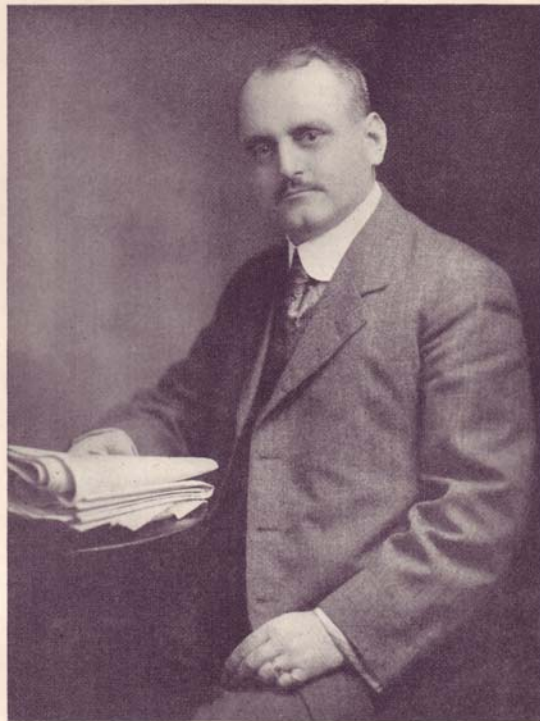


**HERBS
FOR
HEALTH**

DR. OTTO MAUSERT



Otto Mausert, N. D.



A CONCISE TREATISE ON MEDICINAL HERBS,
THEIR USEFULNESS AND CORRECT
COMBINATION IN THE TREAT-
MENT OF DISEASES.

A GUIDE TO HEALTH BY NATURAL MEANS



*With Many Black and
Colored Illustrations*



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PREFACE

*P*F late years there has been a growing demand from all sections of the country, by persons who are interested in Natural means of combating disease, for a book, which would give a concise, yet comprehensive treatise on Medicinal Plants, their use and their compatible combinations.

This book has been written to fill that need. It represents years of painstaking accumulations of data based upon practical experience.

I think it is, however, appropriate to explain with a few introductory words why Herbs are better suited for the treatment of diseases than chemicals and other substances foreign to the human body.

Herbs are the product of Nature, containing many substances very finely distributed, which are necessary for building up and maintaining the organs of the body, and are of the greatest help in the performance of the vital functions.

They contain these substances partly in the same condition as they are present in the human system, allowing direct assimilation, and partly so that they can be readily taken up in the circulation of the blood, after undergoing certain changes in the digestive tract.

Chemistry of today has accomplished wonderful results in many ways, but all the laboratories in the world will never be able to supplant the remarkably fine process which takes place in the living cell; they will never successfully imitate the wonderful methods that Nature uses in performing its work in the plant, as well as, in the human body. Our late American wizard, Thomas A. Edison, expressed himself on this subject as follows: "Until man duplicates a blade of grass, Nature can laugh at his so-called scientific knowledge."

Remedies made from chemicals and minerals will never stand in favorable comparison with the products of Nature—the living cell of the plant, the final result of the rays of the sun, the mother of all life.

It is true that our body contains minerals, but the minerals cannot be taken up directly by the system, they must be obtained from a living cell of either plant or animal life.

Plants have the power of taking up mineral substances through their roots from the soil and assimilate and transform them in such a way that they may be utilized by the organs of the human body, thus becoming useful as food, as well as, medicine.

The human body, on the other hand, has not the ability of directly assimilating mineral substances and therefore cannot utilize them in any way.

By making this comparison, which truth cannot be denied, we can understand why a harmless herb has often a stronger and more beneficial effect than the strongest chemical.

This has also been conclusively proven by the newest discoveries of the different Vitamins, substances which, although they are contained only in very small quantities in plant and animal life, are essential constituents in the food, performing vital function in the system. These vitamins are entirely lacking in minerals.

Animal and human bodies are composed of certain well defined elements, in certain well defined proportions. If any of these elements are present in over-abundance and others are partly or wholly lacking, an abnormal condition will be brought about, causing disease.

This lack or deficiency of these vital elements, or the over-abundance cannot be balanced by administering mineral substances that cannot be taken up by the system. It would be as ineffective as trying to fill a sieve by pouring water through it.

Herbs contain the vital elements—**Vitamins** and **Organic Minerals**—that are deficient or lacking in the diseased body. They contain them in such finely distributed and prepared state that they may be readily assimilated by the system and conveyed to the blood.

They also promote the elimination of waste matter and poisons from the system by simple, natural means.

When correctly used they support Nature in its fight against disease; while chemicals, not being assimilable, add to the accumulation of morbid matter and only simulate improvement by suppressing the symptoms.

Natural remedies are only those which Nature produces and botanical medication is the oldest branch of medicine. It undoubtedly suggested itself to man instinctively, and there is nothing mysterious about medicinal plants. They are God's gift to man—for him to use.

"And God said, Behold, I have given you every herb bearing seed, which is upon the face of the earth, and every tree, in which is the fruit of a tree yielding seed; to you it shall be meat.

"And to every beast of the earth, and to every fowl of the air, and to everything that creepeth upon the earth, wherein is life, I have given green herb for meat: and it was so." Genesis 1:29, 30.

"He caused the grass to grow for cattle, and the herb for service of man: that he may bring forth food out of the earth." Psalms 104 Verse 14.

Health is within your grasp—reach for it. Perhaps it will be an effort at the beginning; perhaps it will take a little longer than you would like, but in the end, your efforts will be crowned with that energy that radiates from a healthy body and which spells Success and Happiness.

A word of caution is appropriate at this time. Be sure to obtain your supply of herbs from a reliable source. To obtain the maximum good results, herbs should be fresh and true to type.

The herbs mentioned in this book should be obtainable in any first class Drug Store. If unable to procure them in your neighborhood, they may be obtained in best quality and at reasonable prices at Nature's Herb Co., 1116 Market St., San Francisco, Calif. (See ad in rear of book.)

Yours for Good Health,

THE AUTHOR.

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SYMPTOMS AND WHAT THEY MAY MEAN

PAIN IN THE HEAD—HEADACHES.

The underlying cause for this pain can often be found in: Disorders of the Stomach, Constipation, Anemia, Menstrual Irregularities, Overfilling of the Venous blood vessels of the head, Eye Strain, and disturbances of the functions of the Lungs and Heart.

PAIN IN THE BACK AND HIPS.

These pains are often observed in: **Articular Rheumatism**, Pain over the whole spinal column; **In Lumbago** (Pain confined to the lumbar region); **In Kidney Diseases** (Pain in the middle or lower part, in the right or left side from the spine); **In Gallstones or Inflammation of the Gallbladder**, the pain extends from the lowest rib on the right side towards the right shoulder blade; **Pain in the Hips** generally indicate affections of the Ovaries; Fallopian Tubes, Uterus, Rectal diseases and Hemorrhoids.

PAIN IN THE CHEST.

In Pleurisy the pain is sharp and stinging, especially when taking a deep breath, with low fever generally present. **In Pneumonia** with a dry, painful, hacking cough and high fever and chills.

In Neuralgia or Rheumatism, pressure increases the pain; breathing sometimes is painful.

In Shingles: Severe neuralgic pains with a vesicular bright red eruption on the inflamed skin.

PAIN IN THE STOMACH.

In Gastritis, the pain is gnawing and burning at the pit of the Stomach after eating (so called heartburn) with gas present and a tenderness in the epigastric region. Vomiting may occur at times, but without giving relief from pain, slight fever may be noticed.

In Dyspepsia: Pain as in Gastritis but less severe, no fever, tenderness absent, vomiting occurs occasionally, which gives relief from pain.

In Gastric Ulcer: Pain below the breast bone, very sensitive to pressure, often radiating backwards towards the shoulder blade, and almost always encountered after eating. Vomiting of a sour fluid is common and sometimes loss of blood. The stools are at times black and tarry, due to the passage of coagulated blood.

In Cancer of the Stomach: Pain constant but dull right after eating, increasing by pressure. Vomiting of half digested food tinged with coagulated dark-brown (coffee-ground-like) blood. There is a constant loss in weight noticeable.

In Neuralgia or Cramps in the Stomach: Sudden attacks of severe gripping pains in the stomach, usually extending towards the back and lasting from a few minutes to sometimes several hours, then ceasing suddenly with the expulsion of gas or a watery liquid, leaving the patient in a very exhausted condition.

PAIN IN THE ABDOMEN.

In Diarrhea with frequent watery and slimy stools.

In Dysentery with the passage of tough mucus tinged with blood.

PAIN IN THE RECTUM.

In Hemorrhoids or Piles, with itching or occasional loss of clear blood from the rectum, (coagulated blood, see Ulcer and Cancer of the Stomach).

In Catarrh or Inflammation of the Bowels, with lumpy or stringy passages.

In Dysentery, with burning, colic-like pains and a discharge of bloody, slimy stools and pus.

In Constipation due to the pressure used to force bowel movements.

In Cancer of the Rectum, the pain is colicky with a constant desire to go to stool, and a discharge of slime and blood.

PAIN IN THE BLADDER.

In Catarrh of the Bladder: Spasmodic pains in the urinary bladder with frequent and painful urination.

In Gravel or Stone in the Bladder: Pain in the neck of the bladder extending along the urinary tract, flow of urine at time interrupted or stopped.

In Displacement and Falling of the Womb: Dull bearing down pains, with a constant desire to urinate when uterus rests on the bladder.

In Gonorrhoea: Burning pain when urinating with a discharge of pus from the urinary canal.

PAIN IN THE THROAT.

In Tonsillitis: Painful swallowing with an inflamed condition of the mucous membrane of the throat and the roof of the mouth.

In Syphilitic or Tuberculous Ulcers of the Pharynx or Cancer: Pain without inflammation of the mucous membrane.

In Diphtheria: Pain with a dirty-white membrane covering the throat.

VOMITING.

In Acute Dyspepsia: Vomiting is observed shortly after eating, and in **Chronic Dyspepsia**, generally in the morning.

In Ulcer and Cancer of the Stomach: Vomiting occurs immediately after meals and the vomit at times contains blood or may consist entirely of it.

In Dilatation of the Stomach: Vomiting appears at long intervals, often of several days, and consists of large amounts of fermented food. Continuous vomiting is a suspicion of Cholera or a severe Intestinal Inflammation.

In diseases of children like Scarlet Fever, Diphtheria, Measles, Tonsillitis, vomiting is often one of the first and outstanding symptoms.

Vomiting also occurs in Pregnancy, Gallstones, Kidney Stones, Uterine Diseases and Intestinal Colic.

Vomiting of fecal matter indicates Intestinal Obstructions, Twisted Intestines, Strangulation of a Hernia.

STOOLS.

Color: In diseases of the Liver, in Jaundice, Gallstones, Inflammation of the Gallbladder, the stools are at times clay colored or whitish, and sometimes greenish from unchanged colored bile, or black from the use of medicines as Bismuth, Iron, etc.

Black Tarry Stools: Point to hemorrhages from Stomach or Bowels (ulcer or cancer.) **In Intestinal Catarrh** of babies the stools are greenish, in Diarrhea yellowish-brown and in Cholera, whitish-dirty.

Blood in Stools, Clear and Unchanged: In Hemorrhoids or Piles, Rectal Hemorrhages, Typhoid Fever, Dysentery. **Blood in Stools, coagulated, tarry looking:** In Ulcer or Cancer of Stomach or Small Intestines.

Pus in Stools: In Ulcer and Cancer of the Rectum, in Chronic Dysentery, Appendicitis.

Mucus in Stool: In Catarrh of Stomach and Bowels, Diarrhea, Inflammation of the Bowels, and Catarrh of the Colon (Colitis).

DIZZINESS IN THE HEAD—VERTIGO.

Generally noticed as a result of disorders of Stomach, Bowels and Liver, Dyspepsia, Constipation, Obstructions in the Hepatic ducts. **In Abuses of the Nervous System** (nervous vertigo) with the so-called sick or nervous headache.

ITCHING OF THE SKIN.

May indicate diseases of the Liver, Gallstones, Inflammation of the Gallbladder, Jaundice, Poisoning of the blood, in advanced cases of Kidney diseases and Diabetes.

In Different forms of Eczema, in Hives, Barber's Itch, Bites of Fleas, Bed Bugs, Lice, Crablice, Scabies.

TIRED FEELING.

Often due to Self-poisoning of the system, Constipation, Sluggish and Lazy Liver, Anemia, Heart Diseases, Obesity.

SLEEPLESSNESS.

In Nervous Exhaustion, Cough, Asthma, Overwork, Abuse of Alcohol, Coffee, Tea, Tobacco, Fever, Excitement, Worries.

COUGH:

In inflammation and catarrhal conditions of the bronchial tubes and lungs. In Pleurisy, Pneumonia, Laryngitis, Tuberculosis, Whooping Cough and the so-called Stomach Cough, due to irritation of the Larynx by eructations of acids and gas from the stomach. In certain forms of Nervousness and Hysteria (Nervous cough).

SHORTNESS OF BREATH.

In Pleurisy: With stinging pain in the side.

In Pneumonia: With sharp pain near the nipple.

In Tuberculosis.

In Heart Diseases.

In the different forms of Dropsy due to the accumulation of water.

In Pressure from Gas in the Stomach and Abdomen.

In Obstructions from Enlarged Tonsils, Adenoids, Polyps in the nose.

In Diphtheria and in Catarrhal affections of the Bronchial Tubes and Lungs and in Asthma.

RINGING IN THE EARS:

In diseases of the ear and especially in catarrhal or inflamed conditions of the middle ear and Eustachian tube (a tube leading from the roof of the mouth to the ear). Anemic and nervous people

often complain about these noises, the latter especially about getting them at night while in bed. Obstructions by Earwax; the use of Quinine or Salicylic Acid preparations are also often responsible for this trouble.

SWEATING.

In anemic and fat people; in weakness of the heart, and lungs, and in general weakness. In diseases associated with fever. Local excessive sweating is often a sign of nervous troubles and sometimes of mental derangements. The excretion of a yellowish sweat indicates disorders of Liver and Gallbladder.

COATED TONGUE.

In catarrh of the Stomach the coating is grayish-white with a pasty taste and a foul breath, the tongue often showing the impression of the teeth. Tongue dry, thick, with numerous cracks and enlarged and reddened papillas often indicates Diabetes.

SWELLING.

Slight swelling on ankle, disappearing during the night often indicates an anemic condition. Extensive swelling, especially when extending upwards to the knees and hips are noticed in diseases of the heart, lungs, kidneys, liver and in obstruction caused by tumors or other growths.

COLOR OF SKIN AND FACE.

Pale: In Anemia, as an after effect after hemorrhages of Stomach, Liver, Bowels, Kidneys and Bladder; in fainting spells, sea-sickness, Migraine.

Red: In Fevers, In Tuberculosis, a hectic redness of the cheeks; In Change of Life, red, hot flushes towards the head; In enlargement of the blood vessels, especially of the nose and cheeks; In Inflammation, with the presence of heat.

Yellow: In catarrhal inflammation of the bile ducts or duodenum, and in diseases of Liver and Gallbladder; In Cancer; In anemic conditions, pale dirty-yellow.

DISEASES, THEIR SYMPTOMS AND SUGGESTED REMEDIES

ABSCESS see Impure Blood and Sores, open.

ACIDITY see Stomach Disorders.

AGUE see Malaria.

ANEMIA—A deficiency of blood in quantity, as well as, in quality.

Treatment: Sunshine, fresh air, rest and a well balanced diet, including a quantity of fresh, green vegetables and the daily use of good tonics.

For a good Herbal Tonic, refer to Formula No. 30, page 59.

APPENDICITIS—An inflamed, painful condition of the appendix and the surrounding portion of the bowels. It may be caused by a faulty digestion, intestinal catarrh, fecal concretions and, in comparatively rare cases, by foreign particles being lodged in the appendix.

The pain is felt all over the abdomen, but more severe in the right side. Coughing or deep breathing increases the pain. Nausea and vomiting may be present. The bowels are generally constipated, the tongue coated, the pulse fast. Fever and chills are often noticeable.

Treatment: As chronic sluggishness of the bowels, with its resulting intestinal indigestion, is in most cases responsible for the trouble, a thorough cleaning of the whole tract should be the first aim. The means to accomplish this must, however, be mild and non-irritating, as the affected parts are in an inflamed and sensitive condition. Complete rest, a fast of a few days and afterwards a mild liquid diet are essential. The application of compresses with water of ordinary temperature, will soon reduce inflammation and fever. Plain water, with the possible addition of a little fruit juice, is the best drink to relieve the thirst.

Remedies: For a mild Laxative use formula No. 1, page 53.

Assisting the Treatment: If Stomach is also at fault, Formula No. 285, page 111, or Formula No. 291, page 112, should be used in connection with Formula No. 1.

ARTHRITIS see Rheumatism.

ASTHMA—This disease manifests itself in temporary attacks of difficult breathing, mostly performed with a sense of suffocation, a wheezing noise and cough. It is generally due to an extreme

irritability of the mucous membrane of the air passages. This affection is frequently associated with diseases of the nasal or bronchial mucous membrane, chronic heart disease, disturbances of the stomach and bowels, disturbances of the nervous system, a sensitiveness to certain odors, pollen, dust, smoke, etc.

Treatment: The treatment should be general, constitutional, tonic and eliminative. Special attention should be paid to the functions of Stomach, Liver and Bowels. The diet should be non-stimulating. Sweets and starches should be used with extreme moderation. Ripe fruits and vegetables should constitute the greater portion of the meal. Overloading, especially with rich food should be avoided. Plenty of moderate outdoor exercise is beneficial. If constipated, bowels should be regulated by all means. Warm mustard compresses applied alternately to calves of the legs and the chest are also very beneficial.

Remedies: To relieve the paroxysms, use by inhalation either one of the following Formulas: Inhalation powder No. 6, page 54, or Asthma Cigarettes No. 9, page 54. Internally, use Formula No. 3, page 53.

Assisting the Treatment: If constipated, use Formula No. 69, page 67, or No. 72, or if Liver is sluggish, then use Formula No. 14, page 55, instead of No. 69, or No. 72.

If Stomach is out of order, use Formula No. 291, page 112, or No. 294, page 113, and where a tonic is needed, use Formula No. 30 in connection with the treatment.

BACKACHE see Lumbago.

BAD BREATH see Stomach Disorders—Constipation.

BARBER'S ITCH see Ringworm.

BED WETTING—This disagreeable trouble is due to an involuntary relaxation and weakness of the muscle that closes the bladder.

Remedy: Use Formula No. 12, page 55.

Assisting the Treatment: In **Nervous Weakness**, use Formula No. 210, page 96. In **Bodily Weakness**, use Formula No. 30, page 59.

BELCHING see Stomach Disorders.

BILIOUSNESS (Congestion of the Liver, Sluggish or Torpid Liver).—This complaint consists of a group of symptoms affecting Stomach, Liver, Gall Bladder, and Bowels. Catarrhal or inflamed conditions generally prevail and bring on the attacks, popularly known as Biliousness. This disorder is indicated by a feeling of fullness, heaviness, and pain over the region of the Stomach, which continues until nausea and often vomiting of a greenish or yellowish slimy matter occurs. The appetite is poor, the tongue coated, the taste bitter and pasty. The urine is dark, amber colored and scanty. The bowels are, as a rule, constipated. The complexion is sallow with a yellowish tint, especially around the eyes. A dull aching pain in the head, sometimes rather severe and commonly known as "sick headache", is often present.

Treatment: As overeating, especially of too much greasy food, is often responsible for the attacks, a light, non-irritating diet should be resorted to. The Stomach, Liver and Bowels should be properly regulated. (See also Gall Bladder, inflammation of the)

Remedies: Use Formula No. 14, page 55.

Assisting the Treatment: If Stomach is not working properly, use Formula No. 285, page 111, or Formula No. 291, page 112, in connection with No. 14. If the Gall Bladder is affected, use Formula No. 147, page 82, and Formula No. 148, page 83, in which case do not use Formula No. 14. In case of Malaria, use Formula No. 186, page 91, without Formula No. 14.

BITING THE FINGERNAILS—This bad and unsightly habit should be corrected by all means. It not only looks bad, but often it is dangerous. Pieces of nails may be swallowed which may cause dangerous irritations.

Remedy: Use Formula No. 18, page 56.

Assisting the Treatment: To be used in connection with Formula No. 18. If the condition is due to nervousness, use Formula No. 210, page 96 or Formula No. 213, page 96. If constipated use Formula No. 69, page 67, or Formula No. 72, page 68, or Formula No. 75, page 69.

BLACKHEADS see Freckles and Impure Blood.

BLADDER, Inflammation or Catarrh of the, Cystitis—This trouble is characterized by a constant desire to urinate. The urine is hot, cloudy and thick, flowing only scantily, often only drop by drop, at times passing with pain, or sometimes stopping entirely. Slight

fever with a dry, hot skin may be present. The bowels are, as a rule, constipated.

Treatment: Hot compresses, or still better hot Sitz Baths (see page 42), should be given. Flax Seed Tea should be used freely instead of water. Ice cold drinks must be avoided.

Remedies: Use Formula No. 21, page 56.

Assisting the Treatment: To be used in **connection** with Formula No. 21. If constipated, use Formula No. 69, page 67 or Formula No. 72, page 68. In Female Complaints, use Formula No. 192, page 92, or No. 198, page 93. If gravel or stones are present in the bladder, use Formula No. 303, page 115, instead of Formula No. 21.

BLADDER, Gravel or Stones in the, see Stones or Gravel in the Bladder.

BLOATING see Stomach Disorders.

BLOOD IMPURE see Impure Blood.

BLOOD PRESSURE, High—Hypertension—Overindulgence in food, in alcoholic drinks, in tobacco, or overwork is more often responsible for high blood pressure than any other cause. These habits often lead, gradually, to hardening of the arteries, a condition primarily responsible for the trouble. Other causes may be due to nervous weakness, continuous excitement, kidney disease, change of life, lead poisoning, etc. The ringing noises in the ear can also often be traced back to high blood pressure, being due to the overfilling of the blood vessels of the brain with blood.

Treatment: Rest and Quiet. The diet should be light and of a non-stimulating nature. The bowels should be kept well regulated. Excitement should be avoided.

Remedies: Use Formula No. 24, page 57 or Formula No. 27, page 58.

Assisting the Treatment: To be used in conjunction with either Formula No. 24 or No. 27, unless otherwise stated. In Nervous Weakness use Formula No. 210, page 96, or No. 213, page 96, or No. 216, page 97. In "Change of Life", use Formula No. 48, page 63. In Indigestion, use Formula No. 291, page 112. In Kidney Irregularities, use Formula No. 177, page 89. In Bilioussness, use Formula No. 14, page 55 instead of Formula No. 27.

BLOOD PRESSURE, Low—In this condition it is generally advisable to build up the system. A well balanced diet with a liberal quantity of fresh vegetables, and ripe fruits, when in season. The

daily use of Tonics is also very beneficial.

Remedy: Use Formula No. 30, page 59.

BLOODY FLUX see Dysentery.

BODY ODOUR—Offensive Perspiration.

Remedy: Deodorizing Lotion, Formula No. 32, page 60.

BOILS AND INFLAMED PIMPLES—They are generally due to an infection of the sweat-glands or hair roots or to the accumulation of impurities in the blood caused by some derangement of stomach, bowels or liver.

Remedies: To help maturation of the boils apply externally Salve Formula No. 34, page 60, and Salve No. 324, page 119. As a depurative or blood cleanser, use Formula No. 168, page 87, or No. 171, page 88.

Assisting the Treatment: If Liver is sluggish and a stronger laxative is needed, use Formula No. 14, page 55, instead of Nos 168 and 171. If Stomach is out of order, use Formula No. 285, page 111 or No. 288, page 111, in conjunction with Nos. 168, 171, or 14.

BRIGHT'S DISEASE see Kidneys, Inflammation of the

BRONCHITIS or **Bronchial Catarrh**—An inflammation of the lining of the bronchial mucous membrane. The air passages feel dry and coughing is generally painful; hoarseness and soreness are often noticed.

Remedy: Use Formula No. 36, page 61, or Formula No. 39, page 61.

Assisting the Treatment: To be used in conjunction with either No. 36, or No. 39, unless otherwise stated. In case of Catarrh, use Formula No. 204, page 94. If Constipated, use Formula No. 69, page 67, or Formula No. 72, page 68 or Formula No. 75, page 69.

In case of Cold, use Formula No. 54, page 64. And in order to produce sweating, use before retiring Formula No. 57, page 65 or No. 58, page 65. Since Formula No. 54 also possesses laxative properties other laxatives should not be used with it.

BRUISES and SPRAINS see Liniment Formula No. 264, page 107.

BUNIONS—An inflamed and painful swelling of the lubricating sac of the joint of the great toe, generally due to pressure from tight shoes. If not relieved, disfigurement and enlargement of the joint may take place.

Remedies: External application of Formula No. 42, page 000, or Formula No. 45, page 62.

Assisting the Treatment: If inflamed use Formula No. 255, page 105, until inflammation is relieved and then treat as indicated above.

BURNS see **Wounds**.

BUZZING IN THE EARS see **Earache** and **Blood Pressure, High**.

CANKER SORE see **Tonsilitis** and **Stomach Disorders**.

CALLUS see **Corns**.

CARBUNCLES see **Boils**.

CATARRH see **Nasal Catarrh**.

CATARRH OF THE BLADDER see **Bladder, Inflammation of the**

CATARRH OF THE BOWELS see **Diarrhea**.

CATARRH OF THE HEAD see **Cold**.

CATARRH OF THE NOSE see **Nasal Catarrh**.

CATARRH OF THE STOMACH see **Stomach Disorders**.

CHAFING see **Antiseptic Salve**, Formula No. 324, page 119.

CHANGE OF LIFE—A great help in the disturbances that occur during this critical period of life in women, is obtained from the Herb Combination, Formula No. 48. It tends to relieve the accompanying symptoms, known as Hot Flushes, Dizziness, Headache, Pain in the Loins and Back, and general weakness.

Remedy: Formula No. 48, page 63.

Assisting the Treatment: To be used in conjunction with Formula No. 48. If Nervous, use Formula No. 210, page 96, or Formula No. 213, page 96, or Formula No. 216, page 97. If Constipated and Bilious, use Formula No. 14, page 55, or Formula No. 69, page 67, or Formula No. 72, page 68. In Stomach Disorders, use Formula No. 285, page 111, or Formula No. 288, page 111, or Formula No. 291, page 112, or Formula No. 294, page 113. In General Weakness, use Formula No. 30, page 59.

CHAPPED SKIN OR CHAPPED HANDS, Face or Lips see **Wounds**.

CHILBLAINS OR FROSTBITES—An inflammation of the skin produced by exposure to cold. The parts frequently affected are the Ears, Fingers, Toes and Nose. A slight swelling with redness, tickling, itching and smarting characterizes the trouble.

Remedies: External application of Formula No. 51, page 63. If skin is broken apply externally Formula No. 45, page 62.

Assisting the Treatment: Application of Hot and Cold compresses used alternately before retiring.

CHILLS see **Cold and Malaria.**

CIRCULATION, Poor, see **Feet cold etc.,** and **Herb Tonic Formula No. 30,** page 59.

CLAP see **Gonorrhea.**

COATED TONGUE see **Stomach Disorders and Bilioussness.**

COFFEE OR TEA SUBSTITUTE see **Herb Formula No. 225,** page 99 and **Mate Herb.**

COLD OR ACUTE CATARRH IN THE HEAD (Acute Nasal Catarrh)—This inflamed condition of the mucous membrane of the Nose and Throat often causes considerable trouble by obstructing the Nasal Passages with Mucus. Headaches, Chills, Sneezing, Running from the Nose and Eyes; loss of smell and taste, impaired hearing may result. If neglected, this temporary indisposition may lead to more serious trouble. It should, therefore, be attended to promptly.

Treatment: The first thing to do in Colds is to cause a proper elimination of morbid matter from the system. This is best accomplished by opening the bowels and also the pores of the skin. Rest in bed is advisable in cases of extreme weakness or fever.

Remedies: To open bowels and lower fever use Formula No. 54, page 64. To produce perspiration, use Formula No. 57, page 65, or Formula No. 58, page 65 before retiring.

Assisting the Treatment: If Cough is present use also Formula No. 81, page 70 if the Cough is deep-seated then use Formula No. 39, page 61, instead of No. 81.

COLD FEET AND HANDS—Poor circulation, insufficient blood supply to affected parts; deficiency in good blood; disturbances in the digestive and nervous system, are generally responsible for this trouble. In order to overcome this condition, it is first necessary to find the cause and treat it. To aid the parts affected, it is well to aid in stimulating the circulation by applying to them hot and cold wet compresses alternately. After thoroughly drying the surfaces they should be well massaged with a penetrating cream.

Remedy: For a penetrating cream use Formula No. 60, page

Assisting the Treatment: To be used in conjunction with Formula No. 60. In case of Nervousness, use Formula No. 210, page 96, or Formula No. 213, page 96, or Formula No. 216, page 97. In case of Indigestion, use Formula No. 285, page 111, or Formula No. 291, page 112, or No. 294, page 113. In case of Blood Deficiency, use Formula No. 30, page 59.

COLD SORES see **Wounds and Stomach Disorders.**

COLIC (Bilious) see **Biliousness.**

COLIC IN CHILDREN—This common, troublesome disorder in Infants is generally caused by cold, disagreeing food, gases in stomach and bowels, constipation, worms, etc. The child is generally restless, draws up its legs, kicks and screams. The urine may often flow scantily or stop temporarily. It is of the utmost importance to get at the cause and correct the condition causing it. A small enema with soap water, or still better a small enema with a mild infusion of Chamomile Flowers, followed by a gentle circular massage of the abdomen, beginning from the right to the left, will generally give quick relief.

Remedy: To aid the digestion and help to expel gases use Formula No. 63, page 66.

Assisting the Treatment: To be used in conjunction with No. 63. If Constipated, use Formula No. 75, page 69. If Worms are present, use Formula No. 321, page 118.

COLON FLUSH see **Enema.**

COMPLEXION PALE AND SALLOW see **Biliousness—Constipation.**

CONSTIPATION—Health depends largely upon the regular and normal action of the bowels, because, inactive (costive) bowels cause congestion of the entire Digestive Tract. Any food then taken into the system does not digest properly and becomes subject to decay. The products of decomposition are of a poisonous nature and when absorbed into the system tend to poison it and consequently lead to disease. Want of appetite, headache, dizziness, coated tongue, bad breath, impure blood, pale complexion, and inactivity of the Liver are the results of this poisoning of the system. This, if not relieved, will soon lead to other more serious diseases.

In view that most cases of Constipation are brought on by an incorrect and unnatural way of living, we must, first of all, correct

our habits and bring them again in harmony with the Laws of Nature. We must chew our food slowly and well and not overload. Food not sufficiently masticated, cannot be properly attacked by the Digestive Juices, and if not properly digested, turns sour and ferments. This produces excessive amounts of gas and acids and the food becomes subject to decay in the bowels. This condition in turn creates heat and dryness and causes the fecal matter to harden, thus hindering the normal evacuation of the bowels.

Very often the fermentation of the food begins in the Stomach and the formation of gas causes an enlargement of the organ. As the Liver and Gall-bladder lie directly over the side of the Stomach, this enlargement presses against them and interferes with the normal flow of their secretion. This secretion is known as Bile, which acts as a lubricant for the Bowels. As a result, the bowels become sluggish from the lack of the natural lubricant and normal evacuation of the bowels is hindered. It is, therefore, essential in the treatment of Constipation, to encourage and stimulate the normal flow of bile by acting on the Liver, the organ that produces it.

Attend promptly to the call of Nature and assist the function of the bowels by a natural way of living. Their activity should be encouraged and not interfered with. Where a temporary condition of Constipation exists attend to that promptly; otherwise a Chronic condition may set in.

Remedies: At the first sign of Constipation use Formula No. 65, page 67. This should be made into capsules. It is an excellent Formula, because it acts on the Liver and aids the flow of the bile. The following two Formulas are also very helpful in the treatment of Constipation. Formula No. 69, page 67, and Formula No. 72, page 68. For Children use Formula No. 75, page 69.

Assisting the Treatment: 1. Regular attendance to the call of Nature. 2. Changing the diet to a more eliminative one. Eating more green vegetables, salads, fruits and other foods which will give bulk to the intestines. 3. Occasional enemas; once or twice a month.

CORNS AND CALLUSES—A thickening of the skin caused by pressure or friction.

Remedy: The following is an excellent Formula, No. 78, page 69.

COUGH—An inflamed condition of the air passages, brought about by colds and irritation of the mucous lining. (See also Whooping Cough).

Remedy: A good expectorant Tea is Formula No. 81, page 70, in conjunction with No. 81. In Coughs of long standing use Formula No. 36, page 61, or Formula No. 39, page 61, instead of No. 81. (See also Bronchitis).

Assisting the Treatment: If complicated with a cold use Formula No. 54, page 64.

CRAB LICE see Lice.

CRAMPS IN BOWELS see Diarrhea.

CRAMPS IN FEMALE ORGANS see Menstruation.

CRAMPS IN STOMACH see Stomach Disorders.

CUTS see Wounds.

CYSTITIS see Bladder, Inflammation of the

DANDRUFF—A disorder due to a faulty function of the Sebaceous Glands of the Scalp, characterized by the casting-off of whitish-gray scales and the falling out of the hair. A deranged condition of the System in general is often a contributing cause to this trouble. It should, therefore, be considered in the treatment.

Remedies: Use as a shampoo twice a week Formula No. 84, page 71, and apply daily to the scalp Formula No. 87, page 71.

Assisting the Treatment: To be used in conjunction with the above. In Nervous Condition, use Formula No. 210, page 96, or Formula No. 213, page 96, or Formula No. 216, page 97. If Indigestion is present, use Formula No. 291, page 112, or Formula No. 294, page 113. If Constipated, use Formula No. 14, page 55, or Formula No. 69, page 67, or Formula No. 72, page 68.

DIABETES—The origin of this disease, as is known so far, can be traced back to derangement of the functions of the Pancreas Gland. Contributing factors, however, are undoubtedly severe Nervous Disturbances, or improper functions of Stomach, Liver and Bowels. The patient feels tired and weak. Usually complains about pains in the limbs, feeling depressed and down-hearted. An abnormal thirst is often experienced. Dizziness and headaches are common. The skin is dry and often itchy. The digestion is often upset, due to the unusually abnormal increased appetite. The eyesight may be impaired and weak. The urine is generally very pale and plentiful. Sugar is present in the urine in more or less quantities.

For the continuous thirst, Flax Seed tea, with a small quantity of Peppermint Herb, may be used freely. The diet should be carefully watched. Sugars and starches should be eliminated. Pure gluten bread should be eaten instead of ordinary bread. Soya Bean flour may be used instead of ordinary flour. The bowels should be kept well regulated. Rest and sunshine are beneficial.

Remedy: Use Formula No. 90, page 72.

Assisting the Treatment: To be used in conjunction with No. 90. If the Liver is sluggish, use Formula No. 14, page 55, or Formula No. 147, page 82. If Constipated, use Formula No. 65, page 67, or Formula No. 69, page 67, or Formula No. 72, page 68, instead of No. 14, or No. 147. If Stomach is out of order, use Formula No. 291, page 112, or Formula No. 294, page 113. In Nervous Disturbances, use Formula No. 210, page 96, or Formula No. 213, page 96, or Formula No. 216, page 97.

DIAPHORETIC TEA see **Formula No. 57, page 65, and Formula No. 58, page 65.**

DIARRHEA—Catarrh or Inflammation of the Bowels—Looseness of the Bowels.—Usually caused by exposure to cold or extreme heat; by indigestion, irritating or spoiled food, ice cold drinks, unripe fruit, violent mental disturbances. Hot Sitz baths or the application of heat to Stomach or Bowels is very helpful. See also Dysentery.

Remedies: The following Formulas will be found very beneficial. Formula No. 93, page 73, and in severer cases Formula No. 96, page 73, should be taken in conjunction with No. 93.

Assisting the Treatment: To be taken in connection with the above. If Stomach is out of Order, use Formula No. 285, page 111, or Formula No. 288, or Formula No. 291, page 112, or In Nervousness, use Formula No. 210, page 96, or Formula No. 213, page 96, or Formula No. 216, page 97.

DIZZINESS see **Constipation. Bilioussness. Stomach Disorders. High Blood Pressure.**

DROPSY—This, in itself, is not a disease. It is the result of a change in the blood by obstructions to the flow of it. It may be the result of poor or faulty function of the inner organs, especially the Heart, Lungs or Kidneys. It is important that the cause should be treated. To help the relief of the dropsical condition, the activity of the Urinary Organs, the Skin and also the Bowels should be increased.

For the Bowels, Hydragogues should be used. The kidneys should be helped in the increased elimination of urine. The pores of the skin should also be opened.

Remedies: Use Formula No. 98, page 74, or Formula No. 102, page 75 in connection with Formula No. 105, page 75. As a diaphoretic, use Formula No. 57, page 65 or No. 58.

DROWSINESS see **Biliousness**.

DYSENTERY or **Bloody Flux**—A catarrhal inflammation of the mucous membrane of the large bowel or colon. The passages are small, difficult and frequent, with much griping. They consist mainly of mucous tinged with blood. The abdomen is hard, but tender along the Colon. The skin is hot, the thirst is excessive, the appetite poor. Vomiting and fever are often present. Rest in bed and the application of heat to the abdomen are advisable. A warm flannel bandage should be worn around the abdomen at all times. Only warm drinks should be given. The diet should be light and non-irritating. Foods, which cook slimy, such as, barley, rice, sago, and other starchy mixtures are beneficial. Fruit and raw foods should be avoided.

Remedies: Use Formula No. 108, page 76 in connection with Formula No. 96, page 73.

Assisting the Treatment: To be used in conjunction with the foregoing. In **Dyspepsia** use Formula No. 294, page 113. Where a General Tonic might be of benefit, Formula No. 30, should be taken.

DYSPEPSIA see **Stomach Disorders**.

EARACHE—The shooting, gnawing pains in the ear are generally caused by colds in the head, nose or throat; also often due to neuralgia, rheumatism, influenza, or due to inflammation in the ear itself. In the latter instance there may be also a discharge from the ear. High Blood Pressure may also be one of the accompanying symptoms of ear troubles. Hot applications to the ear of compresses made from the infusion of Chamomile Flowers or Hops will be found very beneficial and at the same time will aid to relieve the pain. To act as a local antiseptic, Oil Formula No. 111 should be used.

Remedy: Use Formula No. 111, page 77.

Assisting the Treatment: To be used in conjunction with No. 111. **In case of Cold or Influenza**, use Formula No. 54, page 64. **In case of Neuralgia**, use Formula No. 228, page 99. **In case of Rheumatism** use Formula No. 261, page 106, and Formula No. 264, page 107. **In case of Nervousness**, use Formula No. 210, page 96 or Formula No. 213, page 96, or Formula No. 216, page 97.

EAR NOISES see **Blood Pressure, High. Earache. Nervousness.**

EAR WAX see **Earache.**

ECZEMA, Salt Rheum or Tetter—Eczema is the collective name for various skin eruptions and appears in different forms. At first, very often, nothing but an annoying itching can be noticed, but soon the skin becomes reddened and more or less inflamed. Dry or wet blotches appear, often of a scaly or crusty nature; or sometimes in the form of small blisters or pimples containing a watery secretion or pus. The cause for these eruptions can generally be traced back to poor circulation of the blood, constipation, dyspepsia, sluggishness of the liver or kidneys, nervous debility, or other forms of constitutional derangements, which gradually result in an accumulation of impurities in the blood. It is, therefore, self evident, that all efforts to correct the trouble must be directed towards removing the underlying cause. A preparation acting as a depurative, or blood purifier, should be used in all cases. The external remedies should be used to relieve the itching and to induce healing. Water should be kept away from eczema as much as possible.

Remedies: Internally use either Formula No. 168, page 87, or Formula No. 171, page 88, in all cases. **For Dry Eczema** use externally Formula No. 114, page 77, during the day, and apply Formula No. 117, page 78, at night before retiring. In very obstinate cases, use Formula No. 120, page 78, instead of Nos. 114 and 117. **In Wet Eczema** use externally dusting powder Formula No. 123, page 79, during the day and apply No. 117 before retiring.

Assisting the Treatment: To be used in conjunction with the above. **In Stomach Disorders**, use Formula No. 285, page 111, or Formula No. 288, page 111. **In Nervous Debility**, use Formula No. 291, page 112, or Formula No. 294, page 113.

ENEMA — Internal Bath — Colon Flush—In using the Internal Bath, or Enema, chemicals or other irritating matter should not be used to remove hardened, incrustated, or decayed matter from the Colon. Substances used should, by all means, be mild, yet,

possess properties which would act as a cleansing agent upon the lining of the bowels without being irritating. Herbs, properly used and selected, should not have an irritating effect, nor weaken the delicate tissues. They should help to give them tone and cleanse them without doing any harm.

Remedy: Formula No. 126, page 79, is a well tried and effective Formula.

EPILEPSY—In this disease the nerve quieting effect of certain Herbs has often given relief, where other strong medicines of a chemical nature, have failed. Intestinal worms sometimes bring on such attacks, it is therefore, advisable to watch the stools in such cases. The diet should be light, and the food should be chewed slowly and well. Overloading the Stomach and fast eating usually bring on indigestion which will aggravate this condition. In fact, indigestion is often responsible for this trouble.

Remedy: Use Formula No. 129, page 79.

Assisting the Treatment: To be used in conjunction with No. 129. **In Worms**, use Formula No. 321, page 118. **In Indigestion**, use Formula No. 291, page 112, or Formula No. 294, page 113. **In Nervousness**, use Formula No. 216, page 97.

EYES, Inflamed, Weak and Tired—This condition is generally due to colds, strain, overwork, the entrance of foreign matter, and deranged conditions of the system. The cause, naturally, must first be removed.

Remedy: Formula No. 132, page 80 will be found effective and reliable, and can be used with perfect safety in all such cases of eye trouble.

Assisting the Treatment: To be used in conjunction with No. 132. **If the System is run down**, use Formula No. 30, page 59. **In Nervousness**, use Formula No. 210, page 96, or Formula No. 216, page 97.

EYELIDS, Sore, Inflamed and Granulated—The use of the following Formula will be found very beneficial, safe and reliable. Formula No. 135, page 80.

Assisting the Treatment: To be used in conjunction with No. 135. **In Impure Blood**, use Formula No. 168, page 87, or Formula No. 171, page 88. **If the System is run down**, use Formula No. 30, page 59.

FACE ACHE see Neuralgia.

FAINTING SPELLS see Smelling Salts Formula, page 98.

FALLING OUT OF HAIR see **Dandruff**.

FEET, Sweating, Burning, Sore—Excessive sweating of the feet is an abnormal condition and should be reduced to a more normal degree, without, however, suppressing it entirely. Sweating is Nature's way to rid the System of acids and other impurities, the retention of which, would possibly lead to more serious troubles in some other part of the body.

Remedies: Use Formula No. 138, page 81, as a dusting powder, and Formula No. 141, page 82, as a wash.

Assisting the Treatment: To be used in conjunction with the above. If the Bowels are not properly regulated, use Formula No. 168, page 87, or Formula No. 171, page 88.

FELON see **Whitlow**.

FEMALE DISORDERS see **Menstruation**.

FEVER see **Cold and Malaria**.

FEVER BLISTERS see **Healing Balsam**.

FLATULENCY see **Stomach Disorders**.

FLUSHES TOWARD THE HEAD see **Change of Life and Dyspepsia**.

FRECKLES—This pigmentation of the skin is caused by exposure to sun light.

Remedy: Use Formula No. 144, page 82.

FREQUENT URINATION see **Bladder, Inflammation of the**

FROSTBITES see **Chilblains**.

GALL-BLADDER, Inflammation of the—This trouble generally originates with exposure to cold or wet, with continuous excesses in eating and drinking, or with the infection of the gall-bladder and its duct by germs. A catarrhal inflammation and swelling gradually sets in, and the duct leading from the gall-bladder becomes, more or less, or entirely obstructed by catarrhal slime, congealed bile or gall-stones. The bile, being thus retained, is forced back into the Liver, and from there enters the blood, coloring the blood and the skin, more or less, yellow, and is finally expelled through the urine. Such urine is of a dark amber or reddish color, heavy and loaded with urates and bile matter.

The pain caused by this condition is especially noticed on the right side, below the lowest rib, often extending backwards toward the shoulder blade, or across the stomach, creating often

the impression that the trouble is in the stomach. This impression, however, is often correct, as the stomach may also be affected by the catarrh.

The bowels are, as a rule, constipated and the passages at times whitish-gray or clay colored. The skin is yellow and dry and often itchy. The tongue is coated, the appetite poor, and nausea and vomiting of a yellowish-green slime may occur. The stomach is generally also very much upset. In fact, the inflammation in the gall-bladder and its ducts may originate with the catarrhal condition existing in the stomach.

Treatment: The diet should be light and should be mainly composed of plainly cooked vegetables, ripe fruits, salads, without fancy dressing (excepting olive oil with a dash of lemon juice). Starches should be eaten with moderation. This also applies to meats, which should be lean, and preferably the so-called "white meats", such as, chicken, fish, etc. They should be either boiled or broiled, never fried. Sweets, greasy foods, fats, including butter, should be avoided. Rest and sunshine are beneficial. In order to improve the function of the affected organs, proper regulation of Stomach, Liver and Bowels must be accomplished.

Remedies: Use Formula No. 147, page 82, and Formula No. 148, page 83.

Assisting the Treatment: To be used in conjunction with the above. In **Stomach Disorders**, use Formula No. 285, page 111, or Formula No. 291, page 112, or Formula No. 294, page 113.

GALL-STONES see **Gall-Bladder, Inflammation of the**

GAS IN THE STOMACH see **Stomach Disorders Bilioussness.**

GASTRITIS see **Stomach Disorders.**

GLEET see **Gonorrhoea.**

GONORRHEA or **CLAP**—An inflamed condition of the mucous membrane of the urinary canal due to an infection. Within 3 to 6 days after the infection has set in, a burning pain is noticed on urinating. A discharge of a yellowish-green pus takes place, which will gradually decrease when properly treated. The treatment should always be mild and not of a nature that will irritate the delicate lining of the urinary organ. The diet should be light and consist mostly of vegetables. Meats, eggs, starches, sweets and other rich food should be used moderately. Alcoholic drinks must be avoided. Proper rest is essential. A suspensary bandage should be worn by all those who do heavy work or lifting.

In this disease, as in gleet and in the chronic stages of Gonorrhoea, the soothing and healing effect of certain Herbs and Balsams can be made use of with good results. They relieve the inflamed condition, act as a mild astringent, diuretic and antiseptic. They help Nature in overcoming these conditions without being irritating.

Remedies: Use Formula No. 153, page 84 in conjunction with Formula No. 156, page 85.

Assisting the Treatment: If Constipated, use Formula No. 69, page 67, or Formula No. 72, page 68.

GOUT or PODAGRA—Defective elimination and sluggishness of the whole system, due to want of exercise, high living, errors in diet, are generally responsible for this rheumatic condition.

To overcome it, it is necessary to improve the activity of the vital organs and cause better elimination of waste product from the system. The diet should consist mostly of vegetable matter. Meats, starches and sweets should be used moderately. Alcoholic drinks should be avoided. Perspiration is beneficial and should be encouraged from time to time, by using Formula No. 57, or No. 58, and by taking an occasional Turkish Bath. Cold compresses, especially, if made with a Herb Vinegar (see page 86, and applied to the affected part will tend to relieve the pain and fever.

Remedy: Use Formula No. 159, page 85.

Assisting the Treatment: To be used in conjunction with the above. **In Stomach Disorders,** use Formula No. 285, page 111, or Formula No. 291, page 112. **To Improve the Blood,** use Formula No. 168, page 87, or Formula No. 171, page 88.

GRANULATED EYE LIDS see **Eyes, Sore, etc.**

GRAVEL IN THE URINE see **Stone and Gravel in Kidney and Bladder.**

GRIPPE see **Cold.**

GUMS, Sore, Bleeding or Spongy—This trouble generally originates with a disordered Stomach or Costive Bowels. The underlying cause should, therefore, be corrected first. The mouth should be thoroughly rinsed 3 to 4 times a day with a decoction made from Formula No. 309, page 116.

Assisting the Treatment: To be used in conjunction with Formula No. 309. **In Stomach Disorders,** use Formula No. 285, page 111, or Formula No. 291, page 112. **In Constipation,** use Formula

No. 69, page 67, or Formula No. 72, page 68. **In Impure Blood**, use Formula No. 168, page 87, or Formula No. 171, page 88.

HAIR, FALLING OUT OF THE see **Dandruff**.

HARDENING OF THE ARTERIES see **Blood Pressure, High**.

HARDNESS OF HEARING see **Ear Ache** and **Nasal Catarrh**.

HAY FEVER—HAY ASTHMA—SUMMER CATARRH—As this condition is due to a sensitive catarrhal condition of the nasal and bronchial mucous membrane, it should be treated the same as Nasal Catarrh, chronic.

Remedy: Use Formula No. 204, page 94.

Assisting the Treatment: To be used in conjunction with No. 204. **In Nervous Irritability**, use Formula No. 216, page 97. **In Run Down Condition**, use Formula No. 30, page 59. **If Constipated**, use Formula No. 69, page 67, or No. 72.

HEADACHE—This is not a disease in itself, but the result of disturbances in some other part of the body. Keeping this in mind, it is obvious that headaches cannot be cured by simply suppressing the symptom—pain—and allowing the underlying cause to keep on existing. That is precisely what happens when strong chemicals are taken to relieve a headache. Headaches are often caused by disorders of the Stomach, Bilioussness, Constipation, Menstrual Irregularities, Overwork, Deficiency of the Blood, Overfilling of the Venous Blood-vessels of the Head, Eye Strain and disturbances of the Lungs and Heart.

There are Natural Remedies in this book for the various disturbances that may be responsible for a Headache. Make use of them. Get at the root of the trouble by removing the cause. Do not be satisfied with a temporary relief. Headache Powders, etc., while only giving temporary relief, will, invariably, in the long run, harm the system.

Remedies: **In Stomach Disorders**, use Formula No. 285, page 111, or Formula No. 288, page 111. **In Constipation**, use Formula No. 69, page 67, or Formula No. 72, page 68. **In Menstrual Irregularities**, use Formula No. 192, page 92, or Formula No. 195, page 93, or Formula No. 198, page 93. **In Nasal Catarrh**, use Formula No. 54, page 64, and Formula No. 204, page 94. **In Blood Pressure**, use Formula No. 24, page 57, or Formula 27, page 58. **In Nervousness**, use Formula No. 291, page 112, or Formula No. 294, page 113. **In Bilioussness** (quite often the cause) use Formula No. 14, page 55, or Formula No. 65, page 67.

HEAD LICE see Lice.

HEALING BALSAM see Formula No. 282, page 110.

HEARING, HARD OF see Colds and Earache.

HEARTBURN see Stomach Disorders.

HEMORRHOIDS see Piles.

HIGH BLOOD PRESSURE see Blood Pressure, High.

HIVES or Nettle Rash—This trouble is generally the result of Stomach disorders brought on by disagreeing foods, unripe fruits, fat pork, crab meat, fish, oysters, pickles, etc.

Whitish or reddish, elevated spots (wheals) appear on the skin, accompanied by a tingling, itching sensation. Headaches or slight fever may be present. In order to remove the irritating food and poisonous matter that is responsible for the condition, the bowels should be kept open and the blood cleaned by using Formula No. 168, page 87, or Formula No. 171, page 88. The diet should be light and non-irritating. Such foods as are responsible for the trouble should be eliminated from one's diet. Hot baths with the water softened by the addition of a handful of Borax, and washing or sponging with Extract of Witch Hazel or alcohol are very beneficial.

Assisting the Treatment: In Stomach Disorders, use Formula No. 285, page 111, or Formula No. 288, page 111, in conjunction with the above.

HOARSENESS—Loss of Voice—This disturbance is often due to a weakness and swelling of the vocal cord, from overstraining or from cold and coughs.

Remedy: Use Formula No. 165, page 86.

Assisting the Treatment: In Colds, use Formula No. 54, page 64, and Formula No. 309, page 116, in conjunction with No. 165. **In Bronchitis**, use Formula No. 36, page 61, or Formula No. 39, page 61.

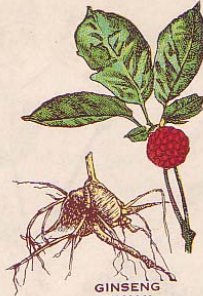
JAUNDICE see Biliousness. Gall-bladder, Inflammation of the

IMPOTENCY see Sexual Weakness.

IMPURE BLOOD—Poor action of Liver and Bowels, a faulty digestion, or disturbances in the lymphatic glands are generally responsible for the accumulation of impurities in the blood. Eruptions of the skin in the form of abscesses, pimples (acne), boils, blackheads, and a sallow complexion are the result.



GENTIAN
GENTIANA
LUTEA



GINSENG
PANAX
QUINQUEFOLIA



BUCKTHORN
RHAMNUS
FRANGULA



COMFREY
SYMPHYTUM
OFFICINALE



EYEBRIGHT
EUPHRASIA
OFFICINALIS



GROUND
IVY
GLECHOMA
HEDERACEA

HUCKLEBERRY
VACCINIUM
MYRTILLUS



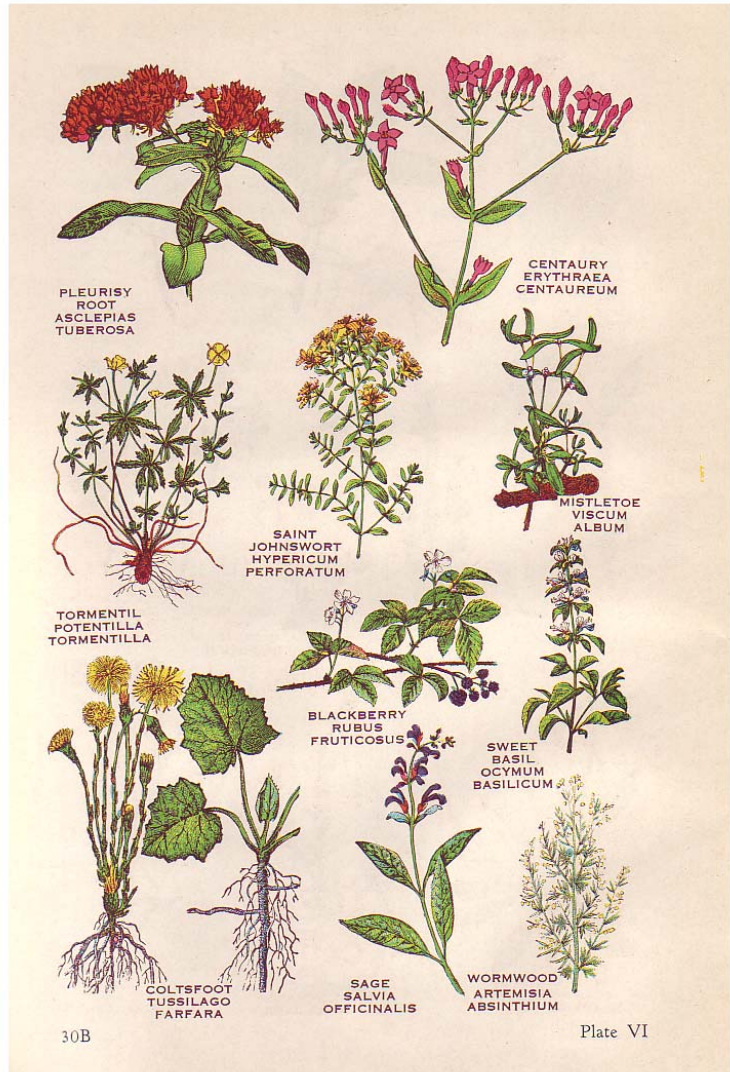
SNAKE
PLANTAIN
PLANTAGO
LANCEOLATA



KNOT
GRASS
POLYGONUM
AVICULARE



FLAX
LINUM
USITATISSIMUM



Remedies: Use Formula No. 168, page 87, or Formula No. 171, page 88.

Assisting the Treatment: To be used in conjunction with the above. If Stomach does not function properly, use Formula No. 285, page 111. In Nervous Disorders, use Formula No. 291, page 112.

INDIGESTION *see* Stomach Disorders.

INFLAMMATION OF THE BLADDER *see* Bladder, Inflammation of the

INFLAMMATION OF THE BOWELS *see* Diarrhea.

INFLAMMATION OF THE GALL-BLADDER *see* Gall-bladder, Inflammation of the

INFLAMMATION OF THE KIDNEYS *see* Kidneys, Inflammation of the

INFLAMMATION OF THE STOMACH *see* Stomach Disorders.

INFLAMMATION OF THE THROAT *see* Tonsillitis.

INFLUENZA *see* Cold.

INTERNAL BATH *see* Enema.

INSOMNIA *see* Sleeplessness.

IRREGULAR MENSES *see* Menstruation.

ITCH or SCABIES—A contagious disease due to the invasion of the skin by microscopically small animal parasites. The rash caused by the insects consists of small blisters filled with a watery liquid, the itching is intense and more noticeable at night. Scratching increases the soreness and itching.

Remedy: Use Formula No. 174, page 89.

ITCHING OF THE SKIN *see* Eczema. Lice. Itch. Biliousness.

KIDNEYS, INFLAMMATION OF THE—**Acute Bright's Disease**
—**Nephritis**—This trouble generally begins with a chilly sensation followed by fever, headache, and pain in the small of the back. The skin is pale and dry, and heart action slow and forcible. The urine is scanty, deep amber colored, strong in odour, leaving a heavy sediment upon standing. It is sometimes mixed with blood. Albumen is generally found in the urine. Dropsical swelling in face, eye lids, ankles and other parts of the body may appear later, if the trouble is neglected. The disease may become chronic and more dangerous.

The diet should consist mostly of vegetable matter, with meats, eggs, starches and sweets used very sparingly.

Remedy: Use Formula No. 177, page 89.

Assisting the Treatment: To be used in conjunction with the above. **If Liver is Torpid**, use Formula No. 14, page 55. **If Constipated**, use Formula No. 69, page 67, or Formula No. 72, page 68, instead of No. 14.

LA GRIPPE see **Cold**.

LAMENESS see **Rheumatism**.

LEUCORRHEA or WHITES—A catarrhal inflammation of the mucous membrane lining of the vagina, with a discharge of a whitish or yellowish acid fluid. As this discharge is very weakening to the system, it should not be allowed to exist very long. Strong irritating medicines should be avoided as they act as irritants and tend to destroy the delicate tissues. Warm Sitz baths are very beneficial.

Remedies: Use Formula No. 180, page 90.

Assisting the Treatment: To be used in conjunction with the above. **If due to General Weakness**, use Formula No. 30, page 59. **If due to Impure Blood**, use Formula No. 168, page 89, or Formula No. 171, page 88. **If Constipated**, use Formula No. 69, page 67, or Formula No. 72, page 68.

LICE OF BODY AND HEAD—Animal parasites invading body and head, causing irritation and gradually skin eruptions.

Remedy: Use Formula No. 183, page 91.

LINIMENT see Formula No. 264, page 107.

LIVER, CONGESTION OF THE see **Biliousness and Constipation**.

LIVER TORPID and SLUGGISH see **Biliousness and Constipation**.

LOSS OF VOICE see **Hoarseness**.

LUMBAGO see **Rheumatism**.

MALARIA — Intermittent Fever — Ague—An Infectious disease caused by Malaria germs, which are introduced into the blood by the bite of certain mosquitoes.

Chills, followed by fever and profuse perspiration, repeated periodically, characterize the disease. Headache is mostly present, also pains in the back, joints and limbs. The tongue is coated, the appetite diminished and there is a bad taste in the mouth.

Face and skin are earthy and yellow, a tired feeling with bodily weakness prevails during the disease. Quite often there are periodic recurrences of these symptoms.

Remedy: Use Formula No. 186, page 91.

Assisting the Treatment: To be used in conjunction with the above. **In Blood Deficiency**, use Formula No. 30, page 59, in stomach disorders, use Formula No. 285, page 111, or Formula No. 291, page 112.

MEASLES—Generally begin with a light cold, mild cough and slight fever. The tongue is coated and the throat and nasal passages show catarrhal affections. After the fourth day numerous, irregular, elevated, dark red spots appear on the face, gradually extending to the neck and down the trunk to the lower extremities, attended by an itching or burning sensation. This condition exists from 3 to 5 days, then the eruptions begin to fade and peel off in bran-like scales.

Although this disease is comparatively harmless, it may cause serious complications if neglected, and, therefore, should always receive proper attention. By all means, the patient should be kept in bed, and on a light diet.

Remedy: Use Formula No. 189, page 92.

Assisting the Treatment: To be used in conjunction with the above. **If Constipated**, use Formula No. 75, page 69. **If Pores are not open**, use Formula No. 58, page 65. **To relieve itching**, apply balsam Formula No. 282, page 110.

MENSTRUATION, Irregular, Scanty, or Suppressed—This condition is generally brought on by exposure to cold or wet, poor conditions of the blood, nervousness, or violent mental emotions. It is essential that the underlying cause be removed and the general tone of the system increased.

Remedy: Use Formula No. 192, page 92.

Assisting the Treatment: To be used in conjunction with the above. **If Due to Nervous Disturbances**, use Formula No. 216, page 97. **If Blood is Impoverished**, use Formula No. 30, page 59. **If a Blood Purifier** is needed, use Formula No. 168, page 87, or Formula No. 171, page 88.

MENSTRUATION, Painful and Spasmodic—This is often due to anemic conditions, inflammation or obstructions in the Uterus.

Remedy: Use Formula No. 195, page 93.

MENSTRUATION, Profuse—Excessive menstrual flow is generally preceded by pain and weakness in the back and loins. Some are predisposed to uterine hemorrhages on account of a flabby or relaxed state of the texture of the uterus. Other contributing factors are over exercise, heavy lifting, dancing, injuries and mental excitement. If existing too long, it may cause an exhaustion of the bodily powers, general weakness, a sallow, unhealthy complexion, headaches, and finally nervous debility. If the trouble can be traced to one of the above mentioned factors, the underlying cause should be removed.

Remedy: Use Formula No. 198, page 93.

Assisting the Treatment: To be used in conjunction with the above. **If Constipated**, use Formula No. 69, page 67, or Formula No. 72, page 68. **In Nervous Weakness**, use Formula No. 216, page 97.

MOLES—Brown or Blackish elevations of the skin of different size. To remove them Formula No. 78, page 69, may be used.

MOTHS—Formula No. 201, page 94, will keep them out of the closets and dressers.

MUSCULAR RHEUMATISM see **Rheumatism**.

MUSTARD POULTICE see page 105.

NASAL CATARRH—Catarrh in the Head—Repeated attacks of acute catarrh (see Cold page 18), may gradually result in the chronic form of the disease, commonly known as Catarrh in the Head, or simply Catarrh. A continuous discharge of mucous takes place and the air passages are more or less obstructed all the time.

Remedies: Use Formula No. 204, page 94, or Formula No. 207, page 95.

Assisting the Treatment: To be taken in conjunction with the above. **If Constipated**, or a Blood Purifier is needed, use Formula No. 168, page 87, or Formula No. 171, page 88.

NAUSEA see **Stomach Disorders**.

NECK, STIFF see Formula for Liniment, page 107.

NEPHRITIS see **Kidneys, Inflammation of the**

NERVE PAIN see **Neuralgia. Sciatica. Neuritis**.

NERVOUSNESS—A condition of exhaustion due to overtaxing the powers of body and mind. Overwork, worry, excitement, loss of sleep, excesses in eating and drinking, undue strain on the

vital forces and nerve centers are generally responsible for the irritability and weakness of the Nervous System.

In order to improve this condition, it is self-evident that the underlying cause must be removed and the building up of the nerve forces instituted, by avoiding excesses of any kind.

Rest, fresh air, sunshine, pleasant thoughts and surroundings, wholesome simple foods are not only beneficial, but essential. Coffee and Tea should by all means be avoided, as they irritate the nervous system. They are often responsible for the restlessness and sleeplessness at night and irritability in the daytime.

The following Herbal Formulas will be found very beneficial.

Remedies: Use Formula No. 210, page 96, or Formula No. 213, page 96, or Formula No. 216, page 97, or Formula No. 219, page 98, or Formula No. 222, page 98, or Formula No. 225, page 99.

Assisting the Treatment: In Nervous Dyspepsia, use Formula No. 291, page 112, or Formula No. 294, page 113. **In Nervous Headache,** use Formula No. 14, page 55. **As a General Tonic,** use Formula No. 30, page 59. **As a substitute for Coffee or Tea,** use Formula No. 225, page 99, or Mate Leaves.

NERVOUS DYSPEPSIA see **Stomach Disorders.**

NERVOUS EXHAUSTION see **Nervousness.**

NERVOUS HEADACHE see **Stomach Disorders. Dyspepsia.**

NERVOUS INDIGESTION see **Stomach Disorders. Dyspepsia.**

NERVOUS WEAKNESS see **Nervousness.**

NETTLE RASH see **Hives.**

NEURALGIA—A nervous disorder characterized by a darting, boring or stabbing pain extending along the course of a nerve or its branches. The pain is more generally confined to the head (Face-ache) but may affect also other parts of the body. See Sciatica and Neuritis. Exposure to cold and draught, derangement of the digestive organs or the blood, nerve pressure, decayed teeth, are generally responsible for the trouble.

In view that a majority of cases of Neuralgia are due to incomplete elimination of waste products from the system and the resulting impoverishment of the blood, special attention should be paid to the proper functions of Stomach, Liver and Bowels.

Remedy: Use externally Formula No. 228, page 99.

Assisting the Treatment: In Stomach Disorders, use Formula

No. 285, page 111, or Formula No. 291, page 112, or Formula No. 294, page 113. **In Constipation or Impure Blood**, use Formula No. 168, page 87, or Formula No. 171, page 88. **In Nervous Disturbances**, use Formula No. 210, page 96, or Formula No. 216, page 97.

NEURITIS—A painful inflammation of one or several nerves, brought on by exposure to cold or wet, nerve pressure, injuries, stretching of nerves, and the accumulation of morbid matter in the system. It is also often observed, as an after effect, in Rheumatism, Gout, Syphilis, and Diabetes. The underlying cause must be treated in order to obtain results in this disease.

Remedy: Use Formula No. 231, page 100.

Assisting the Treatment: In Rheumatism, use Formula No. 264, page 107. **If Constipated** or in Impure Blood, use Formula No. 168, page 87, or Formula No. 171, page 88. **In Bilioussness**, use Formula No. 14, page 55, instead of No. 168 or 171.

NIGHT SWEATS—The abnormal secretion of the sweat glands in certain diseases can only be explained as the self-aid of Nature to eliminate morbid matter from the system. Accordingly, Night Sweats should not be suppressed entirely. If continuous sweating should have, however, a weakening effect up on the system, Herb Formula No. 234, may be used without any harmful effect.

Remedy: Use Formula No. 234, page 101.

Assisting the Treatment: In case of Bodily Weakness, use Formula No. 30, page 59. **In case of Nervous Weakness**, use Formula No. 216, page 97.

NIPPLES, Sore, see Healing Balsam, Formula No. 282, page 110.

NUMBNESS see Cold Feet, etc.

OBESITY—Lack of exercise, overeating on fat producing foods (starches, sugar, fats) are generally responsible for this trouble. It is, therefore, advisable to live more on a vegetable diet and to eat plenty of ripe fruits. Moderate daily exercise should be resorted to and a hot sweat bath or still better a steam bath should be taken once or twice a week. The frequency of these baths should be regulated in accordance with one's constitution. Proper elimination through the bowels should be maintained. Dulce or Kelp taken in small quantities daily, will supply the element "iodine" in a natural form, which acts as a normalizer.

You will find the following Formula well balanced as to its eliminative and normalizing properties and is therefore an excellent adjuvant in the treatment of Obesity.

Remedy: Use Formula No. 237, page 101.

OFFENSIVE BREATH see **Stomach Disorders**. Where the condition is due to oral neglect, use Formula No. 309, page 116, as a prophylactic.

OFFENSIVE SWEATING see **Body Odours**.

PAIN IN THE ABDOMEN see Symptoms, page 8.

PAIN IN THE BACK see Symptoms, page 000.

PAIN IN THE BLADDER see Symptoms, page 8.

PAIN IN THE HEAD see Symptoms, page 7.

PAIN IN THE HIPS see Symptoms, page 7.

PAIN IN THE BACK see Symptoms, page 7.

PAIN IN THE NECK see Neuritis, Neuralgia, Nervousness.

PAIN IN THE RECTUM see Symptoms, page 8.

PAIN IN THE STOMACH see Symptoms, page 7.

PAIN IN THE THROAT see Symptoms, page 8.

PAINFUL MENSTRUATION see **Menstruation, Painful**.

PAINFUL URINATION see **Bladder, Inflammation of the**.

PALPITATION OF THE HEART see Symptoms, page 44.

PERSPIRATION, OFFENSIVE see **Body Odour**.

PILES or **HEMORRHOIDS**—Piles are small blood tumors in the rectum. They owe their existence to a stagnation of the blood in the abdominal venous system and to pressure from straining in passing hard and dry stools. The veins become gradually enlarged and piles are the result. They are filled with blood and at times are very painful and itching (itching piles). Pressure or friction may induce them to burst and bleed (bleeding piles). When they protrude, they are called external piles.

Pressure in the rectum is often responsible for all these

Remedies: Use Formula No. 240, page 102, to keep the bowels must be kept well regulated. It is advisable, however, not to use strong medicine, as their irritating action will cause them to become more inflamed, sore and painful.

Remedies: Use Formula No. 240, page 000, to keep the bowels regulated; Formula No. 243, page 103, should be used as a rectal wash, and Formula No. 246, page 103, which is a healing supposi-

tory, should be inserted in the rectum every night before retiring, and allowed to stay there overnight.

Assisting the treatment: Hot Sitz Baths, if piles are not bleeding, or the patient is not very strong. **Cold Sitz Baths**, when an inflamed condition prevails and the patient is strong.

PIMPLES see **Impure Blood**.

PIN WORMS see **Worms**.

PLEURISY—An inflammation of the membrane covering the lungs and lining of the internal surface of the chest. It begins generally with shivering and chills, or slight fever, followed by a sharp and cutting pain in the chest, especially, when taking a deep breath. Unforeseen motion, coughing, sneezing, bring on and increase the pain and make breathing more difficult. This condition may lead to serious consequences if neglected. The patient should be placed to bed, in a well ventilated, warm room. The diet should be light. The bowels should be well regulated. Application of hot compresses or poultices are beneficial. Perspiration should be induced. Care should be taken that the night clothes are dry and the patient kept warm.

Remedy: Use Formula No. 249, page 104.

Assisting the Treatment: Application of hot towels or Poultices, Formula No. 258, page 105, to the chest, or rubbing in of Liniment, Formula No. 264, page 107. The chest should be thoroughly dried before applying the liniment.

To produce Perspiration, use Formula No. 57, page 65, or Formula No. 58, page 65. **If Constipated**, use Formula No. 69, page 67, or Formula No. 72, page 68. **In Bronchitis**, use Formula No. 36, page 61, or Formula No. 39.

PODAGRA see **Gout**.

POISON OAK AND POISON IVY—An inflammation of the skin due to the poisonous effect of the Poison Oak or Poison Ivy plant. Swelling, burning and itching of the affected parts and sometimes the appearance of innumerable, small blisters characterizes the infection.

Some people are more susceptible to this poisoning than others, and this is generally due to their comparative lack of resistance. Due to the sluggish condition of their system, they are not able to counteract and eliminate the poisonous substances they come in contact with.

The treatment should be both external and internal. The internal remedies should be such as to help for a better function of the Stomach, Liver and Bowels. The external application should be of a soothing nature.

Remedy: Use Formula No. 252, page 105.

Assisting the Treatment: If Constipated or if Blood is out of Order, use Formula No. 168, page 87, or Formula No. 171, page 88. If Stomach is out of Order, use Formula No. 285, page 111, or Formula No. 291, page 112.

POULTICE see page 105.

PROFUSE MENSTRUATION see Menstruation, Profuse.

QUINSY see Tonsilitis.

RASH see Hives.

RHEUMATISM—Incomplete elimination of waste products created by decomposed food and poisonous matter, decayed teeth or tonsils, or exposure to cold or dampness, or hereditary predisposition, is generally responsible for Rheumatic conditions.

This disease manifests itself in many ways, the underlying cause, however, seems to be the same, namely the accumulation of excessive amounts of decomposition products, especially, in the form of Uric Acid in the blood. This substance, when not eliminated, is carried by the blood through the entire system and deposited in the tissues of the organs, where the circulation is the poorest, causing inflammation and pain or forming deposits. Whichever part is affected gives rise to the name of the particular form of Rheumatism. Thus, if the inner lining of the arteries, veins or joints are affected, it is called Articular Rheumatism or Arteries; if the muscles are affected, Muscular Rheumatism; if the nerves are affected, it is named either Sciatica, Neuritis or Neuralgia; if the Lumbar region is affected, it is called Lumbago. If the small joints of the hands and feet are affected it is termed Gout.

Since the underlying cause in rheumatic conditions is the same, it then follows that the treatment must be similar, namely, a thorough cleaning of the whole system and the promotion of better elimination of waste matter. Sciatica, Neuralgia and Neuritis are rheumatic conditions affecting certain nerves. These are not considered here, but will be dealt with under their respective headings.

A light and, if possible, a purely vegetable diet should be resorted to for some time. If there is no desire for food, a fast of 2

to 3 days is advisable, during which time, plain water with the possible addition of fruit juices should be used freely.

Remedies: To aid the processes of elimination, it is advisable to use daily, Formula No. 261, page 106, and to aid the circulation in the parts affected, use before retiring liniment Formula No. 264, page 107, to further aid the elimination processes through the pores of the skin (sweating), use Formula No. 57, page 65, or Formula No. 58, page 65, once or twice a week, depending upon one's constitution.

Assisting the Treatment: If Tonsils are Affected, gargle throat, several times a day, with Formula No. 309, page 116. **If Stomach is out of Order,** use Formula No. 285, page 111, or Formula No. 291, page 112. **In Lumbago,** Hot Sitz baths should be taken before retiring.

RINGING IN THE EARS see **Earache. Blood Pressure.**

RINGWORM OF THE FACE, or Barber's Itch. Ringworm of the Scalp and Ringworm of the Body—There are various eruptions on face, scalp and body due to vegetable parasitical life, which are known under the name of Ringworm. They generally appear in round, reddened, scaly or vesicular, more or less, bold patches, affecting the skin tissues, as well as, the hair follicles. An itching or burning sensation is generally noticed. In cases of longer standing, when pustules and pus have formed, these pus bags should be opened with a sterilized needle, washed and cleaned with hot water and Tincture of Green Soap. Otherwise, they should be treated like the milder cases. As these infections are of a very stubborn nature, the treatment should be continued regularly for a while. They are of a contagious nature, therefore, proper care should be exercised in handling the affected parts.

Remedies: Apply daily, morning and night, Ointment Formula No. 267, page 108.

Assisting the Treatment: In Impure Blood, use Formula No. 168, page 87, or Formula No. 171, page 88.

RUNNING OF THE EAR see **Earache.**

SALT RHEUM see **Eczema.**

SCABIES see **Itch.**

SCALDS see **Wounds.**

SCALP DISEASE see **Eczema. Dandruff.**

SCIATIC RHEUMATISM, or Sciatica—A rheumatic condition affecting the Sciatic Nerve, which extends along the back part of

the thigh, down to the calf of the leg and to the sole of the foot. Sciatica is characterized by a gnawing, sometimes very severe pain, following the course of the nerve or its branches, but may also affect only a part of it. This trouble is closely related to Neuritis, in fact is generally the result of it. Sciatica may, therefore, be treated like Neuritis.

SEXUAL WEAKNESS—Impotency—In this trouble, it is absolutely necessary to build up the general health and invigorate the nervous system, that supplies strength and vitality to the weakened organs. Excesses that led to the trouble must be avoided. The diet should be composed of wholesome, plain, non-irritating food, and a quiet, restful life is necessary to allow the system to recuperate and re-vitalize itself.

Hot and cold compresses applied alternately over the lumbar region before retiring are very beneficial, as they tend to stimulate the nerves of the second and third lumbar vertebra, which control the weakened organs.

There are some herbs that have a tonic action upon the glands, which if used for a while, in conjunction with the proper rest of body and mind, should give good results. In the Formula No. 273, page 109, the most effective herbs have been combined in the right proportions. These herbs are extensively and apparently successfully used in the countries of their origin.

Remedy: Use Formula No. 273, page 109.

Assisting the Treatment: To be used in conjunction with the above. **In Bodily Weakness,** use Formula No. 30, page 59. **In Nervous Exhaustion,** use Formula No. 216, page 97. **Cold Sitz Baths** should be taken several times a week. Always before retiring. See page 42.

SHINGLES—A skin eruption generally spreading across the breast or waist, like a belt, on one side of the body following the course of a nerve. The skin is reddened, and along the affected nerve a vesicular rash appears that dries, if properly treated, after a week or two, as a yellowish-brown crust upon the skin and then drops off.

Chills, fever, and pain along the affected nerves generally precede the foregoing symptoms. It is essential to keep the Stomach, Liver and Bowels well regulated. The inflammation and pain may be relieved by the use of a Dusting Powder (see Formula No. 276, page 109, which will tend to hasten the healing process and assist to dry up the crusts.

Remedies: Use Formula No. 276, page 109, as a dusting powder; Formula No. 279, page 110, should be used as compresses. Formula No. 282, page 110, should be used as an ointment when necessary.

Assisting the Treatment: In Stomach Disorders, use Formula No. 291, page 112, or Formula No. 294, page 113. **In Constipation,** use Formula No. 69, page 67, or Formula No. 72, page 68, and in case of Sluggish Liver, use Formula No. 14, page 55, instead.

SHORTNESS OF BREATH see Symptoms, page 10.

SICK HEADACHE see **Biliousness.**

SINKING SPELLS see Formula No. 222, page 98.

SITZ BATH, Hot—Where a regular Sitz Bath tub is not available, an ordinary, old fashioned galvanized washtub will do. Fill the tube one third full with warm water, let the patient sit in it, submerging only the lower portion of the body, leaving the feet and upper part of the body out of the water. Add warmer water from time to time, gradually making it as hot as it can be comfortably borne. A blanket may be used to cover the upper part of the body, and the bath may be extended from 15 to 20 minutes. This bath is especially indicated in suppressed and painful urination and suppressed and painful menstruation, gravel in the bladder, rheumatism, lumbago and other inflammatory affections. Also in diseases of the pelvic organs. The addition of certain herbs, such as Hay-flowers, Watermint, Chamomile, Oat Straw, Pine Needles, etc., make this bath still more effective.

SITZ BATH, Cold—The cold Sitz Bath is taken in the same way as the Hot Sitz Bath, with the exception that cold water is used. It should only last from 1 to 3 minutes. This bath is used for its tonic effect in cases of relaxed tissues of the pelvis, in abdominal, sexual and intestinal complaints, in piles and in constipation.

SKIN, Color of see Symptoms, page 11.

SKIN ERUPTIONS see **Eczema, Ringworm.**

SKIN, Rough, Chapped or Cracked see Formula No. 282, page 110.

SLEEPLESSNESS see **Nervousness** and Formula No. 270.

SORES, Open see **Wounds.** Also Formula No. 282, page 110, or Formula No. 34, page 60, or Formula No. 324, page 119.

SORE THROAT see **Tonsilitis.**

SOUR STOMACH see *Stomach Disorders*.

SPRAINS see Formula No. 264, page 107.

STIFFNESS IN NECK, LIMBS and MUSCLES see *Rheumatism*.

STOMACH DISORDERS—There are different diseases coming under this heading, but the direct cause for almost all of them is the same. Fast eating, not chewing the food properly, overloading, and not eating the right kind of food, are generally responsible for the troubles. The bad habits must be abandoned in order to effect a cure, as there is no medicine that can chew the food properly, or stop anybody from overloading, or prevent one from eating things that are hard to digest.

Food that is not properly masticated is retained longer in the stomach than it should. As a result, it turns sour and ferments and creates an excessive amount of acid and gas. This in turn causes a great deal of irritation and inflammation on the mucous lining of the whole digestive tract. A catarrhal condition gradually sets in and the lining becomes coated with a thick slimy mucus that interferes with the assimilation of the food. Decomposition and decay are the result, and poisonous matter therefrom is absorbed, which leads to severe disturbances of the stomach and bowels and gradually in the whole system. The result of this is far reaching, as it finally leads to many other diseases to which the human race is heir. It is, therefore, only too true, "that most people dig their own graves with their teeth".

Let me therefore repeat, what we might call the Golden Rule of Health; Eat slowly; Chew your food well and DON'T OVERLOAD. Eat only plain food, plenty of fresh vegetable matter, salads, ripe fruits. The richer foods, however, such as meats, eggs, starches, sweets, etc., should be taken more moderately and only in proportion to the work one does. In that way the food can be balanced properly and the digestion can go on more completely. Failure to live up to these simple, natural rules, will gradually lead to the operating table, but the operation will not remove the underlying cause and consequently will not bring the desired relief.

CATARRH OF THE STOMACH—Gastritis—Chronic Dyspepsia
—An inflamed condition of the mucous lining of the Stomach generally brought on by continuous abuse of food and drink. Incomplete mastication, overloading the stomach with food or drink that is too hot or too cold; food that is too fat, or hard to digest; the excessive use of liquor, coffee, tea and tobacco are mostly respons-

ible for the trouble. Gastritis first starts in an acute state, but gradually becomes chronic if neglected, and the attacks become more frequent and consequently harder to cure.

Shortly after eating, but sometimes an hour or two afterwards, there is a feeling of fullness and heaviness noticed in the region of the Stomach, with nausea, belching, eructations of sour, often fermented food. The appetite is diminished and there is a disgust, generally with those things that may be responsible for the attack, while at the same time, there may exist a strong desire for spicy, sour or salty foods.

In adults constipation generally prevails, while children suffer more often from diarrhea. The tongue is mostly coated, and heartburn, dizziness and palpitation of the heart may be present. The region of the Stomach is tender and sensitive to pressure. If an inclination to vomiting exists, it should be induced by filling the stomach with warm water and tickling the palate with the finger until the desired effect is accomplished. For a day or two the diet should consist of soups, especially those that cook slimy, like barley, rice, sago, farina, with stale bread or Zwieback. Gradually more nourishing but light food may be added.

If no desire for food exists, a fast of a day or two is advisable, but drinking of fresh, clean water in small quantities should always be allowed. In case of cramps and pain in the stomach, apply hot steam compresses to that region, and in case of heat and fever, cold, wet compresses should be used instead.

Remedies: Use Formula No. 285, page 111, or Formula No. 288, page 111.

Assisting the Treatment: If Constipated, use Formula No. 69, page 67, or Formula No. 72, page 68, but if **Liver is Sluggish,** use Formula No. 14, page 55, instead. **In Anemia,** use Formula No. 30, page 59.

DYSPEPSIA — HEARTBURN — INDIGESTION — NERVOUS

DYSPEPSIA—There exists a great similarity in the symptoms of Nervous Dyspepsia and that of Chronic Catarrh of the Stomach; yet, there is a decided difference between the causes of the two ailments.

In Chronic Catarrh of the Stomach, an inflamed condition of the membrane of the stomach exists, which causes anatomical changes in the lining of the stomach; while, Nervous Dyspepsia is due almost entirely to disturbances in the nervous system which controls the stomach, with no such changes of the mucous lining taking place.

The stomach has a network of nerves, which is controlled by nerve centers of the brain. This nerve system in the stomach is very sensitive and often reacts to the slightest provocation. If abused, it causes digestive disturbances that retard and disarrange the functions of the entire digestive tract. It may even give the reaction of pain in the stomach. This condition is very often brought about through overwork, worry, mental excitement, grief, fear, despondency, over-eating, lack of exercise, and among other things, too rich, or too one-sided diet.

There is often a sense of fullness, although the stomach may be empty. Gas pressure, heartburn, nausea, rumbling in the stomach, due to flatulency, spitting up of partly digested food, or sour liquid, and pain or soreness at the pit of the stomach during digestion may also be present. Belching, sometimes affords temporary relief and so may eating, but, the basic condition is not improved by taking on more food, it only tends to form more gas. Palpitation of the heart, headache, dizziness, flushes toward the head are often experienced. The bowels are generally constipated, the tongue soft and flabby and the urine scanty. Restlessness and even sleeplessness at night may also occur. For days a normal condition may exist, but all of a sudden a feeling of despondency may appear and even the lightest kind of food may cause distress.

A prescribed diet will often result in failure, as each individual must study his own diet. We are not all alike and what is good food for one, may not agree with another. Food which seemingly does not distress at one meal may do so at the next. It is, however, advisable to select easily digestible foods, such as soft boiled or raw eggs, underdone meats, green vegetables, broth, thickened with barley, oatmeal, sago, rice, farina and other such foods the patient knows agree with him. Instead of coffee or tea, Formula Herb Tea No. 225, page 99, or Peppermint or Linden Flower tea should be used, as they aid the digestion and do not irritate the nerves that control the stomach as coffee and ordinary tea do.

Remedies: Use Formula No. 291, page 112, or Formula No. 294, page 113.

Assisting the Treatment: If Constipated, use Formula No. 69, page 67, or Formula No. 72, page 68, but **If Biliary,** then, use Formula No. 14, page 55, instead. **In Nervous Weakness** use Formula No. 216 page 97.

ULCER OF THE STOMACH AND DUODENUM—When, through the continuous attacks of indigestion, the mucous lining

of the stomach becomes weakened, and the blood supply diminished, the mucous membrane, not being sufficiently nourished, loses its resistance and becomes open to attack by the acid juices of the stomach and ulcers form.

This happens, especially, in such cases where a sore has been started by burning the stomach with hot food, but is, more often, due to excessive amounts of acid formed by a faulty digestion, which gradually leads to the destruction of the lining and development of ulcers. When a blood vessel becomes destroyed by an ulcer, a bleeding or hemorrhage takes place. The blood, if vomited, is of a bright red color, but, if passed through the bowels, it generally appears in the stools as a dark tarry substance. (In case of cancer of the stomach, the vomit often has the appearance of coffee grounds.)

Food vomited up is undigested, very sour and slimy. Spasmodic, gnawing pains are felt from time to time in the pit of the stomach, and, not infrequently, the pain is felt in the back, between the shoulder blades. The pain is generally relieved by eating. The stomach is quite sensitive to pressure, and easily irritated by heavy, spicy foods, especially, if taken too hot or too cold.

A light, if possible, a liquid or semi-liquid diet should be resorted to for a while, or a fast started for a few days. Only food, that is known to agree with the patient, should be given, and it should be free from spices and other substances which would irritate the stomach. Overloading must be avoided by all means, even if the appetite is good. Pure water, or still better, flax seed tea, with the possible addition of fruit juices, should be the only drinks allowed. To act healingly on the irritated lining and the ulcer, a tablespoonful of a mixture of pure olive oil with an equal amount of the best extract of malt should be given on an empty stomach, about an hour before meals. The bowels should be kept well regulated.

By proper treatment and strict adherence to a proper diet, the chances for recovery are good. The ulcer will gradually heal and will remain healed, if the mistakes in diet that brought on the trouble, are avoided. In extreme weakness, however, it is not advisable to resort to self medication.

As an adjuvant in the treatment of ulcers of the stomach, there are a number of herbs which have proven of great merit. Formula No. 297, page 113, is composed of herbs carefully selected and in their proper proportions.

Remedies: Use Formula No. 297, page 113, or Formula No. 300, page 114.

Assisting the Treatment: If Constipated, use Formula No. 69, page 67, or Formula No. 72, page 68, but if Bilious then Formula No. 14, page 55, should be used instead. **In Blood Deficiency,** use Formula No. 30, page 59.

STONES AND GRAVEL IN KIDNEYS AND BLADDER—This trouble is caused by the collection of insoluble calcareous precipitates forming gravel or stones of various sizes in Kidneys and Bladder. If the deposits have formed in the kidneys, the pain extends from the loins down to the bladder, rectum, and testicles, and is more severely felt in the urinary passages. When these passages become obstructed by passing stones or gravel, scratching of the ureter may cause considerable pain and bleeding at times. If stones or gravel have formed in the bladder, the pain is felt at the neck of the bladder, extending downwards to the end of the penis (genitals), especially, when the last of the urine is voided. When the stone lodges over the mouth of the bladder, the flow of urine may, at times, be interrupted, or it may stop altogether, but a change in the position may remove the obstruction and produce a normal flow again.

There are a number of Herbs which possess anti-lithic and diuretic properties, which when properly combined and taken over a period of time have been found very helpful in loosening up and clearing the calcareous deposits. This combination of herbs will be found in Formula No. 303, page 115.

Assisting the Treatment: Hot Sitz Baths. If Constipated, use Formula No. 69, page 67, or Formula No. 72, page 68.

STONES IN GALL-BLADDER see Gall-bladder, Inflammation of

STOOLS see Symptoms, page 9.

STYE see Eyelids, sore, etc.

SUBSTITUTE FOR COFFEE OR TEA see Formula No. 225, page 99.

SUNBURN see Skin, Rough, etc.

SUPPRESSED MENSES see Menstruation, Suppressed.

SWEATING, CAUSE OF see Symptoms, page 11.

SWEATING FEET see Feet, Sweating.

SWEATING, OFFENSIVE see **Body Odour**.

SWEAT TEA see Formula No. 57, page 65 and Formula No. 58, page 65.

SWEATING, CAUSE OF see Symptoms, page 11.

TAPEWORM—There are several species of tapeworm inhabiting the human body and developing in the intestines. Their form is tape-like and consists of numerous flat segments or joints, of which the head is the smallest and the thinnest part and is provided with suckers. The tail end is the broadest, and is, at times, thrown off and expelled through the stools.

Inordinate appetite, disturbed digestion with a feeling of nausea, colicky pains in the abdomen are generally indicative of the presence of this unwelcome guest. Sometimes, however, no symptoms are present, and the discharge of pieces of the worm, which is found in the stools, is the only positive evidence of its existence. The parts are passed from time to time in connected links, or in single joints.

There are a number of good remedies that aid in expelling the worm in a few hours without producing any harmful effect upon the system. The ingredients entering into Formula No. 306, page 115, have proven quite effective and quick in action. This remedy, however, should be made fresh when needed, and then filled in capsules on account of its volatile nature and peculiar taste and also because only in this way, the full value of its specific action can be obtained.

Remedy: Use Formula No. 306, page 115.

TASTE, BITTER and PASTY, see **Biliousness**.

TEA or COFFEE SUBSTITUTE see Formula No. 225, page 99, or **Mate Leaves**.

TETTER see **Eczema and Ringworm**.

THROAT, Sore see **Tonsilitis**.

THUMB SUCKING (Children) see Formula No. 18, page 56.

TIRED FEELING, Cause of see Symptoms, page 10.

TONIC TEA see Formula No. 225, page 99.

TONSILITIS—SORE THROAT—QUINSY—Tonsilitis begins with pains in the throat, difficult swallowing, accompanied by general body ache and sometimes chills. The throat is swollen,

red and inflamed, and one or both tonsils are enlarged and covered with a thick white mucous. Sometimes the tonsils become ulcerated and this form of the disease is called Quinsy. Headache and fever are often present, the tongue is coated and the urine is highly colored and scanty. To relieve the inflammation, apply cold, wet compresses around the neck and cover with a dry one, change it when it becomes warm, and leave one on over night.

A gargle and mouth wash should be used freely to remove the slimy accumulations and to keep the throat antiseptic and clean.

Remedy: Use Formula No. 309, page 116.

Assisting the Treatment: If Constipated, use Formula No. 69, page 67, or Formula No. 72, page 68, but in the event a Cold and Fever is present then use Formula No. 54, page 64, instead. If appearing in connection with Rheumatism, use Formula No. 261, page 106.

ULCERS OF THE STOMACH see **Stomach Disorders.**

URINATION, SCANTY, THICK or CLOUDY see **Bladder, Inflammation of the.**

VOMITING see **Symptoms,** page 9, also **Biliousness, Stomach Disorders.**

WANT OF APPETITE see **Stomach Disorders.**

WARTS—These growths can be removed without pain and danger by the application of Formula No. 312, page 117.

WATERBRUSH see **Stomach Disorders.**

WAX IN THE EAR see **Earache.**

WEAKNESS, NERVOUS see **Nervousness and Herb Tonic Formula No. 30,** page 59.

WEAKNESS, SEXUAL see **Sexual Weakness.**

WHITES see **Leucorrhœa.**

WHITLOW or FELON OF THE FINGER—An inflammation of the finger, generally situated at the root of the nail. It is very painful and attended with swelling and soreness and in severe cases with throbbing. When it progresses to suppuration, a small white spot appears, which, when opened, discharges pus.

This is a very stubborn disease, if not properly attended to, and its healing depends to a great extent on the condition of the blood. The advice given under **Impure Blood** should, therefore, be followed. The local treatment should consist of bathing the

affected parts in a strong decoction of equal parts of Chamomile Flowers and Plantain Leaves, for about 15 minutes. They they should be dried thoroughly, and the affected finger tips should be dipped in a jar of softened Balsam Formula No. 282, page 110, for about 5 minutes. Care should be taken that the Balsam is not too hot. The adhering Balsam may be left on the fingers over night, using old gloves to prevent soiling the bed sheets.

Exposure of the affected fingers to water should be avoided by all means, especially to soap or lye water, as the irritation caused by these, interferes with the healing process. Therefore, washing, dishwashing and such similar tasks which necessitate exposure of the affected parts to water, should be discontinued, until the affected parts have been thoroughly healed.

Remedy: Use Formula No. 282, page 110.

Assisting the Treatment: In Impure Blood, use Formula No. 168, page 87, or Formula No. 171, page 88. **In Stomach Disorders,** use Formula No. 285, page 111, or Formula No. 291, page 112.

WHOOPIING COUGH—This is a contagious disease and generally a child's disease. The patient should be isolated.

The complaint begins with a moderate bronchitis, but soon the cough grows worse, especially at night. Gradually it develops into severe shocks of cough in rapid succession, followed by a deep inhalation or whoop, and the expectoration of a small amount of tough, sticky mucus. The patient should be kept in a warm, well ventilated room. The food should be light, and the bowels well regulated.

Remedy: Use Formula No. 315, page 117.

Assisting the Treatment: If Constipated, use Formula No. 75, page 69. **If Nervous and Restless,** use Formula No. 219, page 98, to be rubbed on the chest and throat.

WORMS—Intestinal parasites affecting the human body. See also Tapeworm). Paleness, restlessness, picking of the nose, irregular appetite, bad breath, itching in the rectum are generally the indications of the presence of worms. The sleep may be disturbed, the patient rolling from one side to the other, and grinding the teeth. These symptoms, however, may not all be present.

Remedy: Use Formula No. 321, page 118.

Assisting the Treatment: If Constipated, use Formula No. 75, page 69. **In Bodily Weakness,** use Formula No. 30, page 59.

WOUNDS—Clean them thoroughly with a mild solution of table salt. Boiled water should be used in making this solution. Stop the bleeding by applying sterilized clean cotton, and then dress with salve, Formula No. 324, page 119. This ointment has very healing and soothing properties. It is very useful in the treatment of wounds and sores of all kinds, cuts, burns, scalds, etc., and should be at hand all the time.



FORMULAS

All formulas in this book have been thoroughly tested in regard to their effectiveness and reliability. They cover all points of information in the treatment of the different diseases and are based on the practical experience of a lifetime. There is, therefore, no necessity of giving numerous formulas for each ailment, making their selection difficult and leaving the results that are expected to guess work.

The formulas in this book are all written in weight and liquid measure, as this is the only way to get uniform and correctly dosed preparations. The expected results depend to a great extent on this exactness.

The measurements you find in so many formulas, such as tablespoonful, cupful, handful, etc., are very inaccurate, because tablespoons, cups and hands are not all the same size. But a weight, such as an ounce, is always the same, no matter what is weighed—lead or feathers. A tablespoonful of a herb, if cut fine or powdered, will hold twice as much, or more, than a tablespoon of a coarser cut. Therefore a preparation made by measure is inaccurate. It will be different every time it is made and the results will naturally be uncertain.

The following is a table of weights and measures:

DRACHM equals 60 grains for weight and 60 minims (drops) for liquid measure.

OUNCE equals 8 drachms for weight or liquid measure.

POUND equals 16 ounces for weight.

PINT equals 16 ounces liquid measure.

QUART equals 2 pints liquid measure.

GALLON equals 4 quarts liquid measure.

DECOCTIONS

Decoctions are made by boiling vegetable material a certain length of time, generally from 10 to 20 minutes, to extract the active or useful principles. The process of boiling should be conducted slowly and in a closed vessel. Where the proportions are not given, one ounce of the raw material to a pint of water is generally used.

INFUSIONS

Infusions are made by adding the vegetable material to boiling water. It is then taken off the fire and allowed to stand until luke warm and then strained. When the proportions are not given, one ounce of the raw material to a pint of water is generally used.

NEVER BOIL AN INFUSION.

FORMULA NO. 1
Intestinal Elimination Powder

	Drachms
1. European Buckthorn Bark	6
Regulates bowels in a mild way.	
2. Indian Senna Fruit	4
Cleanses and regulates the system.	
3. Oregon Grape Root	2
Has a tonic effect.	
4. Sarsaparilla Root	2
Cleans blood; aids elimination.	
5. Watermint Leaves	2
Stimulates alimentary tract secretions.	
6. Sweetwood	2
Tonic to the mucous membrane.	
7. Anis Seed	2
Relieves gas and prevents its formation.	
Mix well and divide into 20 doses, using finely powdered material.	

Directions: Take one dose in water, or mixed with jelly or jam or honey, before retiring. In stubborn cases of constipation a dose in the morning may also be taken. This formula is especially useful, when a laxative is indicated to clean the intestines in a mild way.

FORMULA NO. 3
Powder for Asthma

	Drachms
1. Dragon Turnip	2
Facilitates expectoration.	
2. Ephedra Herb	2
Useful in bronchial catarrh and Asthma.	
3. Asthma Weed	1
Stimulates the respiratory tract, relieves spasms.	
4. Nerve Root	2
Quiets the nerves and relieves irritation.	
5. Murillo Bark	3
Loosens phlegm from bronchial tubes.	
6. Cinnamon Bark	2
Acts as a local stimulant; pleasant aromatic.	
7. Sweetwood	4
Relieves irritation; facilitates expectoration.	

8. **Elecampane Root** 4
 Allays cough and catarrhal inflammation of air passages.

Mix well and divide into 20 doses, using finely powdered material.

Directions: Divide one dose in three parts and take one part in the morning, at noon, and at night, either mixed with a little honey, or stirred up in some water.

This combination of herbs is a valuable remedy in affections of the throat and lungs, where slimy accumulations obstruct the air passages and cause shortness of breath, wheezing, dry painful coughing. It aids to loosen the phlegm, facilitates expectoration, relieves spasms and stimulates the respiratory center.

FORMULA NO. 6

Asthma Inhalation Powder

Note: This powder is used by Inhalation only; The powder is burned and only the smoke is inhaled.

	Ounces
1. Devil's Apple Leaves	3
2. Black Henbane Leaves	$\frac{1}{4}$
3. Asthma Weed	$\frac{1}{4}$
4. Belladonna Leaves	$\frac{1}{4}$
5. Cascarella Bark	$\frac{1}{4}$
6. Nitrate of Potash	1

Mix well and keep in a dry place, using powdered material.

Directions: Place about half a teaspoonful of the mixture on a piece of tin or porcelain, light it with a match and inhale the fumes through the Nostrils. This should be done immediately upon sensing the approach of an Asthmatic Paroxysm.

FORMULA NO. 9

Asthma Cigarettes

	Ounces
1. Devil's Apple Leaves cut	$3\frac{1}{4}$
2. Black Henbane Leaves cut	$\frac{1}{4}$
3. Belladonna Leaves cut	$\frac{1}{4}$
4. Nitrate of Potash cut	$\frac{1}{4}$

Dissolve the Nitrate of Potash in one ounce of water, saturate the herbs, which have been previously well mixed, with the solution, dry in a moderate heat and roll or fill into cigarette papers.

These cigarettes are smoked and inhaled to relieve Asthmatic Paroxysms and other Bronchial irritations.

FORMULA NO. 12
Tea for Bed Wetting

	Drachms
1. Mountain Cranberry cut	6
Gives tone to the urinary organs.	
2. St. Johnswort cut	6
Useful in urinary affections, especially when of a Nervous nature.	
3. Yellow Mocassin Root cut	2½
Very quieting to the nervous system.	
4. Water Plantain	3
A good urinary antiseptic and astringent.	
5. Belladonna Leaves	½
Valuable to control involuntary muscular relaxation	
6. Pewter Wort	2
Strengthens the bladder.	

Mix well and divide into 20 doses, using Herbs specially cut for Tea purposes.

Directions: Add one dose to a cup of boiling water, let it stand for about 5 minutes, then strain. Give half of the infusion in the morning and the other half after supper, sweetened with honey, if desired.

FORMULA NO. 14
Liver Capsules

	Grains
1. Fringetree Extract	40
Relieves congestion of the Liver.	
2. Wahoo Bark Extract	10
Stimulates the action of the Liver.	
3. Indian Apple Rt. Extract	4
Increases the flow of bile.	
4. Culver's Root Extract	20
Activates the Liver.	
5. Virginia Poke Rt. Extract	10
Acts favorably on the glandular system.	
6. Spiked Aloe	60
Increases peristalsis; produces copious stools.	
7. Turkey Rhubarb	50
Increases muscular action of the intestines.	
8. Quaker Button	2
Stimulates the nervous system.	

Mix thoroughly, use finely powdered material, and then pass through a small meshed sieve and fill into 40 capsules equally divided.

Directions: Two capsules once or twice a day, according to the Laxative action required.

This formula is especially useful in Biliousness, sluggish or torpid liver, Constipation of long standing, Catarrh of the Stomach, Bowels and Gall-bladder. It will be found beneficial in dizziness, sick headache, nausea and gassy conditions of Stomach and Bowels.

FORMULA NO. 18

Finger-tip Dip

	Drachms
1. Bitter Ashwood	8
2. Bitter Mugwort	4
3. Indian Elm Bark	2
4. White Bryony	1
5. Paradise Seed	1
6. Sodium Benzoate	$\frac{1}{8}$

Boil the Herbs with one pint of water down to half a pint, strain and add No. 6, which acts as a preservative.

Directions: Moisten the finger-tips with the liquid, allowing it to dry on. Repeat when washed off.

This preparation applied to finger ends is very effective in the prevention of nail biting, thumb and finger sucking. It acts as a reminder, is absolutely harmless and should be tried by all those who have acquired any of these nasty habits.

FORMULA NO. 21

For Kidneys and Bladder

	Drachms
1. Mountain Cranberry	8
Very efficacious in catarrhal conditions of bladder.	
2. Mountain Mahogany	2
A mild stimulant and astringent.	
3. Couch Grass	8
Relieves irritation, acts soothing and healing.	
4. Buchu Leaves	4
Urinary antiseptic; relieves inflammation.	
5. Juniper Berries	2
Stimulates the action of the genito-urinary tract.	
6. Princes Pine	3
A reliable diuretic.	

- 7. **Shave Grass** 3
 Acts healing and soothing to the mucous membrane.
- 8. **Celery Seed** 2
 Relieves the tendency to spasms.
 Mix well and divide into 20 doses, using either Herbs especially cut for Tea or in the powdered form.

Directions for Tea: Add one dose to three cups of boiling water, cover, boil slowly for about 2 to 3 minutes, let it stand for ten minutes, then strain and take one third in the morning, noon and at night either before or after meals. If boiling water is not available, use hot water and allow to stand for half hour. It may be sweetened with honey, rock candy, sugar, etc., to suit taste.

Directions for Powder: Divide one dose in three parts, taking one third morning, noon and at night, either before or after meals. It may be taken in water, or mixed with honey, jelly or jam.

Whenever a reliable remedy is needed to relieve an inflamed catarrhal condition of the bladder, with its annoying symptoms of scanty or painful urination, thick cloudy urine, spasms in the bladder, constant desire to urinate, then these formulas can be used to good advantage. They stimulate the action of the genito-urinary tract, relieve irritation and tend to act as a soothing and healing agent to the mucous membrane of Kidneys and Bladder.

FORMULA NO. 24
For High Blood Pressure
No. 1

	Drachms
1. Rue Herb	1
Stimulates the nerves.	
2. European Golden Rod	1
Diuretic, relieves congestion.	
3. German Valerian Rt.	3
Acts quieting and soothing on the nervous system.	
4. Sweet Wood	3
Acts mildly on the bowels.	
5. Black Alder Dogwood	6
Cleanses the blood, stimulates Stomach and Bowels.	
6. Tall Speedwell	4
Stimulates the digestive functions.	
7. Linden Flowers	2
Gentle stimulant and tonic.	

Mix well and divide into 20 doses, using the Herbs especially cut for Tea, or in the powdered form.

Directions for Tea: Add one dose to three cups of boiling water, cover, boil slowly for about 2 to 3 minutes, let it stand for ten minutes, then strain and take one third in the morning, noon and at night either before or after meals. If boiling water is not available, use hot water, and allow to stand for half hour. It may be sweetened with honey, rock candy, sugar, etc., to suit taste.

Directions for Powder: Divide one dose in three parts, taking one third morning, noon and at night, either before or after meals. It may be taken in water, or mixed with honey, jelly or jam.

For those suffering from constipation the following formula is more appropriate.

FORMULA NO. 27
For High Blood Pressure
No. 2

	Drachms
1. Sassafras Bark	1½
Valued for its blood cleansing properties.	
2. European Golden Rod	1½
Relieves congestion, Diuretic.	
3. Water Shamrock	1½
Stimulates the system.	
4. Black Rattlesnake Rt.	1½
Relieves nervous tension, reduces arterial action.	
5. Pigeonberry	1½
Stimulates glandular action.	
6. Indian Senna Fruit	6
Activates the bowels.	
7. European Black Alder Bark	15
Cleans and regulates the system.	
8. Cassia Bark	1½
Stimulates the circulatory system.	

Mix well and divide into 20 doses, using the Herbs either especially cut for Tea or in the powdered form.

Directions for Tea: Add one dose to three cups of boiling water, cover, boil slowly for about two to three minutes, let it stand for ten minutes, then strain and take one third in the morning, noon and at night either before or after meals. If boiling water is not available, use hot water and allow to stand for half hour. It may be sweetened with honey, rock candy, sugar, etc., to suit taste.

Directions for Powder: Divide one dose in three parts, taking one third morning, noon and at night, either before or after meals. It may be taken in water, or mixed with honey, jelly or jam.

These two formulas are also highly valued in Hardening of the Arteries, Fullness in the Head, Ear and Head noises resulting from these troubles. If these noises are especially felt at night in bed, they are generally due to nervous disturbances or anemia and should be treated by removing the underlying cause.

FORMULA NO. 30

Herb Tonic

	Drachms
1. Quaker Button	¾
Stimulates the system, incites the appetite.	
2. Indian Senna	16
Cleanses the Stomach and Bowels.	
3. Bitter Orange Peel	2½
Aids the Digestion and Assimilation of food.	
4. Cinchona Bark	3
Invigorates the nervous system, aids digestion.	
5. Gentian Root	4
A splendid digestive, useful in debility and exhaustion	
6. Cassia Bark	1
Tones up the circulatory system.	
7. Coriander Seed	1
Relieves gas.	
8. Mother Cloves	¼
Excites languid digestion, Aromatic stimulant.	
9. Oil of Orange	1
Improves taste of preparation.	
10. Medicinal Muscatel Wine	1
In the small single doses acts as a system Tonic.	
	Ounces
11. Sugar	4
Improves taste.	

Extract herbs listed from No. 1 to 8 inclusive in the wine for 3 or 4 days, then press off the liquid and add Nos. 9 and 11.

Directions: One tablespoonful three times a day. If appetite is poor take before meals, otherwise, after meals.

Whenever a good Blood and Body Builder is required this formula can be highly recommended. It builds and tones up the

system, imparts strength and vitality to the weakened organs and enriches the blood. Excellent in General Weakness, Run Down condition and Exhaustion of the Body and Nervous System, and also in Low Blood Pressure, Poor Circulation and Anemia.

FORMULA NO. 32

Deodorizing Lotion

	Drachms
1. Murillo Bark	1
2. Red Oak Bark	2
3. Alum Chloride	1
	Grains
4. Menthol	$\frac{1}{2}$
	Drop
5. Oil of Rhodium	1
	Ounces
6. Distilled Water	4

Boil items No. 1 and No. 2 in No. 6 slowly for about 5 minutes, let stand until luke warm, then strain and add No. 3, No. 4 and No. 5, shake until No. 4 is dissolved and finally add sufficient distilled water to make 4 ounces.

Directions: Apply to affected parts every other night, let it dry in and wash the applied part the next morning with water.

A very useful preparation to overcome body odour and offensive perspiration, quickly and effectively.

FORMULA NO. 34

Drawing and Healing Plaster

	Drachms
1. Camphorated Mother's Plaster	7
2. Navy Tar	$\frac{1}{2}$
3. Burgandy Pitch	1
4. Balsam Peru	$\frac{1}{2}$
5. Basilicon Ointment	7

Melt No. 1, 2, 3 and 5 and when half cooled add No. 4.

Directions: Spread on a clean piece of linen as thick as the blade of a knife and big enough to cover the boil or inflamed pimple. Hold in place by adhesive tape and renew morning and night. When the discharge of pus ceases, in order to complete the healing of the wound, apply Antiseptic Salve No. 324.

FORMULA NO. 36
For Bronchial Cough

	Drachms
1. Mountain Balm	2½
Stimulates the respiratory organs.	
2. Wild Cherry Bark	4
Allays irritation and aids expectoration.	
3. Pearl Moss	2
Very useful in chronic pectoral affections.	
4. Sweet Wood	9
Facilitates expectoration.	
5. Hyssop Herb	2
Relieves congestion in chest and bronchial tubes.	
6. Elecampane Root	6
Very helpful in chronic pulmonary affections.	
7. Asthma Weed	½
Relaxes the system, stimulates the respiratory center.	
8. Anis Seed	2
An aromatic expectorant of value.	

Mix well and divide into 20 doses, using Herbs especially cut for Tea.

Directions: Add one dose to three cups of boiling water, cover, boil slowly for about two to three minutes, let it stand for ten minutes, then strain and take one third in the morning, noon and at night either before or after meals. If boiling water is not available, use hot water, and allow to stand for half hour. It may be sweetened with honey, rock candy, sugar, etc., to suit taste.

FORMULA NO. 39
For Bronchial Cough
In Powder Form

	Drachms
1. Sea Onion	1
An excellent expectorant and stimulant for the bronchial tubes.	
2. Ipecac Root	½
Loosens the phelgm and relieves bronchial irritation.	
3. Lobelia Herb	1½
Acts stimulating on the respiratory organs.	
4. Pearl Moss	6
Relieves irritation acts soothing and healing.	
5. Murillo Bark	4
Facilitates expectoration.	

6. Sweet Fennel 8

An aromatic expectorant.

Mix well and divide into 20 doses, using finely powdered material.

Directions: Divide one dose in three parts, taking one third morning, noon and night, either before or after meals. It may be taken in water, or mixed with honey, jelly or jam.

The foregoing two formulas (No. 36 and No. 39) will be found especially valuable in coughs and colds affecting the bronchial tubes and lungs. Dry and painful coughing with soreness and hoarseness of the throat will be greatly benefitted by the soothing and healing effect of these herbs. They tend to relieve irritation and congestion in chest and air passages, facilitate expectoration and stimulate the respiratory organs.

FORMULA NO. 42

Bunion Balsam

	Grains
1. Balsam Peru	15
2. Aloe Powder	15
3. Myrrh Powder	25
4. Benzoe Powder	60
5. Iodine Powder	15
6. Menthol	15

Ounces

7. Flexible Collodion 1

Mix well in a bottle, let stand for a few days occasionally shaking the mixture, then strain off the clear liquid, discarding the sediment.

Directions: Apply to bunions with a brush morning and night.

This formula is a well tried and very effective preparation for Bunions and inflamed joints.

FORMULA NO. 45

Salve for Bunions

	Grains
1. Phenol	20
2. Menthol	20
3. Camphor	20
	Drachms
4. Woolfat	3
5. Green Laurel Oil	3
6. Basilicon Ointment	8
7. Belladonna Extract	½

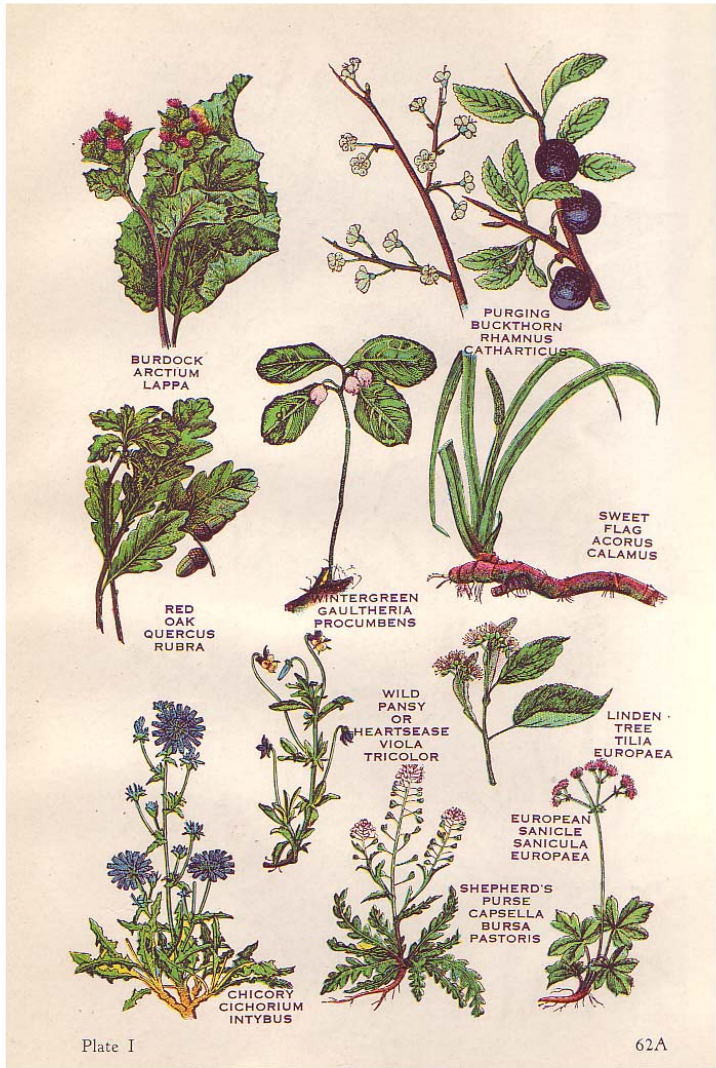
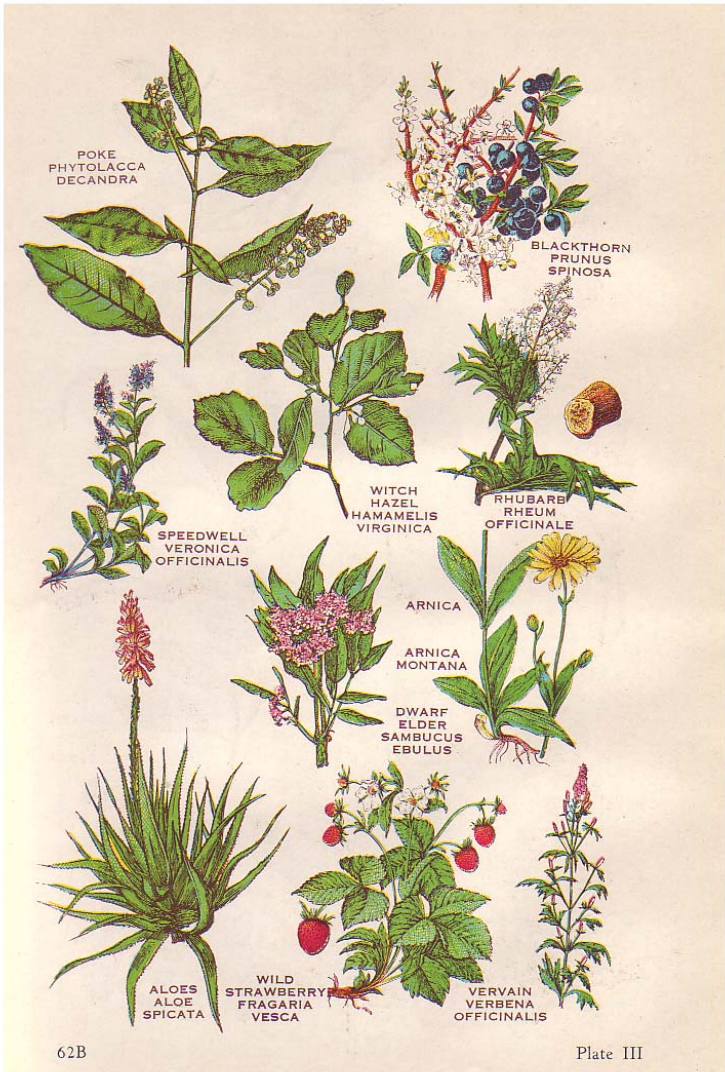


Plate I



- Drops**
8. **Oil of Cloves** 10
 Make into a smooth salve and apply to bunions morning and night. This salve should be used when the skin is open. Calluses on bunions can be removed with Formula No. 78, page 000.

FORMULA NO. 48
For Change of Life

- Drachms**
1. **White Poplar Bark** 3
 Uterine and general tonic.
2. **Squaw Vine** 2
 A great Indian remedy for female irregularities.
3. **Birth Root** 3
 Uterine Tonic.
4. **Squaw Bush** 3
 Relieves menstrual pain and cramps.
5. **Blazing Star Root** 2
 Uterine Tonic.
6. **Damiana Leaves** 4
 Increases the power of the reproductive organs.
7. **Cassia Bark** 3

Tones the circulatory system, arrests hemorrhages.
 Mix well and divide into 20 doses, using the Herbs either especially cut for Tea or in the powdered form.

Directions for Tea: Add one dose to three cups of boiling water, cover, boil slowly for about two to three minutes, let it stand for ten minutes, then strain and take one third in the morning, noon and at night either before or after meals. If boiling water is not available, use hot water, and allow to stand for half hour. It may be sweetened with honey, rock candy, etc., to suit taste.

Directions for Powder: Divide one dose in three parts, taking one third morning, noon and at night, either before or after meals. It may be taken in water, or mixed with honey, jelly or jam.

This combination of herbs has proven very useful and efficient in change of life and its accompanying symptoms known as Hot Flushes, Dizziness, Headaches, Nervous Irritability, Pain in loins and back and in general weakness.

FORMULA NO. 51
Chilblain Balsam

- Drops**
1. **Oil of Mustard** 4

2. Oil of Eucalyptus	20
	Grains
3. Menthol	10
	Drachms
4. Tincture of Iodine	2
5. Flexible Collodion	6

Place in bottle and mix well, allow to stand for a few hours.

Directions: Apply with brush to affected parts before retiring; if the skin is broken use Salve Formula No. 45. These formulas are serviceable and effective.

FORMULA NO. 54 Cold Breaker Capsules

	Grains
1. Friars Cap Root	5
Reduces fever, relieves pain.	
2. Quaker Button	5
Stimulates the nervous system.	
3. Gum Camphor	5
Incites circulation, stimulates heart action.	
4. Aloin	5
Regulates and cleans the digestive tract.	
5. Yellow Jessamine	2
Useful in fever, ague, influenza.	
6. Curcuma Root	2
Stimulant aromatic.	
7. Indian Apple Extract	5
Acts on Liver and bowels.	
8. Quinia	50
Breaks fever and chills.	
	Drop
9. Oil of Anis	1
Aromatic.	

Mix thoroughly, use finely powdered material, and then pass through a small meshed sieve and fill in 20 capsules equally divided.

Directions: Take one capsule morning, noon and at night, and if bowels move too freely take only one capsule in the morning and one at night.

These capsules have proven to be very effective in the different forms of colds, chills, fever and catarrhal conditions due to colds.

FORMULA NO. 57

Diaphoretic or Sweat Producing Tea—Strong

	Drachms
1. Elder Flowers	1½
Promotes fluid secretions.	
2. Linden Flowers	1½
A gentle stimulant and diaphoretic.	
3. Squaw Mint	1½
Stimulates secretions and opens the pores.	
4. Boneset	1½
Produces sweating, valuable tonic in fevers.	
5. Jaborandi Leaves	4
Produces profuse perspiration.	

Mix well and divide into 5 doses, using Herbs especially cut for Tea.

Directions: Add one dose to two cups of boiling water, let stand for about 3-5 minutes, then strain and drink before going to bed.

This formula is an excellent one to produce sweating, which is so helpful as an adjunct in the treatment of Colds, Influenza, Ague, Malaria and all feverish conditions. For Children or as a mild Diaphoretic, Formula No. 58 should be used.

FORMULA NO. 58

Diaphoretic or Sweat Producing Tea—Mild

	Drachms
1. Thoroughwort	2
A reliable diaphoretic.	
2. Elder Flowers	4
Promotes perspiration.	
3. Black Birch Leaves	2
Acts on Kidneys and opens the pores.	
4. Watermint Leaves	2
Aromatic stimulant.	

Mix well and divide into 10 doses, using Herbs especially cut for Tea.

Directions: Add one dose to two cups of boiling water, let stand for about 3-5 minutes, then strain and drink hot before going to bed. For children the amount of water may be decreased and the Tea may be sweetened.

FORMULA NO. 60**Penetrating Massage Cream**

	Grains
1. Gum Camphor	45
2. Menthol	30
	Drops
3. Oil of Wintergreen	75
4. Oil of Black Mustard	8
5. Oil of Geranium	15
	Drachms
6. Benne Oil	5
7. Woolfat	10
8. White Petrolatum	2½
9. Rose Water	6

Melt Nos. 6, 7 and when half cooled add No. 1, 2, 3, 4, 5 and stir until dissolved then add No. 9, previously warmed a little and keep on stirring until a smooth cream is obtained.

Directions: Rub well into affected parts morning and night.

This cream will be found to be an excellent massage cream for the use in poor circulation, coldness, numbness, etc.

FORMULA NO. 63**For Colic in Infants**

	Drachms
1. Fennel Seed	4
Relieves pain from gas pressure.	
2. Watermint Leaves	3
Relieves cramps and pain.	
3. Valerian	1
Acts quieting and soothing on stomach and bowels.	
4. Chamomile Flowers	2
Removes gases, relieves spasms and colicky pains.	

Mix well and divide into 20 doses, using Herbs especially cut for Tea.

Directions: Add one dose to 1½ cups of boiling water, let it steep for about 5 minutes, then strain and give in 5 or 6 doses during the day, preferably warm in milk or plain.

This harmless but effective herb combination has a quieting and soothing effect, relieves gases and the pains and spasms caused by them. It should be at hand at all times.

FORMULA NO. 65

System Regulator Capsules

	Grains
1. May Apple Root Extract	8
Incites the liver to a healthy action.	
2. Tall Speedwell Extract	48
Cleanses liver and blood.	
3. Wahoo Bark Extract	48
A great Indian remedy to stimulate liver and bowels.	
4. Quaker Button Powder	24
Strengthens the nervous system.	
5. Spiked Aloe Powder	96
Increases bowel activity, promotes copious stools.	
	Drops
6. Oil of Caraway Seeds	6
Relieves gas and spasmodic pains.	

Mix thoroughly, pass through a small meshed sieve; then fill into 48 capsules equally divided.

Directions: One or two capsules before retiring as needed. Whenever a general cleaning of the whole system and proper regulation of Stomach, Liver and Bowels, is needed, this formula will give satisfactory results. Its action is mild, harmless and safe.

FORMULA NO. 69

Laxative Herbs for Constipation—Strong

	Drachms
1. Yellow Dock Root	2
Stimulates the bowels.	
2. Wood Violet Leaves	2
Has a tonic Laxative effect.	
3. Indian Senna Fruit	4
Increases muscular action of stomach and bowels.	
4. Culvers Root	3
A great stimulant for liver and bowels.	
5. Water Mint	1
Relieves Gas.	
6. California Barberry Rt.	2
Causes easy bowel movements, aids digestion.	

7. **Sweetwood** 4
Mild Laxative.
8. **Mandrake Root** 2
Incites liver action, increases flow of bile.
Mix well and divide into 20 doses, using either Herbs especially cut for Tea or in the powdered form.
Directions for Tea: Add one dose to one or two cups of boiling water. Boil for two or three minutes, let it stand for about 10 minutes, then strain and drink before retiring. If boiling water is not available, use hot water and allow to stand for half an hour.
Directions for Powder: Take one dose, either in water or mixed with honey, jelly or jam before retiring.

FORMULA NO. 72
Laxative Herbs for Constipation—Mild

- | | Drachms |
|---|----------------|
| 1. Mother of Thyme
Useful in debility of stomach and bowels. | 1 |
| 2. Buckthorn Bark
A valuable laxative, especially in habitual constipation. | 6 |
| 3. Sassafras Bark
Tones the bowels and cleanses the blood. | 2 |
| 4. Oregon Grape Rt.
Acts mildly on liver and bowels. | 2 |
| 5. Knotgrass
Acts soothing and healing on the mucous lining of bowels. | 3 |
| 6. Licorice Root
Has a mild action on the bowels. | 2 |
| 7. Indian Senna Fruit
Stimulates the action of the bowels.
Mix well and divide into 20 doses, using either Herbs especially cut for Tea, or in powdered form.
Directions for Tea: Add one dose to one or two cups of boiling water boil for two or three minutes, let it stand for about 10 minutes, then strain and drink before retiring. If boiling water is not available, use hot water and allow to stand for half an hour.
Directions for Powder: Take one dose, either in water or mixed with honey, jelly or jam before retiring. | 4 |

Formulas No. 69 and 72 are two good formulas for constipation and consequently are excellent for the treatment of diseases arising from disorders of the Stomach, Liver and Bowels. They

promote a healthy secretion of the gastric and digestive juices, which aid in performing the functions of the inner organs. They are therefore invaluable in cases of Constipation, Biliousness, Coated Tongue, Foul Breath, etc., caused by a lazy action of the liver and sluggish bowels. Where a stronger action is indicated Formula No. 69, should be used. Formula No. 72, on the other hand, is mild in its action.

FORMULA NO. 75
Laxative Herbs for Constipation
For Children

	Drachms
1. Licorice Root	6
Mild Tonic Laxative.	
2. Heartease Herb	2
Stimulates secretion, cleans blood.	
3. Crimson Clover Blossoms	2
Cleanses and regulates the system.	
4. Indian Senna Fruit	2
Stimulates the action of stomach and bowels.	
5. Sweet Fennel Seed	4
Relieves gas, colic, and griping pains.	
6. European Black Alder	4
Regulates and cleans the bowels in a mild way.	

Mix well and divide into 20 doses, using either Herbs especially cut for Tea, or in the powdered form.

Directions: For tea and powder the same as Formula No. 72, excepting, use one cup of boiling water instead of two and dose may be reduced or increased according to constitution and age of the child.

In children with their undeveloped, tender organs, special care must be taken not to use harsh and drastic laxatives to overcome constipation. In this Formula No. 75, the mild and harmless herbs have been so combined as to give best results.

FORMULA NO. 78
Corn Remover

1. Ricinus Oil	Drops 15
2. Salicylic Acid	Grains 15

	Drachms
3. Collodion	2
4. Spirits of Ether	½
	Drops
5. Alcanet Root Extract—1 in 10 solution	2

Dissolve No. 2 in 3 and 4, then add Nos. 1 and 5.

Directions: Apply with brush to corns and calluses morning and night until skin becomes white under the coating, then soak the foot in warm water and remove the hardened skin with finger nail. Repeat if necessary.

This Formula is safe and reliable for the removal of corns, calluses, hardened skin of any kind, warts, without pain or discomfort.

FORMULA NO. 81

Tea for Coughs

1. Thyme Leaves	4
Acts quieting and soothing on the mucous membrane.	
2. Murilla Bark	2
Aids expectoration.	
3. Couch Grass	6
Loosens mucous accumulations.	
4. Lobelia Herb	½
Stimulates the respiratory centers.	
5. Lungwort Herb	5
A valuable expectorant.	
6. Pearl Moss	2
Very useful in chronic pectoral affections.	
7. Elecampane Root	5½
Facilitates expectoration.	
8. Sweetwood	9
Relieves irritation, loosens phlegm.	
9. Anis Seed	6
Allays irritation in the air passages.	

Mix well and divide into 20 doses, using Herbs especially cut for Tea.

Directions: Add one dose to three cups of boiling water, cover, boil slowly for about 2 to 3 minutes, let it stand for ten minutes, then strain and take one third in the morning, noon and at night before or after meals. If boiling water is not available, use hot water and allow to stand for half hour. It may be sweetened with honey, rock candy, sugar, etc., to suit taste.

This is a very good formula for the treatment of affections of the bronchial tubes and lungs. Coughs and colds settled in these organs, and the tickling and irritation in the throat are quickly relieved by its quieting and soothing effect. It also helps to loosen up the phelgm and facilitates expectoration.

FORMULA NO. 84

Dandruff Hair Wash

	Drachms
1. Bitter Ash Bark	2
2. Bitter Apple Pulp	1
3. Murillo Bark	12
4. Red Oak Bark	2
5. English Walnut Leaves	1½
6. Black Birch Leaves	1½

Mix well and divide into 20 doses, using Herbs especially cut for Tea.

Directions: Boil one dose in a pint of water slowly for about 5 minutes then strain and use the liquid while still warm as a shampoo before retiring, washing and brushing the scalp thoroughly with the decoction. When nearly dry, massage the scalp well with Formula No. 87, working it in well with the finger tips, moving the skin in a circular movement and then loosening the scalp by pulling the hair. Hair coming out by this procedure would fall out anyway. It is the new hair that will stay and be healthy and strong. Use the shampoo twice a week, but Formula No. 87 daily.

FORMULA NO. 87

Scalp Massage Oil

	Ounces
1. Ricinus Oil	1
2. Oil of Burdock Root (Klettenwurzel oil, German)....	2½
3. Rock Oil	½
	Drops
4. Oil of English Lavender	15
	Grains
5. Alkanet Root Extract	½

Mix well and rub into scalp as directed under instructions, Formula No. 84. Loss of hair is mostly due to an unhealthy condition of the scalp, brought on by parasitical life of either plant

or animal origin, or to inactivity of the sebaceous glands and poor circulation. Formulas No. 84 and No. 87 will give good results in all these disturbances, if the instructions are carefully followed out. They tend to clean the scalp, help the circulation of the blood, invigorate the hair follicles, and keep the scalp in a sanitary condition. If used faithfully for a while, it will tend to stop the falling out of the hair and stimulate the growth of new hair. Very often the loss of hair is also due to nervous disturbances, in such cases the nervous system should be treated at the same time in order to get best results.

FORMULA NO. 90

For Diabetes

	Drachms
1. Cleavers Herb	2
Relieves inflammation of the urinary tract.	
2. Couch Grass	4
Acts healing and soothing.	
3. Mountain Cranberry	6
Gives tone to urinary organs, assists metabolism.	
4. Spotted Wintergreen	2
Improves bodily functions.	
5. Jambol Berries	4
Considered of exceptional merit in Diabetes.	
6. European Bilberry Leaves	2
In Europe is extensively used in Diabetes.	

Mix well and divide into 20 doses, using either the Herbs especially cut for Tea, or in the powdered form.

Directions for Tea: Add one dose to three cups of boiling water, cover, boil slowly for about 2 to 3 minutes, let it stand for ten minutes, then strain and take one third in the morning, noon and at night either before or after meals. If boiling water is not available, use hot water and allow to stand for half hour. It may be sweetened with Saccharine, or Fruit Juice be added.

Directions for Powder: Divide one dose in three parts, taking one third morning, noon and at night, either before or after meals. It should be taken in water.

FORMULA NO. 93
Tea for Diarrhea

	Drachms
1. Alum Root	4
Arrests excessive mucous discharges.	
2. Colombo Root	4
Valuable in inflammatory diseases of stomach and bowels.	
3. African Ginger	3
Effective stimulant for loose bowels.	
4. White Oak Bark	4
Relieves Diarrhea and Dysentary.	
5. Wild Pomegranate	8
Effective astringent, very useful in Diarrhea.	
6. Mountain Mahogany Leaves	4
Stimulates the mucous membrane of the bowels.	
7. Wild Sage	3
Relieves inflammation.	

Mix well and divide into 20 doses, using either Herbs especially cut for Tea, or in powdered form.

Directions for Tea: Add one dose to three cups of boiling water, cover, boil slowly for about 2 to 3 minutes, let it stand for ten minutes, then strain and take one third in the morning, noon and at night, either before or after meals. If boiling water is not available, use hot water and allow to stand for half hour. It may be sweetened with honey, rock candy, sugar, etc., to suit taste.

Directions for Powder: Divide one dose in three parts, taking one third morning, noon and at night, either before or after meals. It may be taken in water, or mixed with honey, jelly or jam.

FORMULA NO. 96
Drops for Diarrhea

	Drachms
1. Jamaica Ginger Powder	1
Stimulates action of stomach and bowels.	
2. Zanzibar Pepper Powder	¼
Increases the blood flow to affected parts.	
3. Rhatany Root Powder	1½
Has powerful astringent properties.	
4. Ladies Slipper Root	1½
Quiets the affected nerves.	

- | | |
|---|-----|
| 5. Tormentil Root | 1½ |
| Useful astringent in Diarrhea and Dysentery. | |
| 6. Red Oak Bark Root | 1½ |
| Stops mucous discharges, acts as an antiseptic. | |
| 7. Gum Camphor Powder | ½ |
| Refreshes and revives body functions. | |
| 8. Oil of Peppermint | ½ |
| Allays griping and spasms, aids digestion. | |
| 9. Tincture Valerian | 22½ |
| Relieves spasms and cramps. | |
| 10. Ether | 2½ |
| Relieves pain and spasms. | |

Extract the powders with the liquids for 2 to 3 days, then strain and add No. 8.

Directions: Take 15 to 20 drops 3 or 4 times a day in warm water. These drops may be added to the infusion made in Formula No. 93.

FORMULA NO. 98

Tea for Dropsy

- | | Drachms |
|--|---------|
| 1. Rattlesnake Master Root | 6 |
| Stimulates the elimination of waste products. | |
| 2. Sea Onion | 1 |
| Incites the flow of urine. | |
| 3. Black Indian Hemp Root | 6 |
| Removes dropsical accumulations. | |
| 4. Great Celandine Herb | 6 |
| Increases the flow of urine; effective hydragogue. | |
| 5. Purple Foxglove Leaves | 1 |
| Stimulates heart action, helps the absorption of dropsical deposits. | |

Mix well and divide into 20 doses, using Herbs especially cut for Tea.

Directions: Add one dose to three cups of boiling water (do not boil), let stand for about 10 minutes, then strain, and drink one third of the infusion morning, noon and night.

For a formula that acts similarly and is in a more convenient form, see Formula No. 102 which is put up in capsules.

FORMULA NO. 102

Capsules for Dropsy

	Grains
1. Purple Foxglove	30
For properties, see Formula No. 98.	
2. Sea Onion	30
For properties, see Formula No. 98.	
3. Buchu Leaves Extract	30
A very useful diuretic and eliminator.	
4. Mountain Cranberry Extract	60
Stimulates the Urinary organs.	

Mix thoroughly and fill into 30 capsules equally divided, using finely powdered material.

Directions: One capsule morning, noon and at night with some warm water.

In order to help the elimination of water, not only through the Kidneys but also through the Bowels, Formula No. 105, which is a hydragogue cathartic, should be used in connection with Formula No. 98 or Formula No. 102.

FORMULA NO. 105

Hydragogue Capsules

	Grains
1. Jalap Root Resin	5
Produces copious watery stools.	
2. Gamboge Resin	12½
An effective Hydragogue Cathartic.	
3. Mandrake Root Resin	2½
Incites Liver and Bowels to greater activity.	
4. Culvers Root Extract	10
Causes watery evacuation of the bowels.	
5. Henbane Extract	5
Relieves irritation in the nervous system.	
6. Aloe Powdered	15
Induces watery bowel movements.	

Mix thoroughly and fill into 20 capsules equally divided.

Directions: Two capsules once a day. If watery stools are not obtained, the dose may be increased.

FORMULA NO. 108**For Dysentery**

	Drachms
1. Punic Apple Bark	11
Invigorates the weakened mucous lining of the Bowels.	
2. Tormentill Root	3
Strengthens the action of the Bowels.	
3. Catarrh Root	3
Relieves catarrhal conditions.	
4. Blackberry Bark	3
Known for its valuable astringent properties.	
5. Shepherds Purse Herb	3
Contracts blood vessels; stops bleeding.	
6. Blood Staunch Herb	3
Contracts loose textures.	
7. Alum Root	4
Arrests hemorrhages and mucous discharges.	

Mix well and divide into 20 doses, using either Herbs especially cut for Tea or in the powdered form.

Directions for Tea: Add one dose to three cups of boiling water, cover, boil slowly for about 2 to 3 minutes, let it stand for ten minutes, then strain and take one third in the morning, noon and at night either before or after meals. If boiling water is not available, use hot water and allow to stand for half hour. It may be sweetened with honey, rock candy, sugar, etc., to suit taste.

Directions for Powder: Divide one dose in three parts, taking one third morning, noon and at night, either before or after meals. It may be taken in water, or mixed with honey, jelly or jam.

Formula No. 96 should always be used in connection with Formula No. 108 and may be taken right in the tea, or with the powder.

FORMULA NO. 111

Ear Oil

	Drops
1. Oil of Cajeput	8
2. Oil of Rue	8
3. Oil of Mother of Cloves	4
	Drachms
4. Camporated Oil	4
5. Oil of Sesame	4
	Grain
6. Bugloss Root Extract	¼

Mix well.

Directions: Drop into the ear about 5 to 6 drops before retiring and in the morning.

This formula is recommended to improve hardness of hearing, ringing and buzzing in the ear, and to soften and remove ear wax, which is often responsible for noises in the ear. Nervous and Anemic people are often bothered with ear noises, especially at night in bed; in such instances the underlying cause should receive attention.

FORMULA NO. 114

External Lotion for Skin Eruptions (Eczema Lotion)

To be Applied During the Day

	Drachms
1. Tetterwort	1
2. Scrophula Plant	1
	Ounces
3. Distilled Water	4
	Grains
4. Corrosive Sublimate	2
	Drachms
5. Resorcin	2
6. Glycerine	4

Boil Nos. 1, 2 and 3 slowly in 6 ounces of distilled water down to 4 ounces, strain and dissolve Nos. 4, 5 and 6 in the decoction, then add sufficient distilled water to bring it up to 4 ounces.

Directions: Apply to affected parts two or three times a day.

FORMULA NO. 117**Ointment for Skin Eruptions (Eczema Ointment)****To be Applied Before Retiring**

	Drachms
1. Calamine	1½
2. Milk of Sulphur	1½
3. White Precipitate	1
4. Camphor	½
5. Green Soap	2
6. Arbor Vitae Fluid Extract	1
7. Basilicon Ointment	10

Make into a smooth ointment.

Directions: Rub well into affected parts before retiring.

Formulas No. 114 and No. 117 have been found very beneficial in dry, wet, scaly, crusty, itching eczema and also in those forms that break out in small blisters or pimples containing watery matter and pus.

FORMULA NO. 120**Eczema Paint**

To be used in stubborn cases, where the removal of the diseased skin is desirable.

1. Arbor Vitae Fluid Extract	Drachms ½
2. Corrosive Sublimate	Grains 2
3. Salicyclic Acid	Drachms 1
4. Lactic Acid	1
5. Ricinus Oil	½
6. Collodion	5½

Dissolve Nos. 1, 2, 3, and 4 in No. 6, then add No. 5.

Directions: Apply with brush to affected parts morning and night until skin appears white, then soak in warm water and pull off the dead skin. Repeat if necessary. If large parts must be treated, it should be done in small sections.

FORMULA NO. 123

Dusting Powder

To be Used in Wet and Weeping Eczema

	Drachms
1. White Precipitate	½
2. Milk of Sulphur	2
3. Calamine	1½
4. Arbor Vita Leaves	1
5. Tetterwort	1
6. Venice Talcum	10
	Drops
7. Oil of Wintergreen	10

Mix well and run through a fine sieve to assure uniformity, and dust on affected parts three or four times a day.

FORMULA NO. 126

Herbs for Enema or Internal Bath

	Ounces
1. Wild Sage	1½
2. Murillo Bark	1½
3. Red Oak Bark	1½
4. Plantain Leaves	1
5. Flaxseed	3
6. Rosemary Leaves	1½

Mix well and divide into 10 doses.

Directions: Add one dose to 2 quarts of boiling water, boil for about 3 minutes, allow to cool until lukewarm, then strain and use as an enema.

FORMULA NO. 129

For Epilepsy

	Drachms
1. Parnassia Herb	8
Highly valuable in epilepsy and convulsions.	
2. Mugwort Herb	4
Beneficial in nervous irritability and in fits.	
3. Double Peony Root	5
Relieves irritation of the nerve centers.	
4. Valerian Root	6
Strengthens the nervous system.	
5. Horse Nettle Berries	5
Very effective in epilepsy and convulsions.	

6. **Cassia Bark** 2

Tones up the circulatory system.

Mix well and divide into 20 doses, using either Herbs especially cut for Tea, or in the powdered form.

Directions for Tea: Add one dose to three cups of boiling water, cover, boil slowly about 2 to 3 minutes, let it stand for ten minutes, then strain and take one third in the morning, noon and at night either before or after meals. If boiling water is not available, use hot water and allow to stand for half hour. It may be sweetened with honey, rock candy, sugar, etc., to suit taste.

Directions for Powder: Divide one dose in three parts, taking one third morning, noon and at night, either before or after meals. It may be taken in water, or mixed with honey, jelly of jam.

FORMULA NO. 132

Eye Lotion

	Grains
1. Eyebright Herb	15
2. Alum Root	10
3. Red Oak Bark	10
	Ounces
4. Distilled Water	1
	Grains
5. Boric Acid	15
6. White Vitriol Powder Pure	1
7. Camphor	$\frac{1}{2}$

Boil Nos. 1, 2 and 3 in 2 ounces of distilled water slowly down to 1 ounce, strain and dissolve Nos. 5 and No. 6 in the decoction while still warm, let stand for a few hours then filter through Filter Paper.

Directions: Place 2 or 3 drops into eye two or three times a day.

This formula is very soothing and cleansing to watery, inflamed, weak and tired eyes, and can also be used after removing foreign bodies from the eyes.

FORMULA NO. 135

Calendula Compound Salve for Eyes

	Grains
1. Calendula Flowers	5
2. Spanish Saffron	$\frac{1}{2}$
3. Yellow Precipitate	8
4. Camphor	10

- | | Ounces |
|----------------------------------|--------|
| 5. White Petrolatum | 1 |
- Melt No. 5, then add Nos. 1 and 2 and heat for about 5 minutes, then strain and add Nos. 3 and 4, rubbing well until a smooth salve is obtained.

Directions: Apply to eye lids morning and night.

This salve is also good for cloudy eyes, and may be applied to the eye itself, as it has the tendency of removing film. If the eyes and eyelids are affected at the same time, it is advisable to use eye lotion No. 132 in the daytime and eye salve No. 135 during the night. This formula is very effective for sore, inflamed, granulated eyelids, and also for the small furuncular abscesses on the eyelids, called styes.

FORMULA NO. 138

Foot Powder

- | | Ounces |
|-------------------------------|-----------------|
| 1. Lycopodium | $\frac{1}{8}$ |
| 2. Sodium Borate | 1 $\frac{1}{4}$ |
| 3. Venice Talcum | 1 $\frac{1}{4}$ |
| 4. Zinc Sulphate | $\frac{1}{8}$ |
| | Drops |
| 5. Eugenol | 10 |
| 6. Formaldehyde | 5 |

Mix well and pass through a sieve of small mesh.

Directions: Dust on feet freely and place some of the powder in the socks before putting them on. This should be done morning and night. The mild yet efficient action of this Formula No. 138, is very gratifying to those who suffer from perspiring, burning and sore feet. It not only acts as a soothing agent, but neutralizes bad odours.

As cleanliness is one of the main factors in overcoming this trouble, it is advisable to use a foot bath every night before retiring. Formula No. 141, will be found of special benefit in toning and strengthening the tissues of the feet. A little of the foot powder (Formula No. 138) should be sprinkled on the feet after the foot bath.

FORMULA NO. 141
Herbs for Foot Bath

	Ounces
1. Wild Sage	1
2. Red Oak Bark	3
3. Murillo	1
4. Snake Plantain	1

Mix well, using Herbs especially cut for Tea.

Directions: Take 3 tablespoonfuls of the mixed herbs and 2 tablespoonfuls of Borax (to soften the water) and place in water of sufficient quantity to make a foot bath. Boil slowly for about 5 minutes, then strain and soak the feet in the decoction for about ten minutes.

FORMULA NO. 144
Freckle Cream

	Grains
1. Zinc-Sulpho-Phenolate	10
2. Mercuric Chloride	5
	Drops
3. Lilacine	8
	Ounces
4. Theatrical Cold Cream	2

Make into a smooth salve.

Directions: Apply to affected parts before retiring. If a stronger and quicker action is desired, it may also be applied in the morning. This cream has very strong antiseptic properties, and will be found effective in the removal of freckles and black-heads.

FORMULA NO. 147
Bile Capsules

	Grains
1. Mandrake Root Extract	5
Increases the flow of bile; stimulates Liver action.	
2. Quakers Button	10
Acts as a stimulant to the nerves.	
3. Menthol	5
Relieves nausea and spasms.	
4. Bile Salts	60
Stimulates intestinal activity and the flow of bile.	
5. Spiked Aloe	60
Effects copious stools, increases peristalsis.	

Mix well and fill into 40 capsules equally divided, using finely powdered material.

Directions: One or two capsules before retiring.

The action of this formula helps to remove catarrhal slime from Stomach and Bowels; increases the flow of bile and stimulates the activity of the bowels and liver. In order to obtain the best results these capsules should be taken over a period of time.

This formula is of especial benefit in Liver and Gall-bladder complaints, and in constipation due to sluggishness of the Liver. Where a catarrhal, congested or obstructed condition of the Gall-bladder exists Formula No. 148, should be taken.

FORMULA NO. 148

Gall-Bladder Remedy

- | | |
|---|---------------|
| | Ounces |
| 1. Best Lucca Gum Oil | 5 |
| Loosens obstructions, causes flow of bile. | |
| 2. Distilled Water. | 1 |
| Solvent for the salts. | |
| | Grains |
| 3. Sodium Oleate | 5 |
| Induces peristalsis, increases the discharge of bile. | |
| 4. Aromatics to flavor | |
| To improve the taste of this preparation. | |

Dissolve 3 in 2, then add Nos. 1 and 4 and shake until a uniform emulsion is obtained.

Directions: Take two capsules, Formula No. 147, half an hour before taking Formula No. 148. The entire contents of Formula No. 148, should be poured into a cup (diluted with water if desired) and taken all in one dose. This preparation should be taken on an evening, the following day of which, the patient does not work, as the contents of the stools for the next 24 hours must be watched. Because of the size of the dose there may be some nausea, but it is perfectly harmless and safe. In such cases a small quantity of lemon, or orange juice may be taken. The best way of examining the stools is by using either a chamber or pail and washing them with water. All congealed bile, which is light and waxy, will float on top, and matter of a calcareous nature will sink to the bottom. If the trouble is due to catarrh, then catarrhal slime will be found in the stools. Formula No. 148 should be

repeated once a week until stools are found to be normal. Formula No. 147, however, should be taken regularly as long as the bowels need regulation.

Formula No. 148 has saved thousands from Gall-bladder operations. It is harmless and safe. It removes obstructions without pain and should be given a fair trial before resorting to an operation.

FORMULA NO. 153

Urinary Antiseptic

	Drachms
1. Buchu Leaves	4
An effective Urinary antiseptic, relieves inflammation.	
2. Uva Ursi Leaves	6
Very valuable in catarrhal inflammation of the urinary tract.	
3. Spleenwort Fern	3
A mild but effective diuretic.	
4. Seven Barks Leaves	3
Relieves inflammation from urinary canal and bladder.	
5. Blue Flag	2
A valuable diuretic, cleans the mucous lining.	
6. Gravel Plant	6
A very useful urinary antiseptic and astringent.	
7. Horse Tail Rush	6
Acts healing and soothing on the inflamed tissues.	

Mix well and divide into 20 doses, using either Herbs especially cut for Tea, or in the powdered form.

Directions for Tea: Add one dose to three cups of boiling water, cover, boil slowly for about 2 to 3 minutes, let it stand for ten minutes, then strain and take one third in the morning, noon and at night either before or after meals. If boiling water is not available, use hot water and allow to stand for half hour. It may be sweetened with honey, rock candy, sugar, etc., to suit taste.

Directions for Powder: Divide one dose in three parts, taking one third morning, noon and at night, either before or after meals. It may be taken in water, or mixed with honey, jelly or jam.

FORMULA NO. 156
Urinary Antiseptic Capsules

	Drachms
1. Catechu Powder	1¼
Arrests mucous discharges.	
2. Cubeb Berries Powder	2
Useful in gonorrhœa and gleet.	
3. Kava-Kava Root	2
Urinary Antiseptic, relieves pain.	
4. Devil's Bit Root	1
Relieves inflammation and pain.	
5. Balsam Copaiva	3¾
Diminishes unnatural discharges.	
	Drops
6. Oil of Lovage	4
Diuretic and Antiseptic.	
Make into a paste and fill into 60 capsules equally divided.	
Directions: One capsule three times a day after meals, with water. The combined use of Formula No. 153 and No. 156 daily, will be of especial benefit in Gonorrhœa and Gleet.	

FORMULA NO. 159
For Gout

	Drachms
1. Prickly Ash Bark	2
Cleans Liver and Blood.	
2. European Black Alder Bark	5
Regulates the Bowels and cleans the system.	
3. Black Cohosh Root	6
Relieves acid conditions of the blood.	
4. Bitter Root	6
Reduces Rheumatic accumulations.	
5. Colchicum Seeds	1
Has a specific action in gout and rheumatism.	
6. Bittersweet twigs	2
Relieves inflammation in gout and rheumatism.	
7. Sweetwood	4
Has a mild laxative effect.	
8. Water Shamrock Leaves	4
Aids the excretion of acid.	
Mix well and divide into 20 doses, using either Herbs especially cut for Tea or in the powdered form.	

Directions for Tea: Add one dose to three cups of boiling water, cover, boil slowly for about 2 to 3 minutes, let it stand for ten minutes, then strain and take one third in the morning, noon and at night either before or after meals. If boiling water is not available, use hot water and allow to stand for half an hour. It may be sweetened with honey, rock candy, sugar, etc., to suit taste.

Directions for Powder: Divide one dose in three parts, taking one third morning, noon and at night, either before or after meals. It may be taken in water, or mixed with honey, jelly or jam.

FORMULA NO. 162

Herb Vinegar for External Use

	Drachms
1. Belladonna Leaves	6
2. Black Henbane Leaves	6
3. Peppermint Leaves	2
4. Rosemary Leaves	2
5. Lavender Flowers	2
6. Arnica Flowers	2
7. Cloves	2
8. Menthol	½
9. Spirit of Camphor	6
	Quart
10. Best Cider Vinegar or Malt Vinegar	1

Extract the herbs in the vinegar for 4 to 5 days, then strain and add No. 8 dissolved in No. 9.

Directions: Dilute one tablespoonful of Herb Vinegar with a tumbler of cold water and use as cooling compresses frequently until inflammation is relieved.

This is a very useful preparation in all cases where inflammation causes swelling and pain; it acts as a soothing and healing agent.

FORMULA NO. 165

For Hoarseness

	Drachms
1. Pimpernell Root	6
Relieves hoarseness and soreness in throat.	
2. Marshmallow Root	2
Acts soothing and healing on mucous membrane.	
3. Elecampane Root	2
Allays coughs and irritations.	

- 4. **Wild Sage** 2
Acts as an astringent.
- 5. **Sweetwood** 6
A helpful expectorant.
- 6. **Fennel Seed** 2
Relieves irritation from coughing.

Mix well and divide into 20 doses, using Herbs especially cut for Tea.

Directions: Add one dose to three cups of boiling water, cover, boil slowly for about 2 to 3 minutes, let it stand for ten minutes, then strain and take one third in the morning, noon and at night either before or after meals. If boiling water is not available, use hot water and allow to stand for half hour. It may be sweetened with honey, rock candy, sugar, etc., to suit taste.

Pimpernell Root is one of the most reliable and harmless remedies that acts as a soothing agent in hoarseness. It is claimed to have a specific action on the vocal cord and is used by chewing the root and swallowing the saliva.

FORMULA NO. 168

For Blood Purifying, No. 1—Mild

This formula is best suited for those who are not constipated

- | | Drachms |
|--|----------------|
| 1. European Black Alder Bark
Cleans and regulates the system. | 6 |
| 2. Burdock Root
Increases secretions. | 2 |
| 3. Yellow Dock
Promotes blandular and cellular action. | 2 |
| 4. Sarsaparilla Root
Cleans the blood. | 2 |
| 5. Pansy Herb
Beneficial in skin diseases due to impure blood. | 2 |
| 6. Crimson Clover Blossoms
Highly praised in ill conditioned skin eruptions. | 2 |
| 7. Licorice Root
Mild laxative. | 3 |
| 8. Coriander Seed
Stimulant, relieves gas. | 1 |

Mix well and divide into 20 doses, using either Herbs especially cut for Tea, or in the powdered form.

Directions for Tea: Add one dose to three cups of boiling water, cover, boil slowly for about 2 to 3 minutes, let it stand for ten minutes, then strain and take one third in the morning, noon and at night, either before or after meals. If boiling water is not available, use hot water, and allow to stand for half hour. It may be sweetened with honey, rock candy, sugar, etc., to suit taste.

Directions for Powder: Divide one dose in three parts, taking one third morning, noon and at night, either before or after meals. It may be taken in water, or mixed with honey, jelly or jam.

FORMULA NO. 171

For Blood Purifying, No. 2—Strong

This formula is best suited for those who are inclined to be constipated.

	Drachms
1. Sassafras Bark	4
Refreshes the blood.	
2. Buckthorn Bark	6
Valuable laxative in habitual constipation.	
3. Crimson Clover Blossoms	2
Highly valued in skin eruptions.	
4. Dandelion Root	5
Cleans the blood by acting on the liver.	
5. Licorice Root	4
Mild laxative.	
6. Virginia Poke Root	2
Incites glandular action, regulates and cleans the system.	
7. Indian Senna Fruit	6
Stimulates the action of the bowels.	
8. Anis Seed	1
Corrects griping and relieves gas.	

Mix well and divide into 20 doses, using either Herbs especially cut for Tea, or in the powdered form.

Directions: Follow the same directions as in Formula No. 168.

These two formulas, No. 168 and No. 171, will be found very beneficial in diseases arising from impure blood, as in Pimples, Boils, Itching Skin, and other Skin eruptions.

They tone and clean the system by inciting a healthy action of the glands and blood building organs, excreting impurities and morbid matter in a natural way.

FORMULA NO. 174

Itch Ointment

	Drachms
1. White Helebore Root Powder	1
2. Flowers of Sulphur	5
3. Zinc Sulphate	2½
4. Gum Styrax	2½
5. Green Soap	6
6. Ricinus Oil	8
7. Basilicon Ointment	16

Make into a smooth ointment.

Directions: Take a bath as hot as it could be comfortably borne before going to bed, and wash all the affected parts with Tincture of green soap and water, scrubbing well to open the burrows of the parasites. Then rub in the Ointment, taking special care that all affected parts are thoroughly saturated with it. Continue this for 3 or 4 nights. Do not change underwear, bed sheets, etc., until the itching has entirely ceased, but afterwards do not fail to disinfect or boil everything the patient came in contact with. If special care is taken that this ointment is rubbed in thoroughly and the instructions carefully followed, the annoying trouble should disappear within 3 to 4 days.

FORMULA NO. 177

Renal Tea for Kidney Irregularities

	Drachms
1. Button Snake Root	3
Valued in Bright's Disease.	
2. Pipsissewa Herb	3
Relieves irritation of the entire urinary tract.	
3. Couch Grass	6
Acts soothing and healing on the Kidneys.	
4. Mountain Cranberry Leaves	8
Gives tone to the urinary organs.	
5. Buchu	5
Relieves irritation from kidneys and bladder.	
6. Juniper Berries	3
Regulates the flow of Urine.	
7. Wild Celery Seed	1
Acts as a mild diuretic and urinary antiseptic.	

8. Lovage Root 1

Relieves tendency to spasms and cramps.

Mix well and divide into 20 doses, using either Herbs especially cut for Tea, or in the powdered form.

Directions for Tea: Add one dose to three cups of boiling water, cover, boil slowly for about 2 to 3 minutes, let it stand for ten minutes, then strain and take one third in the morning, noon and at night either before or after meals. If boiling water is not available, use hot water and allow to stand for half hour. It may be sweetened with honey, rock candy, sugar, etc., to suit taste.

Directions for Powder: Divide one dose in three parts, taking one third morning, noon and at night, either before or after meals. It may be taken in water, or mixed with honey, jelly or jam.

This formula has a very healing and strengthening action upon the kidneys, helping them to function normally. It tends to diminish the quantity of albumen and aids in overcoming the weakening effects of the disease.

FORMULA NO. 180

Herbs for Douche

	Ounces
1. Mountain Mahogany Leaves	1
2. Wild Sage	1
3. Snake Plantain	1
4. Canada Fleabane	1
5. Red Oak Bark	4
6. Murillo Bark	2

Mix well and divide into 20 doses, using Herbs especially cut for Tea.

Directions: Add one dose to a quart of boiling water, boil slowly for 5 minutes, strain when luke warm and use as a douche before retiring.

This Formula is a safe and effective preparation for the treatment of Vaginal excretions, such as Leucorrhoea, Vaginal Catarrh and other unnatural discharges. It is a mild astringent and deodorant, acts in a soothing and healing manner on the mucous membrane without causing irritation or pain and can be used for any length of time.

FORMULA NO. 183

Parasite Ointment

	Drachms
1. Staggerweed Fluid Extract	1
2. Fever Few Flowers Powder	2
3. Ricinus Oil	4
4. Woolfat	2
5. Yellow Petrolatum	8
6. Water	2
	Grains
7. Mercuric Chloride	2

Dissolve No. 7 in the water and incorporate it in No. 4, then gradually add No. 1, No. 3, No. 5 and finally No. 2, working it all up in a smooth paste.

Directions: Rub well into affected parts morning and night.

This formula will be found to be a quick and sure destroyer of crabs and head lice and other parasitical pests of the skin.

FORMULA NO. 186

For Malaria

	Grains
1. Wolfbane Root	9
Reduces chills and fever and relieves pain.	
2. Rhubarb Root	48
Stimulates the liver and the flow of bile.	
3. Tall Speedwell Extract	15
Regulates Liver and Bowels.	
4. Dogwood Bark Extract	14
Relieves fever and tones up the system.	
5. Quinia	90
Breaks fever and chills, invigorates the system.	
6. Gum Camphor	9
Refreshes and revives body functions.	
	Drops
7. Oil Cassia	2
Acts as an aromatic stimulant.	

Use finely powdered material, and mix thoroughly and fill into 36 capsules equally divided.

Directions: One capsule three times a day with some water. During the chills period, hot drinks, preferably Diaphoretic Tea No. 57, should be used, and during the fever period, cooling

drinks, such as water with lemon juice or fruit juices are best indicated.

The remedies recommended for Malaria are many, but this Formula will be found especially effective and can be depended upon for good results.

FORMULA NO. 189

For Measles

	Drachms
1. Bastard Saffron	4
A specific action in measles is claimed for this useful flower.	
2. Lemon Balm	1
Produces sweating and reduces fever.	
3. Sweetwood	2
Relieves cough and facilitates expectoration.	
4. Elder Blossoms	2
Stimulates the organs of secretion.	
5. Wild Violet Leaves	1
Cleans the blood and aids elimination.	
Mix well and divide into 10 doses, using Herbs especially cut for Tea.	

Directions: Add one dose to three cups of boiling water, cover, boil slowly for 2-3 minutes, let it stand for ten minutes, then strain and take one third in the morning, noon and at night, either before or after meals. If boiling water is not available, use hot water and allow to stand for half hour. It may be sweetened with honey, rock candy, sugar, etc., to suit taste.

FORMULA NO. 192

Female Regulator No. 1

For irregular, scanty, or suppressed menstruation.

	Drachms
1. Squaw Mint	8
Aids in the menstrual flow.	
2. Rosemary Leaves	2
Relieves cramps, induces menstrual flow.	
3. Double Tansy	8
Promotes the flow in suppressed menstruation.	
4. Rue Herb	2
Relieves congestion in female organs due to nervousness.	

- 5. **Squaw Root** 6
Sooths pain in periodic disorders.
- 6. **Wild Valerian Root** 4
Quiets the nerves, relieves spasms.
Mix well and divide into 20 doses, using Herbs specially cut for Tea.
Directions: Add one dose to three cups of boiling water, cover, boil slowly for about 2 to 3 minutes, let it stand for ten minutes, then strain and take one third in the morning, noon and at night either before or after meals. If boiling water is not available, use hot water and allow to stand for half hour. It may be sweetened with honey, rock candy, sugar, etc., to suit taste.

FORMULA NO. 195

Female Regulator Tea No. 2

For painful and spasmodic menstruation.

- | | Drachms |
|--|----------------|
| 1. Papoose Root
Indian remedy to facilitate menstruation. | 4 |
| 2. Nerve Root
Stimulates the nervous system. | 4 |
| 3. Cramp Bark
Relaxes spasms, relieves cramps. | 8 |
| 4. Female Regulator Herb
Promotes menstrual flow. | 4 |
| 5. Blue Scullcap
Quiets the nerves, relieves cramps. | 4 |
| 6. Figwort
Relieves pain in difficult menstruation.
Mix well and divide into 20 doses, using Herbs especially cut for Tea.
Directions: Same as Formula No. 192. | 4 |

FORMULA NO. 198

Female Regulator Tea No. 3

For profuse menstruation.

- | | Drachms |
|---|----------------|
| 1. Colic Root
Gives tone and energy to the uterus. | 6 |
| 2. Birth Root
Strengthens the female reproductive organs. | 6 |

3. **Alum Root** 4
Powerful astringent arrests bleeding.
4. **Squaw Root** 6
Stimulates normal contraction of the uterus.
5. **Blood Staunch Herb** 4
Arrests Hemorrhages, contracts tissues.
6. **Sheperds Purse Herb** 4
Promotes contraction of blood vessels, stops bleed-
ing.

Mix well and divide into 20 doses, using Herbs especially cut for Tea.

Directions: Same as Formula No. 192.

Abnormal functions of the female organs during menstruation period, often lead to other annoying disturbances, such as headaches, Depression, Excitability, Restlessness, etc. But if these symptoms can be traced back to other than menstrual irregularities, then the underlying cause should be removed without delay. In such instances to resort to Headache powders sleeping powders or nerve sedatives, which are harmful, merely treats the symptoms, but doesn't affect a cure.

FORMULA NO. 201 Herb Mixture for Moths

- | | Drachms |
|--|---------|
| 1. Patchouly Leaves | 8 |
| 2. Double Tansy | 2 |
| 3. Rosemary | 2 |
| 4. English Lavender Flowers | 4 |

Mix well and fill in small muslin bags and hang in the closet or lay between sheets in the dresser.

This herb mixture has proven more effective than camphor and mothballs in keeping moths away. Its greatest advantage is that it imparts a refreshing, pleasant and fragrant odour to the linen and clothing as well.

FORMULA NO. 204 Oil for Catarrh

- | | Grains |
|--------------------------------------|--------|
| 1. Menthol | 8 |
| 2. Camphor | 8 |
| | Drops |
| 3. Oil of Mother Cloves | 1 |
| 4. Oil of Thyme | 1 |
| 5. Oil of Eucalyptus | 4 |

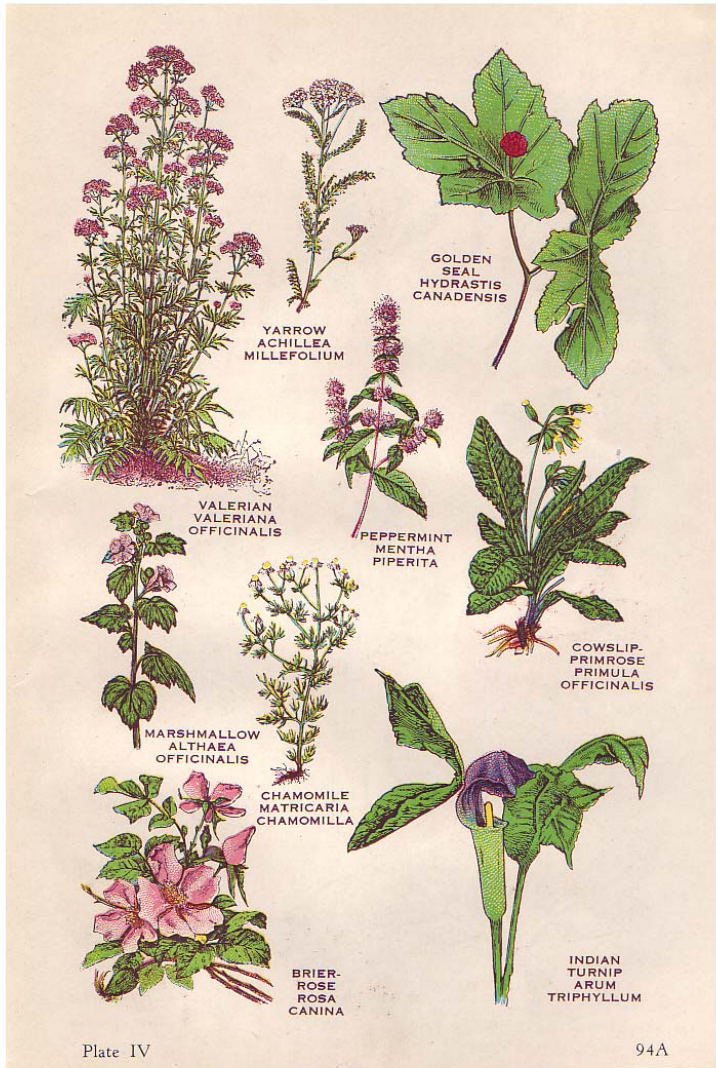
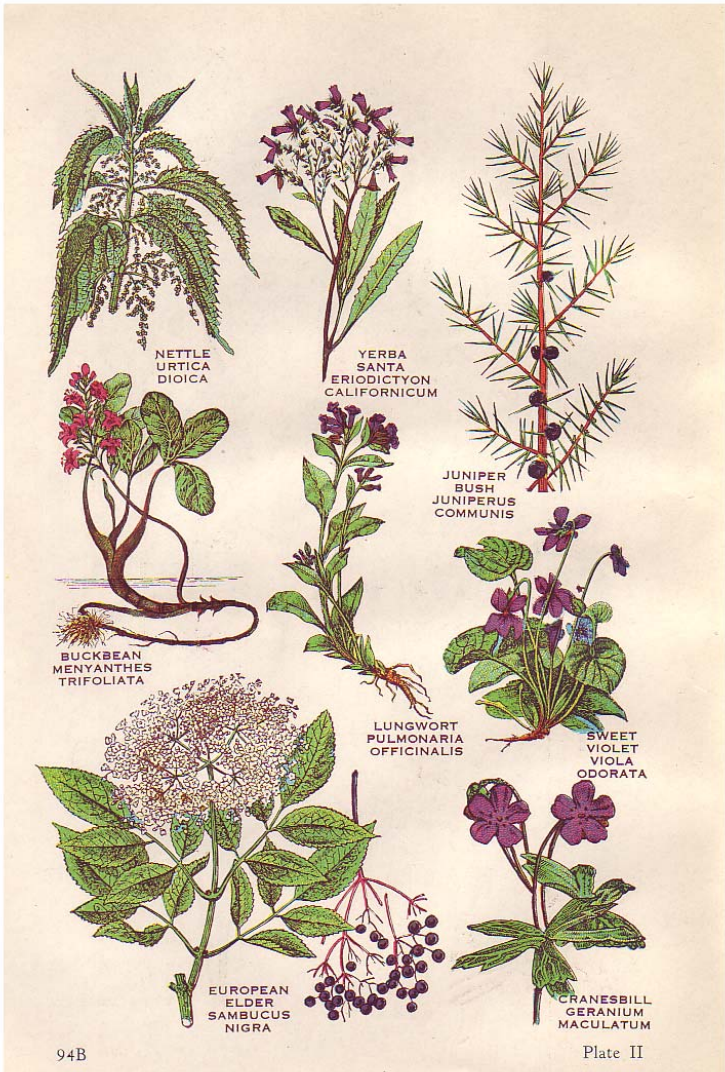


Plate IV



	Grains
6. Ephedrine	25
7. Bugloss Root Extract	2
	Ounces
8. White Petrolatum Oil	8

Dissolve Nos. 1, 2, and 6 in No. 8 by the aid of heat, then add Nos. 3, 4, 5 and 7.

Directions: Spray by means of an oil atomizer into nostrils and throat morning and night; oftener if necessary. The exceedingly fine distribution obtained by the spray carries it to all the parts of nose and throat, an accomplishment not so readily attained by any other method of application. If an atomizer is not at hand, it may be administered to the nostrils with an eye dropper.

This is a very effective Formula for quickly clearing the air passages of the nose and throat. As catarrhal conditions are often responsible for affections and congestion of bronchial tubes and hardness of hearing, it can be used also to advantage in these conditions.

FORMULA NO. 207

Catarrh Balsam

	Grains
1. Menthol	5
	Minims
2. Eucalyptol	5
	Grains
3. Blood Root Fine Powder	2½
4. Catarrh Root Fine Powder	5
	Drachms
5. Healing Balsam (Formula No. 282)	4
6. Yellow Petrolatum	4

Make into a smooth uniform salve.

Directions: Apply a small quantity to the mucous membrane of the nose, morning and night.

In mild, temporary and especially in such cases where the catarrhal condition is confined only to the mucous membrane of the nose, this formula will be found to be effective and reliable.

FORMULA NO. 210**Nerve Restorative Tea No. 1**

	Drachms
1. Scullcap	4
A valuable nerve stimulant, produces sleep.	
2. Wild Valerian Root	12
Quiets and strengthens the nervous system.	
3. Nerve Root	6
Relieves nervous tension.	
4. Rosemary Leaves	2
Revives nerve action.	
5. Lemon Balm	3
Acts soothing and refreshing on the nerves.	
6. Celery Seed	3
Tonic and nerve stimulant.	

Mix well and divide into 20 doses, using Herbs especially cut for Tea.

Directions: Add one dose to three cups of boiling water, cover, boil slowly for about 2 to 3 minutes, let it stand for ten minutes, then strain and take one third in the morning, noon and at night either before or after meals. If boiling water is not available, use hot water and allow to stand for half hour. It may be sweetened with honey, rock candy, sugar, etc. to suit taste.

Where the nervous condition is due to female complaints, Formula No. 213 should be used.

FORMULA NO. 213**Nerve Restorative Tea No. 2**

	Drachms
1. Motherwort	6
Relieves pains and nerve tension due to female complaints.	
2. Water Shamrock	4
Gives tone to the nervous system.	
3. Squaw Vine	4
Relieves nervous irritation originating with female irregularities.	
4. Cramp Bark	4
Stimulates the nerve centers controlling the female organs.	
5. Cassia Bark	4
Stimulates the circulatory system.	

6. **Wild Valerian** 8
 Quiets and strengthens the nervous system, induces sleep.

Mix well and divide into 20 doses, using Herbs especially cut for Tea.

Directions: The same as Formula No. 210.

It is often advisable to have a reliable and harmless nerve medicine ready for use at any time, therefore the following Formula No. 216 is given to meet that requirement.

FORMULA NO. 216

Nerve Restorative Capsules

- | | Grains |
|--|--------|
| 1. Gum Asatoetida | 30 |
| A valuable nerve stimulant, especially in nervous dyspepsia. | |
| 2. Musk Root Extract | 15 |
| Invigorates the nervous system. | |
| 3. Ladies Slipper Root Powder | 20 |
| Relieves nerve pain, induces sleep. | |
| 4. Peony Root Powdered | 30 |
| Stimulates the nerves. | |
| 5. Quaker Button Powder | 15 |
| A valuable nerve tonic. | |
| 6. Wild Valerian Powder | 40 |
| Strengthening and soothing on the nerves. | |
| | Drops |
| 7. Oil of Wild Celery | 7 |
| Quiets the nerves. | |

Mix well and fill into 30 capsules equally divided.

Directions: One capsule three times a day after meals.

This formula will be found to act promptly and effectively. It aids in imparting strength and vitality to the weakened nervous system. It is an invaluable aid in Nervousness, Sleeplessness, Restlessness, Excitability and Nervous Exhaustion.

FORMULA NO. 219
Analgesic Balm

	Drachms
1. Henbane Leaves Fluid Extract	½
2. Belladonna	½
3. Oil of Rosemary	½
4. Oil of Thyme	½
5. Oil of Lavender	½
6. Oil of Broom Pine	2
7. Oil of Laurel Berries	2½
8. Oil of Black Mustard	1/10
9. Gum Camphor	¼
10. Menthol	½
11. Healing Balsam Formula No. 282	8

Make into a smooth ointment.

Directions: Apply to affected parts morning and night, and oftener if necessary.

Sometimes an external remedy like an anodyne is desirable to get quick relief from nerve pains, neuralgia, nervous headache or congestion in the head. It is applied by rubbing into the affected parts. Formula No. 219 will be found very effective for that purpose. It invigorates and stimulates the nerves, relieves congestion and allays pain and strain.

FORMULA NO. 222
Smelling Salts

	Drachms
1. Ammonium Carbonate Crystals	4
2. Stronger Ammonia Water	¼
3. Spirits of Camphor	½
	Drops
4. English Lavender Oil	5
5. Ylang Ylang	1

Saturate No. 1 with the liquids, and place in a well stoppered bottle.

Directions: Inhale through the nostrils when needed.

Great benefit and quick results are often obtained from the refreshing and reviving effect of Smelling Salts. Formula 222 is a good one and gives almost instant relief in Fainting Spells, Dizziness, Nervous Headache, Sinking Spells, Nervous Weakness and similar conditions. It should be always at hand wherever these conditions prevail.

FORMULA NO. 225

Herb Health Tea

	Ounces
1. Red Clover Blossoms	6
An effective blood purifier.	
2. Anis Seed	4
An aromatic tonic.	
3. Damiana Leaves	2
Invigorates the body and nerves.	
4. Strawberry Leaves, Wild	3
An effective alkalizer.	
5. Woodruff Herb	1
Aids digestion, quiets the nerves.	

Mix well, using Herbs especially cut for Tea.

Directions: Prepare like ordinary tea, about a teaspoonful to a cup of boiling water, do not boil, and allow to steep for a few minutes. Sugar, honey, cream or milk may be added to suit taste. When iced, it makes an invigorating and refreshing summer drink.

Nervous people, and all those who suffer from a rundown condition or stomach disorders, should, as already mentioned, not use coffee or tea. These tend to irritate the nerves and retard the action of the digestive organs. They should use instead a substitute that will not act as an irritant, such as Peppermint, Chamomile Flowers, Linden Flowers, Yerba Maté, South America's National beverage, etc. Still better, a mixture of herbs, such as Formula No. 225, will be found to be a palatable and excellent after-meal beverage.

FORMULA NO. 228

Neuralgia Anodyne

	Drachms
1. Oil of Wintergreen	$\frac{1}{2}$
2. Oil of Cajuput	$\frac{1}{4}$
3. Oil of Cloves	$\frac{1}{8}$
4. Oil of Black Mustard	$\frac{1}{8}$
5. Oleoresin of Capsicum	$\frac{1}{4}$
6. Campho-Menthol	$\frac{1}{8}$
7. Broom Pine Oil	5
8. Chloroform	1 $\frac{1}{4}$
Mix all and shake until dissolved.	

Directions: Moisten finger tips or cotton with the liniment and rub well into affected parts.

This is a very good formula to relieve nerve pains of any kind quickly and effectively, but the trouble itself can only be overcome by removing the underlying cause.

FORMULA NO. 231

For Neuritis

	Drachms
1. European Black Alder Bark	6
Cleans and regulates the system.	
2. Cassia Bark	2
Gives tone to the circulatory system.	
3. Black Cohosh Root	8
Relieves acid conditions of the blood.	
4. Yellow Dock Root	4
Promotes glandular action, cleans the blood.	
5. Virginia Poke Root	2
Very effective as a system regulator and cleanser.	
6. Indian Senna Fruit	4
Removes accumulations from Stomach and bowels.	
7. Sweet Wood	4
Mild laxative.	

Mix well and divide into 20 doses, using either Herbs especially cut for Tea, or in the powdered form.

Directions for Tea: Add one dose to three cups of boiling water, cover, boil slowly for about 2 to 3 minutes, let it stand for ten minutes, then strain and take one third in the morning, noon and at night, either before or after meals. If boiling water is not available, use hot water and allow to stand for half hour. It may be sweetened with honey, rock candy, sugar, etc., to suit taste.

Directions for Powder: Divide one dose in three parts, taking one third morning noon and at night, either before or after meals. It may be taken in water, or mixed with honey, jelly or jam.

In all rheumatic conditions affecting the nerves, as in Neuritis, Neuralgia, Sciatica, this formula can be used with excellent results. It soothes the pain, reduces the acid contents of the blood, promotes glandular action and invigorates the circulatory system.

FORMULA NO. 234

For Night Sweats

	Drachms
1. Wild Sage Leaves	12
Excellent in checking excessive sweating.	
2. Rosemary Leaves	2
Quiets the nerves, normalizes skin action.	
3. Water Shamrock	4
Reduces fever, invigorates the system.	
4. Feverwort	2
Tones up the system, relieves feverish conditions.	
Mix well and divide into 20 doses, using Herbs especially cut for Tea.	
Directions: Add one dose to a cup of boiling water, let steep for about 5 minutes, then strain and take before retiring.	

FORMULA NO. 237

Herbs for Reducing

	Drachms
1. Bladder Wrack	5
Provides organic Iodine, regulates glandular functions.	
2. European Buckthorn Bark	3
Cleans the system of impurities.	
3. Indian Senna Fruit	5
Stimulates the organs of elimination.	
4. Starwort	3
Reduces unnatural accumulations of fat.	
5. Sweetwood	2
Mild Laxative.	
6. Cassia Bark	1
Improves the action of the circulatory system.	
7. Pocan Bush Root	1
Has a direct action on the glandular system, reduces fat.	
Mix well and divide into 20 doses, using either Herbs cut for Tea, or in the powdered form.	
Directions for Tea: Add one dose to three cups of boiling water, cover, boil slowly for about 2 to 3 minutes, let it stand for	

ten minutes, then strain and take one third in the morning, noon and at night, either before or after meals. If boiling water is not available, use hot water and allow to stand for half hour. It may be sweetened with honey, rock candy, sugar, etc., to suit taste.

Directions for Powder: Divide one dose in three parts, taking one third morning, noon and at night, either before or after meals. It may be taken in water, or mixed with honey, jelly of jam.

The good results obtained by the use of this formula is due to the properties of this mixture to normalize glandular action, which is often responsible for the accumulation of fat. It aids better elimination, supplies organic iodine to the system. Its action is along natural lines and is not injurious.

FORMULA NO. 240

Capsules for Piles

	Grains
1. Mandrake Root Extract	3
Regulates liver and bowels and thus relieves pressure in the rectum.	
2. Culver's Root Extract	20
Stimulates the flow of bile.	
3. Rhubarb Root	20
Increases muscular action of the bowels.	
4. Virginia Poke Root	20
Regulates and cleans the system.	
5. Batchelor's Button	3
Nerve tonic.	
6. Cascara Bark Extract	40
Cleans the colon, softens the stools.	

Mix well and fill into 20 capsules equally divided, using finely powdered material.

Directions: One capsule before retiring. In stubborn cases of constipation, one capsule morning and night may be taken.

FORMULA NO. 243
Rectal Wash for Piles

	Ounces
1. Red Oak Bark	1 $\frac{3}{4}$
2. Willow Bark	1 $\frac{1}{2}$
3. Wild Sage Leaves	$\frac{3}{4}$
4. Pilewort	$\frac{3}{4}$
5. Blood Staunch Herb	$\frac{3}{4}$

Mix well and divide into 20 doses, using Herbs especially cut for Tea.

Directions: Add one dose to a pint of boiling water, boil slowly for about 2 to 3 minutes, let stand until cold, then strain and use as a rectal enema before retiring.

Where congestion or an inflamed condition in the rectum prevails, enemas acting as a cooling agent are very helpful. Their mild astringent properties act as a soothing, and healing agent, relieving heat and pain at the same time. They also tend to remove slime and pressure from the rectum.

FORMULA NO. 246
Pile Cones

1. Nutgall Powder	40
2. Canada Fleabane Powder	20
3. Henbane Leaves Powder	24
4. Pilewort Powder	36
	Drops
5. Oil of Cloves	4
	Drachms
6. Cocoa Butter	5

Mix well and make into 12 suppositories.

Directions: Insert one into rectum before retiring. In severer cases one in the morning and one at night may be used.

For the local treatment of piles, it is advisable to use suppositories or pile cones. They are preferable to salves, because they can be easily inserted in the rectum and their quantity is constant. Salves on the other hand are hard to administer and the quantity inserted is not definite. Formula No. 246 has been found to give good results and quick relief. It is a mild astringent, acts as a soothing and healing agent, thus tending to relieve the

pain, itching and inflammation. For best results it should be used persistently as its action tends to gradually shrink the piles.

In order to get the best and quickest results in the treatment of piles, the three Formulas Nos. 240, 243 and 246 should be used together. Formula No. 240 regulates the bowels, softens the stools and in that way relieves the pressure from the piles. The wash acts as an effective astringent, it is cooling and healing and keeps the rectum clean. Formula No. 246 (pile cones) contains anti-septics, astringents and soothing agents, thus having a tendency to reduce the enlarged appendages.

FORMULA NO. 249

Tea for Pleurisy

	Drachms
1. Pleurisy Root	4
Facilitates expectoration, loosens phlegm.	
2. Elecampane Root	3
Allays cough and irritation.	
3. Elder Flowers	2
Promotes sweating.	
4. Thoroughwort	2
Increases skin action, relieves cough.	
5. Pearl Moss	1
A good pectoral stimulant.	
6. Sweetwood	3
Loosens phlegm from bronchial tubes and lungs.	

Mix well and divide into 10 doses, using Herbs especially cut for Tea.

Directions: Add one dose to three cups of boiling water, cover, boil slowly for about 2 to 3 minutes, let it stand for ten minutes, then strain and take one third in the morning, noon and at night either before or after meals. If boiling water is not available, use hot water and allow to stand for half hour. It may be sweetened with honey, rock candy, sugar, etc., to suit taste.

FORMULA NO. 252

For Poison Oak and Poison Ivy

	Drachms
1. California Gum Plant	7
2. Absinth Herb	2
3. Murillo Bark	5
4. Slippery Elm Bark	4
5. Wild Sage	2

Mix well and divide into 10 doses, using Herbs especially cut for Tea.

Directions: Add one dose to a pint of boiling water, boil slowly for about 10 minutes, let stand until cool, then strain and apply cold to affected parts on saturated linens. Continue the application until the swelling is down and the itching has ceased, then apply ointment Formula No. 282. This treatment should be kept up until normal condition is restored.

POULTICES

Poultices are designed to relieve inflammation and swelling, to allay pain and to soften and mature boils and ulcers. They are applied hot, about an inch thick and covered with flanel or hot water bag to keep warm as long as possible.

FORMULA NO. 255

Poultice Powder

	Ounces
1. Slippery Elm Bark Powder	4
2. Fenugreek Seed Powder	4
3. Flax Seed Powder	8

Mix with hot water or hot milk until a stiff, smooth paste is obtained, and apply to affected parts.

FORMULA NO. 258

Mustard Poultice

1. Black Mustard Powder, 1 part.
2. Poultice Powder (Formula No. 255) from 2 to 3 parts according to effect desired.

Directions: Make into a stiff paste with lukewarm water and apply to affected parts. Leave on as long as patient can stand it.

FORMULA NO. 261

For Rheumatism

	Drachms
1. Bittersweet Twigs	2
Relieves inflammation and pain.	
2. Toothache Bark	2
Very beneficial in rheumatic conditions.	
3. Virginia Poke Root	2
Very effective as a system regulator.	
4. Indian Physic Root	2
Reduces rheumatic accumulations.	
5. Black Cohosh Root	5
Indian remedy for rheumatism, relieves pain and irritation.	
6. Culvers Root	2
Liver cleanser and Blood purifier.	
7. Mountain Cranberry	3
Eliminates uric acid by action on the kidneys.	
8. Meadow Sweet	2
Increases the flow of urine.	

Mix well and divide into 20 doses, using either Herbs especially cut for Tea, or in the powdered form.

Directions for Tea: Add one dose to three cups of boiling water, cover, boil slowly for about 2 to 3 minutes, let it stand for ten minutes, then strain and take one third in the morning, noon and at night either before or after meals. If boiling water is not available, use hot water and allow to stand for half hour. It may be sweetened with honey, rock candy, sugar, etc., to suit taste.

Directions for Powder: Divide one dose in three parts, taking one third morning, noon and at night, either before or after meals. It may be taken in water, or mixed with honey, jelly or jam.

Formula No. 261 has a slight action on the bowels. In the event it should not act sufficiently, Formula No. 65 (System Regulator) should be used in conjunction with it. It is of utmost importance that the bowels should be well regulated. The herbs used in this formula have a tendency to reduce the acid in the system and are therefore highly beneficial in all rheumatic conditions, such as, Rheumatism, Lameness, Pain and Swelling in the Joints, Pain and Stiffness in the Back, Hips and Loins.

FORMULA NO. 264

Liniment for Rheumatism

	Drachms
1. Mezereum Bark	1
2. Bird Pepper	2½
3. Bugloss Root	½
4. Oil of Black Mustard	½
5. Oil of Rosemary	½
6. Oil of Cajeput	½
7. Oil of Wintergreen	2
8. Oil of Benne	10
9. Gum Camphor	3
	Ounces
10. Broom Pine Oil	6

Extract Nos. 1, 2, 3 in Nos. 8 and 11 for 2 to 3 days, then filter and add the other ingredients.

Directions: Rub well into affected parts morning and night, even oftener if necessary.

The deposits of Uric Acid formed in Rheumatic diseases, settle easiest and quickest where the circulation is the poorest. It is therefore, advisable to use an embrocation in conjunction with the internal treatment in order to improve the circulation and draw the blood to the parts that are painful and stiff.

Liniment, Formula No. 264, will be of great help to promote better circulation. It helps to relieve pain, stiffness, lameness, weakness and swelling of muscles and joints that make Rheumatism so unpleasant and troublesome.

This liniment can also be used with good results where a lack of circulation has been caused by a blow, stretching, twisting, sprains or bruises and where stiffness in neck, limbs and muscles is due to cold.

It must not be overlooked that opening the pores of skin by sweating is very important in Rheumatism. Formula No. 57 or No. 58 should therefore also be used in conjunction with No. 261.

FORMULA NO. 267

Ointment for Ringworm

	Drachms
1. White Hellebore Root Powder	¾
2. Flowers of Sulphur	1½
	Grains
3. Mercuric Chloride	2
	Drachms
4. Vegetable Creosote	2
5. Stockholm Tar	1½
6. Ricinus Oil	1½
7. Woolfat	5
8. Yellow Petrolatum	5

Make into a smooth ointment.

Directions: First, wash affected parts with green soap and water and then apply the ointment morning and night.

This formula can also be used with good results in doubtful cases of the different forms of Eczema, as these are often of a similar nature as Ringworms.

FORMULA NO. 270

For Sleeplessness

	Drachms
1. Jamaica Dogwood	2½
An effective nerve sedative.	
2. Scullcap Herb	5
Quiets and strengthens the nerves.	
3. Peony Root	2½
Acts soothing and stimulating on the nerves.	
4. Tilia Flowers	3
Tonic and nerve stimulant.	
5. Celery Seed	2
Relieves nerve irritation.	

Mix well and divide into 10 doses.

Directions: Add one dose to a cup of boiling water, boil slowly for a minute or two, let stand from 5 to 10 minutes, then strain and drink before retiring.

FORMULA NO. 273

Restorative Herb Powder

	Grains
1. Quaker Button	20
A valuable nerve tonic.	
2. Vanilla Beans	40
Stimulates the generative system .	
	Drachms
3. Yohimbe Bark	5
Tones the reproductive organs.	
4. Muir Puama Root	5
Invigorates the sexual system.	
5. Mexican Damiana Leaves	3
Increases sexual functions.	
5. Unicorn Root	5
Gives tone and energy to the generative organs.	
7. Cassia Bark	1
Tones the circulatory system.	

Mix well and divide into 20 powders, using finely powdered material.

Directions: Take one powder morning and one at night in some water.

FORMULA NO. 276

Dusting Powder

	Drachms
1. Lycopodium	3
2. Calamine	6
3. Milk of Sulphur	3
4. Venice Talcum	20
	Grains
5. Menthol	20
	Drops
6. Oil of Cloves	20

Mix well.

Directions: Dust on affected parts morning and night.

FORMULA NO. 279

Herbs for Soothing Compresses

	Ounces
1. Tetterwort Leaves	$\frac{1}{2}$
2. Henbane Leaves	$\frac{1}{2}$
3. Wild Sage Leaves	1
4. Dwarf Mallow Leaves	1
5. Canada Fleabane	1

Mix well and divide into 10 doses, using Herbs especially cut for Tea.

Directions: Add one dose to a pint of boiling water, boil slowly for 2 to 3 minutes, let stand until luke warm, then strain and use cold as compresses on affected parts.

The application of cooling compresses is often advisable; they tend to relieve the fever and pain when applied to the affected parts. Good results are obtained when a decoction made from Formula No. 279 is used for that purpose. It acts as a healing and soothing agent.

FORMULA NO. 282

Healing Balsam

	Drachms
1. Balm of Gilead Buds	1
2. Marigold Flowers	$\frac{1}{4}$
3. Colophony	3
4. White Turpentine	2
5. Prepared Suet	3
6. Yellow Wax	2
7. Sesame Oil	6
8. Camphor	$\frac{1}{4}$
9. Eugenol	$\frac{1}{4}$

Melt Nos. 3, 4, 5, 6 and 7, then add Nos. 1 and 2, let simmer slowly for about 5 minutes, then strain, finally add Nos. 8 and 9 stirring until dissolved and allow to cool.

Directions: Apply to affected parts two or three times a day.

The healing and soothing properties of this ointment make it very valuable in the treatment of sunburns, burns, scalds, cuts, sores, inflamed, itching or chapped skin, sore nipples, cold sores, fever blisters, etc.

FORMULA NO. 285
For Gastritis

	Drachms
1. Buckbean Leaves	4
Stimulates digestive activity.	
2. Noble Yarrow Leaves	2
Valuable in flatulent colic.	
3. European Wermuth	2
Aids digestion and assimilation of food.	
4. Yerba Santa Leaves	2
Very useful in catarrhal conditions, removes phlegm.	
5. Cassia Bark	2
Useful aromatic digestive.	
6. Bitter Root	4
Invigorates digestion, relieves gas.	
7. Sweetwood	4
Loosens slime from mucous membrane.	

Mix well and divide into 20 doses, using either Herbs cut for Tea, or in the powdered form.

Directions for Tea: Add one dose to three cups of boiling water, cover, boil slowly for about 2 to 3 minutes, let it stand for ten minutes, then strain and take one third in the morning, noon and at night either before or after meals. If boiling water is not available, use hot water and allow to stand for half hour. It may be sweetened, with honey, rock candy, sugar, etc., to suit taste.

Directions for Powder: Divide one dose in three parts, taking one third morning, noon and at night, either before or after meals. It may be taken in water, or mixed with honey, jelly or jam.

Those objecting to the bitter taste of Formula No. 285, may use the following formula in capsule form. The ingredients are in a concentrated form, possess powerful digestive properties and are very effective and prompt in action.

FORMULA NO. 288
Capsules for Gastritis

	Grains
1. Quacker Button Powder	30
Stimulates digestive activity, incites the appetite.	
2. Pawpaw Fruit Extract	60
A digestive of extraordinary power.	
3. Malt Diastase Powder	60
Increases the digestability of starches.	

4. **European Wermuth Herb** 75
Aids the assimilation of food.
5. **Golden Seal Root** 75
Useful in catarrhal affections of the stomach.
Mix well and fill into 60 capsules equally divided.
- Directions:** One capsule three times a day after meals, with some water.

Formulas No. 285 and No. 288 will be found very beneficial in catarrhal condition of the stomach. They are useful and effective in sour and gas conditions of the stomach, and tend to relieve the feeling of fullness and distress after eating. They aid the digestion and assimilation of the food and help in cleaning the mucous membranes of slime, and food that has been retained too long.

FORMULA NO. 291

For Nervous Dyspepsia

	Drachms
1. Wild Valerian Root	10
Quiets and strengthens the nerves controlling the stomach.	
2. Rue Herb	2
Relieves nervous irritation and pain.	
3. Watermint Herb	2
Aids digestion, relieves gas.	
4. European Wermuth Herb	2
Aids assimilation of the food, strengthens the stomach.	
5. Blue Scullcap Herb	4
Relieves nervous irritability.	
6. St. Johnswort Herb	3
Stimulates the action of stomach and liver.	
7. Cassia Bark	2
Tones up the circulatory system.	
8. Sweetwood	5
Loosens mucous from stomach and bowels.	

Mix well and divide into 20 doses, using either Herbs especially cut for Tea, or in the powdered form.

Directions for Tea: Add one dose to three cups of boiling water, cover, boil slowly for about 2 to 3 minutes, let it stand for ten minutes, then strain and take one third in the morning, noon and at night either before or after meals. If boiling water is not

available, use hot water and allow to stand for half hour. It may be sweetened with honey, rock candy, sugar, etc., to suit taste.

Directions for Powder: Divide one dose in three parts, taking one third morning, noon and at night, either before or after meals. It may be taken in water, or mixed with honey, jelly or jam.

It is often desirable to have a medicine for dyspepsia ready for immediate use. In such cases the following formula, in capsule form, will meet this requirement. It is quick and dependable in action.

FORMULA NO. 294
Capsules for Nervous Dyspepsia

	Grains
1. Wild Valerian Extract	20
Quiets and strengthens the gastric nerves.	
2. Asafoetida	30
Relieves nervous irritability.	
3. Sumbul Root Extract	60
Has a soothing and healing action on the stomach, relieves gas.	
4. Nutmeg	30
Soothes the nerves controlling stomach activity.	
5. Nux Vomica Powder	30
Aids digestion, stimulates the nervous system.	
Mix well and fill into 60 capsules equally divided, using finely powdered material.	

Directions: One capsule three times a day after meals, with some water.

FORMULA NO. 297
For Ulcers of the Stomach and Duodenum
No. 1

	Drachms
1. Golden Seal Root	4
Healing to mucous surfaces and tissues.	
2. Blood Root	1
Creates new and healthy energy.	
3. Prince's Feather Leaves	2
Useful in ulceration of stomach, mouth and throat.	
4. Mountain Mahogany Leaves	4
Tones stomach and bowels.	
5. Heartsease Leaves	2
Disperses ulcers and tumors.	
6. Cinchona Bark	2

An effective digestive tonic with strong antiseptic properties.

7. **Great Celandine Herb** 5

Has a healing effect on ulcers and growths.

Mix well and divide into 20 doses, using either Herbs especially cut for Tea or in the powdered form.

Directions for Tea: Add one dose to three cups of boiling water, cover, boil slowly for about 2 to 3 minutes, let it stand for ten minutes, then strain and take one third in the morning, noon and at night either before or after meals. If boiling water is not available, use hot water and allow to stand for half hour. It may be sweetened with honey, rock candy, sugar, etc., to suit taste.

Directions for Powder: Divide one dose in three parts, taking one third morning, noon and at night, either before or after meals. It may be taken in water, or mixed with honey, jelly or jam.

In case of bleeding from the stomach, the following formula is preferable.

FORMULA NO. 300

For Ulcers of the Stomach and Duodenum, No. 2

	Drachms
1. Alum Root	2
Powerful astringent, arrests excessive mucous discharges.	
2. Golden Seal Root	4
Healing and soothing on mucous lining.	
3. Blood Staunch Root Herb	2
Contracts loose textures, arrests bleeding.	
4. Shepherds Purse Herb	3
Contracts blood vessels, stops bleeding.	
5. Red Oak Bark	4
A helpful antiseptic for stomach and bowels.	
6. Water Shamrock	2
Stimulates the digestive organs.	
7. Canker Root	2
Gives tone to the mucous lining, reduces the tendency to bleed.	
8. Wild Violet Leaves	3
Has a healing effect on ulcers and cancers.	
Mix well and divide into 20 doses, using either Herbs especially cut for Tea or in the powdered form.	
Directions: Same as Formula No. 297.	

FORMULA NO. 303
For Stone and Gravel in Kidneys and Bladder

	Drachms
1. Pichi Tops	6
A reliable solvent for calcareous deposits.	
2. Gravel Plant	4
Very beneficial and effective in gravel.	
3. Seven Barks	10
Highly recommended for the removal of stones and gravel.	
4. European Golden Rod	4
Useful in urinary obstructions, especially when causing bleeding.	
5. Mountain Cranberry	4
Gives tone to the urinary organs.	
6. Horsetail Rush	2
Relieves inflammation of the mucous membrane.	

Mix well and divide into 20 doses, using either Herbs especially cut for Tea, or in the powdered form.

Directions for Tea: Add one dose to three cups of boiling water, cover, boil slowly for about 2 to 3 minutes, let it stand for ten minutes, then strain and take one third in the morning, noon and at night either before or after meals. If boiling water is not available, use hot water and allow to stand for half hour. It may be sweetened with honey, rock candy, sugar, etc., to suit taste.

Directions for Powder: Divide one dose in three parts, taking one third morning, noon and at night, either before or after meals. It may be taken in water or mixed with honey, jelly or jam.

The herbs entering into this formula are favorably known for their power to gradually dissolve and remove calcareous deposits from the urinary tract, and to relieve inflammation. They are, therefore, highly recommended in stones and gravel in kidneys and bladder.

FORMULA NO. 306
For Tapeworm

	Grains
1. Bear's Paw Root Extract	60
Considered a specific for the removal of tapeworm.	
2. Mandrake Root Extract	1½
A valuable worm expeller.	
3. Jalap Root	4
Acts on bowels producing watery stools.	

- | | |
|--------------------------------|--------------|
| | Drops |
| 4. Broom Pine Oil | 12 |

Useful in the expulsion of worms.

Mix well and fill into 6 gelatine capsules equally divided.

Directions: Take one capsule every ten minutes until all are taken. Examine the stools closely and do not forget that the thinnest part bears the head. Doctors generally let the patient fast for a day or two before taking tapeworm remedies, but this is unnecessary, because the worm being a parasite, cannot be starved. This only makes the patient feel weak and nauseated, and when he finally takes the medicine on a starved stomach, he may throw it up. A far better way from my experience, is to advise the patient to eat, for a day or so, foods the tapeworm dislikes, such as onions, garlic, pickles and salted fish. This weakens the worm and tends to loosen his grip, so that when the medicine is taken, it acts upon the tapeworm and causes it to be expelled more easily.

FORMULA NO. 309

For Gargle and Mouth Wash

	Drachms
1. Wild Sage Leaves	10
2. Marsh Rosemary	10
3. Mouth Root	2
4. Rhatany Root	2
5. Cranesbill Root	6
6. Red Oak Bark	6
7. Cassia Bark	2
8. Cloves	2

Mix well and divide into 10 doses, using Herbs especially cut for Tea.

Directions: Add one dose to a pint of boiling water, boil slowly for 5 minutes, let stand for about 10 minutes, then strain and add one tablespoonful of table salt to the decoction. Use as a gargle and mouth wash every 2 to 3 hours, until the inflammation and swelling has subsided. If the decoction is found too astringent it may be diluted with water.

The astringent and antiseptic properties of this formula make it a very valuable remedy, not only in sore throat, but also in spongy, bleeding gums, canker sores, bad breath. It is very healing, soothing and strengthening to the diseased tissues.

FORMULA NO. 312

For Warts

	Grains
1. Trichloracetic Acid	15
	Drops
2. Eugenol	5
	Drachms
3. Corn Paint (Formula No. 78)	1¾

Directions: Apply with a glass rod to the warts morning and night and repeat until the destruction of the growth is completed.

FORMULA NO. 315

Whooping Cough Syrup

	Drachms
1. Thyme Leaves Fluid Extract	1
Allays irritation, quiets the nerves.	
2. Ipecacuanha Root Fluid Extract	½
Reliable expectorant.	
3. Asthma Weed Fluid Extract	1½
Relieves spasms, loosens phlegm.	
4. Chestnut Leaves Fluid Extract	1
Exerts a specific influence in whooping cough.	
	Drops
5. Oil of Wild Thyme	8
Relieves irritation of cough and spasms.	
	Drachms
6. German Anis Drops	2
Facilitates expectoration, allays cough.	
7. Syrup or Honey enough to make	Ounces 8
Directions: One teaspoonful every three hours.	

As the inhalation of the vapours from soothing balsams are very beneficial, the following formula is given and may be used with good results in conjunction with the syrup.

FORMULA NO. 318

Inhalation for Whooping Cough

	Drachms
1. Oil of Eucalyptus	1¼
2. Oil of Cloves	½
3. Oil of Pine Needles	1¼
4. Oil of Broom Pine	20
5. Camphor	1¼

Mix and shake well until the camphor is dissolved.

Directions: Add one teaspoonful of the inhalant to slowly boiling water, and let evaporate in the room where the patient is kept. The vapours purify the air, disinfect the room, ease the attack and diminish the danger of contagion.

FORMULA NO. 321

Worm Expeller

	Drachms
1. Pink Root Powder	2
An excellent destroyer of worms.	
2. Levante Wormseed Powder	2
Expels intestinal worms.	
	Grains
3. Santonine	6
Reputed for its reliable action in expelling worms.	
4. Mandrake Root Extract	1½
Acts as a laxative.	

Mix well and divide into 12 powders.

Directions: One powder 3 or 4 times a day, mixed with honey, molasses or jelly, until all powders are taken.

This treatment should be repeated within a week or so in order to destroy young worms, before they mature, which possibly have hatched from eggs left in the intestines. To relieve the itching in the rectum, injections with warm water in which garlic or onions have been crushed, is very beneficial. The outside of the rectum should always be kept clean by washing with soap and water. As worms sometimes migrate to the sexual organs, itching in these parts may indicate their presence. The injection mentioned above should also be extended to these organs.

FORMULA NO. 324
Antiseptic Salve

	Drachms
1. Colophony	3
2. White Turpentine	2
3. Yellow Wax	3
4. Prepared Suet	3
5. Ricinus Oil	4
6. Woolfat	4
7. Mother's Salve	5
8. Camphor	$\frac{1}{2}$
9. Oil of Cloves	$\frac{1}{4}$

Melt all ingredients from No. 1 to 7 on a slow fire, then take from the fire and when half cooled add Nos. 8 and 9 and stir until dissolved.

Directions: Apply to affected parts morning and night.

This ointment is especially valuable in the treatment of hard healing sores, abscesses, open legs, ulcers, boils, and carbuncles. It has great healing properties, and helps to rebuild the diseased tissues.



KEY TO ABBREVIATIONS OF MEDICINAL PROPERTIES

- ALT.—Alterative—A medicine that alters the process of nutrition and excretion restoring normal body functions.
- ANO.—Anodyne—Relieving pain.
- ANT.—Anthelmintic—A remedy expelling intestinal worms.
- ANTI-FAT—An agent that aids in removing excess fat.
- APE.—Aperient—Mild laxative without purging.
- APH.—Aphrodisiac—Stimulating the sexual passion.
- ARO.—Aromatic—A spicy stimulant.
- AST.—Astringent—Producing contraction of organic tissue, or the arrest of a discharge.
- A-BIL.—Anti-Bilious—Opposing biliousness, acting on the bile.
- A-EPI.—Anti-Epileptic—Opposed to epilepsy, relieving fits.
- A-LITH.—Antilithic—Preventing the formation of gravel or stones.
- A-PER.—Anti-Periodic—Preventing the recurrence of periodic disturbances and irregularities.
- A-PHL.—Anti-Phlogistic—An agent reducing inflammation.
- A-RHE.—Anti-Rheumatic—Correcting and relieving rheumatism.
- A-SEP.—Anti-Septic—Preventing or counteracting decay, or the formation of pus.
- A-SCO.—Anti-Scorbutic—Preventing or relieving scurvy.
- A-SPA.—Anti-Spasmodic—Counteracting or preventing spasms.
- A-SYPH.—Anti-Syphilitic—A remedy for the relief of venereal disease.
- CAR.—Carminative—A medicine expelling gases from stomach and bowels.
- CAT.—Cathartic—Producing evacuation from the bowels.
- CHO.—Cholagogue—Promoting and increasing the flow of bile.
- COR.—Cordial—An aromatic stimulant.
- C-IRR.—Counter Irritant—Causing irritation in one part to relieve pain in another part.
- DEM.—Demulcent—A mucilaginous substance that acts soothing and relieves inflammation.
- DEO.—Deobstruent—A medicine which removes obstructions.
- DEP.—Depurative—Removing impurities, cleansing the blood.
- DET.—Detergent—Cleansing to wounds.
- DIA.—Diaphoretic—Producing perspiration.
- DIS.—Discutient—Dispersing tumors and ulcers.
- DIU.—Diuretic—Increasing the secretion and flow of urine.
- DRA.—Drastic—A powerful purgative medicine.

KEY TO ABBREVIATIONS MEDICINAL PROPERTIES 121

- EME.—Emetic—Causing vomiting.
 EMM.—Emmenagogue—Promoting and stimulating menstruation.
 EMO.—Emollient—Agent that softens tissues and acts soothing.
 ESC.—Esculent—Eatable as food.
 EXP.—Expectorant—Promoting mucous secretions from the air passages.
 FEB.—Febrifuge—An agent that lessens fever.
 F. COM.—Female Complaint—Disease peculiar to women.
 F-REG.—Female Regulator—An agent that regulates the menstrual flow.
 GAL.—Galactagogue—Increasing the flow of milk.
 HEP.—Hepatic—Promoting the action of the liver and the flow of bile.
 HER.—Herpetic—An agent useful in diseases of the skin.
 HYD.—Hydragogue—Purgative, causing watery evacuations.
 HYP.—Hypnotic—An agent producing sleep.
 LAX.—Laxative—Producing gentle action of the bowels.
 LIT.—Lithotriptic—An agent dissolving stones in the urinary organs.
 MUC.—Mucilaginous—Like mucilage, gummy, viscid.
 NAR.—Narcotic—A hypnotic inducing stupor.
 NEP.—Nephritic—An agent useful in kidney complaints.
 NER.—Nervine—An agent calming nervous excitement.
 OPT.—Ophthalmicum—A remedy for diseases of the eye.
 PEC8.—Pectoral—A remedy for diseases of chest and lungs.
 POI.—Poisonous—Producing death, if taken in improper doses.
 PN.—Pungent—Penetrating or sharp to the taste.
 PUR.—Purgative—A medicine producing watery evacuations.
 SAP.—Saponaceous—Having the nature of soap.
 SED.—Sedative—An agent allaying irritability.
 SIA.—Sialogue—Producing a flow of saliva.
 SOP.—Soporific—Producing deep sleep.
 STI.—Stimulant—An agent increasing functional activity.
 STO.—Stomachic—Strengthening and giving tone to the stomach.
 STY.—Stypticum—Arresting hemorrhage or bleeding by causing contraction of the blood vessels.
 SUD.—Sudorific—An agent causing sweating.
 TON.—Tonic—Producing an increase in the tone of the system.
 VER.—Vermifuge—An agent expelling intestinal worms.
 VUL.—Vulnerary—An agent favoring the healing of wounds and cuts.

MATERIA MEDICA INDEX

ALTERATIVE: A medicine that alters the process of nutrition and excretion, restoring normal body functions.

Yarrow Herb	Bittersweet Herb	Buckbean Leaves
Crimson Clover	Barberry Root	Black Cohosh Root
Golden Seal Root	Virginia Poke Root	Sarsaparilla Root
Queen's Root	Yellow Dock Root	Oregon Grage Root
Burdock Root	Spikenard Root	Wahoo Bark
Sassafras Bark	Prickley Ash Bark	Fringe Tree Bark
Black Alder Bark	Cinchona Bark	

ANTHELMINTICS: or **VERMIFUGES:** Medicines expelling intestinal worms.

Tansy Herb	Wormwood Herb	Pink Root
Kousso Flowers	Jerusalem Oak Flowers	Bear's Paw Root
Male Fern Root	Mandrake Root	American Wormseed
Pomegranate Bark	Pumpkin Seeds	
Kamala	Levant Wormseed	

ANTILITHICS: Medicines preventing the formation of gravel and stones.

Golden Rod Herb	Gravel Plant Herb	Mountain Cranberry
Uva Ursi Leaves	Buchu Leaves	Leaves
Pichi Tops	Hydrangea Root	Parcira Brava Root
Seven Barks Root	Wild Violet Leaves	

ANTIPERIODIC: A medicine preventing the recurrence of periodic disturbances and irregularities.

Motherwort Herb	Rosemary Leaves	Cramp Bark
Vervain Herb	Life Root Herb	Squaw Bush Root
Rue Herb	Blue Sculleap Herb	Colic Root
Roman Chamomile	Tansy Herb	White Poplar Bark
Figwort Herb	Birth Root	Blazing Star Root
Squaw Vine Herb	Blue Cohosh Root	Black Willow Bark
Pennyroyal Herb	Papoose Root	Cassia Bark

ANTI-RHEUMATICS: Medicines correcting and relieving rheumatism.

Rheumatic Weed Herb	Bittersweet Twigs	Twin Leaf Root
Black Cohosh Root	Kava Kava Root	Bitter Root
Yellow Dock Root	Virginia Poke Root	Culvers Root

Oregon Grape Root	Virginia Snake Root	Rheumatism Root
Black Willow Bark	Prickly Ash Bark	Black Alder Bark
Tootache Bark	Guajac Wood	Guajac Gum
Colchicum Seed		

ANTISEPTICS: Agents preventing or counteracting decay, or the formation of pus.

Canada Fleabane	Witchhazel Herb	Blood Staunch Herb
Amaranth Leaves	Wild Sage Leaves	Rhatany Root
Blood Root	Cranesbill Root	Marsh Rosemary Root
Water Avens Root	Tormentill Root	Alum Root
Oak Bark (red & white)	Black Willow Bark	Black Alder Bark

ANTI-SPASMODIC: Counteracting or preventing spasms.

Lobelia Herb	Peony Root	Black Hawk Bark
Mistletoe Herb	Scull Cap Herb	Horsenettle Berries
Parnassia Herb	Rue Herb	Squaw Bush Root
Female Regulator Herb	Ephedra Herb	Dragon Turnip Root
Mullein Leaves	Rosemary Leaves	Cramp Bark
Wild Yam Root	Chamomile Flowers	Trembling Poplar Bark
Mugwort Herb	Beth Root	Black Cohosh Root
Squaw Mint Herb	German Valerian	Nerve Root
Motherwort Herb	Ladies Slipper Root	Pomegranate Bark
Watermint Herb	Squaw Root	Cassia Bark
Linden Flowers		

ASTRINGENTS: Agents producing contraction of organic tissues, or the arrest of a discharge.

Ladies Mantle Herb	Shepherds Purse Herb	Canada Fleabane Herb
Wintergreen Herb	Witchhazel Herb	Silver Weed Herb
Blood Staunch Herb	Amaranth Leaves	Wild Sage Leaves
Pilewort Leaves	Cranesbill Root	Water Avens Root
Rhatany Root	Blackberry Root	Marsh Rosemary Root
Mouth Root	Hydrangea Root	Tormentill Root
Alum Root	Seven Barks Root	African Ginger Root
Catarrh Root	Tag Alder Bark	Black Bark
Oak Bark (red & white)	Pomegranate Bark	Black Willow Bark
Kino Gum	Catechu Gum	Nutgall

CARMINATIVES: Expelling gas from Stomach and Bowels.

Catnip Herb	Peppermint Herb	Watermint Herb
Melissa Herb	German Chamomile	Yerba Buena Herb
Lemon Balm Herb	Flowers	Sweet Flag Root
Angelica Root	Parsley Root	Calamus Root
Lovage Root	Canada Snake Root	Fennel Seed
Angelica Seed	Coriander Seed	Cardamon Seed
Anis Seed	Cumin Seed	Caraway Seed
Thyme Herb		

CATHARTICS: Medicines producing evacuations from the bowels.

Balmomy Herb	Pansy Herb	Wild Violet Herb
Senna Leaves	Leptandra Root	Mandrake Root
Rhubarb Root	Culvers Root	Cascara Bark
Butternut Bark	Buckthorn Bark	Barberry Bark

CHOLAGOGUES: Medicines promoting and increasing the flow of bile.

Tetterwort Herb	Gamboge Gum	Jalap Root
Mandrake Root	Hedge Hyssop Herb	Physic Root
Wahoo Bark	Colocynth Apple	Aloe Gum
Culvers Root		

COLORING AGENTS: Drugs used in coloring and dying.

Henna Leaves	(red)	Cudbear (purple)
(red-brown)	Sage Leaves (brown)	Indigo Leaves (blue)
Black Malva Flowers	American Saffron	Spanish Saffron
(wine-red)	Flowers (red)	(yellow)
Walnut Hulls (brown)	Alkanet Root (red)	Madder Root (red)
Turmeric Root (yellow)	Bloodroot Root (red)	Logwood Chips (blue)
Red Saunders Wood		

DEMULCENTS: Mucilaginous substances that act soothing and relieve inflammation.

Mallow Leaves	Plantain Leaves	Coltsfoot Leaves
Cheeseplant Leaves	Mullein Leaves	Marshmallow Root
Liquorice Root	Comfrey Root	Althaea Root
Slippery Elm Bark	Flax Seed	Psyll Seed
Fenugreek		

DEPURATIVES: Removing impurities, cleaning the blood.

Meadow Sweet Herb	Queen's Root	European Black
Bittersweet Herb	Kava Kava Root	Alder Bark
Pigwort Herb	Sassafras Bark	Linden Flowers
Heartease Herb	Elder Flowers	Virginia Poke Root
Pansy Herb	Burdock Root	Marsh Rosemary Root
Wild Violet Leave	Sarsaparilla Root	Oregon Grape Root
Dulse Leaves	Dandelion Root	Buckthorn Bark
Red Clover Flowers	Physic Root	Indian Senna Fruit
Yellow Dock Root		

DIAPHORETICS: Medicines producing perspiration.

Boneset Herb	Horehound Herb	Melissa Herb
Vervian Herb	Squaw Mint Herb	Thoroughwort Herb
Watermint Herb	Pennyroyal Herb	Yarrow Herb
Peppermint Leaves	Lemon Balm Leaves	Jaborandi Leaves
Black Birch Leaves	Linden Flowers	Elder Flowers
Chamomile Flowers	Virginia Snake Root	Pleurisy Root

DIURETICS: Medicines increasing the secretion and flow of urine.

Pipsissewa Herb	Horsetail Rush Herb	Cleavers Herb
Trailing Arbutus	Meadow Sweet Herb	Prince's Pine Herb
Partridge Berry Herb	Golden Rod Herb	Broom Tops
Gravel Plant Herb	Uva Ursi Leaves	Birch Leaves
Pichi Leaves	Whortleberry Leaves	Mountain Cranberry
Buchu Leaves	Purple Foxglove	Leaves
Mountain Mahogany	Leaves	Prince's Feather
Leaves	Squill Root	Leaves
Kava Kava Root	Couch Grass Root	Parsley Root
Button Snake Root	Queen of Meadow	Black Indian Hemp
Lovage Root	Root	Root
Cubeb Berries	Corn Silk	Juniper Berries
Shave Grass Herb	Great Celandine Herb	

EMETICS: Medicines that cause vomiting.

Lobelia Herb	Ipecacuanha Root	Mustard Seed.
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EMMENAGOGUES: Medicines promoting and stimulating menstruation.

Life Root	Pennyroyal Herb	Rue Herb
Double Tansy Herb	Black Root	Cotton Root
Mistletoe Herb	Savin Leaves	Aloe Gum
Blue Cohosh Root	Blood Root	

EXPECTORANTS: Promoting mucous secretion from the air passages.

Lobelia Herb	Horchound Herb	Lungwort Herb
Pansy Herb	Asthma Weed Herb	Wild Thyme Herb
Yerba Santa Leaves	Coltsfoot Leaves	Mullein Leaves
Mountain Balm Leaves	Marshmallow Leaves	Wild Sage Leaves
Calif. Gum Plant	Wild Chestnut Leaves	Coughwort Leaves
Irish Moss	Iceland Moss Leaves	Pearl Moss Leaves
Elder Flowers	Pleurisy Root	Ipecacuanha Root
Senega Root	Elecampane Root	Sweetwood Root
Squill Root	Comfrey Root	Pimpinella Root
Marshmallow Root	Sea Onion Root	Wild Cherry Bark
Murillo Bark	Flax Seed	Sweet Fennel Seed
Anis Seed		

FEBRIFUGE: An Agent that reduces fever.

Wormwood Herb	Centaurly Herb	Boneset Herb
Feverwort Herb	Yerba Buena Herb	Aconite Root
Virginia Snake Root	Water Avens Root	Blood Root
Friar's Cap Root	Fall Speedwell Root	Cinchona Bark
Dogwood Bark	Europ. Black	Quassia Bark
Buckthorn Bark	Alder Bark	

HEPATIC: Promoting action of the liver.

Liverwort Herb	Wild Yam Root	Dandelion Root
Indian Apple Root	Culvers Root	Virginia Poke Root
Rhubarb Root	Mandrake Root	Fall Speedwell Root
Barberry Bark	Wahoo Bark	Spiked Aloe Gum

LAXATIVES: Medicines producing gentle action of the bowels.

Pansy Herb	Alder Bark	Cascara Bark
Turtle Bloom Leaves	Indian Senna Fruit	Balmomy Leaves
California Barberry	Senna Leaves	Culvers Root
Root	Blackthorn Flowers	Dandelion Root
Chinese Rhubarb Root	Mandrake Root	Oregon Grape Root
Virginia Poke Root	May Apple Root	Sacred Bark
Europ. Black	Wahoo Bark	Buckthorn Bark

NEPHRITICS: An agent useful in kidney complaints.

Trailing arbutus	Whortleberry Leaves	Uva Ursi Leaves
Buchu Leaves	Broom Tops	Gravel Plant Leaves
Black Birch Leaves	Queen of Meadow	Button Snake Root
Couch Grass Root	Root	Juniper Berries
Partridge Berry Herb		

NERVINES: Medicines that act calming and soothing on the nervous system.

Rue Herb	Scull Cap Herb	Dittany Herb
Lemon Balm Herb	Hops	Cramp Bark
Ladies Slipper Root	Musk Root	Rosemary Leaves
Valerian Root	Nerve Root	Peony Root
Wild Celery Seed		

PURGATIVES: Medicines producing watery evacuations.

Senna Leaves	Jalap Root	Hemp Root
May Apple Root	Cascara Bark	Mandrake Root
Buckthorn Bark	Gamboge Gum	Colocynth Apple
Aloe Gum	Black Indian	Scammony Gum
Rhubarb Root		

SEDATIVES: An agent allaying irritability.

Bugleweed Herb	Sweet Fern Leaves	Stramonium Leaves
Foxglove Leaves	Jimyson Weed Leaves	Wild Lettuce Leaves
Red Puccoon Root	Aconite Root	Blood Root
Crawley Root	Muir Puama Root	Ice Plant Root
Fever Root	Water Avens Root	Chocolate Root
Wild Cherry Bark	Yohimbe Bark	Jamaica Dogwood Bark
Red Root Bark	New Jersey Tea Bark	Meadow Saffron Seed
Colchicum Seed		

STIMULANTS: Medicines increasing functional activity.

Dwarf Nettle Herb	Strawberry Leaves	Rosemary Leaves
Damiana Leaves	Linden Flowers	Ginseng Root
Gentian Root	Yellow Dock Root	Blood Root
Sarsaparilla Root	Queen's Root	Dandelion Root
Valerian Root	Jamaica Ginger Root	Muir Puama Root
Unicorn Root	Wild Cherry Bark	Wafer Ash Bark
Sassafras Bark	Prickly Ash Bark	Yohimbe Bark
Cassia Bark		

VULNERARY: An agent favoring the healing of wounds and cuts.

Sweet Clover Herb	Figwort Herb	Witchhazel Leaves
Plantain Leaves	Wild Sage Leaves	Mullein Leaves
Rosemary Leaves	Arnica Flowers	Calendula Flowers
Marigold Flowers	Virginia Poke Root	Marsh Rosemary Root
Alum Root	Tormentill Root	Cranesbill Root
Oak Bark (red & white)	Balm of Gilead Buds	



ALOE

MATERIA MEDICA

AGRIMONY

Agrimonia Eupatoria; Part used: The Herb

German, Odermennig. French, Aigremoine.

A very valuable herb. It has a tendency of invigorating the functions of stomach, liver and bowels, eliminating foul matter from the system. It is also highly recommended in the treatment of stones and gravel in kidneys and bladder. As a gargle, the decoction is very effective in soreness and inflammation of mouth and throat. Doses 30-60 grains.

ALOE

Aloe Vera

German, Aloe. French, Aloès. Spanish, Acibar.

Aloe is the dried juice of the Aloe leaves. It is a good laxative, promoting and assisting the action of the large intestines. As it also has a tendency to increase the menstrual flow, it should not be used by those having naturally an excessive flow, nor should it be used during the menstrual period, nor in cases of pregnancy. Sufferers from piles also should never use it. Combined with other medicines its action is milder and is preferably used that way. Dose 3-5 grains. (For colored illustration see Plate No. 3.)

ANGELICA

Angelica Officinalis; Part used: The root and the seeds

German, Engelwurz. French, Angélique. Spanish, Angélica.

A very useful aromatic stimulant, relieves gas and colicky pains in the stomach and congestion in the abdomen. Its nerve quieting effect also deserves mentioning. Dose 30-60 grains.

ANISE

Pimpinella Anisum; Part used: The Seeds

German, Anis Samen. French, Anis vert. Spanish, Anis.

A decoction of Anis seeds added to the milk relieves gas pains and colic in small children. It has a very quieting and soothing

effect. Used by the mother, it increases the milk secretion and stimulates the action of the stomach. It is also extensively used as a flavoring agent in pastries, etc. Average dose 30 grains.

ARNICA

Arnica Montana; Part used: Flowers

German, Arnica-blüten. French, Fleurs d'Arnique. Spanish, Flor de Arnica.

In this country Arnica is mostly used in the form of the Tincture as an external application in Sprains, Bruises, to relieve inflammation and swelling. In Europe, however, it is also used internally in the treatment of Gout, Rheumatism and Feverish conditions. Dose, internally, 5 to 10 grains, three or four times a day. For colored Illustration see Plate No. 3.)

BETHROOT

Trillium Pendulum; Part used: The Root

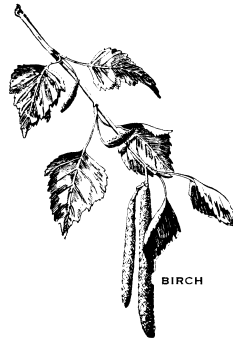
A highly prized Indian remedy to stop bleeding from lungs, bowels, kidneys and to arrest excessive menstrual flow. In coughs, bronchitis and asthmatic conditions, it is said to give quick and certain relief. Average dose 30 grains.

BILBERRY OR HUCKLEBERRY

Vaccinium Myrtillus; Part used: Leaves and Berries

German, Heidelbeeren. French, Myrtille. Spanish, Arándano.

The berries are an excellent remedy in diarrhea and their juice mixed with water affords a very refreshing drink in all feverish conditions. The leaves are considered one of the best and most reliable remedies in Diabetes and also in disorders of the



Urinary Organs, in gravel and stones of the Kidneys and Bladder. Dose of the leaves 60 grains several times a day. They should be taken, however, for a long period of time. For colored Illustrations see Plate No. 5.

BIRCH

Betula Lenta; Part used: The Leaves

German, Birke. French, Bouleau. Spanish, Abedul.

Useful in looseness of the bowels in grown-ups and children, produces sweating, if used warm as a tea. Has been highly recommended in complaints of the urinary organs, inflammation or gravel in kidneys and bladder. Dose 60 grains. (For illustration see page 129.)

BLACKBERRY OR BRAMBLE

Rubus Villosus; Part used: The Bark of the Root

German, Brombeer Rinde. French, Ecorce de Ronce Noir. Spanish, Zanzamora.

An excellent remedy in Diarrhea, Dysentery, Summer Complaints in children, and loose conditions of Stomach and Bowels. A decoction of the bark is used as a douche in Leucorrhœa and in relaxed conditions of the womb. Dose, from 15 to 30 grains. (For colored illustration see plate 6.)

BLACK COHOSH

Cimicifuga Racemosa; Part used: The Root

German, Schwarze Schlangenzwurz. French, Racine d'Actée a Grappes.

This root is particularly useful in rheumatic affections and in uterine disorders. In periodical cramps, leucorrhœa, irregular menses it is invaluable. It also has a quieting and strengthening effect on the nervous system, soothing pain and relieving fever and inflammation. Average dose, 15 grains.

BLOOD ROOT

Sanguinaria Canadensis; Part used: The Root

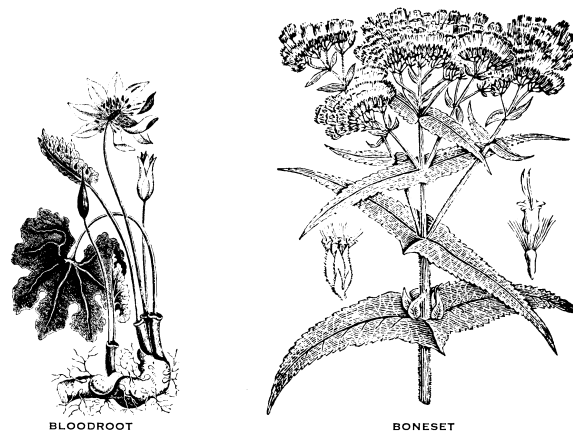
German, Blutwurzel. French, Sanguinaire.

This root is a very active stimulating agent and should be used carefully. In small doses from $\frac{1}{2}$ to 5 grains, it is an effective expectorant, up to twenty grains it acts as an emetic and may be used in such cases where a quick emptying of the stomach is desired. Applied externally as a powder to skin eruptions, nose polyps, ulcers and bad healing sores it exerts great healing power, encouraging new and healthy tissues. Average dose 2 grains.

BONESET**Eupatorium Perfoliatum; Part used: The Entire Plant**

German, Wasserdost. French, Eupatore perfoliée.

Its fever reducing and diaphoretic properties make this plant one of the most valuable herbs in colds and fevers. Catarrhal conditions due to colds yield quickly to the healing effect of this wonderful plant. It is also highly recommended as a cold preventative. Average dose 30 grains.



BLOODROOT

BONESET

BRIER HIP OR WILD BRIER**Rosa Canina; Part used: The Fruit**

German, Hagebutten. French, Gratte cul Spanish, Calambrujo cirosbatos.

This fruit is rich in Citric and Malic acid and is said to have wonderful dissolving properties on stones of Kidneys and Bladder. Dose 60 grains. (For illustration see plate 4.)

BROOM TOPS**Cytisus Scoparius; Part used: The Dried Tops**

German, Besenginster. French, Genet a balais. Spanish, Retama.

Highly recommended in disorders of the urinary organs, especially in such cases where the urine is retained or flows scantily or painfully. Increases the flow of the urine in dropsical conditions

and relieves spasms in the bladder. It also has a tonic effect on the heart. Average dose 15 grains.



DYER'S BROOM

BUCHU

Barosma Betulina; Part used: The Leaves

German, Buckblätter. French, Feuilles de Bucco.

One of the best and most useful herbs in diseases of the urinary organs, attended with increased uric acid. Relieves catarrhal conditions, inflammation in kidneys and cramps in the bladder. It has also been recommended in gravel and stones in kidneys and bladder. Its soothing and strengthening effect on the urinary organs is highly praised. Dose 30 grains.

BUCKBEAN

Menyanthes Trifoliata; Part used: The Leaves

German, Bitterklee. French, Trefle d'eau. Spanish, Trébol.

Excellent for the improvement of the quality and the flow of the digestive juices. Exerts a good influence on stomach and bowels, relieving gas and excess of acid in these organs. Its prompt action in fever and colds makes it a valued and well known botanical all over Europe. Dose 30 grains. (For illustration see plate 2.)

BUCKTHORN

Rhamnus Frangula; Part used: The Bark

German, Faulbaum Rinde. French, Écorce de Bourdaine. Spanish, Arraclan.

This bark, like the American variety, the Cascara Bark, should be at least two years old before it is used; it acts then as a mild, yet reliable and effective laxative, inciting the action of stomach

and bowels very favorably. If used fresh, it may cause considerable griping and vomiting. Average dose 15-30 grains. (For colored illustration see plate 5.)

BURDOCK ROOT

Arctium Lappa; Part used: The Root; The Seeds

German, Klettenwurzel. French, Bardane. Spanish, Lampazo.

This root is known for its blood cleansing properties and is, therefore, used in innumerable Spring medicines and blood remedies. Skin eruptions, due to impurities in the blood, yield quickly to its cleansing properties. It is extensively used in scrofulous, hepatic, rheumatic and cutaneous diseases. The seeds are used in disorders of the Kidneys. Burdock Oil is very highly recommended as an external application to the scalp, to stop the falling out of hair. Average dose of the Root and Seeds, 30 grains. (For colored illustration see plate 1.)

CASCARA BARK

Rhamnus Purshiana; Part used: The Bark

German, Cascara Rinde. French, Ecorce Sagrada. Spanish, Cascara Sagrada.

This is one of the most useful among the popular and comparatively newer botanicals. Its mild and yet effective action on the bowels make it a favorite with many. It acts by increasing the muscular action of the intestines, toning and cleansing them. It is especially valuable in the treatment of cases of a longer standing. It should be at least two years old before it is used.

CENTAURY

Erythraea Centaurium; Part used: The Flowering Herb

German, Tausendguldenkraut. French, Petite centaurée. Spanish, Centaura menor.

This herb enjoys great popularity in Europe as a remedy in stomach disorders. It increases the appetite and invigorates the digestion. It is especially effective in cases where a tonic and blood builder is required on account of poor function of the digestive organs. Average dose 30 grains. (For colored illustration see plate 6.)

CHAMOMILE

Matricaria Chamomilla; Part used: The Flowers

German, Kamillen. French, Camomille. Spanish, Manzanilla.

This is one of the oldest and most popular remedies for gas and cramps in the stomach. Its soothing, pain relieving effect in stomach disorders and menstrual irregularities make it a most valued medicinal agent, especially in such cases where these troubles are of a nervous origin. The infusion is used externally with good results as compresses to relieve pain and swelling. Recently it has been extensively used as a hair wash to brighten the hair. Dose from 30 to 60 grains. (For colored illustration see plate 4.)

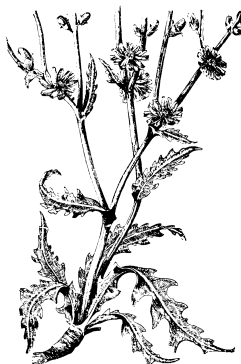


CHAMOMILE

CHICORY**Cichorium Intybus; Part used: The Root and Leaves**

German, Wegwart. French, Chicorée. Spanish, Achicoria amarga.

The root is very useful as a tonic and mild laxative. In Hepatic congestions, Jaundice, and other Visceral obstructions, it has proven very beneficial. The roasted root is used to a great extent as a coffee substitute. The leaves have similar properties. Dose, from 60 to 120 grains, for both. (For colored illustration see plate 1.)



CHICORY

CINCHONA BARK (Peruvian)**Cinchona Succirubra; Part used: The Bark**

German, China Rinde. French, Ecorce de Quinquina. Spanish, Quina.

A very effective remedy in general weakness due to impaired digestion and incomplete assimilation of the food. Acts as antiseptic and astringent tonic on stomach and bowels; aids the digestion, relieves gas and excess acid formed by a faulty digestion.

It has proven to be one of the most useful fever and cold remedies known. It is also said to have a pronounced action on the nervous system and therefore very useful in nervous dyspepsia and hysteria. Externally in the form of a poultice it is a valuable remedy in indolent ulcers and old open sores.

COLTSFOOT LEAVES**Tussilago Farfara; Part used: The Leaves**

German, Huffattich. French, Pas d'ane. Spanish, Una de caballo.

A very useful herb in affections of bronchial tubes and lungs. Facilitates the loosening up of phlegm; relieves cough and colds settled in the air passages. As it is perfectly harmless and yet effective, it may be used freely and continuously by those suffering from affections of bronchial tubes and lungs. Average dose, 60 grains. (For colored illustration see plate 6.)

COMFREY**Symphitum Officinale; Part used: The Root**

German, Beinwell. French, Consoude. Spanish, Consuelda major.

This root is very useful in pulmonary affections, coughs, colds in lungs and throat. It relieves inflamed conditions of the air passages and loosens and removes phlegm. Dose, 30 to 60 grains. (For colored illustration see plate 5.)

CRAMP BARK**Viburnum Opulus**

German, Schneeball Rinde. French, Obier.

As its name indicates, this bark is very effective in relieving cramps and spasms of all kinds. As it also exerts a decided influence upon the generative organs, it is especially useful in menstrual cramps and pains, giving tone and energy to the Uterus. It is claimed that its use during pregnancy has a tendency of diminishing miscarriage, especially if used with equal parts of Blazing Star Root. Average dose, 30 grains.

DANDELION**Leontodon Taraxacum; Part used; The Root; The Leaves**

German, Löwenzahn. French, Dent de Lion, Pissenlit. Spanish, Diente de Leon.

The blood cleansing properties of this simple root and its stimulating effect on stomach, liver and bowels, make it a very valuable botanical for all disorders of these organs.

The leaves used fresh as a salad invigorate the functions of the digestive organs; it is rich in iron and other valuable mineral elements which are very beneficial to the well being of everyone. In the event the fresh leaves cannot be obtained, the dried leaves will do. Average dose, 60 to 120 grains.

DOG GRASS—COUCH GRASS**Triticum Repens; Part used: The Root, Rhizome**

German, Queckenwurzel. French, Chiendent. Spanish, Rizoma de Grama.

Dog Grass is very valuable in disorders of Kidneys and Bladder and in urinary troubles that originate with colds and catarrh in these organs. It induces the proper flow of the urine, tends to relieve painful, scanty, but frequent urination. Its blood purifying properties are also quite pronounced. Average dose, 60 to 120 grains.

DWARF ELDER**Sambucus Ebulus; Part used: The Root**

German, Attich Wurzel. French, Hièble. Spanish, Yezgo.

This root is one of Father Kneipp's favorite remedies for disorders of Kidneys and Bladder, especially in dropsical conditions it is said to give good results. Dose, 15 to 30 grains. (For colored illustrations see plate 3.)

DWARF NETTLE**Urtica Urens; Part used: The Entire Green Plant and the Root**

German, Brenn-Nessel. French, Ortie. Spanish, Ortiga major.

This plant is rich in organic mineral substances and therefore valuable as a blood and system cleanser. Because of its diuretic properties, it reduces the acid contents of the blood and eliminates impurities through the kidneys and bladder. In looseness or bleeding of the bowels it can be used with good results.

A decoction or extraction of the root used on the scalp is a most favored remedy in Europe for falling out of the hair. Dose 30 to 60 grains. (For colored illustration see plate 2.)

ELDER**Sambucus Nigra; Part used: The Flowers, The Berries, The Root**

German, Hollunder Blüten. French, Fleur de Sureau. Spanish, Saucó.

The flowers made into a tea open the pores and produce sweating. In that manner they aid in eliminating acids and other impurities through the skin. They are, therefore, very valuable in the treatment of colds, coughs, rheumatic and catarrhal conditions due to suppressed skin action. Average dose 60 grains. (For colored illustration see plate 2.)

ELECAMPANE**Inula Helenium; Part used: The Root**

German, Alant. French, Année. Spanish, Enula Campana.

Very useful in coughs and colds in bronchial tubes and lungs. It assists in loosening phlegm and relieves irritation in the air passages. Average dose 30 grains.

EYEBRIGHT**Euphrasia Officinalis; Part used: The Plant**

German, Augentrost. French, Euphrasie. Spanish, Eufrasia.

An infusion of one part of this herb to six parts of water has been found to be very beneficial when applied to the eyes and eyelids in catarrhal and inflamed conditions of the eyes. Its action is soothing, healing and strengthening. (For colored illustration see plate 5.)

FENNEL**Foeniculum Vulgare; Part used: The Seed**

German, Fenchel. French, Fenouil. Spanish, Hinojo.

In wind-colic and spasms in children, fennel tea (one teaspoonful of the seeds to a cup of water or milk) is one of the best and safest remedies. With the addition of honey or sugar made into a syrup it relieves coughs and colds.

Fennel water, obtainable in the apothecary shops, is highly valued in Europe for tired, sore eyes. Fennel seeds should be at hand in every household. Average dose 15 to 30 grains.

FLAXSEED**Linum Usitatissimum; Part used: The Seed**

German, Leinsamen. French, Grains de lin. Spanish, Lino.

An infusion of these seeds is very useful in catarrhal conditions of the bronchial tubes and also of the urinary organs. In disorders of Kidneys and Bladder, it may be used freely; its action is very soothing and healing. The ground flaxseed mixed with hot water to make a stiff paste, makes an excellent emollient poultice for applications to local inflammations, boils and carbuncles. The whole seed is also occasionally given in tablespoonful doses as a mild laxative. Dose 60 to 120 grains. (For illustration see plate 5.)

GENTIAN**Gentiana Lutea; Part used: The Root**

German, Enzian. French, Gentiane. Spanish, Genciana.

A great and much valued European remedy in all cases where

a stomach tonic is required. Incites the appetite, invigorates digestion, relieves gases and reduces excessive amounts of acid formed by a faulty digestion. The chewing of this root aids in overcoming the desire for the chewing and smoking of tobacco. Average dose 15 grains. (For colored illustration see plate 5.)

GINGER

Zingiber Officinalis; Part used: The Root

German, Ingwer. French, Gingembre. Spanish, Jengibre.

This aromatic root acts as a stimulating tonic on the stomach, increasing the secretions of the gastric juices and dispelling gases from stomach and bowels. It is useful in cramps and pains; in looseness of the bowels, and in diarrhea and dysentery, it serves with excellent results, especially when combined with other astringents, such as Oak Bark, Alum Root, etc. Average dose 10 grains.

GOLDEN SEAL

Hydrastis Canadensis; Part used: The Root

German, Kanadische Gelbwurzel. French, Racine d'Hydrastis du Canada. Spanish, Hidrastis del Canada.

The tonic properties of this root are remarkable and its healing and strengthening influence on the mucous membrane and muscular tissues make it a very valuable remedy in catarrhal conditions. It is, therefore, very valuable in catarrh of stomach and bowels. Externally it is used in catarrh of the head and throat, in gonorrhoea and vaginal catarrh. The decoction can be used as an eyewash with good results. Its pain relieving and soothing properties also deserve mentioning. Average dose 30 grains. (For colored illustration see plate 4.)

GROUND IVY

Glechoma Hederacea; Part used: The Plant

German, Gundelrebe. French, Lierre terrestre. Spanish, Hiedra.

This herb is especially useful in catarrhal conditions of the inner organs; Lungs, Stomach, Bowels, and the Urinary Tract. Dose 30 to 60 grains. (For colored illustration see plate 5.)

HEART'S EASE

Viola Tricolor; Part used: The Herb

German, Stiefmütterchen. French, Pensée sauvage. Spanish, Pensamiento.

The blood cleansing properties of this modest little plant is hardly excelled by any other. Especially in scrofula and skin eruptions.

tions in children good results are obtained. It is rich in mineral salts. It is an effective purgative and liver regulator. Average dose 15-30 grains. (For colored illustrations see plate 1.)

HOREHOUND

Marubium Vulgare; Part used: The Herb

German, Weisser Andorn. French, Marrube blanc. Spanish, Marubio.

A valuable expectorant. It is used in affections of throat and lungs. Dose from 30-60 grains.

HORSETAIL—SHAVE GRASS

Equisetum Arvense; Part used: The Plant

German, Zinnkraut. French, Pribé des champs. Spanish, Cola de caballo.

Its excellent diuretic properties make this plant one of the most useful remedies in diseases of kidneys and bladder. Inflammation, spasms and catarrh of these organs are benefitted by its use. It is used in disorders of the urinary tract, such as scanty, suppressed, frequent or bloody urination and in gravel and stones.

Externally it is used with good results in the form of poultices and fomentations in swelling and inflammation. Average dose, 30-60 grains.

JUNIPER

Juniperus Communis, Part used: The Berries

German, Wacholderbeeren. French, Baies de Genièvre. Spanish, Bayas de Enebro.

These berries are highly recommended in catarrhal conditions of the urinary organs, in rheumatism, gout and dropsy. In small doses they incite the appetite and aid the digestion, but in larger doses they act more on the kidneys and bladder. Dose 60 grains. (For colored illustration see plate 2.)

KNOT GRASS

Polygonum Aviculare; Part used: The Plant

German, Knöterich. French, Centinode. Spanish, Centinodia.

This insignificant looking, plain, little plant possesses wonderful properties and is one of the most effective remedies in affections of the Bronchial Tubes and Lungs. Its soothing and healing effect on these organs is remarkable; it relieves coughs, loosens the phlegm, allays irritation and tickling in the throat.

It is also of great value in the treatment of gravel and stones of Kidneys and Bladder. Dose, 30-60 grains. (For colored illustration see plate 5.)

LICORICE**Glycyrrhiza Glabra; Part used: The Root**

German, Süßholz. French, Réglisse. Spanish, Crozuz.

A very useful expectorant. It is used in coughs and bronchial irritations. It is extensively used as a sweetening agent in diet-drinks and bitter medicines. It is also mildly laxative. Dose, 30 grains.

LUNGWORT**Pumonia Officinalis; Part used: The Herb**

German, Lungenkraut. French, Pulmonaire. Spanish, Pulmonaria.

As its name indicates it has been found valuable in the treatment of affections of the lungs and air passages. It relieves inflamed conditions and is used in coughs and colds. Dose, 30 grains. (For colored illustration see plate 2.)

MALLOW**Malva Sylvestris; part used: The Leaves**

German, Malva. French, Mauve. Spanish, Malva real.

Useful in coughs and colds and obstruction by phlegm of the air passages.

It is also used externally in the form of poultices and fomentations for the relief of inflammation and pain. They are very healing and soothing when applied to open sores and ulcers. Dose 30 grains.

MANDRAKE**Podophyllum Peltatum; Part used: The Root**

German, Podophyll Wurzel. French, Rhizone de Podophyllum. Spanish, Podofilo.

For liver and bowel complaints this American root is equal, if not superior, to all high priced foreign products. It is a valuable aid in biliousness, constipation and other disturbances due to a lazy action of liver and bowels. Its eliminative properties make it also very effective in rheumatism and other diseases due to an accumulation of waste products in the system. As an expeller of intestinal worms, it is also highly recommended. Dose 10 to 30 grains.

MARSHMALLOW**Althea Officinalis; Part used: The Root**

German, Eibisch Wurzel. French, Racine de Guimauve. Spanish, Raiz de Malvavisco.

A valuable demulcent. It is used in inflammation and irritation of the mucous membrane. Recommended in coughs and complaints of the bronchial tubes and in disorders of the Kidneys and Bladder. Dose 30 to 60 grains. (For colored illustration see plate 4.)

MATE***Ilex Paraguayensis***

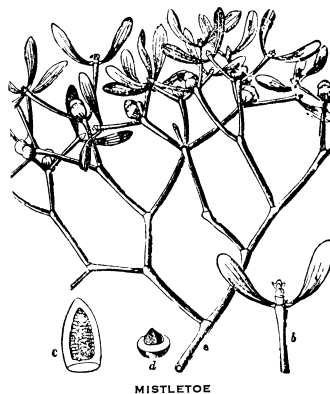
From this South American plant, a delightfully refreshing drink is made which is justly called "South America's National Beverage". Its stimulating and invigorating effect on the body, and its quieting and strengthening effect on the nervous system make it the ideal substitute for ordinary Tea or Coffee. On account of its low tannin contents, which amounts to only one to two percent, it is not constipating like ordinary Tea with its 13%-18% of Tannin. (Tannin is very constipating). Its richness in natural mineral salts, Calcium, Magnesium, Iron, Manganese, Silica, Phosphates and also in vitamins adds greatly to its usefulness as a beverage.

It is prepared like ordinary tea—about a teaspoonful to a cup of boiling water. Sugar, honey, cream and lemon may be added to suit taste. When iced it makes a refreshing Summer-drink.

MISTLETOE***Viscum Album*; Part used: The Plant**

German, Mistel. French, Gui de chêne. Spanish, Muérdago.

This plant has proved of service in high blood pressure and in the stoppage of excessive menstrual flow. It tends to relieve spasms and pains encountered during the menstrual period. Dose 15 to 30 grains. (For colored illustration see plate 6.)



MULLEIN**Verbascum Thapsus; Part used: The Leaves; The Flowers**

German, Wollkraut. French, Bouillon blanc. Spanish, Gordolobo.

The leaves and the flowers are used in pectoral complaints. They possess emollient, demulcent and slightly anodyne properties. Used in coughs and catarrhal conditions of the throat and lungs. Dose 30 to 60 grains.



MULLEIN

NERVE ROOT**Cypripedium Pubescens; Part used: The Root**

German, Frauenschuh Wurzel. French, Cypripede jaune.

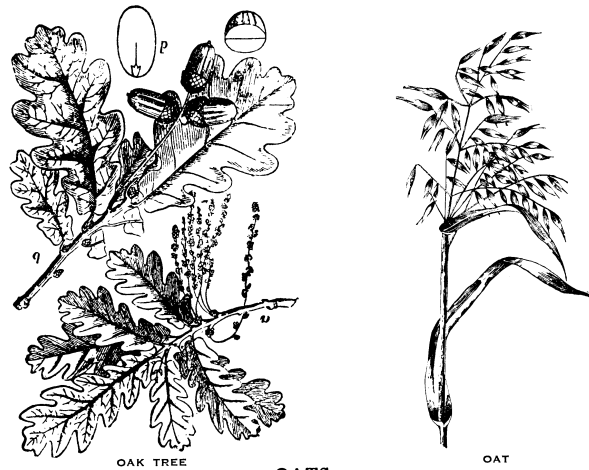
The good results obtained from this root in nervous disorders gave it its name "nerve root". It is used in nervous headaches, nervous irritability, hysteria, spasms and other disturbances of the nervous system. Dose 15 grains.

OAK BARK**Quercus Rubra**

German, Eichenrinde. French, Ecorce de Chene. Spanish, Encina Roble.

The bark of the red oak and the white oak (*Quercus Alba*) are both used medicinally. Their properties are the same and therefore both can be used for the same purpose. Oak bark possesses strong astringent and antiseptic properties. Internally it is used in diarrhea and to stop mucous discharges and bleeding. Externally, in the form of a decoction, it is used as a gargle for sore throat and as an injection for leucorrhea and hemorrhoids. Poultices of the ground bark are used with good results in ulcers and badly healing sores.

The acorns of the Oak are roasted like coffee and are used instead of coffee or tea, especially by those who suffer from looseness of the bowels. Dose of the bark 15 grains. (For colored illustration see plate 1.)



OAK TREE

OATS

OAT

Avena Sativa; Part used: The Straw

German, Haferstroh. French, Avoine. Spanish, Avena.

In recent years it is extensively used to supply the element Silicon to the body, in which it is very rich and which it contains

in a very assimilable form. Silicon is the substance necessary to build the outer layer of the skin, the hair, the finger nails, etc. Its lack in the system often causes unsightly diseases, such as, splitting, deformed finger nail, skin diseases, etc.

The use of the seeds as a food of great value, is too well known to need mentioning here. The dose of Oat Straw is from 30 to 60 grains.

OREGON GRAPE ROOT

Berberis Aquifolium; Part used: The Root

German, Berberitze, Sauerdorn. French, Vinettier. Spanish, Berbero.

An old Indian remedy of great merit. Very valuable in jaundice, sluggishness of the liver and bowels, and rheumatic conditions. Increases the power of the digestive organs and aids the assimilation of food. Its blood cleansing properties make it also a much used remedy in skin diseases, scrofula, pimples and boils. Dose 30 grains.

PENNYROYAL

Hedeoma Pulegioides; Part used: The Herb

German, Polei (amerikanischer.) French, Poulist Américaine.

A gentle, aromatic stimulant used especially in flatulent colic



and stomach disorders due to fermentation of the food. It stimulates the menstrual flow and tends to relieve cramps due to suppressed menstruation. A warm infusion produces sweating and has been found of good service in colds. Average dose 60 grains.

PEPPERMINT

Mentha Piperita; Part used: The Leaves

German, Pfefferminze. French, Menthe poivrée. Spanish, Menta piperita.

The strengthening and refreshing effect that this herb has on the digestive organs is well recognized. Taken in the form of an infusion, it aids the digestion, relieves gas and spasms. Its beneficial influence on the nervous system and heart also deserves mentioning. Dose 60 grains. (For colored illustration see plate 4.)

PINKROOT

Spigelia Marilandica

German, Wurmgrass Wurzel. French, Spigélie anthelminthique.

An excellent worm expeller. Removes stomach and intestinal worms quickly, but is best used in combination with cathartics when correctly dosed. In overdoses it may cause unpleasant contributory symptoms. The dose for a child is 10 to 20 grains and for an adult from one to two drachms, either in powder form or as a tea. Dose 60 to 120 grains.

PLANTAIN

Plantago Lanceolata; Part used: The Leaves

German, Wegerich. French, Plantain lanceolé. Spanish, Llantén.

A valuable expectorant, relieves coughs, bronchitis, hoarseness and loosens catarrhal obstructions from bronchial tubes and lungs. It is also used externally as a poultice on old, badly healing ulcers and sores, inflamed eyes and muscles. Average dose 60 grains. (For colored illustration see plate 5.)

PLEURISY ROOT

Asclepias Tuberosa

German, Schwalben Wurzel. French, Racine d'Asclepiade tubereuse.

As its name indicates it is a very valuable remedy for pleurisy, catarrhal affections of the lungs and throat, and spasmodic coughs. It is also a mild laxative and has a very beneficial effect on some forms of indigestion. Dose from 20-30 grains. (For colored illustration see plate 6.)

POKE ROOT**Phytolacca Decandra**

German, Kermeswurzel. French, Racine de Phytolaque.

This root has a very favorable influence on the glandular system, inciting and increasing its action. Regulates liver and bowels and cleans the blood. It is therefore, highly valued in rheumatic conditions and affections of the skin, due to impurities in the blood. The average dose is from 1 to 5 grains. In large doses it acts as an emetic. (As an emetic the average dose is from 10 to 30 grains). (For colored illustration see plate 3.)

POMEGRANATE**Punica Granatum; Part used: The Bark of the Root**

German, Granat Rinde. French, Ecorce de Granadier. Spanish, Corteza de Granada.

The astringent properties of this bark make it a valuable remedy in looseness of the bowels, diarrhea and dysentery. Its greatest usefulness, however, is in the expulsion of tape worms, where it acts very reliably if used properly. Two ounces of the bark to about a pint of water are boiled slowly for about half an hour and strained while still warm. This decoction is taken in 3 divided doses at hour intervals, preferably in the morning on an empty stomach. It should be followed by a laxative. In stubborn cases, it may be necessary to repeat the treatment for a few days.



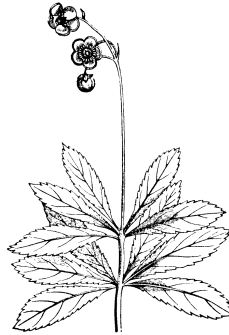
PLANTAIN

POMEGRANATE

PRINCESS PINE (Pipsissewa)**Chimaphila Umbellata; Part used: The Leaves**

German, Harnkraut. French, Pyrole ombellée.

These leaves are extensively used in disorders of the urinary organs; especially, to relieve irritation and catarrhal conditions of kidneys and bladder, for the reduction of uric acid and against deposits of stones and gravel. Dose 30 grains.



PIPSISSEWA

PSYLLIUM SEEDS OR FLEAWORT**Plantago Psyllium**

On account of the excellent results obtained with these seeds in Constipation, the demand for this valuable medicine has increased immensely of late.

The seeds are primarily used as an intestinal lubricant for the relief of habitual constipation and to promote a free and regular bowel movement. The mechanical action in the Stomach, due to the swelling of the seeds, facilitates food trituration and promotes the free flow of gastric juice. In the intestines the movement and passage of the contents are facilitated by the lubrication of the walls, the soft consistency that the seeds create and the added bulk that they give. Psyllium Seeds also have been found very useful as a demulcent to soothe, soften and protect the mucous membrane in various affections, such as, Sore Throat, Ulcers of the Stomach, Diarrhea, Dysentery, rectal congestion and Hemorrhoids. Dose, one to two teaspoonfuls at each meal. More or less as needed.

RHUBARB**Rheum Officinalis; Part used: The Root**

German, Rhabarber. French, Rhubarbe. Spanish, Ruibarbo.

Rhubarb is a very valuable remedy. It incites the activity of stomach, liver and bowels by increasing the flow of the digestive juices. In small doses it makes an excellent stomachic tonic and in larger doses acts as a laxative. Its combined properties as laxative and astringent are taken advantage of in diarrhea, hemorrhoids, and chronic dysentery. It is generally combined with other laxatives, which renders it more effective. The powder is often applied to indolent ulcers. The average dose as a stomachic and laxative is from 5 to 10 grains. The average dose as a cathartic is from 20 to 30 grains. (For colored illustration see plate 3.)

ROSEMARY**Rosmarinus Officinalis; Part used: The Leaves**

German, Rosmarin. French, Rosmarin. Spanish, Romero.

These spicy aromatic leaves are used for stomach and heart. They aid the digestion, increase the appetite and check fermentation. Its heart stimulating properties make it a valuable remedy in weak heart and in dropsical conditions due to it. Average dose 30 grains.

RUE**Ruta Graveolens; Part used; The Herb**

German, Raute. French, Rue. Spanish, Ruda.

Rue is an antispasmodic and stimulant. Tends to relieve gas and cramps due to nervous indigestion. It is very useful in nervous disturbances due to female irregularities. It should not be taken by pregnant women. Dose 10 to 20 grains.

SAGE**Salvia Officinalis; Part used: The Leaves**

German, Salbei. French, Sauge. Spanish, Salvia.

A reliable expectorant and very useful remedy for gases in stomach and bowels. Especially valuable in the removal of slime from stomach, bronchial tubes and lungs. For the prevention of those exhausting night sweats, there is no better remedy than a cup of the infusion of sage before retiring. The decoction used as a gargle and mouth wash gives quick relief from inflammation, soreness and ulceration of throat and mouth. Dose 15 to 60 grains. (For colored illustration see plate 6.)

SANICLE**Saniculum Europaea; Part used: The Plant**

German, Sanicle, French, Sanicle. Spanish Sanicul.

Used in Europe to a great extent to arrest internal bleeding from Lungs, Throat, Stomach and Bowels. The decoction is used as a mouth wash and gives excellent results in sore, spongy, bleeding gums and in inflamed conditions of the mucous membrane of mouth and throat. Used externally by applying it to wounds, cuts, bruises, open sores, etc., it discloses its great cleansing and healing properties. Dose internally from 30 to 60 grains. (For colored illustration see plate 1.)

SARSAPARILLA**Smilax Officinalis; Part used: The Root**

German, Sarsaparilla. French, Salsepareille. Spanish, Zarzaparilla.

This root has a great reputation as a blood purifier. In diseases of the skin, rheumatic afflictions, scrofula and other diseases due to impurities in the system, it can be used with good results. Dose 30 to 60 grains.

SASSAFRAS**Sassafras Officinale; Part used: The Bark of the Root**

German, Sassafrasrinde. French, Ecorce de Sassafras. Spanish, Sassafras.

The bark of the root should be used. Its properties are alterative, diaphoretic and stimulant. It is used to purify the blood, in skin diseases, and rheumatism. The infusion is also used both internally and externally for poison ivy and poison oak. Sassafras tea is a very popular spring tonic. Dose 30 to 60 grains.

SENNA**Cassia Angustifolia; Part used: The Leaves**

German, Sassafrasrinde. French, Ecorce de Sassafras. Spanish, Sas-

A mild and safe remedy for the regulation of the bowels. The leaves, however, should not be cooked but only steeped, otherwise they may cause griping. By combining them with other mild cathartics and carminatives, the griping effect can, however, be modified or entirely eliminated. Dose 30 grains.

SHEPHERD'S PURSE**Capsella Bursa Pastoris; Part used: The Herb**

German, Hirtentäschel. French, Bourse a pasteur. Spanish, Bolso de pastor.

This insignificant looking little plant, that grows so plentifully all around us and almost everywhere, has, just the same, very valuable properties. Its decoction is used to arrest bleeding of all

kinds, hemorrhages of the lungs, stomach and bowels. It is also extensively used for excessive menstrual flow. Dose 15 to 30 grains. (For colored illustration see plate I.)

SKULLCAP

Scutellaria Laterifolia; Part used: The Herb

German, Helmkraut. French, Scutellaire.

This herb has a very beneficial influence on the nervous system, soothing and strengthening it. It is especially recommended in restlessness, nervous irritability, wakefulness, nervous weakness, convulsions and fits. Dose 15 grains.



SKULL CAP

SLIPPERY ELM

Ulmus Fulva; Part used: The Inner Bark

German, Ulmenrinde. French, Ecorce d'Orme (fauve).

A splendid remedy for the relief of inflamed conditions of stomach and bowels. Very beneficial in diarrhea and dysentery. It is a mild and harmless laxative for children, operating without pain. The powdered bark, is an excellent emollient poultice, relieving pain and inflammation, and suppurating boils and ulcers and tumors; very healing in fresh wounds, bruises, burns and swelling. The addition of equal parts of powdered Fenugreek adds greatly to the efficacy of the poultice. Dose, 60 grains.

SPEEDWELL**Veronica Officinalis; Part used: The Herb**

German, Ehrenpreis. French, Véronique. Spanish, Verónica.

This herb is used in Europe in pectoral, nephritic, and cutaneous affections. It cleans the blood and tones the system. Dose 30 to 60 grains. (For colored illustration see plate 3.)

ST. JOHN'S WORT**Hypericum Perforatum; Part used: The Herb**

German, Johanniskraut. French, Millepertuis. Spanish, Corazoncillo.

This herb exerts a very beneficial influence on the nervous system, urinary organs and liver. It is especially highly recommended in the bed wetting of children and weakness of the bladder. Dose, 60 grains. (For colored illustration see plate 6.)

STRAWBERRY**Fragaria Vesca; Part used: The Leaves**

German, Erdbeere. French, Fraiser. Spanish, Fresera.

These leaves make a very invigorating and blood cleansing drink. They are well suited to replace coffee and ordinary tea, because they do not irritate the nervous system like coffee or tea. They can be used freely and continuously. They aid in alkalinizing the system. Dose, 30 to 60 grains. (For colored illustration see plate 3.)

SWEET FLAG**Acorus Calamus; Part used: The Root**

German, Kalmus. French, Acore Odorant. Spanish, Calamo aromatico.

A well known stomachic; strengthens the digestive organs, increases the appetite, aids the digestion and prevents the formation of gas and acid in stomach and bowels. Its mild and sure action make it one of the best liked stomach remedies. Externally it is used for applications to boils, indolent ulcers and open sores. Dose, 15 to 30 grains. (For colored illustration see plate 1.)

TILIA (Linden)**Tilia Europaea; Part used: The Flowers**

German, Lindenblüten. French, Tilleul. Spanish, Tilo.

These sweet, honey scented flowers are excellent in loosening the phlegm from bronchial tubes and stomach. They tend to quiet the nerves, relieve cramps. The warm infusion acts as a mild diaphoretic. They are used extensively in colds and coughs. In many parts of Europe they are used in the place of ordinary

tea. They make a palatable after meal beverage with the added advantage of having a soothing effect upon the nerves and aiding digestion. Dose 60 grains. (For colored illustration see plate 1.)

TORMENTILL

Potentilla Tormentilla; Part used: The Root

German, Tormentil. French, Tormentille. Spanish, Tormentila.

The powerful astringent properties of this root make it a very valuable remedy in Diarrhea, Dysentery, Internal Hemorrhages, etc. As a douche in the form of a decoction, it may be used with good results in Leucorrhœa, Gonorrhœa and Vaginal Catarrh, and also as a mouthwash and gargle in inflammation. Dose internally, from 30 to 60 grains. (For colored illustration see plate 6.)

UVA URSI

Arctostaphylos Uva Ursi; Part used: The Leaves

German, Bärentraubenblätter. French, Bousserole. Spanish, Gayuba.

These leaves possess very valuable properties in the treatment of complaints of the urinary tract. Reputed efficacious as a solvent for stones in kidneys and bladder and as an eliminant of uric acid from the blood. It is also used in rheumatism and other diseases due to an accumulation of acids and waste products in the system. Also extensively used in catarrhal conditions, acute Bright's disease, leucorrhœa and gonorrhœa. Dose 20 to 60 grains.



VALERIAN**Valeriana Officinalis; Part used: The Root**

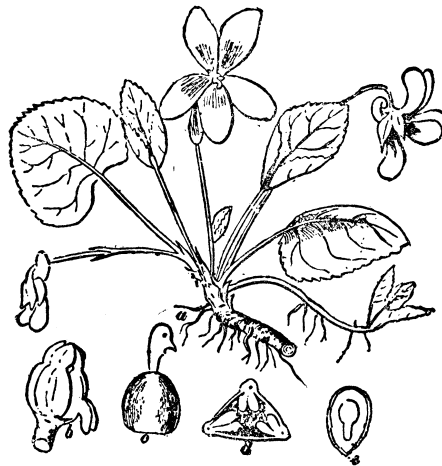
German, Baldrian. French, Racine de Valériane. Spanish, Valeriana.

A very valuable remedy for nervous disorders. It is extensively used in stomach troubles, palpitation of the heart, sleeplessness, hysteria, headaches, nervous irritability and other disturbances due to nervousness. Dose 10 to 15 grains. (For colored illustration see plate 4.)

VIOLET**Viola Odorata; Part used: The Leaves**

German, Veilchen. French, Vilette. Spanish, Violeta.

This well known tiny plant is valued greatly for its blood cleansing properties, and in this respect it is hardly surpassed by any other plant. Even if the pollution of the blood has gone quite far, the cleansing effect of its leaves can be noticed quite plainly by its action of loosening mucous obstruction in the inner organs, by its aid in the creation of better blood and by its aid in improving the resistance of the body. Dose, 30 to 60 grains. (For colored illustration see plate 2.)



WOODVIOLET

VERVAIN**Verbena Hastata; Part used: The Herb**

German, Eisenkraut. French, Verveine. Spanish, Verbena.

Very useful in colds and coughs. The hot infusion produces sweating and reduces fever. In complaints of the liver and in indigestion it can be used with good results; also in suppressed menstruation and epileptic attacks it is said to have no equal. The infusion used externally in the form of compresses, is said to be an effective antidote for poisoning from Poison Oak and Poison Ivy. It is one of the most useful simple plants of the herbal kingdom. Dose, 15 to 30 grains. (For colored illustration see plate 3.)

WAHOO**Evonymus Atropurpureus; Part used: The Bark of the Root**

German, Spindelbaumrinde. French, Ecorce d'Evonymus.

This is a great Indian remedy. It stimulates the action of stomach, liver and bowels; causes a better flow of the bile, regulates the bowels in a mild but effective way, causing copious stools without pain. In larger doses it is claimed to be very effective in dropsical conditions. Dose, 5 to 8 grains.

WATERCRESS**Nasturtium Officinale; Part used: The Herb**

German, Brunnenkresse. French, Cresson de fontaine. Spanish, Berro.

This plant is rich in iron and other valuable mineral elements. Its blood purifying and system cleansing properties cause it to be used extensively as a blood purifier. The green herb is eaten as a salad while in the dried form it is prepared as a tea. Dose, 60 grains.

WATER PEPPER**Polygonum Punctatum; Part used: The Herb**

German, Americanische Natterwurz. Spanish, Chilillo.

Reputed efficacious in disorders of the urinary organs. Highly recommended for the removal of gravel or stones in bladder; suppression of urine and irritation caused by increased uric acid. Dose, 15 grains.

WOODRUFF**Asperula Odorata; Part used: The Herb**

German, Waldmeister. French, Asperule. Spanish, Enebro.

This tasty, aromatic little plant is used extensively in Europe in the spring time to make refreshing drinks that stimulate the

action of the digestive organs and improve the quality of the blood. Wine or cider is generally used for the extraction, and fresh fruit, such as oranges, berries are often added. Dose, 60 grains.

WORMWOOD

Artemisia Absinthium; Part used: The Herb

German, Wermuth. French, Absinthe. Spanish, Ajenjo.

Whenever the digestive organs are in a debilitated condition and the liver is sluggish, this herb has no equal in its prompt and reliable action. It promotes the flow of bile in jaundice and other liver complaints. In fever and diarrhea it also gives excellent results. Its reliable action in worms of stomach and bowels, gave it its name, but as its action is powerful, it should, however, be correctly dosed. Externally it is used as a poultice for swellings, inflammation, bruises and sprains. Dose, 15 to 20 grains. (For colored illustration see plate 6.)

YARROW

Achillea Millefolium; Part used: The Herb

German, Schafgarbe. French, Milfoil. Spanish, Milefolio.

A very useful remedy in menstrual irregularities and hemorrhoids. In catarrhal conditions of the stomach and sluggishness of the liver it can be used with good results. Its quieting and soothing effect in nervous conditions of the heart also deserve mentioning. Dose, 30 to 60 grains. (For colored illustration see plate 4.)

YELLOW DOCK

Rumex Crispus; Part used: The Root

German, Ampferkraut. French, Rumex. Spanish.

The blood cleansing properties of this root, make it an outstanding remedy in all diseases due to impurities in the blood. It is therefore, especially valuable in skin eruptions, eczema, pimples, boils, rheumatic and scrofulous conditions. Its richness in organic iron also improves and enriches the quality of the blood. Dose, 60 grains.

MATERIA MEDICA (Continued)

ABSINTH HERB—Stom. Ton.—Dose: 15 to 20 grains.
 ACACIA GUM—Dem. Emo.—Dose: 30 to 60 grains.
 ACACIA FLOWERS—Dep.—Dose: 60 grains.
 ACONITE ROOT—Sed. Ano. Poi.—Dose: 1 grain.
 ACONITE LEAVES—Sed. Ano. Poi.—Dose: 1 grain.
 ACORNS—Ast. Ton.—Dose: 60 grains.
 AGAR—Dem. Lax.—Dose: 60 grains.
 AGARIC WHITE—Cat. Eme. Sty.—Dose: 5 to 10 grains.
 AGRIMONY HERB—Alt. Sto.—Dose: 30 to 60 grains.
 AGUE BARK—Sti. A-per.—Dose: 30 to 60 grains.
 AGUE ROOT—Ton. Diu.—Dose: 30 grains.
 AGUE WEED—Dia. Ton. Feb.—Dose: 30 grains.
 ALDER BARK, AMERICAN—Ast. Alt. Ton.—Dose: 60 grains.
 ALDER BARK, BLACK—Ast. Ton.—Dose: 30 to 60 grains.
 ALDER BARK, SPOTTED—Ast. Ton.—Dose: 30 to 60 grains.
 ALDER LEAVES, SPOTTED—Ast. Ton.—Dose: 30 to 60 grains.
 ALDER BARK, SWAMP—Ast. Alt.—Dose: 30 to 60 grains.
 ALETRIS ROOT—Ton. Diu.—Dose: 5 to 15 grains.
 ALE HOOF LEAVES—Ton. Diu.—Dose: 30 to 60 grains.
 ALFALFA—Rich in Vitamins.—Dose: 60 grains.
 ALKANET ROOT—Ast.—Colors Oils and Fats.
 ALL HEAL ROOT—Ner. Ton.—Dose: 10 to 15 grains.
 ALLSPICE—Aro. Stom.—Dose: 5 to 15 grains.
 ALMONDS, BITTER—Sed.
 ALMONDS, SWEET—Used as Food. Contains no Starch.
 ALMOND MEAL—Used in Cosmetics.
 ALOE GUM—Cat. Emm.—Dose 3 to 5 grains. See Illustration,
 Plate 3.
 ALOE ROOT—Ton. Sto.—Dose: 15 to 30 grains.
 ALTHEA FLOWERS—Dem. Dose: 30 grains.
 ALTHEA ROOT—Exp. Dem.—Dose: 30 to 60 grains.
 ALTHEAS LEAVES—Exp. Dem.—Dose: 30 to 60 grains.
 ALTHEA ROSE FLOWERS—Dem.—Dose: 30 grains.
 ALUM ROOT—Ast. Ton.—Dose: 15 to 30 grains.

- AMADOU—Cat. Ast.
AMARANTH LEAVES—Ast. Det.—Dose: 15 to 30 grains.
AMBRETTE SEEDS—Sto. Ner.—Dose: 5 grains.
AMERICAN VALERIAN ROOT—A-spa. Ner.—Dose: 15 grains.
AMERICAN CENTAURY—Ton.—Dose: 30 to 60 grains.
AMMONIAC GUM—Exp. C-irr.—Dose: 5 to 20 grains.
AMOLI ROOT—Sap.—Used externally only.
ANGELICA ROOT—Car. Sti. Aro.—Dose: 30 to 60 grains.
ANGELICA SEED—Car. Sti. Aro.—Dose: 30 to 60 grains.
ANGUSTORA BARK—Ton. Cat. Feb.—Dose: 30 to 60 grains.
ANIMAL CHARCOAL—Decolorizing Agent. Dec.—Dose: 5 to 20 grains.
ANISE SEED—Car. Sti. Aro.—Dose: 30 grains.
ANISE SEED, STAR—Car. Sti. Aro.—Dose: 30 grains.
ARABIC GUM—Dem. Emo.—Dose: 30 to 60 grains.
ARBOR VITAE LEAVES—Sti. Diu. Emm.—Dose: 10 to 15 grains.
ARCHANGEL ROOT—Car. Aro. Sti.—Dose: 30 to 60 grains.
ARECA NUT—Ver. Ast.—Dose: 60 to 120 grains.
ARNICA FLOWERS—Vul. C-irr.—Dose: 1 to 2 grains.
ARNICA ROOT—Vul. C-irr.—Dose: 5 grains. See Illustration, Plate 3.
ARROW INDIAN BARK—Alt. Lax. Diu.—Dose: 8 grains.
ARROWROOT—Nutrient. Food—Yields Maranth Starch.
ASAFOETIDA GUM—Ner. A-spa.—Dose: 5 to 10 grains.
ASARABACA ROOT—Sti. Car. Dia.—Dose: 30 grains.
ASH LEAVES—Cat.—Dose: 60 to 120 grains.
ASH, AMERICAN, WHITE BARK—Cat. Ton.—Dose: 60 grains.
ASH, BLACK, BARK—Ast. Ton.—Dose: 60 grains.
ASH, BITTER, WOOD—Sto. Feb. Ner.—Dose: 20 to 60 grains.
ASH, PRICKLEY, BARK—Ton. Sti.—Dose: 15 grains.
ASPARAGUS ROOT—Diu.—Dose: 60 grains.
ASPARAGUS SEED—Diu. Aro.—Dose: 30 to 60 grains.
ASTHMA WEED—A-spa. Emc. Exp. Dia.—Dose: 1 to 2 grains.
AVENS ROOT—Sto. Ast. Ton.—Dose: 20 to 60 grains.
BACHELORS BUTTON FLOWERS—Opt. Ton.—Dose: 30 grains.
BACKACHE ROOT—Diu. Emme. Sti.—Dose: 15 to 30 grains.
BALM OF GILEAD BUDS—Vul. Diu. Sti.—Dose: 60 grains.
BALM, INDIAN, ROOT—F-com. Ast.—Dose: 30 grains.

- BALM MINT—Aro. Sto. Carm.—Dose: 30 to 60 grains.
BALMONY HERB—Cat. Ton. Ant.—Dose: 30 to 60 grains.
BALSAM COPAIVA—Diu. Ast. Exp.—Dose: 5 to 15 min.
BALSAM FIR (Canada)—Vul. Diu. Protective—Dose: 5 to 10 min.
BALSAM FIR (Oregon)—Vul. Diu.—Dose: 5 to 10 min.
BALSAM PERU—Pect. Vul.—Dose: 5 to 10 min.
BALSAM TOLU—Pect. Vul.—Dose: 10 to 30 grains.
BAMBOO BRIER ROOT—Alt. Dep.—Dose: 30 to 60 grains.
BARBERRY BARK OF ROOT—Lax. Hep. Ton.—Dose 30 grains.
BARDANA ROOT—Alt. Diu.—Dose: 60 to 120 grains.
BASIL, SWEET, HERB—Aro. Sti.—Dose: 30 to 60 grains. See Plate 6.
BASSWOOD FLOWERS & LEAVES—A-spa. Ano.—Dose: 60 grains.
BAYBERRY BARK—Ast. Sti.—Dose: 8 to 10 grains.
BAY, LAUREL, BERRIES—Aro. Sto. Sti.—Dose: 30 grains.
BAY, LAUREL, LEAVES—Aro. Sti. Sto.—Dose: 30 to 60 grains.
BEARBERRY LEAVES—Diu. Ast. Ton.—Dose: 20 to 60 grains.
BEARBERRY BARK—Lax. Hep. Ton.—Dose: 15 grains.
BEAR'S FOOT LEAVES—Ver. Eme.—Dose: 3 to 5 grains.
BEAR'S FOOT ROOT—Emm. Purg.—Dose: 2 to 3 grains.
BEAR'S PAW ROOT—Ver.—Dose: 60 to 120 grains.
BED STRAW HERB—Diu. Ape.—Dose: 60 grains.
BEECH DROPS, ROOT—Ast. Vul.—Dose: 10 to 30 grains.
BEECH LEAVES, EUROPEAN—Ast. Ton.—Dose: 60 to 120 grains.
BEES WAX, WHITE—Used in plaster and ointments.
BEES WAX, YELLOW—Used in plaster and ointments.
BELLADONNA LEAVES—Sed. Nar. Ano.—Dose: 1 grain.
BELLADONNA ROOT—Sed. Nar. Ano.—Dose: $\frac{3}{4}$ grain.
BENJAMIN BUSH BARK—Aro. Sti. Feb.—Dose: 30 grains.
BENNE SEED—Used as Food.
BENNE OIL—Used in the Arts.
BENZOIN GUM—Pect. A-sep.—Dose: 15 grains.
BETEL NUT—Ver. Ast.—Dose: 60 to 120 grains.
BETH ROOT—F-com. Aph. Sti.—Dose: 30 grains.
BETONY LEAVES—Ner. Ton.—Dose: 30 to 60 grains.
BILBERRIES, BLACK—Ast. A-sco.—Dose: 60 to 120 grains. Illustration see Plate 5.
BIRCH (Black) BARK—Ast. Sti. Dia.—Dose: 30 to 60 grains.
BIRD'S NEST ROOT—Ner. A-spa. Sed.—Dose: 30 to 60 grains.
BIRD PEPPER—Sti. Pun.—Dose: 1 to 5 grains.

- BIRTH ROOT—F-com. Alt. Ast.—Dose: 30 grains.
 BITTER APPLE—Drastic Cathartic.—Dose: 1 to 5 grains.
 BITTER ASH WOOD—Ton. Feb. Ver.—Dose: 20 to 60 grains.
 BITTER BLOOM HERB—Feb. Ton.—Dose: 60 grains.
 BITTER ROOT—Lax. Dia. Ton.—Dose: 15 grains.
 BITTER SWEET—Diu. Alt. Nar.—Dose: 30 to 60 grains.
 BITTER THISTLE HERB—Feb. Ton. Sto.—Dose: 30 to 60 grains.
 BITTER WOOD—Sto. Feb. Ant.—Dose: 20 to 60 grains.
 BITTER WORT ROOT—Sto. Ton.—Dose: 15 grains.
 BLACK ALDER BARK—Ton. Feb. Alt.—Dose: 30 grains.
 BLACKBERRY BARK OF ROOT—Ton. Ast. (in diarrhea).—
 Dose: 15 to 30 grains. See Plate 6.
 BLACK CARAWAY SEED—Exp. Sia. Spice.—Dose: 15 to 30 grains.
 BLACK COHOSH ROOT—Ner. A-rhe. Diu. Ton.—Dose: 5 to 30 grains.
 BLACK CURRENT LEAVES—Diu.—Dose: 30 to 60 grains.
 BLACK DOGWOOD BARK—Cat. Hep.—Dose: 15 to 30 grains.
 BLACK HAW BARK OF ROOT—Diu. Ton. A-spa. Ner.—Dose: 30 to 60 grains.
 BLACK INDIAN HEMP ROOT—Dia. Alt. Cardiac Sti.—Dose: 5 to 15 grains.
 BLACK MUSTARD SEEDS—Eme. (Externally C-ir.)—Dose: 150 grains.
 BLACK ROOT—Cho. Ton. Lax.—Dose: 15 to 30 grains.
 BLACK SNAKE ROOT—A-rhe. Ner. Diu.—Dose: 5 to 30 grains.
 BLACK THORN FLOWERS—Ape. Dep.—Dose: 30 to 60 grains.
 See Plate 3.
 BLADDER WRACK—Alt. Anti-Fat.—Dose: 10 to 30 grains.
 BLAZING STAR ROOT—Diu. F-com. Sti.—Dose: 30 grains.
 BLESSED THISTLE HERB—Sto. Feb. Ton.—Dose: 30 to 60 grains.
 BLIND NETTLE FLOWERS—Dep. Sty.—Dose: 30 to 60 grains.
 BLIND NETTLE HERB—F-com. Sty.—Dose: 60 grains.
 BLOOD ROOT—Alt. Exp. Eme.—Dose: 2 grains (Emetic 15 grains).
 BLUE COHOSH ROOT—Emm. A-spa.—Dose: 10 to 30 grains.
 BLOOD STAUNCH HERB—Ast. Sty.—Dose: 10 to 30 grains.
 BLUE CENTAURY FLOWERS—Opt. Ton.—Dose: 30 grains.
 BLUE FLAG ROOT—Alt. Diu. Cat.—Dose: 15 to 30 grains.

- BLUE VERVAIN LEAVES—Exp. Vul.—Dose: 15 grains.
BOG BEAN LEAVES—Ton. Feb. Sto.—Dose: 20 to 60 grains.
BOG ONION—Exp. Dia. Sti.—Dose: 10 to 30 grains.
BOLDO LEAVES—Ton. Sto. Sti. Hep.—Dose: 5 to 10 grains.
BONESET HERB—Feb. Dia. Ton.—Dose: 30 to 60 grains.
BORAGE FLOWERS—Pect. Ape.—Dose: 60 grains.
BOXWOOD BARK—Ton. Ast. Emm.—Dose: 60 to 120 grains.
BRAZIL TEA—Sti. Ton.—Dose: 60 grains.
BRAMBLE BARK—Ast. (in diarrhea).—Dose: 15 to 30 grains.
BRAMBLE LEAVES—Ast.—Dose: 60 grains.
BRIER'S HIP—Diu. A-lith.—Dose: 60 grains. See Plate 4.
BROOM HERB—Diu. Cat.—Dose: 10 to 15 grains.
BROOM PINE OIL—Diu. C-irr.—Dose: 5 to 10 drops.
BRYONY, WHITE, ROOT—A-rhe. Hyd.—Dose: 10 to 30 grains.
BUCHU or BUCKU LEAVES—Diu. Ton.—Dose: 30 to 60 grains.
BUCKEYES—Ast. Feb.—Dose: 30 to 60 grains.
BUCKBEAN LEAVES—Sto. Ton. Feb.—Dose: 20 to 60 grains.
See Plate 2.
BUCKTHORN BARK—Hep. Cat.—Dose: 15 to 30 grains. See Plate 5.
BUCKTHORN BERRIES—Cat.—Dose: 15 to 30 grains. See Plate 1.
BUGLE WEED—Ast. Ton.—Dose: 30 to 60 grains.
BUGLOSS ROOT—Ast. (Colors Red).
BUGLOSS FLOWERS—Ape. Pec.—Dose: 60 grains.
BULLSFOOT LEAVES—Exp. Dem. Ton.—Dose: 60 to 120 grains.
BURDOCK ROOT—Diu. Alt. Dep.—Dose: 60 to 120 grains. See Plate 1.
BURDOCK SEEDS—Diu. Alt.—Dose: 30 to 60 grains.
BURGUNDY PITCH—Used in Plasters and Ointments.
BURNING BUSH BARK—Lax. Alt. Diu.—Dose: 8 grains.
BUTTER BUR LEAVES—Exp. Ton. Dem.—Dose: 60 to 120 grains.
BUTTERFLY WEED ROOT—A-spa. Diu. Exp.—Dose: 20 to 60 grains.
BUTTERNUT BARK—Cho. Cat. Alt.—Dose: 30 to 60 grains.
BUTTON SNAKE ROOT—Ton. Diu. Emm.—Dose: 15 to 30 grains.
CAJUPUT OIL—Car. C-irr.—Dose: 3 to 10 drops. Mostly used in liniments.
CALAMUS ROOT—Sto. Car. Sti.—Dose: 15 to 30 grains.

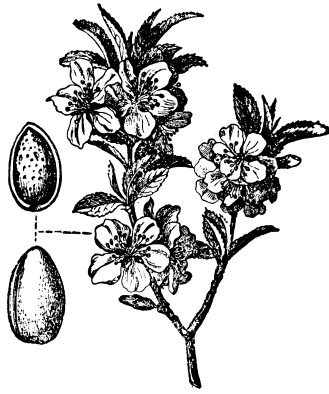
- CALENDULA FLOWERS—Sti. Vul. Dia.—15 to 60 grains.
CALISAYA BARK—Feb. Sto. Ton.—Dose: 10 to 60 grains.
CALUMBO ROOT—Ton. Sto.—Dose: 10 to 30 grains.
CAMPEACHY WOOD—Used as a dye.
CAMPHOR GUM—Sed. A-sep. Rub.—Chiefly used in liniments and salves.
CANADA FLEABANE HERB—Ton. Ast. Diu.—Dose: 10 to 30 grains.
CANCER DROPS ROOT—Vul. Ast.—Dose: 10 to 30 grains.
CANCER JALAP ROOT—Cat. A-syph. Alt. Em.—Dose: Alterative 1 to 5 grains. Emetic: 10 to 20 grains.
CANCER ROOT—Vul. Ast.—Dose: 10 to 30 grains.
CANELLA BARK—Ton. Sti.—Dose: 10 to 40 grains.
CANKER ROOT—Ast. (for canker sores).—Dose: 10 to 30 grains.
CAPSICUM PODS—Sti. Pung.—Dose: 1 to 5 grains.
CARAWAY SEED—Car. Aro. Spice.—Dose: 30 to 60 grains.
CARDAMOM SEEDS—Aro. Car. Spice.—Dose: 15 to 30 grains.
CARLINE THISTLE ROOT—Ton. Emm.—Dose: 30 to 60 grains.
CAROBÆ LEAVES—Vul. A-syph.—Dose: 25 to 50 grains.
CARPENTER'S SQUARE HERB.—Diu. Alt. F-com.—Dose: 30 to 60 grains.
CARRAGEEN—Exp. Dem. Muc. Nut.—Dose: 60 to 240 grains.
CASCARA BARK—Ton. Lax.—Dose: 15 to 30 grains.
CASCARA AMARGA—Alt. Ast.—Dose: 15 to 45 grains.
CASCARILLA BARK—Sto. Sti. Ton.—Dose: 20 to 30 grains.
CASSIA BARK—Sto. Car. Aro. Sti.—Dose: 10 to 20 grains.
CASSIA BUDS—Car. Spice.—Dose: 10 to 20 grains.
CASSIA FISTULA PODS—Cat.—Dose: 60 to 240 grains.
CASTOR BEANS—Poi. (Used to kill gophers.)
CATARRH ROOT—Sto. Sti.—Dose: 15 to 30 grains.
CATECHU GUM—Ast. Sty.—Dose: 10 grains.
CAT'S FOOT HERB—Pect. Ton. Sti.—Dose: 30 to 60 grains.
CAT MINT HERB—A-spa-Car. Diu.—Dose: 30 to 60 grains.
CATNEP HERB see Cat Mint Herb.
CAYENNE PEPPER—Sti. Spice.—Dose: 1 to 5 grains.
CAYNOTE—Sti. A-spa. A-syp.—Dose: 30 to 60 grains.
CELANDINE, GREAT, HERB—Diu. Cat. Dia., Sti.—Dose: 15 to 60 grains.
CEDAR WOOD—Moth destroyer.
CELERY SEEDS—Diu. Car. Spice.—Dose: 20 to 60 grains.
CENTAURY HERB—Sto. Feb. Ton.—Dose: 30 to 60 grains. See Plate 6.

- CEYLON CINNAMON BARK—Sto. Car. Spice.—Dose: 10 to 20 grains.
- CHAMOMILE FLOWERS, GERMAN—Car. Sto. Sti.—Dose: 30 to 60 grains. See Plate 4.
- CHAMOMILE, ROMAN, FLOWERS—Car. Sto. Sti.—Dose: 30 to 60 grains.
- CHARCOAL, WILLOW (Powdered) — Sto. Car. Absorbent. — Dose: 10 to 15 grains.
- CHAULMOOGRA OIL.—Used in Leprosy.—Dose: 5 to 10 drops.
- CHAPARRO AMARGOSA—Ast. in dysentary.—Dose: 60 to 120 grains.
- CHEESE PLANT HERB—Dem. Emo. Diu. — Dose: 30 to 60 grains.
- CHERRY STEMS—Ast. Diu. Sto.—Dose: 30 to 60 grains.
- CHERRY, WILD—Feb. —Dose: 30 grains.
- CHERVIL HERB—Esc. Diu. Spice.—Dose: 30 to 60 grains.
- CHESTNUT LEAVES—Ast. Pect.—Dose: 60 grains.
- CHIA SEEDS—Muc.—Dose: 15 to 30 grains.
- CHICKWEED—Alt. Dem.—Dose: 30 to 60 grains.
- CHICKWEED, Red—Pect. Ner.—Dose: 5 to 15 grains.
- CHICORY HERB—Diu. Lax.—Dose: 60 grains. See plate 1.
- CHICORY ROOT—Deo. Ape.—Dose: 60 to 120 grains.
- CHILLY PEPPER—Sti. Spice.—Dose: 1 to 5 grains.
- CHINA RHUBARB—Stomachic.—Dose: 5 to 10 grains. Pur. 20 to 30 grains.
- CHIRETTA HERB—Sto. Ton. Hep.—Dose: 10 to 20 grains.
- CHITTAM BARK—Ton. Lax.—Dose: 15 to 30 grains.
- CHOCOLATE ROOT—Ast. Sto. Ton.—Dose: 20 to 60 grains.
- CINCHONA BARK, RED—Sto. Feb. Ton.—Dose: 10 to 60 grains.
- CINCHONA BARK, YELLOW—Sto. Feb. Ton.—Dose: 10 to 60 grains.
- CINNAMON BARK, CHINESE—Sti. Car. Spice.—Dose: 10 to 20 grains.
- CINNAMON BARK, CEYLON—Sti. Car. Spice.—Dose: 10 to 20 grains.
- CLEAVERS HERB—Ape. Diu.—Dose: 30 to 60 grains.
- CLOTBUR ROOT—Alt. Diu.—Dose: 60 to 120 grains.
- CLOTWEED—Sty.—Dose: 30 to 60 grains.
- CLOVER BLOSSOMS, RED—Dep.—Dose: 30 to 60 grains.
- CLOVER BLOSSOMS, WHITE—Dep. Det.—Dose: . . .
- CLOVES—Sti. Spice.—Dose: 5 to 10 grains.

- CLOVE PEPPER—Sto. Sti. Spice.—Dose: 5 to 10 grains.
COAKUM ROOT—Alt. Cat. A-syph. Eme.—Dose: 5 to 20 grains.
COCHINEAL—Used as a coloring agent.
COCILLANA BARK—Sto. Exp.—Dose: 8 to 15 grains.
COCOA BEANS—A concentrated Food.
COCOA SHELLS—Rich in mineral elements.—Dose: 30 to 60 grains.
COD LIVER OIL, True Norwegian.—Pect. Rich in Vitamin A & D.—Dose: 60 minims.
COHOSH ROOT, BLACK—Ner. A-rhe. Diu. Ton.—Dose: 5 to 30 grains.
COHOSH ROOT, BLUE—Diu. Eme. A-spa.—Dose: 10 to 30 grains.
COLA NUT—Ner. Sti.—Dose: 30 to 60 grains.
COLCHICUM ROOT—A-rhe. Sed. Cat. Nar.—Dose: 2 to 8 grains.
COLCHICUM SEED—A-rhe. Sed. Cat. Nar.—Dose: 2 to 8 grains.
COLIC ROOT—Diu. Ton. Sti. F-reg.—Dose: 30 to 60 grains.
COLLINSONIA ROOT—Sto. Diu. Vul.—Dose: 15 to 30 grains.
COLOCYNTH APPLE—Drastic Cathartic.—Dose: 1 to 5 grains.
COLOMBO ROOT—Sto. Ton.—Dose: 10 to 30 grains.
COLORADO ROOT—Sto. Car. Aro.—Dose: 10 to 30 grains.
COLTSFOOT LEAVES—Exp. Dem. Ton.—Dose: 60 to 120 grains.
See Plate 6.
COMFREY ROOT—Pect. Dem. Ton.—Dose: 30 to 60 grains.
CONDURANGO BARK—Sto. Sti.—Dose: 30 to 60 grains.
CONSUMPTIVE WEED—Exp. in Bronchitis.—Dose: 15 to 60 grains.
CONVULSION WEED ROOT—A-spa. Ner. Sed.—Dose: 15 to 30 grains.
COOLWORT LEAVES—Diu.—Dose: 10 to 30 grains.
COPAIVA BALSAM—Diu. Ast. Exp.—Dose: 5 to 15 minims.
COPAL GUM—Used in Varnishes.
COPALCHI BARK—Feb. Sto.—Dose: 10 to 60 grains.
CORIANDER SEEDS—Sti. Car. Spice.—Dose: 20 to 60 grains.
CORN SILK—Diu. Lit.—Dose: 60 to 120 grains.
COTTON ROOT BARK—Emm. Diu.—Dose: 30 to 60 grains.
COUCH GRASS—Diu. Nep. Dep.—Dose: 60 to 120 grains.
COUGHWORT HERB—Exp. Ton. Dem.—Dose: 60 to 120 grains.
COWSLIP, FLOWERS—A-spa. Ner. Ton.—Dose: 15 to 30 grains.
See Plate 4.
CRAMP BARK—A-per. A-spa. Alt.—Dose: 30 to 60 grains.
CRANBERRY, MOUNTAIN, LEAVES—Diu. Ast. Ton.—Dose: 20 to 60 grains.

- CRANESBILL ROOT—Ast. Ton. Sty.—Dose: 20 to 30 grains.
See Plate 2.
- CRAWLEY ROOT—Feb. Dia.—Dose: 15 to 30 grains.
- CRIMSON CLOVER, FLOWERS—Dep. Det.—Dose: 30 to 60 grains.
- CROW CORN ROOT—Sto. Ton. F-reg.—Dose: 15 to 30 grains.
- CUBE BERRIES—Diu. Sti.—Dose: 10 to 60 grains.
- CUCUMBER TREE BARK—Feb. Sti.—Dose: 30 to 60 grains.
- CUDBEAR—Dyes Red to Purple.
- CULVER'S ROOT—Lax. Cho. Hep. Ton.—Dose: 15 to 60 grains.
- CUMIN SEED—Sti. Spice.—Dose: 15 to 30 grains.
- CURCUMA ROOT—Sti. Spice. Colors Yellow—Dose: 15 grains.
- CURE ALL ROOT—Sto. Ast. Ton.—Dose: 20 to 60 grains.
- CURRENT LEAVES, BLACK—Exp. Diu.—Dose: 30 to 60 grains.
- CYANI FLOWERS—Opt. Ton.—Dose: 15 to 30 grains.
- DAISY LEAVES—Vul. A-sco.—Dose: 30 to 60 grains.
- DALMATIAN INSECT FLOWERS—Insecticide.
- DAMIANA LEAVES—Aph. Ton. Sti.—Dose: 30 to 60 grains.
- DAMMAR RESIN—For varnishes, plasters.
- DANDELION LEAVES—Hep. Dep. Ton.—Dose: 30 to 60 grains.
- DANDELION ROOT—Dep. Diu. Hep. Sti.—Dose: 60 to 120 grains.
- DEADLY NIGHTSHADE LEAVES—Sed. Nar. Ano.—Dose: 1 grain.
- DEERBERRY HERB—A-spa. Diu. Alt.—Dose: 30 to 60 grains.
- DEER TONGUE LEAVES—Aro. Ton. Sti. Dia.—Dose: 15 to 20 grains.
- DEVIL'S APPLE HERB—A-spa. Nar. Sed.—Dose: 3 grains.
- DEVIL'S BIT ROOT—Diu. Sto. F-reg.—Dose: 15 to 20 grains.
- DEVIL'S SHOE STRINGS—Sti. A-syp.—Dose: 30 to 60 grains.
- DIGITALIS LEAVES—Diu. Sed. Nar. (in Heart Disease.)—Dose: 1 to 2 grains.
- DILL SEEDS—Sti. Car. Spice.—Dose: 30 to 60 grains.
- DITTANY HERB—A-spa. Ner. Sti.—Dose: 30 to 60 grains.
- DITTANY OF CRETE HERB—Ton. Aro.—Dose: 30 to 60 grains.
- DOCK, YELLOW, ROOT—Dep. Alt.—Dose: 30 to 60 grains.
- DOG GRASS—Diu.—Dose: 60 to 120 grains.
- DOG ROSE FRUIT—Diu.—Dose: 30 to 60 grains. See Plate 4.

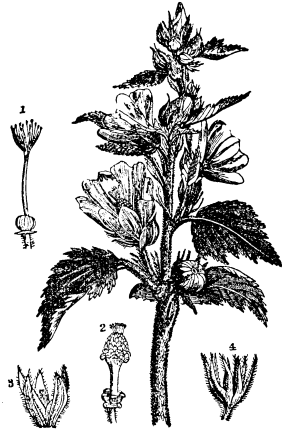
- DOG ROSE SEED—Diu. Dose: 30 to 60 grains.
- DOGWOOD BARK, AMERICAN—Ton. Ast.—Dose: 60 to 120 grains.
- DOGWOOD BARK, JAMAICA—Nar. Sop.—Dose: 30 to 60 grains.
- DOUBLE TANSY HERB—Emm. Ver. Dia.—Dose: 30 to 60 grains.
- DOVE'S FOOT HERB—Ast. Ton. Sty.—Dose: 20 to 30 grains.
- DRAGON ROOT—Exp. Dia. Sti.—Dose: 10 to 30 grains.
- DRAGON'S BLOOD—Colors Red.
- DROPSY PLANT—A-spa. Car. Dia.—Dose: 30 to 60 grains.
- DULSE (Sea Plant)—Alt. (Contains organic Iodine: Anti-Fat.)—Dose: 10 to 60 grains.
- DWARF ELDER ROOT—Dia. Diu.—Dose: 15 to 30 grains. See Plate 3.
- DWARF NETTLE—Diu. Dep. Sti.—Dose: 30 to 60 grains. See Plate 2.
- DYER'S BROOM TOPS—Diu. Dyes Yellow—Dose: 10 to 15 grains.
- ECHINACEA ROOT—Alt. A-syp.—Dose: 15 to 30 grains.
- ELDER BERRIES—Diu. Ape.—Dose: 30 to 60 grains.
- ELDER BARK—Pur.—Dose: 30 grains.
- ELDER FLOWERS—Dia. Dep.—Dose: 30 to 60 grains. See Plate 2.
- ELDER LEAVES—Dia. Dep.—Dose: 60 grains.
- ELECAMPANE ROOT—Exp. Diu. Sti.—Dose: 20 to 60 grains.
- ELM, SLIPPERY, BARK—Exp. Diu. Ape.—Dose: 60 to 120 grains.
- EPHEDRA HERB—Exp.—Dose: 60 grains.
- ERYNGO, WILD ROOT—Diu. Sud.—Dose: 15 to 30 grains.
- ESCHSCHOLTZIA HERB—Ano. Hyp.—Dose: 60 grains.
- ESTRAGON HERB—Stim. Spice—Dose: 30 grains.
- EUCALYPTUS LEAVES—Feb. A-Per.—Dose: 10 to 30 grains.
- EUPHORBIVM HERB—Dep. Cat.—Dose: 30 grains.
- EVANS ROOT—Sto. Ton. Ast.—Dose: 20 to 60 grains.
- EYEBRIGHT HERB—Ast. Ton. Sto.—Dose: 60 grains. See Plate 5.
- FALSE UNICORN ROOT—Ton. Diu. F-Reg.—Dose 15 to 30 grains.



ALMOND



GRINDELIA



MARSHMALLOW



MOUSE EAR

- FALSE HELLEBOR ROOT—Nar. Dia. Sed.—Dose: 1 to 2 grains.
FEBRIFUGE PLANT—Feb. Car. Sti.—Dose: 30 to 60 grains.
FELONWORT—Diu. Nar. Alt.—Dose: 30 to 60 grains.
FEMALE REGULATOR PLANT—Emm. Diu. F-Reg. Dia.—
Dose 30 to 60 grains.
FENNEL SEED—Car. Sto.—Dose: 30 to 60 grains.
FENUGREEK SEED—A-phlo. Muc. for Poultices.—Dose: 60
grains.
FEVERBUSH BARK—Aro. Sti. Feb.—Dose: 30 grains.
FEVER FEW HERB—Feb. Sti. Car.—Dose: 30 to 60 grains.
FEVER TREE LEAVES—Feb. Sto.—Dose: 10 to 30 grains.
FEVERWORT HERB—Feb. Dia. Ton. Em.—Dose: 30 to 60
grains.
FIGWORT HERB—Alt.—Dose: 30 to 60 grains.
FIREWEED HERB—Ton. Diu. Ast.—Dose: 10 to 30 grains.
FIT PLANT ROOT—A-spa. Ner. Sed.—Dose: 15 to 30 grains.
FLAG, BLUE, ROOT—Cat. Diu. Alt.—Dose: 15 to 30 grains.
FLAG, SWEET, ROOT—Sto. Car. Sti.—Dose: 15 to 30 grains.
See. Plate 1.
FLAX SEED—Emo. Pect. Muc.—Dose: 60 to 120 grains. See
Plate 5.
FLEA SEED—Lax. Emo.—Dose: 60 to 240 grains.
FLEABANE, HERB, CANADA—Diu. Ast. Ton.—Dose: 10 to
30 grains.
FLYTRAP ROOT—Dia. Ton. Lax.—Dose: 5 to 15 grains.
FOENUM GREACUM SEED—A-phlo. Muc.—Dose: 60 grains.
FOSO BARK—Feb. Sto. Ton.—Dose: 10 to 60 grains.
FOXGLOVE LEAVES—Diu. Sed. Nar.—Dose: 1 to 2 grains.
FRANKINCENSE—Aro. (Church Incense).
FRIAR'S CAP ROOT—Aro. Nar. Poi.—Dose: 1 grain.
FRINGETREE BARK—Diu. Ton. Feb.—Dose: 30 to 60 grains.
FROSTWORT HERB—Ton. Ast. Dep.—Dose: 30 to 60 grains.
FUMATORY LEAVES—Lax. Diu. Alt.—Dose: 60 grains.
GALANGAL ROOT—Sto. Stm.—Dose: 15 to 30 grains.
GALBANUM GUM—Exp. C. Irri.—Dose: 5 to 10 grains.
GALEGA HERB—Diu. Dia. Galact.—Dose: 60 grains.
GAMBIR—Astringent. Ton.—Dose: 10 grains.
GAMBOGE—Drastic Cath.—Dose: 1 to 3 grains.
GARDEN CELANDINE HERB—Cat. Diu. Dia.—Dose: 30 to 60
grains.

- GARDEN LETTUCE (Powder)—Soothing to the Nerves.—Dose 60 grains.
- GARGET ROOT—Cat. Alt. A-syph.—Dose: 1 to 5 grains.
- GAY FEATHER ROOT—Diu. Sti. F-reg.—Dose: 15 to 20 grains.
- GELSEMIUM ROOT—Feb. A-rhe. Ner.—Dose: $\frac{1}{2}$ to 2 grains.
- GENIPI HERB—Aro. Sti. Sto.—Dose: 30 to 60 grains.
- GENTIAN ROOT—Sto. Ton.—Dose 15 grains. See Plate 5.
- GERANIUM, ROOT, SPOTTED—Ast. Styp. Ton.—Dose: 20 to 30 grains. See Plate 2.
- GERMAN CHAMOMILE FLOWERS—Car. Sto. Ton.—Dose: 60 grains.
- GERMANDER HERB—Hep. Sti. Feb.—Dose: 30 grains.
- GILLRUN HERB—Pect. Sti. Ton.—Dose: 30 to 60 grains.
- GINGER, ROOT, JAMAICA—Sto. Sti. Spice.—Dose: 10 to 20 grains.
- GINSENG ROOT—Sti. Ton.—Dose: 15 to 30 grains. See Plate 5.
- GOAT'S FOOT ROOT—Diu. A-rheu.—Dose: 30 grains.
- GOAT'S RUE HERB—Diu. Dia. Galact.—Dose: 60 grains.
- GOLDEN ROD, EUROPEAN—Ast. Diu. A-lit.—Dose: 60 grains.
- GOLDEN SEAL ROOT—Ano. Ton. Hep.—Dose: 15 to 30 grains. See Plate 4.
- GOLDTHREAD—Ast. (in Cankersores).—Dose: 10 to 30 grains.
- GOOSE GRASS—Diu. Ape.—Dose: 60 grains.
- GOUT WEED ROOT—A-rheu. Diu.—Dose: 30 grains.
- GRAINS OF PARADISE—Aro. Sti. Pungent Spice.
- GRASS MYRTLE ROOT—Sto. Car. Sti.—Dose: 15 to 30 grains.
- GRAVEL PLANT—Diu. Ton.—Dose: 60 grains.
- GREAT CELANDINE HERB—Cat. Diu. Dia.—Dose: 30 to 60 grains.
- GREEN OZIER BARK—Ast. Ton.—Dose: 60 grains.
- GRINDELIA HERB—A-spa. Dem.—Dose: 30 to 40 grains.
- GROUND HOLLY HERB—Diu. Ast. Ton.—Dose: 30 to 90 grains.
- GROUND IVY HERB—Ton. Pect. Sti.—Dose: 30 to 60 grains. See Plate 5.
- GROUND LAUREL LEAVES—Ast. Diu.—Dose: 60 grains.
- GUAIAC WOOD—Alt. Diu. A-rheu.—Dose: 60 grains.
- GUAPI BARK—Sto. Exp.—Dose: 8 to 15 grains.
- GUARANA—Sti. Ner.—Dose: 20 to 60 grains.
- GUM ACACIA—Muc. Dem.—Dose:
- GUM ACACIA—Muc. Dem.

- GUM ALOE—Cat. Emm. Sto.—Dose: 3 to 5 grains.
GUM ASAFOETIDA—Ner. A-spa. Sto.—Dose: 5 to 10 grains.
GUM BENZOIN—Pect. A-sep.—Dose: 15 grains.
GUM CAMPHOR—Sed. Exp. A-sep.
GUM CATECHU—Ast. Sty.—Dose: 15 grains.
GUM GUAIAAC—A-rhe. Diu. Alt.—Dose: 10 to 30 grains.
GUM MYRRH—Ast. Vul.
GUM OLIBANUM—Aro. (Church Incense).
GUM SANDARAC—Used in Plasters, Varnishes.
GUM SPRUCE—Used in Plasters, Varnishes.
GUM TRAGACANTH—Muc.
GUMTREE LEAVES—Feb. Sto.—Dose: 10 to 30 grains.
HAW, BARK, BLACK—Diu. Alt. Ton.—Dose: 30 to 60 grains.
HAWTHORN BERRIES—Ast.—Dose: 60 grains.
HAYFLOWERS—(For Baths).
HEAL ALL HERB—Diu. Alt. F-com.—Dose: 30 to 60 grains.
HEARTEASE HERB—Dep. Pect. Lax. Dis.—Dose: 30 to 60 grains. See Plate 1.
HEDGE HYSSOP HERB—Cat. Diu. Nar.—Dose: 15 to 30 grains.
HEDGE MAIDS HERB—Pect. Sti. Ton.—Dose: 30 to 60 grains.
HELLEBORE ROOT—Respiratory and Heart Sed.—Dose: 1 to 2 grains.
HELONIAS ROOT—Alt. Diu.—Dose: 15 to 30 grains.
HEMLOCK BARK—Ton. Ast.—Dose: 30 to 60 grains.
HEMP, ROOT, BLACK, INDIAN—Diu. Cat. Emm.—Dose: 5 to 15 grains.
HEMP SEED—Bird Food.
HEMP NETTLE HERB—Exp.—Dose: 30 to 60 grains.
HENBANE, HERB, BLACK—Ner. Nar. Ano. A-spa.—Dose: 2 to 5 grains.
HENNA LEAVES—(Colors Hair Henna).
HEUBLUMEN—(See Hayflowers).
HICKORY BARK—Ast.—Dose: 30 grains.
HIP FRUIT—Diu. A-lith.—Dose: 60 grains.
HIP SEED—Diu.—Dose: 30 to 60 grains.
HOARHOUND HERB (or Horebound)—Exp. Ton.—Dose: 30 to 60 grains.
HOARY PEA ROOT—A-syph. Sti.—Dose: 30 to 60 grains.
HOLLY, EUROPEAN LEAVES—Ton. Sti. Ast.—Dose: 30 grains.
HOLY THISTLE HERB—Feb. Ton.—Dose: 30 to 60 grains.
HOLLYHOCK FLOWERS—Dem. Emm.—Dose: 30 grains.
HOLLYLEAVED BARBERRY ROOT—Hep. Ton. A-rhe.—Dose: 30 to 60 grains.

- HONEY BLOOM ROOT—Dia. Lax. Ton.—Dose: 5 to 15 grains.
HONEY BREAD FRUIT—Edi. Mild Lax.
HOPS WHOLE, SELECT—Ner. Ano. Feb.—Dose: 30 to 90 grains.
HORSE CHESTNUTS (Whole) —Ast. Feb.—Dose: 15 to 30 grains.
HORSE CHESTNUT LEAVES—Exp. Sti.—Dose: 60 grains.
HORSEFLY WEED ROOT—Sti. Purg. Vul.—Dose: 5 to 20 grains.
HORES HEAL ROOT—Exp. Diu. Sti.—Dose: 20 to 60 grains.
HORSE MINT—Emm. Sti. Diu.—Dose: 30 grains.
HORSE NETTLE HERB—Ano. Nar.—Dose: 30 to 60 grains.
HORSE NETTLE BERRIES—Alt.—Dose: 30 to 60 grains.
HORSE PIPE HERB—Neph. Ast. Emo.—Dose: 60 grains.
HORSE RADISH ROOT—Ton. Diu. Sto.—Dose: 5 to 10 grains.
HORSE TAIL HERB—Nep. Emo. Diu.—Dose: 60 grains.
HUCKLEBERRIES, DRIED—A-sep. Ast. (in Diarrhea).—Dose: 60 to 120 grains.
HUCKLEBERRIES, LEAVES—Diu. in Diabetes.—Dose: 60 grains.
HYDRANGEA ROOT LEAVES—A-lith. Diu.—Dose: 30 grains.
HYDROCOTYLE ASIATIC—Aro. Sti. Diu.—Dose: 10 to 30 grains.
HYSSOP HERB—Aro. Pect. Som.—Dose: 60 grains.
ICELAND MOSS—Exp. Dem.—Dose: 30 to 60 grains.
ICE PLANT ROOT—Ner. Sed. A-spa.—Dose: 15 to 30 grains.
INDIAN APPLE ROOT—Hep. Cho. Ant. Alt.—Dose: 5 to 10 grains.
INDIAN ARROW ROOT—Diu. Alt. Lax. Sti.—Dose: 8 to 10 grains.
INDIAN BALM ROOT—Emm. Ton. Ast.—Dose: 30 grains.
INDIAN CHOCOLATE ROOT—Sto. Ast. Ton.—Dose: 20 to 60 grains.
INDIAN ELM BARK—Exp. Ape. Diu.—Dose: 60 to 120 grains.
INDIAN GINGER ROOT—Car. Sti. Dia.—Dose: 30 grains.
INDIAN GUM—Muc. in hair setting.
INDIAN HEMP, ROOT (Black).—Cat. Diu. Emm.—Dose: 5 to 15 grains.
INDIAN PAINT ROOT—Feb. Sed. Ton. Alt.—Dose: 2 grains.
INDIAN PENNYWORT—Diu. Aro. Ast.—Dose: 10 to 30 grains.
INDIAN PHYSIC ROOT—Diu. Cat. Emm.—Dose: 5 to 15 grains.
INDIAN PINK ROOT—Ver.—Dose: 60 to 120 grains.

- INDIAN ROOT—Dep. Pect. Sti.—Dose: 20 to 30 grains.
INDIAN SAGE—Feb. Eme. Ton. Dia.—Dose: 30 to 60 grains.
INDIAN TOBACCO—A-spa. Exp. Dia.—Dose: 1 to 5 grains.
INDIAN TURNIP ROOT—Dia. Exp. Sti.—Dose: 10 to 30 grains.
See Plate 4.
INDIGO PLANT LEAVES—Dyes Blue.
INDIGO, WILD ROOT—Pur. Sti. Vul.—Dose: 5 to 20 grains.
INDIGO BROOM ROOT—Vul. Sti. Pur.—Dose: 5 to 20 grains.
IKKROOT—Ast. (in Canker Sores).—Dose: 30 to 60 grains.
INSECT POWDER, DALMATIAN—Insecticide.
IPECAC ROOT—Eme. Exp. (Expectorant).—Dose: 1/6 to 1 grain.—(Emetic).—Dose: 15 to 30 grains.
IRISH MOSS, SEA PLANT—Exp. Dem. Muc.—Dose: 60 to 240 grains.
IRON WOOD BARK—Ton. Alt.—Dose: 30 to 60 grains.
IVA HERB PLANT—Aro. Car.—Dose: 60 grains.
JABORANDI LEAVES—Dia.—Dose: 30 to 60 grains.
JACK IN THE PULPIT ROOT—Exp. Dia. Sti.—Dose: 10 to 30 grains.
JALAP ROOT—Hydragogue Cath. Diu.—Dose: 10 to 30 grains.
JAMAICA GINGER ROOT—Sto. Sti. Spice.—Dose: 10 to 20 grains.
JAMBUL SEED—Diu. Ast.—Dose: 60 grains.
JAMESTOWN WEED—Nar. A-spa. Sed.—Dose: 3 grains.
JAUNDICE ROOT—Ton. Hep. Ano. Lax.—Dose: 15 to 30 grains.
JAVA TEA LEAVES—Diu.—Dose: 30 to 60 grains.
JEQUIRITY SEEDS—Used as beads.
JERSEY TEA, BARK OF ROOT—Sti. Exp. Ast.—Dose: 30 to 60 grains.
JERUSALEM OAK FLOWERS—Ant. A-spa.—Dose: 20 to 60 grains.
JESSAMINE, YELLOW, ROOT—A-spa. Feb. A-rhe. Nerv.—Dose: ½ to 2 grains.
JESUIT'S BARK—Feb. Sto. Ton.—Dose: 10 to 60 grains.
JIMSON WEED LEAVES—A-spa. Nar. Sed.—Dose: 3 grains.
JOBS TEARS—Used as beads.
JOHNSWORT HERB—Sty. Ner. Pec.—Dose: 60 grains.
JUNIPER BERRIES—Diu. Car.—Dose: 60 grains. See Plate 2.
JUNIPER TWIGS—Diu. Car.—Dose: 60 grains. See Plate 2.
KAMALA (KAMEELA)—Ver.—Dose: 60 to 180 grains.
KARAYA GUM—Dem. Muc. in hair setting.
KAVA-KAVA ROOT—Diu.—Dose: 15 to 45 grains.

- KELP OR KELPWARE—Alt. Anti-fat.—Dose: 10 to 30 grains.
KIDNEY LIVERWORT HERB—Hep. Pect. Ast.—Dose: 30 to 60 grains.
KIDNEY ROOT—Diu. Ton.—Dose: 30 grains.
KINNIKINNICK LEAVES—Diu. Ast. Ton.—Dose: 20 to 60 grains.
KINNIKINNICK BARK—Diu. Ast. Ton.—Dose: 60 to 120 grains.
KINO—Ast.—Dose: 10 to 30 grains.
KNOT GRASS—Diu. Dep.—Dose: 60 grains. See Plate 5.
KOLA NUT—Sto. Ton. Nerv.—Dose: 60 grains.
KOUSSO FLOWERS—Ant. for Tape Worm.—Dose: 120 to 240 grains.
LARCH, AGARIC FUNGUS—Cat. Ast.—Dose: 10 grains.
LADY'S MANTLE PLANT—Ast. Sty.—Dose: 60 grains.
LADY'S SLIPPER ROOT—A-spa. Ner. Sti.—Dose: 15 grains.
LARKSPUR SEED—Parasiticide. Poi.
LAUREL, EUROPEAN BERRIES—Aro. Sto. Sti.—Dose: 60 grains.
LAUREL, EUROPEAN LEAVES—Sto. Sti. Spice.—Dose: 60 grains.
LAVENDER FLOWERS—Car. Sti. Aro.—Dose: 10 to 30 grains.
LEMON BALM HERB—A-spa. Car. Dia.—Dose: 60 grains.
LEOPARD'S BANE FLOWERS—Vul. Sti. Diu.—Dose: 1 to 2 grains.
LEPTANDRA ROOT—Cho. Lax. Ton. Hep.—Dose: 15 to 60 grains.
LETTUCE GARDEN, LEAVES—Iron (a mild sed.)—Dose: 60 grains.
LETTUCE WILD, HERB—Hyp. Nar. Diu.—Dose: 10 to 20 grains.
LICORICE ROOT—Exp. Dem.—Dose: 60 to 240 grains.
LIFE EVERLASTING HERB—Ast. Diaph.—Dose: 30 to 60 grains.
LIFE ROOT HERB—Emme. Diu. Dia.—Dose: 30 to 60 grains.
LILY OF THE VALLEY ROOT—Heart Tonic. Poi.—Dose: 5 to 10 grains.
LIME TREE FLOWERS—A-spa. Nerv.—Dose: 60 grains.
LINDEN FLOWERS—Ner. Dia. A-spa. Pec.—Dose: 60 grains.
See Plate 1.
LINSEED—Emo. Nep. Pec. Muc.—Dose: 60 to 120 grains.
LION'S TAIL HERB—Exp. F-reg.—Dose: 30 to 60 grains.
LION'S TOOTH ROOT—Sti. Hep. Diu. Dep.—Dose: 60 to 120 grains.
LIVER LILY ROOT—Alt. Cat. Diu.—Dose: 15 to 30 grains.

- LIVER WEED HERB—Ast. Hep. Pect.—Dose: 30 to 60 grains.
 LIVERWORT HERB—Pect. Ast. Hep.—Dose: 30 to 60 grains.
 LOBELIA HERB—A-spa. Eme. Exp. Dia.—Dose: 1 to 5 grains.
 LOCUST BEAN—Edi. Mild Lax.
 LODESTONE (Iron Oxide, Magnetic).
 LOGWOOD—A Dyestuff.
 LONG PEPPER—Sti. Spice.
 LOVAGE ROOT—Sto. Aro. Car. Diu.—Dose: 10 to 30 grains.
 LOVE PEA SEED—Used as beads.
 LOW MALLOW HERB—Emo. Diu. Dem.—Dose: 60 grains.
 LUNG MOSS—Exp. Dem.—Dose: 30 to 60 grains.
 LUNGWORT HERB—Pec. Dem.—Dose: 60 grains. See Plate 2.
 LYCOPODIUM—Vul. (Used as dusting powder).
 MACE—Sti. Spice.
 Madder root—Dye.
 MAD DOG WEEDS, LEAVES—Diu. A-lit.—Dose: 60 grains.
 MAHOGANY, MOUNTAIN, LEAVES—Diu. Dia. Ast.—Dose: 30 to 60 grains.
 MAIDENHAIR HERB—Exp. Ton. Ast.—Dose: 60 grains.
 MALE FERN ROOT—Ant.—Dose: 60 to 120 grains.
 MALLOW FLOWERS—Dem. Emo. Pec.—Dose: 60 grains.
 MALLOW, LOW HERB—Diu. Dem. Emo.—Dose: 60 grains.
 MALVA LEAVES—Dem. Diu.—Dose: 60 grains.
 MALVA, BLUE, FLOWERS—Dem.—Dose: 60 grains.
 MALVA, LARGE BLACK, FLOWERS—Coloring Agent.—Dose: 30 grains.
 MANACA ROOT—A-rheu. Deo.—Dose: 10 to 30 grains.
 MANDRAKE ROOT—Hep. Ant. Cho. Alt.—Dose: 5 to 10 grains.
 MANNA—Mild Laxative—Dose: 120 to 240 grains.
 MARE'S TAIL PLANT—Nep. Emo. Ast.—Dose: 60 grains.
 MARGOLD FLOWERS—Sti. Dia. Vul.—Dose: 15 to 60 grains.
 MARJORAM, SWEET, HERB—Sti. Spice.—Dose: 30 to 60 grains.
 MARJORAN, WILD, HERB—Ton. Aro. Sti.—Dose: 30 to 60 grains.
 MARSHMALLOW ROOT—Exp. Dem. Muc.—Dose: 30 to 60 grains.
 MARSHMALLOW HERB—Exp. Dem. Muc.—Dose: 60 grains.
 See Plate 4.
 MARSH CLOVER LEAVES—Ton. Sto.—Dose: 20 to 60 grains.
 MARSH ROSEMARY ROOT—Ast.—Dose: 30 to 60 grains.
 MARSH TEA LEAVES—Ton. Ast.—Dose: 15 to 30 grains.
 MARYLAND, PINK, ROOT—Ant.—Dose: 60 to 120 grains.



STRAMONIUM



LOBELIA



MUSTARD



TRAILING ARBUTUS

- MASTER OF THE WOODS HERB—Aro.—Dose: 60 grains.
MASTERWORT, IMPERIAL ROOT—Sti. Aro.—Dose: 10 to 15 grains.
MASTIC GUM—In Varnishes.
MATE LEAVES—Ton. Sti. (Used as tea).—Dose: 60 grains.
MATICO LEAVES—Sti. Vul. Sty.—Dose: 40 to 70 grains.
MAY APPLE ROOT—Hep. Cho. Alt. Ant.—Dose: 5 to 10 grains.
MAW SEED LEAVES—Ano. Sti. Hyp.—Dose: 30 to 60 grains.
MAYWINE HERB—Aro.—Dose: 60 grains.
MEADOW SAFFRON SEED—A-rhe. Sed. Cat. Nar.—Dose: 2 to 8 grains.
MEADOW SAFFRON ROOT—A-rhe. Sed. Cat. Nar.—Dose: 2 to 8 grains.
MEADOW SWEET LEAVES—Diu.—Dose: 60 grains.
MELILOT, SWEET—Emo. Diu.—Dose: 60 grains.
MERCURY HERB—Pur. Res.—Dose: 15 to 30 grains.
MEZEREON BARK—Irr. Diu. Nar.—Dose: 10 grains.
MILFOIL HERB—Diu. Ast. Ton.—Dose: 30 to 60 grains.
MILK IPECAC ROOT—Ton. Dia. Lax.—Dose: 5 to 15 grains.
MILKWEED ROOT—Lax. Ton. Diu.—Dose: 20 to 60 grains.
MILLEFOLIUM HERB—Ast. Diu. Sto.—Dose: 30 to 60 grains.
MINT LEAVES—Car. Aro. A-spa.—Dose: 60 grains.
MISTLETOE HERB—Sty. A-spa. F-reg.—Dose: 30 grains. See Plate 6.
MOCCASIN PLANT ROOT—A-spa. Sti. Nerv.—Dose: 15 grains.
MOON SEED ROOT—Lax. Diu. Ton.—Dose: 30 to 60 grains.
MORMON TEA—Sti. A-spa. A-syp.—Dose: 60 grains.
MOTHERWORT HERB—Exp. F-reg.—Dose: 30 to 60 grains.
MOUNTAIN ASH, AMERICAN BARK—Ton. Ast.—Dose: 60 grains.
MOUNTAIN ASH, EUROPEAN LEAVES—Ton. Ast.—Dose: 60 grains.
MOUNTAIN BALM LEAVES—Exp.—Dose: 30 to 60 grains.
MOUNTAIN CRANBERRY LEAVES—Diu. Ast. Ton.—Dose: 20 to 60 grains.
MOUNTAIN DITTANY HERB—A-spa. Nerv. Sti.—Dose: 60 grains.
MOUNTAIN MAHOGANY LEAVES—Ast. Sti. Dia.—Dose: 30 to 60 grains.
MOUNTAIN PINK LEAVES—Ast. Diu.—Dose: 60 grains.
MOUNTAIN RUSH—Sti. A-spa. A-syp.—Dose: 60 grains.
MOUNTAIN SAGE LEAVES—Exp. Ast. Feb. (in night sweats).
Dose: 60 grains.

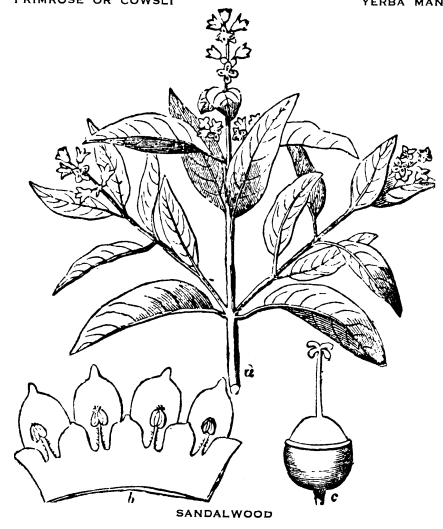
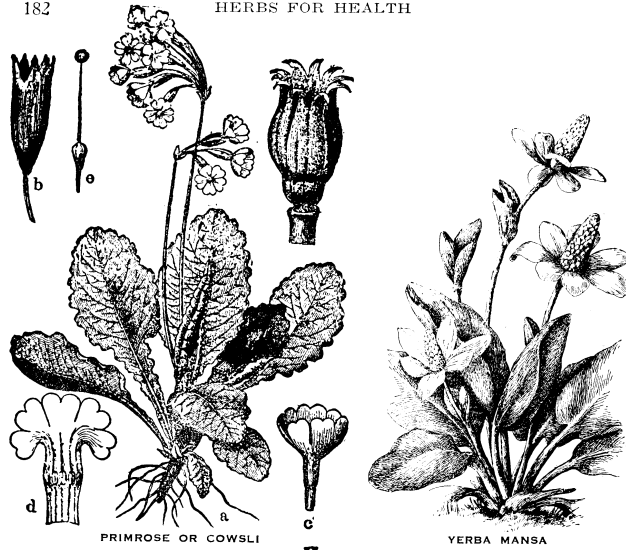
- MOUSE BLOODWORT PLANT—Ast. Feb.—Dose: 30 grains.
MOUSE EAR PLANT—Ast. Feb.—Dose: 30 grains.
MOUTH ROOT PLANT—Ast. (in canker sores).—Dose: 10 to 30 grains.
MUGWORT HERB—Sto. Emm. Ner. Spice.—Dose: 60 grains.
MUIRAPUAMA ROOT—Aph. Sti.—Dose: 15 to 30 grains.
MULLEIN FLOWERS—Dem. Pec.—Dose: 60 grains.
MULLEIN LEAVES—Dem. A-spa. Diu.—Dose: 60 grains.
MURILLO BARK—Feb. Sap. Exp.—Dose: 5 to 10 grains.
MUSK ROOT—Ner. Sti. Ton.—Dose: 15 to 30 grains.
MUSK SEED—Ner. Sto. Cordial in Perfumery.—Dose: 5 grains.
MUSTARD, BLACK SEED—Irr. Eme. A-rhe. Emetic.—Dose: 60 to 150 grains.
MUSTARD, YELLOW SEED—Sti. Spice.
MYRRH GUM—Ast. Vul. Exp.
MYRTLE FLAG ROOT—Sto. Car. Sti.—Dose: 15 to 30 grains.
NASTURTIUM—Dep. A-Sco.—Dose: 60 grains.
NERVE ROOT—Ner. A-spa.—Dose: 15 grains.
NEST ROOT—Ner. Sed. A-spa.—Dose: 15 to 30 grains.
NETTLE BLIND FLOWERS—Dep. Sty.—Dose: 10 to 30 grains.
NETTLE, DWARF HERB—Pect. Diu.—Dose: 60 grains.
NIGELLA SEED—Exp. Sia. Spice.
NIGHT BLOOMING CEREUS FLOWERS—Diu. Sed.—Dose: 5 to 15 grains.
NIGHTSHADE TWIGS—Nar. Diu. Alt. Ner.—Dose: 30 to 60 grains.
NOBLE YELLOW HERB—Alt. Ton. Vul.—Dose: 30 to 60 grains.
NUTGALLS—Ast. Styp.—Dose: 5 to 15 grains.
NUTMEG—Sti. Sto. Spice.
NUTMEG FLOWER—Exp. Sia. Spice.
NUX VOMICA—Sto. Nervine Sti. Poi.—Dose: 1 to 4 grains.
OAK, RED, BARK—Ast. Sty.—Dose: 15 to 60 grains. See Plate 1.
OAK, WHITE, BARK—Ast. Sty.—Dose: 15 to 60 grains.
OAT STRAW—(Contains Silicon).—Dose: 60 grains.
OLD MAN'S TREE HERB—Sto. Ton. Ant.—Dose: 30 to 60 grains.
OLEANDER LEAVES—Her. Vul.—Dose: 1 to 3 grains.
OLIBANUM GUGM—Aro. (church incense).
ORANGE FLOWERS—Aro. Ner.—Dose: 30 to 60 grains.
ORANGE LEAVES—Aro. Dia.—Dose: 60 grains.
ORANGE PEEL—Aro. Sto.—Dose: 30 to 60 grains.
ORANGE, BITTER PEEL—Sto. Ton. (in cordials).—Dose: 15 to 60 grains.

- OREGON GRAPE ROOT—Hep. Ton. A-rheu.—Dose: 30 to 60 grains.
- ORRIS ROOT—Cat. Feb. Aro. (in perfumes).—Dose: 10 to 30 grains.
- OSIER WILLOW BARK—Feb. Ton. Ast.—Dose: 15 to 30 grains.
- PALMETTO BERRIES—Diu. Ton.—Dose: 10 to 20 grains.
- PANAMA BARK—Sap. (in washing silk).
- PANSY HERB—Dep. Lax. Pect.—Dose: 30 to 60 grains. See Plate 1.
- PAPRIKA—Spice.
- PAPOOSE ROOT—A-spa. Emm. Diu.—Dose: 10 to 30 grains.
- PARADISE GRAINS—Aro. Sti. Spice.
- PARAGUAY TEA—Ton.—Dose: 60 grains.
- PAREIRA BRAVA ROOT—Diu.—Dose: 30 to 60 grains.
- PARILLA, YELLOW ROOT—Lax. Diu. Ton.—Dose: 30 to 60 grains.
- PARSLEY HERB—Diu. Feb.—Dose: 60 grains.
- PARSLEY ROOT—Diu.—Dose: 30 grains.
- PARSLEY SEEDS—Diu. Sti. Emm.—Dose: 30 grains.
- PARSLEY PIERT HERB—Diu.—Dose: 60 grains.
- PARTRIDGE BERRY HERB—A-per. Alt. Diu.—Dose: 30 to 60 grains.
- PASSION FLOWER HERB—Diu. Nep.—Dose: 3 to 10 grains.
- PATCHOULY HERB—In Perfumes, moth expellant.
- PAUL'S BETHONY PLANT—Ast. Ton.—Dose: 30 to 60 grains.
- PAWPAW EXTRACT—Vegetable digestant.—Dose: 5 to 10 grains.
- PEARL MOSS—Exp. Dem. Muc.—Dose: 60 to 240 grains.
- PEACH, WILD LEAVES—Exp. Ton.—Dose: 15 to 60 grains.
- PEACH LEAVES—Sed. Lax. Bit. Diu.—Dose: 30 grains.
- PELLITORY ROOT—Acr. Sti.—Dose: 2 to 4 grains.
- PENNYROYAL HERB—Emm. Car. Diaph.—Dose: 60 to 120 grains.
- PEONY ROOT—A-spa. Ton. A-Epi.—Dose: 15 to 30 grains.
- PEONY FLOWERS—A-spa. Ton. A-Epi.—Dose: 60 grains.
- PEPPER, BLACK—Sti. Spice.
- PEPPER, LONG—Sti. Spice.
- PEPPER, WHITE—Sti. Spice.
- PEPPER, RED—Sti. Spice.
- PEPPERMINT LEAVES—Sto. Sti. Car. A-spa.—Dose: 60 grains. See Plate 4.
- PERUVIAN BARK, RED—Feb. Sto. Ton.—Dose: 10 to 60 grains.
- PERUVIAN BALSAM—Vul. Exp.—Dose: 5 to 15 minims.

- PEWTERWORT HERB—Nep. Emo. Ast.—Dose: 60 grains.
PICI TOPS—Diu. Ton. Cho.
PHYSIC ROOT—Cho. Lax. Hep. Ton.—Dose: 15 to 60 grains.
PHYSIC INDIAN ROOT—Cat. Diu. Emme.—Dose: 5 to 15 grains.
PILEWORT LEAVES—Ast.—Dose: 30 grains.
PIMENTO PEPPERS—Sti. Spice
PIMPERNEL ROOT—Exp. Sto.—Dose: 30 grains.
PIMPERNEL RED PLANT—Sti. Ner.—Dose: 5 to 15 grains.
PINKROOT—Ver.—Dose: 60 to 120 grains.
PINE NEEDLES—Exp. (used for baths).
PINE BUDS—Exp. A-rhe.—Dose: 15 to 30 grains.
PINE GUM—Used in ointments.
PIPE PLANT ROOT—Ner. Sed. A-spa.—Dose: 15 to 30 grains.
PIPSISSEWA LEAVES—Diu. Ast. Ton.—Dose: 30 to 90 grains.
PLANTAIN HERB—Pect. A-sept. Diu. Vul.—Dose: 60 grains.
See plate 5.
PLEURISY ROOT—Exp. A-spa. Car. Diu.—Dose: 20 to 30 grains.
See Plate 6.
PLUM BARK WILD—Exp. Ton.—Dose: 30 to 60 grains.
POKE ROOT—Alt.—Dose: 1 to 5 grains. Emetic.—Dose: 20 to 30 grains. See Plate 3.
POKE BERRIES—Cat. Alt. Coloring.—Dose: 30 grains.
POLECAT WEED ROOT—A-Epi. Exp. Ner. A-spa.—Dose: 10 to 20 grains.
POLYGALA HERB—Exp. Dia.—Dose: 30 grains.
POMEGRANATE, BARK OF ROOT Anth. (in tapeworm).—
Dose: 1 to 2 Oz.
POND LILY, WHITE, ROOT—Ast. Sty. Vul.—Dose: 30 to 60 grains.
POPLAR, AMERICAN WHITE BARK—Ton. Feb. Sto.—Dose: 30 to 60 grains.
POPLAR, BLACK, BUDS—Pec. Vul.—Dose: 60 grains.
POPPY, CALIFORNIA, HERB—Hyp. Ano.—Dose: 60 grains.
POPPY, RED, FLOWERS—Pec. Emo.—Dose: 15 to 60 grains.
POPPY SEEDS, BLUE—Edi.
PRAIRIE PINE ROOT—Diu. Ton. Sti. F-reg.—Dose: 15 to 20 grains.
PRICKLY ASH BARK—Ton. Alt. Sti.—Dose: 15 grains.
PRICKLY ASH BERRIES—Ton. Alt. Sti.—Dose: 30 grains.
PRIMROSE FLOWERS—Nerv. A-spa. Ton.—Dose: 15 to 30 grains. See Plate 4.

- PRINCE'S FEATHER LEAVES—Ast. F-reg.—Dose: 15 to 30 grains.
- PRINCE'S PINE HERB—Ast. Diu. Ton.—Dose: 30 to 90 grains.
- PSYLLIUM, BLACK SEEDS—Lax. Emo.—Dose: 60 to 240 grains.
- PSYLLIUM, WHITE OR BLONDE—Lax. Emo.—Dose: 60 to 240 grains.
- PUMPKIN SEED—Ant.—Dose: 1 to 2 ounces.
- PUCCOON, RED, ROOT—Eme. Sed. Diu.—Dose: 2 grains.
- PUCCOON, YELLOW, ROOT—Ton. Lax. Alt.—Dose: 15 to 30 grains.
- PURGING CASSIA (Pods)—Lax.—Dose: 60 to 240 grains.
- PURSHIANA BARK—Hep. Lax. Ton.—Dose: 15 to 30 grains.
- PULSATILLA HERB—Heart Sedative.—Dose: 2 to 10 grains.
- PUTCHA PAT, SWEET SCENT LEAVES—Used against moths and fleas.
- QUAKER BUTTON SEED—Sto. Ton. Nerv.—Dose: 1 to 4 grains.
- QUASSIA, CHIPS—Sto. Ant. Feb.—Dose: 20 to 60 grains.
- QUEEN'S DELIGHT ROOT—Dep. Alt. Hep.—Dose: 30 to 60 grains.
- QUEEN OF THE MEADOW ROOT—Diu. Ton.—Dose: 30 grains.
- QUEEN OF THE MEADOW LEAVES—Diu. Ast.—Dose: 60 grains.
- QUEEN'S ROOT—Hep. Dep. Alt.—Dose: 30 to 60 grains.
- QUILLAYA BARK—Sap. (washing delicate fabrics).
- QUINCE SEED—Muc. (in hair setting lotion.)
- RACCOON BERRY ROOT—Cho. Hep. Ant. Alt.—Dose: 5 to 10 grains.
- RAGWEED HERB—Feb. Ton.—Dose: 30 to 60 grains.
- RAPE SEED—Esc.
- RASPBERRY, DRIED FRUIT—Dia. Feb.—Dose: 60 grains.
- RASPBERRY LEAVES—Ton. Sti.—Dose: 30 to 60 grains.
- RATTLEBUSH ROOT—Pur. Sti. Vul.—Dose: 5 to 20 grains.
- RATTLESNAKE MASTER ROOT—Ton. Sti. Diu. F-reg.—Dose: 15 to 30 grains.
- RATTELESNAKE ROOT—A-rhe. Nerv. Ton. Diu.—Dose: 5 to 30 grains.
- RED CHICKWEED PLANT—Ner. Sti.—Dose: 5 to 15 grains.
- RED CLOVER BLOSSOMS—Dep. Pect.—Dose: 30 to 60 grains.
- RED SAUNDERS (Santal) WOOD—Red Coloring Agent.

- REST HARROW ROOT—Ton.—Dose: 30 to 60 grains.
RHATANY ROOT—Ast. Ton.—Dose: 15 to 30 grains.
RHEUMATISM ROOT—A-rheu. Diu.—Dose: 30 grains.
RHEUMATISM WEED—Diu. Ast. Ton.—Dose: 30 to 90 grains.
RHUBARB, CHINA—Sto. 5 to 10 grains. Pur.—Dose: 20 to 30 grains. See Plate 3.
RHUBARB, TURKEY—Sto. 5 to 10 grains. Pur.—Dose: 20 to 30 grains.
RIBWORT—Diu. Pect. A-sep. Vul.—Dose: 30 to 60 grains.
ROCK ROSE HERB—Ast. Ton. Dep.—Dose: 30 to 60 grains.
ROCKY MOUNTAIN GRAPE ROOT—Ton. A-rheu. Hep.—Dose: 30 to 60 grains.
ROSE HIPS FRUIT—Diu.—Dose: 30 to 60 grains.
ROSE, RED PETALS—Ast.
ROSE, WHITE (Pale) PETALS—Aro.
ROSE, PINK, HERB—Feb. A-bil. Ton.—Dose: 40 to 60 grains.
ROSEMARY LEAVES—Sto. Diu. Aro. Ner.—Dose: 30 to 60 grains.
RUE, HERB—Ner. Sto. Ver. Ton.—Dose: 10 to 30 grains.
RUPTUREWORT PLANT—Diu. Ast.—Dose: 30 to 60 grains.
RUSH, SCOURING HERB—Nep. Emo. Ast.—Dose: 30 to 60 grains.
SABADILLA SEEDS—Parasiticide.
SACRED BARK—Lax. Hep. Ton.—Dose: 15 to 30 grains.
SAFFRON, AMERICAN—Diu. Dia. in Measles.—Dose: 30 to 60 grains.
SAFFRON, SPANISH—Sto. A-spa. Sti. Spice.—Dose: 10 to 30 grains.
SAGE, GARDEN—Ast. Exp. Spice.—Dose: 20 to 60 grains. See Plate 6.
SAGE, INDIAN—Feb. Emm. Ton. Dia.—Dose: 30 to 60 grains.
SAGE, MOUNTAIN, LEAVES—Exp. Ast. Feb.—Dose: 30 to 60 grains.
SAINT JAMES WEED HERB—Sty. Ast. Diu. Feb.—Dose: 30 grains.
SAINT JOHN'S BREAD, FRUIT—Edible.
SALEP ROOT—Dem. Far. Nutritive Food.
SALT RHEUM WEED—Ton. Cat. Ant.—Dose: 30 to 60 grains.
SAMPSON SNAKE ROOT—Stom. Ton. A-bil. Ant.—Dose: 15 grains.
SANDARAC GUM—In Plasters and Varnishes.
SANDALWOOD, RED, WOOD—Red coloring agent.



- SANDALWOOD, WHITE (Yellow)—Aro.
SANICLE, EUROPEAN, HERB—Sto. Vul. Ast.—Dose: 30 to 60 grains. See Plate I.
SARSAPARILLA ROOT—Dep. A-rhe. Alt.—Dose: 30 to 60 grains.
SARSAPARILLA, TEXAS, ROOT—Lax. Diu. Ton.—Dose: 30 to 60 grains.
SASSAFRAS BARK—Dep. Sti. Diu. Dia.—Dose: 30 to 60 grains.
SASSAFRAS PITH—Dem. Opt.—Dose: 30 to 60 grains.
SAVIN LEAVES—Diu. Emm. Irr.—Dose: 5 to 10 grains.
SAVORY, SUMMER—Car. Sti. Spice.—Dose: 30 to 60 grains.
SAW PALMETTO BERRIES—Diu. Ton.—Dose: 10 to 20 grains.
SAXIFRAGE ROOT—Sto. Exp.—Dose: 15 to 30 grains.
SCAMMONY, GUM RESIN—Cat.—Dose: 2 to 5 grains.
SCOTCH PINE, VOLATILE OIL—A-rhe. (in liniments).
SCOTCH PINE GUM—In plasters and salves.
SCOURING RUSH HERB—Nep. Ast. Emo.—Dose: 60 grains.
SCROFULA PLANT HERB—Ton. Ast. Dep.—Dose: 30 to 60 grains.
SCURVY GRASS—A-sco.—Dose: 30 to 60 grains.
SEA OAK, SEA PLANT—Alt. Anti-fat.—Dose: 10 to 30 grains.
SEA LETTUCE, PLANT—Alt. Anti-Fat.—Dose: 10 to 30 grains.
SEA ONION, BULB—Diu. Exp.—Dose: 1 to 2 grains.
SEA WRACK PLANT—Alt. Anti-fat.—Dose: 10 to 30 grains.
SENEGA SNAKE ROOT—Exp. Diu. Eme.—Dose: 15 to 20 grains.
SENNA LEAVES—Cat. Dep.—Dose: 30 to 120 grains.
SENNA PODS—Cat. Dep.—Dose: 30 to 120 grains.
SERPENTARIA ROOT—Feb. Sti. Diu.—Dose: 15 to 30 grains.
SEVEN BARKS ROOT—A-lith Diu.—Dose: 15 to 30 grains.
SHAVE GRASS—Neph. Emo. Ast.—Dose: 30 to 60 grains.
SHEEP SORREL—Diu.—Dose: 15 to 30 grains.
SHEPHERD'S PURSE—Styp. Ast.—Dose: 30 grains. See Plate I.
SILKWEED ROOT—Diu. Aspa. Exp. Carm.—Dose: 20 to 60 grains.
SILVER LEAF ROOT—Alt. Hep. Dep.—Dose: 30 to 60 grains.
SILVER WEED LEAVES—Ton. Ast.—Dose: 30 to 60 grains.
SIMARUBA BARK—Feb. Stom.—Dose: 20 to 60 grains.
SIMPLER'S JOY HERB—A-Epi. Ver. Exp.—Dose: 15 grains.
SKULL CAP—Ton. Ner. A-spa.—Dose: 30 to 90 grains.
SKUNK CABBAGE ROOT—Exp. Ner. A-spa. A-epi.—Dose: 10 to 20 grains.

- SLIPPERY ELM BARK—Exp. Diu. Ape.—Dose: 60 to 120 grains.
SLOE TREE FLOWERS—Dep. Ape.—Dose: 30 to 60 grains.
SLOE TREE BERRIES—Ast.—Dose: 30 to 60 grains.
SMART WEED—Diu. Dia. Ast.—Dose: 15 to 30 grains.
SNAKE HEAD LEAVES—Cat. Ant. Ton.—Dose: 30 to 60 grains.
SNAKE LILY ROOT—Diu. Cat. Alt.—Dose: 15 to 30 grains.
SNAKE PLANTAIN LEAVES—Vul. Ast.—Dose: 30 to 60 grains.
See Plate 5.
SNAKEROOT, BLACK—Ton. Diu. A-rhe. Ner.—Dose: 5 to 30 grains.
SNAKEROOT, BUTTON—Ton. Diu. Stim.—Dose: 15 to 20 grains.
SNAKE ROOT, CANADA—Sti. Carm. Dia.—Dose: 15 to 30 grains.
SNAKE ROOT, VIRGINIA—Feb. Sti. Dia.—Dose: 15 to 30 grains.
SOAP BARK—Sap. (washing delicate fabrics).
SOAPWORT HERB—Sap. Diaph. Alt.—Dose: 5 to 15 grains.
SOLOMON SEAL ROOT—Ton. Ast. Exp.—Dose: 30 to 60 grains.
SOUTHERN WOOD HERB—Car. A-spa.—Dose: 30 to 60 grains.
SPEEDWELL HERB—Exp. Diu. Ton.—Dose: 30 to 60 grains.
See Plate 3.
SPICEWOOD BARK—Aro. Sti. Feb.—Dose: 30 grains.
SPIGELIA ROOT—Ant.—Dose: 60 to 120 grains.
SPIGNET ROOT—Dia. Alt.—Dose: 20 to 30 grains.
SPIKENARD, AMERICAN ROOT—Dep. Pect. Sti.—Dose: 20 to 30 grains.
SPINACH (Dehydrated, Powdered).—Rich in Iron.—Dose: 60 grains.
SPINDLE TREE BARK—Lax. Diu. Sti. Alt.—Dose: 8 to 10 grains.
SPOTTED CRANESBILL ROOT—Ast. Sty. Ton.—Dose: 20 to 30 grains.
SPOTTED KNOTWEED HERB—Vul. A-sep.—Dose: 30 grains.
SPRUCE GUM—Exp. Chewing Gum.
SPRUCE BARK—Ast.—Dose: 30 to 60 grains.
SPUNK—Sty. Ast.
SQUAW-BUSH BARK—A-per. A-spa. Alt.—Dose: 30 to 60 grains.
SQUAW MINT BARK—Emme. Dia. Carm.—Dose: 60 to 120 grains.
SQUAW VINE—A-per. Alt. Diu.—Dose: 30 to 60 grains.
SQUAW WEED—Diu. Dia. Emme.—Dose: 30 to 60 grains.

- SQUILLS—Exp. Diu.—Dose: 1 to 2 grains.
STAGGERWEED—Insecticide.
STAR ANISE—Sti. Spice.—Dose: 15 to 30 grains.
STAR BLOOM ROOT—Ant.—Dose: 60 to 120 grains.
STAR GRASS ROOT—Sto. Ton. F-reg.—Dose: 30 grains.
STARWORT—Alt.—Dose: 30 to 60 grains.
STAVEACRE SEED—Insecticide. Poi.
STEPMOTHER HERB—Dep. Dis. Lax.—Dose: 30 to 60 grains.
STICKWORT HERB—Alt. Hep. Lit.—Dose: 30 to 60 grains.
STILINGIA ROOT—Hep. Dep. Alt.—Dose: 30 to 60 grains.
STINGING NETTLE HERB—Diu. Pect.—Dose: 30 to 60 grains.
STINGLESS NETTLE FLOWER—Sty.—Dose: 10 to 30 grains.
ST. JOHNSWORT—Sty. Ner. Pect.—Dose: 30 to 60 grains. See Plate 6.
STONEROOT—Sto. Diu. Vul.—Dose: 15 to 30 grains.
STORAX (or Styrax) BALSAM—Sti. Exp. A-sep. in Scabies.
STORKSBILL ROOT—Ast. Ton. Sty.—Dose: 20 to 30 grains.
STRAMONIUM LEAVES—Nar. A-spa. Sed. Poi.—Dose: 3 grains.
STRAWBERRY, MOUNTAIN, LEAVES—Diu. Ton.—Dose: 30 to 60 grains. See Plate 3.
SUMACH BARK—Ast. A-sep.—Dose: 15 grains.
SUMACH BERRIES—Ast. Ref. Diu.—Dose: 15 to 30 grains.
SUMBUL ROOT—Sto. Sti. Ton.—Dose: 15 to 30 grains.
SUMMER SAVORY HERB—Car. Sti. Spice.—Dose: 30 to 60 grains.
SUNDEW HERB—Pect. Rub.—Dose: 30 to 60 grains.
SUNFLOWER SEED—Bird Seed.
SUNFLOWER ROOT, RED—Dep.—Dose: 15 to 30 grains.
SURGEON'S AGARIC—Sty. Ast.
SWAMP ALDER BARK—Ton. Ast. Alt.—Dose: 60 grains.
SWAMP CABBAGE, ROOT—A-spa. A-epi. Exp. Ner.—Dose: 10 to 20 grains.
SWAMP DOGWOOD BARK—Feb. Ton. Ast.—Dose: 30 to 60 grains.
SWEET BASIL HERB—Ner. Sti. Spice.—Dose: 30 to 60 grains. See Plate 6.
SWEET BIRCH LEAVES—Sti. Dia. Ast.—Dose: 30 to 60 grains.
SWEET FERN LEAVES—Ton. Exp. Ast.—Dose: 15 to 30 grains.
SWEET FLAG ROOT—Sto. Car. Sti.—Dose: 15 to 30 grains. See Plate 1.
SWEET MARJORAM HERB—Sti. Spice.—Dose: 30 to 60 grains.
SWEET WOOD ROOT—Exp. Dem.—Dose: 60 to 240 grains.

- SWEETWOOD BARK—Ton. Stom. Sti.—Dose: 20 to 30 grains.
TAG ALDER BARK—Ton. Ast. Alt.—Dose: 30 to 60 grains.
TAMARACK BARK—Ton. Lax.—Dose: 15 to 30 grains.
TAMARIND PULP—Feb. Mild Lax.—Dose: 60 to 240 grains.
TANSY HERB—Emme. Verm. Diaph.—Dose: 30 to 60 grains.
TAR WEED LEAVES—Exp.—Dose: 15 to 60 grains.
TARAGON HERB—Sti. Spice.—Dose: 30 grains.
TETTERWORT HERB—Cat. Diu. Dia.—Dose: 30 to 60 grains.
THIMBLE BERRY, BARK OF ROOT—Ast. Ton.—Dose: 15 to 30 grains.
THIMBLE WEED—Diu. Ton. Nep.—Dose: 15 to 30 grains.
THISTLE, BLESSED, HERB—Sto. Feb. Ton.—Dose: 30 to 60 grains.
THISTLE, SEED—Bird Food.
THORNAPPLE HERB SEED—A-spa. Nar. Sed.—Bird Food.—Dose: 3 grains.
THOROUGHWORT—Feb. Emm. Dia. Ton.—Dose: 30 to 60 grains.
THOUSAND LEAF—Ast. Stom. Diu.—Dose: 30 to 60 grains.
THROAT ROOT HERB—Ast. Ton. Sto. Feb.—Dose: 20 to 60 grains.
THROATWORT ROOT—Ton. Diu. Stom.—Dose: 15 to 20 grains.
THYME, WILD—Stim. Spice.—Dose: 30 to 60 grains.
THYME, GARDEN—Stim. Spice.—Dose: 30 to 60 grains.
TILIA, FLOWERS—Dia. Ner. A-spa.—Dose: 30 to 60 grains.
See Plate 1.
TOBACCO, INDIAN, LEAVES—A-spa. Exp. Dia. Emm.—Dose: 1 to 5 grains.
TOBACCO, BRITISH, LEAVES—Exp. Dem. Ton.—Dose: 60 to 120 grains.
TOLU, BALSAM—Pect. Vul.—Dose: 10 to 30 grains.
TONCA BEAN—Aro. in perfumes.
TOOTACHE TREE BARK—Ton. Alt. Sti.—Dose: 15 grains.
TORMENTIL ROOT—Sty. Ast. Ton.—Dose: 30 to 60 grains.
See Plate 6.
TRAGACANTH GUM—Muc.
TRAILING ARBUTUS HERB—Diu. Ast.—Dose: 60 grains.
TRUMPET WEED HERB—Diu. Ton.—Dose: 30 to 60 grains.
TULIP TREE BARK—Feb. Sti.—Dose: 30 to 60 grains.
TURKEY CORN ROOT—Diu. Ton.—Dose: 10 to 30 grains.
TURMERIC ROOT—Sti. Spice.—Dose: 15 to 30 grains.

- TURNIP, DRAGON, ROOT—Exp. Dia. Sti.—Dose: 10 to 30 grains.
- TURNIP, WILD, ROOT—Car. Exp. Dia.—Dose: 10 to 30 grains.
- TURPETH ROOT—Cat.—Dose: 5 to 20 grains.
- TURTLEBLOOM HERB—Cat. Ton. Ant.—Dose: 30 to 60 grains.
- TWIN LEAF ROOT—A-rhe. Alt. Diu.—Dose: 15 to 30 grains.
- UNCUM HERB—Emme. Dia.—Dose: 30 to 60 grains.
- UNICORN, TRUE ROOT—Diu. Sto. Sti. Aph.—Dose: 15 to 30 grains.
- UNICORN, FALSE ROOT—Ton. Diu. Ver. F-reg.—Dose: 15 to 30 grains.
- UVA URSI LEAVES—Diu. Ast. Ton.—Dose: 20 to 60 grains. See page
- VALERIAN ROOT—Ner. A-spa. Ton.—Dose: 10 to 15 grains. See Plate 4.
- VANILLA BEANS BOURBON—Sti. Flav.—Dose: 3 to 5 grains.
- VANILLA LEAF—Ton. Sti. Aro.—Dose: 15 to 20 grains.
- VERNAL GRASS SWEET—Aro. Fra. Per.—Dose: 15 to 30 grains.
- VERONICA HERB—Exp. Diu. Ton.—Dose: 30 to 60 grains.
- VERVAIN, BLUE HERB—A-spa. Exp. Ver.—Dose: 15 grains. See Plate 3.
- VETIVERT ROOT—Ton. Stim. in perfumes.—Dose: 15 to 30 grains.
- VINE MAPLE ROOT—Lax. Diu. Ton.—Dose: 30 to 60 grains.
- VIOLET LEAVES—Dep. Cath. Lit. Dis.—Dose: 30 to 60 grains. See Plate 2.
- VIOLET FLOWERS—Dep. Cath. Lit. Dis.—Dose: 30 to 60 grains.
- VIRGINIA SNAKEROOT—Feb. Sti. Dia.—Dose: 15 to 30 grains.
- WAFER ASH BARK—Ton. A-per. Alt.—Dose: 30 to 60 grains.
- WAHOO BARK—Lax. Diu. Alt. Sti.—Dose: 8 to 10 grains.
- WAKE ROBIN ROOT—Emm. F-reg. Ast. Ton.—Dose: 15 to 30 grains.
- WALDEMEISTER HERB—Aro. Ton.—Dose: 30 to 60 grains.
- WALLFLOWER ROOT—Dia. Lax. Ton.—Dose: 5 to 15 grains.
- WALLWORT ROOT—Diu. Dia.—Dose: 15 to 30 grains.
- WALNUT LEAVES—Dep. Ton.—Dose: 30 to 60 grains.
- WALNUT HULLS—Hair coloring.
- WALNUT BARK—Ast. Ton.—Dose: 30 to 60 grains.
- WATER AVENS ROOT—Sto. Ast. Ton.—Dose: 20 to 60 grains.
- WATER CRESS—Dep. A-sco.—Dose: 30 to 60 grains.
- WATER ERYNGO ROOT—Diu. Dia.—Dose: 15 to 30 grains.
- WATER DOCK ROOT—Dep. Alt.—Dose: 30 to 60 grains.

- WATER FENNEL SEED—Exp. Car. Diu.—Dose: 5 to 10 grains.
WATER HEMLOCK, SEED—Stim. Car. Diu. Exp.—Dose: 5 to 10 grains.
WATER HOARHOUND HERB—Ast. Ton.—Dose: 30 to 60 grains.
WATER MELON SEED—Diu. Muc.—Dose: 60 to 120 grains.
WATER MINT HERB—Sto. A-spa. Carm.—Dose: 30 to 60 grains.
WATER PEPPER, HERB—Diu. Dia. Ast.—Dose: 15 to 30 grains.
WATER PLANTAIN LEAVES—Diu. A-lit.—Dose: 30 to 60 grains.
WATER SHAMROCK LEAVES—Feb. Sto. Ton.—Dose: 20 to 60 grains.
WHITE AGARIC—Cat. Ast.—Dose: 5 to 10 grains.
WHITE ASH BARK—Cat. Ton.—Dose: 30 to 60 grains.
WHITE BRYONY ROOT—A-rhe. Drastic Cath.—Dose: 10 to 30 grains.
WHITE NETTLE FLOWERS—Dep. Sty.—Dose: 10 to 30 grains.
WHITE POND LILY ROOT—Ast. Sty. Vul.—Dose: 30 to 60 grains.
WHORTLE BERRY—Ast. A-sep.—Dose: 60 to 120 grains.
WHORTLE BERRY LEAVES—Ast. A-sep. in diabetes.—Dose: 30 to 60 grains.
WILD CHERRY BARK—Exp. Ast. Ton.—Dose: 30 to 60 grains.
WILD GINGER ROOT—Sti. Dia. Car.—Dose: 15 to 30 grains.
WILD INDIGO ROOT—Sti. Pur. Vul.—Dose: 5 to 20 grains.
WILD TURNIP ROOT—Sti. Exp. Dia.—Dose: 10 to 30 grains.
WILD YAM ROOT—A-spa. A-bil.—Dose: 30 to 60 grains.
WILLOW, WHITE BARK—Feb. Ton. Ast.—Dose: 15 to 30 grains.
WINTERGREEN HERB—A-per. Diu. Alt.—Dose: 60 to 120 grains. See Plate 1.
WITCH HAZEL BARK—Ast. Scd. A-phlo.—Dose: 30 to 60 grains. See Plate 3.
WOOD BETONY HERB—Ncr. Cor. Ton.—Dose: 30 to 60 grains.
WOODRUFF OR WOODROOT HERB—Aro. Ton.—Dose: 30 to 60 grains.
WORMSEED, LEVANT—Ant.—Dose: 20 to 60 grains.
WORMSEED, AMERICAN—Ant.—Dose: 20 to 40 grains.
WORMWOOD HERB—Hep. Sto. Ton.—Dose: 15 to 20 grains. See Plate 6.
WORMWOOD, HERB ROMAN—Ast. Ton.—Dose: 15 to 30 grains.

- WRACK, SEA PLANT—Alt.—Dose: 10 to 30 grains.
YAM, WILD ROOT—A-spa. A-bil.—Dose: 30 to 60 grains.
YARROW HERB—Ast. Sto. Diu.—Dose: 30 to 60 grains. See Plate 4.
YARROW FLOWERS—Ast. Sto. Diu.—Dose: 30 to 60 grains.
YAW ROOT—Hep. Dep. Alt.—Dose: 30 to 60 grains.
YELLOW DOCK ROOT—Ast. Dep. Alt.—Dose: 30 to 60 grains.
YELLOW JESSAMINE ROOT—A-spa. A-rhe. Feb. Ner.—Dose: $\frac{1}{2}$ to 2 grains.
YELLOW MOCCASIN FLOWER ROOT—A-spa. Ner. Sti.—Dose: 10 to 15 grains.
YELLOW PARILLA ROOT—Lax. Diu. Ton.—Dose: 30 to 60 grains.
YELLOW ROOT—Sto.—Dose: 20 to 40 grains.
YERBA BUENA HERB—Car. Sto. Feb.—Dose: 30 to 60 grains.
YERBA RHEUMA PLANT—Ast. A-sep.—Dose: 10 to 20 grains.
YERBA SANTA LEAVES—Exp.—Dose: 15 to 60 grains. See Plate 2.
YOHIMBEHE BARK—Aph. Ton.—Dose: 5 to 10 grains.
YUCCA ROOT—Sap.
ZEDOARY ROOT—Sto. Sti. Aro.—Dose: 10 to 30 grains.
ZINNKRAUT HERB—Nep. Emo. Diu.—Dose: 30 to 60 grains.



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	Herb Tonic—Six Bottles..... 5.00
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39	Bronchitis Powder—20 Days Treatment..... 1.50
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45	Bunion Salve—2 oz. Jar..... .75
48	Change of Life, Tea or Powder—20 Days Treatment..... 1.50
51	Chilblain Balsam—8 Drachm Bottle with Brush..... .75
54	Cold Breaker Capsules—Box of 15 Capsules..... .50
	Cold Breaker Capsules—Box of 36 Capsules..... 1.00
57	Diaphoretic or Sweat Producing Tea, Strong—Box 5 Doses. .60
	Diaphoretic or Sweat Producing Tea, Strong—Box, 10 Doses 1.00
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	Diaphoretic or Sweat Producing Tea, Mild—Box 10 Doses.. 1.00
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	Massage Cream—4 oz. Jar..... 1.00
63	Colic Tea for Infants—20 Days Treatment..... 1.25
65	System Regulator Capsules—Box of 36 Capsules..... 1.25
69	Constipation Tea or Powder No. 1, (strong)—20 Doses..... 1.00
72	Constipation Tea or Powder No. 2, (mild)—20 Doses..... 1.00
75	Constipation Tea or Powder No. 3, (for children—20 Doses. 1.00
78	Corn Remover—1 Bottle with Brush..... .25
81	Cough Tea—20 Days Treatment..... 1.50
84	Dandruff Hair Wash—20 Days Treatment..... 1.50

No.	Price
87 Scalp Massage Oil—4 oz. Bottle.....	1.25
90 Diabetes Tea or Powder—20 Days Treatment.....	1.50
93 Diarrhea Tea or Powder—20 Days Treatment.....	1.50
96 Diarrhea Drops—1 oz. Dropper Bottle.....	1.00
98 Dropsy Tea—20 Days Treatment.....	1.50
102 Dropsy Capsules—10 Days Treatment.....	1.00
105 Hydragogue Capsules—10 Days Treatment.....	1.00
108 Dysentery Tea or Powder—20 Days Treatment.....	1.50
111 Ear Oil—1 oz. Dropper Bottle.....	.75
114 Eczema Lotion—4 oz. Bottle.....	1.00
117 Eczema Ointment—2 oz. Jar.....	1.00
120 Eczema Paint —1 oz. Bottle with Brush.....	1.00
123 Eczema Dusting Powder—2 oz. Sprinkler Top Can.....	1.00
126 Enema or Internal Bath Herbs—10 Doses.....	1.00
129 Epilepsy Tea or Powder—20 Days Treatment.....	1.50
132 Eye Lotion—1 oz. Dropper Bottle.....	.50
135 Calendula Eye Salve—1 oz. Jar.....	1.00
138 Foot Powder—2 oz. Sprinkler Top Can.....	.25
141 Foot Bath Herbs—6 oz. Package.....	.60
144 Freckle Cream—2 oz. Jar.....	1.00
147 Bile Capsules—40 Capsules in a Box.....	1.25
148 Gall Bladder Remedy—Bottle including 2 Bile Capsules.....	1.50
153 Urinary Antiseptic Tea or Powder—20 Days Treatment.....	3.00
156 Urinary Antiseptic Capsules—20 Days Treatment.....	3.00
159 Gout Tea or Powder—20 Days Treatment.....	1.50
162 Herb Vinegar—Bottle of 16 ozs.....	1.00
165 Hoarseness Tea—20 Days Treatment.....	1.50
168 Blood Purifying Tea or Powder (mild)—20 Days Treatment.....	1.50
171 Blood Purifying Tea or Powder (strong)—20 Days Trtmnt.....	1.50
174 Itch Ointment—4 oz. Jar.....	1.50
177 Renal Tea for Kidney Irregularities, or Powders—20 Days.....	1.50
180 Douche Herbs—20 Days Treatment.....	1.50
183 Parasite Ointment—2 oz. Jar.....	.50
186 Malaria Remedy—10 Days Treatment.....	1.50
Malaria Remedy—24 Days Treatment.....	2.75
189 Tea for Measles—10 Days Treatment.....	1.00
192 Female Regulator No. 1—20 Days Treatment.....	1.50
195 Female Regulator No. 2—20 Days Treatment.....	1.50
198 Female Regulator No. 3—20 Days Treatment.....	1.50
201 Herbs for Moths—3 oz. Package.....	.50
204 Catarrh Oil—1 oz. Bottle.....	.75
Catarrh Oil—3 oz. Bottle.....	1.75
207 Catarrh Balsam—1 oz.75
210 Nerve Restorative Tea No. 1—20 Days Treatment.....	1.50
213 Nerve Restorative Tea No. 2—20 Days Treatment.....	1.50
216 Nerve Restorative Capsules—20 Days Treatment.....	1.50
219 Analgesic Balm or Nerve Balsam—2 oz. Jar.....	1.00
222 Smelling Salts—Bottle.....	.50
225 Herb Health Tea—¼ lb.....	.40
Herb Health Tea—½ lb.....	.70
Herb Health Tea—1 lb.....	1.25
228 Neuralgia Anodyne—1 oz. Bottle.....	.50

NATURE'S HERB COMPANY

IMPORTERS AND DEALERS OF CRUDE DRUGS
MANUFACTURING PHARMACISTS

WHOLESALE

RETAIL

1116 MARKET STREET
San Francisco, Cal., U. S. A.

No.	Price
231	Neuritis Tea or Powder—20 Days Treatment..... 1.50
234	Night Sweats Tea—20 Days Treatment..... 1.50
237	Fat Reducing Tea or Powder—20 Days Treatment..... 1.50
240	Pile Capsules—20 Days Treatment..... 1.25
243	Rectal Wash for Piles—20 Days Treatment..... 1.25
246	Pile Cones—1 Dozen Box..... .75
249	Pleurisy Tea—10 Days Treatment..... 1.00
252	Poison Oak and Poison Ivy Herbs—10 Days Treatment.... 1.00
255	Poultice Powder—1 lb.75
258	Mustard Poultice— $\frac{1}{4}$ lb.35
	Mustard Poultice— $\frac{1}{2}$ lb.60
	Mustard Poultice—1 lb. 1.00
261	Rheumatism Tea or Powder—20 Days Treatment..... 1.50
264	Rheumatism Liniment—8 oz. Bottle..... .75
270	Sleeplessness Tea—10 Doses..... 1.00
273	Restorative Herb Powder—20 Days Treatment..... 2.50
276	Dusting Powder—2 oz. Sprinkler Can..... .50
279	Herbs for Soothing Compresses—10 Doses..... 1.00
282	Healing Balsam—2 oz. Jar..... .60
	Healing Balsam—4 oz. Jar..... 1.00
285	Gastritis Tea or Powder—20 Days Treatment..... 1.50
288	Gastritis Capsules—20 Days Treatment..... 2.00
291	Nervous Dyspepsia Tea or Powder—20 Days Treatment.... 1.50
294	Nervous Dyspepsia Capsules—20 Days Treatment..... 2.00
297	Ulcer of the Stomach Tea or Powder No. 1—20 Days Trtmnt 1.50
300	Ulcer of the Stomach Tea or Powder No. 2—20 Days Trtmnt 1.50
303	Stone and Gravel Tea—20 Days Treatment..... 1.50
306	Tape Worm Expeller—Full Treatment..... 2.00
309	Gargle and Mouth Wash Tea—10 Days Treatment..... 1.00
312	Warts Remedy—2 Dram Bottle with Glass Rod..... .50
315	Whooping Cough Syrup—8 oz. Bottle..... 1.25
318	Whooping Cough Inhalation—3 oz. Bottle..... 1.00
321	Worm Expeller—12 Powders..... .75
322	Antiseptic Salve—2 oz. Jar..... .60
	Antiseptic Salve—4 oz. Jar..... 1.00

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San Francisco, Cal., U. S. A.

**WELL TRIED HERB TEAS OF
GREAT MERIT**

RENAL TEA NO. 11

Highly recommended in the treatment of Diabetes and Bright's Disease.
Price 50c per Pkg., Postpaid 60c

O. B. C. TEA NO. 15

A Tea for the Reduction of Weight of the Body in a Natural and Harmless Way.
Price 50c per Pkg., Postpaid 60c

SAN-TEA NO. 22

(Blood Purifying Tea)

Cleans the System, Aids Elimination, Regulates the Inner Organs. Recommended in the Treatment of Skin Eruptions, Pimples, Boils and other conditions due to Impure Blood.

Price 50c per Pkg., Postpaid 60c

EXPECTORANT TEA NO. 33

(Breast Tea)

A very Effective Herb Mixture for the treatment of Coughs and Colds in Bronchial Tubes and Lungs. Loosens Mucous Accumulations and relieves Tickling and Irritation in the Throat.

Price 50c per Pkg., Postpaid 60c

STOMACH TEA NO. 44

This Tea aids the Digestion and strengthens the Digestive Organs, Promotes better Secretion of the Gastric Juices and relieves Gas and Acid from the Stomach.

Price 50c per Pkg., Postpaid 60c

RUMA BLEND TEA NO. 55

(Rheumatism Tea)

This Herb Combination has proven to be excellent for the Elimination of Acids from the Blood that are responsible for the different Rheumatic Conditions in the System.

Price 50c per Pkg., Postpaid 60c

TEALAX TEA NO. 66

(Constipation Tea)

This Tonic Laxative is mild in its Action, yet does its work thoroughly. It keeps Stomach and Bowels in a Clean and Sanitary Condition by proper Regulation and Elimination. IT SHOULD BE IN EVERY HOUSE.

Price 50c per Pkg., Postpaid 60c

NERVINE TEA NO. 77
(Nerve Tonic Tea)

Acts strengthening and soothing on the Nervous System, therefore highly recommended in the different Nervous Disturbances, Sleeplessness, Restlessness, Excitability and Nervous Exhaustion.

Price 50c per Pkg., Postpaid 60c

DIURETIC TEA, NO. 88
(Kidney and Bladder Tea)

Excellent for the Relief of Inflamed, Catarrhal Conditions in Kidneys and Bladder and their annoying Symptoms, Scanty or Painful Urination, Thick Cloudy Urine, Spasms and Pain in the Bladder, Constant Desire to Urinate, Gravel or Sediment in the Urine, etc.

Price 50c per Pkg., Postpaid 60c

CRAMP BARK COMPOUND
TEA NO. 99
(Female Regulator Tea)

This Tea is a great Help in the Correction of Abnormal Functions of the Female Organs during the Menstruation Period. Proper Regulation of the Organs will also relieve the accompanying Symptoms, such as Headaches, Restlessness, Nervousness, Excitability, Depression, Cramps and Pains.

Price 50c per Pkg., Postpaid 60c

ALP MOUNTAIN TEA

This Tea is based upon an old, famous formula extensively used in Germany and Switzerland. It is Excellent for the Regulation and Cleaning of

the System and very useful in Diseases arising from Impure Blood and a sluggish Function of the Inner Organs. It incites a Healthy Action of the Blood Building Organs and helps the Elimination of Impurities and Morbid Matter. **SHOULD BE ON HAND IN EVERY HOUSEHOLD.**

Price 75c per Pkg., Postpaid 85c

PURE HOUSEHOLD
SPICES

Bay Leaves, Majoran, Thyme, Sweet Basil, Savory, Saffron, Vanilla Beans and Vanilla Extract, Allspice, Cinnamon, Cloves, Ginger, Nutmegs, Mace, Sage, Pepper, black, white, and red, Chili Pods, Caraway Seeds, Mustard Seed, Cumin Seed, Cardamon Seed, Sesame Seed, Anis Seed, Bitter Almonds, Juniper Berries, and all others.

OILS

We carry the best, imported Virgin Olive Oil and a full line of Domestic and Imported, Standardized Essential Oils for flavoring and perfumery purposes.

FLUID EXTRACTS AND
TINCTURES

We have in stock all Official and many Non-Official Fluid Extracts and Tinctures. We are also equipped to manufacture to order the rare Extracts and Tinctures which are usually not carried in stock.

KLETTEN WURZEL OIL

An Old Reliable Remedy for the Promotion of a Healthy Scalp and Hair.

In 50c and \$1.00 sizes.
(10c extra for postage)

WING FOOT POWDER

Deodorizes and gives Ease and Comfort to perspiring, tired and aching feet. Reliable and Effective.

Price 25c per can, Postpaid 35c

CORN REMOVER

Removes Corns, Calluses quickly and painlessly. SAFE AND RELIABLE.

Price 25c per bottle,
Postpaid 35c

PILE CONES

A safe and reliable Remedy for reducing Piles. Relieves Pain and Itching of Bleeding and Protruding and Inward Piles.

Price 50c per Box of 12.
(Postpaid 60c)

WORM EXPELLER

An Effective and Safe Vermifuge for Round and Thread Worms in Stomach or Intestines. PLEASANT TO TAKE.

Price 50c per box of 10.
(Postpaid 60c)

COLDRID TABLETS

A most effective, purely vegetable Cold Remedy. Reliable in Colds, Chills and Fevers. Acts quickly and safely.

Price 25, Postpaid 30c

EAR OIL

Relieves ringing and buzzing in the ears. Softens and removes ear wax often responsible for ear noises and hardness of hearing.

Price 75c, Postpaid 85c

NATU-RITE EYE WATER

Excellent for weak, tired and inflamed Eyes. Acts very Soothing, Refreshing and Cleansing.

Price 40c, Postpaid 50c

MENPHEDRINE

(Catarrh Inhalent)

Relieves and reduces Congestion in the Nasal and Bronchial Passages quickly and effectively. Therefore indicated in Catarrhal Affection of the Nose, Throat, Bronchial Tubes and Lungs, Asthmatic Conditions and Hayfever.

Price 75c, Postpaid 85c

HERB LINIMENT

A very effective Embrocation for the relief from Rheumatism, Pain and Stiffness in the Back, Hips and Loins, Lameness and Swelling in Muscles and Joints. Restores Circulation disturbed by Blow, Stretching, Twisting, Sprains or Bruises, and relieves Stiffness in Neck, Limbs and Muscles due to Cold.

Should be on hand in every household.

Price 75c, Postpaid 90c

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NEURALGIA ANODYNE

A powerful and very effective Liniment for the quick relief of all Nerve Pains.

Price 35c, Postpaid 45c

COUGH SYRUP

A very Efficient Remedy for the relief from Coughs and Colds settled in the Bronchial Tubes and Lungs. Relieves Irritation and Tickling, acts quieting and soothing, loosens the Phlegm and facilitates Expectoration.

Price 75c, Postpaid 90c

TOILET ARTICLES

Face Powder, Face Creams, Rouge, Lipsticks, Compacts, Talcum Powders, Eye Brow Pencils, Hair Waving Fluids, Depilatories, Deodorants, Shampoos, Hair Tonics, Powder Puffs, Nail Polish, Nail Bleach, Nail Enamel, Nail Softener, Nail Cleaners, Nail Clippers, Nail Files, Nail Brushes, Nail Scissors, Cuticle Removers, Perfumes, Toilet Soaps, Tooth Pastes, Shaving Creams, Shaving Lotions, and all other Toilet Supplies.

HOUSEHOLD REMEDIES

Rock Candy, Horehound Cough Drops, Eucalyptus

Cough Drops, Cold Remedies, Toothache Remedies, Headache Remedies, Chilblain Remedies, Bunion Remedies, Poison Oak Remedies, Sunburn Remedies, Ointments, Antiseptic Lotions, Gargles, Mouth Wash, Disinfectants, Tooth Pastes, Dental Floss, Gauze, Bandages, Plasters, Adhesive Tape, Corn Plasters, Corn Pads, Thermometers, and all other Surgical Supplies.

RUBBER GOODS

Hot Water Bottles, Adhesive Tape, Plasters, Fountain Syringes, Rubber Gloves (all sizes), Atomizers, Nipples, Bulb Syringes, Ear Syringes, Invalid Cushions, Tubing, Ice Caps, Vaginal Douches, Infant Syringes, and all other Rubber Goods of best quality.

CAMERA SUPPLIES

Films, Developing, Printing, Enlarging, Framing, Mounts, Albums, and all other photographic supplies.

GARDEN SUPPLIES

Seeds, Snail Killer, Ant Poisons, Insecticides, Insect Powder, Flea and Mosquito Chasers, Paris Green, Lead Arsenate, Fly Spray, Rat and Mice Poisons.

The Recognition of Diseases by the Examination of the Urine

The existence of many diseases can be determined by the examination of the urine. Too often, though, this reliable way of finding out what is wrong, is not resorted to, because of lack of facility and lack of knowledge how to proceed. To make it easy and convenient for everybody to make use of this method of determining the existence of disease, we offer the services of our laboratory for the analysis of urines. The work is done reliably, conscientiously, and at a reasonable price.

Who Should Have the Urine Examined?

- FIRST: All those who feel weak and tired without any apparent reason for such condition.
SECOND: All those who know that there is something wrong but do not know where to put the blame.
THIRD: All those who lose weight without any apparent cause, or those who put on unusual weight in a comparatively short time.
FOURTH: All those whose eyesight is impaired and becomes gradually diminished.
FIFTH: All those who passed the age of fifty.

There are many diseases which appear with age without showing any distinctly pronounced symptoms or pain, like Diabetes or Bright's Disease, which are dangerous if unnoticed and not checked in time. Therefore, everybody passing the half century mark should have the urine examined at least once a year, so if a diseased condition is found to exist, it cannot be of long standing and is possibly not beyond control.

The examination of the urine is also helpful in the determination of the following disorders:

- In affections of Kidneys and Bladder.
- In diseases of the blood and in disorders due to a disturbed Metabolism, (Diabetes, Gout, Rheumatism, etc.)
- In diseases of the heart.
- In diseases of the liver and gall bladder.
- In diseases of the stomach and bowels.
- In diseases of the respiratory organs.
- In diseases of the nervous system.

How to Proceed to Have the Urine Examined

Urines decompose easily in transit. Therefore, write to us for a special mailing case, containing a bottle with a preservative that keeps the urine from deteriorating. Fill the bottle (without cleaning it) three-fourths full with urine from the first passage in the morning, and mail it to us. Do not fail to put your complete return address on the parcel.

The price for a complete analysis, including mailing case and the return report is \$2.00. This amount must be paid in advance, at the time when you write for the mailing case, and address to Department 4, Nature's Herb Company, 1116 Market Street, San Francisco, Calif.