

**ALMONDS.**—Sweet Almonds nourisheth the body much, they strengthen the breath, cleanse the kidneys and opens the passages of urine.

Bitter Almonds openeth the obstructions of the liver and spleen, cleanseth the lungs from phlegm, provoketh urine, and expelleth wind. The oil of bitter almonds cleanseth the skin; it also easeth pains of the head if the temples be anointed therewith.

**ACORNS,** or Oak nuts, are of a binding nature, and cups of the acorns are most binding; the powder thereof is used to stay vomiting, spitting of blood, bleeding at the mouth, or any other flux of blood, and to bind the stomach when too much relaxed.

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## BOTANY OR PHYTOLOGY.

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**ARTICHOKES** (see page 22) can now be made use of in their season, and to those who like them, if used in a moderate quantity, boiled like turnips and eaten with meat and other food, will have a strengthening effect on the constitution, but it purgeth by urine very much.

**MULLEIN.**—The common white mullein hath many fair large woolly white leaves lying next the ground, somewhat longer than broad, pointed at the ends and dented at the edges; the stalk rises four or five feet high, covered with such like leaves, but smaller, so that no stalks can be seen for the quantity of leaves thereon, up to the flowers which cometh forth on all sides of the stalk, generally without any branches, and are many flowers together in a spike, some are gold yellow, others a more pale yellow, consisting each of five round pointed flower leaves, which afterwards have little round heads, with a small brownish seed therein. Of roots, see Page 53.

It is of very common growth here and can easily be found. The boiled decoction of this herb, drank, helpeth ruptures, cramps, and convulsions and those that are troubled with an old cough; and if used as a gargle easeth the toothache; by bathing the