

what your stomach will digest and increase gradually fruit and vegetables, but avoid pastry." The most important part is to exercise the bowels to a certain hour of the day. Never miss this hour, no matter whether you have a desire to go or not. Never use any of the so-called patent medicines; they only weaken you more at the end. The most beneficial treatments are the following:—

EXTERNAL.

Apply the same treatment as given under Dyspepsia also rub in over Abdomen and Liver region.

INTERNAL.

One heaping tablespoonful	Dandelion Root
One " "	Wormwood
One " "	Sennae Leaves
One " "	Rhubarb

Take from four to eight tablespoonfuls a day. As soon as the bowels become regular, lessen gradually with every day the doses.

(Prepare as Directed on Page 20)

DIARRHEA.

This disorder is so familiar, that every one will know the symptoms at once. It is only important to distinguish Diarrhea from Dysentery. In the latter there is an inflammation of the mucous membrane lining of the intestinal canal; the discharges are usually mixed with slime and blood and are attended with great pain.

Treatment for Diarrhea:—

EXTERNAL.

Apply treatment as given under Dyspepsia, also rub liquid in over Abdomen.

INTERNAL.

One heaping tablespoonful	Gentian Root
One " "	White Oakbark
One " "	Marshmallow
One " teaspoonful	Valerian Root

Take one tablespoonful every three hours.
(Prepare as Directed on Page 20)