

EXTERNAL.

Two heaping tablespoonfuls Johnswort
One " " Juniper Berries
One " " teaspoonful Arnica Flowers
Apply once a day with spine treatment
along the spine, also rub over bladder
and Kidney region.

INTERNAL.

One heaping tablespoonful Uva Ursi
One " " Agrimonia
One " " Plantain Leaves
One " " Mullein

Take one tablespoonful before each meal
and before retiring.

If a cure is not effected in six weeks, then
use the following mixture:—

One heaping tablespoonful White Oakbark
One " " Yarrow
One " " Uva Ursi
One " " Agriemony

Take one tablespoonful before each meal
and one before retiring.

(Prepare as Directed on Page 20)

PROFUSE MENSTRUATION, MENORRHAGIA.

Symptoms:—Weakness and pain in the back,
hips and limbs. The face is pale and sallow; head-
ache with hammering sensation in the temples;
weakness in the nerves, etc.

Treatment:—

EXTERNAL.

Two heaping tablespoonfuls Johnswort
One " " Sage
One " " Salt

Apply once a day with a spine treatment
along the spine also rub well over the Womb
and Ovary region.

INTERNAL.

One heaping tablespoonful Yarrow
One " " White Oakbark
One " " Gentain Root

Take one tablespoonful before each meal
and before retiring.

(Prepare as Directed on Page 20)