

eaten as parsnip they strengthen the stomach of aged persons exceedingly, and no need to make a whole meal of them neither. They are fit to be planted in any man's garden ; they are a most admirable remedy for those who are troubled with wind.

Carrot root—garden carrot—is said to break wind, but experience teacheth that it breedeth wind first, and we must thank Nature for expelling it, not they. Wild carrots doth expel wind, provoketh urine, helpeth to expel and break the stoney gravel ; it helpeth the cholic and obstructions of the kidneys.

Turnip roots are comforting to the stomach and cooling, digesting easily, and may be reckoned a wholesome kind of food. A syrup for coughs may be made of them. See page 14.

Horse radish—the distilled water thereof—mixed with honey and a small quantity taken, helpeth sciatica, jointache, and the hard swellings of the liver and spleen. The root bruised and applied outwardly to the place affected, will greatly help.

The garden radish is eaten as a salad in summer time, but if too much used, tendeth to corrupt the blood ; yet, for such as are troubled with the gravel, or stone, or stoppage of urine, they are good physic. They should be made into a syrup for the purpose, as follows : Slice the radishes thin and place them in a deep stone jar, with honey spread upon the slices ; let them stand for about ten hours and then strain off for use.

The later large radish has a better effect on the blood, and more suitable toward the fall of the year in cleansing and opening obstructions of the inward parts.

Beet roots are of a cleansing, digesting quality, (the white beet more so than the red ;) they are good for the headache and swimming therein, and complaints of the brain ; it helpeth burning if used without oil ; they loosen the belly ; the juice of them received into the nostrils occasion sneezing. If gently boiled and eaten with vinegar, they procure an appetite, and suppress choler in the stomach. The root boiled in vinegar and water, and the head bathed therewith, healeth the running sores and cleanseth away dandruff, and scurf, and dry scabs, and rendereth some help to baldness and shedding of hair.