

## PAINFUL MENSTRUATION, DYSMENORRHEA.

**Symptoms:**—Severe pain in the region of the womb; restlessness, shivery sensation with fever, headache, pain in the small of the back; the discharge of blood is very limited, and contains dark lumps.

**Treatment:**—

### EXTERNAL.

Apply the same treatment as given under  
Profuse Menstruation.

### INTERNAL.

One heaping tablespoonful	Johnswort
One       "              "	Sweet Fennel
One       "              "	Sage
One       "              "	Peppermint

Take one tablespoonful before each meal  
and one before retiring.  
(Prepare as Directed on Page 20)

## SUPPRESSION OF THE MENSES, AMENORRHEA.

**Symptoms:**—Headache and fever; skin is hot, the pulse rapid, also thirst; sensation of fullness in the back of the head; pain in the small of the back; hands and feet are cold, connected often with hysteric symptoms: There is hardly any flow or none at all during the period.

**Treatment:**—

### EXTERNAL.

Apply the same treatment as given under  
Profuse Menstruation.

### INTERNAL.

One heaping tablespoonful	Johnswort
One       "              "	Juniper Berries
One       "              "	Guajac Wood
One       "              "	Gentian Root

Take one tablespoonful before each meal  
and one before retiring.  
(Prepare as Directed on Page 20)