

the heat and sharpness thereof; it also stayeth the bloody flux; it is a good help in cure of yellow jaundice. The distilled water of strawberry taketh away films or skins growing on the eyes, and all other defects of the eyes.

**NETTLE** Roots boiled, or the juice of them made into an electuary with honey is a safe and sure medicine to open the passages and pipes of the lungs, obstruction in which causeth shortness of breath, helpeth to expectorate phlegm that is tough, it is good for impostumated pleurisy, and used as a gargle it allayeth the swellings of the throat, if the forehead and temples are rubbed therewith it helpeth drowsiness. The decoction of the root taketh away all deformities of the skin, rotten or stinking sores, scab, itch, manginess, and if the limbs when wearied be bathed therewith, it refresheth and tendeth to strengthen them. The use of this root and its leaves are recommended in the spring.

**MADDER** Roots are of an opening quality, but afterwards binds and strengthens. Is a sure cure for the yellow jaundice, by opening the obstructions of the liver and gall, and cleansing those parts, it openeth the obstructions of the spleen and diminisheth the melancholic humors. It is good for palsy and sciatica, is effectual for inward and outward bruises. By being outwardly applied will take away all discolorings of the skin, as freckles, morpew, scurf, &c. For all the above-mentioned purposes the root should be boiled in water and a little honey added thereto, afterwards.

(TO BE CONTINUED.)

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## HERBS FOR MEDICINAL PURPOSES.

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**NETTLES, STINGING.**—The tops of stinging nettles eaten in the spring consumeth the phlegmatic superfluities of the body, which the coldness and moisture of winter hath left behind. The decoction thereof is good for shortness of breath, provoketh urine and expelleth the gravel and stone marvelously. It killeth worms in children, expelleth wind from the body, rubbing the forehead and temples therewith; expelleth drowsiness, easeth all aching pains in the joints if they are bathed therewith.