

duced thereby. The root or juice thereof will sometimes remove toothache ; being dropped in the ear easeth the aching thereof. The juice or distilled water quickens the eye-sight and breaks the films that cover the eyes. Of the roots and pitch may be made a good plaster for the bitings of dogs, &c. The distilled water, juice or powder thereof, sprinkled upon old and deep sores, will scour and cleanse them, and cover the bones with flesh ; and outwardly applied it helpeth the Gout and Sciatica. This root taken inwardly defendeth and comforteth the heart blood and spirits ; the powder of the root may be taken to the weight of half a drachm at a time in any convenient liquor ; it helpeth perspiration. A syrup made therefrom helpeth coughs, shortness of breath, &c. ; it openeth obstructions of the liver and spleen, and helpeth digestion. It is a very safe root in all diseases proceeding from a cold cause, and it is very healing outwardly applied.

ELECAMPANE ROOT.—The fresh roots preserved with sugar, or made into a syrup or conserve, is very good to warm a cold and windy stomach, or stitches in the side, also helpeth a cough, shortness of breath and wheezing in the lungs. The dry root, made into powder and taken with sugar, hath the same effect. A small portion of the decoction of the root being drank daily, strengtheneth the eyes exceedingly, also driveth forth all manner of worms from the belly. The root chewed fasteneth loose teeth, it is good for those who spit blood, it helpeth looseness and pains in the joints, cramps or convulsions proceeding from colds, also for inward bruises, applied either internally or externally. It is also profitable for those who have their urine stopped.

SWEET FENNEL ROOT is good to be put into diet drinks and broths that are taken to cleanse the blood, to open the obstructions of the liver, to provoke the urine, to amend the ill color of the face after sickness, and cause a good habit of the body. The common wild fennel is the strongest and answereth the effect better than sweet fennel, and is effectual against the stone.

SORREL ROOTS, called also sorrel grass and salt grass. The decoction of the boiled roots, or the powder of the dried roots, hindereth the putrefaction of blood, and ulcers in the mouth and body, cooleth and tempereth heats and inflammations,