

#### 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)