

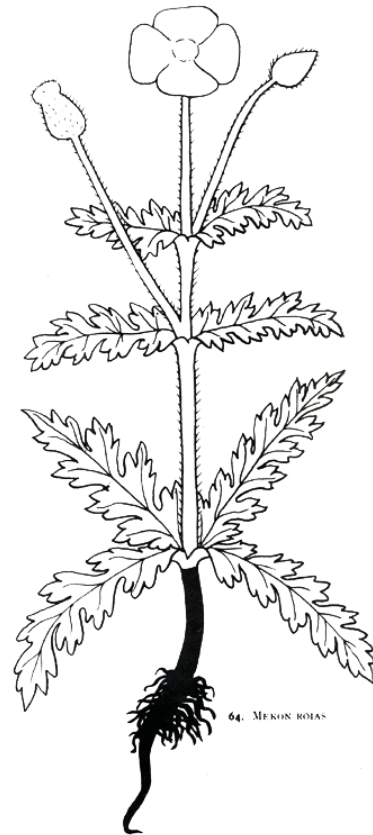
## READING 23-1

Source: The Greek herbal of Dioscorides, illustrated by a Byzantine, A.D. 512; Englished by John Goodyer, A.D. 1655; edited and first printed, A.D. 1933, by Robert T. Gunther. New York, Hafner Publ. Co., 1959.

## Dioscorides

### 64. Mekon Roias. *Papaver Rhoëas*

*Papaver erraticum* [which some call *Oxytonum*, ye Romans *Papaveralis*, ye Egyptians *Nanti*] is so called because it quickly casteth away ye flower; it grows in fields in ye spring, at what time also it is gathered. Ye leaves are like to *Origanum*, or to *Eruca*, or to *Cichory*, or *Thyme*, jagged, but longer, and rough; but a downy stalk, straight, rough, as of a cubits height: ye flower purple, & sometimes also white, like to that of *Anemone* ye wild: ye head somewhat long, yet somewhat less than that of *Anemone*: ye seed red: ye root somewhat long, whitish, having ye thickness of a little finger & bitter. Having sod 5 or 6 little heads of this with three Cyathi of wine, to bring it as to two, give it to drink to such as you would make sleep. As much as an acetabulum of ye seed being drank with Melicrate, doth soften ye belly gently. It is mixed also with honeyed confections & cakes for ye same purpose. But ye leaves being laid on together with ye heads doe heal inflammations. But ye decoction of them being fomented, or sprinkled on, is soporiferous.



### 170. Euzomon. *Eruca sativa* Rocket

[the Romans call it *Eruca*, ye Egyptians *Ethrekicen*, the Africans *Asuric*] This being eaten raw in any great quantitie doth provoke Venery, and the seed of it also doth work ye like effect, being vreticall and digestiue, & good for ye belly. They doe also vse the seed of it in making of sawces, which that it may endure the longer, hauing macerated it first in vinegar, or milke, making it into Trochiscks, they afterward lay it vp in store.

There also grows a wild *Eruca*, especially in Iberia towards ye west, whose seed the men there doe vse instead of Mustard. It is more diureticall, & farre sharper then the *Satiue*.

