

that when you lay some of that one a dish side it will kee
ne noe broder then put it up

Jan For the obstruction of the liver and fanders
and a few

Take sulendine and distill it in a could still in a quantity
of a quart then put to it as much saffran as the waith
of two pence and one drame of Ruberbe one drame
of stages horne one drame of lickrish 6 ounces of brow
ne sieges candy bruse thes and so boyle them together
untill one quarter be wasted so straine it and drink
it three times a day one sponesfull at a time at what
houre you pleas till it be spent

Jan A water For the Rume in the eyes

Take a quart of Runing water one grats waith of whit
Copress beaten in to fine powder put the copres in to the
Runing water and stoppe it close in a botell glass an
d sture it up and downe two hours the glass must not
be full becaus it will be stured together the betas droppe
this water as ocasion shall serue some 3 or 4 drops in to
both the eyes in the corners next the noase this water
will keepe 7 dayes

Jan A very good drink For the heat of the liver
and lungen and to comfort the vitall sperets

Take 3 gallons of milck from the cow sorell sink fill strabry
leaves plantan leaves colombine leaves fencel burrege sweet
marigome saxafrag mead porsly and Rosmary take of each
of thes herbs as much as you can graspe in your betwene
your two hands except of the Rosmary and of it an hand
full take also 3 ounces of caraway seeds 3 ounces of good
lickrish 3 ounces of culiander seed one ounce of cloves an
and make 2 ounces of very good nutmegs bruse the said