How to make Tea and the Meaning of Tea Herbs:

The leaf or any other necessary part should be gathered as young and fair as possible and a good handful placed in a pot of good size, fill the pot with fresh boiling water and allow this to steep for 12 minutes. Pour it out straight away into a cup; sweeten it with a teaspoonful of honey and drink the infusion hot.

*Herbs to Make Tea With:*  
 Anise, the Amorous: The seeds, to strengthen passions.  
 Basil, the Courageous: Against faintness of heart.  
 Borage, the Inspiring: Against the aches of limbs.  
 Caraway, the Sweet: The seeds for mental vigour.  
 Catnip, the Subtle: Against fever and chills.  
 Mint, the Comforting: Against afflictions of the stomach.  
 Nasturtium, the Pungent: Against the Headache  
 Parsley, the Stout: Against pallor and frailty.  
 Red Clover, the Succulent: The flowers, good for temper.  
 Rosemary, the Fair: To soothe the nerves.  
 Rue, the Mysterious: To assuage guilt and sorrow.  
 Sage, the Powerful: Against melancholy and distress of the mind.  
 Thyme, the Sovereign: Against coughs.  
 White Pine, the Healthful: Against colds and cataracts.  
 Wild Ginger, the Profound: The root, against lassitude.