

quencheth thirst, strengtheneth a weak stomach, procureth appetite, stayeth vomiting, and is very excellent in any contagious sickness or pestilential fever; it killeth worms, and is a cordial to the heart, stayeth fluxes, helpeth those who have the yellow or black jaundice, helpeth to expel the gravel and stone. It is an excellent root for the blood.

**PLANTAIN ROOTS.**—The common plantain roots are binding; the decoction of the boiled roots, or powder of the dried roots, stayeth all manner of fluxes; it is good for consumption of the lungs, or ulcers in the lungs, or coughs that come of heat; it prevaileth wonderfully against all torments and excoriations of the bowels, for cancers, sores or ulcers, and for wounds. Also, it is very healing, both inwardly and outwardly applied.

**BORAGE ROOTS** are useful in pestilential fevers to defend the heart, helpeth the yellow jaundice, openeth obstructions, and the well filled water helpeth redness and inflammation of the eyes.

**DANDELION.**—The common wild dandelion root is of an opening and cleansing quality, and therefore very effectual in obstructions of the liver, gall and spleen, and the diseases that rise therefrom; it wonderfully openeth the passage of urine, and cleanses inward tumors in the urinary passages, and by its drying and temperate quality doth afterwards heal them. In consumption and falling sickness it is profitable. A drink made therefrom is very serviceable for cleansing the blood in the Spring.

**DOCK ROOTS**, the many kinds thereof are all wholesome pot herbs or roots, being cleansing and strengthening to the inside, and procure good blood, yet they are of a cooling and drying nature, and tendeth to stay fluxes of all kinds.

**MULLEIN ROOT**, given in a small quantity, in any convenient liquor, is good against lasks and fluxes, cramps, convulsions and ruptures, and is good for stoppage of urine. The decoction of the boiled root dissolveth tumors, swellings or inflammations of the throat.

**MARSH MALLOW ROOTS** are good inwardly, taken as decoction or in powder, for those who have excoriations in the guts, or the bloody flux, by moderating the violence of sharp humors, easing the pains, and healing the soreness, it is good for inflammations or swellings in women's breasts. The dried root