

The Preface.

yeeres spent in the foresaid courses, there remaines little other fruit vnto mee, saving the peace of a good conscience, which giues me this testimony, that I haue euer beene a loyall Subiect to my Prince, and a true louer of my Countrey, and was neuer as yet in all my time beholding to any Doctors counsell, or Apothecaries drugs, for the preservation of my health; and it will be to mee a contentment, if I may be so happy, as to become the instrument of any publik good herein, and in whatsoener, for the good of my Prince and Countrey: And so I descend to the particular Relation of the Countrey, &c.

R. W.