

Cooks expressly tell us, in their proem, that their work was compiled 'by assent and avyement of maisters of phisik and of philosophie that dwellid in his [the King's] court' where *phisik* is used in the sense of medicine, *physicus* being applied to persons professing the Art of Healing long before the 14th century^u, as implying *such* knowledge and skill in all kinds of natural substances, constituting the *materia medica*, as was necessary for them in practice. At the end of the Editor's MS. is written this rhyme,

Explicit coquina que est optima medicina^x.

There is much relative to eatables in the *Schola Salernitana*; and we find it ordered, that a physician should over-see the young prince's wet-nurse at every meal, to inspect her meat and drink^y.

But after all the avyement of physicians and philosophers, our processes do not appear by any means to be well calculated for the benefit of recipients, but rather inimical to them. Many of them are so highly seasoned, are such strange and heterogeneous

^u Reginaldus Phisicus. M. Paris, p. 410. 412. 573. 764. Et in Vit. p. 94. 103. Chaucer's *Medicus* is a doctor of phisick, p. 4. V. Junii Etym. voce Physician. For later times, v. J. Rossus, p. 93.

^x That of Donatus is more modest 'Culina medicinæ famulatrix est.'

^y Lel. Collect. IV. p. 183. 'Diod. Siculus refert primos Ægypti Reges victum quotidianum omnino sumptis ex medicorum præscripto.' Lister ad Apic. p. ix.