

PRIMARY SOURCE PACK

'The commoditie of moderate slepe, appereth by this, that naturall heate, whiche is occupied about the matter, wherof procedeth nourishment, is comforted in the places of dygestion, and so digestion is made better, or more perfite by slepe, the body fatter, the mynde more quiete and clere. the humours temperate: and by moche watche all thynges happen contrarye.' - Thomas Elyot, *The Castel of Helth* (London, 1539), fol. 48.

'Covite to slepe in the night, sixe or seven howers: for slepe is a greate friende to nature, if slepe cum not in the night, then refuse not sleape in the daie, sitting in the chaire, with the hed up right after meate two howers, walke not moche vp & doune'. - William Bullein, *A Comfortable Regiment* (London, 1562), sig. E4r.

'Slepe shulde be mesured according to the natural complexcion of man, and in any wyse to have a respecte tothe strength and the debylyte to age & youthe and to syckenes & helth of man. Fyrste as concerning the naturall complexcyon of man, as sanguyne and colorycke men. vii. houres is sufficyent for them. And nowe consydering the imbecyllyte and wekenes of nature a flematycke man may slepe. ix. houres or more. Melancoly men may take theyr pleasure, for they be the receptacle & the dragges of al the other humoures'. - Andrew Boorde, *A Compendyous Regyment or a Dyetary of Healthe* (London, 1547), sigs. B4r-B4v.

'Slepyng after a full stomacke doth ingendre dyverse infyrmyties, it doth hurt the spleen, it relaxeth the synowes, it doth ingendre the dropsyes and the goute, and doth make man loke evil coloured. Beware of veneryous actes before the fyrste slepe, and specially beware of suche thynges after dyner or after a full stomacke, for it dothe ingendre the crampe, the goute, and other displeasures'. - Andrew Boorde, *A Compendyous Regyment or a Dyetary of Healthe* (London, 1547), sig. C1r.

'We must not onely regard that wee lie on the tone side, but also that wee lie with our heads somewhat high, well bolstered up, having sufficient clothes upon us, least that while naturall heate is within about digestion, the outward parts be grieved with cold. It is good also to weare a kerchiffe, or some such like thing in the night on our heads'. - Thomas Cogan, *The Haven of Health* (London, 1636), p. 274,

'It is to be considered in sléep, that natural heat is drawn inwardly, & digestion made perfite, the spirites quieted, and all the bodie comforted, if the true order of sléepe be obserued in sixe points.

First, a quiet minde, without the which either there is no sléepe, or else dreadfull dreames, tormenting the spirites'. - William Bullein, *A Comfortable Regiment* (London, 1562), fol. 34.

'A Cordiall Water to Cause Sleep: Take a peck of cowslip flowers, a quart of new milk, a pint of muscadine, 2 or 3 lettuces, 3 nutmegs bruised, 2 ounces of dates, distill them in an ordinary still put into the receiver 3 ounces of sugar candy finely beaten to powder, with a blade of mace hanging by a thread about the neck of the still'. - Boyle Family Recipe Book (c. 1675-1710), MS 1340, Wellcome Library, fol. 17.

'Thys I do aduertise you for to cause to be made a good thicke quylt of cotten, or els of pure flockes or of clene wooll, and let the coverynge of it be of whyte sustyan, and laye it on the fether bed that you do lye on, and in your bed lye nat to hote nor colde, but in a temporaunce'. - Andrew Boorde, *A Compendyous Regyment or a Dyetary of Healthe* (London, 1547), sig. C1v.

'We should strive with our heartes even in our secrete chambers upon our bed against sin that it sleepe not, nor haue any continuance with vs, for feare of the discommoditie that may come thereby'. - A. P., *The Compass of a Christian* (London, 1582), pp. 77-78.

'A prayer for Tuesday evening: I pray that my sleepe be not excessive, or overmuch after the unsatiabie desyres of the fleshe, but so much as maye suffise to content and satisfie my feeble nature, wherby I may be the better disposed to live in all godlye conversation, to the glory of thy holy name, and the commoditie of my neyghbour. To thee with the sonne and the holy ghost, be al honor & glory for ever & ever. Amen'. - Thomas Achelley, *The Key of Knowledge* (London, 1572), p. 230.

'On those who enjoy fine food and drink: they invert the Order God hath disposed to the times preposterously, making the night day, and the day night; at midnight they revell, at noone they sleepe: though the day was created for labour, the night for repose.' - Thomas Adams, *The Gallant's Burden* (London, 1612), fol. 17.

'To lie upon the backe, causeth flegme and other humours to fall into the hinder part of the head, where is the originall of the sinewes, and by that meane the spirits being stopped, the nightmare (as they call it) and palsie, and such like maladies be engendred. Again to lie on the belly, draweth the humours to the eyes, and so hurteth the sight'. - Thomas Cogan, *The Haven of Health* (London, 1636), p. 274.