

boiled in milk is good for the whooping cough ; also, for those who are hurt by bruises, falls or blows, or any bone or member out of joint, or any swelling pain or ache in the muscles, sinews or arteries. The decoction or juice of the root mixed with honey and rosin maketh a good ointment for wounds.

ANEMONE ROOTS, chewed in the mouth, purgeth the head greatly, and being made into an ointment, and the eyelids anointed therewith, helps inflammation of the eyes. The same ointment is good to cleanse ulcers that are malignant and corroding.

VALERIAN ROOTS are of a healing property to inward or outward sores or wounds. If it be boiled with raisins and seed of annise it is good for short wind, and for coughs ; it helpeth to open the passages and to expectorate phlegm easily. The head bathed with the decoction thereof easeth pains, and stayeth de-fluxions of rheum therein. It is of a warming quality inwardly. It has been used as a counter-poison. It openeth all obstructions and taketh away pains in the chest or sides.

SWEET SCABIOUS ROOT.—A drachm of the powder of them taken at a time, in any convenient liquor, wonderfully helpeth those that are troubled with running or spreading scabs, tetters, or ringworms. Also, for such that are caused by the venereal diseases. If made into an ointment it is good for all kinds of breakings out, and for the itch, the decoction of the boiled root should be drank also, having the same effect. It hath a drying, cleansing, healing quality. The root bruised and applied quickly looseneth and draweth forth any splinter, broken bone, arrow head, or any other thing lying in the flesh.

April hath come, the buds shoot out,
 The leaves come forth,
 Many hath used them for complaints ;
 Boil'd in their broth.
 No fools are they, if they but know,
 The use of them.
 So easy got, so virtuous too ;
 None can condemn.
 • The Maple buds for liver complaints
 Are very good.
 For pain of side, obstructed spleen,
 And loath of food.