

Mel simplex.

ENglish hony being yellow, the sapour and odour pleasant, being sharpe, pure, sincere, cleare, fast or stiffe, yeelding little spume in decocting, is good and very profitable for those that are collique, good for the stomacke if one drinke it with water: it helpeth the bladder & reynes: it is good for the eyes: it mundifieth, openeth, and healeth: and for burnings and scaldings it healeth them without scarr, and is very good to heale vlcers of the eares: and (saith *Dioscorides*) drunke with water is wholesome for the belly and stomacke: and also for such as are pained in the kidneis and bladder, it helpeth them. It is also good to be anointed in the eyes to cleare the dimneste of sight in them: it hath an abstergent or clensing force: it openeth the mouthes of veynes, whereby it also draweth out sordid matter or quittur from fetid vlcers. But the best hony of all other is that which is gathered in *Lyconia* a Prouince of *Polonia*, where the Bees breed only in high trees, and gather their hony from a certaine flower growing on trees called in Latin *Flores Tiliæ* or *Tili*, in the Germanetongue lindenholt. This hony is white, hard, and very fragrant or odoriferous.