

and a little aniseed, it disperseth the wind comfortably. I consider ginger should be used in sauces for winter more than it is.

Having mentioned some of the most common and well known roots of domestic use, and their principal effects, I shall next collect a number of useful Medicinal roots that are well known and treat upon their principal effects in the next Magazine.

THE VOICE OF NATURE.

In Nature the simplest remedies are found to produce the most salutary effects; and in earlier times when the art of Medicine was less obscured, and practised more from motives of benevolence, the world was less afflicted with disease, and the period of human life less contracted. The laboratory of nature, were it but consulted, furnisheth ample remedies for every curable disorder incident to mankind; for notwithstanding the parade of compound medicines, the art of healing consists not so much in the preparation, as in the due application of the remedy.

Hence it happens that persons without education or ability, by the help of a simple herb gathered in its full strength and virtue, will sometimes perform very extraordinary cures in cases where the regular bred physician is absolutely at a loss how to treat them.

I would not here be understood to cast any unworthy reflections upon those exalted characters, who have made physic and the alleviation of human infirmity the principal study of their lives. The many invaluable discoveries added to the pharmacopœia, both from the vegetable and mineral worlds, are strong arguments of the necessity of regular practice, and of professional education in forming the physician; but, were these gentlemen to regulate their prescriptions according to nature and the patient's constitution, and depend on herbs, &c., that is the vegetable kingdom, only, for internal use, rather than follow a systematical list of prepared medicines and their appropriations, I am persuaded more immediate and lasting relief would