

distilled, the water thereof is good to break the stone, expel the gravel, and break the wind; the juice of ripe cherries and the milk from a cocoanut mixed in equal quantity, is a remedy for hoarseness, by keeping the throat just moist there with.

**STRAWBERRIES.**—When they are green, are cold and dry; but when they are ripe they are cold and moist. The berries are excellent to cool the liver, the blood and the spleen, or a hot choleric stomach; to refresh and comfort the fainting spirits and to quench thirst. They are good also for other inflammations, yet it is not amiss to refrain from them in a fever, for by their putrifying in the stomach they increase the fits. The leaves and roots boiled in wine or water and drank, do like likewise cool the liver and the blood, and assuage all inflammations of the reins and bladder, provoke urine, and allay the heat and sharpness thereof; the same, also, if drank stayeth the bloody flux, and helpeth the swellings of the spleen. The water from the berries, carefully distilled, is a sovereign remedy and cordial to the heart, and is good for the yellow jaundice. The juice dropped into foul ulcers, or the decoction of the herb and root doth wonderfully cleanse and help to cure them. Lotions or gargles for sore mouths or ulcers therein or elsewhere, are made with the leaves and roots, which are also good to fasten loose teeth, and to heal spungy foul gums; it helpeth also to stay catarrhs or defluxions of rheum into the mouth, throat, teeth, or eyes. The juice or water is good for hot or inflamed eyes, also pushes, wheals and other breakings out, redness, spots and deformities of the skin, and maketh it clear and smooth by being bathed therewith. Fill a strong bottle with strawberries, and cork it tight, tie a skin over the cork and neck of bottle, bury it in horse dung for two weeks, afterwards well strain the liquor therefrom, and keep it to use for sore and red eyes.

**RED WHITE AND BLACK CURRANTS OR RIBES.**—Red and white currants are good to cool and refresh faintings of the stomach, to quench thirst and stir up an appetite, and therefore are profitable for hot and sharp agues; it tempereth the heat of the liver and blood, and the sharpness of the choler, and resisteth putrefaction; taketh away the leathing of meat and weakness of the stomach, and is good for those who have a looseness of the belly. The black currants are of a grosser quality, but if used