

DIZZINESS, VERTIGO.

Symptoms:—Swimming sensation in the head. The patient becomes weak and chilly, and darkness falls on the eyes. If heart disease is the cause, palpitation of the heart will appear. Dyspepsia will also cause dizziness.

If heart trouble is the cause, the following treatment is of great benefit:—

EXTERNAL.

One heaping teaspoonful	Arnica Flowers
One " "	Elecampane Root
One " tablespoonful	Johnswort
One " "	Juniper Berries
Two " "	Salt

Apply once a day with the spine treatment along the spine.

INTERNAL.

One heaping tablespoonful	Valerian Root
One " "	Yarrow
One " "	Peppermint

Take a tablespoonful four to six times a day.
(Prepare as Directed on Page 20)

SICK HEADACHE.

Symptoms:—Usually impairment of the appetite; uneasy feeling in and around the stomach; a bitter taste in the mouth; coated tongue; pain, especially in the front of the head. Often the symptoms are like neuralgia.

Treatment:—

EXTERNAL.

One heaping tablespoonful	Johnswort
One " "	Valerian Root
One " "	Peppermint
Two " "	Salt

Apply once a day with spine treatment along the spine.