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For the impostume of the lunges
Drinke the water of Camamile morning and night
or fenell water and ounce at a time

For heat in the lunges
Drinke the water of plantan morning and night
and ounce at a time 9 or 10 dayes the water of
blew uilets doth the like

Things good for the hart

Muske Amber Rose water mastick treade the
koots of setwell safrant bugles burege burnet ga
llingall roses uilets mace cloues nutmegs suger
good aire Sweet gardens and mirth as a fore s
aid for hart burning boyle wormewood in wat
er and drink morning and night for sounding
chew the kinde of and orange Red and whit

To helpe the muntly Corse of the flowrs
Take 10 pianeys seeds made in to powder with a good
drath of whit wine doe this 3 mornings befor the change
of the mone and allso of the full by gods grace it will
healpe then

For A Rume in the head that
falls one the lunges proued 7 p

Take Rosmary in uery fine powder and bitany in ue
ry fine powder and amber in uery fine powder and
take of each a like quantity and strow it in the head
and keepe the head uery warme and so doe it often proual