

the gross humors of winter that remain with the blood. A method of growing watercresses may be seen explained on page 46.

DANDELION.—Those who can eat the common wild dandelion leaves as a salad, should do so in the spring; they are of an opening and cleansing quality, and openeth all obstructions; it wonderfully openeth the passage of urine, cureth inward tumors in the urinary passages, for which the leaves may be boiled in broth or used with other pot herbs; persons consumptive should continue using it; the decoction is good to wash sores with, also to eat in pestilent fevers, or to drink the decoction will be found of good effect. The Dutch and French people use a great quantity of it as salad in the spring time.

DOCK.—The red dock leaves, commonly called blood wort, cleanseth the blood and strengtheneth the liver, but yellow dock is the best if a person is afflicted with choler, but as a pot herb the red dock is used the most; all the docks being boiled with meat maketh it boil the sooner. Docks are as wholesome a pot herb as any that grows in a garden.

ENDIVE is a fine cooling cleansing plant, the decoction of the leaves, or the juice or distilled water thereof serveth well to cool the excessive heat of the liver and stomach, also hot fits of ague and all inflammations; it cooleth the heat and sharpness of the urine; helpeth faintings and swoonings and the passions of the heart; outwardly applied it is good for ulcers, tumors and swellings, and pestilential sores; it wonderfully helpeth inflammation of the eyes, and dimness of the sight also; it also allayeth the pains of the gout; the syrup of it is a fine cooling medicine for fevers.

ELECAMPANE PLANT.—The decoction of the leaves are used outwardly for skin diseases; the roots is used inwardly, see page 52.

SWEET FENNEL is good to break wind, provoketh urine, easeth pains caused thereby, breaketh the stone; boiled in barley water it is good to increase milk in the mother and make it wholesome; openeth the obstructions of the liver, spleen and gall; good for yellow jaundice, gout and cramps, shortness of breath, wheezings, &c. The juice pressed from