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The
HOME PHYSICIAN

BY

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Specialists :

CHRONIC DISEASES AND
FEMALE COMPLAINTS

Founders and Inventors of
NEW PSYCHO THERAPY
the most natural healing-form

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INTRODUCTION.

The Home Physician is intended to point out to everyone, tutored or untutored, in the briefest and clearest manner, the most easily recognized symptoms of those ailments to which most people are subject and the neglect of which often leads to serious and chronic diseases. It is only by immediate treatment and the use of absolutely drugless herbs, that each of these common ailments will take its regular course. If this end cannot be attained in certain exceptional cases, a physician should be called in and he will then find a well prepared case, and his work made very much easier.

Out of the nearly Three Hundred Herbs which we use, I have found in the course of my twelve years practice, Thirty-two of the most important which will suffice to treat these ailments successfully. These herbs have been classified in the "Home Druggist" published by me; they have absolutely no harmful effects, so that they can do no harm even if a mistake has been made in the proper diagnosis. If the existing symptoms fit two or more different ailments, the treatment should always be begun for the more dangerous one, and then when later, more definite symptoms develop and the actual ailment be ascertained, treatment therefor should be commenced.

A Warning! No one should, for the sake of economy, gather the herbs himself. A large degree of knowledge is required to enable one to treat the herbs properly and to know how to dry them and the nature of the soil from which they are taken. We import them in large quantities and hence are in a position to sell them cheap and of first class quality. For the sake of simplicity we have put them up in standard packages, each of which costs Twenty-five cents postage prepaid. The basis of the treatment of all the ailments found below is New Psycho Therapy; the method of procedure which has made us famous. For all the following protracted and chronic ailments (diseases) the Home Druggist will not suffice, because in the

course of the treatment consideration must be given to the secondary diseases and changes in the symptoms and the herbs made use of. In the following ailments, Stomach, Kidney, Liver, Lungs, Nervous Complaints, Rheumatism, Neuritis, Gout, Backache, Lumbago, Sciatica, Eczema, all forms; Gallstones, Stones, Gravel, Tumor, Ulcer, Boils, Goitre (thick neck) Piles, Bed wetting of children, Bronchitis, Asthma, Catarrh, Chlorosis, Hysteria, Hypochondria, St. Vitus, Dance, Epilepsy, Paralysis, Leucorrhea and many other female complaints, Headache, Weak Eyes, Constipation, Wasted Muscles, Poor Circulation, Obesity, Leanness, Falling out Hair, Dandruff, we give a specially prepared course of treatment describing all the possible changes of symptoms and their treatment, for \$2.00. All herbs named therein which are not to be found in the Home Druggist we also sell separately for Twenty-five cents postage prepaid.

For the sake of a better understanding and explanation, there follows a short description of our method a treatment known as "NEW PSYCHO THERAPY."

New Psycho Therapy

IN no sphere of life is humanity kept more ignorant than right there, where there is most need of instructions, namely in the domain of diseases. It is ignorance that causes the sick to fall into the hands of quacks and unscrupulous manufacturers of patent medicines. These people understand how to portray the feelings of the sick, so that he becomes convinced that they understand his suffering, and therefore must be able to help him. If, then, he reads the testimonials of their so-called cures,— I say “so-called”, because I will prove later, that they have only injured,—he is ready to give it a trial. Another great evil, that leads sick people to fall into the hands of such men, is that they have lost all confidence in doctors, because these are too ready to administer strong poisonous medicines, or to operate with the knife. The people, thank God, have lost all confidence in such treatments. To be sure, there are cases where an operation is absolutely necessary, and every reasonable person will admit this, but these are very rare, as is admitted by the far-seeing humane physicians. Those who will read carefully the following pages, will agree with me in all points.

How, then, is Disease Formed, and How is a Cure Brought about?

To understand this question clearly, we must first inform ourselves of the origin of man, and the issues of life.

Skeptics, that is those who try to refute the Christian belief, have offered a long list of answers to this question, which are, however, not satisfactory, when closely examined. The main content of their belief is, that man is practically nothing more than a wonderfully arranged physical being, that is kept alive for a set time by some earthly, special physical chemical process. That this is incorrect, any logically thinking person can see daily. The Bible alone can furnish us from the

beginning of the world to the end such information that satisfies everyone fully.

According to this information, the visible part of man is taken from the earth on which we live. This part is in itself lifeless, rigid and cold, like the earth itself. It is only when the second, the invisible part, the God given soul comes into it, that there is life, activity and feeling in the lifeless mass. We see, that the earthly part can not live without the soul or spirit. Life lies therefore in the harmonious working together of these two parts. Here is found the principle of life. The reader must get a thorough grasp of this, in order to clearly understand what I have to say in the following pages.

God is perfect, therefore everything that comes from His omnipotence can only be perfect. God has given man self-determination and self-government. From the beginning man did not understand the worth of this great gift, and even to-day he does not value it, therefore through the mistakes of individuals and of whole generations there originated disturbances in this life principle, which we term diseases. Our Creator saw this, in His Omniscience, beforehand, and in order to keep His creature perfect, He made provision for his self-preservation.

What is Disease?

Man put this question to himself, as the first disease cast its shadow over the way of life. The same question is still asked, after thousands of years have passed. The present day modern Medical Science, which is a branch of Natural Science, has the characteristics of materialism. True to this principle, it teaches that life is nothing but a complicated, chemically physical event. This mechanical view of life leads directly to the same kind of belief as to disease. Were life only a complicated arrangement, like a complicated machine, then would it be possible for the present day highly developed Medical Science to cure every disease. But can it? No! The very opposite can be

proven, from their practice, as well as from their apparent success. This is an unpleasant truth that I have to deliver,— it is a strong conclusion at which I have arrived, but whatever else I might say would be false. There remains, therefore, nothing for me, but to prove the correctness of my assertions.

Disease is a Disturbance of the Life Principle.

As I said in the beginning, the harmonious co-operation of body and soul produces the "life principle". Our body is in itself a lifeless mass, without feeling. A lifeless mass can not become diseased, as every one can readily see; it can, at the most, change itself (this change is generally looked upon as sickness). The soul is a part from God, is perfect and can not, therefore, become diseased. What, then, is the fundamental cause of disease? Only a disturbance of the "life principle". Only that which dies can suffer. The soul is immortal, the body is a lifeless mass. If the soul separates itself from the body, then only the "life principle" dies, hence, this is the only part that can suffer. Therefore, all diseases can only be disturbances of the functions of life. Facts alone can prove this, hence I give the following examples:

Take, for instance, the very common belief of Uric Acid, which is supposed to be the foundation of so many diseases, such as Rheumatism, Gout, Neuralgia, etc. There is no person altogether free from an excess of Uric Acid. If Uric Acid were the real cause of disease, then every person would necessarily be afflicted with one or the other of the above named diseases. I will go further and attack the theory of Bacteria, and of this class of Tuberculosis, which is supposed to cause consumption, osteomyelitis, blood tuberculosis, etc. It is evident that each individual has more or less of these much dreaded little creatures in himself. Were these really the cause of disease, then everybody must be more or less afflicted by tuberculosis. Moreover, experience has taught, as soon as tuberculosis has set in, these bacteria, through their rapid increase

work very quickly. Hence, everybody would have to die of tuberculosis. It is the same with every other disease. Now then, the truth. Is it true, that each individual suffers from one or the other of these diseases? No! Then, this can not be the real cause of disease. I hope that the School of Mechanics will in a time of candid consideration see their unreasonable assertions. If we create a disturbance in our "life principle," then we have the real idea of disease. In a body where the "life principle" is undisturbed, no outward causes can work. If, however, the "life principle" is disturbed, a weakening has been caused. The natural protection fails, the injurious influences gain the upper hand, and we have the so-called disease. In order to understand this, I must make plain:

How does this "Life Principle" Exist?

Our entire life is a battle; only through this constant battle can it be strengthened, but it can also sink. In this battle good and evil habits press in upon us, which we call desires. The bad, injurious desires must be warded off by the body, because otherwise they will destroy it. The good desires must be taken up and incorporated, because these are necessary to our preservation.

Hence Nature heals by means of Self-Preservation.

The law of life is self-preservation. All appearance of life is regulated by this law, as well as all diseases. Hence healing must be directed according to the same regulation. Self-preservation, to begin with, is an idea based upon experience. If it is to have scientific value, it must be proven that it is the law of life. Hence the question: What is self-preservation? Answer: Preservation of the body. Life must preserve its own body, its material organization. As already stated, the entire life is a battle with the outer world. Good and bad habits, which we have called desires, infest our bodies. The good are necessary to its preservation, and the

bad must be abandoned. By what means is this accomplished? By means of its reactions. What are reactions? Each reaction is a mechanical work performed by active nature. By means of these reactions it is possible for the life energy to take up and incorporate the necessary desires and to separate itself from the injurious. Through these fundamental laws our life is placed in a position to preserve itself in this battle for existence, and to heal disease.

The Condition of Healing.

The laws of health include two principles, namely: adjustment of physical changes, and disturbance of the "life principle". Only in this manner can a complete cure be effected. Nature heals by means of concentrating all the functions of life on this one point. Let us illustrate this. If a person moves slowly along the street, all the functions are directed to the slow movement. If this person is suddenly forced to run, all the functions must direct themselves on running. Only when they can do this will the person be able to run. If the said person has a weak heart, he can not adapt himself to the motion of running. He is through this one point disabled to run. that is to carry out this movement. This illustrates two points in the matter of healing. 1. If all the functions can unitedly direct their strength to the one point, nature heals itself. 2. If by means of any physical changes this united effort is disturbed, there must be brought about an adjustment, which we generally term "medical aid".

Before I proceed, let me here repeat briefly the outward physical action. This is founded on the expulsion of all bad and physically injurious matter. For instance, our food contains, beside the wholesome substance, a great deal injurious and unwholesome matter. What does the body do with this? It is expelled. In this principle of expulsion lies frequently the apparent success of medicines, including patent medicines. If these are incorporated in the body, then according to the laws of self-preservation, the body must put forth every

effort to expel this often very mischief-working matter. The activity of the functions are by means of this directed to this work instead of to the disease. In this way an apparent improvement is affected. Our system, however, takes up a compromise; with redoubled energy it begins at work, because according to the law of self-preservation, the real disease must also be cured. If the medicines are to continue to produce effect, the dose must be continually increased, until the physician says I dare not go farther. It is the strongest dose permitted. He has to quit, and the sick person drags himself through life a little longer. In the case of patent medicines there is generally no one there to give warning. One kind after the other is swallowed down in constantly enlarged quantities, until the vital principle, wearied in the battle, gives up. The soul separates itself from the body, and the life principle dies. No one will say that I have painted the picture too dark. Only one example, which will throw a piercing light on the fore-going picture. Everybody knows and fears "diphtheria". Everybody believes firmly, that the disease can be cured most safely by means of the "serum". But what do we learn by experience? I give here the success of Chefarztes J. Bourget in the Hospital Lausanne. He was formerly a zealous believer in Behring's Healing Serum. Through various circumstances he became somewhat skeptical as to its value. Hence he made the experiment. Out of 568 severe cases of diphtheria he treated 183 with serum. Of these 14 died. The remaining 385 he treated without serum. Of these only 2 died. Comment is unnecessary. All the medical journals kept these remarkable results quiet.—Where is the truth found?

What, then, can be done, when all that on which our hopes for healing were based, is only injurious?

The alarmed reader will, no doubt, put this question to me. It is very simple. In place of the injurious, set in order that which is effectual. Here

begins the work of the real physician. What, then, is his work?

1. He must find our carefully besides the outward physical change through disease, also the internal cause of the disease, the disturbance in the life-principle.

2. Can he always do this? Only a few are endowed with this great gift, to find out the work of the invisible part. Only the physician, who has gone through a long experience and all possible researches in the sphere of treating diseases, has a right to help him. He must be completely in line with the great command of loving his neighbor. Only as he sees in the sick one his beloved brother or sister, for whom he is willing to give his own life, if need be, in the battle for his or her life, then will he be able to see in general the disturbance of the inward life-principle. By comparing the outward visible physical changes caused by the disease, the inner disturbance of the life-principle may be concluded.

3. In order to really help, the healing remedies must be as nearly as possible along the line of nature's work, because nature alone is able and willing to help. All else will only help to further disturb. He has therefore only to adjust the existing disturbances in the action of the functions, so that these can direct their operation unitedly to the desired point of healing, in order that nature may effect a perfect cure.

4. In order to proceed correctly here, we must first discover clearly, by what means our body sustains itself, and adjusts itself. These are chiefly air, light, water and our daily nourishment. By means of these our body must sustain and renew itself, in order that the life-principle may be kept intact. If we would be able to do our work right here, we must be certain as to what really our nourishment is to consist of, because in this we have departed far from nature, and have forgotten it entirely.

Our Creator has arranged all the parts of our body so wisely, that they shall perform their particular work. To the flesh-eating animal He gave teeth that are needed to eat meat. To the vegetable-eating creature He gave teeth adapted to that purpose. This is the design of nature. In order to retain our health we should get our nourishment entirely from vegetables and plants, in which very little change takes place by means of cooking. But what is the fact? Everyone can answer the question for himself. That I am correct in this statement, is proven by the wonderful success achieved by Drs. Haig, Schroth and others through their theory of nourishment. The ideal way of healing would be to go back to nature's plan of nourishment, that is, to eat only plant foods or vegetables, and these as far as possible in their raw state, or cooked very little. But to do this, would mean to abandon everything that makes life agreeable and gives us enjoyment. Is it therefore necessary to go back to this manner of living? No! Science gives us the adjustment.

5. If our nourishment does not contain sufficient good material to protect our health, then it cannot contain enough to heal out any disease that may exist.

6. In order to really render assistance, we must give the seemingly healthy person such substances that will sustain the life-principle well balanced, so that the operations of the functions are not disturbed. (This should be the principal line of work.)

Where the functions are already disturbed, where disease has already set in, we must administer the more necessary substances in larger quantities to adjust matters. But what are these substances, that are necessary for nature to heal the diseased parts in our body? The answer to this question is given in the late discovery of the diagnosis of the eye. By means of this diagnosis we have in hand, not only the necessary information to find the inward physical changes, but are able to pursue the proper

course to effect a cure. Besides this, it has also shown us the substance necessary to effect a complete cure.

7. This form of diagnosis has proven, with experience, that success lies in the plant nourishment only. But to go back to the original nourishment, that is, the raw and half-cooked vegetable diet, is impossible, and does not answer the habits of life formed by our system for generations. Neither is this at all necessary. Everywhere, on hill, in valley, plain and field, on poor, stoney and marshy land, and in the water, there grow many, many plants unnoticed, which contain exactly that which is necessary to heal the sick.

8. Chemistry, which has entered into the sphere of healing, teaches us the valuable substance each plant contains. The knowledge of these substances, and experience teaches us how to prepare these remedies so that combined with our daily nourishment, they will bring about the desired health, as well as keep us healthy. To repeat in a few words, we would say, medicines do not help, but correctly condensed nourishment, preparations which will bring about a normally well-balanced nourishment, will. This alone is the natural way, therefore success can be found alone in this method, which is proven by our daily experience.

After reading the foregoing pages, you will understand the sooner we can give the necessary aid to arrest the illness begun, the more we save nature's own power. As soon as any sign of illness is manifest we should give the system the needed help.

Through external treatments we can influence the nerves, the chief instruments of our system, so much, that a cure may be effected in half the time. Out of all the different forms, we have chosen only a few cardinal treatments, which have proven themselves to be of great value.

1.—SPINAL TREATMENT:

With a light pressure of the hand rub the spine on both sides as much as can be covered by the hand, beginning at the neck, near the head, and rubbing downwards to the end of the spine. The rubbing should be continued for two or three minutes. Then place the hands, one on one side and the other on the other side, close to the spine, and rub from the spine outward, beginning also at the neck and continuing down the entire length of the spine in this manner. This should also be continued for three minutes. If any parts of the spine are specially sensitive these should receive special attention by rubbing a few minutes after the treatment of the entire spine is completed.

Painful parts in the hands, arms, feet and limbs, should always be rubbed from the extremity upwards, and should be continued from three to five minutes at a time.

Painful points in any other part of the body must be rubbed in a circular motion, beginning on the point where the pain is located, and continuing until a space is covered of from one to two inches beyond the location of the pain; continue for three minutes.

Compresses, either cold or hot

In a cold compress, pieces of cotton are wrung out of cold water, and placed on, and covered with a dry cloth. As soon as this begins to get warm, it must be replaced by another cold cloth application, the same as the former.

In a hot compress, soak cotton cloth in hot water, wring out slightly and apply as hot as one can bear it on the afflicted part, covering the hot cloth with a dry woolen or flannel cloth, and on this place a hot plate, or a hot water bottle, to keep the application warm as long as possible. As soon as the application becomes cool the hot application must be renewed.

A brief description of the effect produced of individual plants or herbs, on particular diseases:

1. (*Radix Helenii*) **Elecampane-root.**
Useful for inflammation of the Bronchien, Catarrh, Homach and accumulation of phlegm in the lungs and chest, jaundice, chlorosis. Also used for suppression of the menses. Always give in small doses to avoid vomiting.
2. (*Floris Arnicae Montana*) **Arnica.**
Used externally for all kinds of wounds, sprains, lameness and neuralgia. Internally Arnica affects the nerves, and the lining of the stomach and intestines, and in a very special manner, the entire circulation or blood system.
3. (*Radix Valerianae*) **Valerian-root.**
Used in uterine and nervous diseases, heart-trouble, weakness of the nerves, sleeplessness, headache, worms, epilepsy, hysteria, weak eyes, diarrhea, etc.
4. (*Folio Uva Ursi*) **Uva Ursi Leaves.**
Used in cases of bedwetting, catarrh of the bladder, dropsy, festering of the kidneys and bladder, retention of urin, gravel, gries and stones. It is also useful for leucorrhœa, (whites).
5. (*Folio Stachis Be'onica*) **Betonica.**
Used for epilepsy, heartburn, dropsy, jaundice, hemorrhoids of the lungs, cough, asthma, etc.
6. (*Folio Satureja Hortensis.*)
Strengthens the stomach, cures colic, somnolence; has a strengthening effect in cases of chest and lung trouble. As a poultice, it is very effective for tooth-ache.
7. (*Herba Carbobenedictii*) **Blessed Thistle.**
Strengthens the stomach especially so in cases of accumulation of phlegm in the stomach, intestines and lungs. Useful in chronic cases of liver complaint. It is strengthening to the entire constitution. Weakness originating from looseness of the bowels, is speedily cured. It removes worms, and arrests the renewal of them. It is also

very helpful in cases of intermittent fever and cancerous formation.

8. (*Cortex Quercus*) **White Oak-Bark.**
The very best poultice in cases of bloodpoison of every kind. Injection for leucorrhea, diarrhea, piles, etc. Used internally in cases of bedwetting, hemorrhages, profuse menses, poultice for sciatica.
9. (*Radix Gentianae*) **Gentian-root.**
Useful for weak stomach, diarrhea, weakness of the muscles, chlorosis, gout, scrofula, hysteria, hypochondria.
10. (*Semen Foeniculum Vulgaris*) **Sweet Fennel Seed.**
A good tonic for the stomach, removes swelling or bloating, good for cough, bronchitis, catarrh, dropsy of the chest; increases the milk of nursing women; cleanses from after birth. A remedy for pain in the chest, lungs, liver, stomach, kidneys, throat, eyes, colic; also for asthma, accumulation of phlegm. It is especially adapted as a remedy for children.
11. (*Guajacum Officinalis*) **Guajac-wood.**
Used for syphilis, rheumatism, chronic catarrh, scrofula, gout, etc.
12. (*Hypericum Perforatum*) **Johnswort.**
Useful in suffering of the spine, atrophy of the muscles, degeneration of the nerves, will yield to and be cured by it. Dr. Roehrig held this herb or plant to be a specific remedy for piles, and felon. Also good for burns.
13. (*Altheae Officinalis*) **Marsh-mallow.**
Used in cases of catarrh of the throat and bronchial tubes, gravel, gries, dysentery, inflammation of the throat, enlargement of the tonsils, cough, diarrhea, colic, painful urinating.
14. (*Lappa Officinalis*) **Burdock Root.**
Used for rheumatism, gout, stone formation, skin diseases, scorbut, scrofula, dandruff, falling of the hair.

15. (*Verbascum Thapsus*) **Mullein.**
Used in all cases of lung trouble, coughs, consumption, epilepsy, asthma, deafness, bedwetting, etc.
16. (*Radix Taraxacum Officinalis*) **Dandelion.**
Used for liver-hyperamie, hardening of the liver, jaundice, gall-bladder, gall stones, piles, spleen-trouble, dropsy of the liver and spleen, hypochondria, catarrh of the stomach, and bowels, habitual constipation, Brights disease, diabetes.
17. (*Folio Mentha Piperita*) **Peppermint.**
Used for cramps of the stomach, womb, and the abdomen, vomiting, bloating, gas, rheumatism, weakness of the nerves, excited condition.
18. (*Folio Juglance*) **Walnut-leaves.**
Used for scrofula, diseases of the bones, stone formation, gout, rheumatism, loss of manhood. Used externally for carbuncle, running sores, etc.
19. (*Herba Agrimonia Eupatum*) **Agrimoni.**
Used in cases of rheumatism, liver trouble, hemorrhoids, bedwetting, worms, skin diseases; as a gargle for tonsillitis, etc.
20. (*Papulus Alba*) **White poplar bark.**
Specivicum for old people who cannot hold the urin, also used for gout, sciatica, intermittent fever, etc.
21. (*Calendula Officinalis*) **Marygold.**
Performing sweat useful in cases of jaundice, typhoid, cancer, cramps of the stomach, vomiting, hardening of the stomach, diseases of the bones. Used externally for bathing inflamed eyes in a granulated condition.
22. (*Herba Rosmarinus*) **Rosemary.**
Used for building up the nerves; also in cases of gas, dropsy, dizziness, rheumatism, heart, stomach, kidney and liver trouble; also for cancer and cancerous formation.

23. (*Herba Salvia Officinalis*) **Sage.**
Used for colds, catarrh, nervous weakness, trembling of the limbs, weakening sweats of consumptives, La-grippe, whooping cough, leucorrhœa, checks inwardly lactal-secretion of women.
24. (*Radix Sarsaparillae*) **Sarsaparill-root.**
Used for syphilis, scrofula, rheumatism, gout, chronic skin diseases. Its general tendency is purification of the blood.
25. (*Floris Achillea Millefolium*) **Yarrow.**
Used for stomach, womb and lung troubles, bleeding piles, catarrh, fever, chlorosis, bed-wetting, nervousness, etc.
26. (*Folio Plantago Lanceolata*) **Plantain Leaves.**
Used for diseases of the lungs, chronic catarrh, cough, diarrhea, weakness of the bladder, bedwetting, hemorrhoids, consumption, dysentery, etc.
27. (*Radix Rheum*) **Rhubarb-root.**
Rhubarb acts on the system as a tonic, astringent, stomachic, laxative and purgative; increases the temperature of the body and is very useful to take away bitter, sour taste.
28. (*Folio Sennae*) **Sennae Leaves.**
Eliminates from stomach and bowels all sour, sharp, salty substances. It is a mild laxitive.
29. (*Cortex Salix*) **Willow-bark.**
Used in cases of fever, intermittent fever, dysentery, vomiting, hemorrhoids, etc. Used externally for tonsilitis, bleeding gums, ulcers in the mouth, etc.
30. (*Herba Absynthii*) **Wormwood.**
Increases the appetite, good for constipation, jaundice, dropsy of the abdomen, chlorosis, scarlet fever, scrofula, intermittent fever, inflammatory rheumatism, retention of the menses, etc.

31. (*Radix Liquiricae*) **Licorice-root.**

Beneficial for blood-purifying, specially useful for all kinds of lung, throat and bronchial troubles.

32. (*Fructus Juniperrus*) **Juniper Berries.**

Used for bladder, kidney and liver troubles; weakness of the heart, weak stomach, suppression of the menses, dropsy, gravel, gries, gout, for removal of exudation remaining after pleurisy. It must not be used in cases of inflammation of the kidneys.

GENERAL RULES AND DIRECTIONS.

1. Preparations to be used externally;

Pour about half a pint of cold water on the quantity given in single cases, bring it to the boiling point, and let boil slowly for 2 minutes, cool off, strain through a cloth and keep the liquid in a bottle. Always shake before using.

2. Preparations to be taken internally;

On the quantity given in each illness, pour a half pint of boiling water, let it stand, well covered, for about 20 minutes, then strain through a cloth, and put the liquid in a bottle; keep well corked, and put in a cool place. (In a cold place, the liquid will keep good for using, in winter for three days, and in summer often only for two days.) Take this liquid according to directions given for the different ailments.

3. The dose given in all cases, is always for an adult. The following doses are for the different ages specified.

Adults	A large tablespoonful
Up to two years old	A small teaspoonful
From two to six	A large teaspoonful
From six to fifteen years ..	A dessert spoonful
(Dessertspoon means a small tablespoon.)	

4. Do not be afraid of giving too large a dose. These remedies contain absolutely no poison. Too large a dose cannot harm the patient. If nature does not require the amount, vomiting or some other symptom will manifest it. In that case lessen the single dose.

5. The first essential in all illness is to keep the bowels open. Following is a good mixture for this

2	Heaping	tablespoons	Sennae
1	"	"	Rhubarb
1	"	"	Licorice

Pour one half pint boiling water on, and let stand well covered for ten minutes, strain through a cloth. Keep the liquid in a bottle and give a tablespoonful every four hours until the bowels begin to move. (To children give as directed in the different ages.)

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 aiments, 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.

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

hemorrhages. Skin dry and hot. As symptoms increase, the mind becomes more and more confused, and a muttering delirium supervenes. The heat of the body also increases, and the patient is disturbed with frightful dreams; the face is flushed; the arteries throb; the pulse intermits or is irregular; the urine becomes acid, etc. As soon as the first symptoms appear, begin with the following treatments:—

EXTERNAL.

One heaping tablespoonful White Oakbark
 Two " " White Poplarbark
 One " teaspoonful Arnica Flowers
 Two " tablespoonfuls Salt
 Apply once a day with the spine treatment along the spine.

INTERNAL.

One heaping teaspoonful Arnica Flowers
 One " " Marygold
 One " " Willow bark
 One " " Blessed Thistle
 (Prepare as Directed on Page 20)

SUNSTROKE, THERMIS FEVER.

Symptoms:—A condition strongly resembling apoplexy is produced accompanied with high temperature, rapid pulse, headache, loss of memory, inability to swallow. If not quickly relieved, it may lead to fatal results. Bring the patient in the shade, pour cold water over the face and head, apply mustard poultices on the leg and bottom of spine, and rub the rest of the spine with the following mixture.

EXTERNAL.

Two heaping tablespoonfuls Johnswort
 One " " Arnica Flowers
 One " " Wormwood
 One " " Salt
 Apply once a day with spine treatment along the spine.

INTERNAL.

One heaping tablespoonful Johnswort
 One " " Juniper Berries
 One " " Burdock root
 One " " Peppermint
 Take a tablespoonful before each meal and before retiring.
 (Prepare as Directed on Page 20)

APPENDICITIS.

Symptoms:—The most characteristic symptoms are pain in the lower right side of the abdominal part of the body, appearing of a sausage shaped tumor, tenderness of the abdominal wall, fever, vomiting. Experience has taught, that often only a sudden pain in these regions with fever and tenderness without a swelling means appendicitis. If the inflammation is not due to foreign bodies such as fecal concretions, grape and other fruit seeds, etc. The following treatment will bring about a speedy cure.

EXTERNAL.

One heaping tablespoonful White Oakbark
One " " Sage
One " " Rosemary
Use the liquid for cold poultice over painful spot as Directed on page 20

INTERNAL.

One heaping tablespoonful Rhubarb
One " teaspoonful Arnica Flowers
One " tablespoonful Sennae leaves
One " " Wormwood
Take every three hours a tablespoonful, lessen dose as soon as the bowels become loose.
(Prepare as Directed on Page 20)

POISONED WOUNDS. (so-called Blood-poison)

This is the most common form: Chemical poison, foreign substances of various kinds are frequently introduced carelessly or ignorantly into wounds. The healing is thus retarded, and the life of the patient imperilled.

Symptoms:—If any poison is introduced, considerable pain is felt in and around the spot and may extend over a great part of the body. If located in the hand, the pain will run up the arm; in a day or so, the hand will swell and red lines can often be traced up the arm. These lead to tender lumps in the armpit. By this time severe chills and fever with mental disturbance and delirium set in.

The following treatment has, in almost every case, given the most speedy cure:—

EXTERNAL.

Three heaping tablespoonfuls White Oakbark
One " teaspoonful Arnica Flowers
Use the liquid for cold poultice as directed
on page 14 until all poison is drawn out.
(Prepare as Directed on Page 20)
It will be of great advantage if you take
for about four weeks one of the general
blood purifiers.

NETTLE-RASH, HIVES, URTISARIA.

Symptoms:—These appear in patches of irregular shape, flat upon the top, hard, and mostly of a pale red color, sometimes the elevated portion of the skin is whiter than the surrounding parts. In general the larger ones are light in the middle and red at the circumference. The smaller ones are pale red. Often the rash appears in the shape of stripes, straight or serpentine shape. The rash may appear on any part of the body. If developed on the face, the skin may swell enormously. With the exception of a slight fever and itching, there is generally no constitutional disturbance. The rash usually appears in the morning, and disappears by noon, and will be seen once or twice during the day. This may continue daily for weeks.

The following treatment has always had the best effect —

EXTERNAL.

Two heaping tablespoonfuls White Oakbark
One " " Walnut leaves
One " " Salt
Rub the liquid twice a day on the itching
spots.
(Prepare as Directed on Page 20)
Internally take for two to four weeks one
of the general blood purifiers.

ERYSIPELAS.

Symptoms:—The skin is red, shiny and swollen. A sensation of pain and burning is felt in the affected part. Ordinarily, the disease is preceded by a chill and high fever. If the face is

affected, there may occur vomiting, delirium and stupor. The face swells, the tongue is coated, and often sore throat accompanies it. The inflamed skin is sharply marked off from the healthy skin by the difference in color. The outer layer of the skin is often raised to small blisters, containing a substance, or even matter. Bowels are generally constipated. Erysipelas is an acute inflammation of the skin and may affect any part of the body.

Treatment:—The following mixture may effect good results.

EXTERNAL:

Three heaping tablespoonfuls White Oakbark
One " " White Poplar Bark
(Prepare as Directed on Page 20)
Rub the liquid once or twice into the affected parts.

MEASLES, BUBEOLA.

Symptoms:—The start of the disease acts like a severe cold. The patient sneezes repeatedly. There is a discharge from the nose; the eyes are also inflamed, red and watery; also soreness of the throat, hoarseness and dry, often painful, cough and a chilly sensation appears. Then begins a fever, the appetite is impaired, and vomiting may occur; wandering pains in various parts of the body, especially in the head and limbs. In children, convulsions and bleeding of the nose often make their appearance. In about four days from the commencement of the above symptoms, a rash, first seen on the forehead and temples, appears, rapidly spreading over face and neck. Within 48 hours the entire body is covered. The rash begins with red specks, and there may be some swelling of the skin. After about the fourth day, the rash begins to fade where it appeared first—on the face.

Treatment:—

EXTERNAL.

One heaping tablespoonful Marygold
One " " White Oakbark
One " " Johnswort
One " " Salt
Apply once a day with the spine treatment along the spine.

INTERNAL.

One heaping tablespoonful Marygold
One " " Yarrow
One " " Sage
Take a tablespoonful every four hours.
(Prepare Both as Directed on Page 20)

SCARLET FEVER.

Symptoms:—Temperature rises quickly up to 105; pulse is rapid; a red rash on neck and breast is seen; pain in swallowing; often headache and vomiting; strawberry red tongue; hot and dry skin. Later there appears on the body and limbs, rapidly extending over the entire body, a brilliant scarlet rash.

Treatment:—

INTERNAL.

One heaping tablespoonful Blessed Thistle
One " " Willowbark
One " " Dandelion Root
Take a tablespoonful every four hours.
(Prepare as Directed on Page 20)

For the period of the illness, keep the patient in a warm room. Never allow him to get out of bed before the fifteenth day and out of the warm room before four weeks. In the period, when the body begins to scab, a slight cold may endanger the life of the patient.

CHICKEN POX, VARICELLA.

Symptoms:—Slight constitutional disturbance for about twenty-four hours with a little fever, nausea and vomiting. The rash, as a rule, appears first on the body and afterwards on the face and head. It is well characterized from small-pox by the fact that it is composed from the first of blisters, (vesicles) and not of hard pimples (papules). On the fifth day, or the sixth, the vesicles begin to dry. They soon scab and fall off. Frequently a second crop of vesicles appears during the first three days.

Treatment:—

INTERNAL.

Two tablespoonfuls Sage
One " Peppermint
One " Yarrow
Take a tablespoonful every three hours.
(Prepare as Directed on Page 20)

SMALL POX, VARSIOLOE.

Symptoms:—Chills, fever, vomiting, headache, pain in back, swelling, coated tongue, mental disturbances, often delirium, convulsions, etc. The rash usually appears first upon the face, especially around the mouth and on the chin. Almost at the same time, the neck and wrists are affected, then the breast and arms. At first the rash takes the form of small red spots, sometimes with a purplish tint. The centre of these spots becomes hard and alerated. The rash at this period resembles somewhat that of measles. Even at this time one inexperienced can usually recognize the nature of the malady, because the eruption on the wrist feels much like small shots under the skin. Within twenty-four hours, the tops of these small bodies are filled with a clear watery liquid. During the next two days they increase in size up to one-eighth of an inch. Not until the fifth day the eruption takes on its characteristic appearance. Then the top of the vesicle is flat, the middle is drawn downward, making the shape of a navel.

Treatment:—

EXTERNAL.

As soon as a burning heat appears in the rash, boil three heaping tablespoonfuls Dandelion Root with one-half pint water for two minutes, strain through a cloth and rub the liquid twice a day on the burning part.

INTERNAL.

One heaping teaspoonful Dandelion Root
One " tablespoonful Sarasparill Root
One " " Yarrow
One " " Blessed Thistle
Take a tablespoonful every 3 hours.
(Prepare as Directed on Page 20)

SALTRHEUM, ECZEMA.

This is generally caused by external irritation, or by disorder of the internal organs.

Symptoms:—It usually begins in the shape of scattered red specks or pimples, which soon run together, and in a short time begin to exude a watery fluid. The eruption is always very itchy and causes an irresistible desire to rub and scratch the diseased skin. After a short time crusts are formed, first thin and scattered, but are soon united into thick yellowish or brownish-yellow layers, which may spread so as to cover almost the entire body. It appears in all stages and ages.

Treatment:—

INTERNAL.

One heaping teaspoonful	Saraparill Root
One " "	Guajac
One " "	Juniper Berries
One " "	Burdock Root
One " tablespoonful	Licorice Root
One " "	Sennae Leaves

Take a tablespoonful every three hours until the bowels get loose; lessen the dose gradually to four tablespoonfuls a day. (Prepare as Directed on Page 20)

DRY TETTER, PSORIASIS.

Symptoms:—Scaly white patches appear, most frequently upon the outer surface of the elbows and the front surface of the knees, usually circular or oval in shape, and often surrounding a part of healthy skin. Often the white patches may spread over the trunk and limbs, and even over the entire person. These patches may vary in size, but can usually be recognized by gently scraping them with the fingernail, so as to remove the scales, when a few bleeding points will appear underneath.

Treatment:—

INTERNAL.

One heaping tablespoonful	Walnut Leaves
One " "	Burdock Root
One " "	Guajac Wood
One " "	Blessed Thistle

Take four to six tablespoonfuls a day. (Prepare as Directed on Page 20)

DIZZINESS, VERTIGO.

Symptoms:—Swimming sensation in the head. The patient becomes weak and chilly, and darkness falls on the eyes. If heart disease is the cause, palpitation of the heart will appear. Dyspepsia will also cause dizziness.

If heart trouble is the cause, the following treatment is of great benefit:—

EXTERNAL.

One heaping teaspoonful	Arnica Flowers
One " "	Elecampane Root
One " tablespoonful	Johnswort
One " "	Juniper Berries
Two " "	Salt

Apply once a day with the spine treatment along the spine.

INTERNAL.

One heaping tablespoonful	Valerian Root
One " "	Yarrow
One " "	Peppermint

Take a tablespoonful four to six times a day.
(Prepare as Directed on Page 20)

SICK HEADACHE.

Symptoms:—Usually impairment of the appetite; uneasy feeling in and around the stomach; a bitter taste in the mouth; coated tongue; pain, especially in the front of the head. Often the symptoms are like neuralgia.

Treatment:—

EXTERNAL.

One heaping tablespoonful	Johnswort
One " "	Valerian Root
One " "	Peppermint
Two " "	Salt

Apply once a day with spine treatment along the spine.

INTERNAL.

One heaping tablespoonful	Sennae Leaves
One " "	Rhubarb
One " teaspoonful	Satureja Hortensis
One " "	Blessed Thistle
One " "	Peppermint
One " "	Juniper Berries

Take four to six tablespoonfuls a day according to bowels.

(Prepare as Directed on Page 20.)

NERVOUS HEADACHE.

Symptoms:—They are more or less like those of sick headache, but generally there is no nausea or vomiting. Women who suffer from diseased womb, are more subject to this form of headache.

Treatment:—

EXTERNAL.

Two heaping tablespoonfuls	Johnswort
One " "	Marygold
Two " "	Salt

Apply once a day with the spine treatment along the spine.

INTERNAL.

One heaping tablespoonful	Blessed Thistle
One " "	Juniper Berries
One " "	Betonica
One " teaspoonful	Johnswort
One " "	Peppermint

Take a tablespoonful before each meal and before retiring.

(Prepare as Directed on Page 20.)

RHEUMATIC HEADACHE.

Afflicts general sufferer from rheumatism.

Symptoms:—A numb pain in the forehead, temples and neck; head is generally very sensitive and cannot stand any pressure.

Treatment:—

EXTERNAL.

Two heaping tablespoonfuls	Guajac Wood
One " "	Johnswort
Two " "	Salt

Apply once a day with spine treatment along the spine.

INTERNAL.

One heaping tablespoonful	Sarsaparill Root
One " "	Gentian Root
One " "	Wormwood
One " teaspoonful	Rosemary
One " "	Juniper Berries

Take a tablespoonful before each meal and before retiring.

(Prepare as Directed on Page 20)

HYSTERIA.

Symptoms:—Laughter or tears without any cause; tenderness in spine; often intense pain in the head. Skin may be cool and pale, or hot and dry; often convulsions; gas on the stomach; discharge of pale urine; sensation of a ball coming up in the throat; palpitation of the heart; fainting spells, etc.

Treatment:—

EXTERNAL.

Two heaping tablespoonfuls	Johnswort
One " "	Gentian
One " "	Peppermint
One " "	Salt

Apply once a day with the spine treatment along the spine.

INTERNAL.

One heaping tablespoonful	Johnswort
One " "	Dandelion Root
One " "	Valerian Root
One " "	Peppermint

Take four to six tablespoonfuls a day.

(Prepare as Directed on Page 20)

HYPOCHONDRIA.

Symptoms:—Generally tired; acute pain in the temples and forehead, with a remarkable depression of spirit; also pain in the abdomen and chest. The sufferer believes that he is the subject of a great number of different diseases that will shorten his life. Constipation, dizziness, coated tongue, cold feet, restless sleep, etc., are apparent.

Treatment:—

EXTERNAL.

One heaping tablespoonful Sage
One " " Johnswort
One " " Peppermint
Two " " Salt
Apply with spine treatment once a day
along the spine.

INTERNAL.

One heaping tablespoonful Gentian Root
One " " Valerian Root
One " " Johnswort
One " " Dandelion Root
Take one tablespoonful before each meal and
before retiring.
(Prepare as Directed on Page 20)

ECZEMA, PIMPLES ETC., of the Face.

Symptoms:—are so well known that there is
no need to repeat.

Treatment:—

EXTERNAL.

Two heaping tablespoonfuls White Oakbark
One " teaspoonful Marygold
One " " Walnut Leaves
One " tablespoonful Salt
With the liquid, wet the face and other
affected parts at night shortly before going
to bed and let dry in.

INTERNAL.

One heaping tablespoonful Sarsaparill Root
One " " Burdock Root
One " " Walnut Leaves
One " " Juniper Berries
Take four to six tablespoonfuls a day.
(Prepare as Directed on Page 20)

RUNNING OF THE EAR.

Is mostly caused by an inflammation in the
eardrum, which has resulted in the production of
matter.

Treatment:—

EXTERNAL.

One heaping tablespoonful White Oakbark
One " " Sage
Wash once or twice a day the affected ear
with the liquid.

INTERNAL.

One heaping tablespoonful Burdock Root
One " " Blessed Thistle
One " " Guajac Wood
One " " Sweet Fennel
Take four to six tablespoonfuls a day.
(Prepare as Directed on Page 20)

EARACHE.

Pain in the ear may be caused from several affections. In case of children, it is mostly inflammation of the middle ear. If the following treatment should not give speedy relief, a physician should be called.

Use liquid for poultice as directed on page 20 cold or warm as patient prefers it.

EXTERNAL.

One heaping tablespoonful Marshmallow
One " " Sage
One " " Johnswort
One " " Sweet Fennel
Use liquid for poultice as directed on page 20
cold or warm as patient prefers it.

BLEEDING OF THE NOSE.

Symptoms:—well known.

Treatment:—

INTERNAL

One heaping tablespoonful White Oak Bark
One " " Plantain Leaves
One " " Willow Bark
Take four to six tablespoonfuls a day.
(Prepare as directed on Page 20)

BLEEDING FROM THE MOUTH.

This is generally caused by internal disturbance. If the following treatment should fail,

watch the patient for other symptoms and start treatment according to those.

Treatment:—

INTERNAL.

One heaping tablespoonful	Plantain Leaves
One " "	Blessed Thistle
One " "	Peppermint
One " "	Yarrow

Take one tablespoonful before each meal and before retiring.

(Prepare as Directed on Page 20)

BLEEDING OF THE BOWELS.

This is generally caused by piles. If the blood is of a bright red color, then the cause is piles, (see treatment for piles.) If the blood should be of a very dark, even black color, it comes from a higher part of the intestines. Then use the following treatment.

EXTERNAL.

One heaping tablespoonful	Johnswort
One " "	Rosemary
Two " "	Salt
One " teaspoonful	Satureja Hortensis
One " "	Arnica Flowers

Apply liquid once or twice over stomach and bowels, rub with the rotary treatment.

INTERNAL.

One heaping tablespoonful	Willowbark
One " "	Yarrow
One " "	Mullein
One " "	Satureja

Take a tablespoonful every four hours.

(Prepare as Directed on Page 20)

BLEEDING OF THE URINARY ORGANS.

If blood frequently escapes with the urine, try the following treatment. If relief is not experienced soon, consult a physician.

EXTERNAL.

One heaping tablespoonful	Johnswort
One " "	Peppermint
One " "	Uva Ursi Leaves
Two " "	Salt

Apply once a day with the spine treatment along the spine.

INTERNAL.

One heaping tablespoonful Willowbark
One " " Yarrow
One " " Blessed Thistle
One " " White Oakbark
Take four to six tablespoonfuls a day.
(Prepare as Directed on Page 20)

QUINSY.

Symptoms:—A day or two before the disease makes its appearance, headache and soreness in the throat are felt. Usually only one tonsil is affected, but the other may follow. Voice nasal; deglutition difficult; severe pain, often extends to the ear; certain tenderness beneath the angle of the jaw; chill and high fever, etc.

Treatment:—

EXTERNAL

Two heaping tablespoonfuls Marshmallow
One " " Sage
One " " Mullein
Gargle with the liquid every two hours.

INTERNAL.

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

DIPHThERIA.

Symptoms:—Sometimes the onset is very rapid. The patient suffers a severe chill, followed immediately by a high fever. In other cases, the commencement is gradual. The patient complains, for days or a week, of indefinite illness, often without any symptoms of sore throat. The symptoms may be divided into those which affect the system generally, and those which are associated immediately with the inflammation of the throat. Therefore

never forget to inspect the throat. In simple diphtheria there is only a slight difficulty in swallowing a little pain in the throat; burning skin, pain in the limbs, etc. Malignant diphtheria sets in with severe fever, vomiting or purging, skin is hot, sudden prostration and restlessness, face flushed, throat sore and bright red; tonsils are swollen; gray and white patches of deposit appear on them, small at first but gradually enlarging, so that one patch merges into another, coating the whole throat and rendering swallowing and breathing difficult.

Dangerous Symptoms are:—Quick feeble, or very slow pulse, persistent vomiting, delirium, drowsiness, bleeding of the nose, and suppressed urine.

Treatment:—

If this fails to give quick relief, call a doctor.

EXTERNAL.

Take two tablespoonfuls White Oakbark; boil with one-half pint of water for three minutes; strain through a cloth and gargle with the liquid every half hour.

INTERNAL.

One heaping tablespoonful	Willow Bark
One "	" Sage
One "	" Yarrow
One "	" White Oakbark

Take a tablespoonful every three hours.

(Prepare as Directed on Page 20)

ENLARGEMENT OF THE TONSILS.

After frequent attacks of inflammation of the throat, the tonsils become enlarged and a permanent increase in size may remain. After quinsy this enlargement also may remain. Above illness occurs mostly in childhood, especially in scrofulous children. In most cases, the child's general health needs attention. It should be provided with the best of food and plenty of recreation.

Treatment:—

EXTERNAL.

One heaping tablespoonful Marshmallow
One " " Plantain Leaves
One " " Oakbark
One " teaspoonful White Poplar Bark
Gargle with liquid four times a day.

INTERNAL.

One heaping tablespoonful Burdock Root
One " " Walnut Leaves
One " " Blessed Thistle
One " " Marshmallow
Take a tablespoonful before each meal and
one before retiring.
(Prepare as Directed on Page 20)

POLYP OF THE NOSE.

Symptoms:—A feeling as if the nose were stuffed up; after a time a discharge of small quantities of blood may occur, if the patient blows the nose violently. Sometimes the patient can bring the polyp in view by closing the opposite side of the nose with the finger and then expelling the breath forcibly through the other nostril.

Treatment:—

EXTERNAL.

Two heaping tablespoonful White Oakbark
One " " Sage
One " " White Poplar Bark
Rinse with the liquid twice daily, the
affected nostril.

INTERNAL.

One heaping tablespoonful Guajac Wood
One " " Juniper Berries
One " " Satureja Hortensis
One " " Rosemary
Take one tablespoonful before each meal
and one before retiring.
(Prepare as Directed on Page 20)

BRONCHITIS.

A. Acute Bronchitis.

Symptoms:—Light fever; often pain in the chest; tickling sensation in the throat; expector-

ation, first vivid, subsequently muco-purulent.

B. Chronic Bronchitis.

Symptoms:—This usually has the appearance of a winter cough first, then becoming continuous; the breath is short, with muco-purulent expectoration.

E. Capillary Bronchitis,—common in children and old people.

Symptoms:—Respiration is hurried; in addition to other symptoms, the cough is severe, expectoration scanty; moderate fever with rapid pulse

Treatment:—

EXTERNAL.

One heaping tablespoonful	Rosemary
One " "	Johnswort
One " "	Plantain
Two " "	Salt

Apply once daily with spine treatment along the spine.

INTERNAL.

One heaping tablespoonful	Licorice Root
One " "	Marshmallow
One " "	Betonica
One " "	Sweet Fennel
One " "	Elecampane Root

Take one tablespoonful every three hours.
(Prepare as Directed on Page 20)

COUGH.

Is mostly a symptom of other illness, but often continues without any fundamental disease. In these cases, the following treatment has always effected a cure in a short time.

INTERNAL.

Two heaping tablespoonfuls	Licorice Root
One " teaspoonful	Sweet Fennel
One " "	Marshmallow
One " "	Arnica Flowers
One " "	Elecampane Root
One " "	Plantain Leaves

Take a tablespoonful every three hours.
(Prepare as Directed on Page 20)

PNEUMONIA. INFLAMMATION OF THE LUNGS.

Symptoms:—This usually begins with chills. The attack is abrupt, without any premonitory symptoms. It often occurs during the night. Accompanying it, are sharp pains in the affected side, causing the patient to catch his breath. Immediately after the chill occurs, intense fever, thirst, hot skin, constipation, pains in the head and limbs follow. The face is flushed or there is intense circumscribed redness of one or both cheeks. The patient is troubled with cough which causes him great pain. The expectoration is at first scanty and transparent, but becomes later profuse with a reddish brown color, like iron rust. In a few cases there is no expectoration, until late in the disease. Such are the symptoms when the inflammation is limited to a small portion of the lung. If greater portion is involved, the symptoms are correspondingly more severe.

Treatment:—

EXTERNAL.

One heaping tablespoonful	Sage
One "	" Wormwood
One "	" Johnswort
One "	" Salt

Apply once daily with the spine treatment along the spine.

INTERNAL.

One heaping tablespoonful	Willow Bark
One "	" Sage
One "	" Betonica
One "	" Marshmallow

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

PLEURISY.

Inflammation of the membrane which covers the lungs and lines the chest.

Symptoms:—Shivering sensation, sometimes developing into a pronounced chill. At the same

time, the patient feels a more or less severe pain in one side of his chest, usually sharp and cutting, increasing during the act of breathing. Sneezing and coughing accompanies the pain. Even ordinary movements cause considerable pain and uneasiness. The pain is usually in the middle and lower part of the chest, especially under the arm and in the front, but it is not limited to any certain spot, and may spread over the entire side. The chills may be followed by a mild fever, thirst, headache, wandering pains and restlessness. Often the patient complains only of a sharp sticking pain in his side upon breathing.

Treatment:—

EXTERNAL.

Apply the same treatment as given in Pneumonia.

INTERNAL.

One heaping tablespoonful	Sweet Fennel
One " "	Marshmallow
One " "	Johnswort
One " "	Yarrow

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

ASTHMA.

Symptoms:—Symptoms are so well known and the causes of Asthma are so different, that I will not repeat any of them here. If the following treatment does not give any relief, ask for special information and healing plan.

INTERNAL.

Two heaping tablespoonfuls	Licorice Root
One " teaspoonful	Sweet Fennel
One " "	Elecampane Root
One " "	Arnice Flowers
One " "	Betonica
One " "	Sage

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

CONSUMPTION.

Symptoms:—A short tickling cough; the pain in the chest is slight without any tenderness at the upper part of the lungs. Breathing is short and a full inspiration is mostly impossible. The expectorations are generally scanty and small in quantity in the earlier stage. The expectorated matter is watery, sometimes tinged with blood. With the advance of the disease, the matter becomes thick, curdy, or cheesy particles are excreted. The pulse becomes frequent and feeble; the breathing grows shorter; irregular, often severe chills occur, succeeded by feverish heat, and at the last stage, night-sweats, swelling of the limbs, diarrhea, etc. sets in. Treatments, which have resulted, especially in the earlier stages in a complete cure, are:

EXTERNAL.

One heaping tablespoonful Johnswort
One " " Sage
One " " Rosemary
One " " Salt

Apply once daily spine treatment with the liquid along the spine.

INTERNAL

Two heaping tablespoonfuls Mullein
One " " Betonica
One " teaspoonful Arnica Flowers
One " " Marshmallow

Take a tablespoonful every three hours.

(Prepare as Directed on Page 20)

DYSPEPSIA OR INDIGESTION.

Symptoms:—These vary greatly in character and intensity, but commonly there are one or more of the following: Flatulence, nausea, impaired appetite, a bitter taste, bitter or acid fluids coming up in the mouth, coated tongue, often flabby; foul taste or breath, heartburn, pain or sensation of weight over the stomach or fullness after a meal; irregular action of the bowels. Also diminished mental energy and dejection of spirit, headache and palpitation of the heart, etc.

Treatment:—

EXTERNAL.

One heaping tablespoonful Johnswort
One " " Wormwood
One " " Sage
One " " Salt

Apply once a day with the spine treatment
along the spine, also rub in over the stomach.

INTERNAL.

One heaping tablespoonful Wormwood
One " " Satureja
One " " Blessed Thistle
One " teaspoonful Gentain Root
One " " Dandelion Root

Take one tablespoonful before each meal and
before retiring.

(Prepare as Directed on Page 20)

ULCER OF THE STOMACH.—GASTRIC ULCER.

Symptoms:—Pain and tenderness on pressure
over stomach, vomiting soon after eating; escaping
of blood with the vomited matter; a gnawing or
burning feeling beginning as soon as food has en-
tered the stomach, continuing until the food has
escaped, either into the intestines, or has been
ejected by vomiting. Then usually, the pain
ceases, to begin again as food enters the stomach.
Sometimes, pain is felt between the shoulders.

Treatment:—

EXTERNAL.

Apply the same treatment as given under
Dyspepsia.

INTERNAL.

One heaping tablespoonful Blessed Thistle
One " " Yarrow
One " " White Oakbark
One small teaspoonful Arnica Flowers.

Take one tablespoonful before each meal
and one before retiring.

(Prepare as Directed on Page 20)

INFLAMMATION OF THE BOWELS.— PERITONITIS.

Symptoms:—The disease usually begins with

abrupt pain at some particular point, which extends over the entire abdomen. The pain is generally of a sharp, cutting nature, increasing by movements of the body or even by deep breathing. The abdominal part is extremely tender; even the pressure of the bed-clothes causes pain. There is usually swelling of the abdomen from the presence of gas in the intestines. Vomiting may occur, which will cause great pain.

Treatment:—

EXTERNAL

Apply the same treatment as given under Dyspepsia; also rub the affected

INTERNAL.

One heaping tablespoonful	Sage
One " "	Blessed Thistle
One " teaspoonful	Yarrow
One " "	Willow Bark
One " "	White Oakbark
One " "	Arnica Flowers

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

INFLAMMATION OF THE LIVER, HEPATITIS.

Symptoms:—Chills with fever; stinging sharp pains in the right side or numb pain, if the liver alone is affected. The pain may spread up to the right shoulder, or even over the entire chest; liver region is sensitive; tongue is coated yellow, dark brown or black. Disagreeable taste in the mouth, etc.

Treatment:—

EXTERNAL.

Apply the same treatment as given under Dyspepsia, also rub the affected Liver region.

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

what your stomach will digest and increase gradually fruit and vegetables, but avoid pastry." The most important part is to exercise the bowels to a certain hour of the day. Never miss this hour, no matter whether you have a desire to go or not. Never use any of the so-called patent medicines; they only weaken you more at the end. The most beneficial treatments are the following:—

EXTERNAL.

Apply the same treatment as given under Dyspepsia also rub in over Abdomen and Liver region.

INTERNAL.

One heaping tablespoonful	Dandelion Root
One "	" "
One "	" "
One "	" "
One "	" "

Wormwood
Sennae Leaves
Rhubarb

Take from four to eight tablespoonfuls a day. As soon as the bowels become regular, lessen gradually with every day the doses.

(Prepare as Directed on Page 20)

DIARRHEA.

This disorder is so familiar, that every one will know the symptoms at once. It is only important to distinguish Diarrhea from Dysentery. In the latter there is an inflammation of the mucous membrane lining of the intestinal canal; the discharges are usually mixed with slime and blood and are attended with great pain.

Treatment for Diarrhea:—

EXTERNAL.

Apply treatment as given under Dyspepsia, also rub liquid in over Abdomen.

INTERNAL.

One heaping tablespoonful	Gentian Root
One "	" "
One "	" "
One "	" "
One "	" "

White Oakbark
Marshmallow
Valerian Root

Take one tablespoonful every three hours.

(Prepare as Directed on Page 20)

INFLAMMATION OF THE KIDNEY, BRIGHTS DISEASE.

This occurs usually as a sequel of infectious diseases, or after exposure to cold, especially if the feet and legs were wet for a long time.

Symptoms:—A chilly sensation, which may be a slight shivering or amount to a pronounced chill, followed by fever; vomiting, nausea, headache and pain in the small of the back. These symptoms may be well marked in many cases, but in others, they may be altogether absent. Close upon these follows Dropsy, a symptom which rarely fails to appear. It usually begins with puffiness under the eyes; in a few hours the entire face and the feet are swollen; breathing is short and hurried. In children, the disease causes delirium and convulsions.

Treatment:—

EXTERNAL.

One heaping tablespoonful Johnswort
One " " White Oakbark
One " " Willow Bark
One " " Salt

Apply once a day with spine treatment along the spine, also rub over the kidney region.

INTERNAL.

One heaping tablespoonful Marshmallow
One " " Dandelion Root
One " " Uva Ursi Leaves

Take one tablespoonful before each meal and before retiring.

(Prepare as Directed on Page 20)

If above treatment does not give quick relief, call a doctor.

INFLAMMATION OF THE BLADDER,— CYSTITIS.

Symptoms:—Sharp burning pain in the region of the bladder, increased by local pressure; pain down the limbs; constant desire to urinate; urine passes with difficulty and intense pain; often retention of urine, connected with vomiting, con-

stipation, thirst, hot and dry skin.

Treatment:—

EXTERNAL.

Apply the same treatment as given under Inflammation of Kidneys, also rub liquid in over bladder region with slight pressure.

INTERNAL.

Two heaping tablespoonfuls Uva Ursi Leaves
One " " Sweet Fennel
One " " White Oakbark
Take one tablespoonful every three hours.
(Prepare as Directed on Page 20)

RETENTION OF URINE. ISCHURIA.

Symptoms:—Retention of urine; a full feeling in the lower region of the abdomen. This part is sensitive by pressure; the bladder is hard and swollen. After some time, the intestines become hard; face flushes and the skin is hot. It may be caused from inflammation, paralysis of the bladder, etc.

Treatment:—

EXTERNAL.

Apply the same treatment as given under Inflammation of kidneys, also rub the liquid well over the kidney and bladder.

INTERNAL.

One heaping tablespoonful Juniper Berries
One " " Uva Ursi Leaves
One " " Plantain Leaves
One " " Sweet Fennel
Take one tablespoonful before each meal and before retiring.
(Prepare as Directed on Page 20)

BEDWETTING—ENURESIS.

Symptoms:—are well known, caused by different troubles.

Treatment:—

EXTERNAL.

Two heaping tablespoonfuls Johnswort
One " " Juniper Berries
One " " teaspoonful Arnica Flowers
Apply once a day with spine treatment
along the spine, also rub over bladder
and Kidney region.

INTERNAL.

One heaping tablespoonful Uva Ursi
One " " Agrimonia
One " " Plantain Leaves
One " " Mullein

Take one tablespoonful before each meal
and before retiring.

If a cure is not effected in six weeks, then
use the following mixture:—

One heaping tablespoonful White Oakbark
One " " Yarrow
One " " Uva Ursi
One " " Agriemony

Take one tablespoonful before each meal
and one before retiring.

(Prepare as Directed on Page 20)

PROFUSE MENSTRUATION, MENORRHAGIA.

Symptoms:—Weakness and pain in the back,
hips and limbs. The face is pale and sallow; head-
ache with hammering sensation in the temples;
weakness in the nerves, etc.

Treatment:—

EXTERNAL.

Two heaping tablespoonfuls Johnswort
One " " Sage
One " " Salt

Apply once a day with a spine treatment
along the spine also rub well over the Womb
and Ovary region.

INTERNAL.

One heaping tablespoonful Yarrow
One " " White Oakbark
One " " Gentain Root

Take one tablespoonful before each meal
and before retiring.

(Prepare as Directed on Page 20)

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)

WHITES, FLUOR ALBUS, LUECORRHEA.

Symptoms:—They are so well marked that there is no necessity for further details.

Treatment:—

EXTERNAL.

Two heaping tablespoonfuls Guajac Wood

One " " Johnswort

One " " Salt

Apply once a day with spine treatment along the spine.

Every other day use the following Douche.

One heaping tablespoonful Uva Ursi

One " " White Oakbark

One " " Sage

One " " Willow bark

Boil with one pint of water for two minutes, strain through a cloth and use the warm liquid for douche.

INTERNAL.

One heaping tablespoonful Uva Ursi

One " " Blessed Thistle

One " " Gentian Root

One " " Yarrow

Take one tablespoonful before each meal and one before retiring.

(Prepare as Directed on Page 20.)

RHEUMATIC FEVER, ACUTE ARTICULAR RHEUMATISM.

Symptoms:—It begins usually with a sudden attack mostly at night; is always connected with more or less fever; appetite is impaired; great thirst; thickly coated tongue; constipated; profuse sweating, especially at night; perspiration is of a sour odor; pain in the joints; a smaller or greater number of joints are swollen, etc.

Treatment:—

EXTERNAL.

Two heaping tablespoonfuls Johnswort

One " " Sage

One " " Marshmallow

Use liquid hot for poultice over painful parts, repeat as often as necessary.

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

of an animal or like tearing the flesh with pincers, usually accompanied by fever. These features continue for hours; at the end of this time, the patient feels reasonably comfortable. In many cases, the pain lasts for a few hours and returns the following night.

Treatment:—

EXTERNAL.

Apply the same treatment as given under Muscular Rheumatism.

INTERNAL.

One heaping tablespoonful	Guajac Wood
One "	Walnut Leaves
One "	Sarsaparill Root
One "	Blessed Thistle

One heaping tablespoonful every three hours.
(Prepare as Directed on Page 20)

NEURALGIA.

Symptoms:—Any part of the body which has sensitive nerves may become affected with neuralgia.

Neuralgia may occur abruptly, but in a great number of cases there is a feeling of weight and a sense of heat or prickling in the affected part. The pain usually shoots along the course of some nerves, so that the patient can map out accurately the path of these nerves; in other cases pain is only felt in certain limited spots, separated some distance from each other, quite tender upon pressure. The parts of the body affected with neuralgia are:—Neuralgia of the face, neuralgia of the neck and head, neuralgia of the neck and arm, neuralgia of the side, neuralgia of the stomach, neuralgia of the thigh (Sciatica)

Treatment:—

EXTERNAL.

Two heaping tablespoonfuls Johnswort
One " " White Oakbark
One " " Salt
One " teaspoonful Arnica Flowers
One " " Valerian Root
Rub well into the affected parts twice daily.

INTERNAL.

One heaping tablespoonful Johnswort
One " " Valerian Root
One " " Peppermint
One " " Yarrow
Take one tablespoonful every four hours.
(Prepare as Directed on Page 20)

EPILEPSY.

There is no need for detailed symptoms, because the disease is well known.

The following treatments have resulted in relief, and even in many cases an entire cure was effected.

EXTERNAL.

One heaping tablespoonful Johnswort
One " " Yarrow
One " " Peppermint
Two " " Salt
Apply once a day with the spine treatment along the spine.

INTERNAL.

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

ST. VITUS DANCE.

Characterized by irregular contractions of different muscles, without the agency of the will. As to the cause of St. Vitus Dance, nothing definite is known.

Treatment:—

EXTERNAL.

Apply the same treatment as given under Epilepsy.

INTERNAL.

One heaping tablespoonful Johnswort
One " " Walnut Leaves
One " " Guajac Wood
One " " Blessed Thistle
Take one tablespoonful before each meal
and one before retiring.
(Prepare as Directed on Page 20)

DISEASES OF CHILDREN.

So far as these are important, I have given the names and treatments. Here, more than anywhere else the strict rule should be; "Prevention is better than cure." I have always found in my practice that internal medicine should be given as little as possible. In cases of constipation, a mild laxative may be used. As soon as you see that a child is failing, use the following mixture for bathing or washing, once a day;

One heaping tablespoonful Walnut Leaves
One " " Johnswort
One " " Guajac
One " " Juniper Berries
One " " White Oakbark

Boil with one quart water for three minutes, strain through a cloth and wash the entire body with this liquid or add so much warm water to make a bath. Time of bathing from five to ten minutes.

Apply spinal treatment every other day with the following mixture:—

One heaping tablespoonful Johnswort
One " " Valerian Root
Two " " Salt

(Prepare as Directed on Page 20)

A few so called first class Patent Medicines.
No. 1. Blood purifying and strongly acting on the bowels.

Four heaping tablespoonfuls	Licorice Root
Three " "	Sennae Leaves
Three " "	Rhubarb Root
One " "	Dandelion Root
One " "	Sweet Fennel
One " "	Sasaparill Root
One " "	Burdock Root
One " "	Guajac Wood

Boil with two quarts of water for two minutes; strain through a cloth and if the liquid should not make three pints, add so much water, previously boiled to make three pints. Stir slowly in 10 oz. alcohol. Dose.—Two to four tablespoonfuls a day.

No. 2. with a milder tendency to the bowels.

Four heaping tablespoonfuls	Licorice Root
Two " "	Sennae Leaves
One " "	Rhubarb Root
Three " "	Burdock Root
Two " "	Sarsaparill Root
Two " "	Juniper Berries
One " "	Guajac Wood

(Prepare as Directed for No. 1.)

No. 3. Only blood purifying, hardly any action to the bowels.

Three heaping tablespoonfuls	Licorice Root
Two " "	Yarrow
Three " "	Juniper Berries
One " "	Burdock Root
One " "	Guajac Wood
One " "	Sarsaparill Root
One " "	Walnut Leaves
One " "	Blessed Thistle
One " "	Sweet Fennel

(Prepare as Directed for No. 1.)

The dose of No. 2 and 3 is four to six tablespoonfuls a day. These remedies are the best for a so called spring tonic cure.

If you cannot secure any alcohol, simply mix the herbs, and bring to a druggist; he has the right to prepare the remedies for you with the addition of alcohol. If this should also be impossible then mix well the different herbs. Take at a time four heaping tablespoonfuls, pour over $\frac{1}{2}$ pint boiling water, and let stand, well covered for 20 minutes, strain and keep the liquid in a bottle.

Take the same doses as given above.



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