

THE MONKS GO TO WYKEHAM TO RECUPERATE AFTER PERIODIC BLOODLETTING C 1300 AD.

To ease the surplus of blood in their veins, the monks of Spalding Priory had 'blood-letting' six times a year. This was thought to be a cure for high blood pressure because they ate a lot of meat. Afterwards they would look very pale and feel very weak and tottery when taking gentle exercise within the priory walls and around the town (except on market days). It was thought that this would make them strong again, but the Spalding air was very foul from the drain and the river.

Prior Clement built at Wykeham a mansion for his summer residence. There was an avenue of trees, a vineyard, an orchard and pleasant gardens. He also built a chapel where he could worship every day. He realised that the monks of Spalding would benefit from this blissful place by escaping the foul air of Spalding occasionally. It was decided that each sixth week some of the monks would be eased of the surplus in their veins and get strong by the sea. In rotation the monks could take a turn in rest and ease upon the Wykeham lands. Prior Clement increased their rations so that each monk had each day 6 trencher loaves, 12 pints of ale, 6 herrings or 6 flounders from their Burnham fishery, 6 eggs and also flesh, except in Advent, Lent and Friday. Other privileges were allowed. After each meal they could wash their hands in the lavaborium to purge all the grease away and a light burnt throughout the night in the infirmarian's room so that those who had been bled could lie in comfort without gloom. Clement of Hatfield was considered a blessed man who strengthened the spirits of the monks and also healed their flesh.

AUG 1895 The base of the old Parish Cross has been unearthed at Weston, on the road leading to St. John's. It is an interesting relic of bygone days.

Newspaper extract obtained from Spalding Gentlemens Society

Remains of 'Market Cross' which used to stand at Beggars Bush Crossroads. Was removed to Weston Churchyard and is now inside the Church.

