

joints and sinews of those that are benumbed with cold, and cramps, it much easeth and comforteth them; the powder of the dried flowers are an especial remedy for those who are troubled with cholic or stomachache. A poultice thereof easeth pains and healeth wounds. It is used with never failing success being dried well and smoked in a pipe for the diseases of the chest and lungs. Three ounces of distilled water of the flowers drank morning and evening for some days are said to be an excellent remedy for the gout; the bathing with the decoction or application of a poultice dissolveth tumors, swellings, or inflammations of the throat.

SWEET SCABIOUS is very effectual in all coughs, shortness of breath, and all other diseases of the throat and lungs, digesting tough phlegm and humors, and voiding them by coughing and spitting. It cureth all kinds of inward ulcers and gatherings by drinking the decoction of the green herb in large quantities. The green herb bruised and applied to any boil or sore will dissolve or break it in less than three hours. See Scabious Root, page 54, Class page, 41—VIII.

PLACES OF GATHERING.

Herbs, flowers, fruits, seeds and roots,—may be gathered on mountains, hills and plain places, according to where they delight to grow. Odoriferous (sweet smelling) herbs are frequent on hills. Moist and cooling herbs are more frequent in and near watery places. Hot, dry and biting herbs are found mostly in hot, sunny and wind exposed places. Herbs are to be gathered when flourishing or beginning to go to seed, and at noon in a clear day; should not be either dewy or too much scorched with the sun. But those which have neither stalk flower or seed, such as Maidenhair, Spleenwort, &c., are to be gathered in the vigour of their leaves, that is when they are most green and greatest, and some, because while they flower and bear seed they get woody and dry, are to be gathered earlier, as succory beet, &c. Flowers should be gathered in the vigour of their maturity, and dry, when the sun is on them, and before they begin to wither or fall off. Fruits should be gathered when they are ripe and before they begin to wither. Seeds