

6. In long standing diseases, do not take the same mixture all the time. Study the effect of the different herbs. From those which answered your case make up different mixtures, but do not take more than three heaping tablespoonfuls to one half pint of boiling water. The dose is always four to six tablespoonfuls of the liquid per day. For results, have patience. The longer your illness has troubled you, the longer time it takes to effect a cure.

As explained on an earlier page, in long standing ailments, we can furnish you special curing-plans, which we have approved in our long years practical work among our patients.

In regard to the liquids given for external use; First wet the part to be treated with the liquid as given in the single ailments, then start the treatment as directed, repeat moistening once or twice in the course of treatment.

SIMPLE CONTINUED FEVER.

Symptoms:—Characterized by shivering, languor, weakness, thirst, loss of appetite, increased heat, headache, quick pulse, coated tongue, debility or relaxation of the limbs and joints, urine scanty and high colored, and general disturbance of all the functions of the body. The causes of fever are as numerous as their names and as varied as their symptoms, but on the other hand, fever is generally nature's plan to expel poisonous deposits from the system, which, if not removed, will lay the foundation for other disturbances, often causing in time, serious illness. As soon, therefore, as you notice all or any of the above symptoms use immediately the following treatments:—

EXTERNAL.

One heaping tablespoon	Johnswort
One " "	White Oakbark
One " "	Yarrow
One " "	Salt

Apply with this liquid once a day, the Spine Treatment.