

Of Medicines appropriated to the heart

Borage, Bugloss, Rosemary, Citron  
By a sympathy between medicine and the heart  
By an antipathy between medicine and poison  
by astral influence  
by stinking vapours

Cherish the vital spirits when they languish  
comfort the fearful  
cool the fevers  
drive melancholy  
either by anger, love, fear, hatred, sadness &c.

Excessive heat  
For as the heart is variously disturbed  
fortify  
keep back

lead is colder than gold  
motions of the mind  
natural affections of man  
not everything cooleth  
not the body  
placed between brain and liver

please the hateful  
Poison  
Refresh the spirits being decayed  
Remedies which succor the afflicted heart

Resist  
resist

Rue, Angelica, &c.  
So such things as flatter lovers or appease

some cheer the mind  
some strengthen the heart  
strengthen  
strengthen the heart

such affections may be wrought in the body  
that mirth, love, &c. are actions  
the animal spirits be refreshed by fragrant smells  
the fountain of life  
the heart is chiefly afflicted by too much heat  
the heart is the seat of the vital spirit  
the original of infused heat

Those which cheer the mind, are not one and the same  
To add vigour to the affections  
to cherish life throughout the body

vital spirits refreshed  
wrought upon by reason, as well as by digestion  
yet many have been induced to think

## ABOUT THE POEM

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“Of Medicines appropriated to the heart” was created from the *Complete Herbal* by Nicholas Culpeper (1653). About the poem and the process of composing it, Jennifer Hernandez writes:

I chose to focus on Chapter 3, “Of Medicines appropriated to the heart.” It seemed a suitable topic for poetry! First, I copied and pasted the chapter into a Word document to begin my initial process of skimming and circling words and phrases that caught my attention. As it turned out, nearly the entire text was circled. So I shifted gears and took out a pair of scissors. I cut out the words and phrases that I had circled and discarded the rest (largely connective words and phrases). After cutting the text apart, I gathered the strips of paper and placed them in an envelope to sit overnight and cleanse my mind of the original text. The next day I emptied the strips onto the table and put them in alphabetical order by the first word on each strip. Once arranged, I copied out the text in order, eliminating unnecessary words and phrases, but maintaining the order. Finally, I typed up my handwritten notes, again pruning what I had written. The end result is the poem that you see before you. I was quite pleased with the experiment and it was fun to make poetry in such a kinesthetic way.

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