

Links for the virtual social activity

The virtual social activity will take place on the web platform Mozilla Hubs in virtual rooms accommodating 15 persons each. For identification purposes, the rooms are named after traditional Swedish herbal remedies. **Choose a room of your liking and enter by clicking the corresponding link. If the room is full, please choose another room.**

[Salvia \(mozilla.com\)](#): Considered as antiperspirant and bactericidal.

[Hops \(mozilla.com\)](#): Dried flowers were used as an herbal spice and put in a pillow against insomnia.

[Belladonna \(mozilla.com\)](#): Also called deadly nightshade. Very toxic but the eye drops made the eyes bigger and were considered as beautifying.

[Nettles \(mozilla.com\)](#): Also called urtica. Young shoots are diuretic and contain a lot of iron and folic acid.

[Raspberry \(mozilla.com\)](#): Tea made from raspberry leaves was used for diarrhea, and topically for skin or mucosal infections.

[St. John's wort \(mozilla.com\)](#): A decoction of the herb was used against bladder infections, diarrhea, and eye infections. Spirits with flowers in it were used against gastroenteritis.

[Chamomile \(mozilla.com\)](#): Chamomile tea was considered good for the stomach and the digestion.

[Dandelion \(mozilla.com\)](#): The leaves were considered to stimulate digestion and purify the blood and the kidneys.

[Horseradish \(mozilla.com\)](#): Lowers high blood pressure if used moderately.

[Tussilago \(mozilla.com\)](#): The plant's Latin name "tussin ago (agere)" means "to relief cough".