

through the belly, yet do not stop an flux; but, after being steeped, if they are dried and taken with vinegar, they provoke appetite and hinder the loathing of the stomach to meat. The decoction of Lupines taken with honey open obstructions of the liver and spleen, provokes urine and the terms, and it clears the body of scabs, cankers, running ulcers or sores, takes away spots, freckles, pits, or marks which small pox leaves behind it; and of black and blue spots and bruises, an ointment of Lupines to beautify and make the face smooth is made in the following manner: Take the meal of Lupines, the gall of a goat or sheep, juice of lemons and a little alumen saccharinum, and mingle them in vinegar, and applied to the parts it takes away knobs, kernels, or pimples. The smoke from the shells being burnt, drives away gnats flies, and mosquitos.

COMMON MINT OR SPEAR MINT (*Mentha viridis*).—A perennial 2 feet high, blossom purple in cylindrical spikes, interrupted teeth of the calyx somewhat hairy, leaves wedge or spear shaped, at the base finely saw-toothed, smooth on each side, all the plant fragrant. It grows in moist lands and marshes and is cultivated by dividing the roots. Peppermint and corn mint are of different species. There are many kinds of common mint, but the spear shaped is most useful. The mints belong to class XIV, page 42. They are of a heating, binding, and drying quality; therefore the juice taken with vinegar stayeth bleeding. It is an incentive to venery and bodily lust. Three spriggs taken with the juice of four pomegranites, stays hiccough, vomiting and choler, and applied with barley meal dissolves impostumes. It is good to repress the milk in women's breasts, for such as have swollen flagging or large breasts. Applied with salt it helps the bite of a mad dog; with meal or honeyed water it eases pains in the ears, takes away roughness of the tongue, being rubbed thereon. If the leaves are boiled or steeped in milk it hinders its curdling on the stomach. It is a very powerful stomachic. The frequent use of it is very efficacious in stopping the courses and the whites. Applied to the forehead and temples it eases pains of the head. It is good to wash the heads of young children with, as it prevents breakings out of sores or scabs thereon. It also heals chops in the fundament, and is exceedingly useful against the poison of