

and pursued the business avocations of life, upon the strength of water, milk, herbal drinks and salads, less subject to diseases and of stouter growth than this generation. More might be said on this topic, but it sufficeth at present to say that genuine tea is not hurtful if drank in proper moderation, and should be tested by every family that uses it.

Since most folks like a cup of tea,
They should take advice by me,
And for themselves test and see,
It from adulteration free.

ANIMALS AND VEGETABLES.

Animals are those living things which derive their nutriment from an internal cavity, (the stomach.)

Vegetables are those living things which derive their nutriment from without.

Herbs are easily mistaken, so that a thorough knowledge of them is requisite for persons gathering and using them. Many are deadly poison, and have been mistakably used by the ignorant to fatal consequences; but all kinds of roots can be bought of druggists and botanists, and the dried herbs also.

MEDICINAL ROOTS AND THEIR PROPERTIES.

Roots should be gathered in dry weather. In drying them the softer ones should be dried in the sun or warmth of the stove, but the hard kind you may dry anywhere. Large roots will keep longer than small ones, yet most of them will keep a year.

STRAWBERRY ROOTS are stoloniferous or stole bearing. The decoction of the root or of the leaves and roots together, will cleanse and cure ulcers by being dropped therein; also for sore mouths and gums; it helpeth to stay catarrhs; it is good for red inflamed eyes, it removes redness in the face and all spots and deformities in the skin, and maketh it clear and smooth; being drank it is good to cool the liver and blood, assuageth inflammations of the bladder, &c., provoketh urine and allayeth