

INTERNAL.

One heaping tablespoonful Sage
One " " Yarrow
One " " Juniper Berries
One small teaspoonful Arnica Flowers
Take one tablespoonful every three hours.
(Prepare as Directed on Page 20)

MUSCULAR RHEUMATISM.

Symptoms:—A dull pain in certain muscles, gradually increasing until it becomes severe. There may also be a burning sensation, convulsions and cramps. These pains may also occur during sleep and awaken the patient. The muscles affected are somewhat tender upon pressure. The constitutional condition is otherwise good.

Treatment:—

EXTERNAL.

One heaping tablespoonful Guajac
One " " White Oakbark
One " " White Poplar Bark
One " " Salt
Apply once daily with spine treatment along spine.

INTERNAL.

One heaping tablespoonful Guajac
One " " Sarsaparill
One " " Burdock Root
One " " Juniper Berries
Take one tablespoonful before each meal and one before retiring.
(Prepare as Directed on Page 20)

GOUT.

We have to distinguish between transient, acute and chronic gout, and a combination with rheumatism, rheumatic-gout.

For this book, only acute gout comes in consideration.

Symptoms:—The attack begins with extreme pain in one of the joints, usually between the great toe and the foot. The pain is like the gnawing