

Lamium album

[Synonyms : *Lamium brachyodon*, *Lamium dumeticola*, *Lamium petiolatum*, *Lamium vulgatum* var. *album*]

WHITE DEAD-NETTLE is a perennial. Native to Asia and Europe it has small off-white flowers.

It is also known as Adam-and-Eve-in-the-bower, Archangel, Bee nettle, *Bienensaug* (German), Blind nettle, Day nettle, Dead nettle, Deaf nettle, Dea nettle, *D'la blianche-ortchie* (Channel Islander-Jersey Norman-French), Dog nettle, *Døvnælde* (Danish), Dumb nettle, Dunch nettle, Dun nettle, Helmet flower, *Hluchá kopřiva* (Czech), *Hluchavka biela* (Slovak), *Hluchavka bílá* (Czech), Honey-bee, Honeyflower, Honeysuckle, *Honigblume* (German), *Lamier blanc* (French), *Lamio* (Italian), *Lamio blanka* (Esperanto), *Marddanhadlen Wen* (Welsh), *Mrtvá žihlava* (Czech), Nettle, Nettle flowers, *Ortie blanche* (French), *Ortiga muerta roja* (Spanish), *Planá bazilika* (Czech), *Planá kopřiva* (Czech), *Saugblume* (German), Snake's flower, Snowflake, Stingless nettle, Suck-bottle, Sucky sue, *Taubnessel* (German), *Valkopeippi* (Finnish), *Vitplister* (Swedish), *Weisse Taubnessel* (German), White archangel, White bee-nettle, White nettle, White sting-nettle, and *Witte dovenetel* (Dutch).

The flowers are pollinated by bees, especially bumble-bees.

Warning – white dead-nettle is potentially poisonous for animals (although no recent cases have been recorded in Britain).

White dead-nettle has a similar appearance to that of the unrelated stinging nettle (*Urtica dioica*).

Album means 'white' with reference to the flowers.

The common names such as Archangel probably came into being as the plant first flowers on the 8th May (11 days earlier than today) according to one of the old calendar's that was then St. Michael's Day ie. the Archangel Michael.

The Roman natural historian, Pliny the Elder (23-79), contended that the plant's smell was unpleasant enough to deter snakes from the surrounding area.

In England country lads used to make whistles out of the stems.

In Sweden the young Spring leaves used to be boiled and eaten as a vegetable while in England, according to John Gerard (1545-1612), the English barber-surgeon and herbalist (the latter as a charlatan for many authorities) the flowers were often baked in sugar. Children were also known to have sucked the flowers for their nectar.

White dead-nettle has been used in veterinary medicine by pigeon breeders.

Medicinally, herbalists used a decoction of the plant primarily to stop internal haemorrhages but also prescribed it for some female ailments, and used it in the treatment of some forms of tuberculosis. It was also used externally for treating gout, sciatica and muscular pains, and for healing burns, bruises and wounds. Today white dead-nettle is used in homoeopathy.