

### INTERNAL.

One heaping tablespoonful Blessed Thistle  
One " " Dandelion Root  
One " " Sweet Fennel  
One " teaspoonful Elecampane Root  
Take one tablespoonful before each meal and  
one before retiring.  
(Prepare as Directed on Page 20)

### WORMS.

**Symptoms:**—In children, appetite declines, others take a disgust to food or eat ravenously; countenance is pale and hollow, and there is a peculiar expression about the eyes that points out the cause of irritation. There may also be pain and uneasy sensation in the bowels; the water becomes turbid, and the bowels disordered. The child is always picking his lips or nose, and grinding his teeth by night; sleep is disturbed.

**Treatment:**—

### INTERNAL.

Two heaping tablespoonfuls Blessed Thistle  
One " " Agrimonia Herb  
Take one tablespoonful before each meal  
and one before retiring.  
(Prepare as Directed on Page 20)

### CONSTIPATION.

Is essentially an affection of the rectum. Its muscular coat becomes more or less paralyzed and is unable to expel its contents. This is usually the result of neglect to respond to the call of nature. Also excessive brainwork, neglect of physical exercise, proper diet, mental emotion, stomach and liver complaints, etc., bring on constipation. The individual who is suffering from habitual constipation should awaken to the fact that he is suffering from a serious complaint. Numerous non-professional persons and physicians are great believers in entirely changing the diet; but general derangement of the stomach follows. The rule should be "eat