

*Oxymel Julianizans.*

Take of the bark of Capper roots, of the roots of Orris, Fennel, Parsly, Kneeholm, Succory, Asparagus, Cyperus, each half an ounce, of the Herbs, Hartstongue, Tamarisk, Schenanth, each half an handful, of the seeds of sweet Fennel half an ounce, infuse them in Vinegar and water, of each a pint and an half, afterwards boil away half, strain it, and with clarified Honey and Sugar, each half a pound, make a Syrup of the thickness of Honey.

*Virtues.* This opens obstructions, is good for diseases of the Lungs, and Hypochondriack Melancholly, and for the Rickets, it also forces Urin.

*Dose.* Two or three ounces of it may be taken at a time.

*Rob, or Sapa.*

*Rob of Berberries, in Latin, Rob de Berberis.*

Take of the juice of Barberries strained one pint, of white Sugar half a pound, with the gentle heat of a Bath, boil them to a due thickness.

*Virtues.* It quenbeth thirst, cools and strengthens the stomach, and procures appetite.

*Juice of Liquorice, in Latin, Succus Glycyrrhizæ Simplex.*

Take of Liquorice Roots well cleansed, and gently bruised, as much as you please, infuse them three days in Fountain water, so much as may rise three fingers breadth above them, then boil it a little and press it out, afterwards boil it with a gentle heat to the due consistence of a juice.

*Virtues.*

Virtues. *It is good for coughs and for diseases of the Lungs.*

*Lohoch's.*

*Lohoch of the Pine, in Latin, Lohoch e pino.*

Take of pine nuts fresh and cleansed, fifteen drams, of sweet Almonds Blanched, of Hazel nuts gently toasted, of Gum Tragacanth, Arabick, of the powder of Liquorice, and juice of the same, of white Starch, Maiden hair, and the roots of Orris, each two drams, of the the pulp of yellow Dates two ounces, of bitter Almonds a dram and an half, of Honey of Raisins, and of white Sugar, each four ounces, of oyl of sweet Almonds, to be added at the time it is used, if there be occasion half an ounce, of the best Hony a pound and an half, dissolve the Gums in four times their weight of Maiden-hair water, till they are quite soft, pulp them through a Hair five, and mingle with them two pounds of the best Honey over a gentle fire, stirring it a long while with a wooden Spatula; afterwards sprinkle in the fine powders of Orris, Maidenhair, Liquorice, Sugar, Starch, then the Dates, Pin nuts, Almonds, and Hazelnuts, which must be cut small, and beat fine apart, in a marble mortar, and mix them well, then add the Gums mixed with the Honey of Rafins, (wherein the juice of Liquorice is first to be dissolved) and take the vessel from the fire, and stir all the things a little while, that they may be well mixed, add the fresh oyl; if you are to use it presently, and make a Lohoch.

Virtues. *It is good for Coughs and Heat of Urine, it is to be taken with a Liquorice stick.*

*Lohoch*