

A churl's feast is better than none at all.—Greene, *Looking Glasse for London*, p. 130.

Pray take then, sir; enough's a feast,
Eat some and pocket up the rest.—Pope, *Im. of Hor. Ep.*, I., vii. 24.
Eat a bit before you drink.—R., 78.

Eating and drinking wants but a beginning.—Ry.

" " scratching " " " " —S., *P. C.*, ii.
Scarting and eating " " " " —K.

Del comer y del baylar comienço niedad.—Nuñez, 1555.

Rascar y comer comienço han menester.—Nuñez, 1555.

L'appetit vient en mangeant.—Rabelais, *Garg.*, i. 5.

En mangeant l'appetit vient.—Bacon, *Promus*, 1597.

L'appetit passe en attendant.

All mouths must be fed.—Ned Ward, *Nuptial Dialogues*, II., xviii.

Le trou trop ouvert sous la nez
fait porter souliers dechirez.—Cotg.

He that will have a hare to breakfast must hunt overnight.—C., 1636.

Staybit and breakfast, ammot* and dinner,
mumpit and crumpet, and a bit arter supper.—(Dartmoor.)

St. James' Gazette, 5/7/84.

* A luncheon.—(West) Hll.

No one ever committed suicide within an hour of his dinner.—
(Medical) *Illustrated London News*, 27/1/94.

If you would eat a good breakfast, eat a good dinner: the more you fast, the more you may.—Torriano.

Laugh before breakfast, you'll cry before supper.

Tel rit au matin qui pleura au soir.—Cotg., 1611.

Good cheer and good cheap gars many haunt the house.—Ferg.

Hospitality should run fine to the last.

Habla boca de tabla.—Nuñez, 1555.

What the Germans call Kartoffelgesprach.

Fair houses, small hospitality; many chimneys, little smoke.—Dr.

Boarding's t' best laving.*—Harland and Wn., *Lancashire Legends*, 200.

* i.e. putting feast on the table is best invitation.

They may dunch†
that gie the lunch.—*Glossary to Burns*.

† Horseplay.

Though raging hunger makes the stomach wrath,
'Tis half assuaged by laying of the cloth;
For in the wars of eating 'tis the use
A table of cloth is hunger's flag of truce.

Taylor (W. P.), *Praise of Clean Linen*.

Sal vertida

nunca ben cogida.—Nuñez, 1555.

Il n'est horloge plus juste que le ventre.—Bacon, *Promus* [1470].

Volerci altro che tovaglia bianca.—Torr. Cf. Altro vol la tavola que
toalla bianca.—(Italian) Nuñez, 1555.

Half an hour is soon lost at dinner.—S., P. C., i.

A tavola mai s'invecchia.

A dinner-party should not be less than the Graces, nor more than
the Muses.

Septem convivium, novem convicium†.
† riot.

Crinons* en teste
gaste la feste.—W.

* i.e. crickets (crotchets in the head—a cantankerous man).

He that riseth early dineth early.—Gascoigne, *Supposes*, i. 3.

He that hath saved his dinner shall have the more for his supper.—
Dr.

Le riche disne quand il veut,
le povre quand il a et peut.—Meur., 1590.

Faine fait diner
passe temps souper.—Bacon, *Promus* [1606].

Quien come y daxa
dos vezes pona la mesa.—Percival, *Sp. Gram.*, 1599.

A maxim too that must not be forgot:

“Whatever be your dinner serve it hot.”—*The Banquet, a Poem.*

Il letto caldo spasso fa la minestra fredda. If I were a-bed I would
not rise for my supper.—Torr.

Grace for supper, and grace for dinner,
or you 'll be thought a graceless sinner.

Never be ashamed to eat your meat.—Cl.

Crusty before dinner, crummy after.—Peacock, *Lincoln Glossary*.

Rapportez ce qu'est dit à table
chose est vile et vituperable.—Meur., 1590.

A table ronde n'y a debat
pour estre plus pres le meilleur plat.—Meur., 1568.

A tavola non si presente ne sale
ne testa d'animale.—Torr.

One in regard to superstition; the other to good manners.

Qui faciendo moram prandendi protulit horam
Aut male prandebit, aut sedis honore carebit.—N., VI., v. 278.

At feasts men sit long.—Killigrew, *Thomaso*, II., i. 1.

The full belly never fights nor flies well.—Cod.

Maldita seas, Atalla,
no has comido y beves agua.—Nuñez, 1555.

Good food requires good liquor.—Ned Ward, *Nuptial Dialogues*, II., v.

A buen comer, o mal comer,
tres veces sea de bever.

A bien disner ou mal souper
quatre fois convient trinquer.—Meurier, *Dev. Fam.*, p. 112. 1590.

“‘Ay’ dize nuestra Madre Celestina que esta corrupta la letra, que per dezir ‘treze’ dixo ‘tres’.”—Percival, *Sp. Gram. Dial.*, 1599.

Tu padre ceno carnero assado y acostose y muriô se pues: no pregunes de que muriô.—Percival, *Spanish Dial.*, VI. 1599.

Il n'est banquet feste ne chere
que de pain frez et vin bon feu et chair
mais la jeune et vieil poisson
verd bou argent sont tousiours en saison.—Meur., 1590.

Eaten meat is good to pay for.—Ferg.

Light suppers make clean sheets.—R., 1670.

Por mucha cena
nunca ta noche buena.—Nuñez, 1555.

Tiene gana de morir
cena carnero assado y echa te a dormir.—*Ib.*

No man is sure of his supper till he has eaten it.—Goldsmith, *She Stoops to Conquer*, ii.

Cum pedibus fissis est sanior omnibus ovis.—*Modus Cœnandi*, E. E. Text Society.

Qui veut vivre sain
dine peu et soupe moins.—Bacon, *Promus* [1613].

Manners knows distance [and a man unrude
Would soon recoil, and not intrude
His stomach to a second meal].—Herrick, *To Sir L. Pemberton*.

Fingers were made before forks and hands before knives.—S., P.C., ii.

Les mains sont faictes devant les cousteaux.—*Com. de Prov.*, ii. 3.
1611.

There are twenty vulgarities which can be committed in eating an egg.

Au serviteur le morceau d’honneur. Last piece his fee, some holding it but a rude part to leave a dish empty.—Cotgrave.

Sede de caçador y fame de pescador.—Nuñez, 1555.

Si pranza con Abati, si cena con Mercanti, si merenda con comari,
si fa colazione con gl’ Inamorati.—Torr. Cf. A hunter’s breakfast.

Disinare con Abbati cena y con mercatanti merendar con comadri e far colazione con innamorati.—O. Landi, 1548, f. 9.

Almuerza con rufian, come con carpintero, cena con recuero.—Nuñez, 1555.

Laz. You talk of chalk, and I of cheese.

Diona. He’s in the last dish, pray take him away here.

Rowley, *All's Lost by Lust*, ii. 1633.

Formaggio pere a pan
pranzo* di villan,
formaggio pan e pere
pranzo* di cavagliere.

* pasto.

Il villan venderia il podere
per mangiar cascio pan e pere,
e venderia il gaban
per mangiar cascio, pere, e pan.—Torr.

Al contadino non gli far sapere
quanto sia buono il cacio colle pere.—Giusti.

Para ravanos y queso
no es menester trompetero.—Nuñez, 1555.
Welcome is the best cheer.—R., 1670.

” ” ” dish upon the table.—By.

A foul wind makes scanty messes; for it's a cheerful saying among seamen, 'Large wind, large allowance': starving and drowning to them being equally terrible.—Ned Ward, *Trip to New England*, ii. 171.

And though the countenance makes the feast (say books)
We ne'er found better welcome with worse looks.

Corbet, *Iter Boreale*.

O comed como vestis
o vestid como comeis.—Julian de Medrano, *Silva Curiosa*, 1583.
Them as ad'n most mouths ad'n most meat.—Jackson, *Shropshire Words*, under "Cantle."

Of enough men leave.—K. i.e. the scraps are the proof.

The first of the tea and the last of the cof-fee for poor Pill Garlick.
The strippins o' the cow and the foremilk of the taypot.—*Poor Robbin Olminick*.

MILK. See Spring.

Lang fasting hains nae meat.—Ry.

He that has a wide theim* has never a long arm (gluttons not liberal).—K.

* or theirm=gut.

Mair in a mair dish. i.e. a great deal more. An answer to them who ask you if you will have any more when you have gotten very little.—K.

A drap and a bite's
a small requisite.—Cunningham, *Burns Glossary*.

I am the worst carver in the world. I should never make a good chaplain.—S., *P.C.*, ii.

It is the point of an unmannerly guest to rise before the grace be said.—Melb., *Philot.*, Ff. 4.

Miss lives upon love and lumps of the cupboard.—S., *P.C.*, i.

The cut that is worst
of a leg is the first.

i.e. of mutton, because it does not go deep enough so as to reach the Pope's eye.

After dinner, sit awhile;
after supper, walk a mile.

Unquiet meals make ill digestions.—Shak., *Comedy of Errors*, v. I., 74.

- as men
- Do walk a mile, women should talk an hour
After supper : 'tis their exercise.—B. and F., *Philaster*, ii. 4.
- Unbidden guests
- Are often welcomest when they are gone.
Shak., *1 Henry VI.*, II., ii. 54.
- Clecking-time is aye canty time.—Scott, *Guy Mannering*, i.
i.e. a birth is a festival.
- Even in Science, all roads lead to the mouth.
- No sorrow can descend so deep as meat.—Corbet, *Iter Boreale*.
- Old coffees, young teas. Planter's maxim. *i.e.* the first may be kept
(before roasting) to mature.—*St. James' Gazette*, 30/6/'84.
- As long as there's water there's tea. *i.e.* the tea-pot's supply is only
limited by that of the kettle.
- So frugal dames insipid water pour
Till green, bohea and coffee are no more.
Christopher Pitt, *On the Art of Preaching*, 1699—1748.
- Good tea can't be too hot, nor good beer too cold.
Unless the kettle boiling be,
filling the teapot spoils the tea.
- COFFEE.** Noir comme le diable, chaud comme l'enfer, pur comme
un ange, doux comme l'amour.—Talleyrand.
- Preneur de Cafe, jeune vieillard.

VEGETABLES.

- Better is a dinner of herbs where love is, than a stalled ox and hatred therewith.—*Prov.*, xv. 17.
- Mensa minuscula pace referta
melior divitiis lite repletis.
- A body's nae broke while they hae a green kale-stock.—
A. Cunningham, *Glossary to Burns*.
- Mas vale dos bocados de vaca
que siete de patata.
(Que lo mas segura, aunque valga menos, es mejor que lo peligroso aunque valga mas. *Patata es manjar precioso de las Indias*.—Nuñez, 1555, p. 72.)
- La olla sin verdura
ni tiene gracia ni hartura.—Nuñez, 1555.
- Selon l'ancien Roman proverbe,
Il y a grand vertu en herbe:
car qui mange bonne verdure
de soy chasse mal aventure.—Meurier, *D. F.*, ch. xx. 1590.
- Kail hains bread.—Ry.
- Eat leeks in Lyde* and ramsons† in May,
and all the year after physicians may play.—Aubrey, *N. H. of Wilts*.

* Lyde, March [A.S. hlyda, stormy.] † Garlic.

Un tres friande piece de chair
quant & quant la pimpernel & ravelle
elle gast l'estomach & rompt la cervelle.—Meurier, *D. F.*, 1590, 40 v.

Tanto è mangiar il cardone senza sale
quanto il non far col marito di carnevale.—Torr.

PARSLEY. Parsley fried will bring a man to his saddle and a woman to her grave.

The seed of parsley, according to a Yorkshire saying, goes nine times to the devil before it comes up.—F. C. Birkbeck Terry in *N.*, VIII., xi. 124, with reference to :

Cast away Willow, Lady, then and choose
Dog-tree or hemlock, or the mournful yew
Torn from some church-yard side, the cursed thorne
Or else the weed, which still before it's borne
Nine times the devill sees ; if you command,
I'll wear them all, compos'd by your fayre hand,
So that you'll grant me that I may go free
From the sad branches of the willow tree.

Richard Barnsley in *Wit Restored*, 1658,
Hotten's repr., p. 152.

Transplanted parsley brings ill luck. (Traditional.)

SALAD.

Salade sans vin
est venin.—Meurier, *D. F.*, 2, 140 vo.

Qui vin ne boit apres salade
se risque d'estre malade.—*Ib.*

A far un insalata, ci vuol un prodigo, un bisbettico ed un avaro.—Torr.

Insalata ben oliata
poco aceto e quattro boccone alla disperata.—Torr.

Giusti adds "ben lavata"—a heresy, to my thinking.

I can therefore by no means approve of that extravagant fancy of some who tell us that 'A fool is as fit to be the gatherer of a sallet as a wiser man.' Because, say they, one can hardly choose amiss, provided the plants be green, young and tender, wherever they meet with them.—Evelyn, *Acetaria*, p. 82. 1699.

L'insalata non vuol nulla
se non è rivoltata da una fanciulla.—Giani.

Vuol buona insalata
da bella mano sia rivoltata.—*Ib.*

Chi la insalata vuol gustare
colle mani la deve mangiare.—*Ib.*

Quien tras ensalada no beve
no sabe lo que pierda.—Nuñez, 1555.

Sin ravanos y vela
no ay buena cena.—*Ib.*

Manjar de burgillo, a la mañana ravanos, y a la noche higos.
—Ho.

Fong[h]i fuggi.—Bolla, *Prov. Bergamasca*.

WATERCRESS in season only when “r” in the month.—Fernie,
Herbal Simples, p. 129.

VIANDS, COOKERY.

The taste of the kitchen is better than the smell.—Dr.

Oὐ παντὸς ἀνδρὸς ὁψα ἀρτύσαι καλῶς.—Cratinus in *Glauco*.

[It isn't every man who can season dainties well.—ED.]

On devient cuisinier, mais on nait votisseur.—Brillat Savarin.

Dirty grate

makes dinner late.—*Derbyshire F. L. Jour.*

They hae need o' a canny cook that hae but ae egg to their dinner.
—Ry.

A good cook can make you good meat of a whetstone.—Cogan,
The Haven of Health, 149.

To make pottage of a flint.—F. W., III., vi. 37.

Seethe stanes in butter, the brose will be guid.

Them as pricken ööth fork or knife*,
öön never be 'appy, maid nur wife.—Jackson, *Shropshire Words*.

* Instead of using a skewer.

No haste,

no waste.—Kitchen rule.

Celuy qui dresse la viande en haste
il faus necessairement qu'il la gaste.—Wodroephe, p. 250.

The first dish pleaseth all.—Herb.

New meat begetteth a new appetite.—Cod.

De las sopas y amores

las primeras son las mayores.—Nuñez, 1555.

De la olla la orlera

la primera y la postrera.—Ib.

Caldo de tripas

bien te repicas.—Ib.

Nam nimium curo, nam cænæ ferula nostræ

Mallem convivis quam placuisse coquis.—Martial, ix. 83.

Taste your pottage before you crumb in your bread.—Copley,
Wits, &c., p. 116.

They ne'er saw great dainties that think a haggis a feast.—Ry.

Non v'e minestra che quella de' Frati.—Torr.

A chi la vita rincresce

mangi la carne col pesce.—Torriano.

Carne fa carne, e pesce fa vesce*.—Torr., who says Physicians
admit shell-fish!

* Wind.

Fish marreth water and flesh mendeth it.—*Booke of Meery Riddles.*
(C. and W. Prov., 104.)

It is observed that the foolisher the fowl or fish*, the finer the flesh thereof.—F. W., *Linc.*, p. 149.

* Woodcocks, dotterels, codsheads, &c.).

Despues de los peces
malas son leches.—Nuñez, 1555.

Huevos solos
mil manjares y para-todos.—*Ib.*

Ovo assado* meyo; ovo cazido† ovo inteyro; ovo frito‡ ovo y meyo.—(Portuguese) Bluteau.

* Roasted. † Boiled. ‡ Fried.

A haggis should be fat, rich, and reeking. *i.e.* smoking hot.

He that never eats flesh thinks harigals* a feast.—Cunningham,
Glossary to Burns.

* Liver and lights.

The first fuff* of a fat haggis is the worst.—Jam. Applied to the onset of a lusty person.

* Puff.

Carne vecchia, la buon brodi.—Ho.

Chair fait chair et poisson fait poison eau et pain.—Meurier, *Coll. Er.*
C'est la viande du chien.—Cotgr.

Chair fait chair, vin fait sang, pain maintient.

De las carnes el carnero,
de los pescados el mero.—Nuñez, 1555.

Bread is the staff of life.—Swift, *Tale of a Tub*; Ho.

Bread, beer, and beef—yeoman's fare.—Rowley, *Witch of Edmonton*, i. 2.

Bread to bread's nae kitchen*. Applied also to the sexes.—Cunningham, *Glossary to Burns.*

* Cuisine.

Butter to butter's no kitchen.—Hen.

Country fare, mutton and veal, perchance a duck or goose.—Porter, *Two Angry Women* [H., O.P., vii. 382.]. 1599.

Tripe's good meat if it be well wiped.—R., 1678.

There is a muckle hid meat in a goose eye.—Ferg. *i.e.* egg. (Note, p. 13.)

Goose giblets are good meat.—Porter, *Two Angry Women* [H., O.P., vii.].

There are many ways of dressing a calf's head (showing your folly).

At the Calves Head Club it was dressed in every imaginable way.

A good goose indeed, but she hes an ill gansell.—Ferg., Henryson, p. 15, where D. Laing reads gansell as sauce.

Too much for one and not enough for two—like Walsall man's goose.—Poole, *A. and P. Words of Staffordshire*.

Jeaffreson says the proverb relating to the goose being enough for one and not enough for two is applied in France to the poulet d'Inde; p. 25. 1880.

Chair de mouton
manger de glouton.—Cotgr., 1611.

So it was held in old time when beef and bacon were your only dainties.—Cotgr.

Un bon mouton
est manger de glouton.—Meurier, *Dev. Fam.*, 1590.

La chair de veau
demi-chair vaut.—*Ib.*

Porc et foison d'escus en sein
est en tous temps salubre et sain.—*Ib.*

Bacon gives as much relish to boiled chicken as good sense to a pretty woman.—Miss Maples, of Spalding.

Toda es cosa vil
a donde falta un pernil.—Lope de Vega.

Butter's good for anything but to stop an oven, or seal a letter.—Ho.
If you take away the salt you may throw the flesh to the dogs.—R., 78.

Beurre auant et beurre apres pris
fait bonnes engins et vifz esprits.—Meurier, 1590.

La carne salata fa buona memoria per bevere.—Bolla.

Better cry, "Fie salt!" than "Fie stink." An apology for meat too much powdered, because otherwise it would stink.—K.

L'odore de gli odori e il pane,
il sapore di sapori si è il sale,*
l'amor de ali amori sono i figlioli.—Florio, *First Frutes*, l. 90 vo. 1578.

* Un antico proverbio.

Good cooks always have good tempers.

Bien cugina quien mal come.—Bacon, *Pro.*, 624.

Venison is season'd with oaths in the taking
more than with pepper and salt in the baking.

Taylor (W. P.), *Against Cursing and Swearing*.

Of all sorts of deer I hold stolen venison to be the most honestly gotten, because the Thieves are so quiet, close, private and silent at their work that they have no leisure to swear and curse as men do when it is lawfully taken.—Taylor, *Navy of Land-ships*.

Toute chair n'est pas venaison.—Cordier, 1538.

All flesh is not venison.—Cl.

Many think of their wealth, as they say of Venison; so they have it they never enquire undè, from whence it comes.—T. Adams, *Meditations on Creed*, p. 1158.

Here will I insert a letter of Qu. Eliz., written to him with her own hand, and Reader, deal in matters of this nature as when venison is set before thee, eat the one and read the other, never asking whence either came.—F. W., p. 162.

La perdiz dizen los medicos que sea de comer entre tres companeros.
i.e. el hombre un gato y un perro.—Percival, *Sp. Dial.*, iv.,
1599.

Tapar la nariz
y comer la perdiz.—Nuñez, 1555.

Con la perdiz
la mano en nariz.—Pineda.

La perdiz es perdida
si caliente no es comida.—Nuñez, 1555.

Como dice el adagio Que cansa de comer perdicas.—*Curiosa Relacion Poetica.* (Barcelona) 1637.

La perdris est perdue
n'est qu'elle soit chaude repue.—Meurier, *Dev. Fam.*, p. 33 r.

Quem a truyte come assada, e cocida a perdiz
nao sabe o que faz, nem menos o que diz.—(Portuguese) Nuñez, 1555.

A turkey boil'd
's a turkey spoil'd,
a turkey roast
's a turkey lost,
but a turkey brais'd—
The Lord be prais'd !

Del oca
mangiane poca.—Flo., 1578.

De la poule ou poulette
la noirette
de l'oison
le jeune ou grison.—Meurier, 1590.

Buon papero cattiva oca.—*Ib.*

The wing with the liver
for him who's the giver.—Jeaffreson.

Al quente da el capon
da le la pierna y el alon.—Nuñez, 1555.

Coscie di pollastri, ed ali di caponi,
e spalle di montone, son tre buon bocconi.—O. Landi, f. 5. 1548.

God sends meat and the devil cooks.

God sent us meat, the devil cooks.—Randolph, *Hey for Honesty*, Introd.

First catch* your hare —Mrs. Glass, preliminary instruction "How to make Hare Soup," *The Art of Cookery*, 1747.

* case. *i.e.* skin.

Hare is melancholy meat.—S., *P.C.*, ii.; Burton, *Anatomy of Melancholy*. [Part I, sec. 2, mem. 2, subs. 1.—ED.]

The case of the coney is the cook's fee.—Killigrew, *Thomaso*, I., iv. 2.

Si quieres comida mala
come la liebre assada.—Nuñez, 1555.

Tout est bon dans le lièvre. Axiome des chaffeurs, et des gros mangeurs, et de la medecine du xvi. siecle.

The beste wordés wold I pike
 And serve þem forthe instede of chese,
 For that is helpelich to defie *.—Gower, *C.A.*, iii.
 * Digest.

Cold pudding will settle your love.—S., *P.C.*, ii.
 Old dog at a barley bag-pudding.—(Gula) Cl.
 Apple pie without cheese
 is like a kiss without a squeeze.

An American woman's proverb.—*Proverbial Treasury*, Leipzig;
 Hartmann, 1880.

Il caccio fa romperle scarpette e ingrossar la lingua.

Spoken to children to keep them from eating cheese, or but a little
 of it.

In England cheese is forbidden folks upon another account, as also
 mustard in France.—Torr.

A white loaf and a hard cheese never shames the master.—Ho.

Bachelors' fare: bread and cheese and kisses.—S., *P.C.*, i.

Au fromage et au jambon
 l'homme cognoist son compaignon.—Nuñez, 1555.

Cheese is physic for gentlemen and meat for clowns.—Harl.
 MSS. 6395.

You may eat bread and cheese till you become hungry again.

Bread and cheese
 for the sound are good fees.

Caseus et panis sunt optima fercula sanis.—With., 1586.

Caseus et caepe veniunt ad prandia saepe.—*Ib.*

Cheese digests everything but itself.

Cheese to digest
 all the rest, yet itself never digested.—T. Adams, *Works*, p. 170.

Let 'em eat cheese and choke.—Rowley, *Witch of Edmonton*, iv. 1.

Cf. To look as if butter would not melt in your mouth [but
 I warrant cheese won't choke her.—S., *P.C.*, i.]

Volerci un savio et un matto per tagliar una formadi formaggio.—
 Torr.

A pennyworth of cheese is enough.—Cogan, *Haven of Health*, p. 159.

Fourmage

Qui moins en mange est tenu le plus sage.—Meurier, 1558.

Il faut bien un sot et un sage
 a scavoir couper un fromage.

Caseus est sanus quem dat avara manus.

Jamais homme sage
 ne mangea fromage.

Bread with eyes, cheese without eyes.—R., 1670.

Bread of a day, ale of a month, and wine of a year.—Bohn.

Œuf une heure, pain d'un jour, chair d'un an, poisson de dix.—
 Joubert, *Er. Pop.*

Pain d'un jour, vin d'un an, farine d'un mois.—*Ib.*

After cheese comes nothing.

Cheese after meat prohibits other dishes,
And after shell-fish rarely other fishes.

Franck, *Northern Memoirs*, p. xlix.

Chi mangia caviale

mangia mosche merdi e sale.—Flor.; G.

Axi es fromaje sens roña*

Com donzella sen vergona.—(Catalan) Nuñez, 1555.

* Rind.

Bad cheese requires butter to eat with it; good cheese asks none.

Tak' the bit
and the buffet wi't.—K.

Ne'er gie the bit
and the buffet wi't.—Robinson, *Whitby Glossary*.

Non Argus largus, non Methusalem Maddalena,
Non Habacus Lazarus, caseus ille bonus.—M. Luther.

Two pints of milk and three of slobber:

Fire wunt fret* it,
Water wunt wet it,
Knife wunt cut it,
Dogs bark behind the door
Cos a cawnt yut it.

Salisbury, *S.E. Worcestershire Words and Phrases*, p. 89.

* Frete: to eat away.

Chussa Wagga. Inferior or skim cheese.

Unless some sweetness at the bottom lie,
Who cares for all the crinkling of the pie?

King, *Art of Cookery*, 136.

Two-ast your bread and rasher yer vlitch,
an' as long as 'e lives, thee 'ool never be rich.

Lowsley, *Berkshire Words and Phrases*, 30.

HEALTH, SICKNESS.

Sickness is catching.—Shak., *Midsummer Night's Dream*, i. i, 186.

Little avails wealth
where there is no health.—Ho.

Farewell wealth,
and welcome health.

Ut valeam valeant.—Cl.

Keep yourself well while you are well.—Cl.

Keep well while thou art well.—D. Rogers, *Naam.*, p. 249.

A man must keep himself well when he is well.—Dr.

I will not say upon true report that Physic holds it possible that a clean body kept by these three Doctors, Dr. Dyet, Dr. Quiet, and Dr. Merryman, may live near a hundred years.—W. Lawson in Markham, *Way to get Wealth*, III., p. 49. 1668.

Si tibi deficient medici, medici tibi fient
Hæc tria mens læta requie labor et moderata dieta.

MS. Lansd., 762, fol. 99 ro. (Hen. VII.); *Rel. Ant.*, i. 287.

The rules of health and long life are
Moderate diet, open air,
easy labour, free from care.—Sir P. Sidney.

Exercise is all.—Porter, *T. A. W.* [H., O.P., vii. 359.]

Chi non sta stano, si puo dir insano.—Torr.

If you wear on the ball*,
You 'll live to spend all.

That is, a healthy, stout walker.

* The centre of the foot-sole.

Si quigres vivar sano

anda una legua mao par año.—Nuñez, 1555.

Tread on the ball,
live to spend all ;
tread on the heel,
spend a great deal ;
tread where you may,
money won't stay.—Spurgeon.

Spare thy fist and spare not thy foot.—Ho., *Brit. Prov.*, p. 12.

Keep thy feet dry and thy mouth moist.—Codr.

To rise at six and dine at ten,
to sup at six and go to bed at ten,
will make a man live ten times ten.—Codr.

To rise at five
is the way to thrive.—Ellis, *Country Housewife*, [Intro.] 1750.

Early to bed and early to rise
makes a man healthy, wealthy, and wise.—Cl.
[is no good unless you advertise.—American.]

See MS. notes, Haz., p. 116.

We rise with the Lark and go to bed with the Lamb.—Breton,
The Court and the Country, p. 6.

Waking folks do most live.—Cl.

They can't rise early that use to rise late.—Cl.

In vain they „ „ „ used „ „ „ .—Dr.

Cinque ore dorme un viandante,
sette un studiante,
non' ognī fur fante.

Too much bed
makes a dull head.—*Derbyshire F. L. Journal*.

Every hour out of bed after midnight is a nail in your coffin.

An hour's sleep before midnight is of equal value to two hours after.

Folks never catch cold at church.—Denham, *F. L. Northumbd.*, p. 22.

Huyr de la pestilencia
con tres III. es buena sciencia.—Nuñez, 1555.

i.e. luego, lejos y luengo tiempo.

The quartan ague is called the shame of physic.—T. Adams, p. 1189.
i.e. Opprobrium medicorum.

Physicians say None die of an ague nor without an ague.—T. Adams,
Works, p. 912.

Physicians say No man dies of an ague or without it.—Ho., p. 1034.
 ? a chill.

Cf. Shak., *Cor.*, i. 4, 38.

Pro quartana non pulsatur campana.—Cl.

Quartan agues kill old men and cure young.—Millingen.

La continue*

atterre homme et tue.—Meurier, 1590.

* Fever.

No marvel if old men be sick.—Cl.

La regola di sani è non haver regola.—Bolla.

Siempre desvarios con la calentura. Fevers have always their fits of
 dotage.—Ho., *F. L.*, II., xxix.

Haz la puerta al Solano
 y viviras sano.—Nuñez, 1555.

(The East wind.)

Shut the sun out of your room, and you open the door to the doctor.

Dottore ché spalleggia,
 soldato ché sgambeggia,
 donna ché fiancheggia,
 son genti di scorreggia.—Torr.

Qui veut la guarison du mire
 il luy convient tout son mal dire.—Cotg., 1611.

Les medecins et marechaux
 occient maints hommes et chevaux.—*Prov. Com.*

Physicians kill more than ever they can cure.—*World Bewitched*,
 p. 27. 1699.

Diseases in a press are quickly caught.—G. Wither, *Abuses*, II., iii.

That city is in a bad case whose physicians have the gout.

Ful seldome is that welthe
 can suffre his own estate in helthe.—Gower, *Confessio Amantis* [Prol.].

The rich man's wealth
 is most enemy unto his health.

G. Whetstone, *English Mirrour*, i. p. 14.

Better pay the butcher than the doctor.

Better wait on the cook than the doctor.—Ry.

Leave [off] with an appetite.—Cogan, *Haven of Health*, p. 167.

Apres la past, ou le repas,
 le dormir sain ne tiendras pas.—Meurier, 1590.

Qui soupe et tost s'en va coucher
 on se risque de s'amaller.—Meurier, 1568.

Shameful leaving is worse than shameful eating.—Northall, *Folk
 Lore of Four Counties*.

First get your patient hungry and then keep him so.—Sir W. Gull.
Cold after eating is a sign of long life.

Live upon sixpence a day—and earn it.—Abernethy.

Eat till you're cold,
and you'll live to grow old.

Eat till you're hot
and you'll die on the spot.

Bonne bouche bon troncne*—Cor., 1549.

* Trogne—snout, nose.

Moderation produces clear complexion.—Cotg., 1611.

He that watis quhen he is full, he is no fule.—Bannatyne, MS. in Hen.

Double charge will rive a cannon. An excuse for declining a surfeit.—K.

No wrack like unto gluttony: it kills a very coward, insensibly, blows him up as it were with white gunpowder, which they say makes no noise.—Torr.

Eat and drink moderately and defy the mediciners.—Ferg.

“ “ “ with mesour “ “ “ leich*—Bann. MS. 1568.

* i.e. physicians.

This old and approved Proverb, Honour (and use) the Physician for necessity's sake: Which importeth extreme danger and not every trifling distemperature which Nature, exercise and orderly diet will cure.—G. Whetstone, *English Mirrour*, I., p. 14. 1586.

Eat less and drink less
and buy a knife at Michaelmas*—Ho.

* ? for the goose.

Si tu veux engraisser promptement
manger avac faim bois à laisir et lentement.—Cotgr.

Frohsinn, Massigkeit und Ruh
schliessen dem Arzt die Thüre zu.

Peace, Temperance and Repose
slam the door on the Doctor's nose.—*Pall Mall Gazette*, 6/5/'84.

Buen comer trae mal comer.—Nuñez, 1555.

See p. 11.

Wash your hands often, your feet seldom, and your head never.—R., 70 tr.

Surfeits slay more than swords.—K.

Non plures gladio quam cecidere gula.

Mas mato la Cena

che curò Avicena.—Nuñez, 1555.

Cover your head by day as much as you will, by night as much as you can.—R., 78.

Dò giorno quanto vuoi, di notte quanto paoi.

Too soon, too fine, too daintily,
too fast, too much, is gluttony.—T. Adams, *Works*, p. 24.

- The poor man's physic lies in his garden.—T. Adams, p. 1038.
The husband is often the best physician.
Recipe trois pulles d'Apothicaire
vaut mœux qu'un decipe de faux Nataire.—Meurier, 1590.
For myself if I be ill at ease I like kitchyn physic. . . . I make
my wife my doctor and my garden my apotcarie's shop.—
Greene, *A Quip, &c.*
- La lesina non va adoperata ne con medici, ne con mastre.—Torr.
Sickness soaks the purse.—Breton, *Crossing of P.*, i.
By medicine life may be prolong'd, yet death
will seize the doctor too.—Shak., *Cymb.*, v. 5, 29.
God does the cure and the physician takes the fee for it.
Though God heals, yet the physician carries away the fees.—Ho.,
Parley of Beasts, 77.
A physician is a man who pours drugs of which he knows little into
a body of which he knows less.—Voltaire.
One doctor makes work for another.
Accipe dum dolet.
Throw physic to the dogs.—Shak., *Macbeth*, v. 3, 47.
The best physic is to take no physic.—T. Adams, *Works*, p. 289.
“Furtum non facies” juristæ scribitur hæc lex:
Hæc, “Non occides,” pertinet ad medicum.—T. Adams, *Wks.*, p. 178.
Thou shalt not steal the lawyer's square to right them,
Thou shalt not kill is the physician's item.
Doctors make the very worst patients.
If doctors fail
what shall avail?
Doctors never dose themselves nor their families.—*Quarterly Review*,
xcvi., p. 4.
Though Physicians know themselves never so well and the constitu-
tion of their bodies, yet when they are sick they commonly
take their receipts by prescriptions of others, being distrustful
of themselves.—Ho., *Parley of Beasts*, p. 74.
Leaches kill with license.—K. i.e. Surgeons.
Physicians have a rule among themselves concerning their patients:
Take whiles they be in pain. For whatsoever they promise
sick, when they are well they will not perform it.
Aegrotus surgit sed pia vota jacent.—T. Adams, *Works*, p. 634.
Men take bitter potions for sweet health.—Cl.
The knowledge of the disease is half the cure.—T. Adams, *Soul's
Sickness; Works*, 468.
There is, say Physicians, no perfect health in this world.—Ib., p. 440.
Pessimus morbus est medicus.—Ib., 190.
The first step to health is to know that we are sick.—Ib., p. 267.
The disease being known, it is half cured.—P. 267.

Every disease will have its course.—Muffet, *Health's Improvement*, p. 8. 1655.

A cold: three days to come; three days to stay; and [takes] three more to go away.

A cold must have its course.

A cold begins with the cat and goes through the house[hold].

S'il faut laisser faire son cours au rheume?—Joubert, *Ev. Pop.*, II.; *Pr. Vulg.*, 214 and 519.

If the patient and the disease join, then in vain is the physician.—T. Adams, *Man's Comfort*, 1653, iii. 280.

CHANGE. With change of place be sure,
Like rich men mending, you shall find recure.

Chapman, *Monsieur D'Olive*, iii.

Per star bene una sera fa una torta, un giorno fa un pane, otto lavati il capo.—Torr.

Let him that would be happy for a day go to the barber, for a week marry a wife, for a month buy him a new horse, for a year build him a new house, for all his lifetime be an honest man.
—(Italian) F. W., *Wales*, p. 6.

Souvent laver la main
mantient le corps gay et bien sain.—Meurier, 1590.

Le bel habit
esgaye l'esprit.—*Ib.*

Feed a cough and starve a fever.

Stuff a cold and starve a fever.

Comer hasta enfermar
y ayunar hasta sanar.—Percival, *Sp. Dial.*, III.

Efficacissimum in febribus jejunitum.—W., 1574.

Duol de testa vuol minestra.

El dolor de la cabeca,
el comer la endereça.—Nuñez, 1555.

Doglia di testa vuol mangiar,
doglia di corpo vuol cagar*.—*Ib.*

* Dormer.

[Better] to die quickly
than to live sickly.—T. Adams, *Works*, p. 911.

The second fall in sickness is ever most dangerous.—Hen.

The relapse is worse than the disease.—Torr.

Our sinnes I fear will work worse afterclaps;
And there's most danger in a re-relapse.

Sylvester, *Miracle of Peace*, Sonnet 35.

Every man must have something to bring him to his end.—Dr.
(Death.)

One good under-shirt is worth a great coat (for warmth).

Patience and flannel, cure for the gout.—S., *P. C.*, iii.

„ „ water-gruel „ „ „

Patience and posset drink cures all maladies. K. gives this as English.

En la goutte le maistre ne void goutte.—Meurier, *Dev. Fam.*, 1590.

Medicorum ludibrium.—Torr.

Qui goutte et belle femme a
jamais sans douleur ne sera.—Wodroephe.

Tosse d'inverno
vuol goserno:
tosse d'estate
conduce al sagrato.—Strafforello.

Patience is good for abundance of things beside the gout.—F.

Suckdry. (A miser.) A good rich disease. I warrant I shall ne'er be troubled with it.—Wilson, *Projectors*, ii.

Quien quiere el ojo sano, ate se la mano.—Nuñez, 1555.

Rub your eye only with your elbow.

It is not the velvet slipper that can heal the Kibe-heel.—Brooke, *Serm.*, iii. 179.

The student's disease—the stone*.—F. W., *Surrey*, 86.

* The stone, never heard of in England until hops and beer made therewith (about the year 1516) began to be commonly used.—Ib., *Sussex*, 108.

Mort de langue* et de eschine
sount maladies saunt medicine.

Fitzherbert, *B. of Husbandry*, f. 49. 1534.

* Longe, edition 1598.

Always sleep with your stern to the wind.—*St. J. G.*, 2/1/'84.

Cum cutis est plana, fiet dormitio sana.—W., 1616.

Scarting and eating wants but a beginning.—K.

Scalpitur interdum caput ex prurigine nullâ.—W., 1616.

Chi vuol star san
pisci come il can.—Ho.

Qui souvent se pèse bien se connaît, Qui bien se connaît bien se porte.
Chi sovente si pesa, si conosce bene, Qui si conosce bene in salute
si mantiene.*

* On automatic weighing machines at foreign stations.

Keep your back from the fire and don't mix your liquors.—(Irish)
Truth, 14/2/'89.

No pain to the gout or toothache.—Cl.

If thou be hurt with wound of hart, 'twill bring thee to thy bier;
but barber's hand can boar's hurt heal, therefore thou need not fear.
Cheales.

As they say of some diseases, as that of the lungs, that while they
are curable they are hard to discern, and when they come to
be discerned they are past cure.—D. Rogers, *Naaman*, 251.

The Physician's rules against the Plague: "Citò, procul, Longè,
tarde." Fly away soon; live away far; stay away long;
come again slowly.—F. W., *Kent*.

Plague. Hæc tria labificum tollunt adverbia pestem;
Mox, longè, tarde,—cede, recede, redi.

Millingen, *Curiosities of Medical Experience*, p. 184.

Les maux terminant en ique
font au medecin la nique.

These are hectique, apoplectique, paralytique, lethargique.

Cf. Shak., *Tr. and Cr.*, v. 1.; *Tim. of Ath.*, iv. 1.

Faire la nique. To mock by nodding or lifting up the chin, or, more properly, to threaten or defy, by putting the thumb-nail into the mouth, and with a jerk (from the upper teeth) make it to knack.—Cotgr. What we should now call “snapping the fingers at.”

Rouge visage, grosse pauncke
ne sont signes de penitence.—Bacon, *Prom.* 1590.

There is death in the pot.—*2 Kings*, iv. 40. Mors in ollâ.

This, I take it, does not mean the stewpot, but the drinking vessel. Cf. Shak., *1 H. IV.*, i. 3, pot of ale; *ib.*, ii. 2, cup of sack. If so, it is the earliest authority for total abstainers.

END OF VOL. I.











