylcan wyrte cnuca hy swyþe

Against of-adder bite take this same herb pound it very

smæl on duste syle drincan on ealdum wine þearle hyt þ

small to dust give to-drink in old wine thoroughly it the

attor todrefð.

venom drives-away

Wið fotadle genim þas ylcan wyrte syle drincan on wearmum
Against foot-disease take this same herb give to-drink in warm
wine þam gemete þe we hær beforan cwædon wundorlice
wine in-the measure which we here before said wondrously
hyt þ sar geliþegað· ⁊ þa hæle gegearwað· þas wyrte þu
it the sore eases and the health prepares this herb thou
scealt niman on þam monðe þe man augustus nemneð.
shalt take in the month which one August names
Wulfes camb. 26
Wolf's comb
Wið lifer seocnysse genim þysse wyrte seaw þe man
Against liver sickness take of-this herb juice which one
chameæleæ ⁊ oðrum naman wulfes camb nemneð syle
chamaeleae and by-other name wolf's comb names give
drincan on wine· ⁊ fefergindum mid wearmum wætere
to-drink in wine and to-feverish with warm water
wundurlice hyt fremað.
wondrously it benefits
Wið attres drinc genim þas ylcan wyrte cnuca hy to duste
Against of-venom drink take this same herb pound it to dust
syle drincan on wine eal þ attor tofærð.
give to-drink in wine all the venom departs
Wið wæter seocnysse genim þas ylcan wyrte ⁊ hræfnes
Against water sickness take this same herb and raven's
fot ⁊ heort clæfran ⁊ henep ealra ðissa wyrta gelice·
foot and hart clover and hemp of-all these herbs alike
mycel be gewihte cnuca hy to smalon duste syle þycgean
much by weight pound them to small dust give to-take
on wíne geongum men fif cuceleras fulle· ⁊ gingrum ⁊
in wine to-young men five spoons full and to-younger and

untrumum ȝ wifum þry cuculeras· litlum cildum ánne·
infirm and to-women three spoons to-little children one
wundurlice he þ wæter þurh micgðan forlæteð.
wondrously he the water through urine lets-go

27 Henep.

Hemp

Wið wundela genim þas wyrte þe man chamepithys ȝ oðrum
Against wounds take this herb which one chamaepitys and by-other
naman henep nemneð cnuca ȝ lege to ðære wunde· gyf þonne
name hemp names pound and lay to the wound if then
seo wund swyþe deop sy genim þ wos ȝ wring on ða wunda.
the wound very deep be take the juice and wring on the wounds
Wiþ innoðes sare genim þas ylcan wyrte syle drincan heo
Against of-inwards sore take this same herb give to-drink it
þ sár genimð.
the sore takes

28 Hræfnes fot.

Raven's foot

Wið innoð to astyrigenne genim ðas wyrte ðe grecas
Against inwards to stir take this herb which Greeks
chamedafne ȝ engle hræfnes fot nemnað cnuca to smælon
chamaedaphne and English raven's foot name pound to small
duste syle drincan on wearmum wætere hit ðone innoð astyreð.
dust give to-drink in warm water it the inwards stirs

29 Lyðwyrt.

Joint-wort

Ðeos wyst þe man ostriago ȝ oðrum naman lyðwyrt
This herb which one ostriago and by-other name joint-wort
nemneð bið cenned abutan byrgenne ȝ on beorgum ȝ
names is born about burial-places and on barrows and
on wagum þæra husa þe wið duna standað.
on walls of-the houses which toward downs stand

Wiþ ealle ðinge ðe on men to sare acennede beoð genim
Against all things which in man to sore born are take
þas wyrte þe we ostriago nemdon ⁊ cnuca hy lege to
this herb which we ostriago named and pound it lay to
ðam sare ealle þa þincg swa we ǽr cwædon þe on ðæs
the sore all the things as we before said which in of-the
mannes lichoman to laðe ácennede beoð heo ðurh hæleð.
man body to harm born are it through heals
Gif ðu þas wyrte niman wylle ðu scealt clæne beon ⁊
If thou this herb take wilt thou shalt clean be and
eac ǽr sunnan upgange þu hy scealt niman· on ðam
also before of-sun uprising thou it shalt take in the
monðe ðe man iulius nemneð.
month which one July names

30–37 · BRITANNICA TO BEET

Blue hydele, the Greeks' britannica, heals the mouth and loose teeth. The eagle wets its eyes with wood lettuce to see more brightly before it flies, and the juice, mixed with wine and honey and kept in a glass ampulla, serves a man's dim eyes. Agrimony, woodruff, and wood dock follow. The greater centaury knits wide wounds so that flesh cleaves together, and the lesser serves the eyes, poison, and worms; Chiron the centaur is said to have found them both. Beet heals wounds, adders' bites, fevers, and canker.

Hæwen hydele. 30
Blue hydele
Wið muðes sare genim þas wyrte þe grecas brittanice
Against of-mouth sore take this herb which Greeks britannica
⁊ engle hæwen hydele nemneð cnuca hy swa grene ⁊
and English blue hydele names pound it so green and

wring þ wos syle drincan ⁊ healde swa on his muðe·
wring the juice give to-drink and let-hold so in his mouth
⁊ þeah man hwylcne dæl þærof swelge gelice hit fremað.
and though one any part thereof swallow alike it benefits
Eft wið muþes sare genim þa ylcan wyrte bryttanicam·
Again against of-mouth sore take the same herb britannica
gyf ðu hy grene næbbe genim hy dryge cnuca mid wine
if thou it green not-have take it dry pound with wine
on huniges þicnysse nim ðonne þam sylfan gemete þe
in of-honey thickness take then in-the same measure which
we ær cwædon heo hæfð þa sylfan gefremmincge.
we before said it has the same effect
Wið toþa sare ⁊ gyf hy wagegen genim þas ylcan wyrte
Against of-teeth sore and if they wag take this same herb
heo of sumre wundurlicre mihte helpeð· hyre wos ⁊ hyre
it of some wondrous might helps its juice and its
dust ys to gehealdenne on wintre· for ðam þe heo ælcon
dust is to keep in winter for that that it at-each
timan ne atyweð· hyre wos þu scealt on rammes horne
time not appears its juice thou shalt in of-ram horn
gehealdan drige eac þ dust ⁊ geheald· witodlice eac hyt
keep dry also the dust and keep truly also it
scearplice fremað to ðam sylfan bryce mid wine onbyrged.
sharply benefits to the same use with wine tasted
Wið fæstne innoð to styrigenne genim þisse ylcan wyrte
Against fast inwards to stir take of-this same herb
seaw syle drincan be þære mihte þe hwa mæge þurh hit
juice give to-drink by the might which anyone may through it
self butan frecnesse hit áfeormað wundurlice ðone innoð.
self without danger it cleanses wondrously the inwards

Wið sidan sare þ grecas paralisís nemnað genim þas
Against of-side sore which Greeks paralysis name take this
ylcan wyrte swa grene mid wyrttrumum cnuca hy syle
same herb so green with roots pound it give
drincan on wine twegen scenceas oððe ðry· hyt is gelyfed
to-drink in wine two cups or three it is believed
þ heo wundurlice fremige.
that it wondrously benefit

Wudu lectric. 31
Wood lettuce
Ðeos wyrt þe man lactucam silfaticam ȝ oðrum naman
This herb which one lactuca silvatica and by-other name
wudu lectric nemneð bið cenned on beganum stowum ȝ
wood lettuce names is born in cultivated places and
on sandigum.
in sandy
Wið eagena dymnesse ys sæd þ se earn þonne he upfleon
Against of-eyes dimness is said that the eagle when he up-fly
wille to þy þ he þy beortur geseon mæge þ he wylle
will to that that he the brighter see may that he will
mid þam seawe his eagan hreppan ȝ wætan ȝ he þurh
with the juice his eyes touch and wet and he through
þ onfehð þa mæstan beorhtnesse.
that receives the greatest brightness
Eft wið eagena dymnysse genim þysse ylcan wyrte seaw þe
Again against of-eyes dimness take of-this same herb juice which
we lactucam silfaticam nemdon mid ealdon wine ȝ mid hunige
we lactuca silvatica named with old wine and with honey
gemencged ȝ þys sy butan smice gesomnud þ bið selust þ
mixed and this let-be without smoke gathered it is best that
man þysse wyrte seaw swa we ǽr cwædon ȝ win ȝ hunig
one of-this herb juice as we before said and wine and honey

gemencge tosomne ⁊ on anre glæsenre ampullan gelogie bruce
let-mix together and in a glass ampulla let-place let-use
þonne him þearf sy· of ðam þu healicne læcedom ongitst.
when to-him need be from that thou high leechdom perceivest
32 Garclife.
Gar-clive
Wið eagena sare genim þas wyrte þe man argimoniam
Against of-eyes sore take this herb which one agrimonia
⁊ oðrum naman garclife nemneð cnuca hy swa grene
and by-other name gar-clive names pound it so green
þurh hy selfe· gyf ðu hy þonne grene næbbe genim hy
through it self if thou it then green not-have take it
drige ⁊ dype on wearmum wætere swa þu eaþelicost hy
dry and dip in warm water as thou most-easily it
brycan mæge· smyra þonne þærmid ofstlice heo ða tale
use may smear then therewith speedily it the trouble
⁊ þ sár of þam eagan adrifð.
and the sore from the eyes drives
Wið innoðes sare genim þysse ylcan wyrte wyrttruman þe
Against of-inwards sore take of-this same herb root which
we argimoniam nemdon syle drincan hyt fremað wundorlice.
we agrimonia named give to-drink it benefits wondrously
Wið cancor ⁊ wið wundela genim þas ylcan wyrte swa
Against canker and against wounds take this same herb so
grene cnuca hy lege to þam sare gecwemlice heo þone leahtor
green pound it lay to the sore agreeably it the ailment
gehælan mæg· gyf ðonne seo wyrt drugge sy dype hy on
heal can if then the herb dry be dip it in
wearmum wætere· hyt ys gelyfed þ heo to ðam ylcan fremige.
warm water it is believed that it to the same benefit

Wið nædran slite genim þysse ylcan wyrte twegea trymesa
Against of-adder bite take of-this same herb of-two drachms
gewihte ȝ twegen scenceas wines syle drincan wundurlice
weight and two cups of-wine give to-drink wondrously
hyt þ attor tofereð.
it the venom disperses
Wið weartan genim þas ylcan wyrte cnuca on ecede lege
Against warts take this same herb pound in vinegar lay
þærtó heo genimð þa weartan.
thereto it takes the warts
Wið miltan sare genim þas ylcan wyrte syle þicgean on
Against of-spleen sore take this same herb give to-take in
wine heo þ sar fornimð þære miltan.
wine it the sore takes-away of-the spleen
Gif ðu hwilce þingc of ðam lichoman ceorfan wylle ȝ
If thou any thing from the body cut wilt and
ðe þonne þince þ ðu ne mæge genim þas ylcan wyrte
to-thee then seem that thou not may take this same herb
gecnucade lege þærto heo hyt geopenað ȝ gehæleð.
pounded lay thereto it it opens and heals
Wið slege isernes oððe stenges þeos ylce wyrt gecnucud
Against stroke of-iron or of-stake this same herb pounded
ȝ togelæd heo wundurlice gehæleþ.
and applied it wondrously heals
Wudu rofe. 33
Wood ruff
Wið sceancena sare oððe fota genim þysse wyrte seaw þe
Against of-shanks sore or of-feet take of-this herb juice which
man astula regia ȝ oðrum naman wudurofe nemneð mid
one hastula regia and by-other name woodruff names with

amigdales ele smyre þær þ sár sy hyt bið wundorlice gehæleð
of-almond oil smear where the sore be it is wondrously healed
ȝ gyf hyt geswell sy cnuca hy ȝ wel geliðegode lege þærto.
and if it swelling be pound it and well softened lay thereto
Wið lifre sare genim þysse sylfan wyrte wyrtruman syle
Against liver sore take of-this same herb root give
drincan on geswetton wætere hit þ sar wundorlice ofgenimð.
to-drink in sweetened water it the sore wondrously takes-off

34 Wudu docce.
Wood dock
Gyf hwylc stiðnes on lichoman becume genim þas wyrte
If any stiffness on body come take this herb
þe man lapatium· ȝ oðrum naman wudu docce nemneð
which one lapatium and by-other name wood dock names
ȝ eald swynen smeru ȝ ðone cruman of ofenbacenum
and old swine grease and the crumb of oven-baked
hlafe cnuca tosomne þam gemete ðe ðu clyðan wyrce
loaf pound together in-the measure which thou poultice work
lege to ðam sare hyt gehælð wundorlice.
lay to the sore it heals wondrously

35 Eorð gealla vel curmelle.
Earth gall or centaury
Wið lifer adle genim þas wyrte þe grecas centauria maior
Against liver disease take this herb which Greeks centaurea major
ȝ angle curmelle· seo mare nemnað ȝ eac sume men
and English centaury the greater name and also some men
eorð geallan hatað seoð on wine syle drincan· wundorlice
earth gall call seethe in wine give to-drink wondrously
heo gestrangað· ȝ wið miltan sare do þis sylfe.
it strengthens and against of-spleen sore do this same

Wið wunda ⁊ wið cancor genim þas ilcan wyrte cnuca
Against wounds and against canker take this same herb pound
hy lege to þam sare ne geþafað heo þ ðæt sár furður
it lay to the sore not allows it that the sore further
weaxe.
grow
Ðeos sylfe wyrt centauria ys swyþe scearp numul niwe
This same herb centaury is very sharp able new
wunda ⁊ wide to gehælenne swa þ þa wunda hrædlice
wounds and wide to heal so that the wounds quickly
tógædere gað· ⁊ eac swa some hio gedeþ þ flæsc togædere
together go and also so same it makes that flesh together
geclifað gyf hyt man on þam wætere gesygð þe heo on bið.
cleaves if it one in the water soaks which it in is
Curmelle seferfuge. 36
Centaury feverfuge
Ðeos wyrt þe man centauriam minorem ⁊ oðrum naman
This herb which one centaurea minor and by-other name
curmelle seo læssæ nemneð ⁊ eac sume men febrifugam
centaury the less names and also some men febrifuga
hatað· heo bið cenned on fæstum landum ⁊ on strangum·
call it is born on firm lands and on strong
eac ys sæd þ chyron centaurus findan sceolde þas wyrta
also is said that Chiron centaur find should these herbs
þe we ǽr centauriam maiorem ⁊ nú centauriam minorem
which we before centaurea major and now centaurea minor
nemdun ðanan hy eac þone naman healdað centaurias.
named thence they also the name hold centaurias

Wið nædran slite genim þysse ylcan wyrte dust oððe hy
Against of-adder bite take of-this same herb dust or it
sylfe gecnucude syle drincan on ealdum wine hyt fremað
self pounded give to-drink in old wine it benefits
swyðlice.
greatly
Wið eagena sare genim þysse ylcan wyrte seaw smyra
Against of-eyes sore take of-this same herb juice smear
ða eagan þær mid hit gehælð þa þynnysse þære gesihðe·
the eyes there with it heals the thinness of-the sight
gemængc eac hunig þærtó· hyt fremað swa some· witodlice
mix also honey thereto it benefits so same truly
dimgendum eagum to þy þ seo beorhtnys agyfen sy.
to-dimming eyes to that that the brightness given be
Gyf hwa þonne on þas frecnysse befealle genim þysse
If anyone then into this danger fall take of-this
ylcan wyrte godne gripan seoð on wine oððe on ealoð swa
same herb good handful seethe in wine or in ale so
þ þær wines sý an ambur full læt standan þry dagas·
that there of-wine be one amber full let stand three days
nim þonne æghwylce dæge þonne ðearf sy healfne sester
take then each day when need be half sester
mengc mid hunige drince ðonne fæstende.
mix with honey let-drink then fasting
Wið sina togunge genim þas ylcan wyrte seoð on wætere
Against of-sinews contraction take this same herb seethe in water
to þriddan dæle syle drincan swa mycel swa he þonne
to third part give to-drink as much as he then
mage ⁊ þearf sy he bið gehæled.
may and need be he is healed

Wið attres onbyrgingce genim þas ilcan wyrte cnuca on
Against of-venom tasting take this same herb pound in
ecede syle drincan sona hit þ attor todrefð· eac þære
vinegar give to-drink soon it the venom drives-away also of-the
sylfan wyrte wyrttruman genim tyn penega gewihte do on
same herb root take of-ten pennies weight put in
wine syle drincan þry scenceas.
wine give to-drink three cups
Wið þ wyrmas ymb nafolan dergen do eal swa we her
Against that worms about navel harm do all as we here
beforan cwædon.
before said
Wið syna togunge þ ys ðonne þ ðu genime þas ylcan
Against of-sinews contraction that is then that thou take this same
wyrte seoð on wætere to ðriddan dæle heo ða wyrmas út
herb seethe in water to third part it the worms out
aweorð.
casts

Bete. 37

Beet

Wið ealle wunda ⁊ wið næddran slitas genim þysse
Against all wounds and against of-adders bites take of-this
wyrte seaw þe man personaciam ⁊ oðrum naman boete
herb juice which one personacia and by-other name beet
nemneð syle drincan on ealdon wine ealle nædran slitas
names give to-drink in old wine all of-adders bites
hyt wundurlice gehæleð.
it wondrously heals
Wið feferas genim þysse ylcan wyrte leaf begyrd to þam
Against fevers take of-this same herb leaf gird to the
fefergendan sona hyt wundorlice ðone fefer afligeð.
fevered soon it wondrously the fever puts-to-flight

Wið cancor on wunde weaxe genim þas wyrte wyll on wætere
Against canker in wound grow take this herb boil in water
beþe þa wunde ðærmid syððan genim þa wyrte ⁊ sapan ⁊
bathe the wound therewith afterward take the herb and soap and
smeru cnuca mid ecede do þonne on clað lege to ðære wunde.
grease pound with vinegar put then on cloth lay to the wound
Wið innoðes sare genim þysse ylcan wyrte seawes anne
Against of-inwards sore take of-this same herb juice one
scenc ⁊ huniges twegen syle drincan fæstendum.
cup and of-honey two give to-drink to-fasting
Wið wede hundes slite genim þysse ilcan wyrte wyrttruman
Against of-mad hound bite take of-this same herb root
cnuca mid greatan sealte lege to ðam slite.
pound with great salt lay to the bite
Wið niwe wunda þe þone wætan gewyrceaþ genim þisse
Against new wounds which the humor work take of-this
ylcan wyrte wyrttruman ⁊ hægðornes leaf ægþres efen
same herb root and of-hawthorn leaf of-each even
mycel cnuca tosomne lege to ðam undum.
much pound together lay to the wounds

Strawberry, marsh mallow, horsetail, and hock-leaf serve the spleen, the feet, the swollen belly, and the bladder. Hound's tongue, its root taken when it has three seed boughs, or four, cures third-day and fourth-day fevers, and squill, or gladden, draws out dropsy through the urine. Navelwort, venom-loather, horehound, fox's-foot, water-wort, and ever-green follow, the last, Homer says, the brightest of herbs, found by Mercury.

Streowberian wise. 38

Of-strawberry stalk

Ðeos wyrt ðe man fraga ⁊ oðrum naman streawbergean

This herb which one fraga and by-other name strawberry

nemneð bið cenned on dihglum stowum ⁊ on clænum ⁊

names is born in secret places and in clean and

eac on dunum.

also on downs

Wið miltan sare genim þysse ylcan wyrte seaw þe we

Against of-spleen sore take of-this same herb juice which we

fragan nemdon ⁊ hunig syle drincan hyt fremað wundurlice.

fraga named and honey give to-drink it benefits wondrously

Ðysse ylcan wyrte seaw wið hunig gemengced mid wipere

Of-this same herb juice with honey mixed with pepper

hit fremað myclum gedruncen wið nyrwyt ⁊ wið innoðes

it benefits much drunk against narrowness and against of-inwards

sare.

sore

39 Mersc mealuwe.

Marsh mallow

Ðeos wyrt þe man hibiscum ⁊ oðrum naman mersc

This herb which one hibiscus and by-other name marsh

mealwe nemneð bið cenned on fuhtum stowum ⁊ on

mallow names is born in damp places and in

feldum.

fields

Wið fotadle genim þas wyrte þe we hibiscum nemdon cnuca

Against foot-disease take this herb which we hibiscus named pound

mid ealdum rysle lege to ðam sare þy þryddan dage heo hyt

with old fat lay to the sore the third day it it

gehælð· þysse wyrte onfundelnysse manega ealdras geseðað.

heals of-this herb discovery many elders affirm

Wiþ æghwylce gegaderunga þe on þam lichoman acenned beoð

Against each gathering which in the body born are

genim þas ylcan wyrte seoð mid wylle cærsan ⁊ mid linsæde

take this same herb seethe with well cress and with linseed

⁊ mid melwe lege to þam sare hit tofereð ealle þa stiðnyssa.

and with meal lay to the sore it disperses all the stiffnesses

40 Wið þ mon on wambe forwexen sy genim þysse wyrte

Against that one in belly overgrown be take of-this herb

seaw þe grecas ippirum ⁊ itali æquiseiam nemnað on

juice which Greeks hippuris and Italians equisetum name in

geswettum wine syle drincan twegen scenceas· wel ys gelyfed

sweetened wine give to-drink two cups well is believed

þ hyt þ yfel gehæle.

that it the evil heal

Gyf hwa blod spiþe hræce genime ðysse ylcan wyrte seaw
If anyone blood much hawk let-take of-this same herb juice
seoðe on strangum wine butan smice drince þonne fæstende
let-seethe in strong wine without smoke let-drink then fasting
sona hyt þ blod gewrið.
soon it the blood binds

Hocleaf. 41
Hock-leaf

Ðeos wyrt þe man maluæ erraticæ ȝ oðrum naman
This herb which one malva erratica and by-other name
hocleaf nemneð byð cenned æghwær on beganum stowum.
hock-leaf names is born everywhere in cultivated places
Wið blædran sare genim þysse wyrte þe we maluam
Against of-bladder sore take of-this herb which we malva
erraticam nemdon mid hyre wyrttruman anes pundes gewihte
erratica named with its root of-one pound weight
seoð on wætere þearle to healfan dæle ȝ ðæs wæteres
seethe in water thoroughly to half part and of-the water
sy sester ful oððe mare ȝ þ sy binnan þrim dagum
let-be sester full or more and that let-be within three days
gewylled swa we ær cwædon to healfan dæle syle drincan
boiled as we before said to half part give to-drink
fæstendum hyt hyne gehæleð.
to-fasting it him heals
Wið sina sare genim þas ilcan wyrte cnuca mid ealdun
Against of-sinews sore take this same herb pound with old
rysle hyt þæra sina sar wundorlice gehæleð.
fat it of-the sinews sore wondrously heals
Wið sidan sar genim þas ylcan wyrte seoð on ele ȝ syððan
Against side sore take this same herb seethe in oil and after
þu hy gesoden hæbbe togædere gedón genim þonne þa leaf
thou it sodden have together put take then the leaves

cnuca on ánum mortere do þonne ón anne clað lege þærto
pound in a mortar put then on a cloth lay thereto
swa þ ðu hyt þrim dagum ne unbinde þu þ sár gebetst.
so that thou it three days not unbind thou the sore amendest
Wið niwe wunda genim þysse ylcan wyrte wyrttruman
Against new wounds take of-this same herb root
bærn to duste do on þa wunda.
burn to dust put on the wounds

42 Hundes tunge.
Hound's tongue
Ðeos wyrt þe grecas buglossam ȝ romane lingua bubula
This herb which Greeks buglossa and Romans tongue of-ox
nemnað ȝ eac engle glofwyrt ȝ oðrum naman hundes
name and also English glove-wort and by-other name hound's
tunge hatað heo bið cenned on beganum stowum ȝ on
tongue call it is born in cultivated places and on
sandigum landum.
sandy lands
Gif hwylcum men sy þæs þriddan dæges fefer oððe þæs
If to-any man be of-the third day fever or of-the
feorðan genim þonne wyrttruman þysse wyrte ðonne heo
fourth take then root of-this herb when it
hæbbe þry bogas ðæs sædes seoð þone wyrttruman on
have three boughs of-the seed seethe the root in
wætere syle drincan þu hyne gelacnast.
water give to-drink thou him curest
Seo eac ðe hæfð þæs sædes feower bogas fremað þam
That also which has of-the seed four boughs benefits in-the
gelice þe we her beforan cwædon.
like which we here before said

Đonne ys oþer wyrt þysse gelic seo hæfð sume dæle
Then is other herb to-this like which has some part
læssan leaf ðonne doccoe· þære wyrte wyrttruma on wætere
smaller leaves than dock of-the herb root in water
gedyged wiðræð iceom ⁊ næddrum.
steeped withstands (iceom) and adders
Wið nýrwyt genim þas ylcan wyrte ⁊ hunig ⁊ hlaf þe
Against narrowness take this same herb and honey and loaf which
sy mid smeruwe gebacen þam gelice þe þu clyðan wyrce
be with grease baked in-the like which thou poultice work
wundorlice hyt þ sár toslit.
wondrously it the sore tears-apart
Glædene. 43
Gladden
Wið wæter seocnysse genim þas wyrte þe man bulbiscillitici
Against water sickness take this herb which one bulbus-scilliticus
⁊ oðrum naman glædene nemneð ⁊ gedryge hy syððan eal
and by-other name gladden names and dry it afterward all
onbutan genim þonne innewearde seoð on wætere ðonne hyt
about take then inner-part seethe in water when it
wearm sy gemengc eac þærto hunig ⁊ éced syle þry scenceas
warm be mix also thereto honey and vinegar give three cups
fulle swyðe hraðe sceal seo seocnys beon ut atógen þurh migðan.
full very quickly shall the sickness be out drawn through urine
Wið liþa sare genim þas ylcan wyrte swa we ǽr cwædan
Against of-limbs sore take this same herb as we before said
innewearde wyll on ele smyra þ sár ðær mid sona hyt
inner-part boil in oil smear the sore there with soon it
fremað.
benefits

Wið þa adle þe grecas paronichias nemnað genim þysse
Against the disease which Greeks paronychia name take of-this
ylcan wyrte wyrttruman cnuca mid ecede ȝ mid hlafe lege
same herb root pound with vinegar and with loaf lay
to þam sare wundorlice hyt hy gehæleð.
to the sore wondrously it them heals
Wið þ man ne mæge wæterseoces mannes þurst gecelan
Against that one not may of-water-sick man thirst cool
genim þysse sylfan wyrte leaf lege under þa tungan sona
take of-this same herb leaf lay under the tongue soon
heo þone þurst forbyt.
it the thirst forbids

44 Umbilicum.

Navel

Ðeos wyrt ðe grecas cotiledon ȝ romane umbilicum
This herb which Greeks cotyledon and Romans navel
ueneris nemnað byð cenned on hrofum ȝ on beorgum.
of-Venus name is born on roofs and on barrows
Wið swylas genim þas wyrte ȝ swinen smeru wifum swa
Against swellings take this herb and swine grease for-women so
ðeah ungesylt ægþres gelice micel be wihte cnuca tosomne
though unsalted of-each alike much by weight pound together
lege to þam swylum hyt hy tofereð· þæs wyrte þu scealt
lay to the swellings it them disperses this herb thou shalt
niman on wintertide.
take in winter-tide

45 Attorlaðe.

Venom-loather

Ðeos wyrt þe man galli crus ȝ oðrum naman attorlaðe
This herb which one of-cock leg and by-other name venom-loather
nemneð bið cenned on fæstum stowum ȝ wið wegas.
names is born in firm places and by ways

Wiþ hundes slite genim þas wyrte cnuca mid hrysle ȝ mid
Against of-hound bite take this herb pound with fat and with
heorðbacenum hlafe lege to ðam slite sona hyt bið gehæled·
hearth-baked loaf lay to the bite soon it is healed
eac þys sylfe fremað wið heard geswell ȝ hit eal tofereð.
also this same benefits against hard swelling and it all disperses

Harehune. 46

Horehound

Wið geposu ȝ wið þ man hefelice hræce genim ðas
Against rheum and against that one heavily hawk take this
wyrte ðe grecas prassion ȝ romane marubium nemnað
herb which Greeks prasion and Romans marrubium name
ȝ eac angle harehune hatað seoð on wætere syle drincan
and also English horehound call seethe in water give to-drink
þam þe hefelice hræcen heo hine gehæleð wundorlice.
to-those who heavily hawk it him heals wondrously
Wið magan sare genim þysse ylcan wyrte seaw syle drincan
Against of-stomach sore take of-this same herb juice give to-drink
hyt þæs magan sár fram adeð· ȝ gif him fefer derige· syle
it of-the stomach sore from puts and if him fever harm give
him þas ylcan wyrte wel drincan on wætere heo hyne ahrærð.
to-him this same herb well to-drink in water it him raises
Wið reng wyrmas abutan nafolan genim þas ylcan wyrte
Against rain worms about navel take this same herb
marubium ȝ wermod ȝ elehtran ealra þyssa wyrta gelice
marrubium and wormwood and lupine of-all these herbs alike
fela be gewihte seoð on geswetton wætere ȝ mid wine
many by weight seethe in sweetened water and with wine
twie oððe þriwa lege to þam nafolan hit cwelð þa wyrmas.
twice or thrice lay to the navel it kills the worms

Wið liþa sare ⁊ wið geþind genim þas ylcan wyrte
Against of-limbs sore and against swelling take this same herb
bærn to ahsan do to þam sare sona hit gehælð.
burn to ashes put to the sore soon it heals
Wið attres ðigne genim þysse ylcan wyrte wos syle on
Against of-venom taking take of-this same herb juice give in
ealdum wine drincan sona þ attor tofærð.
old wine to-drink soon the venom departs
Wið sceb ⁊ wið teter genim þas ylcan wyrte seoð on
Against scab and against tetter take this same herb seethe in
wætere ðweh þone lichoman þær mid þær þ sár sy· heo
water wash the body there with where the sore be it
ofgenimð þone scruf ⁊ þone teter.
takes-off the scurf and the tetter
Wið lungen adle genim þas ylcan wyrte seoð on hunige
Against lung disease take this same herb seethe in honey
syle þiggean he bið wundorlice gehæled.
give to-take he is wondrously healed
Wið ealle stiðnessa þæs lichoman genim þas ylcan wyrte·
Against all stiffnesses of-the body take this same herb
cnuca mid rysle lege to þam sare heo hælð wundorlice.
pound with fat lay to the sore it heals wondrously

47 Foxesfot.

Fox's-foot

Wið uncuðe springas þe on lichoman acennede beoð genim
Against strange carbuncles which on body born are take
þysse wyrte wyrttruman þe man xifion ⁊ oðrum naman
of-this herb root which one xiphion and by-other name
foxesfot nemneð þreora yntsena gewihte ⁊ smedman six
fox's-foot names of-three ounces weight and fine-meal six
yntsena gewihte· ecedes twegen scenceas ⁊ foxes smeoruwes
ounces weight of-vinegar two cups and of-fox grease

ðreora yntsena gewihte cnuca tosomne on wine· déc þonne
of-three ounces weight pound together in wine smear then
anne clað þær of lege to ðam sare þu wundrast þære lacnunge.
a cloth there of lay to the sore thou wonderest at-the cure
Wið heafod bryce genim þas ylcan wyrte ufewerde gedryge
Against head breach take this same herb upper-part dry
hy ⁊ cnuca genim þonne be gewihte efen mycel wines
it and pound take then by weight even much of-wine
meng tósomne lege to þam sare hyt ðonne þa forbrocenan
mix together lay to the sore it then the broken
bán út atyhð· eac gif hwæt on þam lichoman dergende
bones out draws also if aught in the body harming
byð hyt wel wið þ fremað· oððe gif hwa mid his fet
is it well against that benefits or if anyone with his foot
of stepð ættrig bansnacan oððe næddran ðeos· sylfe wyrt
on steps poisonous bone-snake or adder this same herb
is swyþe scearp numul wið þæt attor.
is very sharp able against the venom

Wæter wyrt. 48
Water wort

Gyf swylas fæmnum derigen genim ðas wyrte þe man
If swellings to-maidens harm take this herb which one
callitricum ⁊ oðrum naman wæter wyrt nemneð cnuca hy
callitrichum and by-other name water wort names pound it
syndrige lege to þam sare heo hyt hælð.
separately lay to the sore it it heals
Gif mannes fex fealle genim þas ylcan wyrte cnuca on ele
If of-man hair fall take this same herb pound in oil
smyra ðonne þ fex þærmid hyt sona bið fæst.
smear then the hair therewith it soon is fast

49 Syngrene.

Ever-green

Ðeos wyrt þe man temolum ȝ oðrum naman singrene

This herb which one temolum and by-other name ever-green

nemneð þæs þe omerus sægð ys wyrta beorhtust ȝ þ

names of-that which Homer says is of-herbs brightest and that

mercurius hy findan sceolde· ðysse wyrte wós· ys swyðe

Mercury it find should of-this herb juice is very

fremful ȝ hyre wyrttruma ys synewealt ȝ sweart eac on

beneficial and its root is round and swart also in

ðære mycele þe leaces.

the size of-the leek

Wið cwiþan sare genim þas wyrte cnuca ȝ lege þærto

Against of-womb sore take this herb pound and lay thereto

heo geliþegað þ sár.

it eases the sore

The sun-whorl turns its blossoms after the sun and closes them at sunset. Madder, hop, woodruff, the white poppy, which brings sleep, and narcissus follow. Brown wort is called splenion because guts cut on it once made the spleen cleave to it and vanish, and swine that eat it are found without a spleen. Comfrey stops a woman's flux; asterion shines at night like a star; and dittany of Crete draws out a dead child, while deer wounded by arrows eat it to cast out the arrow.

Sigelweárfa. 50

Sun-whorl

Ðeos wyrt þe grecas heliotrophus ȝ romane uertamnum
This herb which Greeks heliotropium and Romans vertamnum
nemnað· ȝ eac angle· sigel hweorfa hatað· bið cenned gehwær
name and also English sun whorl call is born everywhere
on beganum stowum ȝ on clænum ȝ eác on mædum.
in cultivated places and in clean and also in meadows
Ðeos wyrt hæfð mid hyre sume wundorlice godcundnesse
This herb has with it some wondrous divinity
þ is þonne þ hyre blosman hy æfter þære sunnan
that is then that its blossoms themselves after of-the sun
ryne wendað swa þ þa blostman þonne seo sunne gesyhð
course turn so that the blossoms when the sun sinks
hy sylfe beclysað· ȝ eft þonne heo upgangeð hy
them self close and again when it up-goes them
sylfe geopeniað· ȝ tobrædað ȝ heo fremað· to þissum
self open and spread and it benefits for these
læcedomum þe we her wið æftan awriten habbað.
leechdoms which we here — after written have

Wið ealle attru genim þas sylfan wyrte cnuca to swiðe
Against all venoms take this same herb pound to very
smalon duste oððe hyre wos syle drincan on godum wine
small dust or its juice give to-drink in good wine
wundorlice heo þ attor tofereð.
wondrously it the venom disperses
Wiþ flewsan genim ðysse ylcan wyrte leaf cnuca ȝ lege
Against flux take of-this same herb leaf pound and lay
to ðam sare hyt ys gelyfed þ heo scearplice gehæle.
to the sore it is believed that it sharply heal

51 Mædere.
Madder

Ðeos wyrt þe man gryas ȝ oðrum naman mædere nemneð
This herb which one gryas and by-other name madder names
byð cenned fyrmust in lucania heo hæfð hwites marman
is born first in lucania it has of-white marble
bleoh ȝ heo· bið gefrætewud mid feower readum stælum.
color and it is adorned with four red stalks
Wið ban ece· ȝ wið ban bryce genim þas ylcan wyrte
Against bone ache and against bone breach take this same herb
cnuca hy lege to þam bane þy þriddan dæge him bið
pound it lay to the bone the third day to-him is
sel swylce þær clyþa togelæd wære.
better as-if there poultice applied were
Eac þysse wyrte wyrttruma fremað wið ælc sár þe þam
Also of-this herb root benefits against each sore which the
lichoman dereð þ ys ðonne þ man þone wyrttruman
body harms that is then that one the root
cnucige ȝ to ðam sare gelecge· eal þ sar he gehælð.
pound and to the sore lay all the sore it heals

Hymele. 52

Hop

Ðeos wyrt ðe man politricum ⁊ oðrum naman hymele
This herb which one polytrichum and by-other name hop
nemneð byþ cenned on ealdum hus stedum ⁊ eac on
names is born on old house steads and also in
fuhtum stowum.
damp places
Wið innoðes sare genim þysse wyrte leaf þe we politricum
Against of-inwards sore take of-this herb leaf which we polytrichum
nemdon hyre twigu beoð swylce swinen byrst· cnuca ðonne
named its twigs are like swine bristle pound then
þa leaf ⁊ nigon piper corn ⁊ coliandran sædes nigon
the leaves and nine pepper corns and of-coriander seed nine
corn eall to somne· syle drincan on godum wine ⁊ þys
corns all — together give to-drink in good wine and this
sý ðonne he gange to bæðe· eac þeos ylce wyrt gedeþ
let-be when he go to bath also this same herb makes
þ ægþer ge wera ge wifa feax wexeþ.
that either both of-men and of-women hair grows

Wuduhrofe. 53

Woodruff

Wið þ man on wombe forwexen sy genim þysse wyrte
Against that one in belly overgrown be take of-this herb
wyrttruman ðe grecas malochin agria ⁊ romane astula
root which Greeks malache agria and Romans hastula
regia nemnað· ⁊ eac ængle wudurofe hatað cnuca mid
regia name and also English woodruff call pound with
wine syle drincan sona þu ongitst þysses fremfulnysse.
wine give to-drink soon thou perceivest of-this benefit

Wið innoðes flewsan genim þysse wyrte sæd þe we astula
Against of-inwards flux take of-this herb seed which we hastula
regia nemdun gemencged mid stiþum ecede syle drincan
regia named mixed with strong vinegar give to-drink
hyt gewrið þone innoð.
it binds the inwards

54 Popig.
Poppy
Wið eagena sáre þ ys þ we cweðað tornige genim þysse
Against of-eyes sore that is that we say tearful take of-this
wyrte wos ðe grecas moecorias ȝ romane papauer album
herb juice which Greeks mecon and Romans papaver album
nemnað ȝ engle hwit popig hataþ oððe þone stelan mid
name and English white poppy call or the stalk with
þam wæstme lege to þam eagan.
the fruit lay to the eyes
Wið þunwonga sare oððe þæs heafdes genim þysse sylfan
Against of-temples sore or of-the head take of-this same
wyrte wos cnuca mid ecede lege ofer þone andwlitan hyt
herb juice pound with vinegar lay over the face it
geliþegað þæt sar.
eases the sore
Wið slæpleaste genym þysse ylcan wyrte wos smyre þone
Against sleeplessness take of-this same herb juice smear the
man mid sona þu him þone slep onsenst.
man with soon thou to-him the sleep sendest

55 Gyf hwa gemigan ne mæge genim þysse wyrte wyrttruman þe
If anyone urinate not may take of-this herb root which
man oenantes ȝ oðrum naman nemneð tó duste gecnucude
one oenanthe and by-other name names to dust pounded
syle drincan on wíne twegean scenceas fulle hyt fremað healice.
give to-drink in wine two cups full it benefits highly

Gyf hwa swyþe hræce genime þysse ylcan wyrte wyrttruman
If anyone much hawk let-take of-this same herb root
þicge þam gemete þe we nu hér beforan cwædun hyt
let-take in-the measure which we now here before said it
geliðigað þone hracan.
eases the hawking

Hals wyrt. 56
Neck wort

Wið þa wunda þe on þam men beoð acenned genim þysse
Against the wounds which on the man are born take of-this
wyrte wyrttruman ðe man narcissum ȝ oðrum naman
herb root which one narcissus and by-other name
halswyrt nemneð mid ele ȝ mid meluwe gecnucudne þam
neck-wort names with oil and with meal pounded in-the
gelice þe þu to cliþan wyrce lege to þære wunde hyt
like which thou to poultice work lay to the wound it
hælð wundorlice.
heals wondrously

Brune wyrt. 57
Brown wort

Wið miltan sare genim þysse wyrte wyrttruman þe grecas
Against of-spleen sore take of-this herb root which Greeks
splenion ȝ romane teucrion nemnað ȝ eac engle brune wyrt
splenion and Romans teucrion name and also English brown wort
hatað cnuca to swiðe smalan duste syle drincan on liþum wine
call pound to very small dust give to-drink in mild wine
healic þingc þu þær mid ongitst eac ys sæd þ heo þus funden
high thing thou there with perceivest also is said that it thus found
wære· þ is ðonne þ hyt gelamp hwilon þ man þearmas mid
were that is then that it happened once that one guts with
þære miltan uppan þas wyrte gescearp þa sona geclyfude seo
the spleen upon this herb cut then soon clove the

milte to þysse wyrte ȝ heo hrædlice þa miltan fornam for ðy
spleen to this herb and it quickly the spleen took-away for that
heo eac fram sumum mannum splenion geciged ys þ ys on
it also by some men splenion called is that is in
ure geðeode milte nemned for þam þæs þe man sægð· þa swin
our language spleen named for that as that one says the swine
þe hyre wyrttruman etað þ hy beon butan milten gemette.
which its root eat that they be without spleen found
Sume eac sæcgeað þ heo stelan mid twigum hysopan
Some also say that it stalk with twigs to-hyssop
gelicne hæbbe ȝ leaf beanum gelice þanon hy sume
like have and leaves to-beans like thence it some
men þam sylfum naman nemnað hysopan· þa wyrte man
men by-the same name name hyssop the herb one
nimeð· þonne heo bleþ swiðust heo ys gehered on þam
takes when it blows most it is praised on the
muntlandum þe man cilicia ȝ pisidia nemneð.
mountain-lands which one cilicia and pisidia names
58 Ðeos wyrt þe man polion ȝ oðrum naman nemneð bið
This herb which one polion and by-other name names is
cenned on unsmeþum stowum.
born in rough places
Wið monoð seoce genim þysse wyrte seap þe we polion
Against month sick take of-this herb juice which we polion
nemdun gemengc wið eced smyra þær mid þa ðe þ yfel
named mix with vinegar smear there with those who the evil
þoligen toforan þam þe hyt hym to wylle ȝ þeh þu
suffer before that that it to-them to will and though thou
hyre leaf ȝ hyre wyttruman dó on ánne clænne clað ȝ
its leaf and its root put in a clean cloth and

gewriðe onbutan þæs mannes swyran þe þ yfel ðolað hyt
bind about of-the man neck who the evil suffers it
deþ onfundelnysse þæs sylfan þinges.
gives experience of-the same thing

Cneowholen. 59
Knee-holly

Wið þone dropan ȝ wið þone magan genim twegen
Against the gout and against the stomach take two
scenceas fulle woses ðysse wyrte þe man uictoriole ȝ
cups full of-juice of-this herb which one victoriola and
oðrum naman cneowholen nemneð syle drincan fæstendum
by-other name knee-holly names give to-drink to-fasting
wið hunig gemenged· sona hyt ðone dropan gewæceð.
with honey mixed soon it the gout weakens

Galluc. 60
Comfrey

Ðeos wyrt þe man confirman ȝ oðrum naman galluc
This herb which one confirma and by-other name comfrey
nemneð bið cenned on morum ȝ on feldum ȝ eac on
names is born on moors and in fields and also in
mædum.
meadows

Wið wifa flewsan genim þas wyrte confirmam cnuca to
Against of-women flux take this herb confirma pound to
swyþe smalon duste syle drincan on wine sona se flewsa
very small dust give to-drink in wine soon the flux
ætstandeþ.
stops

Gyf hwa innan toborsten sy genime þysse ylcan wyrte
If anyone within burst be let-take of-this same herb
wyrttruman gebræde on hatan axan þicge þonne on hunige
root let-roast in hot ashes let-take then in honey
fæstende he bið gehæled ⁊ eac hyt þone magan ealne afeormað.
fasting he is healed and also it the stomach all cleanses
Wið magan sare genim þas ylcan wyrte ⁊ gemeng wið
Against of-stomach sore take this same herb and mix with
hunig ⁊ wið eced þu ongitst mycele fremfulnysse.
honey and with vinegar thou perceivest great benefit
61 Đeos wyrt þe man asterion ⁊ oðrum naman nemneð byð
This herb which one asterion and by-other name names is
cenned betweoh stanum ⁊ on unsmeþum stowum.
born between stones and in rough places
Đeos wyrt scineð on nihte swilce steorra on heofone ⁊
This herb shines at night like star in heaven and
se ðe hy nytente gesihð he sægð þ he scinlac geseo ⁊
he who it unknowing sees he says that he phantom see and
swa afæred he bið tæled fram hyrdum ⁊ fram swylcum
so frightened he is mocked by herdsmen and by such
mannum swylce þære wyrte mihta cunnun.
men as of-the herb mights know
Wið fylle seocnysse genim þysse wyrte bergean þe we asterion
Against falling sickness take of-this herb berry which we asterion
nemdon syle etan on wanigendum monan ⁊ sy þ ðonne
named give to-eat in waning moon and let-be that when
þære sunnan ryne beo on þam tacne þe man uirgo nemneð
of-the sun course be in the sign which one virgo names
þ bið on þam monðe þe man augustus hateð ⁊ hæbbe
that is in the month which one August calls and let-have
ðas sylfan wyrte on his swyran ahangene he bið gelacnud.
this same herb on his neck hung he is cured

Haran hyge. 62

Hare hay

Wið innoþes fæstnysse genim ðas wyrte þe man leporis pes ⁊

Against of-inwards fastness take this herb which one of-hare foot and

oðrum naman haran hige nemneð gedryge hy cnuca þonne to

by-other name hare hay names dry it pound then to

duste syle drincan on wine gif he unfeferig sy gyf he þonne on

dust give to-drink in wine if he unfeverish be if he then in

fefere sy syle drincan him on wætere sona seo fæstnys to slypeð.

fever be give to-drink him in water soon the fastness — dissolves

Ðeos wyrt þe man dictamnum ⁊ oðrum naman nemneð 63

This herb which one dictamnum and by-other name names

byþ cenned on ðam iglande þe man créte hateð ⁊ on

is born on the island which one crete calls and on

þam munte þe man ida nemneð.

the mountain which one ida names

Gyf hwylc wif hæbbe on hyre innoðe dead boren tuddur

If any woman have in her inwards dead born offspring

genim þysse wyrte wós þe we dictamnum nemdun gif

take of-this herb juice which we dictamnum named if

heo butan fefere sy syle drincan on wine· gif hyre þonne

she without fever be give to-drink in wine if her then

fefer derige syle drincan on wearmum wætere sona hit þ

fever harm give to-drink in warm water soon it the

tuddur ut asendeþ butan frecnysse.

offspring out sends without danger

Eft wið wunda som hy syn of iserne som hy syn

Again against wounds whether they be from iron whether they be

of stence oððe fram næddran genim þysse ilcan wyrte wos

from stone or from adders take of-this same herb juice

do on þa wunda ⁊ syle drincan sona he byð hal.

put on the wounds and give to-drink soon he is whole

Eft soðlice wið næddran slite genim þysse ylcan wyrte
Again truly against of-adder bite take of-this same herb
seap syle drincan on wine sona hyt þ attor tofereð.
juice give to-drink in wine soon it the venom disperses
Gyf hwa attor þicge genime þysse ylcan wyrte wós drince
If anyone venom take let-take of-this same herb juice let-drink
on wine witodlice swa mycel ys þysse wyrte strengð swa na
in wine truly so great is of-this herb strength so not
þ án þ heo mid hyre andweardnysse næddran ofslyhð
that alone that it with its presence adders slays
swa hwær swa hy hyre gehende beoð ac forþon of hyre
so where so they to-it near are but even from its
stence þonne he mid winde ahafen bið swa hwær swa hy
smell when it with wind raised is so where so they
beoð ȝ hy þone swæc gestincað hy scealon sweltan.
are and they the smell smell they shall die
Eac ys sæd be þysse sylfan wyrte gyf man on huntuþe
Also is said about this same herb if one in hunting
ran oððe rægean mid flane oððe oðrum wæpne gewæceþ þ
roe or hind with arrow or other weapon weakens that
hy wyllon þas wyrte etan swa hy hraþost to cuman mægen
they will this herb eat as they quickest to come may
ȝ heo sona þa flane ut adeð ȝ ða wunde gehæleþ.
and it soon the arrow out puts and the wound heals
Wið niwe wunda genim þas ylcan wyrte ȝ æþelferðinc wyrte
Against new wounds take this same herb and Æthelferth's wort
ȝ hinde hæleþan cnuca mid buteran lege to þære wunde
and hind heleth pound with butter lay to the wound
þu wundrast on eallum þingum ðysse wyrte gefremincge.
thou wonderest in all things of-this herb effecting

Solago heals adder and scorpion bites and slays worms. Peony, named for Paeon and noted by Homer, shines at night and cures the lunatic. A bearer of verbena is not barked at; bryony eases the spleen, and clover keeps the gums sound. Felt wort, which Mercury gave Ulysses at Circe's, frees its bearer from fear, and heraclea from robbers. Celandine clears dim eyes, solsequium eases swellings and earache, groundsel heals wounds, fern a rupture, and quitch the spleen.

Wið næddran slite ⁊ wið scorpiones stincg genim þas 64
Against of-adder bite and against of-scorpion sting take this
wyrte þe man solago maior ⁊ helioscorpion nemneð dryge
herb which one solago major and helioscorpion names dry
hy þonne ⁊ cnuca to swyþe smalon duste syle drincan on
it then and pound to very small dust give to-drink in
wine ⁊ genim þa wyrte gecnucude lege to þære wunde.
wine and take the herb pounded lay to the wound
Wiþ ðæt rængc wyrmas dergen ymb nafolan genim þas 65
Against that ring worms harm about navel take this
wyrte þe man solágo minor ⁊ oþrum naman æliotropion
herb which one solago minor and by-other name heliotropion
nemneð gedrigede cnuca to duste syle drincan on wearmum
names dried pound to dust give to-drink in warm
wætere heo þa wyrmas ofslihð.
water it the worms slays
Peonia. 66
Peony
Ðeos wyrt ðe man peonian nemneð wæs funden fram
This herb which one paeonia names was found by
peonio þam ealdre ⁊ heo þone naman of him hæfð·
Paeon the elder and it the name from him has
he bið cenned fyrmest in greca· þa eac se mǽra ealdor
it is born first in of-Greeks which also the famous elder

homerus on hys bocum amearcode heo bið funden swyþost
Homer in his books marked it is found most
fram hyrdum ȝ heo hæfð corn þære mycelnysse þe mali
by herdsmen and it has corns of-the size which of-apple
granati· ȝ heo on nihte scineð swa leoht fæt· ȝ eac
pomegranate and it at night shines as light vessel and also
hyre corn beoð gelice coccele· ȝ heo byð swa we ǽr
its corns are like cockle and it is as we before
cwædon oftust fram hyrdum on nihte gemet ȝ gegaderod.
said oftenest by herdsmen at night found and gathered
Wið monoð seocnysse gyf man þas wyrte peoniam þam
Against month sickness if one this herb paeonia to-the
monoð seocan ligcgendon ofer alegð sona he hyne sylfne
month sick lying over lays soon he him self
halne upahefð ȝ gif he hy mid him hafað næfre seo adl
whole up-raises and if he it with him has never the disease
him eft ne genealæceð.
him again — approaches
Wiþ hype ban ece genim þysse ylcan wyrte sumne dæl
Against hip bone ache take of-this same herb some part
wyrttruman ȝ mid linenan claðe gewrið to þam sare· hyt
root and with linen cloth bind to the sore it
gehælð.
heals

67 Berbena.
Verbena
Ðeos wyrt þe man peristereon ȝ oðrum naman berbenam
This herb which one peristereon and by-other name verbena
nemneð· heo ys culfron swiðe hiwcuð þanan hy eac sum
names it is to-culvers very familiar thence it also some
þeodscipe columbinam hateð.
nation columbina calls

Gyf hwa þas wyrte mid him hafað þe we peristereon
If anyone this herb with him has which we peristereon
nemdon ne mæg he fram hundum beon borcen.
named not can he by hounds be barked-at
Wið ealle attru genim þysse sylfan wyste dust sylle drincan
Against all venoms take of-this same herb dust give to-drink
ealle attru heo todrifð eác mon sægð þ dryas to heora
all venoms it drives-apart also one says that sorcerers for their
cræftum hyre brucen.
crafts it use
Hymele. 68
Hop
Wið miltan sare genim þas wyrte ðe man bryonia ȝ oþrum
Against of-spleen sore take this herb which one bryonia and by-other
naman hymele nemneð syle þycgean gemang mete þonne sceal
name hop names give to-take among meat then shall
þ sár liþelice þurh þone micgþan forð gan· ðeos wyrt is to
the sore gently through the urine forth go this herb is to
þam herigindlic þ hy man wið gewune drenceas gemencgeað.
that praiseworthy that it one with customary drinks mixes
Wið þ man on wambe forwexen sy genim þysse wyrte 69
Against that one in belly overgrown be take of-this herb
sæd þe man nymfete ȝ oðrum naman nemneð cnuca mid
seed which one nymphaea and by-other name names pound with
wine syle drincan.
wine give to-drink
Eft þ sylfe be ðam wyrttruman syle hyne þam seocan
Again the same about the root give it to-the sick
þicgean· x. dagas.
to-take ten days

Eft gyf þu þas wyrte sylst þicgean on strangon wine heo
Again if thou this herb givest to-take in strong wine it
þæs innoðes unryne gewrið.
of-the inwards flux binds
70 Clæfre.
Clover
Wið þæra gomena sáre gyf hwa þysse wyrte wyrttruman
Against of-the gums sore if anyone of-this herb root
þe man crision ⁊ oðrum naman clæfre nemneð mid him
which one chrysion and by-other name clover names with him
hafeð ⁊ on his swyran byrð næfre him his goman ne derað.
has and on his neck bears never him his gums — harm
71 Ðas wyrte grecas isatis ⁊ románe alutam nemnaþ ⁊ eac
This herb Greeks isatis and Romans aluta name and also
angle hateð ad serpentis morsum.
English call for of-serpent bite
Wið næddran slite genim þysse wyrte leaf þe grecas isatis
Against of-adder bite take of-this herb leaf which Greeks isatis
nemnað cnuca on wætere lege to þære wunde heo fremað
name pound in water lay to the wound it benefits
⁊ þ sár ofgenimð.
and the sore takes-off
72 Wið nædran slite genim þas wyrte þe man scordean ⁊
Against of-adder bite take this herb which one scordion and
oðrum naman nemneð seoð on wine syle drincan· cnuca
by-other name names seethe in wine give to-drink pound
þonne þa wyrte ⁊ lege to þære wunde.
then the herb and lay to the wound

Wið sina sare genim þas sylfan wyrte cnuca hy· ȝ
Against of-sinews sore take this same herb pound it and
gewyld mid ðam ele ðe sy of lawer treowe gewrungan
boil with the oil which be from laurel tree wrung
hyt þ sár of animð.
it the sore off takes
Wið þam fefore þe dæghwamlice oþþe ðy þriddan dæge on
Against the fever which daily or the third day on
man becymð genim þas ylcan wyrte ȝ gewrið hy onbutan
man comes take this same herb and bind it about
þæs mannes lichoman heo ofanimð þone dæghwamlican ȝ
of-the man body it takes-off the daily and
þy þriddan dæges fefor.
of-the third day fever
Felt wyrt. 73
Felt wort
Ðeos wyrt þe man uerbascum ȝ oðrum naman felt
This herb which one verbascum and by-other name felt
wyrt nemneð bið cenned on sandigum stowum ȝ on
wort names is born in sandy places and on
myxenum þas wyrte ys sæd þ mercurius sceolde iulixe
dungbills this herb is said that Mercury should to-Ulysses
þam ealdormen syllan þa he com to circean ȝ he na
the chief give when he came to Circe and he not
syþþan ænige hyre yfelan weorc ondreð.
afterward any of-her evil works dreaded
Gyf hwa mid hym þysse wyrte ane tealgre byrð ne bið
If anyone with him of-this herb one twig bears not is
he bregeð mid ænigum ogan ne him wildeor ne dereþ ne
he frightened with any terror nor him wild-beast — harms nor
ænig yfel geancyme.
any evil encounter

Wiþ fot adle genim þas ylcan wyrte uerbascum gecnucude
Against foot disease take this same herb verbascum pounded
lege to þam sare binnan feapum tidum heo gehælþ þ sár to
lay to the sore within few hours it heals the sore to
ðam scearplice þ he eac gan dyrre ⁊ mæge· eac ure ealdras
that sharply that he also go dare and may also our elders
cwædon ⁊ sædun þ ðeos gesetednys healicost fremede.
said and said that this prescription most-highly benefited

74 Se þe wylle ofer langne weg féran hæbbe mid him on þam
He who will over long way travel let-have with him on the
wege þas wyrte þe man heraclean ⁊ oðrum naman nemneþ
way this herb which one heraclea and by-other name names
þonne ne ondrædeþ he hym ænigne sceaþan ac heo hy aflygeþ.
then not dreads he him any robber but it them puts-to-flight

75 Cyleþenie.
Celandine
Wiþ eagena dymnysse ⁊ sarnysse ⁊ ofertogennysse genim
Against of-eyes dimness and soreness and film take
þysse wyrte seap þe man celidoniam ⁊ oðrum naman
of-this herb juice which one chelidonia and by-other name
þam gelice cyleþenie nemneð cnucud of þam wyrttruman
to-that like celandine names pounded from the root
mid ealdum wine ⁊ hunige ⁊ pipore sy þ wel tosomne
with old wine and honey and pepper let-be that well together
gepunud ⁊ smyre þonne þa eagan innan. Eac we onfundun
pounded and smear then the eyes within Also we found
þ sume men of ðære meolce þysse ylcan wyrte heora
that some men with the milk of-this same herb their
eagan smyredon ⁊ him þy sel wæs.
eyes smeared and to-them the better was

Eft wið dymgendum eagan genim þysse ylcan wyrte wós oþþe
Again against dimming eyes take of-this same herb juice or
ða blostman gewrungene ⁊ gemengced· mid hunige gemengc
the blossoms wrung and mixed with honey mix
þonne liþelice weallende axan þærto ⁊ seoð þǽr tosomne on
then gently boiling ashes thereto and seethe there together in
ærenum fæte· ðys is synderlic læcedom wið eagena dymnysse.
brazen vat this is special leechdom against of-eyes dimness
Eac is gewis þ sume men swa we ær cwædon þæs woses
Also is certain that some men as we before said the juice
synderlice brucað.
specially use
Wið cyrnlu genim þas ylcan wyrte cnuca mid rysle lege to
Against kernels take this same herb pound with fat lay to
þam cyrnlun swa þ hi ærest syn mid wætere gebeþode.
the kernels so that they first be with water bathed
Wiþ heafod ece genim þas sylfan wyrte cnuca mid ecede
Against head ache take this same herb pound with vinegar
smyre þone andwlatan ⁊ þ heafod.
smear the face and the head
Wið þ man forbærned sy genim þas ylcan wyrte cnuca
Against that one burnt be take this same herb pound
mid gætena smerwe ⁊ lege þærto.
with of-goats grease and lay thereto
Solsequia. 76
Solsequium
Wið geswel genim þas wyrte þe man solate ⁊ oðrum
Against swelling take this herb which one solata and by-other
naman solosece nemneð gecnucude ⁊ mid ele gemengcede
name solsequium names pounded and with oil mixed
lege þærto hyt fremað:
lay thereto it benefits

Wiþ earena sare genim ðysse ylcan wyrte wos gemengc
Against of-ears sore take of-this same herb juice mix
mid þam ele of cypro ȝ gewyrm hyt ȝ swa wlæc
with the oil of cyprus and warm it and so lukewarm
drype on þ eare.
drip in the ear
Wið toð ece syle etan ðysse sylfan wyrte croppas.
Against tooth ache give to-eat of-this same herb berries
Wið blod ryne of nosum genim þysse ylcan wyrte wos
Against blood running from nose take of-this same herb juice
ȝ dype anne linenne clað ȝ forsete þa nærðyrlu þær
and dip a linen cloth and stop the nostrils there
mid· sona ðæt blod oðstænt.
with soon the blood stops

77 Grunde swylige.
Ground swallow
Ðeos wyrt ðe man senecio ȝ oðrum naman grunde
This herb which one senecio and by-other name ground
swylige nemneð byþ cenned on hrofum ȝ onbutan wagum.
swallow names is born on roofs and about walls
Wið wunda þeah hy syn swyþe ealde genim þas wyrte
Against wounds though they be very old take this herb
þe we senecio nemdun cnuca mid ealdum rysle lege to
which we senecio named pound with old fat lay to
þam wundum hyt hæleþ sona.
the wounds it heals soon
Gyf hwa mid iserne geslegen sy genim þas ylcan wyrte
If anyone with iron struck be take this same herb
on ærne mergen oððe to middan dæge cnuca hy swa we
in early morning or at mid day pound it as we

ær cwædon mid ealdum rysle lege to þære wunde sona
before said with old fat lay to the wound soon
heo þa wunde geopenað ⁊ afeormað.
it the wound opens and cleanses
Wið fot adle genim þas ilcan wyrte cnuca mid rysle
Against foot disease take this same herb pound with fat
lege to þam fotum hyt geliþegað þ sár· eac hit fremað
lay to the feet it eases the sore also it benefits
mycelum wið þæra sina sáre.
much against of-the sinews sore
Wiþ lendena sare genim þas ylcan wyrte cnuca mid sealte
Against of-loins sore take this same herb pound with salt
þam gemete ðe þu clyþan wyrce lege to ðam lendenum·
in-the measure which thou poultice work lay to the loins
þam gelice hyt fremað eac wið þæra fota sare.
in-the like it benefits also against of-the feet sore
Fern. 78
Fern
Wið wunda genim þysse wyrte wyrttruman þe man filicem
Against wounds take of-this herb root which one filix
⁊ oðrum naman fearn nemneþ gecnucudne lege to þære
and by-other name fern names pounded lay to the
wunde ⁊ æþelferþincg wyrte twegra trymessa gewæge syle
wound and Æthelferth's wort of-two drachms weight give
drincan on wine.
to-drink in wine
Wið þæt geong man healyde sy genim þas ylcan wyrte þær heo
Against that young man ruptured be take this same herb where it
on bécenan treowes wyrttruman gewexen sy cnuca mid· rysle
on of-beechen tree root grown be pound with fat

ȝ gedec anne clað þærmid· ȝ gewrið to ðam sare swa þ he
and smear a cloth therewith and bind to the sore so that he
þa hwyle upweard sy gewend· þy fiftan dæge he bið gehæled.
the while upward be turned the fifth day he is healed

79 Cwice.

Quitch

Wið miltan sare genym þysse wyrte leaf þe man gramen
Against of-spleen sore take of-this herb leaf which one gramen
ȝ oðrum naman cwice nemneð ȝ geseoð hy smyre
and by-other name quitch names and seethe it smear
þonne anne clað þærmid lege to þære miltan· þu ongytest
then a cloth therewith lay to the spleen thou perceivest
fremfulnysse þærof.
benefit thereof

80–90 · GLADDEN TO YARROW

Gladden eases the bladder and spleen, rosemary the teeth, field carrot women in hard labor, wound-rune sore feet and knees, and cedelc a hardened belly. Boar fern's leaves bear spots that shine like gold. Wood chervil, its root given in spring water and sprinkled on the man, unbinds one whom an evil man has enchanted. Savine treats jaundice, hound's head sore eyes, and bramble sore ears. Yarrow, said to be found by Achilles, who healed Telephus with it, heals wounds, swellings, and adders' bites.

80 Glædene.

Gladden

Wið blædran sare ȝ wið þ man gemigan ne mæge
Against of-bladder sore and against that one urinate not may
genim þysse wyrte wyrttruman utewearde ðe man gladiolum
take of-this herb root outer which one gladiolus

ȝ oþrum naman glædene nemneþ drige hyne þonne ȝ
and by-other name gladden names dry it then and
cnuca ȝ gemengc ðærto twegean scenceas wines ȝ þry
pound and mix thereto two cups of-wine and three
wæteres syle drincan.
of-water give to-drink
Wið miltan sare genim þas ilcan wyrte gladiolum þonne
Against of-spleen sore take this same herb gladiolus when
héo geong sy drige hy ȝ cnuca to swyþe smalan duste syle
it young be dry it and pound to very small dust give
þicgean on liþum wine· hyt is gelyfed þ hit wundorlice
to-take in mild wine it is believed that it wondrously
þa miltan gehæleþ.
the spleen heals
Wiþ innoþes sare ȝ þæra breosta genim þysse sylfan
Against of-inwards sore and of-the breasts take of-this same
wyrte bergean gecnucude ȝ on gætenre meolce oððe gyt
herb berries pounded and in goat milk or yet
selre on wine gewlehte syle drincan þ sár geswiceþ.
better in wine warmed give to-drink the sore ceases
Boðen. 81
Bothen
Ðeos wyrt þe man rosmarim ȝ oðrum naman boþen
This herb which one rosmarinus and by-other name bothen
nemneþ byþ cenned on sandigum landum ȝ on wyrt
names is born on sandy lands and in herb
beddum.
beds

Wið toþ ece genim þysse wyrte wyrtwalan þe we rosmarim
Against tooth ache take of-this herb root which we rosmarinus
nemdun syle etan butan yldincge he genimð þæra toða sár
named give to-eat without delay it takes of-the teeth sore
ȝ healde þ wos on his muþe sona hyt gehælþ þa teð.
and let-hold the juice in his mouth soon it heals the teeth
Wið adligende genim þas wyrte rosmarinum cnuca mid ele
Against ailing take this herb rosmarinus pound with oil
smyre ðone adligendan wundorlice þu hine gehælest.
smear the ailing wondrously thou him healest
Wið gicþan genim þas ylcan wyrte gecnuca hy ȝ gemengc
Against itch take this same herb pound it and mix
hyre wos wið eald win ȝ wið wearm wæter syle drincan
its juice with old wine and with warm water give to-drink
þry dagas.
three days
Wið lifer seocnysse ȝ þæs innoðes genim þysse sylfan
Against liver sickness and of-the inwards take of-this same
wyrte sumne gripan scearfla on wæter ȝ gemencg þærto
herb some handful scrape in water and mix thereto
nardys swá hand fulla ȝ rudan sumne stelan seoð to
of-nard as hand full and of-rue some stalk seethe —
somne on wætere syle drincan he bið hal.
together in water give to-drink he is whole
Wið niwe wunda genim þas ylcan wyrte þe we rosmarinum
Against new wounds take this same herb which we rosmarinus
nemdun cnuca mid rysle lege to þam wundum.
named pound with fat lay to the wounds

Feld moru. 82

Field carrot

Þeos wyrt þe man pastinace siluaticæ ȝ oðrum naman

This herb which one pastinaca silvatica and by-other name

feld moru nemneþ bið cenned on sandigum stowum ȝ on

field carrot names is born in sandy places and on

beorgum.

barrows

Wið þ wifmen earfuðlice cennen· genim þas wyrte þe

Against that women with-difficulty bring-forth take this herb which

we pastinacam siluaticam nemdun seoð on wætere syle

we pastinaca silvatica named seethe in water give

þonne þ se man hyne þær mid beðige he bið gehæled.

then that the one herself there with bathe she is healed

Wið wifa afeormungæ genim þas ylcan wyrte pastinacam

Against of-women cleansing take this same herb pastinaca

seoð on wætere ȝ þonne heo gesoden beo mengc hy wel

seethe in water and when it sodden be mix it well

ȝ syle drincan hy beoð afeormade.

and give to-drink they are cleansed

Dolhrune. 83

Wound-rune

Ðeos wyrt þe man perdicalis ȝ oðrum naman dolh

This herb which one perdicalis and by-other name wound

rune nemneð byþ cened wið wegas ȝ wið weallas ȝ on

rune names is born by ways and by walls and on

beorgum.

barrows

Wið fot adle ȝ wið cancor genim þas wyrte þe we

Against foot disease and against canker take this herb which we

perdicalis nemdun seoð on wætere beþe þonne þa fet ȝ þa

perdicalis named seethe in water bathe then the feet and the

cnewu· cnuca syððan þa wyrte mid rysle dó on ænne clað ȝ
knees pound afterward the herb with fat put on a cloth and
lege to þam fotum ȝ to þam cneowum þu hy wel gehælst.
lay to the feet and to the knees thou them well healest

84 Cedelc.

Cedelc

Wið þæs innoðes heardnysse genim þas wyrte þe man
Against of-the inwards hardness take this herb which one
mercurialis ȝ oðrum naman cedelc nemneð on wætere
mercurialis and by-other name cedelc names in water
gegnidene syle þam ðolegendum sona heo ða heardnysse ut
rubbed give to-the sufferer soon it the hardness out
atyhð ȝ ðone magan afeormað þam gelice þ sæd fremað.
draws and the stomach cleanses in-the like the seed benefits
Wið eagena sár ȝ geswel genim ðysse sylfan wyrte leaf
Against of-eyes sore and swelling take of-this same herb leaf
gecnucude on ealdum wine lege to þam sare.
pounded in old wine lay to the sore
Gis wæter on earan swiðe gesigen sy genim þysse ylcan
If water in ears very sunk be take of-this same
wyrte seap wlæc drype on þ eare sona hyt toflyð.
herb juice lukewarm drip in the ear soon it flows-away

85 Efor fearn.

Boar fern

Ðeos wyrt þe man radiolum ȝ oðrum naman efor fearn
This herb which one radiolus and by-other name boar fern
nemneð ys gelic fearne ȝ heo byð cenned on stanigum
names is like fern and it is born in stony
stowum ȝ on ealdum hus stedum ȝ heo hæfð on æghwylcum
places and on old house steads and it has on each
leafe twa endebyrdnyssa fægerra pricena ȝ þa scinað swa gold.
leaf two rows of-fair pricks and they shine as gold

Wið heafod ece genim þas wyrte þe we radiolum nemdun
Against head ache take this herb which we radiolus named
swiðe clæne afeormude seoð on ecede þearle smyre þonne
very clean cleansed seethe in vinegar thoroughly smear then
þ heafud þær hyt geliðegað þ sár.
the head there it eases the sore

Wudu ceruille. 86
Wood chervil

Wið blædran sare oððe geswelle genim þysse wyrte
Against of-bladder sore or swelling take of-this herb
wyrttruman þe man sparagi agrestis ȝ oðrum naman
root which one asparagus agrestis and by-other name
wudu cerfillu nemneð seoð on wætere to feorðan dæle
wood chervil names seethe in water to fourth part
drince ðonne fæstende seofan dagas· ȝ he manegum dagum
let-drink then fasting seven days and he many days
bæþes bruce ȝ na on caldum wætere cume ne he cealdne
bath let-use and not in cold water let-come nor he cold
wætan ne þicge wundorlice he hæle ongyt.
liquid — let-take wondrously he health perceives

Wið toð ece genim þysse sylfan wyrte seap þe we sparagi
Against tooth ache take of-this same herb juice which we asparagus
nemdun syle supan· ȝ healde hyt swa on hys muðe.
named give to-sup and let-hold it so in his mouth

Wið æddrena sare genim þysse ylcan wyrte wyrtwalan
Against of-veins sore take of-this same herb root
gecnucude on wine syle drincan hyt fremað.
pounded in wine give to-drink it benefits

Gyf hwylc yfel dæde man þurh ænigne æfþancan oþerne
If any evil doing man through any malice other
begaleþ genim þysse sylfan wyrte wyrttruman gedrigede syle
enchants take of-this same herb root dried give

þicgean mid wylle wætere ⁊ besprengc hyne mid þam
to-take with spring water and sprinkle him with the
wætere he bið unbunden.
water he is unbound

87 Sauine.
Savine

Wið þa cynelican adle þe man auriginem nemneð þ ys
Against the royal disease which one jaundice names that is
on ure geþeode þæra syna getoh ⁊ fota geswel· genim
in our language of-the sinews contraction and of-feet swelling take
þas wyrte þe man sabinam ⁊ oðrum naman wel þam
this herb which one sabina and by-other name well to-that
gelice sauinam hateþ syle drincan mid hunige heo tofereþ
like savina calls give to-drink with honey it disperses
þ sár þ sylfe heo deþ mid wine gecnucud.
the sore the same it does with wine pounded
Wiþ heafod ece genim þas ylcan wyrte sabinam eornlice
Against head ache take this same herb sabina earnestly
gecnucude mid ecede ⁊ mid ele gemencgede smyra þonne
pounded with vinegar and with oil mixed smear then
þ heafud ⁊ þa þunwonga healice hyt fremað.
the head and the temples highly it benefits
Wiþ deadspringas genim þas wyrte sabinam mid hunige
Against dead-ulcers take this herb sabina with honey
gecnucude smyre þonne þ sár.
pounded smear then the sore

88 Hundes heafod.
Hound's head

Wið eagena sár ⁊ geswel genim þysse wyrte wyrtwalan
Against of-eyes sore and swelling take of-this herb root
þe man canis caput ⁊ on ure geþeode hundes heafod
which one canis caput and in our language hound's head

hatað seoð on wætere ȝ syþþan mid þam wætere þa
call seethe in water and afterward with the water the
eagan gebeþa hrædlice hyt þ sár geliþigað.
eyes bathe quickly it the sore eases

Bremel. 89
Bramble

Wið earena sár genim þas wyrte þe man erusti ȝ oþrum
Against of-ears sore take this herb which one erusti and by-other
naman bremel nemneð swa mearwe gecnuca nim þonne þ wós
name bramble names so tender pound take then the juice
gewleht drype on þ eare hyt þ gewanað ȝ gewislice gehæleþ.
warmed drip in the ear it that lessens and certainly heals

Wið wifes flewsan genim þysse ylcan wyrte croppas swa
Against of-woman flux take of-this same herb berries so
mearwe ȝ þæra syn þriwa seofeone seoð on wætere to
tender and of-them let-be thrice seven seethe in water to
þriddan dæle syle drincan fæstende þry dagas swa þ ðu
third part give to-drink fasting three days so that thou
þeah æghwylce dæg þone drenc niwie.
though each day the drink renew

Wið heort ece genim þysse ylcan wyrte leaf gecnucude
Against heart ache take of-this same herb leaf pounded
þurh hy sylfe lege ofer þone wynstran tit þ sár tofærð.
through it self lay over the left teat the sore departs

Wið niwe wunda genim þysse sylfan wyrte blostman lege
Against new wounds take of-this same herb blossoms lay
to ðam wundum butan ælcre yldincge ȝ frecenysse hy þa
to the wounds without any delay and danger they the
wunda gehælað.
wounds heal

Wiþ liþa sare genim þysse ylcan wyrte sumne dæl seoð
Against of-limbs sore take of-this same herb some part seethe
on wine to þriddan dæle ⁊ of þam wine syn þonne
in wine to third part and from the wine let-be then
þa lyþu gebeðede ealle þæra liða untrumnysse hyt geliðigaþ.
the limbs bathed all of-the limbs infirmity it eases
Wið næddran slite genim þysse ilcan wyrte leaf þe we
Against of-adder bite take of-this same herb leaf which we
erusti nemdun swa niwe gecnucude lege to ðam sare.
erusti named so new pounded lay to the sore
Gearwe.
Yarrow
Ðas wyrte þe man millefoliu[m] ⁊ on ure geþeode gearwe
This herb which one millefolium and in our language yarrow
nemneþ ys sæd þ achilles se ealdorman hy findan sceolde·
names is said that Achilles the chief it find should
⁊ he mid þysse sylfan wyrte gehælde þa þe mid iserne
and he with this same herb healed those who with iron
geslegene ⁊ gewundude wæran. Eac heo of sumum mannum
struck and wounded were Also it by some men
for þy genemned ys· achylleos mid þære wyrte ys sæd þ he
for that named is achilleos with the herb is said that he
eac sumne man gehælan sceolde þam wæs thelephon nama.
also some man heal should to-whom was Telephus name
Wið toð ece genim þysse wyrte wyrtwalan ðe we
Against tooth ache take of-this herb root which we
millefolium nemdun syle etan fæstendum.
millefolium named give to-eat to-fasting

Wiþ wunda þe mid iserne syn geworhte genim þas ylcan
Against wounds which with iron be wrought take this same
wyrte mid rysle gecnucude· lege to þam wundum heo þa
herb with fat pounded lay to the wounds it the
wunda afeormaþ ⁊ gehæleð.
wounds cleanses and heals
Wiþ geswell genim þas ylcan wyrte myllefolium mid buteran
Against swelling take this same herb millefolium with butter
gecnucude lege to þam geswelle.
pounded lay to the swelling
Wið þæt hwylc man earfoðlice gemigan mæge genim þysse
Against that any man with-difficulty urinate may take of-this
ylcan wyrte wos mid ecede syle drincan wundurlice heo
same herb juice with vinegar give to-drink wondrously it
hæleþ.
heals
Gif wund on men acolod sy genim þonne ða sylfan wyrte
If wound on man chilled be take then the same herb
millefolium ⁊ gnid swyþe smale ⁊ mengc wið buteran
millefolium and rub very small and mix with butter
lege ðonne on ða wunda heo cwicaþ sona ⁊ wearmað.
lay then on the wounds it quickens soon and warms
Gif men þ heafod berste oððe uncuð swyle ongesitte
If to-man the head burst or strange swelling settle-on
nime þysse ylcan wyrte wyrtwalan binde on þone swyran
let-take of-this same herb root let-bind on the neck
ðonne cymeð hym þ to godre freme.
then comes to-him that to good benefit
Eft wið þam ylcan genim þas ylcan wyrte wyrc to duste
Again against the same take this same herb work to dust
do on ða wunde þonne byþ heo sona hatigende.
put on the wound then is it soon heating

Gyf hwylcum men ædran aheardode syn oððe his mete
If to-any man veins hardened be or his meat
gemyltan nelle nym þysse ylcan wyrte seap mengc ðonne
digest not-will take of-this same herb juice mix then
win ⁊ wæter ⁊ hunig ⁊ þ seap eall tosomne syle hyt
wine and water and honey and the juice all together give it
him ðonne wearm drincan ðonne byþ him sona bet.
to-him then warm to-drink then is to-him soon better
Eft wið þæra ðearma ece ⁊ wið ealles þæs innoðes nim
Again against of-the guts ache and against all of-the inwards take
þas ylcan wyrte dryg hy þonne ⁊ gegnid to duste swyþe
this same herb dry it then and rub to dust very
smale do ðonne þæs dustes fif cuculeras fulle ⁊ ðreo full
small put then of-the dust five spoons full and three cups
godes wines syle hym ðonne drincan þ· ðonne deah hyt
of-good wine give to-him then to-drink that then avails it
him wið swa hwylcum earfoðum swa him on innan bið.
him against so whatever troubles as to-him in within is
Gyf ðonne æfter ðam men sy sogoþá getenge oððe hwylc
If then after that to-man be hiccup pressing or any
innan gund bryne· genim ðonne þysse wyrte wyrtwalan ⁊
within pus burning take then of-this herb root and
gecnuca swyþe wel do ðonne on swyþe god beor syle hyt him
pound very well put then in very good beer give it to-him
þonne wlacu supan· ðonne wene ic þ hyt him wel fremie ge
then lukewarm to-sup then ween I that it him well benefit both
wið sogoðan ge wið æghwylcum incundum earfoðnyssum.
against hiccup and against each inward troubles

Wið heafod ece genim þas ylcan wyrte wyrc clyþan þærof
Against head ache take this same herb work poultice thereof
lege ðonne on þ heafod ðonne genimð hyt sona þ sár
lay then on the head then takes it soon the sore
onweg.
away
Wiþ þan nædder cynne ðe man spalangius hateð genim
Against the adder kind which one phalangium calls take
þysse ylcan wyrte twigo ⁊ þa leaf seoð on wine· gnid ðonne
of-this same herb twigs and the leaves seethe in wine rub then
swiþe smale ⁊ lege on ða wunde gyf heo tosomne hleapan
very small and lay on the wound if it together leap
wolde ⁊ þonne æfter þam genim ða wyrte ⁊ hunig mengc
would and then after that take the herb and honey mix
to somne smyre þa wunde ðær mid þonne hatað heo sona.
— together smear the wound there with then heats it soon
Wið næddran slite gyf hwylc man hyne begyrdeþ mid þysse
Against of-adder bite if any man himself girds with this
wyrte ⁊ hy on wege mid him bereþ he bið gescylded
herb and it on way with him bears he is shielded
fram æghwylcum nædder cynne.
from each adder kind
Wið wede hundes slite genim ðas ylcan wyrte gnid ⁊
Against of-mad hound bite take this same herb rub and
hwæten corn lege on þa wunde ðonne halað heo sona.
wheaten corn lay on the wound then heals it soon
Eft wið nædran slite gyf seo wund forþunden sy genim þysse
Again against of-adder bite if the wound swollen be take of-this
sylfan wyrte telgran seoð on wætere gnid þonne swyþe smale
same herb twigs seethe in water rub then very small
gesodene lege þonne on ða wunde ðonne þ dolh open sy
sodden lay then on the wound when the gash open be

genim þa ylcan wyrte unsodene gnid swyþe smale mengc wið
take the same herb unsodden rub very small mix with
hunig lacna þonne þa wunde þærmid ðonne byð heo sona hal.
honey cure then the wound therewith then is it soon whole

91–98 · RUE TO RIBWORT

Rue staunches a bleeding nose, and rue moistened with vinegar is poured over the face against lethargy. Horsemint heals the ears. Wallwort is charmed thrice nine times with a Latin verse, cut in three with a very sharp knife, and laid on an adder's bite. Pennyroyal, male and female, blooms when other herbs wither and helps seasickness, stone, cramp, and a dead child. Catmint, cammock, which drives off adders and calms phrenesis, spear wort, and ribwort, which cures the quartan fever, close the section.

91 Rude.
Rue
Gif blod of nosum flope genim ðas wyrte þe man rutam ⁊
If blood from nose flow take this herb which one ruta and
þam gelice oðrum naman rudan nemneþ· do gelomlice on þa
to-that like by-other name rue names put often in the
nærðyrlu wundorlice heo þ blod of ðam nærðyrlun gewrið.
nostrils wondrously it the blood from the nostrils binds
Wið toðundennysse genim þas ylcan wyrte rutam syle hy
Against swelling take this same herb ruta give it
dælmelum swa grene etan oððe on drince þicgean.
piecemeal so green to-eat or in drink to-take
Wið þæs magan sare genim þysse ylcan wyrte sæd ⁊
Against of-the stomach sore take of-this same herb seed and
swefel ⁊ eced syle þicgean fæstendum
sulfur and vinegar give to-take to-fasting

Wið eagena sare ⁊ geswel genim þas ylcan wyrte rutan
Against of-eyes sore and swelling take this same herb rue
wel gecnucude lege to ðam sare eac se wyrttruma gecnucud
well pounded lay to the sore also the root pounded
⁊ ðær mid gesmyreð þ sár hyt wel gebet.
and there with smeared the sore it well amends
Wið þa adle ðe· man litargum hateð þ ys on ure
Against the disease which one lethargy calls that is in our
geþeode ofergytulnys cweden genim þas ylcan wyrte rutan
language forgetfulness said take this same herb rue
mid ecede gewesede begeot þonne ðæne andwlatan ðær mid.
with vinegar moistened pour then the face there with
Wiþ eagena dymnysse genim ðysse sylfan wyrte leaf syle
Against of-eyes dimness take of-this same herb leaf give
etan fæstendum ⁊ syle hy drincan on wine.
to-eat to-fasting and give it to-drink in wine
Wið heafod ece genim ðas ylcan wyrte syle drincan on
Against head ache take this same herb give to-drink in
wine cnuca eft þas sylfan wyrte ⁊ wring þ wos on
wine pound again this same herb and wring the juice in
eced smyre ðonne þ heafod þærmid· eac þeos wyrt fremað
vinegar smear then the head therewith also this herb benefits
wið deadspringas.
against dead-ulcers
Wið earena sáre genim þysse wyrte wos þe man 92
Against of-ears sore take of-this herb juice which one
mentastrum ⁊ oðrum naman hateþ mid strangon wine
mentastrum and by-other name calls with strong wine
gemencged dó on þ eare þeah ðær beon wyrmas on
mixed put in the ear though there be worms in
acennede hi þurh ðis sceolon beon ácwealde.
born they through this shall be killed

Wið hreoflan genim þysse ylcan wyrte leaf syle etan
Against leprosy take of-this same herb leaf give to-eat
gewislice he bið gehæled.
certainly he is healed
93 Wæl wyrt vel ellen wyrt.
Wall wort or elder wort
Wið þ stanas on blædran wexen genim þas wyrte þe man
Against that stones in bladder grow take this herb which one
ebulum ȝ oðrum naman ellen wyrte nemneþ ȝ eac sume
ebulus and by-other name elder wort names and also some
men weal wyrt hatað gecnuca hy þonne swa mearwe mid hyre
men wall wort call pound it then so tender with its
leafum syle drincan on wine heo út anydeþ ða untrumnysse.
leaves give to-drink in wine it out forces the infirmity
Wið næddran slite genim þas ylcan wyrte þe we ebulum
Against of-adder bite take this same herb which we ebulus
nemdun ȝ ær þam ðe þu hy forceorfe heald hy on
named and before that that thou it cut-off hold it in
þinre handa ȝ cweð þriwa nigon siþan omnes malas bestias
thy hand and say thrice nine times all evil beasts
canto· þ ys þonne on ure geþeode besing ȝ ofercum
I-charm that is then in our language enchant and overcome
ealle yfele wilddeor· forceorf hy ðonne mid swyþe scearpon
all evil wild-beasts cut-off it then with very sharp
sexe on þry dælas· ȝ þa hwile þe þu ðis dó· þenc
knife in three parts and the while that thou this do think
be þam men þe þu ðærmid þencst to gelacnienne ȝ
about the man whom thou therewith thinkest to cure and
þonne þu þanon wende ne beseoh þu þe ná· nim ðonne
when thou thence turn not look thou thee — take then
þa wyrte ȝ cnuca hy lege to þam slite sona he bið hal.
the herb and pound it lay to the bite soon he is whole

Wiþ wæter seocnysse genim þysse ylcan wyrte wyrtwalan
Against water sickness take of-this same herb root
gecnucude wring þonne þærof swa þæt þu hæbbe þærof
pounded wring then thereof so that thou have thereof
feower scenceas ⁊ wines healfne sester syle drincan ænne
four cups and of-wine half sester give to-drink one
on dæg hyt fremað myclum þam wæterseocan.
in day it benefits much the water-sick
Eac hyt bynnan healfon geare ealne þone wætan ut atyhþ.
Also it within half year all the liquid out draws
Dweorge dweosle. 94
Dwarf dwostle
Ðeos wyrt þe man pollegium ⁊ oþrum naman dreorge
This herb which one pulegium and by-other name dwarf
dwosle nemneþ hæfð mid hyre manega læcedomas þeah hy
dwostle names has with it many leechdoms though them
fela manna né cunne· þonne ys þeos wyrt twegea cynna þ
many men not know then is this herb of-two kinds that
is wer ⁊ wif· Se wer hafaþ hwite blostman ⁊ þ wif
is male and female The male has white blossoms and the female
hafaþ reade oþþe brune æghwæþer ys nytlic ⁊ wundorlic ⁊
has red or brown either is useful and wondrous and
hi on him habbaþ wundorlice mihte mid þam mæstan bleo
they in them have wondrous might with the greatest color
hy blowaþ ðonne nealice oþre wyrta scrincaþ ⁊ weorniað.
they blow when nearly other herbs shrink and wither
Wiþ ðæs innoþes sare genim þas ylcan syrte pollegium ⁊
Against of-the inwards sore take this same herb pulegium and
cymen cnuca tosomne mid wætere ⁊ lege to þam nafolan
cumin pound together with water and lay to the navel
sona he bið gehæled.
soon he is healed

Eft wið þæs magan sare genim þas sylfan wyrte pollegium
Again against of-the stomach sore take this same herb pulegium
cnuca hy ȝ mid wætere gewæsc syle drincan on ecede
pound it and with water wash give to-drink in vinegar
hyt þone wlættan þæs magan wel geliþigaþ.
it the nausea of-the stomach well eases
Wið gicþan þæra gesceapa genim þas ylcan wyrte seoð on
Against itch of-the private-parts take this same herb seethe in
weallendon wætere let þonne colian swa oðþ hyt man drincan
boiling water let then cool so until it one drink
mæge ȝ hyt þonne drince hyt geliþegaþ þone gicþan.
may and it then let-drink it eases the itch
Eft wið þæs innoðes sare þeos sylfe wyrt fremaþ wel
Again against of-the inwards sore this same herb benefits well
geetan ȝ to þam nafolan gewriþen swa þ heo fram þam
eaten and to the navel bound so that it from the
nafolan feallan ne mæge sona heo þ sár tofereþ.
navel fall not may soon it the sore disperses
Wið þam fefore þe þy ðryddan dæge on man becymeþ
Against the fever which the third day on man comes
genim þysse ylcan wyrte twigu befeald on wulle ster hyne
take of-this same herb twigs fold in wool cense him
þærmid toforan þam timan þe se fefor hym to wylle· ȝ
therewith before the time which the fever to-him to will and
gyf hwa hys heafod mid þysse wyrte onbutan bewindeþ·
if anyone his head with this herb about winds
heo þ sár þæs heafodes geliðigaþ.
it the sore of-the head eases

Gyf deadboren cyld sy on wifes innoðe genim þysse ylcan
If dead-born child be in of-woman inwards take of-this same
wyrte þry cyþas ȝ þa syn niwe swa hy swyþost stincen
herb three sprouts and they let-be new as they most stink
cnuca on ealdon wine syle drincan.
pound in old wine give to-drink
Gyf hwa on scipe wlættan þolige genime þas ylcan wyrte
If anyone on ship nausea suffer let-take this same herb
polleian ȝ wærmod cnucie tosomne mid ele ȝ mid ecede
pennyroyal and wormwood let-pound together with oil and with vinegar
smyrige hyne þærmid gelomlice.
let-smear himself therewith often
Wið blædran sare ȝ wið þ stanas þæron wexen genim þas
Against of-bladder sore and against that stones therein grow take this
ylcan wyrte polleian wel gecnucude ȝ twegen scenceas wines
same herb pennyroyal well pounded and two cups of-wine
gemencg tosomne syle drincan sona seo blædder to selran
mix together give to-drink soon the bladder to better
gehwyrfeð ȝ binnan feapum dagum heo þa untrumnysse
turns and within few days it the infirmity
gehæleþ ȝ þa stanas þe þær on weaxeþ ut anydeð.
heals and the stones which there in grow out forces
Gyf hwa onbutan hys heortan· oþþe on hys breoston sar
If anyone about his heart or on his breasts sore
þolie· þonne ete he þas ylcan wyrte polleium ȝ drince
suffer then let-eat he this same herb pulegium and let-drink
hy fæstende.
it fasting
Gyf hwylcum men hramma derige genim þas ylcan wyrte
If to-any man cramp harm take this same herb
ȝ twegen scenceas ecedes drince fæstende
and two cups of-vinegar let-drink fasting

Wið þæs magan toþundennysse ⁊ þæra innoþa genim þas
Against of-the stomach swelling and of-the inwards take this
ylcan wyrte pollegium gecnucude ⁊ on wætere oððe on
same herb pulegium pounded and in water or in
wine gewyllede oþþe þurh hy sylfe syle þicgean sona byþ
wine boiled or through it self give to-take soon is
seo untrumnys forlæten.
the infirmity left
Wiþ miltan sare genim þas ylcan wyrte polleium seoð on
Against of-spleen sore take this same herb pulegium seethe in
ecede syle drincan swa wearm.
vinegar give to-drink so warm
Wiþ lendena ece ⁊ wið þæra þeona sare genim þas ylcan
Against of-loins ache and against of-the thighs sore take this same
wyrte polleium ⁊ pipor ægþres gelice micel be gewihte
herb pulegium and pepper of-each alike much by weight
cnuca tosomne ⁊ þonne þu on bæþe sy sinyre þærmid
pound together and when thou in bath be smear therewith
þær hyt swyþost derige.
where it most harm

95 Nepte.
Catmint
Ðas wyrte man nepitamon ⁊ oþrum naman nepte nemneþ
This herb one nepeta and by-other name catmint names
⁊ eac grecas hy mente orinon hataþ.
and also Greeks it minthe oreinon call
Wiþ nædran slite genim þas wyrte ðe we nepitamon
Against of-adder bite take this herb which we nepeta
nemdun cnuca mid wine wring þonne þ wos ⁊ syle
named pound with wine wring then the juice and give

drincan on wine ⁊ genim eac þa leaf þysse sylfan wyrte
to-drink in wine and take also the leaves of-this same herb
gecnucude lege to þære wunde.
pounded lay to the wound

Cammoc. 96
Cammock

Ðas wyrte man peucedanum ⁊ oðrum naman cammoc
This herb one peucedanum and by-other name cammock
nemneþ.
names

Ðeos wyrt þe we peucedanum nemdun mæg nædran mid
This herb which we peucedanum named can adders with
hyre swæce aflian.
its smell put-to-flight

Wið nædran slite genim þas ylcan wyrte peucedanum ⁊
Against of-adder bite take this same herb peucedanum and
betonicam ⁊ heortes smeoruw oððe þ mearh ⁊ eced
betony and of-hart grease or the marrow and vinegar
dó tosomne lege þonne to þære wunde he bið gehæled.
put together lay then to the wound he is healed

Wið þa adle þe grecas frenesis nemnað þ is on ure
Against the disease which Greeks phrenesis name that is in our
geþeode gewitleast þæs modes þ byþ ðonne þ heafod
language witlessness of-the mind which is when the head
áweallen byþ genim þonne þas ylcan wyrte peucedanum cnuca
swollen is take then this same herb peucedanum pound
on ecede begeot þonne þ heafod þærmid hyt fremaþ healice.
in vinegar pour then the head therewith it benefits highly

97 Spere wyrt.

Spear wort

Wið blædran sare genim þas wyrte þe man hinnula
Against of-bladder sore take this herb which one inula
campana ȝ oþrum naman spere wyrte nemneþ ȝ merces
campana and by-other name spear wort names and of-marche
sæd ȝ eorð náflan ȝ finules wyrtwalan cnuca tosomne
seed and earth navel and of-fennel root pound together
syle þonne wlæc drincan scearplice hyt fremað.
give then lukewarm to-drink sharply it benefits
Wið toþa sare ȝ wagunge genim þas ylcan wyrte syle
Against of-teeth sore and wagging take this same herb give
etan fæstendum heo þa teþ getrymeð.
to-eat to-fasting it the teeth strengthens
Wið þ ymb þæne nafolan syn reng wyrmas genim þas
Against that about the navel be rain worms take this
ylcan wyrte hinnulan cnuca on wíne lege to þam innoðe.
same herb inula pound in wine lay to the inwards

98 Ribbe.

Ribwort

Ðas wyrte þe man cynoglossam ȝ oðrum naman ribbe
This herb which one cynoglossa and by-other name ribwort
nemneþ ȝ hy eac sume men linguam canis hateþ.
names and it also some men tongue of-dog call
Wið nædran slite þeos wyrt þe we cynoglossam nemdun
Against of-adder bite this herb which we cynoglossa named
wel fremað gecnucud ȝ on wine geþiged.
well benefits pounded and in wine taken

Wið þam fefore ðe þy feorþan dæge on man becymeþ
Against the fever which the fourth day on man comes
genim þas ylcan wyrte cynoglossam ða þe feower leaf
take this same herb cynoglossa that which four leaves
hæbbe cnuca hy syle drincan on wætere heo alyseþ þone man.
have pound it give to-drink in water it releases the man
Wiþ ðæra earena unnytlicnysse ⁊ wið þ man wel gehyran
Against of-the ears uselessness and against that one well hear
ne mæge genim þas ylcan wyrte cynoglossam gecnucude ⁊
not may take this same herb cynoglossa pounded and
on ele gewlæhte drype on þ eare wundorlice hyt hæleþ.
in oil warmed drip in the ear wondrously it heals

99–112 · SAXIFRAGE TO THE MOUNTAIN LUPINE

Saxifrage breaks the stone in a day, and ground ivy is given by rising counts of berries for the spleen. Wild thyme, wormwood, sage, and coriander follow; for a quick birth, coriander seeds knotted in a clean linen cloth are held at the woman's left thigh by a virgin boy or maiden and taken away at once afterward. Portulaca, chervil, brook-mint, olusatrum, lily, and tithymallus serve their own ills. The wood thistle, gathered when the moon is in Capricorn, keeps its bearer from every evil, and the mountain lupine casts out worms.

Sundcorn. 99

Sound-corn
Ðeos wyrt ðe man saxifragam ⁊ oþrum naman sundcorn
This herb which one saxifraga and by-other name sound-corn
nemneð byþ cenned on dunum ⁊ on sænihtum stowum.
names is born on downs and in rocky places

Wið þ stanas on blædran wexen genim þas wyrte þe
Against that stones in bladder grow take this herb which
we saxifragam nemdun. cnuca on wine syle drincan þam
we saxifraga named pound in wine give to-drink to-the
þoligendan ȝ ðam fefergendan on wearmum wætere swa
sufferer and to-the feverish in warm water so
andweard heo ys þæs þe is sæd of ðam þe hys afandedon
present it is of-that which is said by those who it tried
þ heo þy ylcan dæge þa stanas forbrycð ȝ hy ut atyhð
that it the same day the stones breaks and them out draws
ȝ þone man to hys hæle gelædeþ.
and the man to his health leads

100 Eorð ifig.
Earth ivy

Wið þ stanas on blæddran wexen genim þysse wyrte þe
Against that stones in bladder grow take of-this herb which
man hederan nigran ȝ oþrum naman eorð ifig nemneþ
one hedera nigra and by-other name earth ivy names
seofon berian oððe endlufon on wætere gegnidene syle
seven berries or eleven in water rubbed give
drincan wundorlice heo stanas on þære blædran gegaderað
to-drink wondrously it stones in the bladder gathers
ȝ hy to bricð ȝ þurh migþan ut atyhð.
and them — breaks and through urine out draws
Wið heafod sar genim þas ylcan wyrte hederam ȝ rosan
Against head sore take this same herb hedera and of-rose
wos on wine gewesed smyre þonne þa ðunwonga ȝ þone
juice in wine moistened smear then the temples and the
andwlatan þ sár geliðigaþ.
face the sore eases

Wið miltan sare genim þysse ylcan wyrte croppas ærest þry·
Against of-spleen sore take of-this same herb berries first three
æt oþrum sæle fif· æt þam þryddan sæle seofone· æt þam
at second time five at the third time seven at the
feorþan cyrre nigon· æt þam fiftan cyrre endlufon· æt þam
fourth turn nine at the fifth turn eleven at the
sixtan cyrre þreotyne· ⁊ æt þam seofoþam cyrre fiftyne· ⁊
sixth turn thirteen and at the seventh turn fifteen and
æt þam ehteoþan cyrre seofontyne· ⁊ æt þam nigoþan cyrre
at the eighth turn seventeen and at the ninth turn
nigontyne· æt þam teoþan sæle án ⁊ twentig· syle drincan
nineteen at the tenth time one and twenty give to-drink
dæghwamlice on wíne gyf he þonne on fefore sy syle drincan
daily in wine if he then in fever be give to-drink
on wearmum wætere mycelon he byþ gebet ⁊ gestrangod.
in warm water greatly he is bettered and strengthened
Wið þæra wyrma slite þe man spalangiones nemneð genim
Against of-the worms bite which one phalangiones names take
þysse sylfan wyrte seap þæs wyrtwalan þe we hederam
of-this same herb juice of-the root which we hedera
nemdun syle drincan.
named give to-drink
Eft wið þæra wunda lacnunge genim þas ylcan wyrte seoð
Again against of-the wounds cure take this same herb seethe
on wine lege to þam wundum
in wine lay to the wounds
Wiþ þ nærþyrlu yfele stincen genim þysse sylfan wyrte
Against that nostrils evilly stink take of-this same herb
seap· wel ahlytred geot on þa nærþyrlu.
juice well clarified pour in the nostrils

Wið þæra earena unnytlicnysse ȝ wið þ man ne mæge
Against of-the ears uselessness and against that one not may
well gehyran genim þysse ylcan wyrte seap swyþe clæne
well hear take of-this same herb juice very clean
mid wine drype on þa earan he bið gelacnud.
with wine drip in the ears he is cured
Wiþ þ heafod ne ace for sunnan hætan genim þysse
Against that head not ache for of-sun heat take of-this
sylfan wyrte leaf swyþe hnesce cnuca on ecede smyre þonne
same herb leaf very soft pound in vinegar smear then
þone andwlatan þærmid eac hyt fremaþ ongean ælc sar þe
the face therewith also it benefits against each sore which
þam heafode dereþ.
the head harms

101 Organe.
Wild-thyme

Wið þæs heafodes sare genim þysse wyrt eseap þe man
Against of-the head sore take of-this herb juice which one
serpillum ȝ oþrum naman organe nemneþ ȝ ele ȝ
serpyllum and by-other name wild-thyme names and oil and
gebærned sealt to swyþe smalan duste gebryt gemengc ealle
burned salt to very small dust broken mix all
to somne smyre þ heafod þærmid hyt byþ hal.
— together smear the head therewith it is whole
Eft wið heafod ece genim þas ylcan wyrte serpillum
Again against head ache take this same herb serpyllum
gesodene cnuca on ecede smyre þærmid þa ðunwonga ȝ
sodden pound in vinegar smear therewith the temples and
þone andwlatan.
the face

Gif hwa forbærned sy genim þas ylcan wyrte serpillum
If anyone burned be take this same herb serpyllum
ȝ æscþrote ænne wrið ȝ anre yntsan gewihte geswyrfes
and ash-throat one bunch and of-one ounce weight filings
of seolfre ȝ rosan þreora yntsena gewihte gepuna þonne
from silver and of-rose of-three ounces weight pound then
eall tosomne on anum mortere do þonne ðærto wex ȝ
all together in a mortar put then thereto wax and
healfes pundes gewihte beran smeruwes ȝ heortenes seoð
of-half pound weight of-bear grease and of-hart seethe
ealle tosomne feorma hyt ȝ lege to þam bærnette.
all together cleanse it and lay to the burn

Wermod. 102
Wormwood

Ðeos wyrt þe man absinthium ȝ oþrum naman wermod
This herb which one absinthium and by-other name wormwood
nemneð byþ cenned on beganum stowum ȝ on dunum ȝ
names is born in cultivated places and on downs and
on stænilicum stowum.
in stony places

Wið þ man læla ȝ oðre sár of lichaman gedo genim
Against that one bruises and other sores from body put take
þas wyrte absinthium seoð on wætere do þonne on anne
this herb absinthium seethe in water put then on a
clað lege to þam sare gyf þonne se lichoma mearu sy seoð
cloth lay to the sore if then the body tender be seethe
on hunige lege to þam sare.
in honey lay to the sore

Wið þ reng wyrmas ymbe þone nafolan derigen genim
Against that rain worms about the navel harm take
þas ylcan wyrte absinthium ȝ hære hunan ȝ elechtrum
this same herb absinthium and hoar hound and lupine

ealra gelice mycel seoð on geswettum wætere oþþe on wine
of-all alike much seethe in sweetened water or in wine
lege tuwa oððe þriwa to þam nafolan hyt cwelþ þa wyrmas.
lay twice or thrice to the navel it kills the worms

103 Saluie.

Sage

Wið gicþan þæra gesceapena genim þas wyrte ðe man
Against itch of-the private-parts take this herb which one
saluian nemneð seoð on wætere ⁊ mid þam wætere smyre
salvia names seethe in water and with the water smear
þa gesceapu.
the private-parts
Eft wið gicþan þæs setles genim þas ylcan wyrte salfian
Again against itch of-the seat take this same herb salvia
seoð on wætere ⁊ mid þam wætere beþa þ setl hyt
seethe in water and with the water bathe the seat it
geliðigað ðone gicþan healice.
eases the itch highly

104 Celendre.

Coriander

Wið þ reng wyrmas ymb ðone nafolan wexen genim þas
Against that rain worms about the navel grow take this
wyrte þe man coliandrum ⁊ oðrum naman þam gelice
herb which one coriandrum and by-other name to-that like
cellendre nemneð seoð on ele to þryddan dæle do to þam
coriander names seethe in oil to third part put to the
sare ⁊ eac to ðam heafode.
sore and also to the head
Wið þ wif hrædlice cennan mæge genim þysse ylcan
Against that woman quickly bring-forth may take of-this same
coliandran sæd endlufon corn oððe þreottyne cnyte mid
coriander seed eleven corns or thirteen knot with

anum ðræde on anum clænan linenan claþe nime ðonne
a thread in a clean linen cloth let-take then
an man þe sy mægðhades man· cnapa oþþe mægden ⁊
a man who be of-maidenhood person boy or maiden and
healde æt þam wynstran þeo neah þam gewealde ⁊ sona
let-hold at the left thigh near the groin and soon
swa eall seo geeacnung gedón beo dó sona þone læcedom
as all the conception done be put soon the leechdom
aweg þy læs þæs innoðes dæl þær æfter filige.
away the less of-the inwards part there after follow
Wið swiðlicne flewsan þæs sædes fremað wel þeos wyrt 105
Against violent flux of-the seed benefits well this herb
þe man porclaca ⁊ oðrum naman nemneþ ægþer ge
which one portulaca and by-other name names either both
þurh hy sylfe geþigeð ge eac mid oþrum drenceon.
through it self taken and also with other drinks
Cearfille. 106
Chervil
Wið þæs magan sare genim þysse wyrte þe man cerefolium
Against of-the stomach sore take of-this herb which one cerefolium
⁊ oþrum naman þam gelice cerfille nemneþ ðry croppas swa
and by-other name to-that like chervil names three clusters so
grene ⁊ dweorge dwoslan cnuca on anum trywenan mortere
green and dwarf dwostle pound in a wooden mortar
⁊ anne cuculere fulne ameredes huniges ⁊ grene popig wyll
and a spoon full of-clarified honey and green poppy boil
tosomne syle ðicgean· hyt þone magan hrædlice gestrangaþ.
together give to-take it the stomach quickly strengthens

107 Brocminte.

Brook-mint

Wið þære blæddran sare ⁊ wið þ man gemigan ne mæge
Against of-the bladder sore and against that one urinate not may
genim þysse wyrte wos þe man sisimbrium ⁊ oþrum
take of-this herb juice which one sisymbrium and by-other
naman brocminte nemneþ syle þam þoligendan on wearmum
name brook-mint names give to-the sufferer in warm
wætere ðicgean gyf he feforgende sy gyf he þonne ne sy
water to-take if be feverish be if he then not be
syle him on wine drincan ðu hine gelacnust wundorlice.
give him in wine to-drink thou him curest wondrously

108 Eft wið þære blædran sare ⁊ wið þ man gemigan
Again against of-the bladder sore and against that one urinate
ne mæge genim þas wyrte þe man olisatrum· ⁊ oþrum
not may take this herb which one olusatrum and by-other
naman nemneþ cnuca on gewylledan wine syle drincan heo
name names pound in boiled wine give to-drink it
ðone migðan mihtelice gebet.
the urine mightily amends

109 Liliæ.

Lily

Ðas wyrt man lilie ⁊ oþrum naman lilium nemneþ.
This herb one lily and by-other name lilium names
Wið nædran slite genim þas wyrte þe we lilium nemdun
Against of-adder bite take this herb which we lilium named
⁊ bulbum þa wyrte ða man eac oþrum naman halswyrt
and bulbus the herb which one also by-other name neck-wort
hateþ cnuca tósomne syle drincan· nim þonne bulbum þa
calls pound together give to-drink take then bulbus the
wyrte gecnucude lege to þam slite he byð gehæled.
herb pounded lay to the bite he is healed

Wið geswel genim lilian leaf gecnucude lege to þam
Against swelling take of-lily leaf pounded lay to the
geswelle fcearplice hyt hæleþ ȝ þ geswel geliðigaþ.
swelling sharply it heals and the swelling eases

Lacterida. 110
Lacterida

Ðeos wyrt þe man titymallos calatites ȝ oþrum naman
This herb which one tithymallus characites and by-other name
lacteridan nemneð bið cenned on watum stowum ȝ on
lacterida names is born in wet places and on
ofrum.
shores

Wið þæra innoða sare genim þysse wyrte wrið titymalli
Against of-the inwards sore take of-this herb bunch tithymallus
cnuca on wine swa þ þæs wines syn twegen scenceas do
pound in wine so that of-the wine be two cups put
þonne of þære wyrte þæs woses þærto twegen cuculeras
then of the herb of-the juice thereto two spoons
fulle drince ðonne fæstende he byþ gehæled.
full let-drink then fasting he is healed

Wið weartan genim þysse ylcan wyrte meolc ȝ clufþungan
Against warts take of-this same herb milk and of-clove-thung
wos do to þære weartan þy þriddan dæge hyt þa weartan
juice put to the wart the third day it the warts
gehæleþ.
heals

Wið hreoflan genim ðysse sylfan wyrte croppas mid tyrwan
Against leprosy take of-this same herb berries with tar
gesodene smyre þær mid.
sodden smear there with

111 Wudu þistel.

Wood thistle

Ðeos wyrt ðe man carduum syluaticum ⁊ oþrum naman

This herb which one carduus silvaticus and by-other name

wudu ðistel nemneð bið cænned on mædum ⁊ wið wegas.

wood thistle names is born in meadows and by ways

Wið þæs magan sare genim þas ylcan wyrte þe we

Against of-the stomach sore take this same herb which we

carduum siluaticum nemdun ðone crop ufeweardne swa

carduus silvaticus named the top upper so

mearune ⁊ swa grenne syle þicgean on geswetton ecede

tender and so green give to-take in sweetened vinegar

hyt geliðigað þa sarnysse.

it eases the soreness

Wiþ þ ðu nane yfele geancymas ðe ne ondræde genim

Against that thou no evil encounters thee — dread take

þas ylcan wyrte carduum silfaticum on ærne mergen þonne

this same herb carduus silvaticus in early morning when

seo sunne ærest upgange ⁊ þ sy þonne sé mona sy in

the sun first up-goes and that be when the moon be in

capricornu ⁊ heald hy mid þe swa lange swa ðu hy mid

capricorn and hold it with thee so long as thou it with

þe byrst nan wiht yfeles þe ongean cymeð.

thee bearest no whit of-evil thee against comes

112 Ðeos wyrt þe man lupinum montanum ⁊ oþrum naman

This herb which one lupinus montanus and by-other name

nemneþ byþ cenned wið hegas ⁊ on sandigum stowum.

names is born by hedges and in sandy places

Wið þ wyrmas ymb ðone nafolan derigen genim þas
Against that worms about the navel harm take this
wyrte lupinum montanum gecnucude syle drincan on ecede
herb lupinus montanus pounded give to-drink in vinegar
anne scenc fulne butan yldingce heo ða wyrmas ut awyrpeð.
one cup full without delay it the worms out casts
Gyf þonne cildan þ sylfe derige genim ðas ylcan wyrte
If then to-children the same harm take this same herb
lupinum ȝ wermod cnuca tosomne lege to ðam nafolan.
lupinus and wormwood pound together lay to the navel

113–129 · GITH-CORN TO PARSLEY

Gith-corn stirs a hardened belly. The hare cures itself of summer heat with the lettuce named for it. The wild cucumber's fruit is dangerous eaten fasting. Wild hemp, mountain rue, seven-leaf, mistel, marche, ivy, mint, dill, origan, sengreen, and fennel treat the breasts, eyes, feet, dropsy, wounds, phlegm, and bladder. Joint wort, born first in Gaul on Mount Soracte, blooms in every season and heals lung disease. Neck wort stops a woman's flux, and parsley heals adders' bites and the sinews.

Gyð corn. 113
Gith corn
Þeos wyrt þe man lactyridem ȝ oþrum naman giðcorn
This herb which one lathyris and by-other name gith-corn
nemneð byð cenned on beganum stowum ȝ on sandigum.
names is born in cultivated places and in sandy

Wið þæs innoþes heardnysse genim þysse wyrte sæd þ
Against of-the inwards hardness take of-this herb seed that
syndon ða corn wel afeormude syle drincan on wearmum
are the corns well cleansed give to-drink in warm
wætere sona hyt þone innoð astyreþ.
water soon it the inwards stirs

114 Lactuca.

Lettuce

Ðeos wyrt þe man lactucam leporinam ȝ oþrum naman þam
This herb which one lactuca leporina and by-other name to-that
gelice lactucam nemneþ bið cenned on beganum stowum ȝ
like lactuca names is born in cultivated places and
on sandigum· be ðysse wyrte ys sæd þ se hara ðonne he on
in sandy about this herb is said that the hare when he in
sumura for swiðlicre hætan geteorud byþ mid þysse wyrte hyne
summer for violent heat tired is with this herb him
sylfne gelacnað· for þy heo ys lactuca leporinam genemneð.
self cures for that it is lactuca leporina named
Wið feforgende genim þas wyrte lactucam leporinam lege
Against feverish take this herb lactuca leporina lay
him nytendum under his pyle he byþ gehæled.
to-him unknowing under his pillow he is healed

115 Hwerhwette.

Cucumber

Ðeos wyrt þe man cucumerem siluaticum ȝ oþrum naman
This herb which one cucumis silvaticus and by-other name
hwerhwette nemneþ byþ cenned neah sǽ ȝ on hatum
cucumber names is born near sea and in hot
stowum.
places

Wið þæra sina sare ⁊ wið fotadle genim wyrtwalan
Against of-the sinews sore and against foot-disease take root
þysse wyrte þe we cucumerem silfaticum nemdun seoð
of-this herb which we cucumis silvaticus named seethe
on ele to þriddan dæle smyre þær mid.
in oil to third part smear there with
Gif cild misboren sy genim ðysse ylcan wyrte wyrttruman to
If child misborn be take of-this same herb root to
þriddan dæle gesodenne þweah ðonne þ cild þærmid ⁊ gyf
third part sodden wash then the child therewith and if
hwa þysse wyrte wæstm fæstende þigeð hyt him becymð to
anyone of-this herb fruit fasting takes it to-him comes to
freanysse for ðy gehwā hine forhæbbe þ he hi na fæstende ete.
danger for that each himself let-restrain that he it not fasting eat
Henep j. Canuere. 116
Hemp that-is Canuere
Ðeos wyrt þe man cannane silfatica ⁊ oþrum naman
This herb which one cannabis silvatica and by-other name
henep nemneþ byþ cenned on wiþerrædum stowum wið
hemp names is born in rough places by
wegas· ⁊ hegas.
ways and hedges
Wið þæra breosta sare génim þas wyrte cannarem siluaticam
Against of-the breasts sore take this herb cannabis silvatica
gecnucude mid rysle lege to þam breostan heo tofereþ þ
pounded with fat lay to the breasts it disperses the
geswel· ⁊ gyf þær hwylc gegaderung biþ heo þa afeormaþ.
swelling and if there any gathering is it it cleanses

Wið cile bærnettes genim þysse ylcan wyrte wæstm mid
Against chill burning take of-this same herb fruit with
netelan sæde gecnucudne ȝ mid ecede gewesed lege to
of-nettle seed pounded and with vinegar moistened lay to
þam sare.
the sore

117 Rude.
Rue

Ðeos wyrt þe man rutam montanam ȝ oþrum naman
This herb which one ruta montana and by-other name
þam gelice rudan nemneþ byþ cenned on dunum ȝ on
to-that like rue names is born on downs and in
unbeganum stowum.
uncultivated places

Wið eagena dymnysse ȝ wið yfele dolh genim þysse
Against of-eyes dimness and against evil wounds take of-this
wyrte leaf þe we rutam montanam nemdun on ealdum wine
herb leaf which we ruta montana named in old wine
gesodene do þonne on an glæsen fæt smyre syþþan þær mid
sodden put then in a glass vat smear afterward there with
Wiþ ðæra breosta sare genim þas ylcan wyrte rutam
Against of-the breasts sore take this same herb ruta
siluaticam cnuca on trywenan fæte· nim þonne swa mycel
silvatica pound in wooden vat take then as much
swa ðu mid ðrim fingron gegripan mæge do ón an fæt ȝ
as thou with three fingers grip may put in a vat and
þær to anne scenc wines ȝ twegen wæteres syle drincan
there to a cup of-wine and two of-water give to-drink
gereste hyne þonne sume hwile sona he byð hæl.
let-rest himself then some while soon he is whole

Wið lifer sare genim þysse ylcan wyrte anne gripán ⁊
Against liver sore take of-this same herb one handful and
oþerne healfne sester wæteres ⁊ ealswa mycel huniges wyll
other half sester of-water and also much of-honey boil
tosomne syle drincan þry dagas· ma gyf him þearf sy·
together give to-drink three days more if to-him need be
þu hine miht gehælan.
thou him canst heal

Wið þ man gemigan ne mæge genim þysse ylcan wyrte
Against that one urinate not may take of-this same herb
rute siluatice nigon stelan ⁊ wæteres ðry scenceas cnuca
ruta silvatica nine stalks and of-water three cups pound
tosomne ⁊ ecedes healfne sester wyll eal tosomne syle
together and of-vinegar half sester boil all together give
drincan singallice nigon dagas he byð gehæled.
to-drink continually nine days he is healed

Wið þære nædran slite ðe man scorpius hateþ genim
Against of-the adder bite which one scorpius calls take
þysse ylcan wyrte sæd rute siluatice cnuca on wine syle
of-this same herb seed ruta silvatica pound in wine give
drincan hyt geliðigaþ þ sar.
to-drink it eases the sore

Seofen leafe. 118
Seven leaf

Ðeos wyrt þe man eptafilon ⁊ oðrum naman septifolium
This herb which one heptaphyllon and by-other name septifolium
nemneð ⁊ eac sume men seofenleafe hatað byþ cenned
names and also some men seven-leaf call is born
on beganum stowum ⁊ on sandigum landum.
in cultivated places and on sandy lands

Wið fot adle genim þas wyrte septifolium gecnucude ȝ
Against foot disease take this herb septifolium pounded and
wið croh gemengcgede smyre ðonne þa fét mid þam wose
with saffron mixed smear then the feet with the juice
þy ðryddan dæge hyt þ sár genimeþ.
the third day it the sore takes

119 Mistel.

Mistel

Wið heafod ece genim þas wyrte þe man ocimum ȝ
Against head ache take this herb which one ocimum and
oðrum naman mistel nemneþ cnuca mid rosan wose oððe
by-other name mistel names pound with of-rose juice or
wyrtriwes oððe mid ecede lege to þam andwlatan.
of-myrtle or with vinegar lay to the face
Eft wið eagena sare ȝ geswel cnuca ðas sylfan wyrte on
Again against of-eyes sore and swelling pound this same herb in
godum wine smyre þa eagan þær mid þu hy gehælst.
good wine smear the eyes there with thou them healest
Wið ædrena sare do þ sylfe syle drincan on rinde ðæs
Against of-veins sore do the same give to-drink in rind of-the
æples þe man malum granatum nemneþ.
apple which one malum granatum names

120 Merce.

Marche

Wið eagena sare ȝ wið geswel nim ðas wyrte þe man
Against of-eyes sore and against swelling take this herb which one
appium ȝ oðrum naman merce nemneþ wel gecnucude
apium and by-other name marche names well pounded
mid hlafe lege to þam eagon.
with loaf lay to the eyes

Yfig. 121

Ivy

Ðeos wyrt þe man hederam crysocantes ȝ oðrum naman
This herb which one hedera chrysocarpos and by-other name
ifig nemneþ is gecweden crysocantes forðy þe heo byrð
ivy names is called chrysocarpos because that it bears
corn golde gelice.
corn to-gold like
Wið wæter seocnysse genim þysse wyrte twentig corna gnid
Against water sickness take of-this herb twenty corns rub
on anne sester wines ȝ of þam wine syle drincan þry scenceas
in a sester of-wine and of the wine give to-drink three cups
seofon dagas seo untrumnys ðurh þone migðan byð aidlud.
seven days the infirmity through the urine is emptied

Minte. 122

Mint

Wið teter ȝ pypylgende lic genim ðysse wyrte seap þe
Against tetter and pimpled body take of-this herb juice which
man mentam ȝ þam gelice oþrum naman mintan nemneð
one mentha and to-that like by-other name mint names
do þonne þærto swefel ȝ eced cnuca eal tosomne smyre
put then thereto sulfur and vinegar pound all together smear
mid nire feþere sona þ sár geliðigað.
with new feather soon the sore eases
Gyf yfele dolh oððe wunda on heafde sýn genim þas ylcan
If evil gashes or wounds on head be take this same
wyrte mentam gecnucude lege to þam wundum heo hy
herb mentha pounded lay to the wounds it them
gehæleþ.
heals

123 Dile.

Dill

Wið gicðan ⁊ wið sár þæra gesceapa genim þas wyrte
Against itch and against sore of-the private-parts take this herb
þe man anetum ⁊ oþrum naman dyle nemneþ bærn
which one anethum and by-other name dill names burn
to duste nim þonne þ dust ⁊ hunig mengc tosomne
to dust take then the dust and honey mix together
beþa ærest þ sar mid wætere þweah syþþan mid wearmum
bathe first the sore with water wash afterward with warm
wyrtrywenum wose lege þonne þa lacnunge þærto.
myrtle juice lay then the cure thereto
Gyf þonne wifmen hwæt swylces derige do hyre man fram
If then to-woman aught such harm let-do to-her one from
hyre byrþþinene þone sylfan læcedom þære wyrte þe we
her bower-maid the same leechdom of-the herb which we
nu her beforan cwædon.
now here before said
Wið heafod ece genim þysse ylcan wyrte blostman seoð
Against head ache take of-this same herb blossoms seethe
mid ele smyre ða þunwonga ⁊ gewrið þ heafod.
with oil smear the temples and bind the head

124 Organe.

Origanum

Ðeos wyrt þe man origanum ⁊ oðrum naman þam gelice
This herb which one origanum and by-other name to-that like
organan nemneþ is hattre gecynde ⁊ swyðlicre ⁊ heo
origan names is of-hotter nature and more-violent and it
gebræceo ut atyhð ⁊ heo ælc yfel blod ⁊ þære dropan
phlegm out draws and it each evil blood and of-the gout
gewyldeþ ⁊ heo wyþ nyrwet ⁊ lifer seocum wel fremað.
controls and it against narrowness and to-liver sick well benefits

Wið gebræceo genim þas ylcan wyrte organan syle etan þu
Against phlegm take this same herb origan give to-eat thou
wundrast hyre fremfulnysse.
wonderest at-its benefit
Sinfulle. 125
Sengreen
Wið ealle gegaderunga þæs yfelan wætan of þam lichoman
Against all gatherings of-the evil humor from the body
genim þas wyrte þe man semperuiuum ⁊ oðrum naman
take this herb which one sempervivum and by-other name
sinfulle nemneþ ⁊ rysle ⁊ hlaf ⁊ coliandran cnuca eal
sengreen names and fat and loaf and coriander pound all
tosomne þam gelice þe ðu clyþan wyrce lege to þam sare.
together in-the like which thou poultice work lay to the sore
Finol. 126
Fennel
Wið gebræceo ⁊ wyð nyrwyt genim þysse wyrte
Against phlegm and against narrowness take of-this herb
wyrttruman þe man feniculum ⁊ oðrum naman tinul
root which one feniculum and by-other name fennel
nemneþ cnuca on wine drince fæstende nigon dagas.
names pound in wine let-drink fasting nine days
Wið blædran sare genim þysse ylcan wyrte þe we feniculum
Against of-bladder sore take of-this same herb which we feniculum
nemdun anne gripan swa grene ⁊ merces wyrttruman
named a handful so green and of-marche root
grenne ⁊ eorð nafolan wyrttruman grene dó on anne
green and of-earth navel root green put in a
niwne croccan ⁊ wæteres anne sester fulne wyl tosomne to
new crock and of-water a sester full boil together to
feorðan dæle· drince þonne fæstende seofon dagas oþþe ma
fourth part let-drink then fasting seven days or more

ȝ he bæþes bruce na swa þeah coles· ne he colne wætan
and he bath let-use not so though cold nor he cold liquid
þicge butan yldincge þære blæddran sar byð geliðigod.
let-take without delay of-the bladder sore is eased

127 Lið wyrt.
Joint wort

Ðeos wyrt þe man erifion ȝ oþrum naman lið wyrt
This herb which one erifion and by-other name joint wort
nemneþ byþ cenned fyrmest in gallia þ is on franclande
names is born first in gallia that is in frank-land
on þam munte þe man soractis hateþ· heo hæfð merces
on the mountain which one soracte calls it has of-marche
gelicnysse ȝ heo hafað blostman readne swylce cærse ȝ
likeness and it has blossom red like cress and
heo hafaþ seofon wyrttruman ȝ swa fela stelena ȝ heo hy
it has seven roots and so many stalks and it it
sylfe tobrædeð on unbeganum stowum ȝ na on wætum heo
self spreads in uncultivated places and not in wet it
byþ ælcon timan blowende ȝ heo hafað sæd swylce beana.
is at-each time blowing and it has seed like beans
Wiþ lungen adle genim þas wyrte erifion gecnucude þam
Against lung disease take this herb erifion pounded in-the
gelice þe þu clyþan wyrce· lege to þam sare heo hit
like which thou poultice work lay to the sore it it
gehæleþ· nim þonne þ wos þisse sylfan wyrte syle drincan
heals take then the juice of-this same herb give to-drink
þu wundrast þæs mægenes þysse wyrte.
thou wonderest at-the power of-this herb

Hals wyrt. 128

Neck wort

Wið wifes flewsan genim þas wyrte þe man sinfitum

Against of-woman flux take this herb which one symphytum

album ȝ oþrum naman hals wyrt nemneþ gedrige hy ȝ

album and by-other name neck wort names dry it and

cnuca toswiþe smalan duste syle drincan on wine sona heo

pound to-very small dust give to-drink in wine soon it

þa flewsan gewrið.

the flux binds

Peter silie. 129

Parsley —

Ðas wyrte man triannem ȝ oþrum naman petroselinum

This herb one triannem and by-other name petroselinum

nemneþ ȝ eac hy sume men þam gelice petersilie hateþ.

names and also it some men to-that like parsley call

Wið næddran slite genim of ðysse wyrte petroselini swyþe

Against of-adder bite take of this herb petroselinum very

smæl dust anes scillinges gewihte syle drincan on wine nim

small dust of-one shilling weight give to-drink in wine take

ðonne þa wyrte gecnucude lege to þære wunde.

then the herb pounded lay to the wound

Wiþ ðæra sina sare genim þas ylcan wyrte petroselinum

Against of-the sinews sore take this same herb petroselinum

gewunude lege to þam sare heo geliþigað þ sár þæra sina.

pounded lay to the sore it eases the sore of-the sinews

Wild cole heals swellings, a sore side, and gout. Basilisca grows where the basilisk lives, in three kinds, gold, drop-stained, and blood-red, which burn, shrivel, or melt whatever they see; the herb's bearer is safe from them all. Mandrake shines at night and flees the unclean; it is circled with iron, dug with an ivory staff, and pulled up by a hungry dog, and it heals headache, sleeplessness, sore ears, gout, and madness. Leech wort helps against adders and scorpions, arction against bloody spittle and old wounds, and southernwood against venoms and fever.

130 Capel.

Cole

Wið ealle geswell genim þysse wyrte croppas þe man
Against all swellings take of-this herb clusters which one
brassicam siluaticam ⁊ oðrum naman caul nemneþ cnuca
brassica silvatica and by-other name cole names pound
mid ealdon rysle gemengc ðonne swylce ðu clyðan wyrce
with old fat mix then as thou poultice work
do on anne þicne linenne clað lege to þam sare.
put on a thick linen cloth lay to the sore
Wið sidan sare genim þas ylcan wyrte brassicam siluaticam
Against of-side sore take this same herb brassica silvatica
lege to þam sare swa gemencged swa we her beforan
lay to the sore so mixed as we here before
cwædon.
said
Wið fotadle genim þas sylfan wyrte brassicam on þa ylcan
Against foot-disease take this same herb brassica in the same
wisan þe we ær cwædon ⁊ swa se læcedom yldra byþ
wise which we before said and as the leechdom older is
swa he scearp numulra ⁊ halwendra byþ.
so it sharp more-able and more-healing is

Nædder wyrt. 131

Adder wort

Ðeos wyrt þe man basilisca ⁊ oðrum naman nædder wyrt

This herb which one basilisca and by-other name adder wort

nemneþ byþ cenned on ðam stowum þær seo nædre byþ

names is born in the places where the adder is

þe man þam ylcan naman nemneð basiliscus· witodlice nys

which one by-the same name names basiliscus truly not-is

heora cyn án ác hi sindon þreora cynna án ys olocryseis þ

their kind one but they are of-three kinds one is olochryseus that

is on ure geðeode gecweden þ heo eall golde scine· ðonne

is in our language said that it all with-gold shine then

is oðer cyn stillatus þ is on ure geþeode droppfah seo ys

is other kind stillatus that is in our language drop-stained which is

swylce heo gyldenum heafde sy· þ ðridde cyn ys sanguineus

as-if it with-golden head be the third kind is sanguineus

þ is blodread eac swilce heo gylden on heafde sy· ealle

that is blood-red also as-if it golden on head be all

ðas cyn þeos wyrt basilisca hæfð þonne gyf hwa þas wyrte

these kinds this herb basilisca has then if anyone this herb

mid him hafað þonne ne mæg him nan ðyssa nædder cynna

with him has then not can him any of-these adder kinds

derian seo forme næddre olocryssus is genemned criseos seo

harm the first adder olochryseus is named chryseos which

swa hwæt swa heo gesihð heo toblæwð ⁊ anæleþ· ðonne

so what so it sees it blows-apart and kindles then

seo oþer stillatus is soðlice gecweden crysocefalus asterites·

the other stillatus is truly called chrysocephalus asterites

þeos swa hwæt swa heo gesyhð hyt forscrinceð ⁊ gewiteþ·

this so what so it sees it shrinks and departs

þonne is seo ðridde genemned hematites ⁊ crysocefalus

then is the third named haematites and chrysocephalus

swa hwæt swa ðeos gesyhð oþþe hreweð hyt toflewð swa
so what so this sees or touches it flows-apart so
ðæt þær nan wiht belifeþ buton þa ban· þonne hæfð þeos
that there no whit remains except the bones then has this
wyrt basilisca ealle heora strengða· gyf hwylc man þas
herb basilisca all their strengths if any man this
wyrte mid him hafað wið eall nædder cyn he biþ trum.
herb with him has against all adder kind he is strong
Þeos wyrt ys rudan gelic ȝ heo hæfð meolc reade swylce
This herb is to-rue like and it has milk red like
celidonie· ȝ heo hæfð wolcen reade blostman· ȝ se þe
celandine and it has cloud red blossoms and he who
hy niman wylle he hyne sylfne clænsie ȝ hy bewrite
it take will he him self let-cleanse and it let-write-around
mid golde ȝ mid seolfre ȝ mid heortes horne ȝ mid
with gold and with silver and with of-hart horn and with
ylpen bane ȝ mid bares tuxe ȝ mid fearres horne ȝ
ivory bone and with of-boar tusk and with of-bull horn and
mid hunige geswette wæstmas þæs onbutan gelecge.
with honey sweetened fruits of-that about let-lay

132 Mandragora.

Mandrake

Ðeos wyrt þe man mandragoram nemneþ ys mycel ȝ
This herb which one mandragora names is great and
mære on gesihþe ȝ heo ys fremful· ða þu scealt þyssum
famous in sight and it is beneficial it thou shalt in-this
gemete niman þonne þu to hyre cymst þonne ongist þu
measure take when thou to it comest then perceivest thou
hy be þam þe heo on nihte scineð eal swa leoht fæt
it by that that it at night shines all as light vessel
þonne ðu hyre heafod ærest geseo þonne bewrit þu hy
when thou its head first see then write-around thou it

wel hraþe mid iserne þy læs heo þe ætfleo hyre mægen
well quickly with iron the less it thee flee-from its power
ys swa mycel ⁊ swa mære þ heo unclænne man þonne
is so great and so famous that it unclean man when
he to hyre cymeþ wel hraþe forfleon wyle forðy þu hy
he to it comes well quickly flee will therefore thou it
bewrit swa wé ǽr cwædon mid iserne ⁊ swa þu scealt
write-around as we before said with iron and so thou shalt
onbutan hy delfan swa ðu hyre mid þam iserne ná æthrine·
about it dig as thou it with the iron not touch
ác þu geornlice scealt mid ylpenbanenon stæfe ða eorðan
but thou eagerly shalt with ivory staff the earth
delfan· ⁊ þonne þu hyre handa ⁊ hyre fet geseo þonne
dig and when thou its hands and its feet see then
gewrið þu hy· nim þonne þæne oþerne ende· ⁊ gewrið to
bind thou it take then the other end and bind to
anes hundes swyran swa þ se hund hungrig sy wurp him
of-a hound neck so that the hound hungry be cast him
syþþan mete toforan swa þ he hyne ahræccan ne mæge
afterward meat before so that he it reach not may
buton he mid him þa wyrte upabrede· be þysse wyrte ys
unless he with him the herb up-pluck about this herb is
sæd þ heo swa mycele mihte hæbbe þ swa hwylc þincg
said that it so great might have that so which thing
swa hy upatyhð þ hyt sona scyle þam sylfan gemete beon
so it up-draws that it soon shall in-the same measure be
beswycen· forþy sona swa þu geseo þ heo upabroden sy·
deceived therefore soon as thou see that it up-plucked be
⁊ þu hyre geweald hæbbe genim hy sona on hand swa and
and thou its control have take it soon in hand so and
wealc hi ⁊ gewring þ wos of hyre leafon on ane glæsene
twist it and wring the juice from its leaves into a glass

ampullan· ⁊ þonne ðe neod becume þ þu hwylcon men
ampulla and when to-thee need come that thou any man
þærmid helpan scyle þonne help þu him ðyssum gemete.
therewith help shall then help thou him in-this measure
Wið heafod ece ⁊ wið þ man slapan ne mæge genim
Against head ache and against that one sleep not may take
þ wos· smyre þone andwlatan· ⁊ seo wyrt swa some
the juice smear the face and the herb so same
þam sylfan gemete þone heafod ece geliðigaþ· ⁊ eac þu
in-the same measure the head ache eases and also thou
wundrast hu hrædlice se slæp becymeþ.
wonderest how quickly the sleep comes
Wið þæra earena sare genim þysse ylcan wyrte wós
Against of-the ears sore take of-this same herb juice
gemencgged mid ele þe sy of nardo geot on ða earan
mixed with oil which be of nard pour in the ears
þu wundrast hu hrædlice he byþ gehæled.
thou wonderest how quickly he is healed
Wið fot adle þeah ðe heo hefegust sy genim of þære swyþran
Against foot disease though that it heaviest be take of the right
handa þysse wyrte ⁊ of þære wynstran of ægþerre handa þreora
hand of-this herb and of the left of either hand of-three
penega gewihte wyrc to duste syle drincan on wine seofon dagas
pennies weight work to dust give to-drink in wine seven days
he byþ gehæled na þ án þ þæt geswel geset· ác eac þæra sina
he is healed not that alone that the swelling settles but also of-the sinews
togunge to hæle gelædeþ· ⁊ þa sár butu wundurlice gehæleþ.
contraction to health leads and the sores both wondrously heals
Wið gewitleaste þ is wið deoful seocnysse genim of
Against witlessness that is against devil sickness take of
þam lichoman þysse ylcan wyrte mandragore þreora penega
the body of-this same herb mandragora of-three pennies

gewihte syle drincan on wearmum wætere swa hé eaðelicost
weight give to-drink in warm water as he most-easily
mæge sona he byþ gehæled.
may soon he is healed
Eft wið sina togunge genim of ðam lichoman þysse wyrte
Again against of-sinews contraction take of the body of-this herb
anre yndsan gewihte cnuca to swyþe smalan duste gemencg mid
of-one ounce weight pound to very small dust mix with
ele smyre þonne þa þe ðas foresprecenan untrumnysse habbað.
oil smear then those who this aforesaid infirmity have
Gyf hwa hwylce hefige yfelnysse on his hofe geseo genime
If anyone any heavy evil in his house see let-take
þas wyrte mandragoram on middan þam huse swa mycel
this herb mandragora in middle-of the house as much
swa he þonne hæbbe ealle yfelu he utanydeð.
as he then have all evils it out-forces
Læce wyrt. 133
Leech wort
Ðeos wyrt ðe man lichanis stefanice ⁊ oðrum naman
This herb which one lychnis stephanomatice and by-other name
læcewyrt nemneþ hafað lange leaf ⁊ geþufe ⁊ hæwene
leech-wort names has long leaves and leafy and blue
⁊ hyre stela byð mid geþufum bogum ⁊ heo hafað on
and its stalk is with leafy boughs and it has on
ufeweardum þam stelan geoluwe blostman þysse wyrte sæd
upper the stalk yellow blossoms of-this herb seed
on wine geseald fremað wel· ongean eal nædder cyn· ⁊
in wine given benefits well against all adder kind and
wið scorpiones stincg to ðam swyþe þæs ðe sume men
against of-scorpion sting to that much of-that that some men

secgeað· þ gyf hy man ofer þa scorpiones gelegð þ heo
say that if it one over the scorpions lays that it
him únmihtignesse ⁊ untrumnysse ongebríncge.
to-them weakness and infirmity bring-on
134 Ðeos wyrt ðe man action ⁊ oðrum naman nemneð hafað
This herb which one arction and by-other name names has
gelice leaf cyrfættan ac hy beoð maran ⁊ heardran· ⁊
like leaves to-gourd but they are greater and harder and
heo hafað wið þone wyrttruman greatne stelan ⁊ twegea
it has toward the root great stalk and of-two
fæðma lange ⁊ heo hafað on ufeweardon þam stelan sæd
fathoms long and it has on upper the stalk seed
ðistele gelic ac hyt byð smælre ⁊ read on bleo.
to-thistle like but it is smaller and red in color
Wið þ man blod ⁊ worsm gemang hræce· genim þysse
Against that one blood and pus mixed hawk take of-this
wyrte feower penega gewiht sædes ⁊ cyrnlu of wintrywenum
herb of-four pennies weight of-seed and kernels of wine-tree
hnutum cnuca tosomne þam gelice þe þu anne æppel
nuts pound together in-the like which thou an apple
wyrce syle þicgean þam untruman hyt hyne gehæleð.
work give to-take to-the infirm it him heals
Wið þæra liða sare genim þas ylcan wyrte gecnucude ⁊
Against of-the limbs sore take this same herb pounded and
to clyþan geworhte lege to ðam sare heo hyt geliðigað·
to poultice wrought lay to the sore it it eases
eac þam sylfan gemete heo ealde wunda gehæleþ.
also in-the same measure it old wounds heals

Suþerne wuda. 135

Southern wood

Ðeos wyrt þe man abrotanum ⁊ oðrum naman suðerne

This herb which one abrotanum and by-other name southern

wuda nemneþ ys twegea cynna· þonne is þ oðer cyn greaton

wood names is of-two kinds then is the other kind with-great

bogum ⁊ swyþe smælon leafon swylce heo má fexede

boughs and very small leaves as-if it more haired

gesewen sy ⁊ heo hafað blostman ⁊ sæd swyþe gehwæde·

seen be and it has blossoms and seed very small

⁊ heo is godes swæces ⁊ myceles ⁊ biterre on byrgynge.

and it is of-good smell and great and bitter in tasting

Wyð nyrwyt ⁊ wið ban ece ⁊ wið þ man earfoðlice

Against narrowness and against bone ache and against that one with-difficulty

gemigan mæge þysse wyrte sæd wel fremað gecnucud ⁊

urinate may of-this herb seed well benefits pounded and

on wætere geðiged.

in water taken

Wið sidan sare genim ðas ylcan wyrte ⁊ betonicam cnuca

Against of-side sore take this same herb and betony pound

tosomne syle drincan.

together give to-drink

Wið attru ⁊ wið nædrena slite genim ðas ylcan wyrte

Against venoms and against of-adders bite take this same herb

abrotanum syle drincan on wine heo helpeð wel cnuca

abrotanum give to-drink in wine it helps well pound

hy eac mid ele ⁊ smyre ðone lichoman þærmid· eac heo

it also with oil and smear the body therewith also it

wið þone colan fefor wel fremað· eac þ sæd þysse wyrte

against the cold fever well benefits also the seed of-this herb

stranglice afligeð gindstreð oððe onæled.

strongly puts-to-flight strewn-about or kindled

Wið þæra nædrena slite þe man spalangiones ȝ scorpiones
Against of-the adders bite which one phalangiones and scorpions
nemneð þeos sylfe wyrt wel fremað.
names this same herb well benefits
Wið eagena sare genim þas ylcan wyrte abrotanum gesodene
Against of-eyes sore take this same herb abrotanum sodden
mid ðære wyrte þe man melacidoniam ȝ oðrum naman
with the herb which one malum-cydonium and by-other name
codoniam hateþ ȝ ðonne mid hlafe gecnucude þam gelice
cydonia calls and then with loaf pounded in-the like
þe þu clyþan wyrce lege to þam sare hyt byð geliðigod.
which thou poultice work lay to the sore it is eased
Þeos wyrt is swa we her beforan cwædon twegea cynna
This herb is as we here before said of-two kinds
oðer ys wif oðer wer· ȝ hy habbað on eallon þingcon
one is female other male and they have in all things
gelice mihte ongean þa ðincg ðe we her beforan sædon.
like might against the things which we here before said

Laber draws the stone out through the urine, and the sun-whorl heals adders' bites, worms, and warts. Spreritis smells of myrrh and serves the cold fever, and the lesser aizoon the eyes. White hellebore, which the leech must dry and cut into pea-sized pieces, is strong enough to choke a man and is given mixed with food. Buphthalmon, gorse, which kills fleas, and conyza, which drives off adders and kills gnats, midges, and fleas, close the section.

Laber. 136

Laber

Ðeos wyrt þe man sion ȝ oðrum naman laber nemneþ
This herb which one sion and by-other name laber names
byð cenned on wætum stowum.
is born in wet places
Wið þ stanas on blædran wexen genim ðas wyrte syle
Against that stones in bladder grow take this herb give
etan oððe gesodene oððe hræwe heo þa stanas þurh migþan
to-eat either sodden or raw it the stones through urine
ut atyhð.
out draws
Eac ðeos sylfe wyrt wel fremað wið utsiht ȝ wið þæs
Also this same herb well benefits against diarrhea and against of-the
innoþes astyrunge.
inwards stirring

Sigil hweorfa. 137

Sun whorl

Ðeos wyrt þe man eliotropus ȝ oðrum naman sigilhweorfa
This herb which one heliotropus and by-other name sun-whorl
nemneð byþ cenned on fættum landum ȝ on beganum ȝ
names is born on fat lands and on cultivated and

heo hafað leaf neah swylce mistel þa beoð ruge ȝ brade
it has leaves nearly like mistel they are rough and broad
ȝ heo hafað sæd sinewealt ȝ þ byð þreora cynna bleos.
and it has seed round and that is of-three kinds of-color
Wið ealra nædder cynna slitas ȝ wið scorpiones genim
Against of-all adder kinds bites and against scorpions take
þysse wyrte wyrttruman eliotropos syle drincan on wine
of-this herb root heliotropus give to-drink in wine
ȝ gecnucude lege to þære wunde heo fremað mycelon.
and pounded lay to the wound it benefits greatly
Wyð þæt wyrmas ymb þone nafolan on þam innoðe derigen
Against that worms about the navel in the inwards harm
genim ðas ylcan wyrte· ȝ ysopan ȝ nytrum ȝ cærsan cnuca
take this same herb and hyssop and natron and cress pound
tosomne ealle syle drincan on wætere heo acwelleþ ða wyrmas.
together all give to-drink in water it kills the worms
Wið weartan genim þas ylcan wyrte ȝ sealt cnuca tosomne
Against warts take this same herb and salt pound together
lege to þam weartan he hy fornimeþ þanon heo eac
lay to the warts it them takes-away thence it also
uerrucaria genemned is.
verrucaria named is
138 Ðeos ryrt ðe man spreritis ȝ oðrum naman nemneþ
This herb which one spreritis and by-other name names
hæfð gehwæde leaf ȝ geðufe ȝ heo of anum wyrttruman
has small leaves and leafy and it from one root
manega bogas asendeþ· ȝ þa beoð neah ðære eorðan alede
many boughs sends and they are near the earth laid
ȝ heo hafað geoluwe blostman· ȝ gyf þu hy betweonan
and it has yellow blossoms and if thou it between
þinum fingrum gebrytest þonne hafað heo swæc swylce myrre.
thy fingers breakest then has it smell like myrrh

Wið þone colan fefor genim þas wyrte spreritis seoð on
Against the cold fever take this herb spreritis seethe in
ele· ⁊ to ðam timan ðe se fefor to ðam men genealæcean
oil and at the time which the fever to the man approach
wylle smyre hyne þærmid.
will smear him therewith
Wyð wede hundes slite genim þas ylcan wyrte cnuca
Against of-mad hound bite take this same herb pound
to duste nim ðonne anne cuculere fulne syle drincan on
to dust take then a spoon full give to-drink in
wearmum wætere he byð hal.
warm water he is whole
Wyþ miltan sare genim þysse sylfan wyrte anne godne
Against of-spleen sore take of-this same herb one good
gripan ⁊ anne sester fulne meolce wyll tósomne syle
handful and a sester full of-milk boil together give
drincan healf on mergen healf on æfen þa hwyle þe him
to-drink half in morning half in evening the while that to-him
þearf sy seo milte byð gelacnud.
need be the spleen is cured
Ðeos wyrt þe man ayzos minor ⁊ oðrum naman nemneþ 139
This herb which one aizoon minor and by-other name names
byð cenned on wagum ⁊ on stænigum stowum ⁊
is born on walls and in stony places and
on dunum ⁊ on ealdum byrgenum ⁊ heo of anum
on downs and on old burial-places and it from one
wyrttruman manega gehwæde bogás asendeð ⁊ ða beoð fulle
root many small boughs sends and they are full
of gehwædúm leafum· ⁊ langúm ⁊ scearpum ⁊ fættum
of small leaves and long and sharp and fat
⁊ welwosigum· ⁊ þysse wyrte wyrttruma ys unnytlíc.
and juicy and of-this herb root is useless

Wið oman ȝ wið eagena sare ȝ wið fotadle genim
Against erysipelas and against of-eyes sore and against foot-disease take
ðas wyrte· butan wyrttruman· cnuca mid smedman· þam
this herb without root pound with fine-meal in-the
gelice· þe ðu cliðan wyrce· lege to þissum untrumnyssum
like which thou poultice work lay to these infirmities
hit hy geliðigað.
it them eases

Wyð heafod ece genim þysse ylcan wyrte wos ȝ rosan
Against head ache take of-this same herb juice and of-rose
wos mængc tósomne smyre þ heafod þærmid þ sár byð
juice mix together smear the head therewith the sore is
geliðigud.
eased

Wyð þæra wyrma slite þe man spalangiones hateþ genim
Against of-the worms bite which one phalangiones calls take
þas ylcan wyrte aizos on wine gecnucude syle drincan hyt
this same herb aizoon in wine pounded give to-drink it
fremað nytlice.
benefits usefully

Wið utsiht ȝ wið innoðes flewsan ȝ wyð wyrmas þe
Against diarrhea and against of-inwards flux and against worms which
on ðam innoþe deriað þeos sylfe wyrt wel fremað.
in the inwards harm this same herb well benefits

Eft wyð gehwylce untrumnysse þæra eagena genim þysse
Again against each infirmity of-the eyes take of-this
ylcan wyrte wos smyra ðonne þa eagan þærmid nytlice hyt
same herb juice smear then the eyes therewith usefully it
fremað.
benefits

Tunsing wyrt. 140

Tunsing wort

Ðeos wyrt þe man elleborum album ȝ oðrum naman

This herb which one elleborus albus and by-other name

tunsincg wyrt nemneð ȝ eac sume men wedeberge hatað

tunsing wort names and also some men mad-berry call

byð cenned on dunum ȝ heo hafað leaf leace gelice· þysse

is born on downs and it has leaves to-leek like of-this

wyrte wyrttruman man sceal niman onbutan midne sumur

herb root one shall take about mid summer

ȝ eac swa some þa wyrt ealle forðy heo is to læcedomum

and also so same the herb all because it is for leechdoms

wel gecweme þ is to lufigenne on ðysse wyrte þ heo hafað

well agreeable it is to love in this herb that it has

gehwædne wyrttruman ȝ na swa rihtne þ he be sumum

small root and not so straight that it by some

dæle gebyged ne sy· he byð breaþ ȝ tidre þonne he gedriged

part bent not be it is brittle and tender when it dried

byð ȝ þonne he tobrocen byþ he rycþ eal swylce he smic

is and when it broken is it reeks all as-if it smoke

of him asænde ȝ he byð hwonlice bitterre on byrgincge

from it sent and it is somewhat bitter in tasting

þonne beoð þa maran wyrttruman lange ȝ hearde ȝ swyþe

then are the greater roots long and hard and very

bittere on byrgincge ȝ hy habbaþ to ðam swyþlice mihte

bitter in tasting and they have to that violent might

ȝ frecenfulle þ hy for oft hrædlice þone man forþilmiaþ·

and dangerous that they for often quickly the man choke

ðonne sceal man þysne wyrttruman swa we ær cwædon

then shall one this root as we before said

gedrigean ȝ þa langnysse toceorfan on pysena gelicnysse·

dry and the length cut-up in of-peas likeness

mycel læcedom is tó gehwylcum þingum þ man ðonne þysses
great leechdom is for each things that one then of-this
wyrttruman genime tyn penega gewihte swa ðeah ne mæg
root take of-ten pennies weight so though not can
man æfre for his strengðe hyne syllan þicgean on sundrum
one ever for its strength it give to-take in separate
ac mid sumum oðrum mete gemencgedne be þære swylcnysse
but with some other meat mixed by the suchness
þe seo untrumnys þonne byð· þ is gyf seo untrumnes
which the infirmity then is that is if the infirmity
swa· stið beo syle þicgean on beore oððe on blacan briwe.
so stiff be give to-take in beer or in black brewis
Gyf he þonne on utsihte sy syle þicgean on pysena wose
If he then in diarrhea be give to-take in of-peas juice
oððe mid þære wyrte ðe man oriza hateþ mid smedeman
or with the herb which one oryza calls with fine-meal
þa ealle swa þeah sceolon beon ærost on liðon beore
they all so though shall be first in mild beer
gesodene ȝ geliðigode.
sodden and softened
Ðeos wyrt soðlice ealle ealde ȝ herige ȝ unlacnigendlice
This herb truly all old and heavy and incurable
adlu tofereþ swa þ he byþ gelacnud þeah he ær his
diseases disperses so that he is cured though he before his
hæle on tolætenesse wære.
health in despair were
141 Ðeos wyrt þe man buoptalmon ȝ oðrum naman nemneþ
This herb which one buphthalmon and by-other name names
hafað hnescne stelan ȝ leaf gelice finule· ȝ heo hafað
has soft stalk and leaves like to-fennel and it has
geoluwe blostman eal swylce eage þanon heo eac þone
yellow blossoms all as-if eye thence it also the

naman onfeng· heo byþ cenned fyrmest wið meoniam ða
name received it is born first by maeonia the
ceastre þysse wyrte leaf gecnucude ȝ to clyþan geworhte
city of-this herb leaves pounded and to poultice wrought
tolysað gehwylce yfele springas ȝ heardnyssa.
loosen each evil carbuncles and hardnesses
Wyþ æwyrdlan þæs lichoman þe cymeþ óf tógotennysse
Against injury of-the body which comes from outpouring
þæs eallan genim þysse wyrte. wos syle drincan heo agyfð
of-the gall take of-this herb juice give to-drink it gives
þ gecyndelice hiw· ȝ he byð gehywlæht swylce he of
the natural hue and he is colored as-if he from
swiðe haton bæþe geode.
very hot bath went

Gorst. 142
Gorse

Ðeos wyrt ðe man tribulus ȝ oðrum naman gorst nemneþ
This herb which one tribulus and by-other name gorse names
is twegea cynna· oþer byþ cenned on wyrtunum oðer út
is of-two kinds one is born in herb-gardens other out
on felda.
in field

Wið mycelne hætan þæs lichaman genim þas wyrte tribulum
Against great heat of-the body take this herb tribulus
gecnucude lege þærto.
pounded lay thereto

Wyð þæs muþes ȝ þæra gomena fulnysse ȝ forrotudnysse
Against of-the mouth and of-the gums foulness and rottenness
genim þas wyrte tribulum gesodene cnuca mid hunige heo
take this herb tribulus sodden pound with honey it
hæleþ ðone muð ȝ þa goman.
heals the mouth and the gums

Wiþ þ stanas on blædran wexen genim þysse ylcan wyrte
Against that stones in bladder grow take of-this same herb
sæd swa grene gecnucud syle drincan· wel hyt fremað.
seed so green pounded give to-drink well it benefits
Wyþ næddran slite genim þysse ylcan wyrte sæd swa grene
Against of-adder bite take of-this same herb seed so green
gecnucud fif penega gewihte· syle drincan eac swylce nim
pounded of-five pennies weight give to-drink also likewise take
þas wyrte mid hyre sæde gecnucude lege to þære wunde
this herb with its seed pounded lay to the wound
heo alyseþ hyne of þære fræcennysse.
it releases him from the danger
Þisse sylfan wyrte sæd eac swylce on wine gedruncen is
Of-this same herb seed also likewise in wine drunk is
halwende ongean atteres drync.
healing against of-venom drink
Wiþ flean genim þas ylcan wyrte mid hyre sæde gesodene
Against fleas take this same herb with its seed sodden
sprengc into þam huse heo cwelð þa flean.
sprinkle into the house it kills the fleas
143 Ðeos wyrt þe man conize ȝ oðrum naman nemneþ ys
This herb which one conyza and by-other name names is
twegea cynna þeah þe oðer sy mare oþer læsse þonne hafað
of-two kinds though that one be greater other less then has
seo læsse smæle leaf ȝ gehwæde· ȝ swyþe gecwemne
the less small leaves and small and very agreeable
swæc ȝ seo oðer hafað maran leaf ȝ fætte ȝ hefigne
smell and the other has greater leaves and fat and heavy
swæc ȝ þyssa wyrta wyrttruman syndon unnytlice· ac þysse
smell and of-these herbs roots are useless but of-this
wyrte stela mid þam leafum gindstred ȝ onæled· næddran
herb stalk with the leaves strewn-about and kindled adders

aflygeþ· ⁊ eac heo gecnucud ⁊ to clyþan geworht þæra
puts-to-flight and also it pounded and to poultice wrought of-the
næddrena slite gehæleþ ⁊ heo gnættas ⁊ micgeas ⁊ flean
adders bites heals and it gnats and midges and fleas
ácwelleþ· ⁊ heo eac swylce ealle wunda gelacnað ⁊ heo
kills and it also likewise all wounds cures and it
earfoðlicnysse þæs migþan astyreþ· ⁊ heo þa cynelican adle
difficulty of-the urine stirs and it the royal disease
gehæleþ· ⁊ heo on ecede gesealð fylle seocum helpeþ.
heals and it in vinegar given to-falling sick helps
Þeos wyrt conize on wætere gesoden ⁊ sittendum wife
This herb conyza in water sodden and to-sitting woman
under geled heo ðone cwiþan afeormaþ.
under laid it the womb cleanses
Gyf wif cennan ne mæge nime þysse ylcan wyrte wos
If woman bring-forth not may let-take of-this same herb juice
mid wulle dó on þa gecyndelican· sona heo þa cennincge
with wool put on the natural-parts soon it the bearing
gefremeþ.
effects
Wyþ ða colan feforas genim þas ylcan wyrte seoð on ele
Against the cold fevers take this same herb seethe in oil
nim þonne þone ele smyre þone lichaman ða feforas beoð
take then the oil smear the body the fevers are
fram anydde.
from driven
Wiþ heafod ece þyssa wyrta genim ða læssan wyrc to
Against head ache of-these herbs take the less work to
clyþan lege to ðam sare heo hit geliðigaþ.
poultice lay to the sore it it eases

Fox's glove serves erysipelas, herpes, and headache; licorice the dry fever, breast, liver, and thirst; struthion the urine and the spleen. The ever-living aizoon, an ell high, heals burns and rotting flesh. Elder serves dropsy, stoechas the breast, and thlaspi drives out bile through vomiting. Polion, the cure-all, heals adders' bites and drives them off when strewn or burned. Hypericon, which smells of tar, and acantha leuce, worn against adders, close the section.

144 Foxes glofa.

Fox's glove

Wið oman genim þysse wyrte leaf þe man trycnos

Against erysipelas take of-this herb leaf which one strychnos

manicos ⁊ oðrum naman foxes clofa nemneþ wyrc to

manicos and by-other name fox's glove names work to

clyþan lege to þam sare hyt geliðigaþ.

poultice lay to the sore it eases

Wiþ wypelgende lic þ grecas erpinam nemnað genim þas

Against pimpling body which Greeks herpes name take this

ylcan wyrte ðe we trycnos manicos nemdun ⁊ smedeman

same herb which we strychnos manicos named and fine-meal

wyrc to clyþan lege to þam sare hyt byþ· gehæled.

work to poultice lay to the sore it is healed

Wið heafdes sare ⁊ wið þæs magan hætan ⁊ wið

Against of-head sore and against of-the stomach heat and against

cyrnlu genim þas ylcan wyrte mid ele gecnucude smyre þa

kernels take this same herb with oil pounded smear the

sár hy toslupað.

sores they slip-away

Wiþ ðæra earena sare genim þisse sylfan wyrte seap mid

Against of-the ears sore take of-this same herb juice with

rosan seape drype on þ eare.

of-rose juice drip in the ear

Wið þone drigean fefor genim þas wyrte ðe man 145
Against the dry fever take this herb which one
glycyrridam ȝ oðrum naman nemneþ wyl on wearmum
glycyrrhiza and by-other name names boil in warm
wætere syle drincan hyt fremaþ nytlice.
water give to-drink it benefits usefully
Eac swylce þeos sylfe wyrt ðæra breosta sár ȝ þære lifre
Also likewise this same herb of-the breasts sore and of-the liver
ȝ þære blædran ȝ þæra ædrena mid gesodenan wine
and of-the bladder and of-the veins with sodden wine
gehæleþ· eac heo þyrstendon þone þurst geliþigað.
heals also it to-thirsty the thirst eases
Wið leahtras ðæs muþes þysse ylcan wyrte wyrttruma
Against sores of-the mouth of-this same herb root
geeten oððe· gedruncen wel fremað· ȝ þa leahtras gehæleþ·
eaten or drunk well benefits and the sores heals
eac heo wunda gehæleþ ðærmid gewesede· ȝ se wyrttruma
also it wounds heals therewith moistened and the root
swa some þ sylfe gegearwað ác na swa· þeah swa scearplice.
so same the same prepares but not so though so sharply
Wið þ man gemigan ne mæge genim ðysse wyrte 146
Against that one urinate not may take of-this herb
wyrttruman ðe man strutium ȝ oþrum naman nemneþ
root which one struthium and by-other name names
syle ðicgean he þone migðan astyreð.
give to-take it the urine stirs
Wið lifer seocnysse ȝ wið nyrwyt ȝ wið swiðlicne hracan
Against liver sickness and against narrowness and against violent hawking
genim þysse wyrte to duste gecnucudre anne cuculere fulne
take of-this herb to dust pounded a spoon full

syle drincan on liþan beore hyt framað· ȝ eac hyt þone innoð
give to-drink in mild beer it benefits and also it the inwards
wið þæs eallan togotennysse gegladað ȝ þ yfel forð gelædeþ.
against of-the gall outpouring makes-glad and the evil forth leads
Wiþ þ stanas on blædræn wexen genim ðas sylfan wyrte
Against that stones in bladder grow take this same herb
strutium ȝ lubastican wyrttruman ȝ ðære wyrte ðe man
struthium and of-lovage root and of-the herb which one
capparis hateð cnuca tosomne syle drincan on liðon beore
capparis calls pound together give to-drink in mild beer
hyt tolyseþ ða blædran ȝ ða stanas forð gelædeþ ȝ eac
it loosens the bladder and the stones forth leads and also
þære miltan sár hyt tolyseþ.
of-the spleen sore it loosens
Wið hreoflan genim þas ylcan wyrte ȝ meluw ȝ eced
Against leprosy take this same herb and meal and vinegar
cnuca togædre lege to þam hreoflan he bið gelacnud.
pound together lay to the leprosy he is cured
Eft ðeos sylfe wyrt mid berenum meluwe on wine gesoden
Again this same herb with barley meal in wine sodden
ealle yfele heardnyssa ȝ gegaderunga heo tofereþ.
all evil hardnesses and gatherings it disperses
147 Ðeos wyrt ðe is aizon ȝ oðrum naman gecweden seo is
This herb which is aizoon and by-other name called which is
swylce heo symle cwicu sy ȝ heo hafað elne langne stelan
as-if it always alive be and it has ell long stalk
on fincres greatnysse ȝ heo ys wel wosig ȝ heo hafað
in of-finger thickness and it is well juicy and it has
fætte leaf on fingeres længe· heo bið cenned on dunum ȝ
fat leaves in of-finger length it is born on downs and
heo eác byþ hwilon on wealle geseted ðeos wyrt mid meolwe
it also is at-times on wall set this herb with meal

gecnucud gehæleþ mænigfealde untrumnyssa ðæs lichoman þ
pounded heals manifold infirmities of-the body that
is berstende lic ȝ forrotudnysse þæs lices ȝ eagena sarnysse
is bursting body and rottenness of-the body and of-eyes soreness
ȝ hætan ȝ forbærnednysse ealle þas þing heo gehæleþ.
and heat and burning all these things it heals
Wið heafod ece genim þysse ylcan wyrte wos aizon mid
Against head ache take of-this same herb juice aizoon with
rosan wose gemenged begeot þ heafod þær mid hyt
of-rose juice mixed pour the head there with it
geliðigaþ þ sár.
eases the sore
Wið þære næddran slite þe man spalangionem nemneþ
Against of-the adder bite which one phalangium names
genim þas ylcan wyrte aizon syle drincan on haton wine.
take this same herb aizoon give to-drink in hot wine
Eft do þ sylfe wið utsiht ȝ wið wyrmas on innoðe
Again do the same against diarrhea and against worms in inwards
ȝ wið swiðlicne cyle hyt fremað.
and against violent chill it benefits
Ellen. 148
Elder
Wið wæter seocnysse genim þas wyrte þe man samsuchon ȝ
Against water sickness take this herb which one sampsuchon and
oðrum naman ellen hateþ syle drincan gewyllede heo gehnæceþ
by-other name elder calls give to-drink boiled it checks
ða anginnu þam wæterseocum· eac swylce heo fremaþ wið
the beginnings to-the water-sick also likewise it benefits against
þa unmihticnysse þæs migðan ȝ wið þæra innoða ástyrunga.
the weakness of-the urine and against of-the inwards stirrings

Wið springas ȝ wið toborsten lic genim þysse ylcan
Against carbuncles and against burst body take of-this same
wyrte leaf samsuchon gedrigede ȝ gecnucude ȝ mid hunige
herb leaf sampsuchon dried and pounded and with honey
gemencgede lege to þam sare hyt sceal berstan ȝ halian.
mixed lay to the sore it shall burst and heal
Wið scorpiones stincg genim þas ylcan wyrte ȝ sealt ȝ
Against of-scorpion sting take this same herb and salt and
eced cnuca tosomne ȝ to plastre gewyrc lege to ðam
vinegar pound together and to plaster work lay to the
stinge he bið gehæled.
sting he is healed
Wið micele hætan ȝ wið geswel ðæra eagena genim
Against great heat and against swelling of-the eyes take
ðas sylfan wyrte mid meluwe gemæncgede ȝ to cliðan
this same herb with meal mixed and to poultice
geworhte· lege to þam eagon hy bið geliðigad.
wrought lay to the eyes they are eased
149 Þeos wyrt ðe man stecas ȝ oþrum naman nemneþ hæfð
This herb which one stoechas and by-other name names has
sæd mycel ȝ þ ys smæl ȝ gehwæde ȝ heo sylf ys boþene
seed much and that is small and slight and it self is to-bothen
gelic buton þ heo hafað sumon dæle maran leaf ȝ stiðeran.
like except that it has by-some part greater leaves and stiffer
Genim þas wyrte gesodene syle drincan heo þæra breosta
Take this herb sodden give to-drink it of-the breasts
sár gehæleþ.
sore heals
Eac hyt is gewunelic þ hy man to manegum godum
Also it is customary that it one to many good
drenceon gemencge.
drinks mix

Ðeos wyrt ðe man thyaspis ⁊ oþrum naman nemneþ hafaþ 150
This herb which one thlaspi and by-other name names has
smæle leaf on fingres lencge ⁊ todælede ⁊ nyþer wið þa
small leaves in of-finger length and divided and down toward the
eorþan ahyldende ⁊ heo hafað ðynne stelan ⁊ langne ⁊ heo
earth bending and it has thin stalk and long and it
hafað on ufeweardum hæwene blostman ⁊ þ sæd byþ cenned
has on upper blue blossoms and the seed is born
gind ealne þone stelan· eal ðeos wyrt is strangre· gecynde
through all the stalk all this herb is of-strong nature
⁊ bitterre· ðysse wyrte wos wel gewrungen ⁊ an scenc ful
and bitter of-this herb juice well wrung and one cup full
gedruncen ealle þa biternysse ðe of þam geallan cymeþ
drunk all the bitterness which from the gall comes
heo ðurh ða gemænelican neode ⁊ ðurh spiwðan ut anydeþ.
it through the common need and through vomit out forces
Ðeos sylfe wyrt ealle þa yfelan gegaderunge þæs innoþes
This same herb all the evil gathering of-the inwards
heo fornimeþ ⁊ eac swylce heo wifa monoðlican astyreð.
it takes-away and also likewise it of-women monthlies stirs
Omnimorbia. 151
Omnimorbia
Ðeos wyrt þe man polios ⁊ oþrum naman omnimorbia
This herb which one polion and by-other name omnimorbia
nemneþ ⁊ eac sume men hataþ byþ cenned on dunum
names and also some men call is born on downs
⁊ heo of anum wyrttruman manega telgran ásendeþ· ⁊
and it from one root many twigs sends and
heo on ufewerdum hafaþ sæd swylce croppas ⁊ heo is
it on upper has seed like clusters and it is
hefegon swæce· ⁊ hwon weredre on byrgincge.
in-heavy smell and somewhat sweeter in tasting

Wið næddran slite genim þysse wyrte wós polios on wætere
Against of-adder bite take of-this herb juice polion in water
gesoden syle drincan hyt gehæleþ ðone slite.
sodden give to-drink it heals the bite
Wið wæter seocnysse do þ sylfe hyt þone innoð alyseþ.
Against water sickness do the same it the inwards loosens
Wið miltan sare genim þas ylcan wyrte polios seoð on
Against of-spleen sore take this same herb polion seethe in
ecede syle drincan nytlice heo þone milt seocan gehæleþ·
vinegar give to-drink usefully it the spleen sick heals
ðeos sylfe wyrt on huse gestred oþþe onæled næddran
this same herb in house strewn or kindled adders
aflygeþ ȝ eac swylce heo niwe wunda fornimeþ.
puts-to-flight and also likewise it new wounds takes-away
152 Ðeos wyrt þe man hypericon ȝ oþrum naman corion
This herb which one hypericon and by-other name corion
nemneþ for gelicnysse cymenes heo hafaþ leaf rudan gelice ȝ
names for likeness of-cumin it has leaves to-rue like and
of anum stelan manega telgran weaxaþ ȝ þa reade ȝ heo
from one stalk many twigs grow and they red and it
hafaþ blostman swylce banwyrt ȝ heo hafað berian synewealte
has blossoms like bone-wort and it has berries round
ȝ hwon lange on beres mycelnysse on þam ys sæd ȝ
and somewhat long in of-barley size in which is seed and
þ sweart ȝ on swæce swylce tyrwe· ȝ heo bið cenned
that swart and in smell like tar and it is born
on beganum stowum· ðeos wyrt gecnucud ȝ gedruncen
in cultivated places this herb pounded and drunk
þone migþan astyreþ ȝ heo þa monoðlican wundorlice deþ
the urine stirs and it the monthlies wondrously does
gyf hy man ðam gecyndelican lime undergelegeþ.
if it one to-the natural limb under-lays

Wið þone fefor þe þy feorðan dæge on man becymeþ
Against the fever which the fourth day on man comes
genim þas ylcan wyrte gecnucude syle drincan on wine.
take this same herb pounded give to-drink in wine
Wið ðæra sceancena geswel ⁊ ece genim þysse ylcan wyrte
Against of-the shanks swelling and ache take of-this same herb
sæd syle drincan on wine· binnan feowertigan dagon· he
seed give to-drink in wine within forty days he
bið· gehæled.
is healed
Ðeos wyrt þe man acanta leuce ⁊ oðrum naman nemneþ 153
This herb which one acantha leuce and by-other name names
byð cenned on stænigum stowum ⁊ on dunum ⁊ heo
is born in stony places and on downs and it
hafaþ leaf swylce wulfes camb ac hi beoþ mearwran ⁊
has leaves like wolf's comb but they are tenderer and
hwitran ⁊ eac geþufran ⁊ heo hafað twegea elne lancne
whiter and also leafier and it has of-two ells long
stelan on fingres greatnysse oððe sumon dæle maran.
stalk in of-finger thickness or by-some part greater
Wið þ man blode hræce ⁊ wið þæs magan sare genim
Against that one blood hawk and against of-the stomach sore take
ðas ylcan wyrte acantaleuce cnuca to duste syle drincan
this same herb acantha-leuce pound to dust give to-drink
on wætere anne cuculere fulne hyt fremað wel.
in water a spoon full it benefits well
Wið þæs migðan astyrunge genim þar ylcan wyrte swa
Against of-the urine stirring take this same herb so
wosige gecnucude syle drincan heo ðone migðan forð
juicy pounded give to-drink it the urine forth
gelædeþ.
leads

Wið yfele læla genim þas ylcan wyrte wyrc to clyþan lege to
Against evil bruises take this same herb work to poultice lay to
þam sare heo hyt afyrmeþ· þysse sylfan wyrte syde þæra toþa sar
the sore it it cleanses of-this same herb broth of-the teeth sore
geliðigað gyf hyne man swá wearmne on þam muþe gehealdeþ.
eases if it one so warm in the mouth holds
Wið hramman genim þysse ylcan wyrte sæd gecnucud syle
Against cramp take of-this same herb seed pounded give
drincan on wætere hyt helpeþ se sylfa drenc eac swylce
to-drink in water it helps the same drink also likewise
ongean næddrena slite wel fremað.
against of-adders bite well benefits
Eác swylce gyf mon þas wyrte on mannes swyran ahehð
Also likewise if one this herb on of-man neck hangs
heo næddran aflygeþ.
it adders puts-to-flight

154–164 · ACANTHUS TO AMI

Acanthus and cumin serve the inwards and lungs. Wolf's teasel drives out worms and dries the dropsical, and scolymos removes foul smells. Iris illyrica, named for the rainbow, clears thick phlegm and brings on the menses. White hellebore heals the liver; delphinion, given with pepper corns counted down day by day, frees from the quartan fever. Echios has seed like an adder's head; centimorbia heals a horse's galled back; scordion smells of leek; and ami serves the body's spots.

154 Ðeos wyrt þe man acanton ȝ oþrum naman beowyrt
This herb which one acanthus and by-other name bee-wort
nemneð byþ cenned on wynsumon stowum ȝ on wætum
names is born in pleasant places and in wet
ȝ eac swylce on stænigum.
and also likewise in stony

Wið þæs innoþes astyrunge ⁊ þæs migþan genim þysse
Against of-the inwards stirring and of-the urine take of-this
ylcan wyrte wyrttruman gedrigedne ⁊ to duste gecnucudne
same herb root dried and to dust pounded
syle drincan on wearmum wætere.
give to-drink in warm water
Wiþ lungen adle ⁊ wið gehwylce yfelu þe on þam
Against lung disease and against each evils which in the
innoðe dereþ ðeos sylfe wyrt wel fremað geþiged þam gelice
inwards harms this same herb well benefits taken in-the like
þe we her beforan cwædon.
which we here before said
Cymen. 155
Cumin
Wyð þæs magan sare genim þysse wyrte sæd þe man
Against of-the stomach sore take of-this herb seed which one
quimminon ⁊ oþrum naman cymen nemneþ on ele gesodene
cyminon and by-other name cumin names in oil sodden
⁊ mid syfeðon gemencged· ⁊ swa togædere gewylled wyrc
and with bran mixed and so together boiled work
þonne to clyþan lege to ðam innoþe.
then to poultice lay to the inwards
Wyþ nyrwyt genim þas ylcan wyrte quiminon ⁊ wæter
Against narrowness take this same herb cyminon and water
⁊ eced meng tó somne syle drincan hyt fremað nytlice·
and vinegar mix — together give to-drink it benefits usefully
⁊ eac on wine geþiged heo næddran slite wel gehæleþ.
and also in wine taken it of-adder bite well heals

Wiþ ðæra innoþa toðundennysse ⁊ hætan· genim þas ylcan
Against of-the inwards swelling and heat take this same
wyrte mid winberian gecnucude mid beanenon meoluwe wyrc
herb with grapes pounded with bean meal work
to clyþan heo gehæleþ ða toðundennysse.
to poultice it heals the swelling
Eác swylce blodryne of næsþyrlon heo gewrið mid ecede
Also likewise blood-running from nostrils it binds with vinegar
gemængcedum.
mixed
156 Ðeos wyrt þe man camelleon alba ⁊ oþrum naman
This herb which one chamaeleon alba and by-other name
wulfes tæsl nemneþ hafað leaf wiþerræde ⁊ þyrnyhte ⁊
wolf's teasel names has leaves rough and thorny and
heo hafaþ on middan sumne sinewealtne cnop ⁊ þyrnyhtne
it has in middle some round knob and thorny
⁊ se biþ brun on blostman behæfd ⁊ he hafað hwit
and it is brown in blossom covered and it has white
sæd ⁊ hwitne wyrtruman ⁊ swyðe gestencne.
seed and white root and very strong-smelling
Wiþ þ wyrmas on þam innoþe ymb þone nafolan dergen
Against that worms in the inwards about the navel harm
genim ðisse ylcan wyrte wyrttruman seap oððe dust syle
take of-this same herb root juice or dust give
drincan on wine oððe on wætere þe ǽr wære organe
to-drink in wine or in water in-which before were origan
oððe dweorge dwosle on gewylled hyt rume þa wyrmas forð
or dwarf dwostle — boiled it amply the worms forth
gelædeþ. Þysse sylfan wyrte wyrtruman fif penega gewihte on
leads Of-this same herb root of-five pennies weight in

wine geþiged þa wæter seocan gedrigeþ ðas sylfan strengþe heo
wine taken the water sick dries this same strength it
hafaþ gewylled ⁊ gedruncen wið þæs migþan earfoðlicnyssa.
has boiled and drunk against of-the urine difficulties
Ðeos wyrt þe man scolimbos ⁊ oþrum naman nemneþ 157
This herb which one scolymos and by-other name names
on wine gewylled ⁊ gedruncen heo þone fulan stenc ðæra
in wine boiled and drunk it the foul stench of-the
oxna ⁊ ealles þæs lichaman afyrreþ.
armpits and of-all the body removes
Eac swylce ðeos sylfe wyrt ðone fulstincendan migþan
Also likewise this same herb the foul-stinking urine
forðgelædeþ· ⁊ eac halwendne mete mannum gegearwaþ.
forth-leads and also wholesome meat to-men prepares
Ðeos wyrt þe man iris illyricam ⁊ oðrum naman nemneþ 158
This herb which one iris illyrica and by-other name names
is gecweden iris illyrica of ðære misenlicnysse hyre blostmena
is called iris illyrica from the variety of-its blossoms
forþy þe is geðuht þ heo þone heofonlican bogan mid hyre
because that is seemed that it the heavenly bow with its
bleoge efenlæce se is on leden iris gecweden· ⁊ heo on
color equal which is in Latin iris called and it in
illyrico þam lande swiðost ⁊ strengost wexeþ ⁊ heo hafað
illyricum the land most and strongest grows and it has
leaf glædenan gelice þa grecas xifian hataþ ⁊ heo hafað
leaves to-gladden like which Greeks xiphion call and it has
trumne wyrtruman ⁊ swyþe gestencne· ⁊ þone man sceal mid
firm root and very strong-smelling and that one shall with
linenan claþe befealdan ⁊ on sceade ahon oððet he gedriged
linen cloth enfold and in shade hang until it dried
beon mæge forðy hys gecynde is swiþe hat ⁊ slæpbære.
be may because its nature is very hot and sleep-bearing

Gyf hwa mycelne hracan þolige ⁊ he þone him eaþelice
If anyone great hawking suffer and he it from-him easily
fram bringan ne mæge for ðycnysse ⁊ to hnesce genime
away bring not may for thickness and too soft let-take
of þysse wyrte wyrtruman ðæs dustes smæle gecnucudes
of of-this herb root of-the dust small pounded
tyn penega gewihte sylle drincan fæstende on liþon beore
of-ten pennies weight let-give to-drink fasting in mild beer
feower scenceas þry dagas oþ ðæt he sy gehæled.
four cups three days until that he be healed
Ðam gelice þ dust þysse sylfan wyrte on liþon beore
In-the like the dust of-this same herb in mild beer
geþiged ðone slep ongelædeþ· ⁊ eac þæra innoþa astyrunge
taken the sleep brings-on and also of-the inwards stirring
geliþigað.
eases
Eac swylce þ dust þysse ylcan wyrte næddrena slitas
Also likewise the dust of-this same herb of-adders bites
gelacnaþ· þ sylfe gemet þ we her beforan cwædon
cures the same measure which we here before said
þæs dustes ðysse ylcan wyrte iris illyrice for an mid
of-the dust of-this same herb iris illyrica for one with
ecede gemencged ⁊ gedruncen hyt fremað þam þe his
vinegar mixed and drunk it benefits to-him whom his
gecyndelice sæd him sylf wylles fram gewiteþ þone leahtor
natural seed him self willingly from departs that ailment
grecas gonorhoeam nemneþ· gyf hit þonne soðlice þam ylcan
Greeks gonorrhoea name if it then truly in-the same
gemete mid wine gemænged byþ hit þæra wifa monoðlican
measure with wine mixed is it of-the women monthlies
astyreð þeah hy ær langæ forlætene wæron.
stirs though they before long left were

Wið cyrnlu ȝ wið ealle yfele cumulu genim ðysse ylcan
Against kernels and against all evil swellings take of-this same
wyrte wyrttruman swa anwealhne wel gedrigedne· ȝ siððan
herb root so whole well dried and afterward
gesodenne cnuca hyne ðonne swa hnescne wyrc to clyþan
sodden pound it then so soft work to poultice
lege to ðam sare hyt tofereþ.
lay to the sore it disperses
Eac swa some hyt fremað wið ðæs heafodes sare mid
Also so same it benefits against of-the head sore with
ecede ȝ mid rosan wose gemencged.
vinegar and with of-rose juice mixed
Wið lifer seocnysse genim þas wyrte þe man elleborum 159
Against liver sickness take this herb which one elleborus
album ȝ oðrum naman nemneþ gedrigede ȝ to duste
albus and by-other name names dried and to dust
gecnucude syle drincan on wearmum wætere þæs dustes syx
pounded give to-drink in warm water of-the dust six
cuculeras fulle hit gelacnað þa lifre þæt sylfe is framigendlíc·
spoons full it cures the liver the same is beneficial
læcedom on wine geþiged ongean ealle attru.
leechdom in wine taken against all venoms
Wið þam fefore þe þy feorðan dæge on man becymeþ genim 160
Against the fever which the fourth day on man comes take
þysse wyrte seap þe man delfinion ȝ oþrum naman nemneþ
of-this herb juice which one delphinion and by-other name names
wel gegaderod ȝ þ mid pipore gecnucud· ȝ gemencged
well gathered and that with pepper pounded and mixed
ȝ ðæra piperecorna sy ofer tæl þ ys þonne þy forman
and of-the pepper-corns let-be over count that is then the first
dæge an ȝ þrittig· ȝ þy oðrum dæge feofontyne· ȝ ðy
day one and thirty and the second day seventeen and the

þriddan dæge þreotyne· gyf þu him þis syllest toforan þære
third day thirteen if thou to-him this givest before the
genealæcincge þæs fefores wundorlicre hrædnysse he bið alysed.
approach of-the fever in-wondrous quickness he is released
161 Đeos wyrt þe man æcios ȝ oþrum naman nemneþ hafað
This herb which one echios and by-other name names has
sæd gelic næddran heafde ȝ heo hafað lange leaf ȝ stiþe
seed like of-adder head and it has long leaves and stiff
ȝ heo manega stelan of hyre asendeþ heo hafað þynne
and it many stalks from it sends it has thin
leaf ȝ ða hwonlice þyrnihte ȝ heo hafað betweox þam
leaves and those somewhat thorny and it has between the
leafon brune blostman ȝ betweonan ðam blostmum heo
leaves brown blossoms and between the blossoms it
hafað swa we ær cwædon sæd gelic nædran heafde ȝ
has as we before said seed like of-adder head and
hyre wyrttruma ys gehwæde ȝ sweart.
its root is small and swart
Wyþ nædrena slitas genim ðysse ylcan wyrte wyrtruman þe
Against of-adders bites take of-this same herb root which
we æcios nemdon syle drincan on wine hyt fremað ge ær
we echios named give to-drink in wine it benefits both before
ðam slite ge æfter· Sé sylfa drenc eac swylce þæra lendena sár
the bite and after The same drink also likewise of-the loins sore
geliðigað· ȝ eac drige on breoston meolc gegearwað· Soðlice
eases and also dry in breasts milk prepares Truly
an miht ys þysse wyrte· ȝ þæs wyrttruman· ȝ þæs sædes.
one might is of-this herb and of-the root and of-the seed
162 Đeos wyrt þe man centimorbia ȝ oðrum naman nemneþ
This herb which one centimorbia and by-other name names
byþ cenned on beganum stowum ȝ on stænigum ȝ þ
is born in cultivated places and in stony and that

on dunum ⁊ on wynsumum stowum· ⁊ heo of anre
on downs and in pleasant places and it from one
tyrf manega bogas asendeþ· ⁊ heo is gehwædon leafun
turf many boughs sends and it is with-small leaves
⁊ sinewealton ⁊ toslitenon ⁊ heo hafað þas mihte to
and round and torn and it has this might for
lacnunge· gif hors on hricge oððe on þam bogum awyrd
cure if horse on back or on the shoulders injured
sy· ⁊ hyt open sy genim þas wyrte ealle gedrigede ⁊
be and it open be take this herb all dried and
to swyðe smælon duste gecnucude gescead to ðam sare heo
to very small dust pounded shed to the sore it
hit gehæleþ· þu wundrast ðære gefremminge.
it heals thou wonderest at-the effecting
Ðeos wyrt ðe man scordias ⁊ oðrum naman nemneþ 163
This herb which one scordion and by-other name names
hafaþ swæc swylce leac ⁊ heo eac forþy scordios gecweden
has smell like leek and it also therefore scordion called
ys· þeos wyrt byþ cenned on morum ⁊ heo hafaþ leaf
is this herb is born on moors and it has leaves
sinewealte· ⁊ ða bittere on byrgincge· ⁊ heo hafaþ
round and those bitter in tasting and it has
feower ecgedne stelan ⁊ fealuwe blostman.
four edged stalk and fallow blossoms
Wið þæs migðan astyrunge genim þas wyrte scordios swa
Against of-the urine stirring take this herb scordion so
grene gecnucude· ⁊ on wine geþigede oððe drigge on
green pounded and in wine taken or dry in
wine gewyllede syle drincan heo þone migðan astyreþ.
wine boiled give to-drink it the urine stirs

Eac þ sylfe fremað wið nædrena slitas· ȝ wið ealle
Also the same benefits against of-adders bites and against all
attru ȝ wið þæs magan sare swa we ǽr cwædon wið
venoms and against of-the stomach sore as we before said against
þæs migðan yrmðe.
of-the urine misery
Wið þa geryninncge þæs worsmes ym ða breost genim
Against the running of-the pus about the breast take
þas ylcan wyrte tyn penega gewihte mid hunige gemencged
this same herb of-ten pennies weight with honey mixed
syle þicgean anne cuculere fulne þa breost beoð afeormude.
give to-take a spoon full the breasts are cleansed
Wið fot adle genim þas ylcan wyrte on ecede gecnucude
Against foot disease take this same herb in vinegar pounded
oððe on wætere syle drincan hyt fremað wel.
or in water give to-drink it benefits well
Wið niwe wunda genim þas ylcan wyrte sylfe gecnucude
Against new wounds take this same herb self pounded
lege to ðam wundum heo hy geþeodeþ· ȝ eac heo mid
lay to the wounds it them joins and also it with
hunige gemencged ealde wunda afeormaþ ȝ gehæleþ· ȝ
honey mixed old wounds cleanses and heals and
eac hyre dust wexende flæsc wel gehnæceþ.
also its dust growing flesh well checks
164 Ðeos wyrt þe man ami ȝ oðrum naman miluium nemneþ
This herb which one ami and by-other name milvium names
ȝ eac sume men hatað hafað gecweme sæd to læcedome
and also some men call has agreeable seed for leechdom
þ on wine geseald byð wel fremað wið þæs innoðes
which in wine given is well benefits against of-the inwards
astyrunge· ȝ wið earfoðlicnysse ðæs migðan· ȝ wið
stirring and against difficulty of-the urine and against

wildeora slitas ⁊ eac hyt ða monoðlican forðgecigeþ· ⁊
of-wild-beasts bites and also it the monthlies forth-calls and
wið wommas þæs lichaman genim þysse sylfan wyrte sæd
against spots of-the body take of-this same herb seed
mid hunige gecnucud hyt afyrreð þa wommas.
with honey pounded it removes the spots
Wið æblæcnysse ⁊ æhiwnesse þæs lichaman do þ sylfe·
Against paleness and discoloring of-the body do the same
þ ys þ ðu þone lichaman mid þam ylcan gesmyre oððe
that is that thou the body with the same smear or
syle drincan hyt þa æhiwnesse ofgenimeð.
give to-drink it the discoloring takes-off

165–174 · VIOLET TO PHILANTHROPOS

The violet, brown purple, white, or yellow, serves the womb, the menses, and the teeth. Chamaelention heals wounds and canker; anchusa, from Persia, heals burns. Psyllion, whose seed is like fleas, disperses kernels, and the dog-rose helps the spleen. Aglaophotis shines at night like fire and calms a rough sea; capparis dries the spleen, the patient bound so that the pain does not make him shake off the cure; eryngium serves the urine and adders' bites; and philanthropos, which clings to a man, heals adders' bites and the ears.

Bán wyrt. 165
Bone wort
Ðeos wyrt þe man uiolam ⁊ oðrum naman banwyrt
This herb which one viola and by-other name bone-wort
nemneð ys ðreora cynna þonne ys an brun basuw· ⁊ oþer
names is of-three kinds then is one brown purple and other

hwit· þridde is geoluw· ðonne is seo geoluwe swa þeah
white third is yellow then is the yellow so though
swiþost læceon gecweme.
most to-leeches agreeable
Wið þæs cwiðan sare ⁊ wið þone hætan genim þas
Against of-the womb sore and against the heat take this
ylcan wyrte gecnucude ⁊ undergelede heo hyne gelihteþ·
same herb pounded and under-laid it it lightens
eac swylce heo ða monoðlican forðgecigeþ.
also likewise it the monthlies forth-calls
Wiþ misenlice leahtras ðæs bæcþearmas þa ragadas hatað
Against various ailments of-the back-gut which rhagades call
þ is swa þeah swiðost þæs blodes· utryne genim þysse
that is so though most of-the blood out-running take of-this
ylcan wyrte leaf gecnucude ⁊ to clyþan gemencgede hy
same herb leaf pounded and to poultice mixed it
þa untrumnysse ealle gehæleþ.
the infirmities all heals
Þysse sylfan wyrte leaf mid hunige gecnucude ⁊ gemencgede
Of-this same herb leaf with honey pounded and mixed
þone cancor þæra toða gehæleð of ðam for oft ða teþ
the canker of-the teeth heals from which for often the teeth
fealleð.
fall
Wyþ ða monoðlican to astyrigenne genim þysse ylcan wyrte
Against the monthlies to stir take of-this same herb
sædes tyn penega gewihte on wine gecnucud ⁊ gedruncen oððe
of-seed of-ten pennies weight in wine pounded and drunk or
mid hunige gecnucud ⁊ to ðam gecyndelican lime geled hyt
with honey pounded and to the natural limb laid it
þa monoðlican astyreþ ⁊ þ tudder of þam cwiðan gelædeþ.
the monthlies stirs and the offspring from the womb leads

Wið miltan sare genim þysse ylcan wyrte wyrttruman on
Against of-spleen sore take of-this same herb root in
ecede gecnucudne lege to ðære miltan hit fremaþ.
vinegar pounded lay to the spleen it benefits
Wið niwe wundela ⁊ eac wið ealde genim þysse wyrte leaf 166
Against new wounds and also against old take of-this herb leaf
þe man uiola purpurea ⁊ oðrum naman nemneþ ⁊ rysle
which one viola purpurea and by-other name names and fat
ægþres gelice mycel lege to ðam wundum scearplice hyt hy
of-each alike much lay to the wounds sharply it them
gehæleð· ⁊ eac geswel ⁊ ealle yfele gegaderunga hyt tolyseð.
heals and also swelling and all evil gatherings it loosens
Wiþ ðæs magan heardnysse genim þysse ylcan wyrte
Against of-the stomach hardness take of-this same herb
blostman on hunige gemencgede ⁊ mid swiðe godon wine
blossoms in honey mixed and with very good wine
gewesede þæs magan heardnys· byð geliðigad.
moistened of-the stomach hardness is eased
Ðeos wyrt þe man zamalentition ⁊ oþrum naman nemneþ 167
This herb which one chamaelention and by-other name names
byð cenned on stænigum stowum ⁊ on dunum.
is born in stony places and on downs
Wið ealle wundela genim þas wyrte zamalentition wel mid
Against all wounds take this herb chamaelention well with
rysle gecnucude butan sealte lege to ðam wundum ealle
fat pounded without salt lay to the wounds all
heo hy gehæleþ.
it them heals

Eft wið cancor wunda genim þas ylcan wyrte zama
Again against canker wounds take this same herb chamae
lentition gedrigede ȝ to swyþe smalon duste gecnucude lege
lention dried and to very small dust pounded lay
to ðam wundum ealne þone bite þæs cancres heo afeormað.
to the wounds all the bite of-the canker it cleanses
168 Ðeos wyrt ðe man ancusa ȝ oðrum naman nemneþ
This herb which one anchusa and by-other name names
byð cenned on beganum stowum ȝ on smeþum ȝ ðas
is born in cultivated places and in smooth and this
wyrte ðu scealt niman on ðam monþe ðe man martius
herb thou shalt take in the month which one March
hateþ· ðysse wyrte syndon twa cynrenu an is ðe affricani
calls of-this herb are two kinds one is which Africans
barbatam nemnað oþer ys to læcedomum swyþe gecoren·
barbata name other is for leechdoms very choice
ȝ ðeos byð cenned fyrmest on ðam lande ðe man persa
and this is born first in the land which one persia
hateþ ȝ heo ys scearpon leafon ȝ þyrnihtum butan stelan.
calls and it is with-sharp leaves and thorny without stalk
Wið forbærnednysse genim þysse wyrte wyrttruman ancusa
Against burning take of-this herb root anchusa
on ele gesodene ȝ wið wex gemencgedne ðam gemete
in oil sodden and with wax mixed in-the measure
þe þu plaster oþþe clyþan wyrce lege to þam bærnytte
which thou plaster or poultice work lay to the burn
wundorlice hyt gehæleþ.
wondrously it heals

Coliandre.

169

Coriander

Ðeos wyrt ys psillios gecweden for ðam þe heo hafað sæd
This herb is psyllion called for that that it has seed
swylce flean þanon hy man eac on leden pulicarem nemneð ⁊
like fleas thence it one also in Latin pulicaris names and
hy eac sume men ∗∗∗ ⁊ heo hafað gehwæde leaf ⁊ ruge ⁊
it also some men (lacuna) and it has small leaves and rough and
heo hafað stelan ⁊ ðone on bogum geþufne ⁊ heo ys drigce
it has stalk and that in boughs leafy and it is of-dry
gecynde ⁊ tydre ⁊ heo byð cenned on beganum stowum.
nature and tender and it is born in cultivated places
Wið cyrnlu ⁊ wið ealle yfele gegaderunga genim þysse
Against kernels and against all evil gatherings take of-this
wyrte sædes gecnucudes an ele fæt ful ⁊ twegen bollan fulle
herb of-seed pounded an oil vat full and two bowls full
wæteres mengc tosomne syle drincan· nim þonne of ðam
of-water mix together give to-drink take then of the
sylfan sæde wyrc blaster lege to ðam sare hyt byþ gehæled.
same seed work plaster lay to the sore it is healed
Wið heafud sare do þ sylfe mid rosan wose ⁊ mid
Against head sore do the same with of-rose juice and with
wætere gewesed.
water moistened

Ðeos wyrt þe man cynos batus ⁊ oðrum naman nemneþ 170
This herb which one cynos batos and by-other name names
ðonne hy man of ðam stelan genimeþ heo bið þam goman
when it one from the stalk takes it is to-the gums
stið ⁊ wiðerwæde for mete geþiged ac heo swa þeah ða
stiff and rough for meat taken but it so though the
breost afeormað ⁊ swa hwylce þincg swa syndon afore
breasts cleanses and so which things as are harsh

oððe bitere ðeah hy þam magan derien hi swa þeah ðære
or bitter though they the stomach harm they so though to-the
miltan wel fremað· þysse ylcan wyrte blostma gedruncen
spleen well benefit of-this same herb blossom drunk
swa þone man gelacnað þ he þurh ðone migþan forð
so the man cures that it through the urine forth
gelæded bið· ȝ he eac blodrynas áfeormaþ.
led is and it also blood-runnings cleanses
Eft wið miltan sare genim þysse ylcan wyrte wyrttruman
Again against of-spleen sore take of-this same herb root
of ðære rinde wel afeormadne lege to ðære miltan hyt
from the rind well cleansed lay to the spleen it
bið hyre nytlic ȝ fremgendlic· ȝ se þe þysne læcedom
is to-it useful and beneficial and he who this leechdom
þolaþ he sceal upweard licgean þy læs he úngeþyldig ða
suffers he shall upward lie the less he impatient the
strengþe þyssæ lacnunge ongite.
strength of-this cure perceive
171 Ðeos wyrt ðe man aglaofotis ȝ oðrum naman nemneþ
This herb which one aglaophotis and by-other name names
scineð on nihte swa blæse ȝ heo mæg wið manega
shines at night as blaze and it avails against many
untrumnyssa.
infirmities
Wið þone fefor ðe þy driddæn ȝ ðy feorðan dæge· on man
Against the fever which the third and the fourth day on man
becymeþ genim þysse ylcan wyrte seap aglaofotis mid rosenan
comes take of-this same herb juice aglaophotis with rose
ele gemencged smyre þone seocan untweolice þu hyne alysest.
oil mixed smear the sick undoubtedly thou him releasest

Gyf hwa hreohnysse on rewytte þolige genime ðas ylcan
If anyone roughness in rowing suffer let-take this same
wyrte for rycels onælede seo hreohnys byð forboden.
herb for incense kindled the roughness is forbidden
Wiþ hramman ⁊ wið bifunge genime þas sylfan wyrte
Against cramp and against trembling let-take this same herb
hæbbe mid him gif hy þonne hwa mid him bereð ealle
let-have with him if it then anyone with him bears all
yfelu hyne ondrædað.
evils him dread

Wudubend. 172
Woodbind

Wið miltan sare genim þysse wyrte wyrttruman þe man
Against of-spleen sore take of-this herb root which one
capparis ⁊ oþrum naman wudubend hateð cnuca to duste·
capparis and by-other name woodbind calls pound to dust
⁊ gewyrc to clyþan lege to ðære miltan he hy adrygeð·
and work to poultice lay to the spleen it it dries
ac swa þeah gewrið þone man þy læs he þurh þ sár
but so though bind the man the less he through the sore
ða lacnunge of him asceace· ⁊ æfter þrim tidum gelæd
the cure from him shake and after three hours lead
hyne to bæþe ⁊ hyne wel gebaþa he byþ alysed.
him to bath and him well bathe he is released

Ðeos wyrt þe man eringius ⁊ oþrum naman nemneþ 173
This herb which one eryngium and by-other name names
hafað hnesce leaf þonne heo ærest acenned byþ· ⁊ ða beoð
has soft leaves when it first born is and they are
werede on swæce· ⁊ hi man þigeþ swa oðre wyrta syððan
sweet in smell and them one takes as other herbs afterward
hy beoð scearpe ⁊ ðyrnihte ⁊ heo hafað stelan hwitne
they are sharp and thorny and it has stalk white

oððe grenne on ðæs heahnysse ufeweardre beoð acennede
or green on its height upper are born
scearpe ȝ þyrnyhte wilas· ȝ heo hafað lancne wyrtruman
sharp and thorny prickles and it has long root
ȝ þone utewearde sweartne· ȝ sé bið godes swæces· þeos
and the outside swart and it is of-good smell this
wyrt byþ cenned on feldon ȝ ón wiðerrædon stowum.
herb is born in fields and in rough places
Wið þæs migþan astyrunge genim þas ylcan wyrte þe we
Against of-the urine stirring take this same herb which we
eringius nemdun gecnucude syle drincan on wine ná þ an
eryngium named pounded give to-drink in wine not that alone
þ heo þone migþan astyreþ· ác eac swylce ða monoþlican ȝ
that it the urine stirs but also likewise the monthlies and
ðæs innoðes astyrunge ȝ toðundenysse heo tolyseþ· ȝ eac
of-the inwards stirring and swelling it loosens and also
wið lifer seocnysse ȝ wið næddrena slitas heo wel fremað.
against liver sickness and against of-adders bites it well benefits
Eac swylce wið mænigfealde leahtras þæra innoða heo wel
Also likewise against manifold ailments of-the inwards it well
fremað geþiged mid þære wyrte sæde þe man olisatrum
benefits taken with of-the herb seed which one olusatrum
nemneþ.
names
Wið þæra breosta geswel genim ðas ylcan wyrte to clyþan
Against of-the breasts swelling take this same herb to poultice
geworhte lege to ðam breostan ealle þa yfelan gegaderungæ
wrought lay to the breasts all the evil gatherings
on butan þa breost heo tofereð.
on about the breast it disperses

Wið scorpiones stingc ȝ wið ealra næddercynna slitas ȝ
Against of-scorpion sting and against of-all adder-kinds bites and
eac wið wede hundes slite genim þas ylcan wyrte wyrc
also against of-mad hound bite take this same herb work
to plastre lege to ðære wunde swa þ seo wund swa þeah
to plaster lay to the wound so that the wound so though
ærest mid iserne geopenud sy ȝ syððan þærto geled swa þ
first with iron opened be and afterward thereto laid so that
se seoca þone stenc ne ongite. Eac swylce þeos sylfe wyrt
the sick the stench not perceive Also likewise this same herb
wið oman wel fremaþ on þas ylcan wisan gemetegud ȝ
against erysipelas well benefits in this same wise measured and
eac heo fotadle geliðigað gyf hy man æt frymþe to gelegeþ.
also it foot-disease eases if it one at beginning to lays
Ðas wyrte man fhylantropos nemneþ þ ys on ure geþeode 174
This herb one philanthropos names that is in our language
menlufigende forðy heo wyle hrædlice to ðam men geclyfian
man-loving because it will quickly to the man cleave
ȝ heo hafað sæd gelic mannes nafolan þa man eac
and it has seed like of-man navel which one also
oþrum naman clate nemneð ȝ heo of hyre manega bogas
by-other name burdock names and it from it many boughs
asendeþ ȝ þa lange ȝ feowerecge ȝ ys stið on leafon
sends and they long and four-edged and is stiff in leaves
ȝ heo hafað greatne stelan ȝ hwite blostman ȝ heo
and it has great stalk and white blossoms and it
hafað heard sæd ȝ sinewealt ȝ on middan hol swa we
has hard seed and round and in middle hollow as we
ær cwædon þam gemete þe byð mannes nafla.
before said in-the measure which is of-man navel

Wið nædrena slitas ⁊ wið· þera wyrma ðe man
Against of-adders bites and against the worms which one
spalangiones hateþ genim þysse wyrte wos gecnucud on
phalangiones calls take of-this herb juice pounded in
wine syle drincan hyt fremað.
wine give to-drink it benefits
Wið earena sare genim þysse ylcan wyrte wos drype on þ
Against of-ears sore take of-this same herb juice drip in the
eare hyt gehæleþ þ sár.
ear it heals the sore

175–185 · ACHILLEA TO COLOCYNTH

Achillea, used by Achilles, closes wounds and stops a woman's flux. Ricinus, taken with a Latin prayer, turns hail and storm from house and ship. Black leek, nettle, and vinca pervinca follow, the last taken with a Latin charm when the moon is one, nine, eleven, thirteen, or thirty nights old. Lithospermon bears stones like pearls; stavesacre purges; gorgonion's root, cut with a curved iron, turns aside every evil man; melilot guards the eyes for a year; and bulbus and colocynth close the herbal.

175 Ðeos wyrt þe man achillea ⁊ oðrum naman nemneþ byþ
This herb which one achillea and by-other name names is
cenned on beganum stowum ⁊ neah wætere ⁊ heo hafað
born in cultivated places and near water and it has
geolwe blostman ⁊ hwite.
yellow blossoms and white
Wið niwe wunda genim þysse wyrte croppas gecnucude
Against new wounds take of-this herb clusters pounded
lege to ðam wundum heo þ sár genimð ⁊ heo ða wunda
lay to the wounds it the sore takes and it the wounds
geðeodeþ· ⁊ þone blodryne gewrið.
joins and the blood-running binds

Gif wif of ðam gecyndelican limon þone flewsan þæs wætan
If women from the natural limbs the flux of-the liquid
þoligen genim þas ylcan wyrte gersodene gelege under þam
suffer take this same herb sodden lay under the
wifon sittendum ealne þone wætan of hyre æþme heo gewrið.
women sitting all the liquid from its vapor it binds
Eac ðeos sylfe wyrt on wætere gedruncen wið utsiht wel
Also this same herb in water drunk against diarrhea well
fremað.
benefits
Ðeos wyrt ys áchilleas gecweden forþan þe is sæd· þ
This herb is achilleas called because that is said that
achilles se ealdorman hyre gelomlice brucan sceolde wunda
Achilles the chief it often use should wounds
to gelacnigenne.
to cure
Wið hagol ⁊ hreohnysse to awendenne gyf ðu þas wyrte 176
Against hail and storm to turn-aside if thou this herb
ðe man ricinum ⁊ oðrum naman nemneð on þinre æhte
which one ricinus and by-other name names in thy possession
hafast oððe hyre sæd on þin hus ahehst oððe on swa
hast or its seed in thy house hangest or in so
hwilcere stowe swa þu hy hafast oððe hyre sæd heo awendeð
whatever place as thou it hast or its seed it turns-aside
hagoles hreohnysse ⁊ gyf þu hy oððe hire sæd on scyp
of-hail storm and if thou it or its seed on ship
ahehst to þam wundorlic heo is þ heo ælce hreohnysse
hangest to that wondrous it is that it each storm
gesmylteþ· þas wyrte þu scealt niman þus cweþende· Herba
calms this herb thou shalt take thus saying Herb
ricinum precor uti adsis meis incantationibus & auertas
ricinus I-pray that thou-be-present to-my incantations and turn-aside

grandines· fulgora· et omnes tempestates· per nomen
hails lightnings and all tempests through name
omnipotentis dei qui te iussit nasci· þ is ðonne on ure
of-almighty god who thee bade be-born that is then in our
geþeode· wyrt ricinum ic bidde þ þu ætsy minum sangum
language herb ricinus I pray that thou be-present to-my songs
⁊ þ ðu awende hagolas ⁊ ligræsceas ⁊ ealle hreohnyssa
and that thou turn-aside hails and lightnings and all storms
þurh naman ælmihtiges godes se þe het beon acenneð·
through name of-almighty god who that bade be born
⁊ þu scealt clæne beon þonne þu ðas wyrte nimest.
and thou shalt clean be when thou this herb takest
177 Ðeos wyrt ðe man polloten ⁊ oþrum naman porrum nigrum
This herb which one ballote and by-other name porrum nigrum
nemneþ ⁊ eac sume men hatað ys þyrnihton stelan ⁊
names and also some men call is with-thorny stalk and
sweartron ⁊ rugum ⁊ bradran leafon þonne leac ⁊ sweartran
swarter and rough and broader leaves than leek and swarter
⁊ þa syndon strangres swæces ⁊ hyre miht ys scearp.
and they are of-stronger smell and its might is sharp
Wið hundes slite genim þysse wyrte leaf mid sealte
Against of-hound bite take of-this herb leaf with salt
gecnucude lege to þam wundum hit hæleþ wundorlice.
pounded lay to the wounds it heals wondrously
Eft wið wunda genim þyssæ ylcan wyrte leaf mid hunige
Again against wounds take of-this same herb leaf with honey
gecnucude lege to þam wundum ælce wunde hyt gehæleþ.
pounded lay to the wounds each wound it heals

Netele. 178

Nettle

Wið forcillede wunda genim þysse wyrte· seap þe man
Against chilled wounds take of-this herb juice which one
urticam ⁊ oðrum naman netele nemneþ mid ele drosnum
urtica and by-other name nettle names with oil dregs
gemencged ⁊ sumne dǽl sealtes ðærto gedon lege to þære
mixed and some part of-salt thereto put lay to the
wunde binnan þrim dagum heo biþ hal.
wound within three days it is whole
Wið geswel do þ sylfe þ ys þonne þa ylcan gemete lege
Against swelling do the same that is then the same measure lay
to þam geswelle hyt bið gehæled.
to the swelling it is healed
Gyf ðonne ænig dæl þæs lichaman geslegen sy genim þas
If then any part of-the body struck be take this
ylcan wyrte urticam gecnucude lege to þære wunde heo
same herb urtica pounded lay to the wound it
byð gehæled.
is healed
Wið liþa sare gyf hy of hwylcum belimpe oððe of cyle
Against of-limbs sore if they from any accident or from chill
oþðe of ænigum þincge gesargude beoð· genim þysse ylcan
or from any thing pained are take of-this same
wyrte seap ⁊ eles efenmycel togædere gewylled do þonne þærto
herb juice and of-oil equally-much together boiled put then thereto
þær hit swiðost derige binnan þrim dagon ðu hyne gehælst.
where it most harm within three days thou him healest

Wið fule wunda ⁊ forrotude genim þas ylcan wyrte
Against foul wounds and rotten take this same herb
urticam gecnucude ⁊ þærto sumne dæl sealtes gewrið to
urtica pounded and thereto some part of-salt bind to
þære wunde binnan þrym dagon heo biþ hal.
the wound within three days it is whole
Wið wifes flewsan genim þas ylcan wyrte on mortere
Against of-woman flux take this same herb in mortar
wel gepunude oð þ heo wel liþi sy geyc þonne þærtó
well pounded until that it well soft be increase then thereto
sumne dæl huniges nim syþþan wæte wulle ⁊ þa wel
some part of-honey take afterward wet wool and that well
getæsede smyre ðonne þa geweald mid þam læcedome ⁊
teased smear then the private-parts with the leechdom and
syþþan hyne þam wife gesyle þ heo hyne hyre under
afterward it to-the woman give that she it her under
gelecge þy sylfan dæge hyt þone flewsan beluceð.
lay the same day it the flux locks
Wið þ þu cyle ne þolige genim þas ylcan wyrte urticam on
Against that thou chill not suffer take this same herb urtica in
ele gesodene smyre ðonne þærmid þa handa ⁊ ealne þone
oil sodden smear then therewith the hands and all the
lichaman ne ongitst ðu þone cile on eallum þinum lichaman.
body not perceivest thou the chill in all thy body
179 Ðeos wyrt þe man priapisci ⁊ oðrum naman uica peruica
This herb which one priapiscus and by-other name vinca pervinca
nemneð to manegum þingon wel fremað· þ ys þonne
names for many things well benefits that is then
ærest ongean deofol seocnyssa ⁊ wið nædran ⁊ wið
first against devil sicknesses and against adders and against
wildeor ⁊ wið attru ⁊ wið gehwylce behatu· ⁊ wið
wild-beasts and against venoms and against each threats and against

andan ⁊ wið ogan· ⁊ þ ðu gife hæbbe· ⁊ gif ðu þas
envy and against terror and that thou grace have and if thou this
wyrte mid þe hafast ðu bist gesælig· ⁊ symle gecweme·
herb with thee hast thou art happy and always agreeable
ðas wyrte þu scealt niman þus cweþende.
this herb thou shalt take thus saying
Te precor uica peruica multis utilitatibus habenda ut uenias
Thee I-pray vinca pervinca for-many uses to-be-had that thou-come
ad me hilaris florens cum tuis uirtutibus ut ea mihi prestes
to me glad flowering with thy virtues that them to-me thou-furnish
ut tutus et felix sim semper a uenenis et ab iracundia
that safe and happy I-be ever from venoms and from wrath
inlesus· Þæt ys þonne on ure geþeode ic bidde þe uica peruica
unharmed That is then in our language I pray thee vinca pervinca
manegum nytlicnyssum to hæbenne þ ðu glæd to me cume
for-many usefulnesses to have that thou glad to me come
mid þinum mægenum blowende þ ðu me gegearwie· þ ic sy
with thy virtues blowing that thou me furnish that I be
gescyld ⁊ symle gesælig ⁊ ungedered fram attrum ⁊ fram
shielded and always happy and unharmed from venoms and from
yrsunge ðonne ðu þas wyrt niman wylt ðu scealt beon clæne
anger when thou this herb take wilt thou shalt be clean
wið æghwylce unclænnysse· ⁊ ðu hy scealt niman þonne
against each uncleanness and thou it shalt take when
se mona bið nigon nihta eald ⁊ endlyfon nihta ⁊ ðreottyne
the moon is nine nights old and eleven nights and thirteen
nyhta ⁊ ðrittig nihta ⁊ ðonne he byð anre nihte eald.
nights and thirty nights and when it is one night old
Ðeos wyrt ðe man litospermon ⁊ oðrum naman [sund 180
This herb which one lithospermon and by-other name sound
corn] nemneð byð cenned in italia· ⁊ seo fyrmeste in
corn names is born in italy and the first in

creta· ⁊ heo hafað maran leaf ðonne rude ⁊ ða rihte
crete and it has greater leaves than rue and those straight
⁊ on ðære hehnysse heo hafað stanas hwite ⁊ sinewealte
and on the height it has stones white and round
swylce meregrotu on pysna mycelnysse ⁊ ða beoð on
like pearls in of-peas size and they are in
stanes heardnysse ⁊ eac swylce hy togædere geclifigen ⁊
of-stone hardness and also as-if they together cleave and
hy beoð innan hole ⁊ ðonne þ sæd þæron innan.
they are within hollow and then the seed therein within
Wið þ stanas on blædran wexen ⁊ wið þ man gemigan ne
Against that stones in bladder grow and against that one urinate not
mæge genim of ðysum stanum fif penega gewihte syle drincan
may take of these stones of-five pennies weight give to-drink
on wine ða stanas tobrycð ⁊ ðone migþan forð gelædeþ.
in wine the stones breaks and the urine forth leads
181 Ðeos wyrt þe man stauis agria ⁊ oðrum naman nemneð
This herb which one staphis agria and by-other name names
hafað leaf swylce wingeard ⁊ rihte stelan ⁊ heo hafað
has leaves like vine and straight stalk and it has
sæd on grenum coddum on ðære mycele þe pysan ⁊ þ
seed in green pods in the size of peas and that
byð þreohyrne· ⁊ hyt byþ afor ⁊ sweart· byð swa þeah
is three-cornered and it is bitter and swart is so though
innan hwit· ⁊ biterre on byrgincge.
within white and bitter in tasting
Wið þone yfelan wætan þæs lichaman genim þysse wyrte
Against the evil humor of-the body take of-this herb
sædes fiftyne corn gecnucude on liðan beore· syle drincan
of-seed fifteen corns pounded in mild beer give to-drink
hyt þone lichaman ðurh swifðan afeormað· ⁊ æfter ðam þe
it the body through vomit cleanses and after that that

he ðone drenc gedruncan hafað he sceal gan ȝ hyne styrian
he the drink drunk has he shall go and himself stir
ær ðam þe he hyne aspíwe ȝ þonne he hine spiwan
before that that he it spew-up and when he it spew
onginneþ he sceal gelomlice liðne wætan beores þicgean ði
begins he shall often mild liquid of-beer take the
læs seo strengð þære wyrte þa goman bærne ȝ forðylme.
less the strength of-the herb the gums burn and choke
Wið scruf ȝ wið sceb genim þysse sylfan wyrte sæd ȝ
Against scurf and against scab take of-this same herb seed and
rosan cnuca tósomne lege to ðam scurfe he byð gehæled.
rose pound together lay to the scurf it is healed
Wið toþa sare ȝ toðreomena genim þysse ylcan wyrte
Against of-teeth sore and of-gums take of-this same herb
sæd seoð on ecede healde þonne on his muð of ðam ecede
seed seethe in vinegar let-hold then in his mouth of the vinegar
lange hwile ðæra toða sár ȝ ðæra toðreomena ȝ ealle
long while of-the teeth sore and of-the gums and all
þæs muðes forrotudnyssa beoð gelacnude.
of-the mouth rottennesses are cured
Ðeos wyrt ðe man gorgonion ȝ oðrum naman nemneþ 182
This herb which one gorgonion and by-other name names
byð cenned on diglon stowum ȝ on wæton· be ðysse
is born in secret places and in wet about this
wyrte is sæd þ hyre wyrttruma sy geanlicud þære nædran
herb is said that its root be likened of-the adder
heafde ðe man gorgon nemneð ȝ ða telgran habbað þæs
head which one gorgon names and the twigs have of-that
ðe eac is sæd ægðer ge eagan ge nosa ge næddrena hiw.
which also is said either both eyes and noses and of-adders hue

Eac se wyrttruma gehwylcne man him geanlicað hwilon on
Also the root each man to-him likens at-times in
goldes hiwe hwilon on seolfres ȝ þonne ðu þas wyrte mid
of-gold hue at-times in of-silver and when thou this herb with
hyre wyrttruman niman wylle ðonne warna þu þ hy na sunne
its root take wilt then beware thou that it not sun
ne bescine ðy læs hyre hiw ȝ hyre miht sy awend þurh ðære
— shine-on the less its hue and its might be changed through of-the
sunnan beorhtnysse· forceorf hy þonne mid anum wogan ȝ
sun brightness cut-off it then with a curved and
swyþe heardon iserne· ȝ se þe hy ceorfan wylle ðonne sy
very hard iron and he who it cut will then let-be
he fram awend· forðy hit nys alyfed þ man hyre wyrttruman
he from turned because it not-is allowed that one its root
ánwealh ne geseon mote. Se þe þas wyrte mid him hafað
whole not see may He who this herb with him has
æghwylce yfele fot spaðu him ongean cumende he forbugeþ·
each evil foot steps to-him against coming he avoids
ge for ðon se yfela man hyne forcyrreþ oððe him onbugeþ.
yea for that the evil man him avoids or to-him bows
183 Ðeos wyrt þe man milotis ȝ oðrum naman nemneð byð
This herb which one melilotus and by-other name names is
cenned on beganum stowum ȝ on wætum· þas wyrte þu
born in cultivated places and in wet this herb thou
scealt niman on wanigendum monan on ðam monþe þe
shalt take in waning moon in the month which
man augustus hateð genim þonne þone wyrttruman þysse
one August calls take then the root of-this
wyrte ȝ gewrið to anum hefel þræde ȝ ahoh to ðinum
herb and bind to a weft thread and hang to thy
swyran þy geare ne ongitst þu dymnysse þinra eagena
neck that year not perceivest thou dimness of-thy eyes

oððe gif heo þe belimpeð heo hrædlice geswiceð ȝ þu
or if it to-thee befalls it quickly ceases and thou
byst hal· þes læcecræft ys afandud.
art whole this leechcraft is proved
Wið sina togunge genim þysse ylcan wyrte wos smyre
Against of-sinews contraction take of-this same herb juice smear
þærmid hy beoð geliðegude· eac ys be þysse wyrte sæd
therewith they are eased also is about this herb said
þ heo on geare twigea blowe.
that it in year twice blow
Ðeos wyrt þe man bulbus ȝ oþrum naman nemneþ ys 184
This herb which one bulbus and by-other name names is
twegea cynna þonne ys þeos read ȝ wið þæs magan sare
of-two kinds then is this red and against of-the stomach sore
fremgendlic· þonne ys oðer byterre on byrgincge seo ys scillodes
beneficial then is other bitterer in tasting which is scillodes
gecweden eac þam magan nytlicre ægþer hafað strang mægen
called also to-the stomach more-useful either has strong power
ȝ hy to mete geþigede mycelon ðone lichaman gestrangiað.
and they for meat taken greatly the body strengthen
Wiþ geswel ȝ wið fot adle ȝ wið gehwylce gederednyssa
Against swelling and against foot disease and against each injuries
genim þas wyrte sylfe gecnucude oððe mid hunige
take this herb self pounded or with honey
gemencgede lege to ðam sare þe man þonne beþurfe.
mixed lay to the sore which one then needs
Wið wæter seocnysse genim þas ylcan wyrte swa we
Against water sickness take this same herb as we
ǽr cwædon gecnucude lege to þam innoðe· eac hy mid
before said pounded lay to the inwards also they with
hunige gecnucude hunda slitas gelacniað· ȝ hy eac swylce
honey pounded of-hounds bites cure and they also likewise

mid pipore gemencgede ⁊ togelede hy þæs lichaman swat
with pepper mixed and applied they of-the body sweat
gewriðaþ· ⁊ eac swa some hy þæs magan sár geliðigað.
bind and also so same they of-the stomach sore ease
Wið wundela þe þurh hy sylfe acennede beoð genim þyssa
Against wounds which through them self born are take of-these
wyrta wyrttruman gecnucude mid ele ⁊ mid hwætenan
herbs roots pounded with oil and with wheaten
melwe ⁊ mid sapan ðam gemete þe þu clyðan wyrce
meal and with soap in-the measure which thou poultice work
lege to ðam wundum· eac hyt áfeormaþ ðone leahtor þe
lay to the wounds also it cleanses the ailment which
grecas hostopyturas hatað· þ ys scurf þæs heafdes· ⁊
Greeks hostopyturas call that is scurf of-the head and
eac þone þe hy achoras nemnað þ ys sceb se for oft
also that which they achores name that is scab which for often
þ heafod fexe bereafað· eæc swylce mid ecede oððe mid
the head of-hair bereaves also likewise with vinegar or with
hunige gecnucude· hy of þam andwlitan nebcorn afeormaþ.
honey pounded they from the face face-corns cleanse
Eac swa some on ecede geþigede hy þæra innoða
Also so same in vinegar taken they of-the inwards
toðundennysse ⁊ toborstenysse gehæleð.
swelling and burstings heal
be þysse wyrte ys sæd þ heo of dracan blode acenned
about this herb is said that it from of-dragon blood born
beon sceolde on ufeweardum muntum on þiccon bearwum.
be should on upper mountains in thick groves
185 Ðeos wyrt þe man colocynþis agria þ ys cucurbita agrestis
This herb which one colocynthis agria that is cucurbita agrestis
þe man eac frigillam nemneþ heo eal swa oðer cyrfætte wið þa
which one also frigilla names it all as other gourd along the

eorðan hyre telgran tobrædeþ ⁊ heo hafað leaf cucumere gelice
earth its twigs spreads and it has leaves to-cucumber like
⁊ toslitene ⁊ heo hafaþ wæstm sinewealtne ⁊ byterne se ys
and torn and it has fruit round and bitter which is
to nymenne to þam timan þonne he æfter his grennysse fealwað.
to take at the time when it after its greenness yellows
Wið innoðes astyrunge genim þyses wæstmes hnescnysse
Against of-inwards stirring take of-this fruit softness
innewearde butan þam cyrnlun twegea penega gewihte on
inner-part without the kernels of-two pennies weight in
liðan beore gecnucude syle drincan hyt astyreþ þone innoð.
mild beer pounded give to-drink it stirs the inwards

The Medicina de Quadrupedibus

Idpartus, king of the Egyptians, writes to the emperor Octavian of the leechcrafts of wild beasts. The badger's teeth, struck from it alive and set in gold or silver, keep their bearer from harm, and its right forefoot, carried, gives victory; its blood, brain, testicles, and hide heal men and beasts, its liver and heart, buried at the boundaries and town gates, drive pestilence away, and its flesh is good for the emperor and his hosts. A charm of strange words is said over a mulberry apple against bleeding, and a woman's flux is cured with hair combed under a mulberry tree. The hart's horn, genitals, marrow, and grease heal adders' bites, worms, women's troubles, and spots.

Sagað ðæt ægypta cyning idpartus wæs haten· octauiano
Say that of-Egyptians king Idpartus was called to-Octavian
þam casere his freonde hælo bodade þyssum wordum þus
the emperor his friend health announced with-these words thus
cweðende· Monegum bisenum ic eom gewis þinra mægena
saying By-many examples I am certain of-thy powers
ȝ snyttro ȝ hwæþere ic· wene þ þu næfre to ðus
and wisdom and yet I ween that thou never to of-thus
mycles mægnes læcedomum become swylcum· swa ic gefrægn
great power leechdoms came such as I learned
ða we fram æscolapio ferdon· Ic þ þa for ðinre cyððe·
when we from Aesculapius went I that then for thy kinship
ȝ þe weorðne wiste þyses to gewitanne þ ys be
and thee worthy knew of-this to know that is about
wilddeora læce cræftum· swa þ wel gesæd ys.
of-wild-beasts leech crafts so that well said is
Sum fyþerfete nyten is þ we nemnað taxonem þ ys broc 1
Some four-footed beast is which we name taxo that is badger
on englisc gefoh þ deor ȝ him þonne of cwicum þa téþ
in English catch the beast and from-him then from living the teeth

of ádó þa þe he mæste hæbbe ⁊ þus cweð· on naman þæs
off take those which he greatest have and thus say in name of-the
ælmihtigan godes ic þe ofslea ⁊ þe þine teþ of abeate· ⁊
almighty god I thee slay and thee thy teeth off beat and
þonne hy syððan on linenum hrægle bewind· ⁊ on golde oþþe
then them afterward in linen cloth wind and in gold or
on seolfre bewyrc þ hio ne mægen þinum lice æthrinan hafa
in silver work-in that they not may thy body touch have
mid þe ðonne ne sceþþeð þe· ne tungol· ne hagol· ne strang
with thee then not harms thee neither star nor hail nor strong
storm· né yfel man· ne wolberendes áwiht· ne þe æniges
storm nor evil man nor of-pestilence-bearing aught nor thee of-any
yfeles onhrine dereþ· oððe gyf þe hwæt yfeles bið hraþe hyt
evil touch harms or if to-thee aught of-evil is quickly it
byð tosliten· swa wæs abdias gyndels þæs witegan· Nim þonne
is torn-apart as was of-Abdias girdle of-the prophet Take then
þone swyþran fot þone furðran ðissum wordum ⁊ þus cweþ·
the right foot the front with-these words and thus say
on naman þæs lifigendan godes· ic þe nime to læcedome·
in name of-the living god I thee take for leechdom
þonne on swa hwylcum geflite oððe gefeohte swa ðu bist
then in so whatever strife or fight as thou art
sigefæst· ⁊ þu þ gedigest· gif þu ðone fot mid þe hafast·
victorious and thou that survivest if thou the foot with thee hast
mid his gelynde smyre þa hors þa þe syn on feorre oþþe on
with its fat smear the horses those which be in fever or in
ænigre adle hio him fram ahyldeþ ⁊ lifes tid him ofer
any disease it from-them away turns and of-life time to-them over
byð· ⁊ þeah hyt mycel adl sy hraþe heo on weg gewiteþ.
is and though it great disease be quickly it — away departs

Meng hys blod wyþ lytlum sealte horsum ȝ mulum ȝ
Mix its blood with little salt for-horses and mules and
ælcum fiþerfetum neate þe on wole winnen oþþe on
each four-footed beast which in pestilence toil or in
ænigum yfle do þurh horn on muð æfter þæs deores mihte
any evil put through horn in mouth after of-the beast might
ȝ efne ymb þreo niht hy beoð hale. His brægen geseoð on
and even after three nights they are whole Its brain seethe in
þrim sestrum eles on niwon croccan oð þ þrydda dæl sy
three sesters of-oil in new crock until that third part be
beweallen fætelsa· ȝ heald hyt gif hwa sy on heafod wræce
boiled-away put-in-vessel and keep it if anyone be in head pain
æfter bæþe smyre mid on þrim nyhtum he byð gehæled· ȝ
after bath smear with in three nights he is healed and
swa eac þa fet· ȝ þeah man sy on hwylcre ungewendendlicre
so also the feet and though one be in any unchangeable
adle ȝ unhalwendlicre· seo wise hine hæleð ȝ lacnað·
disease and incurable the treatment him heals and cures
Nim his lifre to dæl ȝ bedealf æt þam ymbhwyrftum þinra
Take its liver — divide and bury at the circuits of-thy
landgemæra· ȝ þinra burhstaðola ȝ þa heortan æt þinum
land-boundaries and of-thy town-foundations and the heart at thy
burhgeatum behele· þonne þu ȝ þine beoð alysde hale to
town-gates hide then thou and thine are released whole to
feranne ȝ ham to cyrrenne eall wol byþ aweg astyred· ȝ
travel and home to return all pestilence is away stirred and
þ ær gedon wæs naht sceþþeð· ȝ byþ lytel frecne fram
what before done was naught harms and is little danger from
fyre· Cuþ ys eac þ his hyd is bryce hundum ȝ eallum
fire Known is also that its hide is useful to-hounds and all
fiþerfetum nytenum wið woles gewinne on to donne hafa
four-footed beasts against of-pestilence toil on to put have

þære hyde fellsticceo on þinum sceon· ne gefelest þu gewin
of-the hide skin-pieces in thy shoes not feelest thou toil
on þinum fotum ðu halgusta casere· ic wylle þ ðu gelyfe·
in thy feet thou holiest emperor I will that thou believe
þ þis wild deor well fremað gif þu þinum clænsung dagum
that this wild beast well benefits if thou in-thy cleansing days
þær þu færest geond earðan ymbhwyrft hys flæsc gesoden
where thou farest through of-earth circuit its flesh sodden
etest ȝ þigest hyt byþ god þe ȝ þinum weorudum.
eatest and takest it is good to-thee and to-thy hosts
Gif hwam hwæt yfeles gedon bið þ he ne mæge hys
If to-anyone aught of-evil done is that he not may his
wynlusta brucan· seoðe þonne his sceallan on yrnendum
pleasures enjoy let-seethe then its testicles in running
wylle wætere· ȝ on hunige ȝ dicge þonne fæstende þry
spring water and in honey and let-take then fasting three
dagas sona he bið gebeted.
days soon he is bettered
Wið blodes flewsan· þonne eallum mannum sy seofontyne
Against of-blood flux when to-all men be seventeen
nihta eald mona æfter sunnan setl gange ær monan upryne
nights old moon after of-sun seat going before of-moon uprising
cyme to þam treowe þe man hateþ morbeam ȝ of ðam
come to the tree which one calls mulberry and from that
nim æppel mid þinre wynstran handa· mid twam fingrum þ
take apple with thy left hand with two fingers that
is mid þuman ȝ mid hring fingre hwitne æppel þe þonne
is with thumb and with ring finger white apple which then
gyt ne readige ahefe hyne þonne upp· ȝ upp aris he bið
yet not redden lift it then up and up arise it is
brice to ðam uferan dæle þæs lichaman· Eft do hyne adune
useful to the upper part of-the body Again put it down

ȝ on lut he bið behefe to ðam neoðran dæle þæs lichoman
and in stoop it is profitable to the lower part of-the body
ær ðon þu þysne æppel nime. Cweð þonne þas word· aps·
before that thou this apple take Say then these words (aps)
aps· aps· sparare rose prosparasam· emoriragiam pantosani·
(aps) (aps) (sparare) (rose) (prosparasam) (emoriragiam) (pantosani)
opum temes stanes· þonne þu þas word gecweden hæbbe·
(opum) (temes) (stanes) when thou these words said have
genim þone æppel ȝ hine þonne bewind on weolc readum
take the apple and it then wind in whelk red
godwebbe· ȝ seoð þonne eft mid sceate oþres godwebbes
purple-cloth and sew then again with corner of-other purple-cloth
ȝ beheald þ þes læcedom ne hrine ne wæteres ne eorðan
and beware that this leechdom not touch nor water nor earth
þonne neadþearf sy ȝ se ufera dæl þæs lichoman on ænigum
when need be and the upper part of-the body in any
sare· oððe on earfeþum geswince wrið on þone andwlitan
sore or in hard toil bind on the face
gyf hyt sy on þam neoðran dæle wrið on þa wambe.
if it be in the lower part bind on the belly
Wið wifes flewsan genim þone camb þe heo ana hyre heafod
Against of-woman flux take the comb which she alone her head
mid cembe ȝ nænig man ær mid cembe ne æfter cembe·
with comb and no man before with comb nor after comb
Under ðam treowe morbeame cembe þær hyre feax þ þær on
Under the tree mulberry let-comb there her hair what there on
þam cambe geþolige gesomnige ȝ aho on upstandende twig
the comb remain let-gather and hang on upstanding twig
þæs morbeames ȝ eft ymb hwile clæne hi togesomnige ȝ
of-the mulberry and again after while clean it let-gather and
gehealde þ hyre bið læcedom þære ðe hyre heafod þær cembeþ.
let-keep that to-her is leechdom to-her who her head there combs

Eft gif heo wylle þ ðæt hyre blodryne cyme to cembe
Again if she will that that her blood-running come to let-comb
eft hyre heafod under morbeame ȝ þ feax þe on þam
again her head under mulberry and the hair which on the
cambe cleofige somnige· ȝ do on anre telgran ðe sy
comb cleave let-gather and put on a twig which be
adune gecyrred ȝ gesamnige eft þ hyre byþ læcedom.
down turned and let-gather again that to-her is leechdom
Gyf ðu wylle þ wif sy geclænsod þe næfre mihte clene
If thou wilt that woman be cleansed who never might clean
beon wyrc hyre sealfe of þam feaxe ȝ hit æt hwego
be work her salve of the hair and it some —
adrig ȝ do ón hyre lic þonne byþ heo geclænsod.
dry and put on her body then is she cleansed

2 Medicina de ceruo.
Medicine of hart
Wiþ nædran slite· heortes horn hafað mægen ælcne wætan
Against of-adder bite of-hart horn has power each liquid
to adrigenne· for þam his man bruceþ on eagsealfe.
to dry for that it one uses in eye-salve
Wiþ heafod sare heortes hornes axan fif penega gewæge drinc
Against head sore of-hart horn ashes of-five pennies weight drink
nim anne sester wines ȝ twegen wæteres nim þæs æghwylce
take a sester of-wine and two of-water take of-it each
dæge scenc fulne ȝ drince þes drenc eac wambe sar gehaþerað.
day cup full and let-drink this drink also belly sore restrains
Wiþ toþa wagunge heortes horn gebærned ȝ gecnucod þa
Against of-teeth wagging of-hart horn burned and pounded the
teð getrymeþ gif his man wislice bruceð.
teeth strengthens if it one wisely uses

Wið wifes flewsan heortes horn to duste gebeaten ⁊
Against of-woman flux of-hart horn to dust beaten and
drince on wine sona him byþ sel.
let-drink in wine soon to-him is better
Wið wyrmas to cwellenne heortes horn gebærnedne drince
Against worms to kill of-hart horn burned let-drink
on hatum wætere þa wyrmas he ácwelleð ⁊ út aweorpeþ.
in hot water the worms it kills and out casts
Nædran eac to acwellanne nim þæs hornes acxan ⁊ stred
Adders also to kill take of-the horn ashes and strew
þær hi syn hi fleoð sona on weg.
where they be they flee soon — away
Wið wifa earfoðnyssum þas uncyste grecas hatað hysterem
Against of-women troubles this evil Greeks call hysterem
cepnizam· heortes hornes þæs smælestan dustes bruce þry
cepnizam of-hart horn of-the smallest dust let-use three
dagas on wines drince gif he feforig sy drince þonne on
days in of-wine drink if he feverish be let-drink then in
wearmum wætere· þ bið god læcecræft.
warm water that is good leechcraft
Wiþ miltan sare heortes horn gebærnedne þicge on
Against of-spleen sore of-hart horn burned let-take in
geswettum drince· he þa miltan adrigeð· ⁊ þ sar on weg
sweetened drink it the spleen dries and the sore — away
afyrreþ.
removes
Wið teter heortes horn gebærnedne meng wið eced smyre
Against tetter of-hart horn burned mix with vinegar smear
mid þam hrædlice. him cymeþ bót.
with it quickly to-him comes remedy

Eft wið teter of andwlitan tó donne heortes horn
Again against tetter from face to put of-hart horn
gebærnedne meng wið ele smyre ꝛ þonne þ bedrugud sy eft
burned mix with oil smear and when it dried be again
þu hit genipa· do þis on sunnan upgange hrædlice hit hæleþ.
thou it moisten do this at of-sun uprising quickly it heals
Eft wið þam ylcan heortes horn gebærnedne nigon penega
Again against the same of-hart horn burned of-nine pennies
gewæge do þærto· ꝛ geswyrfes of seolfre syx peninga
weight put thereto and filings of silver of-six pennies
gewæge· gemeng ꝛ gegnid swiþe wel ꝛ gewyrc to clyþan·
weight mix and rub very well and work to poultice
ꝛ smyre mid hyt hæleþ wel þ sár.
and smear with it heals well the sore
Wið cyrnlu patella· þ ys heortes heagoswind gif þu hafast
Against kernels patella that is of-hart (heagoswind) if thou hast
mid þe· né arisað þe cyrnlu ꝛ þa þe ǽr arison mid
with thee not arise to-thee kernels and those which before arose with
hys æthrine· hy on weg gewitað.
its touch they — away depart
Wif gemanan tó aweccanne Nim heortes sceallan dryg
Woman intercourse to awaken Take of-hart testicles dry
wyrc to duste dó hys dæl on wines drinc· þ awecceþ
work to dust put its part in of-wine drink that awakens
wif gemanan lust.
woman intercourse desire
Wið þ ylce· nim heortes· scytel ꝛ cnuca to duste· do on
Against the same take of-hart dung and pound to dust put in
wines· drínc hyt hælæð· þæt ylce.
of-wine drink it heals the same

Wið nædran bite heortes gecyndlimu drig to duste· ȝ
Against of-adder bite of-hart genitals dry to dust and
gedo rosan dust þærto þreora peninga gewæge on drince
put rose dust thereto of-three pennies weight in drink
ȝ þicge on dæge sceapplice se drenc hæleþ nædran bite.
and let-take in day effectively the drink heals of-adder bite
Wið stede ȝ forgebinde heortes hær beoð swiðe gode mid
Against (stede) and forbinding of-hart hairs are very good with
to smeocanne wifmannum.
to smoke to-women
Wið wifes geeacnunge ban bið funden on heortes heortan
For of-woman conception bone is found in of-hart heart
hwilum on hrife þ ylce hyt gegearwað gif ðu þ bán on·
at-times in belly the same it prepares if thou the bone on
wifmannes earm ahehst gewriðest sceapplice hraþe heo geeacnað.
of-woman arm hangest bindest effectively quickly she conceives
Wið innoþa wræce ȝ gif gebind men byþ heortes mearh
Against of-inwards pain and if binding to-man is of-hart marrow
gemylted syle him on wearmum wætere hrædlice hyt hæleþ.
melted give him in warm water quickly it heals
Wið nædrena afligenge heortes mearh gebærned oð þ hyt
For of-adders putting-to-flight of-hart marrow burned until that it
smeoce oþþe þu hit mid þe hæbbe hit afligeþ ða nædran.
smoke or thou it with thee have it puts-to-flight the adders
Wið laðum lælum ȝ wommum heortes smeoro gemylted
Against loathly bruises and spots of-hart grease melted
ȝ mid ostorscyllum gecnucud ȝ gemenged ȝ to sealfe
and with oyster-shells pounded and mixed and to salve
gedon ȝ ongeseted wundorlice hyt hæleþ.
made and applied wondrously it heals

The fox's limbs and grease serve women's troubles and the head; its lung the spleen and breath; a living fox boiled to the bones makes a bath for joint disease. The hare's brain cures oversleeping, its lung the eyes and feet, its heart women who miscarry; its belly decides whether a woman bears a son. The wild goat's gall and liver serve bleeding, the eyes, the gums, the face, and the ears, and its brain drawn through a gold ring protects a child against falling sickness.

3 Medicina de wlpe.
Medicine of fox
Wið wifa earfoðnyssum þe on heora inwerdlicum stowum
Against of-women troubles who in their inward places
earfeþu þrowiað foxes leoþu ⁊ his smeoru mid ealdon ele
troubles suffer of-fox limbs and its grease with old oil
⁊ mid tyrwan wyrc him to sealfe do on wifa stowe
and with tar work them to salve put on of-women place
hraþe hit þa earfeþu gehæleþ.
quickly it the troubles heals
Wið heafod sare þam gelice þe hyt her bufan gecweden
Against head sore in-the like which it here above said
ys smyre þ heafod hyt hæleþ wundorlice.
is smear the head it heals wondrously
Wið earena sare eft gelice þon þe her bufan gecweden is
Against of-ears sore again like to-that which here above said is
genim þa ylcan sealfe hluttre drype on þ eare wundorlice
take the same salve clear drip in the ear wondrously
hyt hæleþ.
it heals

Wið miltan sare foxes lungen on hattre æscan gesoden· ȝ
Against of-spleen sore of-fox lung in hot ash sodden and
ær gecnucud ȝ to drence gedon þa miltan hyt wundorlice
before pounded and to drink made the spleen it wondrously
gehæleþ· swa deþ hys lifer þ ylce.
heals so does its liver the same
Wið weartan genim foxes sceallan gegnid swiþe oft þærmid
Against warts take of-fox testicles rub very often therewith
þa weartan hraþe hyt hy tobreceþ ȝ on weg adeþ.
the warts quickly it them breaks and — away puts
Wið nearwre sworetunge· foxes lungen gesoden ȝ on
Against narrow breathing of-fox lung sodden and in
geswettum wine gedon· ȝ geseald wundorlice hit hæleþ.
sweetened wine put and given wondrously it heals
Wið sare cyrnlu foxes sceallan genim· ȝ gnid mid gelome
Against sore kernels of-fox testicles take and rub with often
hraþe hi beoð hale.
quickly they are whole
Wið gomena sare foxes sína genim ȝ on hunige gewæt
Against of-gums sore of-fox sinew take and in honey wet
ȝ gnid mid þa goman swiþe oft· sona him byþ sel þæs
and rub with the gums very often soon to-him is better of-the
broces.
affliction
Wið heafod ece genim foxes gecynd ymfoh þ heafod utan
Against head ache take of-fox genitals encircle the head without
hraþe þæs heafodes sár byþ aweg afyrred.
quickly of-the head sore is away removed

To wif þingum foxes tægles se ytemæsta dæl on earm
For woman things of-fox tail the outermost part on arm
áhangen þu gelyfest þ þis sy to wif þingum on bysmær
hung thou believest that this be for woman things in mockery
gedon.
done

Wið liþ adle genim cwicenne fox ȝ seoð þ þa ban
Against joint disease take living fox and seethe that the bones
ane beon læfed astige þærin gelomlice ȝ in oþer bæð do
alone be left let-step therein often and in other bath let-do
he swa swiþe oft· wundorlice hit hæleþ ȝ æghwylce geare·
he so very often wondrously it heals and each year
þysne fultum he him sceal gegearwian· ȝ ele do þærto
this help he him shall prepare and oil let-put thereto
ðonne he hine seoðe ȝ his þyssum gemete to þearfe bruce.
when he it seethe and it in-this measure for need let-use

Wið earena sare genim foxes geallan menc wið ele drype
Against of-ears sore take of-fox gall mix with oil drip
on þa earan hyt wel gehæleþ.
in the ears it well heals

Wið eagena dymnysse genim foxes geallan gemencged mid
Against of-eyes dimness take of-fox gall mixed with
doran hunige ȝ on eagan gedon hyt hæleþ.
drone honey and on eyes put it heals

Wið earena sare genim foxes gelynde gemylted drype on
Against of-ears sore take of-fox fat melted drip in
þa earan him cymð god hæl.
the ears to-him comes good health

Wið fot wræce gif se innera dæl þæs sceos byþ fixenhyd·
Against foot pain if the inner part of-the shoe is vixen-hide
ȝ gyf hit sy fotadl smyre mid ele þa fet hy habbaþ
and if it be foot-disease smear with oil the feet they have
þæs þe leohtran gang.
the — lighter going

Medicina de lepore. 4
Medicine of hare
Wið oferslæpe haran brægen on wine geseald to drence
Against oversleep of-hare brain in wine given for drink
wundorlice hyt beteþ.
wondrously it amends
Wiþ eagena sare haran lungen ongeseted ȝ þærto gewriþen
Against of-eyes sore of-hare lung set-on and thereto bound
þ sár byþ gehæled.
the sore is healed
Wið fotswylum ȝ sceþþum haran lungen ufan on ȝ
Against foot-swellings and harms of-hare lung above on and
neoþan togewriþen wundorlice þa gongas beoð gehælede.
beneath bound-to wondrously the goings are healed
Ðam wifum þe him hyra beorðor losie haran heortan
To-the women who to-them their birth be-lost of-hare heart
adrige ȝ wyrc to duste ȝ þriddan dæl recelses dustes
dry and work to dust and third part of-incense dust
syle drincan seofon dagas on scirum wine.
give to-drink seven days in clear wine
Þam þonne þe hyt oft oðfealleþ xxxtig daga ge on wine
To-those then whom it often falls-away thirty days both in wine
ge on wyrtunge.
and in herb-mixture

Ðonne þam wifum þe æfter beorþre on sumum stowum
Then to-the women who after birth in some places
swincen þ ylce dó to drence fæstendum on wearmum
toil the same do for drink to-fasting in warm
wætere sona hyt byþ gehæled.
water soon it is healed
Wið eagena dymnysse haran geallan wið hunig gemencged
Against of-eyes dimness of-hare gall with honey mixed
ȝ mid gesmyred þa eagan gebeorhtigeaþ.
and with smeared the eyes brighten
Ðam mannum þe swinclunge þrowiað haran lungen ȝ seo
To-the men who swooning suffer of-hare lung and the
lifer somod gemencged ȝ feower penega gewæge myrran
liver together mixed and of-four pennies weight of-myrrh
ȝ ðreora beores ȝ anes huniges þis sceal beon awylled
and of-three of-beer and of-one of-honey this shall be boiled
on godum ecede· ȝ syþþan mid geswetton wine gewesed·
in good vinegar and afterward with sweetened wine moistened
ȝ æfter þam drince sona hyt hæleþ.
and after the drink soon it heals
Wið blædran sare haran sina gedrygede ȝ mid sealte
Against of-bladder sore of-hare sinews dried and with salt
gebrædde ȝ gehyrste sceaf on his drinc wundorlice hyt
roasted and fried shave in his drink wondrously it
hæleþ.
heals
Wið attorcoppan bite haran sina gegyre ȝ him syle
Against of-spider bite of-hare sinews prepare and to-him give
þicgan eac hyt is æltæwe gyf hi mon hreawe swylgeþ·
to-take also it is excellent if them one raw swallows
eac wið plættan hi beoð gode gesodene.
also against nausea they are good sodden

Wiþ feallendum feaxe haran wambe seoð oþþe bræd on
Against falling hair of-hare belly seethe or roast in
pannan on godum ele smyre þ feax ȝ þ heafod þonne
pan in good oil smear the hair and the head then
nimeþ þ feax to ȝ seo sealf genydeð þ hyt weaxeþ.
takes the hair to and the salve forces that it grows
To þan þ wif cenne wæpned cild haran hrif gedryged
For that that woman bear male child of-hare belly dried
ȝ gesceafen oððe gegniden on drinc drincen butu· gif þ
and shaved or rubbed in drink let-drink both if the
wif ana hyt drinceþ ðonne cenð heo androginem ne byþ
woman alone it drinks then bears she androgyne not is
þ to nahte naþer ne wer ne wif.
that to naught neither nor man nor woman
Eft to þam ylcan haran sceallan wife æfter hyre clænsunge
Again for the same of-hare testicles to-woman after her cleansing
syle on wine drincan þonne cenð heo wæpned cild.
give in wine to-drink then bears she male child
Wíf to geeácnigenne· haran cyslybb feower penega gewæge syle
Woman to conceive of-hare rennet of-four pennies weight give
on wine drincan þam wife of wife· ȝ þam were of were· ȝ
in wine to-drink to-the woman of female and to-the man of male and
þonne don hyra gemanan· ȝ æfter þon hy forhæbben· þonne
then let-do their intercourse and after that they abstain then
hraþe geeacnað heo ȝ for mete heo sceal sume hwyle swamma
quickly conceives she and for meat she shall some while mushrooms
brucan· ȝ for bæð smyrenysse wundorlice heo geeacnaþ.
use and for bath ointment wondrously she conceives
Wið scorpiones bite ȝ nædran slite haran cyslyb geseald
Against of-scorpion bite and of-adder bite of-hare rennet given
on wines drince þ wel gehæleþ.
in of-wine drink that well heals

Wið þ cildum butan sare teð wexen haran brægen gesoden
Against that to-children without sore teeth grow of-hare brain sodden
gnid gelome mid þa toð reoman hi beoð clæne ȝ unsare.
rub often with the tooth gums they are clean and unsore
Wið wambe wræce genim haran helan ber on þinum hed
Against belly pain take of-hare heel bear on thy hood
claþe wundorlice hit hæleð.
cloth wondrously it heals
Wið eagena sare haran lifer gesoden ys god on wine to
Against of-eyes sore of-hare liver sodden is good in wine to
drincenne ȝ mid þam broþe ða eagan to beþianne.
drink and with the broth the eyes to bathe
Đam mannum þe fram þære teoþan tide ne geseoð þæs
To-the men who from the tenth hour not see of-the
ylcan drinces smyc heora eagan on fon ȝ mid þam
same drink smoke their eyes on let-receive and with the
broþe recen· ȝ þa lifre wæten ȝ gniden ȝ mid smyrgen.
broth let-smoke and the liver let-wet and let-rub and with let-smear
Wið blod ryne gebærned haran lifer ȝ gegniden ȝ on
Against blood running burned of-hare liver and rubbed and on
gestreded hraþe hyt gestilleþ.
strewn quickly it stills
Wið blod ryne of nebbe firgin buccan þ ys wudu
Against blood running from face of-mountain buck that is wood
bucca oððe gat· þæs lyfer gebryted wið ecede· ȝ on næsþyrl
buck or goat its liver broken with vinegar and in nostril
bestungen wundorlice hraþe hyt ðone blodryne gestilleþ.
stuck wondrously quickly it the blood-running stills

To eagena beorhtnysse wudu buccan gealla gemencged wið
For of-eyes brightness of-wood buck gall mixed with
feldbeona hunige· ȝ ongesmyred seo beorhtnys him to
of-field-bees honey and smeared-on the brightness to-him to
cymð.
comes

Þæt ylce mæg wið gomena sare gemeng þone geallan ȝ
The same avails against of-gums sore mix the gall and
hunig tosomne· hrin þa goman mid hyt hælð.
honey together touch the gums with it heals

To eallum uncystum þe on gomum beoð acenned wudugate
For all evils which in gums are born of-wood-goat
geallan mid feld beona hunige gemenged þær sceal eac
gall with of-field bees honey mixed there shall also
gelice awegen myrre ȝ pipor ȝ croh seoð eall on wine
alike weighed myrrh and pepper and saffron seethe all in wine
oþ þ hyt sy wel to sealfe geworht· smyre þonne þa
until that it be well to salve wrought smear then the
saran goman mid daga gehwylce oð þ hy haligen.
sore gums with of-days each until that they heal

Wið eagena dymnesse wudu gate geallan ȝ lytel wines
Against of-eyes dimness of-wood goat gall and little of-wine
meng to somne smyre mid ðriwa þonne beoð hi gehælede.
mix — together smear with thrice then are they healed

Wið dropfagum andwlatan wudubuccan geallan oððe gate
Against drop-stained face of-wood-buck gall or of-goat
gemencged wið wætere· ȝ on gesmyred hraþe hit gelacnað.
mixed with water and on smeared quickly it cures

Wið nebcorn þe weaxað on þam andwlatan smyre mid
Against face-corns which grow on the face smear with
gate geallan ealle þa nebcorn he of þam andwlitan
of-goat gall all the face-corns it from the face
aclænsað ⁊ ealne þone wom he geðynnað.
cleanses and all the spot it thins
Wið earena sare ⁊ swege wudu gate gealla mid neowum
Against of-ears sore and noise of-wood goat gall with new
ele oððe æppeles seawe wlæc gemencged ⁊ on þa earan
oil or of-apple juice lukewarm mixed and in the ears
gedon hyt hæleþ.
put it heals
Wið toþ ece wudu gate geallan mencg wið ele smyre mid
Against tooth ache of-wood goat gall mix with oil smear with
swyþe gelome þonne beoð hi hale.
very often then are they whole
Wið herð bylges sare oððe wunde fyregate geallan
Against of-testicle bag sore or wound of-mountain-goat gall
meng wið hunig do to þam sare hit hæleþ wel.
mix with honey put to the sore it heals well
To wifes willan þæs buccan geallan meng wið recels ⁊
For of-woman desire of-the buck gall mix with incense and
wið netelan sæd· smyre þone teors mid ær foran to þæs
with of-nettle seed smear the penis with ere before to the
rest gemanan· þ wif onfehð þæs willan on ðam hæmede.
rest intercourse the woman receives the desire in the intercourse
Þy læs cild sy hreosende þ is fylle seoc oþþe scinlac mete
The less child be falling that is falling sick or phantom meet
fyregate brægen teoh þurh gyldenne hring syle þam
of-mountain-goat brain draw through golden ring give to-the
cilde swelgan ær þam hyt meolc onbyrge hyt byþ gehæled.
child to-swallow before that it milk taste it is healed

The goat's horn heals chilblains and brings sleep, its cheese the eyes and head, its dung swellings, sinews, and canker, its gall the afterbirth, and its blood the belly. The ram's wool, dipped in water and oil, heals callosities and swellings, its lung ulcers, and its grease scurf. The boar's brain eases every sore, its liver the flux, and its gall men's desire; its fat with its foam cures nausea and vomiting, and its bladder, roasted and eaten, serves those who wet their beds.

Wið homum nim gate horn ⁊ lege to fyre þ he byrne on 6
Against chilblains take of-goat horn and lay to fire that it burn in
fyre do þonne of þa scylle on niwe fæt cnuca hyt þonne swiþe
fire put then off the scale in new vat pound it then much
wið scearpum ecede· do on þa homan oþ þ hy hale syn.
with sharp vinegar put on the chilblains until that they whole be
To slæpe gate horn under heafod gelæd weccan he on
For sleep of-goat horn under head laid waking he into
slæpe gecyrreþ.
sleep turns
Wið cyrnla sare smeoc þone man mid gate hærum hraþe
Against of-kernels sore smoke the man with of-goat hairs quickly
he byþ þæs sares hal.
he is of-the sore whole
Wið blodryne of nosum adryg gate blod ⁊ gnid to
Against blood-running from nose dry of-goat blood and rub to
duste do on þ næsþyrl hyt widstandeþ.
dust put in the nostril it withstands
Wið eagena hætan ⁊ stice· niwe gate cyse ofergeseted
Against of-eyes heat and stitch new of-goat cheese set-over
mid þa eagbræwas him byþ hrædlice bot.
with the eyelids to-him is quickly remedy
Wið heafod ece niwe gate cyse þærto gewriþen hyt hæleþ.
Against head ache new of-goat cheese thereto bound it heals

Wið fot adle gate cyse niwe ongelegd þ sár geliðegað.
Against foot disease of-goat cheese new laid-on the sore eases
Wið nædran· slite sceaf gate horn on þry scenceas· ȝ
Against of-adder bite shave of-goat horn in three cups and
þare ylcan gate meolc wið wine gemencgede on þry siþas
the same of-goat milk with wine mixed in three times
drince· swylce hyt þ attor tosceadeþ.
let-drink likewise it the venom separates
Wið innoðes flewsan gate horn gescearfen ȝ wið hunige
Against of-inwards flux of-goat horn scraped and with honey
gemencged ȝ gegniden ȝ æfter þam geþiged þære wambe
mixed and rubbed and after that taken of-the belly
flewsan he forþryceð.
flux it suppresses
Wið hreofe ȝ wið toflogen lic genim þ wæter þe
Against leprosy and against puffed body take the water which
innan gæt byþ· ȝ heo hwilum ut geoteð menge þone
within goat is and she at-times out pours let-mix the
wætan wið hunige ȝ sealte ȝ symle on æfenne his
liquid with honey and salt and always in evening his
heafod ȝ his lic mid þy þwea ȝ gnide.
head and his body with that let-wash and let-rub
Wið innoðes heardnysse swa hwæt swa he ete menge
Against of-inwards hardness so what so he eat let-mix
wið þone wætan· ȝ þone ylcan drince· wið þæs innoðes
with the liquid and the same let-drink against of-the inwards
heardnysse þ seo getogene wamb sy alysed· swa he má
hardness that the drawn belly be loosened as he more
drinceð swa hyt furðor clænsað.
drinks so it further cleanses

Wið þone wætan do him eac drince gate blod wel þ
Against the liquid let-do him also drink of-goat blood well that
hyne hæleþ.
him heals
Gif innoð þinde nim gate blod mid hire smeorwe· ⁊
If inwards swell take of-goat blood with her grease and
berene gryta gemeng ⁊ on wambe utan gewrið wundorlice
barley groats mix and on belly outside bind wondrously
hyt hælþ.
it heals
Wið ælces cynnes næddran bite gate smeoro ⁊ hyre tord
Against of-each kind adder bite of-goat grease and her turd
⁊ weax mylt· ⁊ gemeng tosomne wyrc swa hit man
and wax melt and mix together work so it one
gehal forswelgan mæge onfo se þe him ðearf sy þonne
whole swallow may let-receive he who to-him need be then
bið he gehæled.
is he healed
Þe man se þe him seo wæter adl gæten smeoro geþyd
The man he who to-him the water disease of-goat grease pressed
to porlum swelge ⁊ drince mid ceald wæter ⁊ somod
to pellets let-swallow and let-drink with cold water and together
swelge ⁊ drince æfter þam gate blod hym byþ hræd bot.
let-swallow and let-drink after that of-goat blood to-him is quick remedy
Drince eft buccan micgan ⁊ ete nardes ear· ⁊ wælwyrte
Let-drink again of-buck urine and let-eat of-nard ear and of-wallwort
moran selost ys se micga þ he sy oftost mid feded.
roots best is the urine which he be oftenest with fed
Wið earena sare gate micgan do on þ eare þ sár geliðigað
Against of-ears sore of-goat urine put in the ear the sore eases
gif þær wyrms inne bið hyt þ út awyrpð.
if there worm within is it it out casts

Wið cyrnlu gate tord menge wið hunige smyre mid sona
Against kernels of-goat turd let-mix with honey smear with soon
bið sel.
is better

Wið þeoh wræce gate tord cned swyþe þ hyt sy swylce
Against thigh pain of-goat turd knead much that it be as
sealf· ȝ smyre mid þa þeoh sona hy beoð hale.
salve and smear with the thighs soon they are whole

Wið liþa sare nim gate tord meng wið scearpum ecede
Against of-limbs sore take of-goat turd mix with sharp vinegar
ȝ smyre mid· wel hyt hæleþ· ȝ smeoce mid hæþe ȝ
and smear with well it heals and smoke with heath and
þ ylce on wine drince.
the same in wine let-drink

Wið cancre gate tord gemenged wið hunige ȝ on þa
Against canker of-goat turd mixed with honey and on the
wunde gedon hraþe hyt hæleþ.
wound put quickly it heals

Wið swylas gate tord smyre mid þa swylas hyt hy
Against swellings of-goat turd smear with the swellings it them
todrifð· ȝ gehæleþ· ȝ gedeþ þ hy eft ne arisað.
drives-apart and heals and makes that they again not arise

Wið sina getoge gate tord meng wið ecede ȝ smyre
Against of-sinews contraction of-goat turd mix with vinegar and smear
mid þ sár hyt hælþ.
with the sore it heals

Wið springum gate tord meng wið hunige smyre ȝ on
Against carbuncles of-goat turd mix with honey smear and on
gelege eac þa springas þe beoð on mannes innoðe acenned
lay also the carbuncles which are in of-man inwards born
hyt todrifeþ.
it drives-apart

Gate geallan on wine gedruncen wifa halan him
Of-goat gall in wine drunk of-women afterbirths from-them
ofadeþ ⁊ hi gehæleþ.
takes-off and them heals
Medicina de ariete. 7
Medicine of ram
Wiþ wearras ⁊ wið swylas blacu rammes wul on wætere
Against callosities and against swellings black of-ram wool in water
gedyfed ⁊ æfter þam on ele· ⁊ syþþan aled on þa saran
dipped and after that in oil and afterward laid on the sore
stowe· þ sar heo on weg afyrreþ ⁊ gyf hyt bið mid
place the sore it — away removes and if it is with
gereced þa toslitenan wunda heo forþrycceþ.
smoked the torn wounds it suppresses
Þa wearras ⁊ ða swylas þe beoð on mannes handum
The callosities and the swellings which are on of-man hands
oððe on oþrum limum oððe ymb þone utgang smyre mid
or on other limbs or about the anus smear with
þam wætan þe drype of healfsodenre rammes lungenne
the liquid which drips from half-sodden of-ram lung
hraþe heo hy onweg afyrreð.
quickly it them away removes
Wið wundspringum ⁊ anwlatan rammes lungen smel to
Against wound-ulcers and face of-ram lung small —
corfen ⁊ to þam sare geled sona hyt gehælþ.
carved and to the sore laid soon it heals
Wið scurfum rammes smeoru ⁊ meng ðærto sot ⁊ sealt ⁊
Against scurfs of-ram grease and mix thereto soot and salt and
sand ⁊ hyt wylla on weg· ⁊ æfter smyre hyt byþ eft liðre.
sand and it boil — away and after smear it is again softer

8 Medicina de apro.

Medicine of boar

Wið ælc sar bares brægen gesoden ȝ to drence geworht

Against each sore of-boar brain sodden and to drink wrought

on wine ealle sár hyt geliðegaþ.

in wine all sores it eases

Wið hærþena sare ȝ teorses bares brægen meng wið hunig

Against of-testicles sore and of-penis boar brain mix with honey

ȝ wrið on wundorlice hyt hæleþ.

and bind on wondrously it heals

Wið næddran bite bares brægen gesoden ȝ gemencged wið

Against of-adder bite of-boar brain sodden and mixed with

hunig wundorlice hyt gehæleþ.

honey wondrously it heals

Eft wið sarum ȝ gewundedum fotum bares lungen

Again against sore and wounded feet of-boar lung

gebeaten swiðe smale ȝ wið hunig gemenged ȝ to sealfe

beaten very small and with honey mixed and to salve

gedon hraþe heo þ sár gehæleþ.

made quickly it the sore heals

Wið innoðes flewsan niwe bares lifre wyrc to drence on

Against of-inwards flux new of-boar liver work to drink in

wine ȝ þonne drince sona him bið sel.

wine and then let-drink soon to-him is better

Oras on weg to adonne nim bares lifre· ȝ swetre

(Oras) — away to put take of-boar liver and of-sweet

apuldrerinde wyl tosomne on wine gemenged· ȝ drince

apple-tree-rind boil together in wine mixed and let-drink

hraðe hy fleoð on weg fram him.

quickly they flee — away from him

Gif earan syn innan sare ⁊ þær wyrms sy ondó þa ylcan
If ears be within sore and there worm be put-on the same
sealfe heo ys swyþe god to þam.
salve it is very good for that
Weres wylla to gefremmanne nime bares geallan ⁊ smyre
Of-man desire to effect let-take of-boar gall and smear
mid þone teors ⁊ þa hærþan þonne hafað he mycelne lust.
with the penis and the testicles then has he great lust
Wið fylle seocum men bares sceallan wyrc to drence on
Against falling sick man of-boar testicles work to drink in
wine oðde on wætere· se drenc hyne gehæleþ.
wine or in water the drink him heals
Wið spiwðan ⁊ plættan ⁊ hnappunge genim bares gelynde
Against vomiting and nausea and dozing take of-boar fat
⁊ seoð on þrim sestrum wæteres oþ þ se ðridda dæl sy
and seethe in three sesters of-water until that the third part be
beweallen do þærto bares fam ⁊ drince he byþ hal· ⁊ he
boiled-away put thereto of-boar foam and let-drink he is whole and he
sylf wundrað ⁊ weneð þ hyt sy oþer læcedom þ he dranc.
self wonders and weens that it be other leechdom which he drank
Wið stede· ⁊ wið blæddran sare genim eoferes blædran
Against (stede) and against of-bladder sore take of-boar bladder
mid þam micgan ahefe upp· ⁊ abid oþ þ se wæta
with the urine lift up and wait until that the liquid
of aflogen sy seoð syððan ⁊ syle etan þam þe earfoþo
off flown be seethe afterward and give to-eat to-him who troubles
þrowie wundorlice hit gehæleþ.
suffer wondrously it heals
Þam þe under hy migað bares blædre gebræded ⁊ geseald
To-those who under them urinate of-boar bladder roasted and given
to etanne þa unhæle heo gehælþ.
to eat the unhealth it heals

Wið homum bares scearn ȝ swefel gegniden on wine ȝ
Against chilblains of-boar dung and sulfur rubbed in wine and
gelome drince þa homan hyt beteþ.
often let-drink the chilblains it amends

9–13 · WOLF, LION, BULL, ELEPHANT, AND DOG

Wolf's flesh drives away phantoms, its head under the pillow brings sleep, and its hair keeps the traveler unafraid; among the wolf's remedies a dog's spleen, milk, urine, fat, and dung serve the spleen, the teeth, warts, the ears, worms, and water disease, and a black dog's foot hung on the arm shakes off fever. The lion's flesh guards against phantoms, and its fat eases the ears, every sore, and the sinews. The bull's horn drives off adders, its gall serves the eyes, belly, ears, and face, and its dung heals sores, breaks, and burns. Ivory removes spots from the skin. The dog's blood, head, brain, and teeth heal contraction, canker, broken limbs, and toothache, and whoever carries a dog's heart is safe from dogs.

9 Medicina de lupo.
Medicine of wolf
Wiþ deofulseocnysse ȝ wið yfelre gesihðe wulfes flæsc
Against devil-sickness and against evil sight of-wolf flesh
wel getawod· ȝ gesoden syle etan ðam þe þearf sy·
well prepared and sodden give to-eat to-him who need be
þa scinlac þe him ær ætywdon ne geunstillað hy
the phantoms which to-him before appeared not disquiet they
hine.
him
To slæpe wulfes heafod lege under þone pyle se unhala
For sleep of-wolf head lay under the pillow the unwell
slæpeþ.
sleeps

Gif þu gesyxt wulfes spor ær þonne hyne· ne gesceþþeð
If thou seest of-wolf track before than him not harms
he þe gif ðu hafast mid þe wulfes hrycg hær ⁊
he thee if thou hast with thee of-wolf back hair and
tægl hær þa ytemæstan on siðfæte butan fyrhtu þu
tail hair the outermost on journey without fear thou
ðone sið gefremest ác se wulf sorgað ymbe his
the journey accomplishest but the wolf sorrows about his
sið.
journey
Eagwræc on weg to donne genim wulfes swyþre
Eye-pain — away to put take of-wolf right
eage· ⁊ hyt tosting ⁊ gewrið to ðam eagon hit
eye and it pierce and bind to the eyes it
gewanað þ sar gyf hyt gelomlice þærmid gesmyred
lessens the sore if it often therewith smeared
byþ.
is
Wið miltwræce cwices hundes milte abred of wyrc to
Against spleen-pain of-living hound spleen pluck off work to
drence on wine syle drincan hyt hæleþ. Sume nimað hwelpes
drink in wine give to-drink it heals Some take of-whelp
mylfe ⁊ wriðaþ on.
spleen and bind on
Wið wiþerweard hær onweg to adonne gif þu nimest
Against unwanted hair away to put if thou takest
wulfes mearh ⁊ smyrest mid hraðe ða stowe þe þa
of-wolf marrow and smearest with quickly the place where the
hær beoð of apullud ne geþafað seo smyrung þ hy eft
hairs are off pulled not allows the smearing that they again
wexen.
grow

Se wifman se þe hæbbe dead bearn on innoðe· gif he
The woman who that have dead child in inwards if she
drinceð wylfene meolc mid wine ⁊ hunige gemenged gelice
drinks of-she-wolf milk with wine and honey mixed alike
efne sona hyt hælð.
even soon it heals
Biccean meolc gif ðu gelome cilda toð weoman mid
Of-bitch milk if thou often of-children tooth gums with
smyrest· ⁊ æthrinest butan sare hy wexað.
smearest and touchest without sore they grow
Wearras ⁊ weartan on weg to donne nim
Callosities and warts — away to put take
wulle ⁊ wæt mid biccean hlonde wrið on
wool and wet with of-bitch urine bind on
þa weartan ⁊ on þa wearras hraþe hi beoð
the warts and on the callosities quickly they are
awege.
away
Þam mannum þe magon hwon gehyran hundes gelynde ⁊
To-the men who can little hear of-hound fat and
wermodes seaw mid ealdum ele gemylt dryp on þ eare
of-wormwood juice with old oil melt drip in the ear
hyt þa deafan gebeteþ.
it the deafness amends
Wið wedes hundes slite nim þa wyrmas þe beoð
Against of-mad hound bite take the worms which are
under wede hundes tungan snið on weg ymb læd
under of-mad hound tongue cut — away about lead
utan fic treow syle þam þe tosliten sy he bið sona
outside fig tree give to-him who bitten be he is soon
hal.
whole

Wið fefore nim blæces hundes deades þone swyþran
Against fever take of-black hound dead the right
foten sceancan hoh on earm he tosceaceð þone
foot shank hang on arm it shakes-off the
fefor.
fever

Warna ðe þ ðu ne mige þær se hund gemah sume
Beware thee that thou not urinate where the hound urinated some
men secgað þ þær oncyrre mannes lichama þ he
men say that there turns of-man body that he
ne mæge þonne he cymeþ to his wife hyre mid
not may when he comes to his wife her with
gerestan.
lie

Scinseocum men wyrc drenc of hwites hundes þoste on
To-phantom-sick man work drink of of-white hound dung in
bitere lege wundorlice hyt hæleð.
bitter lye wondrously it heals

Hnite ⁊ wyrmas on weg to donne ðe on cildum beoð·
Nits and worms — away to put which on children are
bærn hundes ðost ⁊ gnid smale mengc wið hunige· ⁊
burn of-hound dung and rub small mix with honey and
smyre mid· seo self adeþ ða wyrmas on weg· nim eac
smear with the self puts the worms — away take also
þ græs þær hund gedriteþ cnuca wrið on hraðe hyt
the grass where hound dungs pound bind on quickly it
hælð.
heals

Wið wæter adle nim drigne hundes þost wyrc to drence
Against water disease take dry of-hound dung work to drink
he hæleð wæter seoce.
it heals water sick

Dreorg on weg to donne hwites hundes þost gecnucadne
(Dreorg) — away to put of-white hound dung pounded
to duste ȝ gemenged wið meolwe ȝ to cicle abacen
to dust and mixed with meal and to cake baked
syle etan þam untruman men ær þære tide hys tocymes
give to-eat to-the unwell man before the time of-its coming
swa on dæge swa on nihte swæþer hyt sy his togan
whether in day or in night whichever it be its coming
bið ðearle strang· ȝ æfter þam he lytlað ȝ on weg
is very strong and after that it lessens and — away
gewiteþ.
departs
Wið wæter adle hundes spiwþan lege ȝ wrið on
Against water disease of-hound vomit lay and bind on
þam innoðe þurh þone utgang seo wæter adl ut
the inwards through the anus the water disease out
afloweð.
flows
10 Medicina de leone.
Medicine of lion
Ða þe scinlac þrowien etan leonflæsc ne þrowiað hy ofer
Those who phantoms suffer let-eat lion-flesh not suffer they after
þ ænig scinlac.
that any phantom
Wið earena sare nim leon gelynde mylt on scylle drype
Against of-ears sore take of-lion fat melt in shell drip
on þ eare sona him byþ sel.
in the ear soon to-him is better
Wið ælcum sare gemylted leon gelynde· ȝ þærmid
Against each sore melted of-lion fat and therewith
gesmyred æle sar hyt geliðigað.
smeared each sore it eases

Wið sina ȝ wið cneowa leoða sarum nim leon
Against of-sinews and against of-knees joints sores take of-lion
gelynde· ȝ heortes mearg mylt ȝ gemeng tosomne
fat and of-hart marrow melt and mix together
smyre mid þ sár ðæs lichoman sona hyt byþ
smear with the sore of-the body soon it is
hal.
whole

Medicina de tauro. 11
Medicine of bull
Wið næddrena eardunge ȝ aflygennysse· fearres horn
Against of-adders dwelling and putting-to-flight of-bull horn
gebærnedne to acsan stred þær nædran eardien hy fleoð
burned to ashes strew where adders dwell they flee
onweg.
away
Wommas of andwlatan to donne smyre mid fearres blode
Spots from face to put smear with of-bull blood
ealle þa wommas hyt of genimeþ.
all the spots it off takes
Fearres geallan wið eagena þystru ȝ genipe meng
Of-bull gall against of-eyes darkness and mist mix
wið feld beona hunig do on þa eagan wundorlice hyt
with field of-bees honey put on the eyes wondrously it
gehæleþ.
heals
Wambe to astyrigenne nim fearres geallan somna on wulle
Belly to stir take of-bull gall gather in wool
wrið under þ setl neoðan sona he þa wambe onlyseþ·
bind under the seat beneath soon it the belly loosens

do þ ylce cildum ofer ðone nafolan he weorpeþ ut þa
do the same to-children over the navel it casts out the
wyrmas.
worms
Wið earena sare fearres geallan meng wið hunige ⁊ drype
Against of-ears sore of-bull gall mix with honey and drip
on ða earan sona him byþ sel.
in the ears soon to-him is better
Wið cyrnlu ðe beoþ on mannes andwlatan smyre mid
Against kernels which are on of-man face smear with
fearres geallan sona he byþ clæne.
of-bull gall soon it is clean
Wið apan bite oððe mannes smyre mid fearres geallan
Against of-ape bite or of-man smear with of-bull gall
sona heo bið hal.
soon it is whole
Wið ælce heardnysse fearres smeru mylt wið tyrwan ⁊
Against each hardness of-bull grease melt with tar and
lege on· ealle þa sár ⁊ þ hearde hyt geliðigað ⁊
lay on all the sores and the hard it eases and
gehnesceaþ.
softens
Wiþ fortogonysse fearre[s] mearg on gehættum wine drince
Against contraction of-bull marrow in heated wine let-drink
þ beteþ.
that amends
Wið ælcum sare drince fearres gor on hatum wætere sona
Against each sore let-drink of-bull dung in hot water soon
hyt hælþ.
it heals

Wið bryce fearres gor wearm lege on þone bryce syþþan
Against breach of-bull dung warm lay on the breach afterward
him bið sel.
to-him is better
Wið wæteres bryne oððe fyres bærn fearres gor ⁊ scead
Against of-water burn or of-fire burn of-bull dung and shed
þær on.
there on
Gyf þu wylle don beorhtne andwlitan nim fearres
If thou wilt make bright face take of-bull
scytel cnuca ⁊ bryt ⁊ gnid swiðe smale on
dung pound and break and rub very small in
eced smyre mid þone andwlatan ðonne byð he
vinegar smear with the face then is it
beorht.
bright
Wif gemanan to donne nim drige fearres sceallan wyrc
Woman intercourse to do take dry of-bull testicles work
to duste oððe elcor gnid on win ⁊ drince gelome he
to dust or else rub in wine and let-drink often he
bið þy gearwa to wifþingum.
is the readier for woman-things

Medicina de elephanto. 12
Medicine of elephant
Wið gehwylce wommas of lichoman on weg to nimenne
Against each spots from body — away to take
genim ylpen ban mid hunige gecnucud ⁊ to geled·
take ivory bone with honey pounded and to laid
wundorlice hyt þa wommas ofgenimeð.
wondrously it the spots takes-off

Eft wið wommas of andwlatan to donne gyf wifman
Again against spots from face to put if woman
mid þam sylfan duste· dæghwamlice hyre andwlatan smyreð
with the same dust daily her face smears
heo þa wommas afeormaþ.
she the spots cleanses

13 Medicina de cane.
Medicine of dog
Wið ealle sar gyf þu on forewearden sumera þigest hwylcne
Against all sores if thou in early summer eatest any
hwelpan þonne gyt ungeseondne ne ongitest þu ænig
whelp then yet unseeing not perceivest thou any
sár.
sore
Wið fortogenysse drince hundes blod hyt hæleþ·
Against contraction let-drink of-hound blood it heals
wundorlice.
wondrously
Wið geswel þæra gecyndlima hundes heafodpanne gecnucad
Against swelling of-the genitals of-hound skull pounded
ȝ to gelegd wundorlice heo hæleþ.
and to laid wondrously it heals
Wið cynelice adle wede hundes heafod gecnucud ȝ mid
Against royal disease of-mad hound head pounded and with
wine gemenged to drence hyt hæleþ.
wine mixed to drink it heals
Wið cancor wund hundes heafod to acxan
Against canker wound of-hound head to ashes
gebærned ȝ on gestreded hit þa cancor wunda
burned and on strewn it the canker wounds
gehæleþ.
heals

Wið scurfendum næglum gebærned hundes heafod ȝ
Against scurfing nails burned of-bound head and
seo acxe þærón gedón þa ungerisnu hyt on weg
the ash thereon put the unsightliness it — away
afyrreþ.
removes
Wið wede hundes slite hundes heafod gebærned
Against of-mad hound bite of-bound head burned
to acxan ȝ þær on gedon eall þ attor ȝ
to ashes and there on put all the venom and
þa fulnysse hyt ut awyrpeð ȝ þa wedendan bitas
the foulness it out casts and the raging bites
gehæleþ.
heals
Eft wede hundes heafod ȝ his lifer gesoden ȝ geseald
Again of-mad hound head and his liver sodden and given
to etanne þam þe tosliten bið wundorlice hyt hyne
to eat to-him who bitten is wondrously it him
gehæleþ.
heals
To gehwylcum bryce hundes brægen aled on wulle
For each breach of-bound brain laid on wool
ȝ þ tobrocene to gewriþen feowertyne dagas þonne
and the broken to bound fourteen days then
byþ hyt fæste gebatod ȝ þær byð þearf to fæstere
is it fast bettered and there is need to faster
gewriðennysse.
binding
Wið eagwræce ȝ stice tobrec hundes heafod· gif þ
Against eye-pain and stitch break of-bound head if the
swyþre eage ace· nim þ swyþre eage· gif þ winstre
right eye ache take the right eye if the left

eage ace· Nim þ wynstre ȝ wrið utan ón hyt hæleþ
eye ache Take the left and bind outside on it heals
wel.
well
Wið toþ wræce hundes tuxas bærn to acxan hæt scenc
Against tooth pain of-hound tusks burn to ashes heat cup
fulne wines do þ dust on ȝ drince ȝ do swa gelome
full of-wine put the dust in and let-drink and do so often
þa teþ beoð hale.
the teeth are whole
Wið toþ reomena geswelle hundes tux gebærned
Against of-tooth gums swelling of-hound tusk burned
ȝ smale gegniden ȝ on gedon toþreomena swylas
and small rubbed and on put of-gums swellings
gedwæsceað.
quench
Wið hunda reðnysse ȝ wiðerwærdnysse· se þe hafað
Against of-hounds fierceness and hostility he who has
hundes heortan mid him ne beoð ongean hine hundas
of-hound heart with him not are against him hounds
cene:
bold