

## FRUITS AND THEIR MEDICINAL PROPERTIES.

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PLUMS that are sweet, moisten the stomach and make the belly soluble; those that are sour quench thirst more, and bind the belly; the moist or waterish plums sooner corrupt in the stomach than the firm, which are the most nourishing and less offensive. The dried prunes, sold at the grocery stores, do in some degree loosen the belly, and being stewed, are often used, both in health and sickness, to procure appetite and gently open the belly, allay choler and cool the stomach. The juice of plum tree leaves, boiled in wine, is good to wash and gargle the mouth and throat, to dry the flux of rheum, which sometimes floweth to the palate or gums. The gum of the tree is good to break the stone. The gum or the leaves, boiled in vinegar and applied, will take away tetters and ringworms. The oil, pressed out of the stones, as oil of almonds is made, is good against inflamed piles, tumors, swellings and ulcers, hoarseness of the voice, roughness of the tongue and throat, and pains in the ears. Five ounces of the said oil taken with one ounce of muscadine, will expel the stone and help the cholic.

QUINCES, when they are green, help all sorts of fluxes in man or woman and cholerick lasks; castings or whatever needeth astringent, by cooking them first, the juice, syrup or conserve thereof, is rather opening, much of the binding quality being lost by preparing, and if a little vinegar be added, it stirreth up a languishing appetite, and strengtheneth the stomach; some spices being added, it comforteth and cheereth the fainting spirits, helpeth the liver when oppressed so that it cannot perfect the digestion, and correcteth choler and phlegm. If you would preserve them with a purging quality therein, put honey to them instead of sugar, if you wish to be more laxative to purge choler, add rhubarb; to purge phlegm add turbit; for all watery humors, add scammony. To take the crude juice of quinces is held a preservative against the force of deadly poisons by the outward application of the oil or decoction of quinces, stayeth and cooleth hot fluxes, also strengthens the stomach or weakness of the sinews. The mucilage taken