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Your Remedy Book

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For Fatigue

Are you tired, my love? A sweet rest for you. I will clear away your troubles, chide the birds for singing.

For Soreness of the Limbs

Your legs are sore. Holding them in my lap, I caress them until you sleep.

To Strengthen the Constitution

My love, let us walk into the hills. The air is refreshing. The heights will quicken the blood and preserve your energy.

For Sadness

Here's a blanket on this gray day. Would you like some tea? A kiss? Here is your favorite book.

To Relieve Hunger of the Stomach and Intestines

After this, which I have prepared for you, you will feel better. Drink this also, hot and nourishing.

To Beautify the Hair

Where is your brush? It is no trouble to brush your beautiful long hair. The pleasure is mine.



A Tested and True Mixture for Crestfallenness

Look up my love, be strong in this disappointment. Gather up all your strength, and I will lend you mine.

*A Remedy to Love a Town, Although it be
Another Town, and Not Your Own*

Here is my town. It has friends, lovers, waterfalls, shops and buildings. A true heart lives in this town; it can be your town too.

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