

1. (*Radix Helenii*) **Elecampane-root.**
Useful for inflammation of the Bronchien, Catarrh, Homach and accumulation of phlegm in the lungs and chest, jaundice, chlorosis. Also used for suppression of the menses. Always give in small doses to avoid vomiting.
2. (*Floris Arnicae Montana*) **Arnica.**
Used externally for all kinds of wounds, sprains, lameness and neuralgia. Internally Arnica affects the nerves, and the lining of the stomach and intestines, and in a very special manner, the entire circulation or blood system.
3. (*Radix Valerianae*) **Valerian-root.**
Used in uterine and nervous diseases, heart-trouble, weakness of the nerves, sleeplessness, headache, worms, epilepsy, hysteria, weak eyes, diarrhea, etc.
4. (*Folio Uva Ursi*) **Uva Ursi Leaves.**
Used in cases of bedwetting, catarrh of the bladder, dropsy, festering of the kidneys and bladder, retention of urin, gravel, gries and stones. It is also useful for leucorrhea, (whites).
5. (*Folio Stachis Be'onica*) **Betonica.**
Used for epilepsy, heartburn, dropsy, jaundice, hemorrhoids of the lungs, cough, asthma, etc.
6. (*Folio Satureja Hortensis.*)
Strengthens the stomach, cures colic, somnolence; has a strengthening effect in cases of chest and lung trouble. As a poultice, it is very effective for tooth-ache.
7. (*Herba Carbobenedictii*) **Blessed Thistle.**
Strengthens the stomach especially so in cases of accumulation of phlegm in the stomach, intestines and lungs. Useful in chronic cases of liver complaint. It is strengthening to the entire constitution. Weakness originating from looseness of the bowels, is speedily cured. It removes worms, and arrests the renewal of them. It is also