

For the Chine Cofe often proved
Take a handfull of new hay that was made before
midsummer and 2 handfulls of Bay salt and seeth
them together in running water and let the Soles of
your feet be often bathed

A Special Remedy to stay exstreme
snesing it cometh of sharpe humors and ~~sharp~~
moyst from the braine and if it be not stayed
and the cares helped the falling Sickness or
such like diseases is in danger to follow but
to helpe this snesing for the present doe as
followeth which was proved to helpe

Take new milke and boyle it upon the fire and
let the pacient hold his mouth and noas over the
keake being put in to a bason or some other fitt
uesel for the purpos and it will quickly stay and
if it doe not at the first heating heat it a gaine
and doe as before

To Comfort The Stomack

The powder of quince Apples and eat it at all
times and it will caus thee to have a good stom
ack

To Make one Sleepe

Take valerian and stampe it in a mortar and p
ut to it a good quantity of nutmeg grated and