

To weare mullen or hage taper in the shoes is verry good
to bring them downe and to dray the paine out of the head

To helpe them that are broken beled

Take the hearbe called the hearbe of life you must take
but the knote of it and the leaues that grow a bout the
knott stampe and straine it with beere or ale and drink
it and no other drink a great while together also you must
dry of it in powder and eat it in your broth using it in this
sort it will helpe them that haue bene longe greened so as it
be used a great space so as if you begin it at xolantide and
and continew till after crismas and when the party is wery
and canot drink continually then let him drinke it once or
twice a day and theris of neuer faile use the powder contin-
ually they must eat noe milke nor any swelling windy me-
ats or at the least as litell as they can if poverty constra-
ine them it must needs be the longer before they be well ---

For a Sore Throat

Stampe Culambine and sinkfel and straine them
with milke and drink it worne ---

For a verry Sore mouth

There is a dises in the mouth it will be kaw in the Roofe
and the throat which will eat the mouth and be past help
if it be not looked unto and for this greefe take honey and
alome and boyle them together a litell while then draw
the mouth verry dry and take up the medison with your fi-
nger and spread the mouth like a plaister doe this three
times a day it will surly helpe it it is a great paine
for an houre after it is dresed it hath cured them which
haue had a sore mouth 3 years together ---

For the Canker in the mouth or any Sore mouth