

INTERNAL.

One heaping tablespoon Willow Bark
One " " Sage
One " " Yarrow
One " teaspoon White poplar bark
Take a Tablespoonful every three hours
(Prepare Both as Directed on Page 20)

INFLUENZA, La GRIPPE OR CATARRHAL FEVER.

Symptoms:—Are mostly those of a severe cold, catarrhal inflammation of the nose, cold chills with hot flushes, running at the eyes and nose, headache over the eyes and root of the nose; soreness in the throat, back and limbs, stiffness of the neck and aching of the muscles, tongue coated, urine scanty, skin hot, dry and sensitive. May last from a few days to weeks. **Treatment:**—

EXTERNAL.

One heaping tablespoonful Sage
One " " Rosemary
One " " Satureja Hortensis
Two " " Salt
Apply once a day with spine treatment, along the spine.

INTERNAL.

Two heaping tablespoonful Sage
One " " Marshmallow
One " " Yarrow
One " " Sweet Fennel
Take a tablespoonful every three hours.
(Prepare Both as Directed on Page 20)

TYPHOID FEVER.

Symptoms:—It begins generally with weariness, thirst and chills, common to fevers; the temperature begins to rise, followed by headache and pain in the back; bleeding of the nose often sets in. The tongue becomes coated in the middle, while the tips and edges are red; tenderness of the abdomen; usual diarrhea, stools, yellowish with fetid odor; frequently delirium and intestinal