

Mausert's Formulæ

extracted from:

HERBS FOR HEALTH

A concise treatise on Medicinal Herbs
Their usefulness and correct
combinations in the
treatment of Disease

**A GUIDE TO HEALTH
BY NATURAL MEANS**

Published by Dr. Otto Mausert
San Francisco, California
(1932)

EDITOR'S NOTE

Otto Mausert was a German Naturopath who practiced in San Francisco before World War II. Naturopathy at this point in time was rather different than Naturopathy as we know it today, i.e. an alternative approach to primary health care taught in three post-graduate medical schools and board-licensed in 10 states of the U.S., with similar status in Canada and Australia. German Naturopathy was a home-made populist medical-anarchism, drawing from the alternative medical movements in the U.S., the Eclectics, the Physio-Medicalists and the later Thompsonians, combined with various aspects of the European Nature-Cure Movement and Knieppian Water-Curists. The end result was a grab-bag of Eclecticism, charismatic healing and borderline semi-quackery, with Arnold Ehret, Benedict Lust and Otto Mausert being some well-known practitioners.

Seven years after the last Eclectic Medical School closed its doors in Cincinnati, the wholistic health movement was transplanted, as it were, back to its spiritual homeland the U.S. in 1946 in Yellow Springs, Ohio, as the National College of Naturopathic Medicine (for years now in Portland, Oregon). There (and later in Kansas) it re-evolved from German Naturopathy into the present-day discipline, with heavy emphasis on Anatomy and Physiology, with therapies based on nutrition, adjustments, phytopharmacy, TCM, Homeopathy, etc., a mixed bag of clinically effective approaches to wholistic treatment, minus the semi-quackery and (unfortunately) charisma of the Germans.

Mausert's formulas bridged a gap between the Medical Eclectics and the current "Herbal Renaissance", and, together with **Back to Eden** by Jethro Kloss (a populist, self-taught Neo-Thompsonian of the Purge-and-Puke school) they are almost the sole published remnants of The Herbal Dark Ages. Up until perhaps 1970, Mausert's formulas were sold by number by Nature's Herb Company, Herb Products, Kiehl's Pharmacy and (I believe) by Wide World of Herbs (Montreal) and Dr. Clayton. Although his thumbnail descriptions of the therapeutic value of herbs was simplistic, even fanciful (down-written for the laity), the formulæ are sound.

Out of print for years (with several republications under OTHER people's names, in the same fashion that Joseph Myer published **The Herbalist**, i.e. by photographing pages directly from an older, little-known herb manual and slapping HIS name on it), these formulas are robust, charismatic, daring, and crude. They also WORK. A few constituents can no longer be found, chloroform and ether are only obtainable by a physician and/or pharmacist, and, not a field herbalist, Mausert frequently relied on SEVERAL names for the same plant (Cimicifuga AND Black Cohosh), names used by the various sellers of herbs in those transition years, reflecting both former pharmaceutical nomenclature and folk usage.

Many of these formulas are echoed by John Christopher and other later herbalists, but most are unique and iconoclastic, based on years of practice, and form a unique body of work, an evolutionary thread distinct from the Eclectics, the British Medical Herbalists and "regular" medicine of 100 years ago.

Michael Moore 6/95

HERB FORMULAS

(from the book "Herbs for Health")

OTTO MAUSER, N.D. (1932)

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.

PROPORTIONATE DOSE FOR CHILDREN

Children should never be given medicine in the same doses recommended for adults. The usual proportionate dose, where the medicine is suitable for a child, is as follows:

4 Years—One-Sixth Adult Dose

6 Years—One-Fourth Adult Dose

8 Years—One-Third Adult Dose

12 Years—One-Half Adult Dose

15 Years—Two-Thirds Adult Dose

FORMULA NO. 1
Intestinal Elimination Powder

	Drachms
1. Buckthorn Bark	6
Regulates bowels in a mild way.	
2. Indian Senna Pods	4
Cleanses and regulates the system.	
3. Berberis Root	2
Has a tonic effect.	
4. Sarsaparilla Root	2
Cleans blood; aids elimination.	
5. Watermint Leaves	2
Stimulates alimentary tract secretions.	
6. Licorice Root	2
Tonic to the mucous membrane.	
7. Anise 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. Lobelia Herb	1
Stimulates the respiratory tract, relieves spasms.	
4. Cypripedium	2
Quiets the nerves and relieves irritation.	
5. Quillaya Bark	3
Loosens phlegm from Bronchial tubes.	
6. Cinnamon Bark	2
Acts as a local stimulant; pleasant aromatic.	
7. Licorice Root.....	4
Relieves irritation; facilitates expectoration.	
8. Elecampane Root.....	4
Allays cough and catarrhal inflammation of air passages.	
9. Comfrey Root	4
Acts soothing to respiratory tract.	

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

Directions: Divide one dose in two parts and take one part in the morning, and one part 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.

- | | |
|----------------------------|----------|
| 1. Stramonium Leaves | Ounces 6 |
| 2. Henbane Leaves | Ounces ½ |
| 3. Lobelia Herb | Ounces ½ |
| 4. Belladonna Leaves | Ounces ½ |
| 5. Cascarella Bark..... | Ounces ½ |
| 6. Nitrate of Potash..... | Ounces ½ |

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. Stramonium Leaves | 3¼ (cut) |
| 2. Henbane Leaves | ¼ (cut) |
| 3. Belladonna Leaves | ¼ (cut) |
| 4. Nitrate of Potash..... | ¼ |

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..... | 6 |
| Gives tone to the urinary organs. | |
| 2. St. Johnswort..... | 6 |
| Useful in urinary affections, especially when of a nervous nature. | |

3. Cypripedium..... 2½
Very quieting to the nervous system.
4. Water Plantain..... 3
A good urinary antiseptic and astringent.
5. Belladonna Leaves..... ½
Valuable to control unvoluntary 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..... Relieves congestion of the Liver.	40
2. Wahoo Bark Extract..... Stimulates the action of the Liver.	10
3. Podophyllum Rt. Extract Increases the flow of bile.	4
4. Culver's Root Extract..... Activates the Liver	20
5. Virginia Poke Rt. Extract..... Acts favorably on the glandular system.	10
6. Aloe Increases peristalsis; produces copious stools.	60
7. Turkey Rhubarb..... Increases muscular action of the intestines.	50
8. Capsicum..... Stimulates the intestines.	1
9. Ginger Stimulates the intestines.	1

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

Directions: Take one or two capsules before retiring according to the laxative action required.

This formula is especially useful in Bilioussness, 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

Blackhead Cream

1. Zinc Sulpho Carbolate..... 10 grains
2. Corrosive Sublimate..... 5 grains
3. Oil of Lilac 8 drops
4. Theatrical Cold Cream..... 2 ounces

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. 21

For Kidneys and Bladder

- | | Drachms |
|--|---------|
| 1. Mountain Cranberry | 8 |
| Very efficacious in catarrhal conditions of bladder. | |
| 2. Birch Leaves..... | 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..... | 8 |
| 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 two cups of boiling water, cover, boil slowly for about 2 to 3 minutes, let it stand for ten minutes, then strain and take one half in the morning, 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, etc., to suit taste.

Directions for Powder: Divide one dose in two parts, taking one half morning, 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 this formula 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, Mild

	Drachms
1. Rue Herb..... 1 Stimulates the nerves.	1
2. European Golden Rod..... 1 Diuretic relieves congestion.	1
3. Belgian Valerian Rt..... 3 Acts quieting and soothing on the nervous system.	3
4. Licorice Root..... 3 Acts mildly on the bowels.	3
5. Buckthorn Bark..... 6 Cleanses the blood, stimulates Stomach and Bowels.	6
6. Culver's Root..... 4 Stimulates the digestive functions	4
7. Linden Flowers..... 2 Gentle stimulant and tonic.	2

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 two cups of boiling water, cover, boil slowly for about 2 to 3 minutes, let it stand for ten minutes, then strain and take one half in the morning, 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 two parts, taking one half in the morning, 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, Strong

	Drachms
1. Sassafras Bark..... 1½ Valued for its blood cleansing properties.	1½
2. European Golden Rod..... 1½ Relieves congestion; diuretic.	1½
3. Mistletoe..... 1½ Relieves blood pressure.	1½
4. Cimicuga Root..... 1½ Relieves nervous tension, reduces arterial action.	1½
5. Poke Root..... 1½ Stimulates glandular action.	1½

- 6. Indian Senna Fruit..... 6
Activates the bowels.
- 7. Buckthorn 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 two cups of boiling water, cover, boil slowly for about two to three minutes, let it stand for ten minutes then strain and take one-half in the morning 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 seetened with honey, rock candy, sugar, etc., to suit taste.

Directions for Powder: Divide one dose in two parts, taking one half in the morning, 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. Cola	5
2. Gentian	2½
3 . Cinchona.....	2½
4. Oregon Grape Root.....	¾
5. Cinnamon.....	1½
6. Cloves	¾
7. Oil of Orange.....	4 drops
8. Sugar	4 ounces
9. Wine, enough for.....	1 quart

Extract herbs listed from No. 1 to 6 inclusive in the wine for 3 or 4 days, then press off the liquid and add Nos. 7 and 8.

Directions: One tablespoonul 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. Quillaya Bark.....	1
2. Red Oak Bark.....	2
3. Alum Chloride.....	½
4. Menthol	½ grain
5. Oil of Rhodium.....	1 drop
6. Distilled Water.....	4 ounces

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 odor and offensive perspiration, quickly and effectively.

FORMULA NO. 34
Drawing Salve

	Drachms
1. Camphorated Brown Plaster.....	8
2. Navy Pitch.....	1
3. Phenol	¼
4. Lamb's Fat.....	5
5. Cottonseed Oil.....	3

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

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. Eriodictyon.....	2½
Stimulates the respiratory organs.	
2. Wild Cherry Bark.....	4
Allays irritation and aids expectoration.	
3. Chondrus.....	2
Very useful in chronic pectoral affections.	
4. Licorice Root.....	8
Facilitates expectoration.	
5. Lungwort Leaves.....	5
Relieves congestion in chest and bronchial tubes.	

6. Elecampane Root..... 4
Very helpful in chronic pulmonary affections.
7. Lobelia Herb..... ½
Relaxes the system, stimulates the respiratory center.
8. Anise Seed..... 4
An aromatic expectorant of value.
9. Comfrey Root..... 4
Acts soothing to respiratory tract.
Mix well and divide into 20 doses, using Herbs especially cut for Tea.
Directions: Add one dose to two cups of boiling water, cover, boil slowly for about two to three minutes, let it stand for ten minutes, then strain and take one half in the morning, and at night either before or after meals. It may be sweetened with honey, rock candy, etc., to suit taste.

FORMULA NO. 39

For Bronchial Cough, In Powder Form

1. Sea Onion.....40 grains
An excellent expectorant and stimulant for the Bronchial tubes.
2. Ipecac Root.....20 grains
Loosens the phlegm and relieves Bronchial irritation.
3. Lobelia Herb..... 1 drachm
Acts stimulating on the respiratory organs.
4. Chondrus.....8 drachms
Relieves irritation; acts soothing and healing.
5. Quillaya Bark.....2 drachms
Facilitates expectoration.
6. Fennel Seed..... 8 drachms
An aromatic expectorant.
7. Comfrey Root..... 4 drachms
Acts soothing to respiratory tract.
Mix well and divide into 70 doses, using finely powdered material.
Directions: Divide one dose in two parts and take morning 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 benefited 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. Benzoin Powder.....	60
5. Iodine	15
6. Menthol	15
7. Flexible Collodion.....	1 ounce

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

1. Phenol	20 Grains
2. Menthol	20 Grains
3. Camphor.....	20 Grains
4. Woolfat Anhydrous.....	3 drachms
5. Laurel Oil.....	2 drachms
6. Basilicon Ointment.....	9 drachms
7. White Turpentine.....	½ drachms
8. Oil of Cloves.....	10 drops

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.

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. Beth Root.....	3
Uterine Tonic.	
4. True Cramp Bark.....	3
Relieves menstrual pain and cramps.	
5. Aletris Root.....	2
Uterine Tonic.	
6. Mexican 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 two cups of boiling water, cover, boil slowly for about two to three minutes, let it stand for ten minutes, then

strain and take one half in the morning, 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 two parts, taking one half in the morning, 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

- | | |
|----------------------------|-----------|
| 1. Oil of Mustard..... | 4 drops |
| 2. Oil of Eucalyptus..... | 20 drops |
| 3. Menthol | 10 grains |
| 4. Tincture of Iodine..... | 2 drachms |
| 5. Flexible Collodion..... | 6 drachms |

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. Aconite Root | 5 |
| Reduces fever, relieves pain. | |
| 2. Ginger Root..... | 5 |
| Stimulates the intestines. | |
| 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. Podophyllin..... | 2 |
| Acts on Liver and bowels. | |
| 8. Quinine | 50 |
| Breaks fever and chills. | |
| 9. Oil of Anise..... | 1 drop |
| Aromatic | |

Mix thoroughly, use finely powdered material, pass through 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 very effective in 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	1 ½
Promotes fluid secretions.	
2. Linden Flowers	1 ½
A gentle stimulant and diaphoretic.	
3. Squaw Mint.....	1 ½
Stimulates secretions and opens the pores.	
4. Boneset	1 ½
Produces sweating, valuable tonic in fevers.	
5. Jaborandi Leaves	4
Produces profuse perspiration.	

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 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. 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

1. Gum Camphor.....	45 grains
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2. Menthol	30 grains
3. Oil of Wintergreen.....	45 drops
4. Oil of Black Mustard.....	8 drops
5. Oil of Geranium.....	15 drops
6. Benne Oil.....	5 drachms
7. Woolfat Anhydrous.....	4 drachms
8. White Petrolatum.....	2½ drachms
9. Rose Water.....	3 drachms
10. White Wax.....	9 drachms
11. Borax	½ drachms

Melt Nos. 6, 7, 8 and 10, add to this No. 11 dissolved in No. 9, and when half cooled add Nos. 1, 2, 3, 4 and 5 then stir 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 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 Leaf.....	3
Relieves cramps and pain.	
3. Valerian Root	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. Podophyllin.....	8
Incites the liver to a healthy action.	
2 Culver's Root Extract.....	48
Cleanses liver and blood.	
3. Wahoo Bark Extract.....	48
A great Indian remedy to stimulate liver and bowels.	
4. Ginger Root.....	12

- Stimulates the intestines.
5. Capsicum..... 12
Stimulates the intestines.
6. Aloe Powder..... 96
Increases bowel activity, promotes copious stools.
7. Oil of Caraway Seeds..... 6 drops
Relieves gas and spasmodic pains.
Mix thoroughly, pass through a small meshed sieve; then fill into 36 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. Buckthorn Bark	2
Stimulates the bowels.	
2. Violet Leaves	2
Has a tonic Laxative effect.	
3. Indian Senna Pods	6
Increases muscular action of stomach and bowels.	
4. Culver's Root	3
A great stimulant for liver and bowels.	
5. Water Mint.....	1
Relieves Gas.	
6. Berberis Root.....	2
Causes easy bowel movements, aids digestion.	
7. Licorice Root.....	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 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. Thyme	1
Useful in debility of stomach and bowels.	
2. Buckthorn Bark.....	6
Avaluable laxative, especially in habitual constipation	

3. Sassafras Bark..... 2
Tones the bowels and cleanses the blood.
4. Oregon Grape Rt..... 2
Acts mildly on liver and bowels.
5. Knotgrass..... 3
Acts soothing and healing on the mucous lining of bowels.
6. Licorice Root..... 2
Has a mild action on the bowels.
7. Indian Senna Pods..... 4
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, cover, let 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.

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
Mild Tonic Laxative. | 6 |
| 2. Heartease Herb
Stimulates secretion cleans blood. | 2 |
| 3. Red Clover Blossoms.....
Cleanses and regulates the system. | 2 |
| 4. Indian Senna Pods.....
Stimulates the action of stomach and bowels. | 2 |
| 5. Fennel Seed.....
Relieves gas, colic, and griping pains. | 4 |
| 6. European Buckthorn Bark.....
Regulates and cleans the bowels in a mild way. | 4 |

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. Lactic Acid 15 drops
2. Salicylic Acid 15 grains
3. Collodion Flexible..... 2 drachms

Dissolve No. 2 in 3, then add No. 1

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 fingernail. 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

- | | drachms |
|--|---------|
| 1. Thyme Leaves..... | 4 |
| Acts quieting and soothing on the mucous membrane. | |
| 2. Quillaya | 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. Chondrus..... | 2 |
| Very useful in chronic pectoral affections | |
| 7. Elecampane Root..... | 5½ |
| facilitates expectoration. | |
| 8. Licorice Root..... | 9 |
| Relieves irritation, loosens phlegm. | |
| 9. Anise Seed..... | 6 |
| Allays irritation in the air passages. | |
| 10. Comfrey Root..... | 6 |
| Acts Soothing to respiratory tract. | |

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, 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. Quassia Chips.....	2
2. Bitter Apple Pulp.....	1
3. Quillaya	12
4. Red Oak Bark.....	2
5. Walnut Leaves.....	1½
6. 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 fingertips, 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

1. Castor Oil.....	1 ounce
2. Oil of Burdock Root (Klettenwurzel oil, German).....	2 ½ ounce
3. Coal Oil.....	½ ounce
4. Oil of English Lavender.....	15 drops
5. Alkanet Root Extract.....	½ grains

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. European Crawl Grass..... 2
Relieves inflammation of the urinary tract.
2. Couch Grass..... 3
Acts healing and soothing.
3. Mountain Cranberry Leaves..... 6
Gives tone to urinary organs.
4. European Cocklebur..... 3
Improves bodily functions.
5. Jambol Berries..... 4
Considered of exceptional merit in Diabetes.
6. 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 two cups of boiling water, cover, boil slowly for about 2 to 3 minutes, let it stand for ten minutes, then strain and take one half in the morning, 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 may be added.

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

FORMULA NO. 93

Tea for Diarrhea

Drachms

1. Geranium Root..... 4
Arrests excessive 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 Dysentery.
5. Pomegranate Bark of Root 8
Effective astringent, very useful in Diarrhea.
6. Birch 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 two cups of boiling water, cover,

boil slowly for about 2 to 3 minutes, let it stand for ten minutes, then strain and take one half in the morning, 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, etc., to suit taste .

Directions for Powder: Divide one dose in two parts, taking one half morning and at night. It may be taken in water, or mixed with honey, jelly or jam.

FORMULA NO. 96
Drops for Diarrhea

	Drachms
1. Jamaica Ginger Powder 2 Stimulates action of stomach and bowels.	2
2. Capsicum Powder ¼ Increases the blood flow to affected parts.	¼
3. Rhatany Root Powder 1½ Has powerful astringent properties.	1½
4. Ladies Slipper Root..... 1½ Quiets the affected nerves.	1½
5. Tormentil Root 1½ Useful astringent in Diarrhea and Dysentery.	1½
6. Red Oak Bark Root 1½ Stops mucous discharges, acts as an antiseptic.	1½
7. Gum Camphor Powder ½ Refreshes and revives body functions.	½
8. Oil of Peppermint ½ Allays griping and spasms, aids digestion.	½
9. Tincture Valerian 22½ Relieves spasms and cramps.	22½
10. Ether 2½ Relieves pain and spasms. Extract the powders with the liquids for 2 to 3 days, then strain and add No. 8.	2½

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. Button Snake Root 6 Stimulates the elimination of waste products.	6
2. Squill 1 Incites the flow of urine.	1
3. Black Indian Hemp Root..... 6 Removes dropsical accumulations.	6

4. Celandine Herb..... 6
 Increases the flow of urine; effective hydragogue.
5. Dwarf Elder Root..... 1
 Efficacious in dropsy.
 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. Apocynum Extract | 30 |
| For properties, see Formula No. 98. | |
| 2. Squill | 30 |
| For properties, see Formula No. 98. | |
| 3. Buchu Leaves Extract | 30 |
| A very useful diuretic and eliminator. | |
| 4. Bearberry 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 | 12½ |
| An effective Hydragogue Cathartic. | |
| 3. Podophyllin Resin | 2½ |
| Incites Liver and Bowels to greater activity. | |
| 4. Culver's Root Extract | 10 |
| Causes watery evacuation of the bowels. | |
| 5. Henbane Extra..... | 5 |
| Relieves irritation in the nervous system. | |
| 6. Aloe Powder | 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. Pomegranate 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 of Root.....	3
Known for its valuable astringent properties.	
5. Shepherds Purse Herb.....	3
Contracts blood vessels; stops bleeding.	
6. Erigeron Herb	3
Contracts loose textures.	
7. Geranium 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 two cups of boiling water, cover, boil slowly for about 2 to 3 minutes, let it stand for ten minutes, then strain and take one half in the morning, 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 two parts, taking one half morning, 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

1. Oil of Cajeput.....	8 drops
2. Oil of Rue.....	8 drops
3. Oil of Cloves.....	4 drops
4. Camphorated Oil.....	4 drachms
5. Oil of Sesame.....	4 drachms
6. Alkannin	¼ grain

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 earwax, 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)

1. Celandine Herb Extract1½ drachms
2. Scrophula Herb Extract.....1½ drachms
3. Alcohol 50%..... 3 ounces
4. Salicylic Acid.....1½ drachms
5. Resorcin1½ drachms
6. Glycerine..... 4 drachms

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

FORMULA NO. 117

Ointment for Athlete's Foot

	Grams
--	-------

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..... ½ drachms
2. Corrosive Sublimate..... 2 grains
3. Salicylic Acid.....1 drachm
4. Lactic Acid..... 1 drachm
5. Castor Oil..... ½ drachms
6. Collodion..... 5½ drachms

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 Vitae Leaves	1
5. Celandine.....	1
6. Talcum	10
7. Oil of Wintergreen.....	10 drops

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. Sage	1½
2. Quillaya 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. Peony Root.....	5
Relieves irritation of the nerve centers.	
4. Valerian Root.....	3
Strengthens the nervous system.	
5. Horse Nettle Berries	5
Very effective in epilepsy and convulsions.	

6. Scuilcap Herb..... 3
 A valuable nerve sedative.
7. 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 two cups of boiling water, cover, boil slowly about 2 to 3 minutes, let stand for ten minutes, then strain and take one half in the morning, 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 two parts, taking one half morning and night, either before or after meals. It may be taken in water or mixed with honey, jelly or jam.

FORMULA NO. 132

Eye Water

- | | |
|---------------------------|-----------|
| 1. Zinc Sulphate..... | 1 grain |
| 2. Boric Acid | 15 grains |
| 3. Camphor Water..... | ½ ounces |
| 4. Fennel Water | ½ ounces |
| 5. Spanish Saffron..... | 1/6 grain |
| 6. Calendula Flowers..... | ⅓ grain |
| 7. Golden Seal Root..... | ⅓ grain |

Dissolve 1 and 2 in 3 and 4 and then add 5, 6 and 7.

Directions: Drop 1 or 2 drops in each eye 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..... | ½ |
| 3. Yellow Precipitate..... | 8 |
| 4. Camphor..... | 10 |
| 5. White Petrolatum..... | 1 ounce |

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

- | | |
|------------------------|--------------|
| 1. Lycopodium..... | 1/8 ounce |
| 2. Sodium Borate..... | 1 1/4 ounces |
| 3. Talcum | 1 1/4 ounces |
| 4. Zinc Sulphate | 1/8 ounce |
| 5. Eugenol | 10 drops |
| 6. Formaldehyde..... | 5 drops |

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 odors.

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

- | | |
|------------------------|----------|
| 1. Sage | 1 ounce |
| 2. Red Oak Bark..... | 3 ounces |
| 3. Quillaya Bark..... | 1 ounce |
| 4. Snake Plantain..... | 1 ounce |

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

- | | |
|--------------------------------|-----------|
| 1. Zinc-Sulpho-Phenolate | 10 grains |
| 2. Mercuric Chloride | 5 grains |
| 3. Lilacine | 8 drops |
| 4. Theatrical Cold Cream..... | 2 ounces |

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. Capsicum	5
Acts as a stimulant to the intestines.	
3. Menthol	5
Relieves nausea and spasms.	
4. Bile Salts	60
Stimulates intestinal activity and the flow of bile.	
5. Aloe	60
Effects copious stools, increases peristalsis.	
6. Ginger	5
Acts as a stimulant to the intestines.	

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 Gallbladder exists Formula No. 148, should be taken.

FORMULA NO. 148

Gall-Bladder Remedy

1. Sweet Oil	5 ounces
Loosens obstructions, causes flow of bile.	
2. Distilled Water	1 ounce
Solvent for the salts.	
3. Castile Soap	5 grains
Induces peristalsis, increases the discharge of bile.	
4. Oil of Peppermint	as needed
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 Gallbladder 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.....	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 two cups of boiling water, cover, boil slowly for about 2 to 3 minutes, let it stand for ten minutes, then strain and take one half in the morning 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, etc., to suit taste.

Directions for Powder: Divide one dose in two parts, taking one half morning, and 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

1. Catechu Powder.....1¼ drachms
Arrests mucous discharges.
2. Cubeb Berries Powder.....2 drachms
Useful in gonorrhoea and gleet.
3. Kava-Kava Root.....2 drachms
Urinary Antiseptic, relieves pain.
4. Button Snake Root..... 1 drachm
Relieves inflammation and pain.
5. Balsam Copaiva.....3¾ drachms
Diminishes unnatural discharges.
6. Oil of Lovage.....4 drops
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 Gonorrhoea and Gleet.

FORMULA NO. 159
For Gout

- | | Drachms |
|---|---------|
| 1. Prickly Ash Bark..... | 2 |
| Cleans Liver and Blood. | |
| 2. Buckthorn 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. Licorice Root..... | 4 |
| Has a mild laxative effect. | |
| 8. Bogbean 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 two cups of boiling water, cover, boil slowly for about 2 to 3 minutes, let it stand for ten minutes, then strain and take one half in the morning and 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 two parts, taking one half morning, and 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. 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. Camphor.....	6
10. Best Cider Vinegar or Malt Vinegar.....	1 quart

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
Act, soothing and healing on mucous membrane.	
3. Elecampane Root.....	2
Allays coughs and irritations.	
4. Sage	2
Acts as an astringent.	
5. Licorice Root.....	6
A helpful expectorant.	
6. Fennel Seed	2
Relieves irritation from coughing.	
7. Comfrey Root	6
Soothing to respiratory tract.	

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, 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, Mild

This formula is best suited for those who are not constipated.

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

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 two cups of boiling water, cover, boil slowly for about 2 to 3 minutes, let it stand for ten minutes, then strain and take one half in the morning, 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 two parts, taking one half morning, and 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, 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. Red Clover Blossoms 2
Highly valued in skin eruptions.
4. Dandelion Root 2
Cleans the blood by acting on the liver.
5. Licorice Root..... 4
Mild laxative.
6. Poke Root 2
Incites glandular action, regulates and cleans the system.
7. Indian Senna Pods 9
Stimulates the action of the bowels.
8. Anise 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 Helebores Root Powder.....	1
2. Flowers of Sulphur.....	5
3. Zinc Sulphate.....	2½
4. Gum Styrax.....	2½
5. Tincture of Green Soap.....	2
6. Castor Oil.....	8
7. Basilicon Ointment.....	20

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 or 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. 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 two cups of boiling water, cover, boil slowly for about 2 to 3 minutes, let it stand for ten minutes, then strain and take one half in the morning 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 two parts, taking one half morning, and 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. Birch Leaves | 1 |
| 2. Sage | 1 |
| 3. Plantain Leaves | 1 |
| 4. Canada Fleabane | 1 |
| 5. Red Oak Bark | 4 |
| 6. Quillaya 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
For Liver and Gall Bladder

	Drachms
1. Liver Herb.....	12
An effective Liver Tonic.	
2. Dandelion Root.....	6
Incites action of the liver and digestive organs.	
3. Mandrake Root.....	3
Stimulates the flow of bile.	
4. Culver's Root.....	3
Regulates the bowels by acting on the liver. .	
5. Colic Root.....	3
Relieves hepatic congestions.	
6. Wahoo Bark of Root.....	3
Especially valuable in bilious attacks.	
Mix well .and divide into 20 doses.	

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

FORMULA NO. 186
For Malaria

	Grains
1. Aconite Root.....	9
Reduces chills and fever and relieves pain.	
2. Rhubarb Root.....	48
Stimulates the liver and the flow of bile.	
3. Speedwell Extract.....	15
Regulates Liver and Bowels.	
4. Dogwood Bark Extract.....	14
Relieves fever and tones up the system.	
5. Quinine	90
Breaks fever and chills, invigorates the system.	
6. Gum Camphor.....	9
Refreshes and revives body functions.	
7. Oil Cassia.....	2 drops
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. American Saffron	4
A specific action in measles is claimed for this useful flower.	
2. Lemon Balm	1
Produces sweating and reduces fever.	
3. Licorice Root	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. etc., to suit taste.

FORMULA NO. 192

Female Regulator No. 1, for irregular, scanty, 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. Cimicifuga Root.....	6
Soothes pain in periodic disorders.	
6. 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 two cups of boiling water, cover, boil slowly for about 2 or 3 minutes; let stand for ten minutes, then strain and take one half in the morning 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, etc., to suit taste.

FORMULA NO. 195

Female Regulator Tea No. 2, For painful and spasmodic menstruation.

	Drachms
1. Papoose Root.....	4
Indian remedy to facilitate menstruation.	
2. Cypripedium Root.....	4
Stimulates the nervous system.	
3. Cramp Bark.....	8
Relaxes spasms, relieves cramps.	
4. Life Root Herb.....	6
Promotes menstrual flow.	
5. Blue Scullcap.....	4
Quiets the nerves, relieves cramps.	
6. Figwort	4
Relieves pain in difficult menstruation.	

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

Directions: Same as Formula No. 192.

FORMULA NO. 198

Female Regulator No. 3, For profuse menstruation.

	Drachms
1. Colic Root	6
Gives tone and energy to the uterus.	
2. Beth Root	6
Strengthens the female reproductive organs.	
3. Geranium Root.....	4
Powerful astringent; arrests bleeding.	
4. Squaw Root	6
Stimulates normal contraction of the uterus.	
5. Erigeron.....	4
Arrests Hemorrhages, contracts tissues.	
6. Shepherds Purse Herb.....	4
Promotes contraction of blood vessels, stops bleeding.	

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. Tansy	2
3. Rosemary.....	2
4. 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 greater advantage is that it imparts a refreshing, pleasant and fragrant odor to the linen and clothing as well.

FORMULA NO. 204
Oil for Catarrh

1. Menthol	8 grains
2. Camphor	8 grains
3. Oil of Cloves	1 drop
4. Oil of Thyme	1 drop
5. Oil of Eucalyptus	4 drops
6. Ephedrine	25 grains
7. Alkannin.....	2 grains
8. Mineral Oil	8 ounces

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

1. Menthol	5 grains
2. Eucalyptol	5 minims
3. Blood Root Fine Powder	2½ grains

- 4. Catarrh Root Fine Powder 5 grains
- 5. Healing Balsam (Formula No. 282) 4 drachms
- 6. Yellow Petrolatum 4 drachms

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. I

- | | Drachms |
|---|---------|
| 1. Blue Scullcap Herb..... | 8 |
| A valuable nerve sedative, produces sleep. | |
| 2. Valerian Root | 10 |
| Quiets and strengthens the nervous system. | |
| 3. Cypripedium | 4 |
| 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, 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..... | 4 |
| Relieves pains and nerve tension due to female complaints. | |
| 2. Blue Scullcap..... | 6 |
| 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 | 5 |

Stimulates the circulatory system.

6. Valerian Root..... 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 Asafoetida	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. Scullcap Powder.....	15
A valuable nerve sedative.	
6. Valerian Powder	40
Strengthening and soothing on the nerves.	
7. Oil of Wild Celery.....	7 drops
Quiets the nerves	
Mix well and fill into 60 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 Leaves Fluid Extract.....	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.....	⅓
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

- 1. Ammonium Carbonate Crystals.....4 drachms
- 2. Stronger Ammonia Water..... ¼ drachms
- 3. Spirits of Camphor..... ½ drachms
- 4. English Lavender Oil.....5 drops
- 5. Ylang Ylang1 drop

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..... 3
An effective blood purifier.
- 2. Anise Seed 2
An aromatic tonic
- 3. Damiana Leaves 2
Invigorates the body and nerves.
- 4. Strawberry Leaves 8
An effective alkalinizer.
- 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. Honey, cream, miik, etc. 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 Mate, 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.....	½
2. Oil of Cajuput.....	¼
3. Oil of Cloves.....	⅛
4. Oil of Black Mustard.....	⅓
5. Oleoresin of Capsicum.....	¼
6. Campho-Menthol.....	⅓
7. Oil of Turpentine.....	5
8. Chloroform.....	1¼

Mix all and shake until dissolved.

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

This is a vert 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. Buckthorn 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. Poke Root	2
Very effective as a system regulator and cleanser.	
6. Indian Senna Pods.....	4
Removes accumulations from Stomach and bowels.	
7. Licorice	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 two cups of boiling water, cover, boil slowly for about 2 to 3 minutes, let it stand for ten minutes, then strain

and take one half in the morning 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, etc., to suit taste.

Directions for Powder: Divide one dose in two parts, taking one half morning and 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. Sage Leaves	12
Excellent in checking excessive sweating.	
2. Rosemary Leaves	2
Quiets the nerves, normalizes skin action.	
3. Bog Bean Leaves	4
Reduces fever, invigorates the system.	
4. Thoroughwort	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. Buckthorn Bark	3
Cleans the system of impurities.	
3. Indian Senna Pods.....	5
Stimulates the organs of elimination.	
4. Chickweed Herb	3
Reduces unnatural accumulations of fat.	
5. Licorice Root	2
Mild Laxative.	
6. Cassia Bark	1
Improves the action of the circulatory system.	
7. Poke 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 two cups of boiling water, cover, boil slowly for about 2 to 3 minutes, let it stand for ten minutes, then strain and take one half morning and night. 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 two parts, taking one half morning and night. It may be taken in water, or mixed with honey, jelly or 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. 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	1¼
2. Willow Bark	1½
3. Sage Leaves	¾
4. Pilewort Herb	¾
5. Erigeron Herb.....	¾
6. Comfrey Root	1

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 5 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 grains |
| 2. Canada Fleabane Powder..... | 20 grains |
| 3. Henbane Leaves Powder..... | 24 grains |
| 4. Pilewort Powder..... | 36 grains |
| 5. Oil of Cloves..... | 4 drops |
| 6. Cocoa Butter..... | 5 drachms |

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 antiseptics, 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. Chondrus | 1 |

A good pectoral stimulant.

6. Licorice Root 3
Loosens phlegm from Bronchial tubes and lungs.
7. Comfrey Root..... 4
Soothing to the respiratory tract.

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 5 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, etc., to suit taste.

FORMULA NO. 252
For Poison Oak and Poison Ivy

- | | Drachms |
|-------------------------|---------|
| 1. Grindelia Plant..... | 7 |
| 2. Lobelia Herb | 2 |
| 3. Quillaya Bark..... | 5 |
| 4. Hay Seed | 4 |
| 5. Sage | 2 |
| 6. Comfrey Root | 4 |

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 flannel 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. 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. Sacred Bark	4
Aids elimination and cleans the blood.	
3. Poke Root	2
Very effective as a system regulator.	
4. Indian Physic Root.....	4
Reduces rheumatic accumulations.	
5. Black Cohosh Root.....	4
Indian remedy for rheumatism, relieves pain and irritation .	
6. Culver's Root	2
Liver cleanser and Blood purifier.	
7. Mountain Cranberry Leaves	4
Eliminates uric acid by action on the kidneys.	

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 two cups of boiling water, cover, boil slowly for about 2 to 3 minutes, let it stand for ten minutes, then strain and take one half in the morning, 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, etc., to suit taste.

Directions for Powder: Divide one dose in two parts, taking one half morning and 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. Mezerium Bark	1
2. Capsicum	2½
3. Alkanine	½

4. Oil of Mustard ½
5. Oil of Rosemary..... ½
6. Oil of Cajeput..... ½
7. Oil of Wintergreen..... 2
8. Cottonseed Oil 10
9. Gum Camphor 3
10. Oil of Turpentine..... 6 ounces

Extract Nos. 1, 2, 3 in Nos. 8 and 10 for 2 to 3 days then filter and add the other ingredients.

Directions: Rub well into affected parts morning and night, 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

1. White Hellebore Root Powder ¾ drachms
2. Flowers of Sulphur..... 1½ drachms
3. Mercuric Chloride..... 2 grains
4. Creosote..... 2 drachms
5. Pine Tar 1½ drachms
6. Castor Oil..... 1½ drachms
7. Woolfat 5 drachms
8. Yellow Petrolatum 5 drachms

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. Horse Nettle Berries.....	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. Valerian Root	4
Tonic and nerve stimulant.	
5. Celery Seed	2
Relieves nerve irritation.	
6. Parnassia Herb	4
A valuable nerve sedative.	

Mix well and divide into 10 doses.

Directions for Tea: 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.

Directions for Powder: Take one powder with half a glass of water before retiring.

FORMULA NO. 273

Restorative Herb Capsules

1. Vanilla Beans	10 grains
Stimulates the generative system.	
2. Yohimbe Bark	2 drachms
Tones the reproductive organs.	
3. Muira Puama.....	2 drachms
Invigorates the sexual system.	
4. Damiana Leaves	3 drachms
Increases sexual functions.	
5. True Unicorn Root	2 drachms
Gives tone and energy to the generative organs.	
6. Cassia Bark	40 grains
Tones the circulatory system.	
7. Orchic Substance	40 grains
Mix well and fill into 80 capsules equally divided.	

Directions: Take two capsules morning and night.

FORMULA NO. 276

Dusting Powder

1. Lycopodium	3 drachms
2. Calamine	6 drachms
3. Milk of Sulphur	3 drachms
4. Talcum	20 drachms

- 5. Menthol20 grains
- 6. Oil of Cloves20 drops

Mix well.

Directions: Dust on affected parts morning and night.

FORMULA NO. 279
Herbs for Soothing Compresses

- | | Ounces |
|--------------------------|--------|
| 1. Celandine Herb..... | ½ |
| 2. Henbane Leaves | ½ |
| 3. Sage Leaves | 1 |
| 4. 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..... | ¼ |
| 3. Colophony..... | 3 |
| 4. White Turpentine | 2 |
| 5. Prepared Suet | 3 |
| 6. Yellow Wax | 2 |
| 7. Sesame Oil | 6 |
| 8. Camphor | ¼ |
| 9. Eugenol | ¼ |

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. Yarrow Leaves 2
Valuable in flatulent colic.
3. European Wormwood Herb..... 2
Aids digestion and assimilation of food.
4. Eriodictyon 2
Very useful in catarrhal conditions, removes phlegm.
5. Cassia Bark 2
Useful aromatic digestive.
6. Gentian Root 4
Invigorates digestion, relieves gas.
7. Licorice Root 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 lloney, 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. Papain 60
A digestive of extraordinary power. | |
| 2. Malt Diastase Powder..... 60
Increases the digestability of starches. | |
| 3. Wormwood Herb..... 75
Aids the assimilation of food. | |
| 4. 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. 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. Wormwood 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. Licorice Root	5
Loosens mucus from stomach and bowels.	

Mix well and divide into 20 doses, using either Herb 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, 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. 29
Capsules for Nervous Dyspepsia

	Grains
1. Valerian Root	120
Quiets and strengthens the gastric nerves.	
2. Asafoetida	30
Relieves nervous irritability.	
3. Musk Root Extract.....	60
Has a soothing and healing action on the stomach, relieves gas.	

4. Nutmeg 30
Soothes the nerves controlling stomach activity
5. Papain 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. Amaranthus..... | 2 |
| Useful in ulceration of stomach, mouth and throat. | |
| 4. Birch 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. Celandine Herb | 5 |
| Has a healing effect on ulcers and growths. | |
| 8. Comfrey Root | 6 |
| Soothing and healing to mucous membranes. | |
| 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, 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. Geranium Root | 2 |
| Powerful astringent, arrests excessive mucous discharges. | |
| 2. Golden Seal Root..... | 4 |

- Healing and soothing on mucous lining.
3. Erigeron 2
Contracts loose textures, arrests bleeding.
 4. Shepherds Purse Herb..... 3
Contracts blood vessels, stops bleeding.
 5. Red Oak Bark..... 2
A helpful antiseptic for stomach and bowels.
 6. Bog Bean Leaves 2
Stimulates the digestive organs.
 7. Goldthread 2
Gives tone to the mucous lining, reduces the tendency to bleed.
 8. Violet Leaves 3
Has a healing effect on ulcers and cancers.
 9. Comfrey Root..... 4
Soothing and healing to mucous membranes.
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 Stones and Gravel in Kidneys and Bladder

- | | Drachms |
|--|---------|
| 1. Pichi Tops 6
A reliable solvent for calcareous deposits. | 6 |
| 2. Gravel Plant 4
Very beneficial and effective in gravel. | 4 |
| 3. Hydrangea Bark 10
Highly recommended for the removal of stones and gravel. | 10 |
| 4. Golden Rod 4
Useful in urinary obstructions, especially when causing bleeding. | 4 |
| 5. Mountain Cranberry Leaves 4
Gives tone to the urinary organs. | 4 |
| 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. | 2 |

Directions for Tea: Add one dose to two cups of boiling water, cover, boil slowly for about 2 to 3 minutes, let it stand for ten minutes, then strain and take one half in the morning 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 two parts, taking one half morning 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

1. Bear's Paw Root Extract.....6 drachms
Considered a specific for the removal of tapeworm.
2. Mandrake Root Extract1½ drachms
A valuable worm expeller.
3. Jalap Root.....4 drachms
Acts on bowels producing watery stools.
4. Broom Pine Oil12 drops
Useful in the expulsion of worms.
5. Chloroform 3 drops
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. Sage Leaves	10
2. Rosemary.....	10
3. Goldthread	2
4. Rhatany Root	2
5. Cranesbill Root	2
6. Red Oak Bark.....	6
7. Cassia Bark	2
8. Cloves	2
9. Comfrey Root	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 or 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

1. Trichloroacetic Acid..... 15 grains
2. Eugenol5 drops
3. Corn Paint (Formula No. 78)..... $\frac{3}{4}$ drachms

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

1. Thyme Leaves Fluid Extract..... 1 drachm
Allays irritation, quiets the nerves.
2. Ipecacuanha Root Fluid Extract..... $\frac{1}{2}$ drachms
Reliable expectorant.
3. Lobelia Herb Fluid Extract..... $\frac{1}{2}$ drachms
Relieves spasms, loosens phlegm.
4. Chestnut Leaves Fluid Extract..... 1 drachm
Exerts a specific influence in whooping cough.
5. Oil of Wild Thyme.....8 drops
Relieves irritation of cough and spasms.
6. Anisated Spirits of Ammonia.....2 drachms
Facilitates expectoration, allays cough.
7. Syrup of Honey enough to make.....8 ounces

Directions: One teaspoonful every three hours.

As the inhalation of the vapors 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 |
|--|---------|
|--|---------|

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

vapors purify the air, disinfect the room, ease the attack and diminish the danger of contagion.

FORMULA NO. 321

Worm Expeller

1. Pink Root Powder..... 2 drachms
An excellent destroyer of worms.
2. Levante Wormseed Powder..... 2 drachms
Expels intestinal worms.
3. Santonine..... 6 grains
Reputed for its reliable action in expelling worms.
4. Mandrake Root Extract..... 1½ grains
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. Castor Oil.....	4
6. Woolfat	4
7. Mothers Salve	5
8. Camphor	½
9. Oil of Cloves.....	¼

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.

Editor's Postscript

Many of the terms, chemicals, even plant names used by Mausert are highly variable, and tracking down the current names and/or availability for some of them may take a bit of work on the reader's part. I began an annotated index, which developed into a lengthy discussion of the herb trade, a number of formulas to explain preparations no longer in commerce, etc. Under time constraint because of upcoming field trips and a number of out-of-town classes, I will make the annotated version available sometime this fall.

Meanwhile some tips.

Mausert's use of the terms "extract", "Fluidextract" and "tincture" are sometimes misleading. Most of the references to extracts are actually to tinctures, (usually 1:5 in strength: refer to my Herbal Materia Medica if in doubt...probably available on the same site as this text) and his reference to fluid extracts is clearly to Fluidextract (F.E.) a form representing a 1:1 strength, often difficult to obtain in North America. A crude approximate can be obtained by slowly evaporating in a water bath 5 ounces of tincture down to 1 ounce, and adding 1/2 ounce of 95% ethanol to the finished concentrate (to prevent some precipitation and to keep some of the alcohol-soluble constituents in at least a moderate solution). If this seems a bit jury-rigged, bear in mind that ALL fluidextracts entail some degree of evaporation, and many of them, in fact, represent the plant very poorly. Substances soluble in a 1:5 tincture often become insoluble when reduced to a 1:1 volume, staying behind in the filter paper, with the finished fluidextract containing a preponderance of the plant's most soluble constituents, with only a fraction of the original resinoids and the less soluble alkaloids.

Many of the more archaic terms can be explained by perusing library reference copies of such standard works as Martindale's Extra Pharmacopœia (25th edition or earlier), Remington's Pharmaceutical Sciences (1970 or earlier), and the Merck Index (preferably eighth edition or earlier). Nearly all of the more peculiar herb names will be found in **The Herbalist** by (?) Joseph Meyers, **Nichol's Ready Reference**, **The Herb Book** by John Lust or **Potter's Cyclopedia**.