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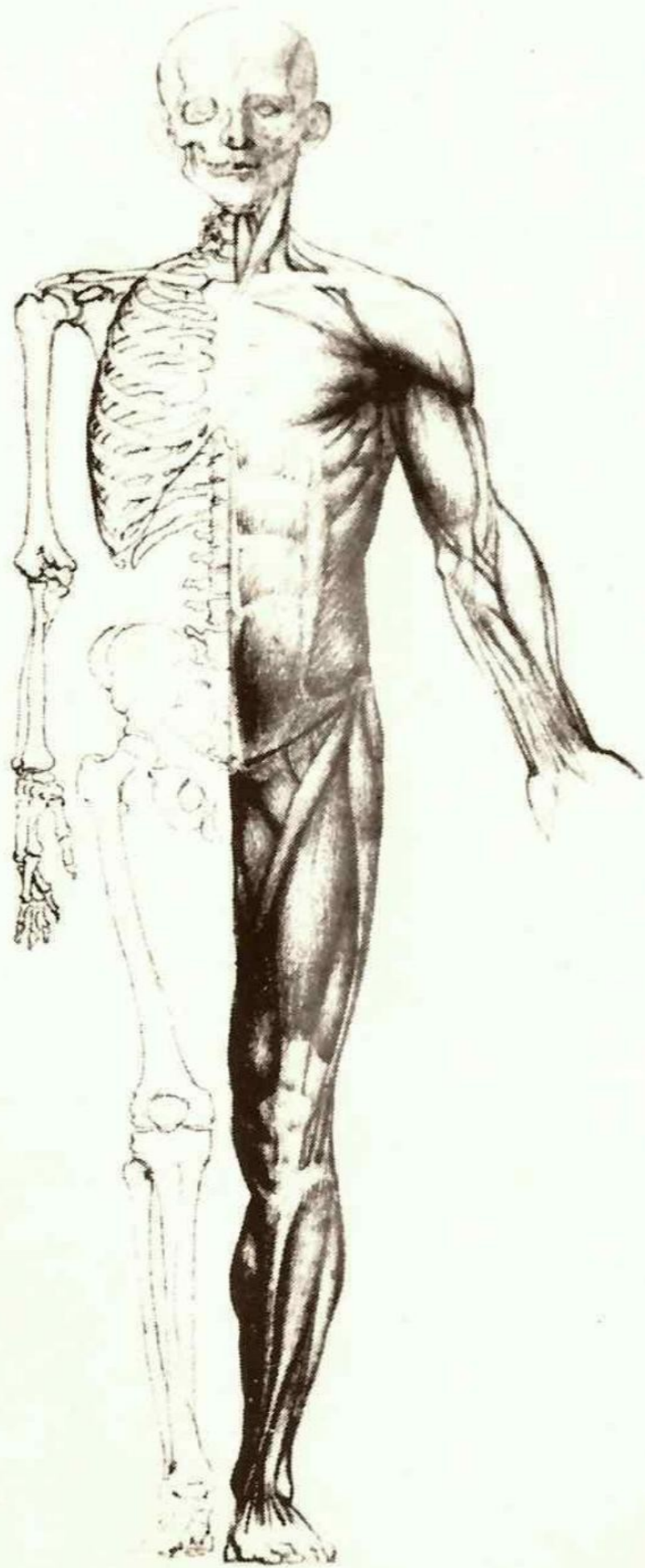


TREATMENTS & CURES With Local Herbs

by

Albertina Pavy





The Human Body



The Human Body contains substance or elements. The most important elements found in the human body are carbon, hydrogen nitrogen, oxygen, sulphur, phosphorus, chlorine, iodine, sodium, potassium, magnesium, calcium and iron.

The five senses of the body are hearing, sight, speech, taste and touch.

The three powers in the human body are memory, understanding and will.

Good health is obtained by following the rules of nature.

The body contains over 60 percent of water. Good Food: Vitamin foods found in raw and fresh vegetables, fruits and grains.

Food rich in Protein are peas, beans, lentils, nuts, milk, cheese, eggs, cereals, wheat which build the tissue.

Food rich in fat, butter, the yolk of egg, vegetable oil, nuts.

TREATMENT & CURES WITH LOCAL HERBS OF
TRINIDAD & TOBAGO

Carbohydrates are contained in sugar, honey, malt, ripe fruits, starchy vegetables, these give the body energy.

Vegetables without starch are carrots, celery, cucumber, tomatoes, onion, lettuce, ochro, spinach, cabbage, cauliflower, string beans.

Flesh formers are white of egg, curd of milk, gluten in corn, and wheat, legumen in peas and bean, myosen in meat, lengiton in bone.

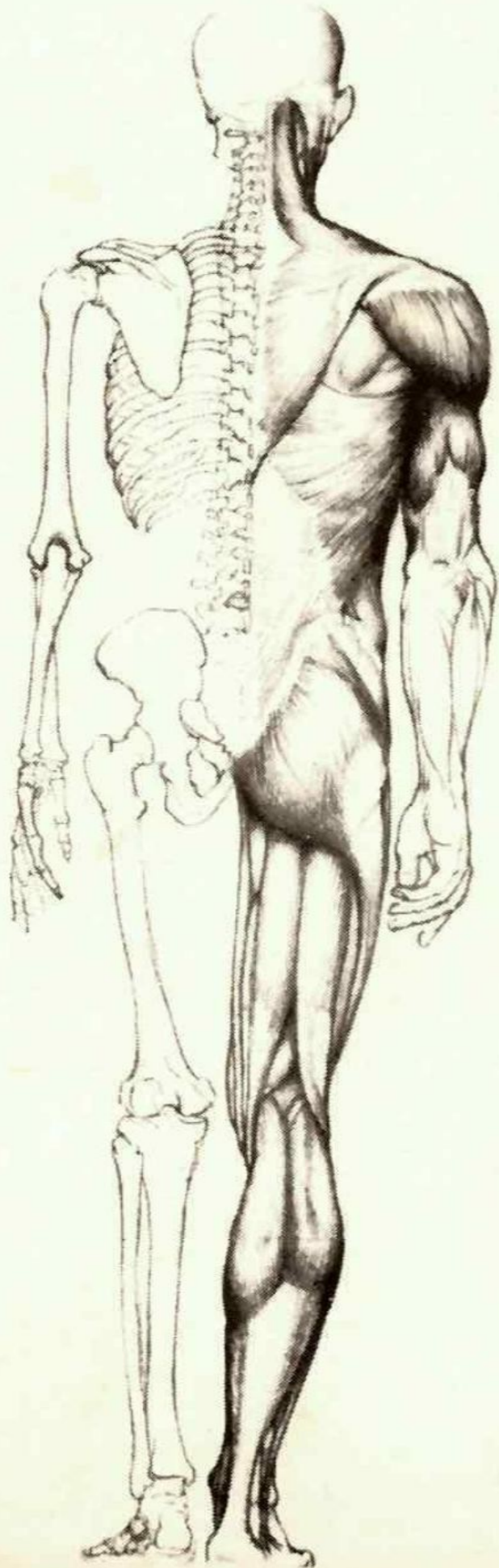
Food which supply minerals:

- Iron: Spinach, yolk of egg, milk, prunes, water cress, celery, cabbage, lettuce, raisin, apples, lentils and all greens.
- Phosphorus: Legumens in the yolk of egg, milk, prunes, potatoes, cheese, cereals.
- Calcium: Egg, cereal, cabbage, citrus fruits, nuts, isinglass.
- Magnesium: Cherries, apples, nuts, figs, raisins, prunes, milk, spinach, cereals.
- Potassium: Cherries, potatoes, turnips, apples, plums, melongene, cucumber.
- Sodium: Apples, cauliflower, spinach.
- Chlorine: Spinach, cabbage, cauliflower, turnip.
- Sulphur: Spinach, cabbage, cauliflower, onions, yolk of egg.
- Iodine: can be obtained from all garden vegetables, beans, peas, fish, seamoss, garlic.
- Calcium: builds bones and teeth. It builds the eyes.
- Phosphorus: builds bones and nerves.

THE HUMAN BODY

- Potassium: is vital for the construction of the cells of the body.
- Sodium: is to construct the fluids of the body.
- Sulphur: is to construct the living tissues of the body.

Dieting is healthier and more valuable in preventing disease than is medication.



TREATMENT & CURES WITH LOCAL HERBS OF TRINIDAD & TOBAGO

1.0 THE STRUCTURE

The human body is built up on a framework of bones, the skeleton. They are built together by ligaments forming joints through which the bones move to and from on one another.

The skin is a covering and protection connected to the brain by certain nerves which look like white thread or cords. These nerves are information channels to the brain of different touches in contact with the body. If these nerves get impaired, the skin loses its sense of touch and becomes numb. The muscles are controlled by certain nerves which pass direct from the brain on its way to the spinal cord. The brain then controls the activities of the body. If a nerve to a muscle is damaged the muscle gets paralysed. Another set of channels are the blood vessels, the gut, glands, and other organs. Fat which is a food stored for the body covers the muscles and forms padding assisting to prevent the loss of heat.

The energy to carry out the work of the body is food which has to be broken down in tracks by the digestive organs before it can be absorbed into the blood and nutrients for distribution to various parts of the body. Oxygen is required to utilise the food and keep the body alive, and is distributed by the blood vessel by the heart. The tissues join the parts of the body together. The bones of the face are fixed to the bottom of the front of

the skull.

2.0 THE DIGESTIVE PROCESS

The organs of digestion are mostly in the belly or abdomen. Digestion begins in the mouth where the food is chewed and mixed with saliva. It is then pressed back into the throat by the tongue and swallowing movements start which force it down through the gullet into the stomach. During swallowing the mouth, nose, and windpipe are shut off.

The stomach acts as a resource, and is enlarged to hold all the food eaten at a meal. The mixture of food and digestive juices gradually pass from the stomach into the small intestine, the foods of protein, fat, carbohydrates, etc. are to be broken down, and passes slowly through the small intestine and are conveyed to the blood, carried into the liver by the portal vein and then changes to other parts of the body. Vegetable enters the large intestine, the colon; where most of the water is absorbed and the final waste production is stored.

The kidneys right and left lies against the upper part of the back of the abdomen.

The skin covers the whole of the body, and protects the underlying structures. It consists of two layers. The outer or hard layer, and the inner layer where the evaporation of sweat from the surface of the skin cools it, and helps to regulate the temperature of the body.

They form the framework to support the eyes and the nose. They also form the upper jaw in which the teeth are set. We then have the connection of the jaw, the throat, the neck, the shoulder. The arm, forearm, the hands, and fingers. The limbs, bones, the ribs, and breast bones. Then we have the pelvis girdle and lower limb bones. The lower limb bones contain the bladder the urethra, and the lower part of the bowels. Then we have the hip bones with the upper end of the thigh bone which forms the hip joints. The front of the knee joint is protected by a bone called the knee cap. In the legs there are two bones which are bound together by ligaments. The leg bones are connected with the foot bones at the ankle joint. In the joints the bones are held together by ligaments.

2.1 THE EYE

The eyes are the organs of sight. They are situated in two sockets in the front of the skull below the eyebrows, and the front of the eye is covered by a smooth substance which is bathed and kept moist by tear fluid. The transparent part of the eye is called Cornea. Through the Cornea a coloured circular diaphragm the Iris can be seen. The circular hole in the Iris is the pupil which varies in size with the amount of light passing through. Behind the pupil is the lense of the eye leading the light rays into the light sensitive part of the eye the retina.

2.2 THE EAR

The ear consists of three parts. First, the outer, which is trumpet-like with a bell, with skin, stem or ear canal which leads into the skull. Second, the middle, and inner part which is inside the skull. The third part separate the middle ear by the ear drum. The middle ear is bone. It communicates with the back of the nose, and throat. The inner ear is right inside the cranium, and consist of organs that register sound waves, position and movements. It is therefore concerned with the sense of balance as well as with the sense of hearing.

2.3 RESPIRATION

Breathing is the process of oxygen which passes from the air into the blood, while carbondioxide, a waste product is expelled. We take in oxygen from the plants during the day which also gives out carbondioxide at nights. This exchange of gas takes place in the lungs.

2.4 NERVES

Nerves make up the nervous system which controls the activities of the body. It is the most delicate type of tissue. It cannot be repaired by healing process if damaged. Nerves defect comes through overwork, anxiety, worry, moods, strain in the body, sleeplessness.

Treatment is rest, relaxation. The white of an egg swizzled with orange juice. Take once per day for seven days, relax and repeat. Draw three young Passion Fruit leaves into a teacup of tea once per day for seven days, relax and repeat.

For Parkinson's disease (which is trembling nerves) - Peel green Lacatan Fig, slice thin, dry in oven, pound and sift, make into porridge, and drink. It is also good for spasm, and convulsion.

The white of an egg beaten with two tea-spoons of aloes once per day for nine days then take a purge, relax and repeat, builds the nerves.

3.0 DISEASE OF THE LIVER

The Liver, a part of the abdomen cavity is a very tender organ. As other organs in the body it needs cleansing. It is subjected to diseases as Cancer, and several others.

Liver treatment: The fruit of the Sour Tamarind, remove from the seed, swizzle in water. This is good to drink to wash the liver.

The roots of the Rou Kou tree, and the red juice from the seeds boiled in tea is good for the liver.

4.0 ISOMNIA OR SLEEPLESSNESS

The causes are worry, fear, eating late at night, overeating and nerves.

Treatment: A warm or hot foot bath and a

hot cup of tea from the leaves of lettuce,
sour sop, and calabash.

5.0 DIABETES

Treatment for Diabetes or Sugar:

- 1) Golden Seal Root Powder can be got at Adventist Health Store, Corner of Rochford and Gomez Streets, San Fernando at \$5.60 per pack, or at Bhima Health Centre Pharmacy No. 16 Simpson Brown Terrace, Cocoyea, San Fernando. (A great medicine for Diabetes).
Dosage - $\frac{1}{4}$ of a teaspoon in a tea cup of hot water twice daily, morning and night. When improved reduce dose to one per day. When taking this treatment take no medication; neither tablets nor injections.
- 2) Boil Mauby bark, bottle and keep in the fridge, drink in water in a half bitter taste.
- 3) Pound three medium grains of garlic and boil with a branch of celery. Take a teacup full first thing in the morning for 7 days. Relax and Repeat.
- 4) Boil or draw $\frac{1}{2}$ of a large zebapique leaf. Take a teacup once per day for three days. Relax and repeat.
- 5) Boil or draw the leaves of the nim tree. Take once per day for five days. Relax and repeat.
- 6) Chew raw and swallow a couple of the leaves and flowers of the white maid (periwinkle).

SOURSOP





PIGEON PEAS

- 7) Boil the roots of the Rou Kou tree and drink in tea. To be taken once per day for seven days. Relax and repeat.
- 8) Boil five leaves of the Sapodilla tree and with a wee bit of mauby bark in a cup of tea once per day for seven days. Relax and repeat.

The Golden Seal Root Powder can be obtained in Henry Street, Port of Spain, opposite the Kentucky Fried Chicken Outlet.

Treatment of Golden Seal Root Powder, along with Charcoal powder and aloes for diabetes.

Dose: To 1½ teaspoons of coal powder, add three teaspoons of aloes mixed with a little water to be taken once per day after lunch for nine days. After which to take a purge. Then relax for seven days and repeat treatment. During the course of treatment drink cooling of burnt bread or barley water. Relax and repeat till recovery. Test sugar and according to improvement lessen treatment. The Golden Seal Root Powder is to be taken every day. When sufficiently improved dose of Golden Seal Root Powder can be reduced to once per day. Keep correct diet.

Mango Vere bark and Congo Lala leaves boiled are good for Diabetes.

Boil the flowers and leaves of the White Periwinkle or Old Maid into a tea.

6.0 HIGH BLOOD PRESSURE CAUSES AND TREATMENT

High Blood Pressure is caused by waste matter in the system, wrong diet, overeating, tobacco, liquor, meat. It also occurs when the kidney and liver is over burdened with too much food. All stimulating food as alcohol, tobacco and spices are harmful.

Treatment: To a medium bottle of Apple Cider Vinegar add one tablespoon of epsom salt. Take a tablespoon of the contents in a glass of water twice daily after meals. Taking this medicine the pressure has to be tested on time, as vinegar thins the blood very quickly.

Pound garlic with skin and boil with orange peel. Drink a teacup once per day for seven days. Keep testing pressure.

Boil Sour Tamarind leaves. Take a teacup once per day for five days according to pressure. Relax and repeat.

The green fruit of the sour sop with skin, flesh and seeds, slice in small bits, soak in a jug of water, keep in the fridge and drink as cooling. Keep adding water after drinking and let it serve for six or seven days.

Half of a teaspoon of epsom salts in a sweetened teacup of hot water once per day for three days.

Add two teaspoons of molasses to two teaspoons of aloes. To be taken once per day for for two weeks, then take a purge.

Two teaspoons of molasses, add to the diluted juice of the rough skin lemon. Taken



PAIN BUSH



PERIWINKLE

once per day for seven days. Test pressure.

Boil Mauby bark and keep in the fridge. Drink with water in a half bitter taste.

Pound three medium grains of garlic and boil with a branch of celery. Take a teacup first thing in the morning for seven days. Test pressure.

7.0 LOW BLOOD PRESSURE – HOW TO REGULATE

Low Blood Pressure is caused by the lack of proper nourishment, rest, exercise, relaxation and the lack of vitality.

Treatment to regulate Low Blood Pressure: Get three pints of Royal Extra Stout or Welch's Grape Juice for six days treatment. Drink $\frac{1}{2}$ pint per day swizzled with an egg along with proper rest, relaxation and a regular and nourishing diet.

8.0 MALARIA FEVER

Malaria fever is caused by the Anopheles Mosquito. It comes with a high temperature and perspiration.

Treatment:

- 1) Boil one spoon of ashes settle and strain; add one slice of rough skin lemon with skin, pulp and seed to a few branches of lemon grass; boil over. Take $\frac{1}{2}$ teacup in the morning and $\frac{1}{2}$ teacup at night. Continue treatment until recovery is obtained.
- 2) Zebapique leaves soaked in Vermouth

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TRINIDAD & TOBAGO

take ½ wine glass three times daily before
or after meals.

- 3) Deep sea water, added to sour orange;
bottle and hang on a tree for sun and dew.
Take a wine glass on mornings.
- 4) Wintersmith tonic destroys malaria.

9.0 YELLOW FEVER

Yellow fever is a very rear, contagious
disease, it comes from the *Aedes Aegypti*
Mosquito.

The treatment is a hot bath of boiled
yellow limes. Before the bath is taken a cup
of hot tea is to be drunk from the water of
the boiled yellow limes. The patient is to be
dried properly after the bath for a preparation
of sweat. The whole body is to be anointed
with hot Vicks or diluted Bengue Balm and
covered with blankets; care should be taken
to observe when the perspiration wets the
body to dry and remove the wet clothing.
The patient should be given three hot baths
on three successive days; given a lot of orange
and grapefruit juice, boiled vegetables of
carrots, pumpkin, celery, spinach, etc. Then a
course of coal powder, aloes, and molasses.

10.0 TYPHOID FEVER

Typhoid fever is a contagious disease.
Many cases are caused through bad drinking
water and impure milk.

Symptoms: Fatigue, loss of appetite, indi-

DITAY PAYEE





gestion, headache, enlargement of the abdomen and shrinking of the tongue.

A hot sponge bath with yellow limes should be applied to patient. A hot enema should be given. Drink plenty of water, orange and grapefruit juice, oat meal water, vegetable broth of carrots, pumpkin, celery, onion and spinach which must be strained and drink only water. Drink boiled yellow limes tea.

Take a course of coal powder, aloes and molasses, drink cooling.

11.0 HEART TROUBLES

Heart troubles are caused through Rheumatic fever, overwork of the body and brain, alcohol, high and low blood pressure, gas and indigestion, causing the food to get fermented in the stomach.

Treatment:

The white of an egg. Two teaspoons of honey and 2 teaspoons of aloes once per day for three days each week for three successive weeks. When improved, relax for seven days and repeat treatment. Relax and repeat till recovery.

1 Obie seed divided in 4, grate 1 piece and draw with boiled water, drink once per day for 9 days.

12.0 HOW TO CLEANSE IMPURE BLOOD

One of the great causes of impure blood is improper breathing. Badly ventilated homes,

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TRINIDAD & TOBAGO

lack of exercise, wrong diet, overeating, when food gets fermented in the stomach, drinking impure water.

Impure blood develops through worry, wrong thinking, fear, frowning when we ought to smile, impure milk.

Impure blood causes jaundice, boils, pimples, nervousness. To cleanse the blood take regular and nourishing diets causing the bowels to be kept regular and active with movements of three to four times daily, a lot of fresh fruits, greens, and raw vegetables, drink plenty of pure fresh water, and milk, house must be properly ventilated, a lot of exercise, rest and relaxation.

Take a minor course of coal powder, aloes, and molasses.

13.0 BOILS AND CARBUNCLES

Boils and carbuncles are due to the body being full of poisonous and waste matters and in a low state of resistance causing some of the tiny glands to die. At times when the root of the hair dies leaving tenderness, it develops into pimples from which boils and carbuncles are produced. It must be given immediate attention.

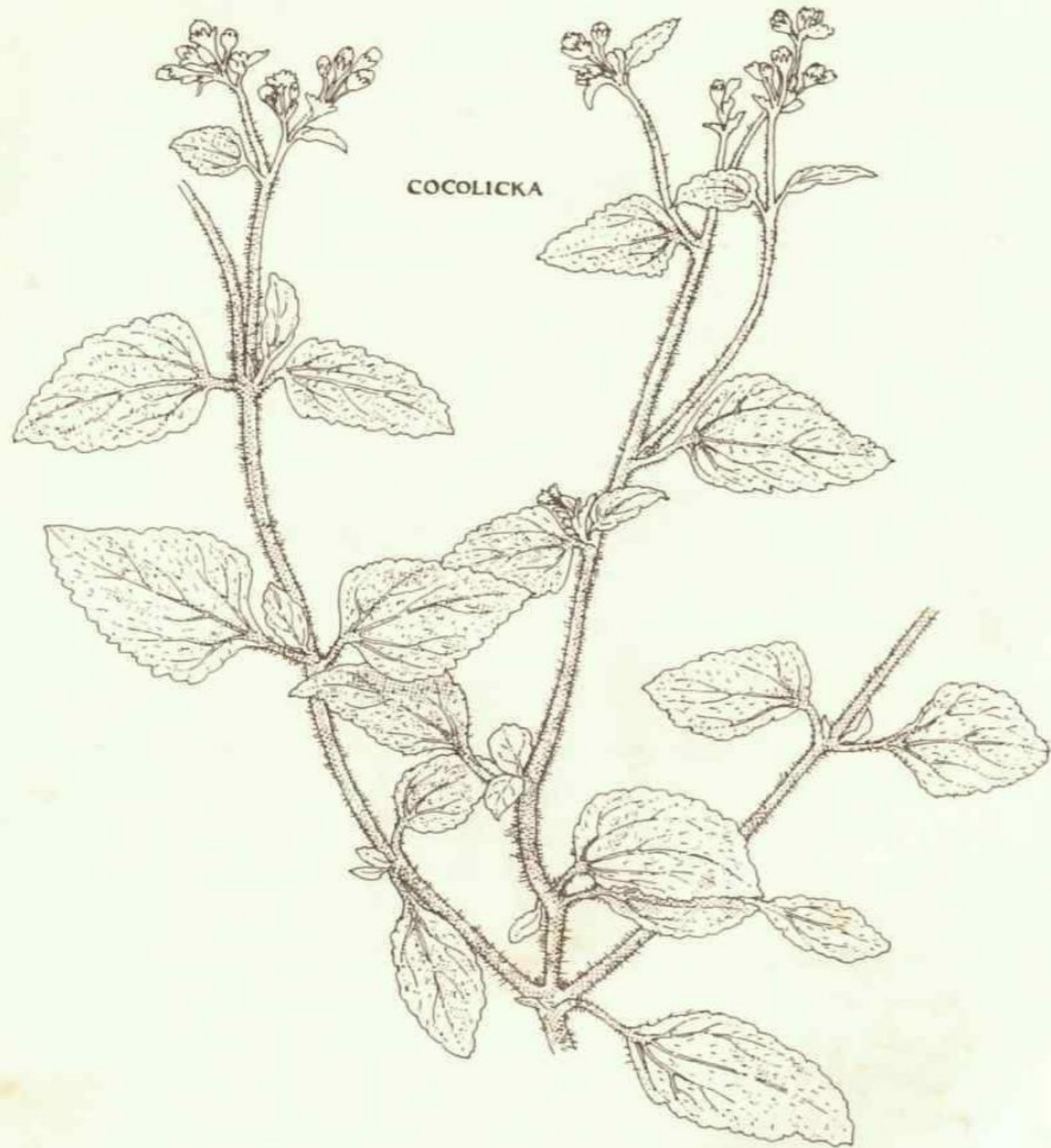
The patient must go on a nourishing diet, plenty of orange, grapefruit juice, fresh tomatoes, turnips, greens and other fruits.

Treatment for drinking:

2 teaspoons of molasses mixed with 2 teaspoons of aloes once per day for two weeks,



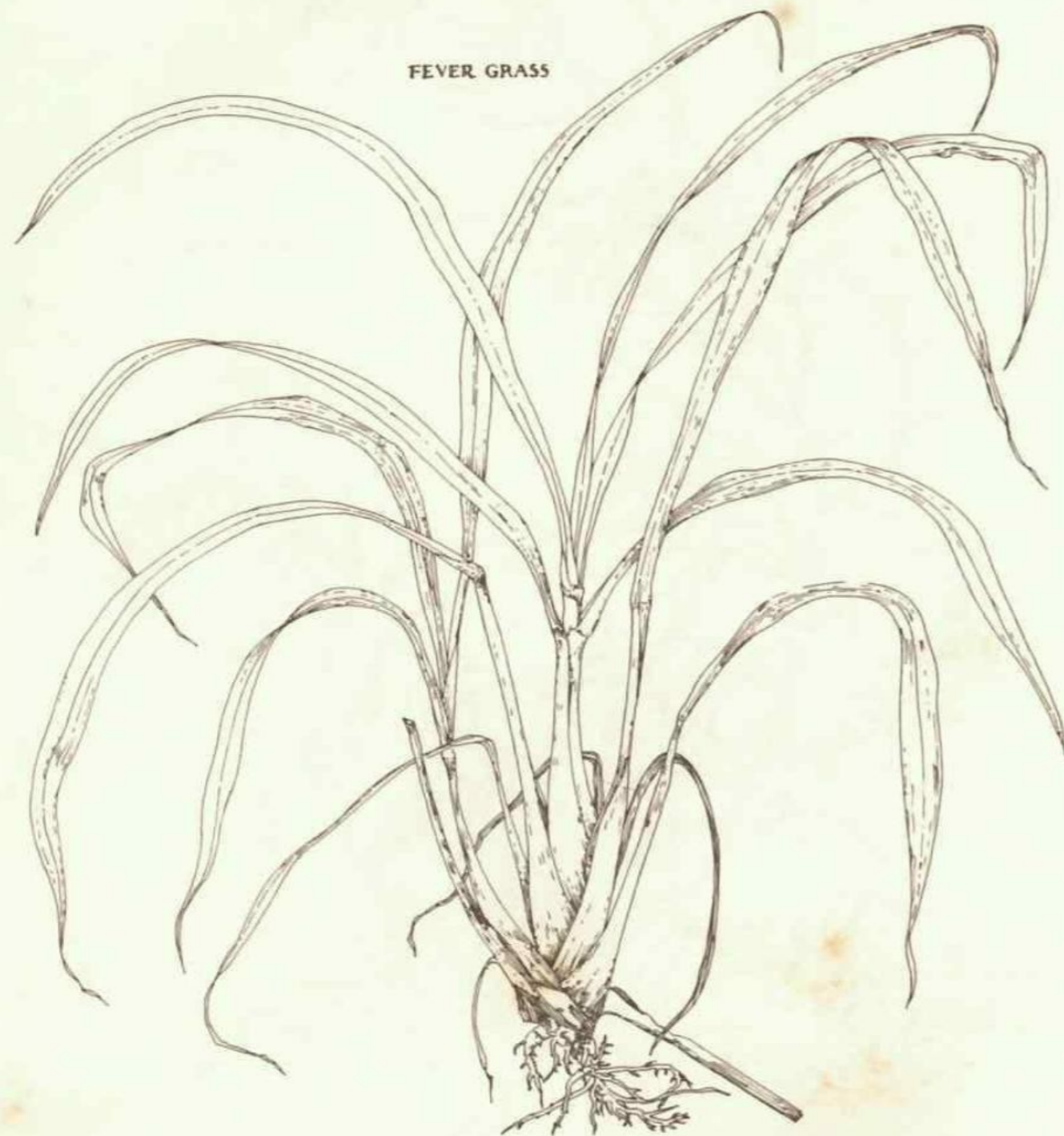
MARIGOLD



COCOLICKA



WORM GRASS



after which to take a purge of 2 teaspoons of Milk of Magnesia, mixed with 1 teaspoon of Andrew Liver Salts in warm water with an immediate hot teacup of tea.

Anointing affected area, mix aloes to saffron powder in a poultice over the fire, cool and place on a lint on affected area.

14.0 TUBERCULOSIS

Tuberculosis is caused by low resistance in the body, through poisonous and waste matters in the blood circulation by the eating of bad food, over work, the exposure of certain parts of the body through poor clothing, loss of sleep, by a neglected serious cold and when Bronchitis becomes acute; from germs through dust, the lack of fresh air, rest and relaxation. Tuberculosis at times may affect not only the lungs (completely underneath) but other parts of the body such as the liver, spleen, intestine, spine and bones.

Treatment: Rest, a regular and nourishing diet, fresh fruits and relaxation.

Take a course of aloes beaten with the white of an egg, three teaspoons of aloes beaten with the white of an egg once per day for nine days, after which to take a purge, then relax for two weeks, and repeat, drink cooling of carrot water. Make a second repeat. Relax and repeat till recovery.

15.0 DYSENTERY

Dysentery comes by serious contracting

germs. The symptoms are cutting pains, and cramps in the abdomen, when serious haemorrhage develops.

Treatment:

- 1) Boiled guava and cashew bark to drink as water.
- 2) Raw arrowroot powder dissolved in water.
- 3) Sweetbroom and bud-bud roots boiled with young guava leaves for drinking.
- 4) The moss of a tree, boiled in red wine will relieve dysentery and diarrhoea.
- 5) Boiled fat pork root and leaves with cotton leaves relieves dysentery.

16.0 WARTS

There are two kinds of Warts, the flat, and the one that grows. The flat wart is dangerous as it often develops into Cancer. It can be treated by the patient's own spittle.

The growing wart can be cut and removed by tying a horse's hair at the root.

Warts can be removed and healed by the milk of the leaves of the Cactus tree.

17.0 GALL STONES

Treatment to remove gravel from the organs of the body. First avoid heavy food. Go on a diet of Jacob & Co. Cream Crackers, extra light soda biscuits or other light soda biscuits. Divide biscuit in three portions, for breakfast on mornings, lunch and supper.

Take a course of coconut water. Drink as much as possible. To each drink add a pinch of cream of Tartar. Drink Love Vine cooling, or Wonder of the World, or White Bachelor Button. After taking a breakfast of biscuit with coconut water during the interval of breakfast to lunch, also from lunch to supper, drink olive oil, coconut water and cooling, also water. Store urine in a utensil and notice the discharge. Keep on diet till recovery.

18.0 CONSTIPATION

Constipation is caused when waste matter remains too long in the body, by wrong diet, when food is not properly masticated, irregular habit of eating, lack of exercise. Eat a regular, and nourishing diet, plenty of fruits, greens, and vegetables. No liquid must be taken with meals. Drinking with meals is very harmful. The bowels must be trained and should move three to four times a day.

Treatment:

- 1) Swizzle two teaspoons of Milk of Magnesia with powdered milk in cold water on mornings.
- 2) Boil Senna leaves, strain and boil over with pitted prunes in half of a teacup measure. Eat the boiled prunes.
- 3) Every morning drink in half of a teacup of sweetened boiled water a $\frac{1}{4}$ teaspoon of Epsom Salt.

19.0 EPILEPTIC FIT

Epileptic fit is caused through the poisoning of the system by wrong diet causing worms which in turn causes stoppage of the bowels affecting certain nerves. It also comes through fractures, falls, blows and other injuries.

Symptoms: Patient usually falls forward on getting attacks of fits; this occurs by the changing of moon, unconsciousness, and gnashing of teeth.

Treatment: Marie Gold flowers boiled in tea is to be given to patient.

This disease causes mental defect. In cases when patients are normal and have the sense of responsibility, a treatment of urine therapy will produce some form of relief.

A course of Charcoal powder, aloes and molasses, will bring some form of relief to patient.

20.0 COLITIS

Colitis is the inflammation of the large intestine, causing weakness in the abdomen, headache, pains in the body, dizziness and sometimes diarrhoea.

Treatment:

- 1) Tisane for drinking.
- 2) To two teaspoons of aloes, add two teaspoons of molasses. To be taken once per day for two weeks after which to take a purge.

21.0 SPRAINS AND STRAINS OF MUSCLES

Sprains generally occur in the ankle, wrist, elbow, shoulders, back or hips. The causes are numerous; sometimes from an unexpected movement or slide by stumbling or missing a step. When ligaments are affected there are extreme pain and swelling in the joints. If serious it needs Doctors' attention immediately. The ligaments need a fairly tight bandage.

Treatment:

Pound the leaves of the Pineapple, soak in pot or cooking salt water, bandage leaves around feet or leg that is affected and keep moistening with salt water. Apply fresh pound leaves and pickle every day till recovery.

Apply on area pound cashima bark with pickle or salt and bandage.

Roast Aloes and apply on affected spot.

22.0 HOT FOOT BATH

In cases of a rush of blood to the brain and bad circulation.

The Method:

Apply a wet bandage around the head of the patient. Let patient sit, put each hand in a pan of cold water. Put both feet in hot ashes water with salt. Keep scratching the feet for about ten or fifteen minutes which ends the treatment.

22.1 SWOLLEN LEG (ELEPHANTISIS)

Wash leg and foot with Altarmis leaf dissolved in urine every morning until recovery.

23.0 COLIC

Colic is caused through constipation, gas and wrong and irregular diet.

Treatment:

Boiled worm grass leaves with dry orange peel and crushed garlic in tea added to $\frac{1}{2}$ of a quarter teaspoon of Bicarbonate of Soda, twice daily, or a tea of a wee bit of the dry peel of the Pumgranette fruit, or the treatment of 1 tablespoon of boiled ashes water which is to be settled and strained after boiling, then warm, and drink.

24.0 SPASM OR CONVULSION

Spasm or convulsion is caused by cerebral haemorrhage, chronic constipation and so on.

Treatment:
A hot bath of short duration with a bandage around the hair moist with Limacol and cold water. The patient should go on a nourishing liquid diet.

Lacatan green fig peel, slice, dry in oven, pound in a mortar, sift to flour, boil in porridge and give to patient.

25.0 WORMS IN THE BODY

By eating improper food the stomach gets



out of order and produce worms. By eating raw pumpkin seeds worms will be removed. Eat as much as possible. Sliced onion soaked in water. Squeeze out liquid and drink. This will destroy worms in the body.

25.1 WORMS IN BABIES AND YOUNG CHILDREN

Always keep in a bottle a mixture of Asefita liquid mixed with Puncheon Rum and pounded garlic. Use by drops in babies milk in bottle twice daily, 3, 4 or 5 drops according to age.

Dose 3 drops in a teaspoon with water and given to baby when attacked by worms.

Treatment for worms in adults: A course of charcoal powder, molasses and aloes.

26.0 GAS IN THE STOMACH AND BOWELS

Gas in the stomach and bowels is caused by the food remaining too long in the stomach through the wrong operation of the digestive organs causing it to get fermented and sour. Wrong combination also causes gas in the stomach. The bowels must be kept loose. For gas pound garlic with skin and boil with dry orange peel. Take a half or more of a teacup; add to $\frac{1}{4}$ teaspoon of pot or bicarbonate of soda.

Boil 4 or 5 Guinea pepper seeds and drink a teacup full once per day. Leaves of the Guinea pepper tree boiled in tea is good for gas.



COTTON

Take a course of charcoal powder, molasses and aloes.

Pound garlic, boil with orange peel, and worm grass before drinking, add ¼ teaspoon of bicarbonate of soda.

For Gas and Stroke:

Treatment: To 1 nip of Puncheon Rum add 11 grains of crushed garlic. Let soak for a day and a night before treatment.

Dose: 1 teaspoon once per day in the morning.

27.0 ULCERS AND SORES

Ulcers are formed when the body gets cut or broken. The body must be well fed with a light diet. The bowels must have movements three to four times daily.

- 1) The Ulcer has to be washed with boiled Physic-nut leaves added to dust of Alam or soak in Condês Crystal fluid mixed with warm water.
- 2) Dust the Ulcer with Sulphathiazole powder.
- 3) Grind the leaves of the Vervine with a tip of salt and Castor Oil. Before applying medicine on the sore wash the affected area with Epsom Salt in warm water, or pot salt water, or diluted vinegar, dry and apply medicine, cover with heated leaves of the Vervine and bandage, change and apply fresh medicine every other day. While Ulcer is healing apply Sulphathiazole powder or arrowroot powder.

- 4) One day apply roasted aloes, the other day Sulphathiazole powder. Before applying medicine wash affected area.

28.0 OBESITY OR OVERWEIGHT

Obesity or overweight are sometimes inherited. It can be overcome by proper diet. Avoid wrong eating habits. Starch, fats and sugar. In some cases it is due to the wrong functioning of the glands.

Symptoms: Excess fat, shortness of breath, swelling in the body and palpitation of the heart.

Treatment:

Charcoal powder, aloes, and molasses. Patient must avoid sugar, starchy foods, fat, grease and salt. Use plenty of greens, fruits and vegetables.

29.0 JAUNDICE

Jaundice is caused through the bile entering into the blood circulation causing the white of the eyes to get yellow and a bitter taste in the mouth.

Treatment:

- 1) Wash the Rou Cou seeds, boil and drink as tea.
- 2) Rou Cou root, cashew root and lime root, boil and drink as cooling.
- 3) The inner white skin of the Sivil Sweet or Gospo orange, boil and add molasses.

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TRINIDAD & TOBAGO

4) Boil or draw the Love vine and drink as cooling.

30.0 FISH EYED CORN

Fish eyed is a quality of corn which grows deep down under the sole of the feet. When ever it is cut and removed it grows back.
Treatment:

Mutton fat mixed with red lavender applied after removing the corn will bring recovery.

31.0 RING WORM

A little ring worm cure ointment and lime juice poured in a copper thimble will produce a bluish water, apply to affected ring worm spot. This kills the germs. If copper thimble is unavailable soak liquid with a cent.

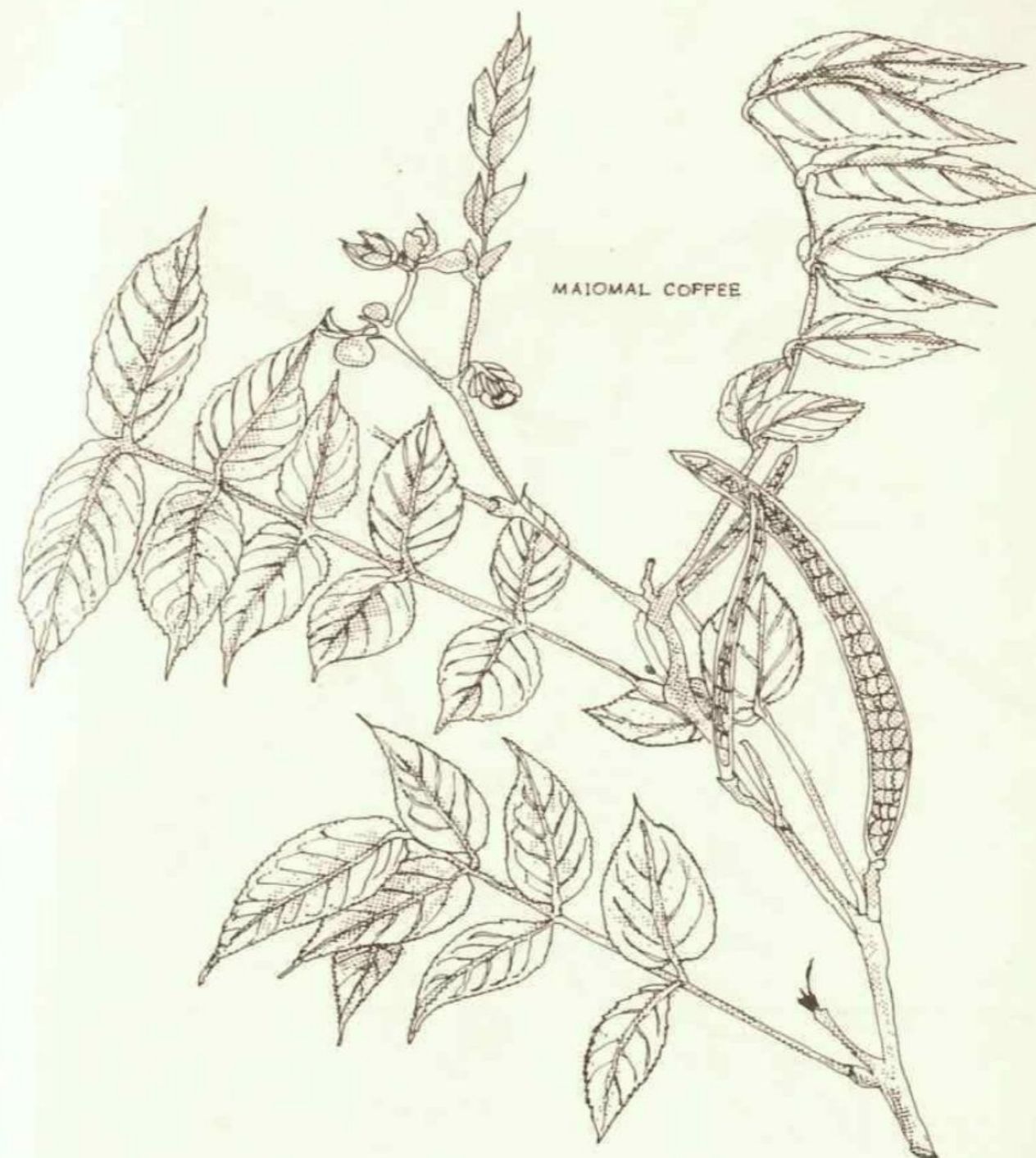
32.0 BLEEDING

To stop bleeding, apply flour and pitch oil, or sugar, or methylated spirits.

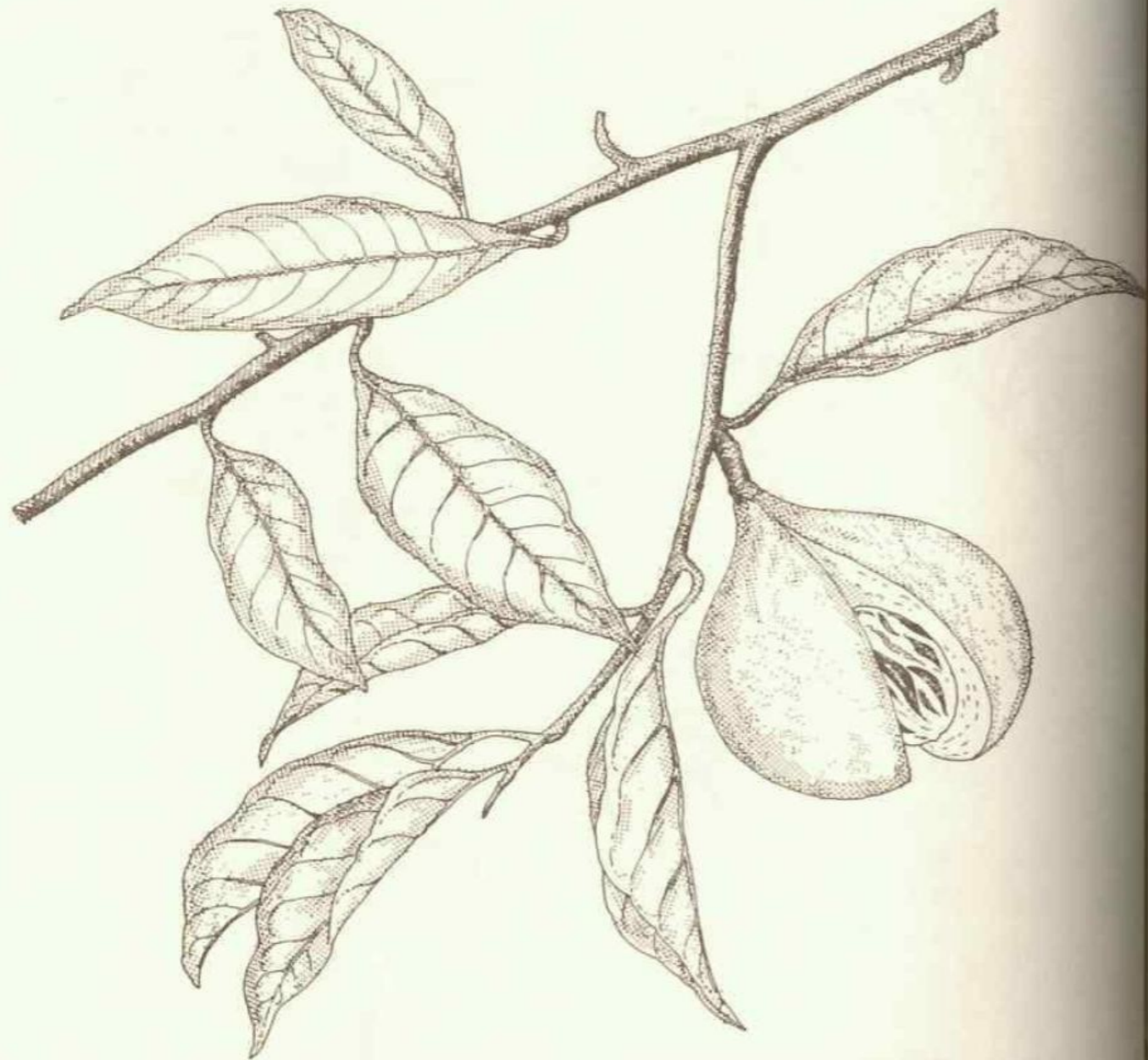
Haemorrhage is caused when a blood vessel is cut or severed either from the lungs, legs, stomach or any part of the body. For those in the lungs apply a foot bath. In the legs the patient should lie in a position with his or her legs upwards.

Treatment:

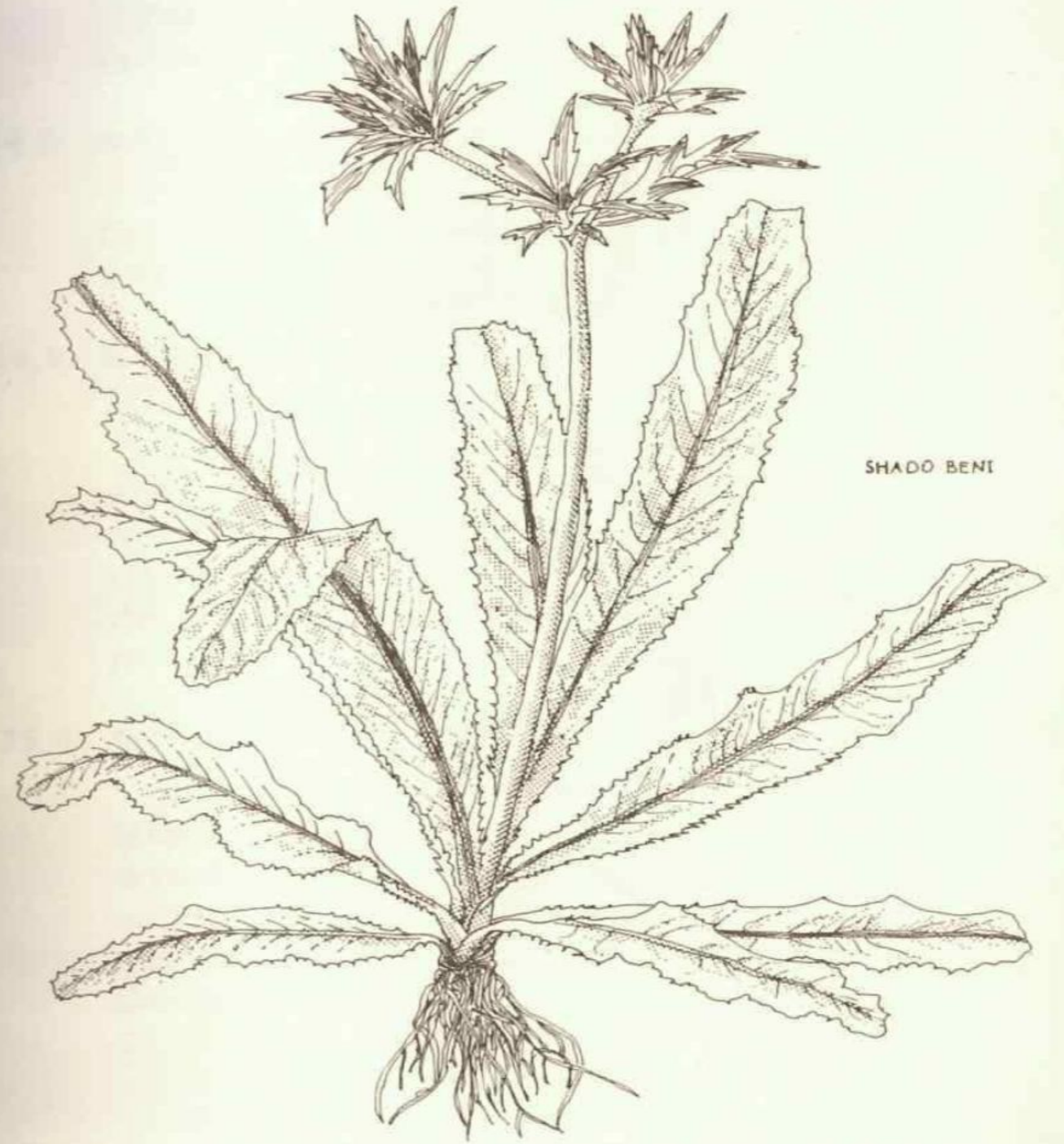
Boil guava and cashew bark, along with fat pork roots and leaves and cotton leaves. Drink at intervals.



NUTMEG



SHADO BENT



33.0 DOG BITE

For a dog bite, rub affected area with lime and salt, Condes crystals or Epsom Salt.

34.0 NAIL OR FISH BONE PRICK

For a nail or fish bone prick, apply salt fish skin in the affected area. Burn with hot soft candle.

34.1 REMOVAL OF SMALL BONE FROM THE THROAT

A mouthful of crushed meat or provision rolled into a ball. Take a deep breath which will expand the throat and swallow on the side where the bone is stuck. It will get into the meat or provision and go through the passage.

35.0 SNAKE AND SCORPION STING

If stung by a snake; tie tightly above the affected spot, gash spot and add Condes crystal or Epsom Salt, give patient drink of coffee, lime and rum; chew raw garlic, drink garlic tea. For scorpion sting same as above. Get medical attention.

- 1) First aid for snake and scorpion sting and for one who drinks poison; get victim to drink mud water.
- 2) A few drops of disinfectant in coffee, apply Permanganate of Potash.



36.0 FALLS

After sustaining a serious fall drink aloes swizzled with the white of an egg once per day for three days.

36.1 FOR BLOWS AND SWELLINGS ON THE BODY

Apply Epsom Salts and hot water, dry and annoint hot Iodex.

Take a course of white of an egg and aloes. Dose swizzle the white of an egg with 2 teaspoons of aloes, once per day for 3 days, then take a course of 1½ teaspoons of molasses add to 3 teaspoons of aloes, once per day for 9 days, take a purge. Relax and repeat. Drink cooling.

36.2 TO RELIEVE INDIFFERENT FEELINGS IN THE BODY

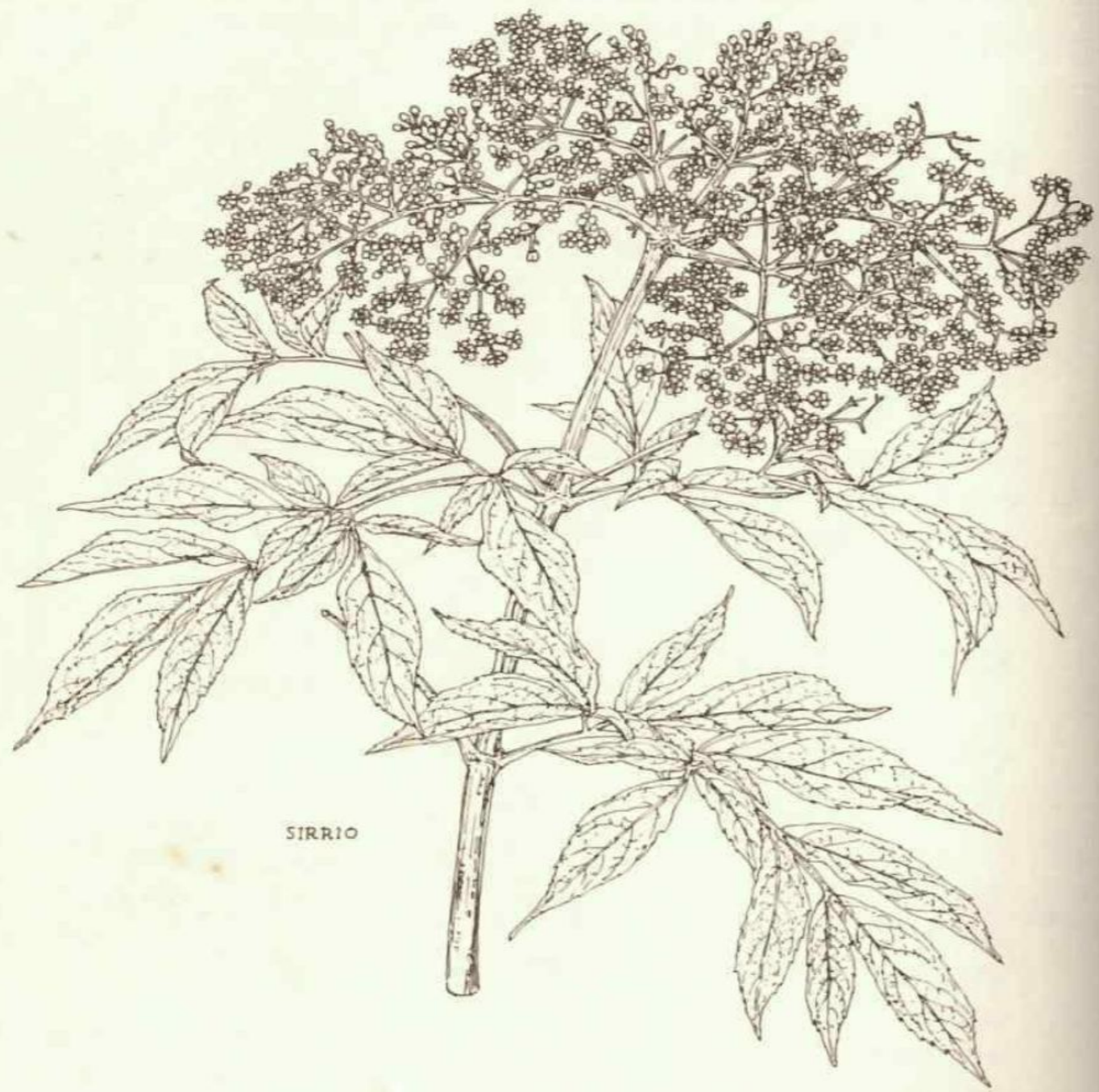
To relieve Indifferent feelings in the body drink the tea of the male Malomen.

37.0 GANGRENE OR TETANUS

Gangrene or Tetanus is blood poisoning, which causes the soft tissue of the body to decay. Injury by acid, bites, cuts by bottles, patients suffering from diabetes may be affected by this disease. When bruises or sores, such as boils or carbuncles that are not properly treated becomes stagnant, gangrene can develop. Bad circulation and impure blood with these defects cause gangrene.



AGOUMA



SIRRIO



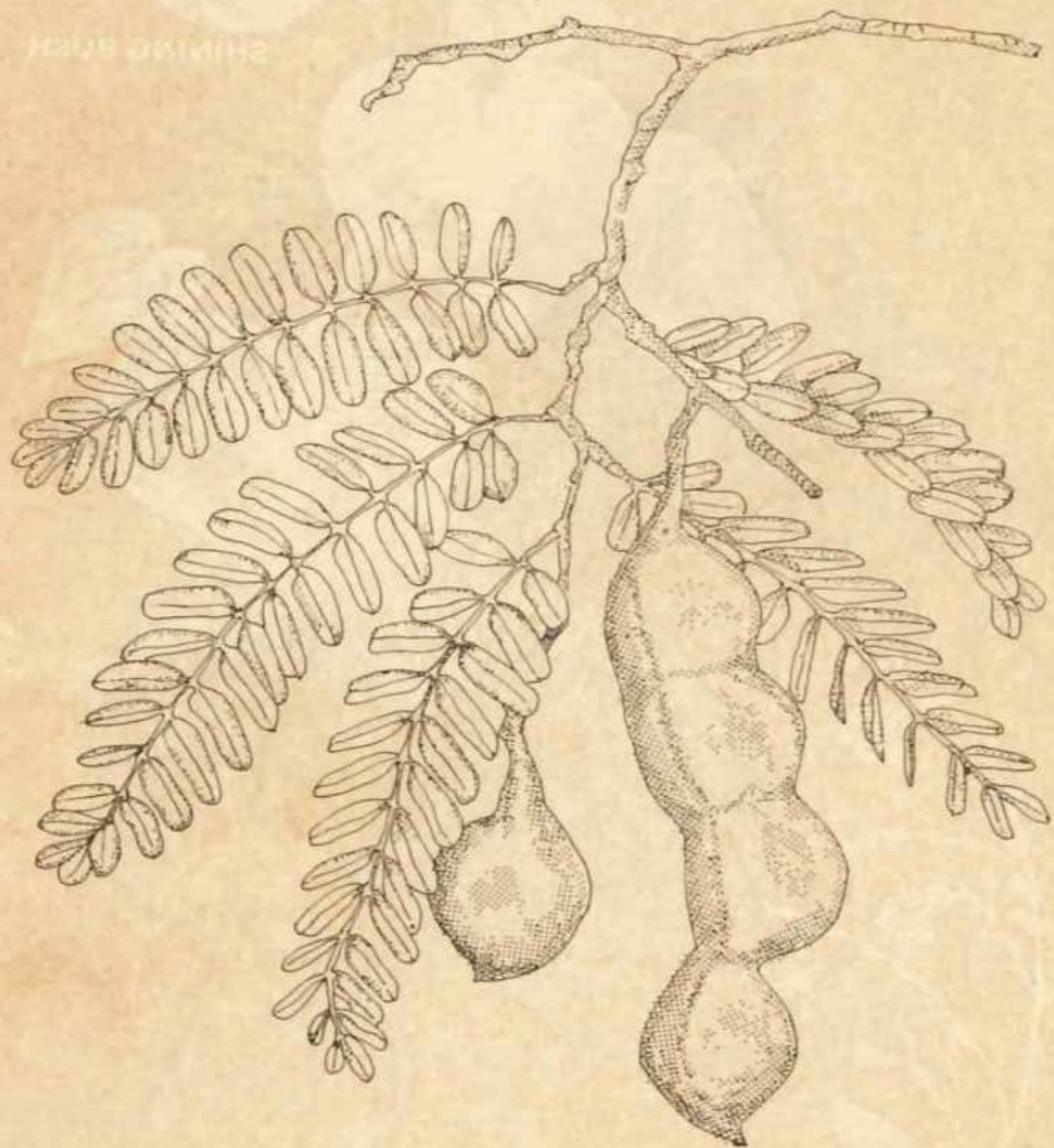
MINNY ROOT



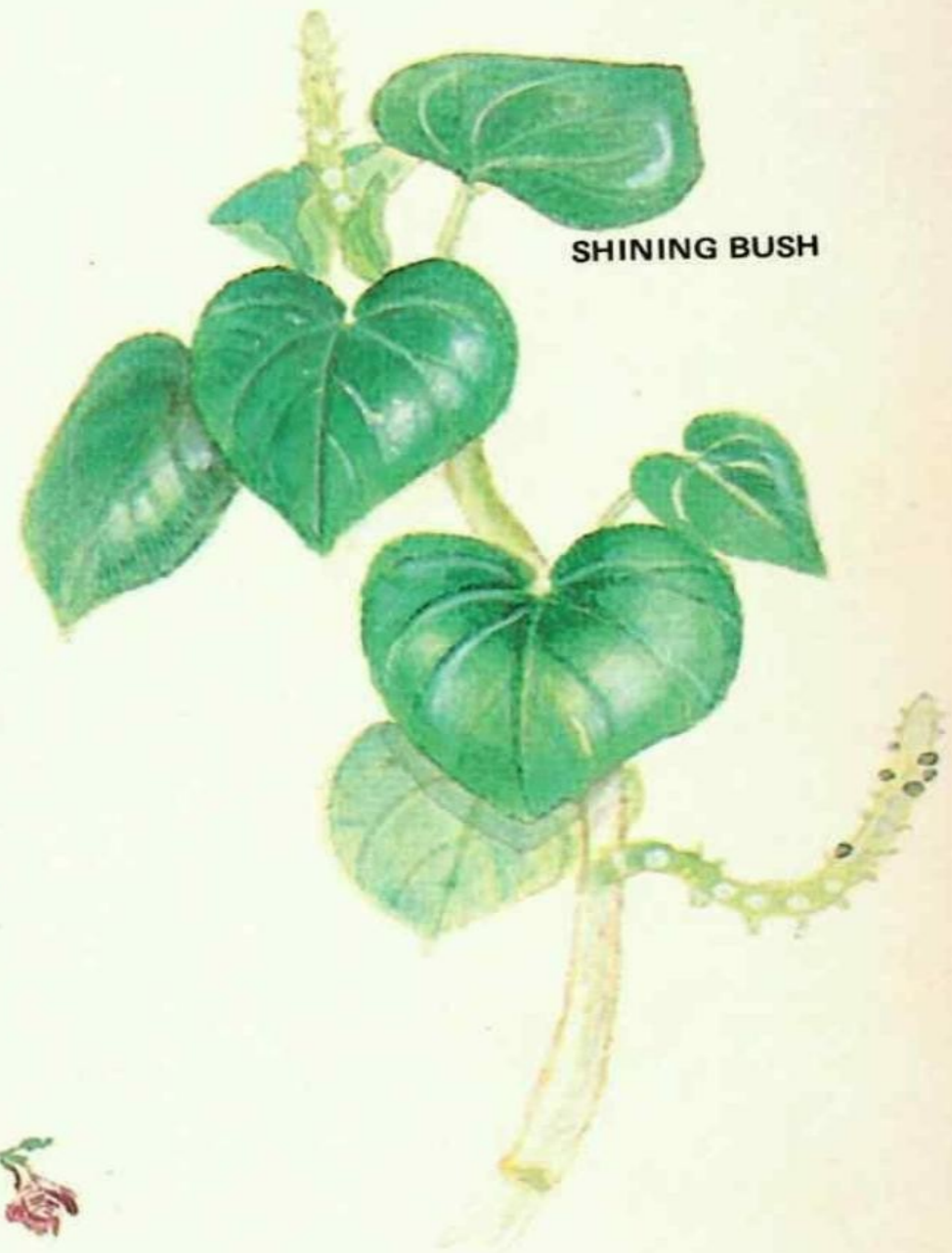
SHANDILAY



ROUKOU



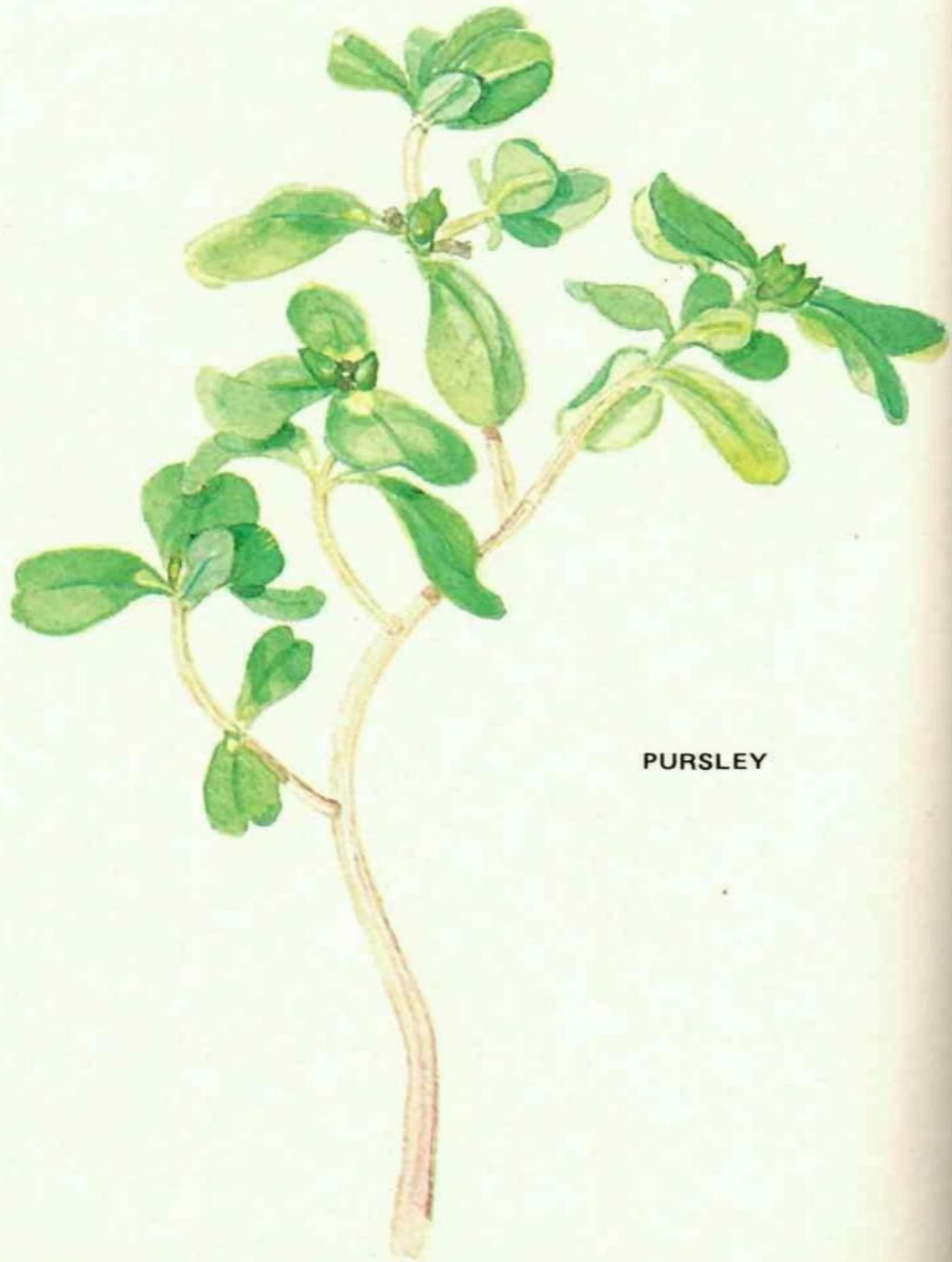
TAMARIND



SHINING BUSH



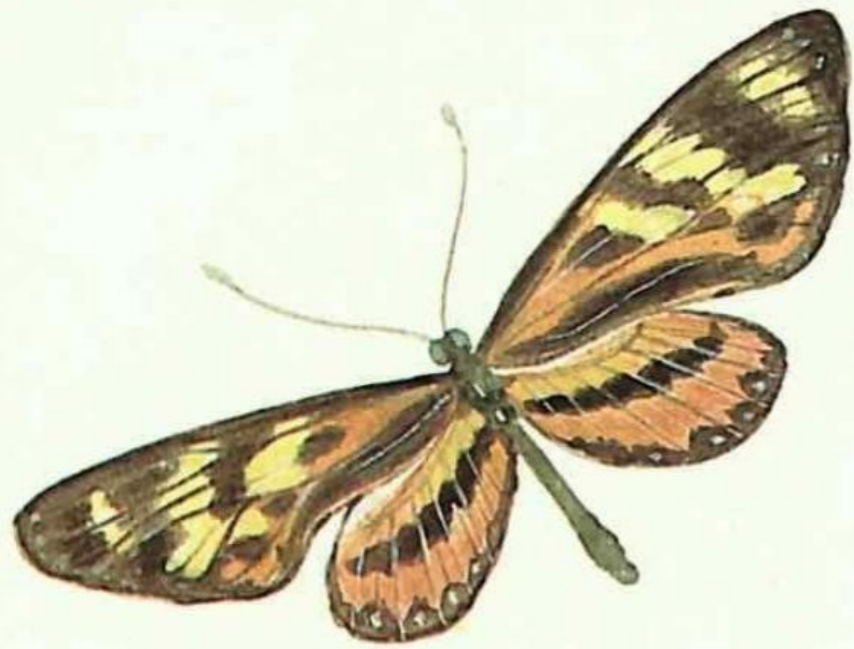
CARPENTER GRASS



PURSLEY



AVOCADO



DOUBLE HIBISCUS

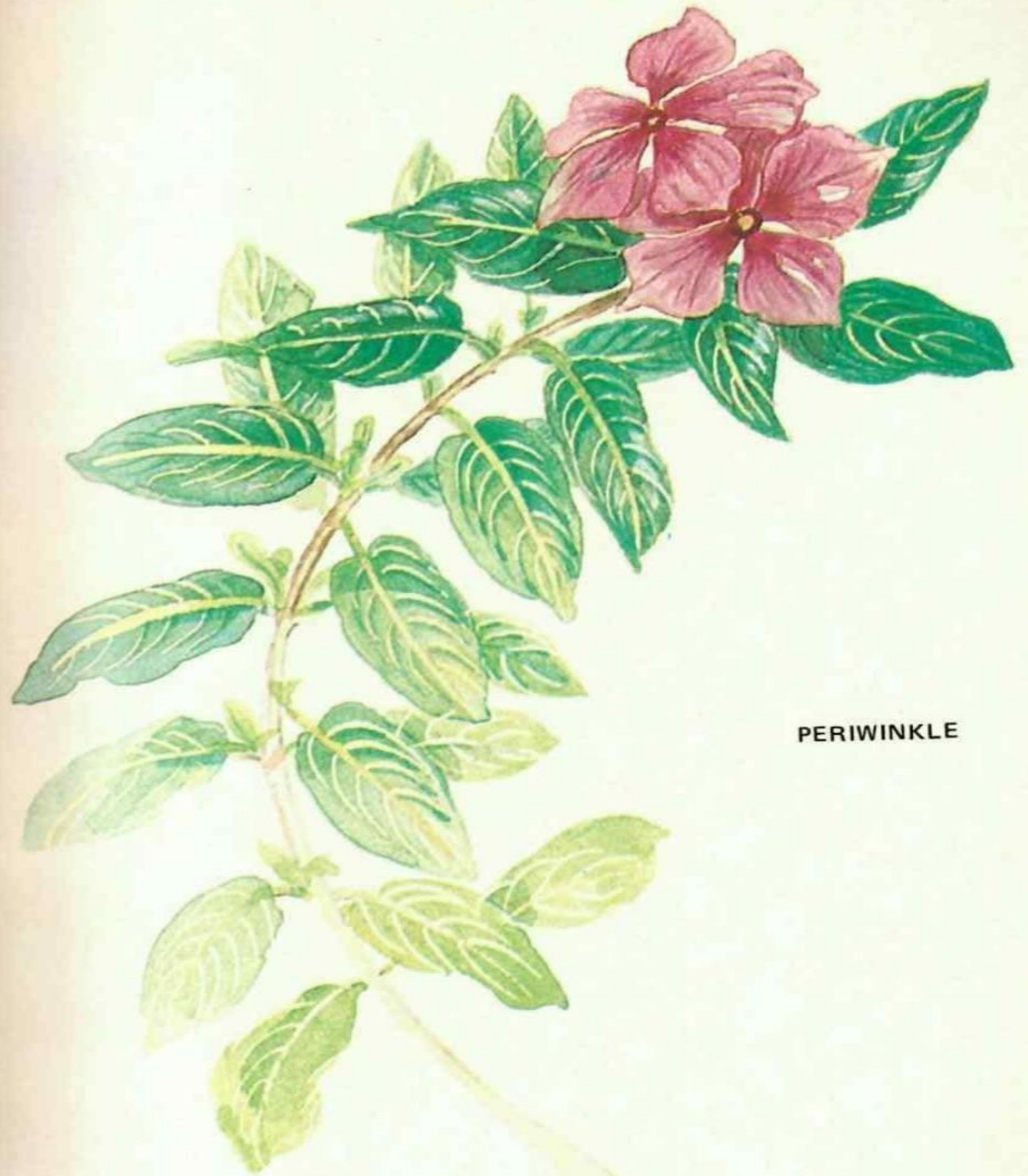


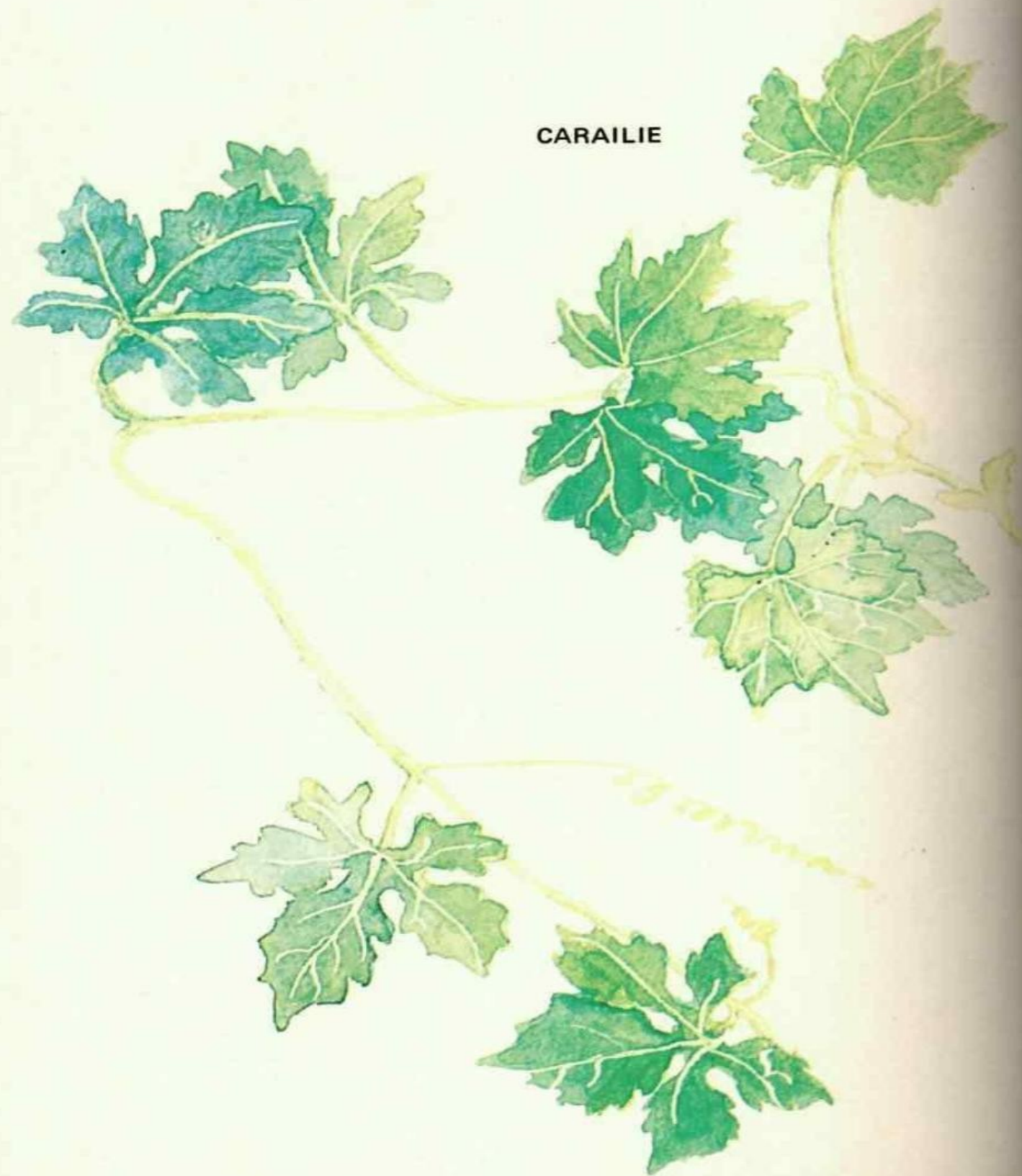
CHADON BENI

GUAVA



PERIWINKLE





Treatment:

Chew raw garlic, drink garlic tea, olive oil. Mixture of lime juice with coffee. Drink tea with $\frac{1}{4}$ teaspoon of Epsom salt.

Take a course of charcoal powder, aloes, and molasses. For applying on injured part of the body. Make a poultice of grated raw bitter cassava, mix with Puncheon rum and bandage affected area. It draws out the poison.

38.0 PARALYSIS

When the body is paralysed the patient is helpless with no feelings in the body even if pricked with a needle.

The treatment is three hot baths on three successive days with half boiled Bayleaf leaves and bark taking a hot cup of tea with the same contents of the bath. The temperature of the heat of the water for the bath is taken by placing hands in the hot water. After the bath the patient is to be properly dried and prepared for a sweat by anointing the whole body with diluted Bengue Balm mixed with melted soft candle. Care has to be taken when the patient perspires to dry and apply dry clothing, after which the patient should remain indoors avoiding the cold. After the bath treatment, the patient's body should be anointed with Puncheon rum added to grated parched Nutmeg or Nutmeg mace. Now and again give a clove or spice tea at nights.

39.0 EYE WASH

A person's eyes should be washed as often as possible to get cleansed from dust and germs contracted through the atmosphere.

Method for eye wash:

To 1 large teacup of water, add 1 teaspoon of Red Rose green tea, boil and strain. Add water to dregs and boil over. Boil with sufficient water to full a half bottle when both amounts are added together, strain, cool and bottle. Tie a string to bottle neck. Double the tie that the bottle should not slip as it is to be hung on a tree for dew and sun. Uncork the bottle. Tie a net over bottle head to keep away dust. To be kept hanging on the tree always.

English Plantain or Plantain leaves softened over fire, squeeze in a fine cloth produce drops for inflammation of the eye, also to remove cold from the eyes.

40.0 LUMPS IN THE BUST, INFLAMMATION, SWELLING

These defects comes through poisonous and run down condition in the blood stream and also through injuries.

The treatment is the same as for Cancer, charcoal powder, aloes, and molasses. A course of three weeks a purge relax and repeat.

Outer treatment for lumps, swelling and hardness is a poultice of safron powder,

mixed with aloes. Dissolve with a little water, boil, cool apply on a lint, on the affected area. This poultice dissolves lumps and clots.

41.0 VENERAL DISEASE — AIDS, HERPES, ETC.

The two types of venereal disease which occur mostly in this island of Trinidad are Gonorrhoea and Syphilis. Both diseases are extremely dangerous. They are contagious and can be spread by direct contact; by articles of clothing, towel, bed sheets, etc. They are often contracted through sexual relations.

Treatment:

Axed mango bark, cashew bark, and plum bark. Cut facing the east as where ever the sun hits more effectiveness and strength are obtained. This is to be boiled preserved with Epsom salt and bottled. This is a form of Tisane.

Tisane prepared with the roots of the male pawpaw, boil, cool, settle, preserve with Epsom salt and bottle.

Tisane with the boiled roots of bamboo, coconut, Tee Marie and male and female malomen, cool, bottle and preserve with Epsom salts.

Dose: 1 wine glass in a $\frac{1}{4}$ medium glass of water three times daily before meals. This must be taken along with the treatment of Charcoal powder, aloes and molasses. The full treatment 3 times daily for 3 weeks. Then relax and repeat till recovery.

42.0 STROKE

A 'stroke' is one of the most common causes of collapse in elderly people, caused at times from a ruptured blood vessel in the brain or by a blood clot causing cerebral haemorrhage or through high blood pressure.

Treatment in some cases, three hot baths with half boiled leaves and bark of the Bay-leaf tree and a sweat. The patient is to test the temperature of the hot water with his/her hand; give the patient a hot cup of tea of the same bath water before bath. Take a sweat after the bath. To be repeated in three successive days. After the bath, patient's body should be anointed with diluted Bengue's Balm mixed with soft candle melted over the fire. Care has to be taken when the patient perspires to dry and apply dry clothing, after which the patient should remain indoors to avoid the cold. After the bath treatment patient's body should be anointed with Puncheon rum, add to grated parched Nutmeg or Nutmeg mace. Now and again give a spice or clove tea at nights.

43.0 THROMBOSIS

Thrombosis is a blood clot which obstructs the arteries supplying the heart and muscles and blood.

The treatment is immediate bed rest and drugs to relieve the pain, and to prevent further clots.

To dissolve thrombosis clots, make poultice of safron powder mixed with aloes and boil over fire. Cool, apply on a lint and place over affected area.

44.0 HICOUGH

Hicough comes by the irritation of a nerve. Treatment:

A cup of hot water, or very cold water, drinking of juice. To chew chalk used for writing on black-board will stop Hicough. A course of charcoal powder, aloes and molasses.

45.0 SHINGLE OR COULEV

Shingles come through a strain on the nervous system, either physically, mentally or emotionally, causing an inflammation of the skin. It consists of a red discolouration with vesicles containing a clear fluid which sometimes ruptures, or dries. There are different varieties; at times in the trunk of the body, or on the face, the limbs and other parts. Elderly people are more likely to get affected by Shingles. It is associated with virus activities and accompanied by fever and violent pain. Around the fourth day the nature of the illness will be observed.

Excessive strain on the nervous system may lead to enervation, a reduction of nervous energy, and eventually if the strain is continued, or increased the bodily function will become impaired. If the sufferer does not

amend the condition that cause the ailment, certain consequences will follow. The efficiency of the bodily function will be undermined, and the eliminating organs in particular will fail to carry out their task and the tissues and fluids of the body will suffer from congestion.

This disease has no medication to heal it. It heals only through prayers and natures power. It comes in a circling rash. It sometimes skip. The circle goes round from one point to the next. When the two points meet the patient dies.

The treatment is done by applying seven steel needles after their points are sterilised, or by the application of a hot steel knife on either points of the rash in the form of a Cross, with the prayers of the 'Our Father', 'I Believe in God' and Psalms from the Holy Bible. The application of the rubbing of the rash is with seven crushed leaves of the Aguma tree mixed with olive oil. Draw nine leaves of the Aguma and give the patient a tea every day till recovery.

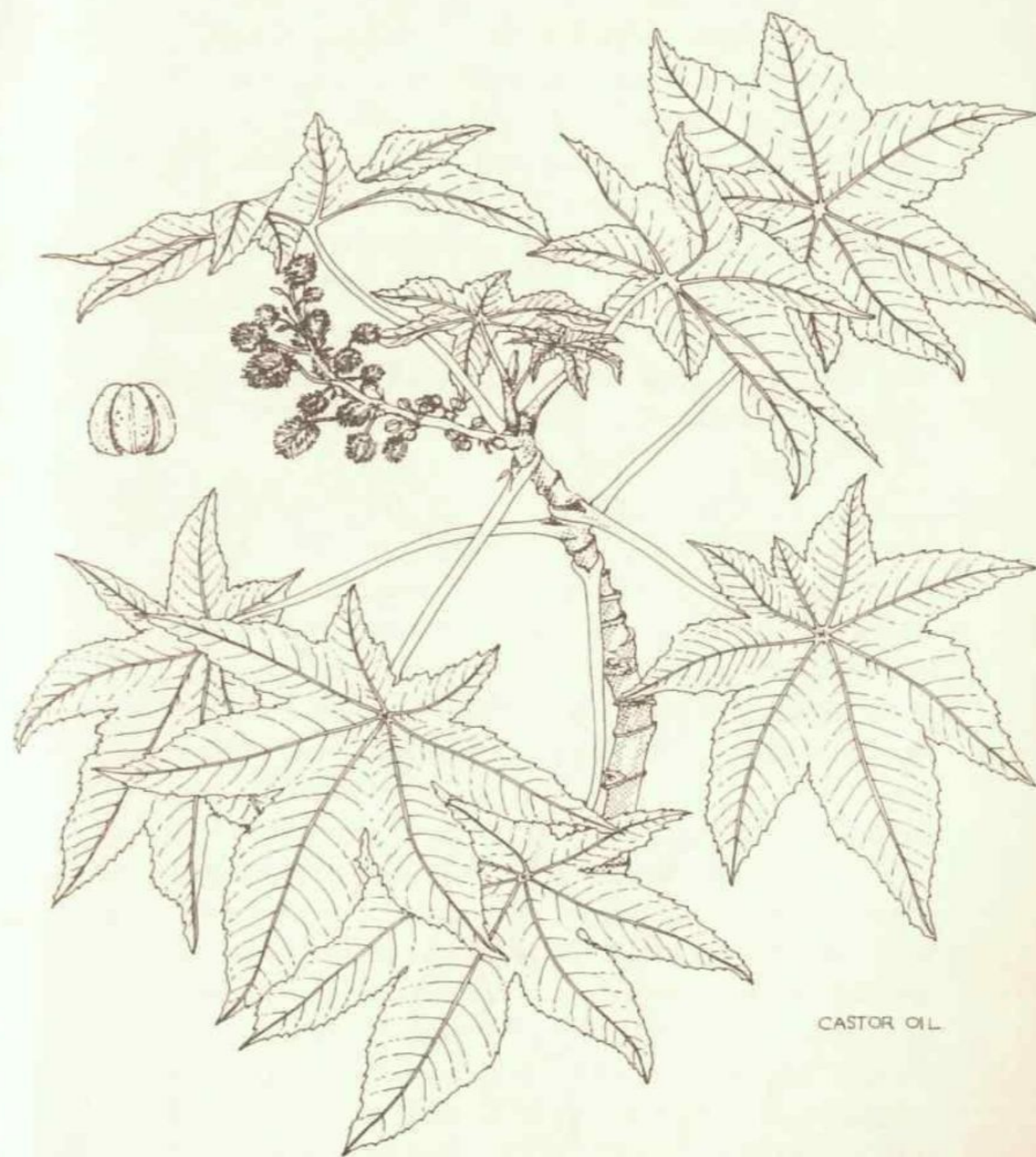
Later on a course of molasses is to be taken in a teacup of hot water once per day. Then drink Tesan cooling. Dust the affected area with baby powder.

46.0 ULCERATED STOMACH

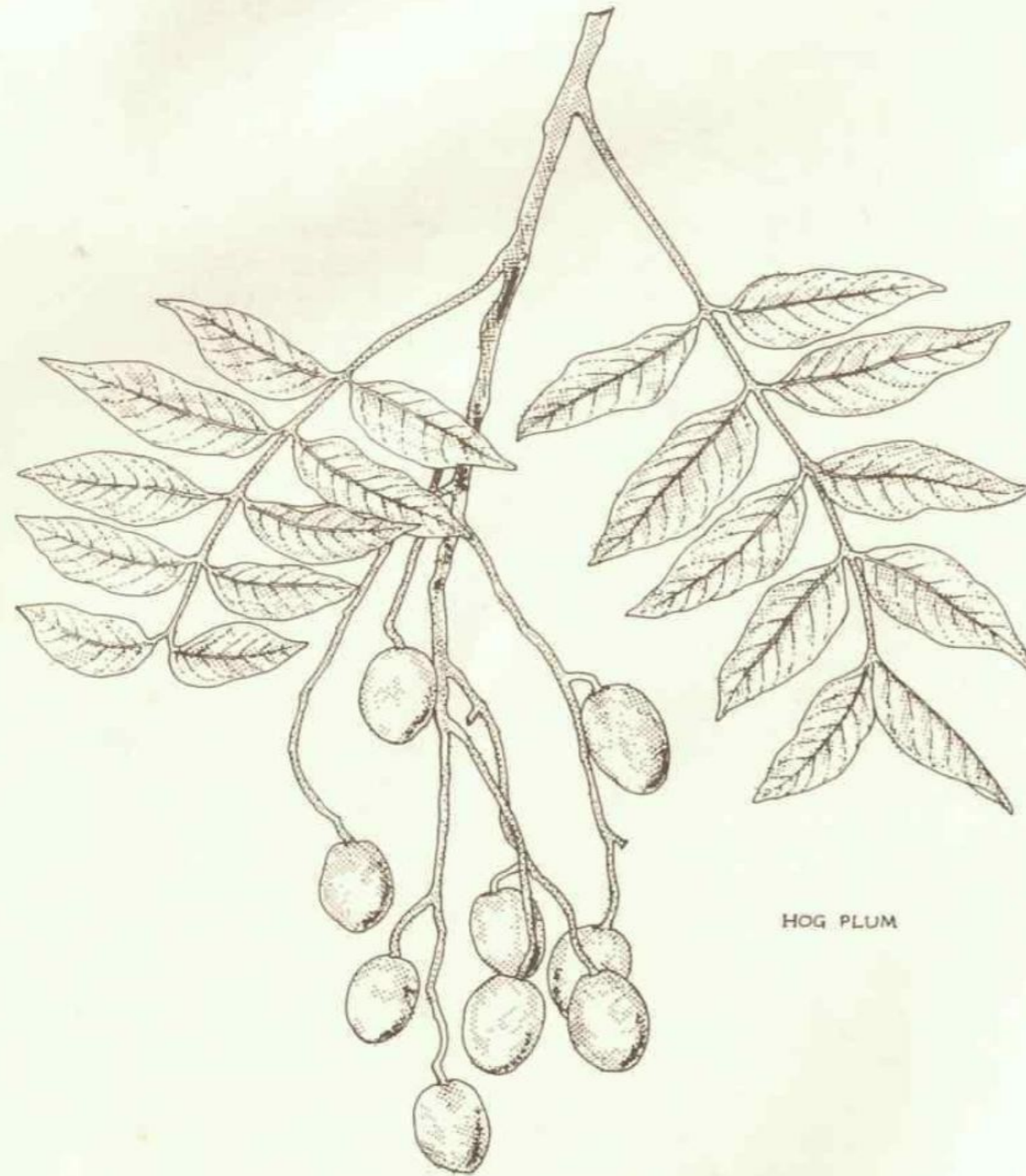
Treatment:

1) Molasses; Charcoal powder and ratchet.

Method: Remove the small thorns of the



CASTOR OIL



HOG PLUM

rachet and grate. To two teaspoons of coal powder add $1\frac{1}{2}$ teaspoons of molasses and grated rachet to dilute for drinking. To be taken three times daily. After breakfast on mornings, and before the two other meals. To be taken for 2 weeks after which to take a purge. Treatment to be repeated.

- 2) Grind shandelia fresh every morning to a $\frac{1}{4}$ glass of juice with a tip of pot salt for nine mornings cures ulcerated stomach.

47.0 CANCER

Cancer is a treacherous disease. It is caused through the eating of bad food, poisoning of the blood stream. Through chronic constipation, in cases where the body has been injured by a blow, fall or bruise. The symptoms are sharp cutting pains, vomiting, sleeplessness and a feverish condition.

Treatment for cancer in its early stages is charcoal powder, molasses and aloes.

Dose: 2 teaspoons of coal powder, 2 teaspoons of molasses and 3 teaspoons aloes, mix with a little water to dilute for drinking. During the course of treatment drink cooling of carrot water, burnt bread or barley water. This is to be taken daily; after breakfast on mornings and before the two other meals. To be taken for 3 weeks, after which take a purge.

Take a teacup of zebapique leaf tea 4 days

in a week. Method: Boil $\frac{1}{2}$ of a large zebapique leaf. This ends the course, to be repeated after 1 or 2 weeks. Relax and repeat medicine and take a purge. Repeat till recovery. Take a cancer test.

Preparation of aloes: Remove the sidings and dissolve aloes with skin in a blender, bottle and keep in the fridge for use. If the live aloes cannot be obtained, buy gum of aloes powder which is the substitute. Add to each dose a $\frac{1}{4}$ of a teaspoon of the powder. As it is a dry substance add a little more molasses to make the paste for drinking. Or the imported aloes for drinking which contains 98% aloes.

Preparation of Charcoal powder — Burn wood of mango or other fruit trees. Notice fire wood meet the stage of coals, wet, dry and pound in a small wooden mortar. Sift in a wire strainer. Give 2 siftings and bottle for use or the charcoal tablets for drinking which is to be ground to powder obtained at the pharmacy.

47.1 LEUKAEMIA

Leukaemia is a cancer of the blood.

Treatment: Keep a correct and nourishing diet. Consume less cooked food. Produce an extractor to extract juice from carrots, cauliflowers, cabbage and other green vegetables, oranges, grapefruits, etc. Take a course of charcoal powder, aloes and molasses.

47.2 SICKLE CELL

Sickle cell anaemia is when the cells (white corpuscles) are consuming the red corpuscles.

Treatment: Use less cooked foods. Extract juice from carrots, cauliflower, cabbage and other green vegetables, oranges, grapefruits etc. Take a course of charcoal powder, aloes and molasses. This also occurs when the body is lacking in red blood. The leaves of the avocado pear when boiled produces a reddish liquid. It is taken by drinking to build the red blood.

48.0 FRIBROID

Fribroid is similar to tumors, it is a growth in the abdomen if attendance is delayed it develops into a cancer.

The symptoms are sharp cutting pains in the abdomen, upset stomach and vomiting.

The treatment for fribroids is the same as Cancer.

49.0 HERNIA

Hernia develops at times through a strain. Very often the attack comes suddenly, which is swelling, intense pain in the abdomen and vomiting.

The treatment for hernia is the same as Cancer.

50.0 TUMORS

Tumors are caused by impure blood and

impurities of the system. Unbalanced diet, constipation and run down conditions. Some tumors enlarge rapidly and become ulcerated. There are also cancerous tumors.

The treatment for tumors is the same as Cancer.

51.0 GOITRE

Goitre is an enlargement of the thyroid glands. There are two kinds of Goitres; inward and outward. The inward is more serious. The causes are due to indigestion and bad stomach. It takes a long time to develop. The bowels must be kept free. Sweats and hot baths must be given for good circulation and for improvement of the nervous system.

The treatment for goitre is the same as Cancer. Goitre of the throat, to dissolve the swelling use a mixture of dry corn starch with boric powder placed in a bag, or thick stocking and bandage the throat. After a period of time apply fresh powder, keep applying till recovery. Take a purge during treatment.

52.0 PILES

Piles are caused by wrong diet, alcohol, too much fried and greasy food, tobacco, sugar, constipation, getting the liver obstructed producing impure blood stream, which causes swelling to the organs and sometimes bleeding. The blood vessels also become swollen.

The treatment for Piles is the same as Cancer.



PHYSIC NUT

53.0 BLADDER, URINE DIFFICULTIES: STOPPAGE OF WATER

The cause is uric acid in the system which is to be cleansed by drinking plenty of pure water. Detained urine is caused by inflammation and swelling inside the bladder, neck and glands causing obstruction. Urine disorder causes pain in the back and bladder. If this disorder is not caused by stone it can be easily remedied. For relief, as cooling boil Love Vine and drink. The treatment is the same as cancer.

53.1 TO STRENGTHEN WEAK BLADDER

Slices of the young green sour sop with skin, boil the fruit and seeds to made a tea, take twice daily till recovery.

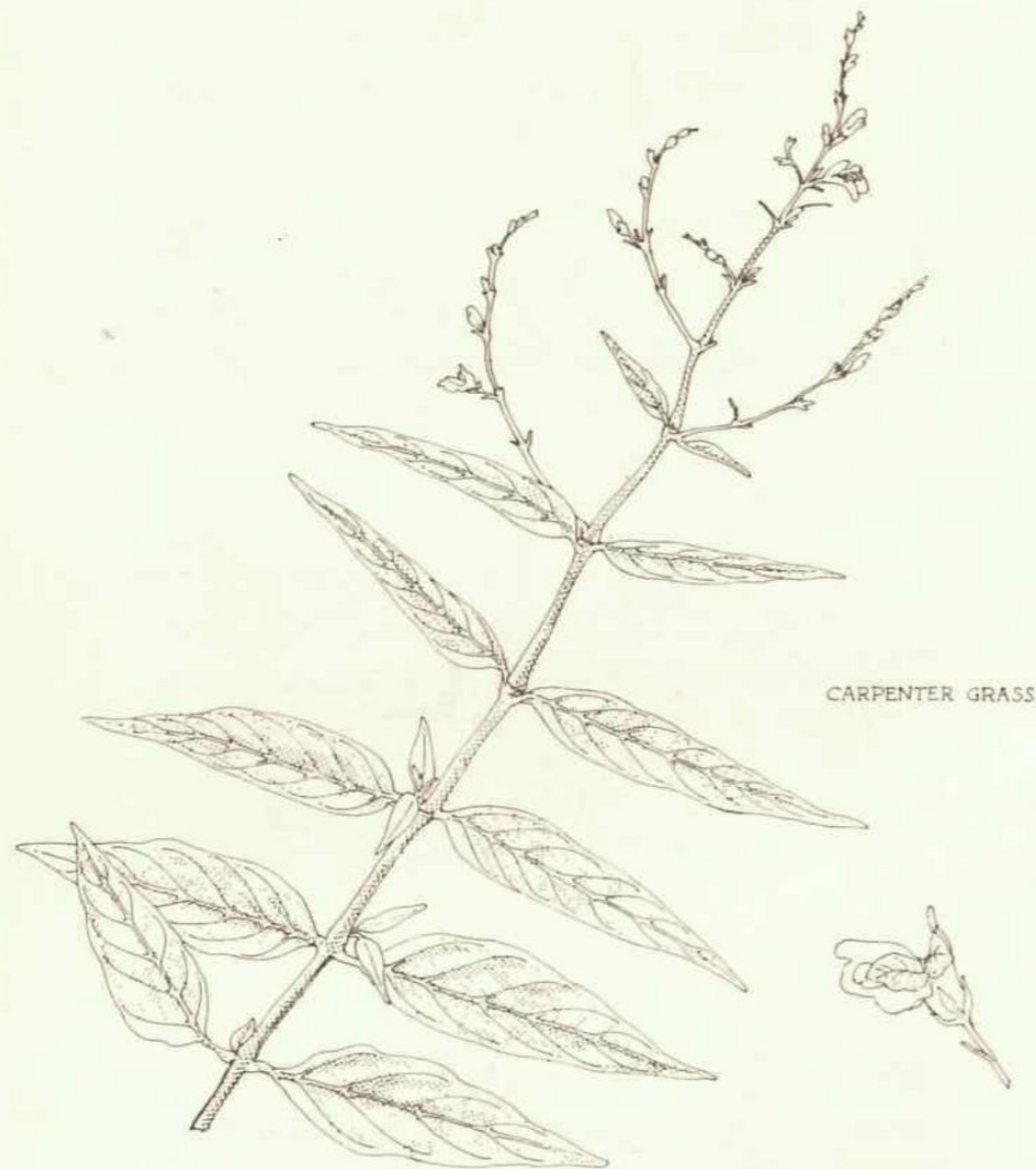
Crushed Sapodilla Seed and boiled relieves stoppage of water. Crushed Cashima Seed and boiled relieves stoppage of water.

Boiled leaves of vervine relieves stoppage of water.

To strengthen Weak Bladder in young children, the heart of the ripe sour sop fruit is to be eaten.

54.0 DROPSY

Dropsy is a watery fluid in the tissues and other organs in the body; as chest and abdomen. It can be caused through defects of the heart and lungs, liver and kidney. Sometimes when the liver and gall-bladder are seriously



diseased causing the blood to become poisonous. When the red corpuscles die, dropsy develops. It also develops when the kidneys are not functioning properly.

Treatment: No rich foods, flesh or pies. Food should be eaten as dry as possible. Farine from the bitter cassava, should be eaten dry. It consumes the water.

55.0 HEADACHES

There are three types of headaches: nervous headache, Bilious headache which is caused by disorder of the liver and the eating of too much rich food and not taking enough exercise. The other headache is caused by bad stomach through indigestion or over work of the brain or the body.

Treatment: Foot bath, hot tea, juice, rest, relaxation, green vegetables and fruits.

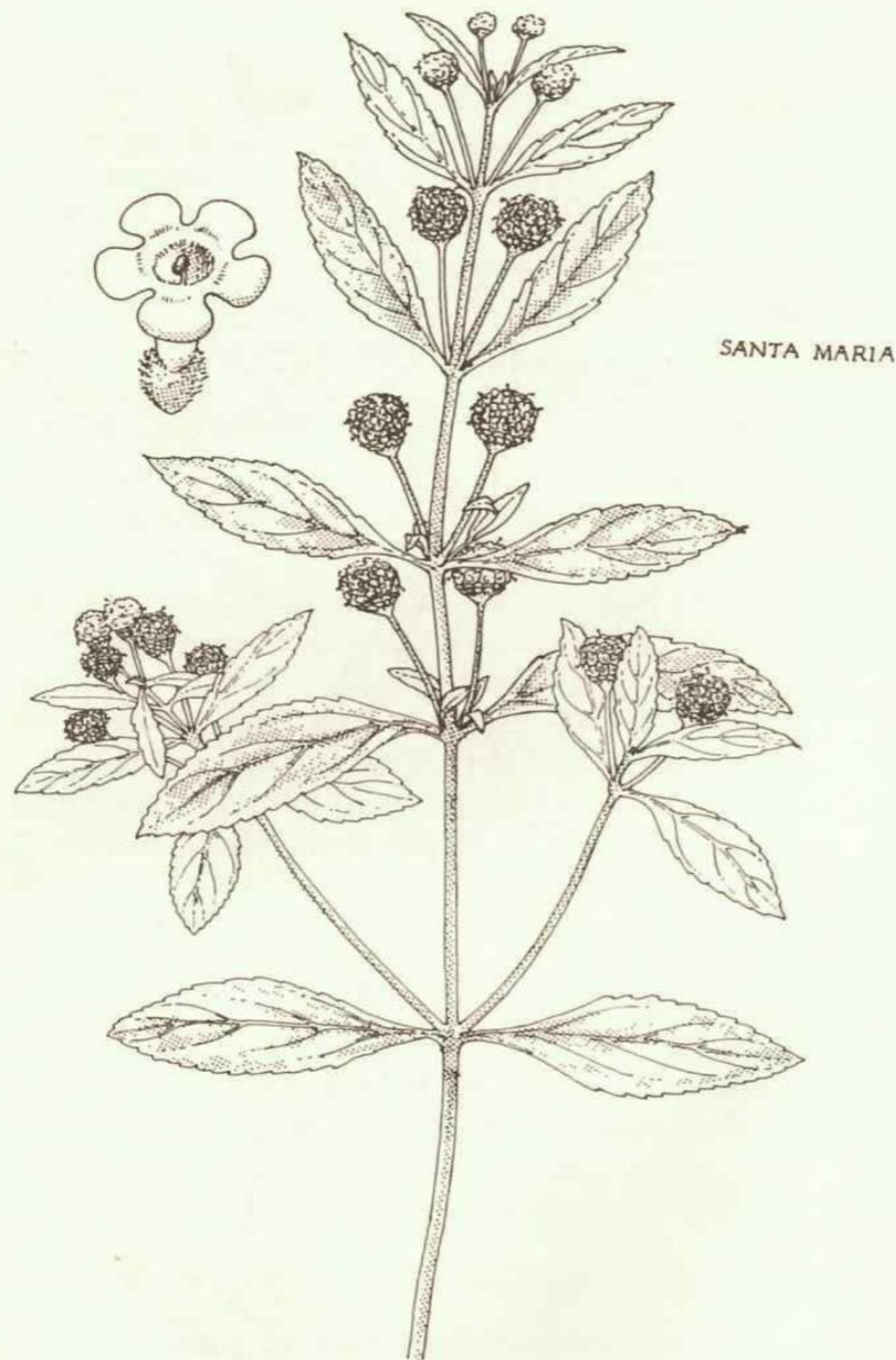
Treatment for drinking: To 3 teaspoons of aloes add 1½ teaspoons of molasses and 1½ teaspoons of coal powder mix with a little water. To be taken once per day for 2 weeks, after which to take a purge of 2 teaspoons of milk of magnesia mixed with 1 teaspoon of Andrews Liver Salts in warm water, after which a hot teacup of tea. Relax and repeat. During the course drink cooling of carrot water, burnt bread or barley water.

56.0 TONSILITIS

Tonsilitis comes through irregular stomach, wrong diet. When one eats too much food



JAPANA



causing some not to be digested. The excess remains and turns poisonous causing the throat to become swollen and sore, affecting the tonsils. Slight hot fermentation can be applied.

Treatment:

- 1) Gargle with boiled shining bush water added to alum powder once per day till recovery.
- 2) Gargle with boiled Hog plum leaves added to alum powder.
- 3) A child's dose of charcoal powder, aloes and molasses.

57.0 EAR DEFECT

Ear troubles are caused by cold, gas, tonsils, neuralgia. The symptoms are ringing in the ears, itching and pain.

Treatment: Refined camphorated oil, soaked into cotton wool and placed outside the ear; also ginger powder stuffed in cotton wool removes gas in the ears.

Apply 3 drops of lukewarm Canadian Healing Oil in the affected ear or moisten cotton with Canadian Healing Oil and stuff ear.

Chloromy cetin ear drops Tropical 5%.

57.1 REMOVING SEA WATER FROM EARS

Fill mouth with sea water. Shake till it becomes heated, then pour and full ears, jerk back and drain ears.

**57.2 REMOVING ANTS AND OTHER INSECTS
FROM EARS**

Pour urine in ear, let soak for a while,
jerk and drain out.

58.0 VARICOSE VEINS

Varicose veins are enlarged veins caused by
long standing on feet and slow circulation.
Patient should take a simple but nourishing
diet. The bowels should be regulated 3 times
daily. First aid to stop the bleeding of a burst
vein. The burnt cloth of a vest onto the area
and bandaged will stop the blood and get the
vein knitted back.

Take a course of charcoal powder, aloes
and molasses.

58.1 FOR SWOLLEN AND STIFF VEINS

Anoint with Red Lavender and lard or
cookeen affected area.

Take a course of coal, powder, aloes and
molasses. Dose 1½ teaspoons of coal powder
to 1½ teaspoons molasses and 3 teaspoons
aloes mix in a little water, once per day for 9
days. Relax and repeat. Drink cooling.

**58.2 FOR SWOLLEN VEINS, FOR PAIN AND
HARDNESS UNDER FOOTSOLE**

Apply Red Lavender and mutton fat.
Take a course of aloes and molasses. Drink
cooling.

59.0 NERVOUSNESS

Treatment: The white of an egg beaten
with orange juice, taken once per day for 9
days, relax and repeat.

The white of an egg beaten with 2 tea-
spoons of aloes, juice 2 teaspoons of honey,
once per day for 7 days. Relax and repeat
according to recovery.

60.0 EYE DEFECT

Eye troubles comes from irregularity of
the stomach through unhealthy food and
drink, where they receive their nourishment.
Unhealthy food and drink causes impure
blood in the circulation which carries the
blood to the eyes and weakens them.

Take green tea water treatment.

Preparation for green tea water for eye wash

To a large teacup of water add 1 teaspoon
of Red Rose green tea, boil and strain, add
water to dregs, and boil over, add sufficient
water to fill a half bottle when both amounts
are combined. Cool and bottle. Tie a string
around the neck of bottle, double tie as it is
to hang on a tree for the dew and sun. Uncork
bottle, tie a fine net cloth over bottle head to
keep away dust. To be kept hanging on the
tree always.

A person's eyes should be washed if pos-
sible every day to remove dust, and germs
contracted through the atmosphere.

For swelling under the eye apply Witch-
Hazel liquid.

Take a course of coal powder and aloes. Dose to 1½ teaspoons of coal powder add 3 teaspoons of aloes, mix a little water once per day for 9 days. Relax and repeat. Take a purge after treatment. Relax for 1 or 2 weeks and repeat.

61.0 BRONCHITIS

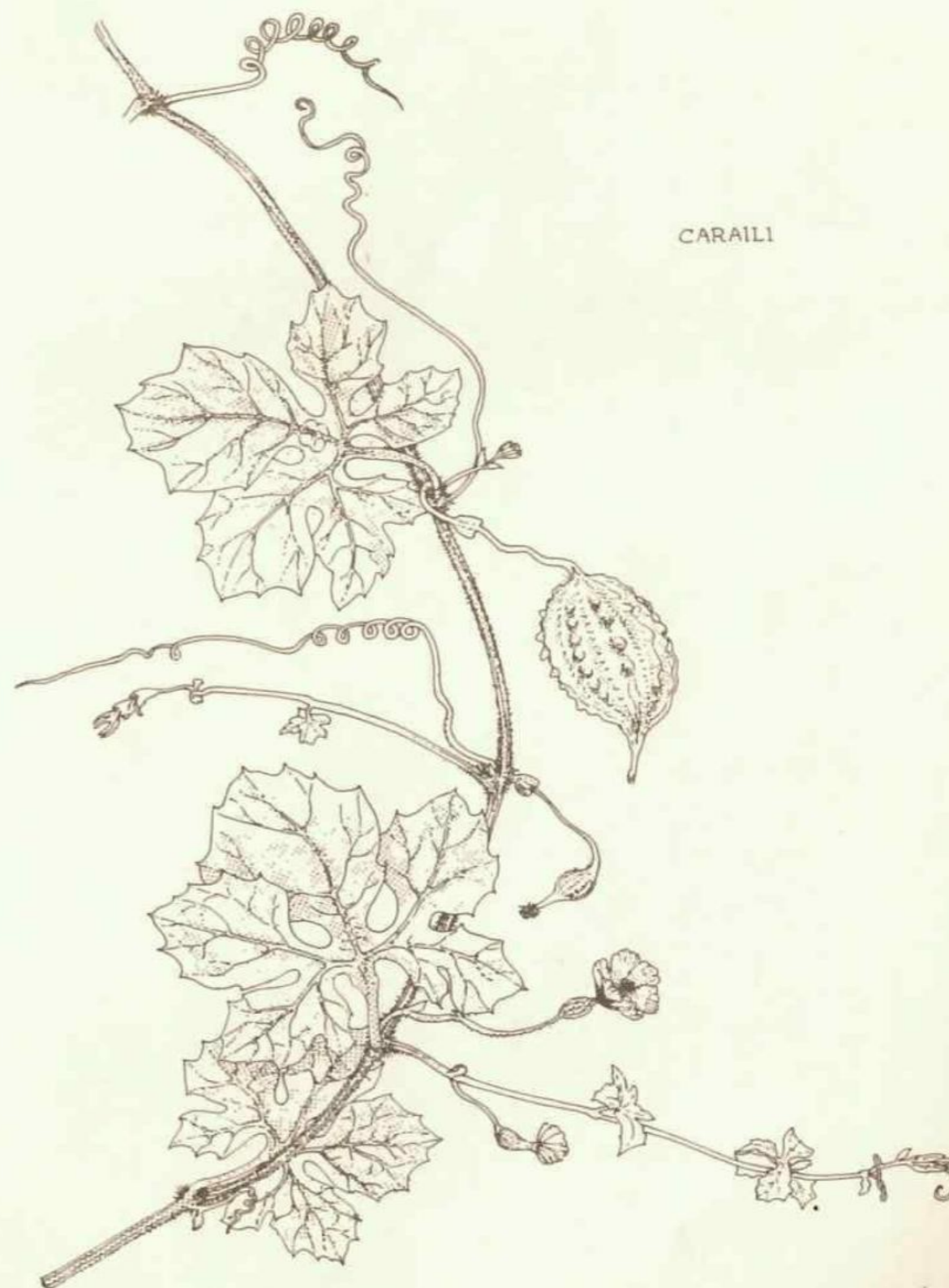
Bronchitis when not treated becomes acute and will develop into tuberculosis of the lungs. The symptoms are sensitive coughing and shortness of breath.

The treatment: Shark or whale oil, if not available, loose cod liver oil, honey, molasses and lime juice.

Method: To ½ of a ¼ pint of Shark or Whale oil, or Cod Liver oil add ¼ pint of a ¼ pint of molasses; ½ of a ¼ pint of honey and 6 tbspoons of lime juice, mix properly and bottle.

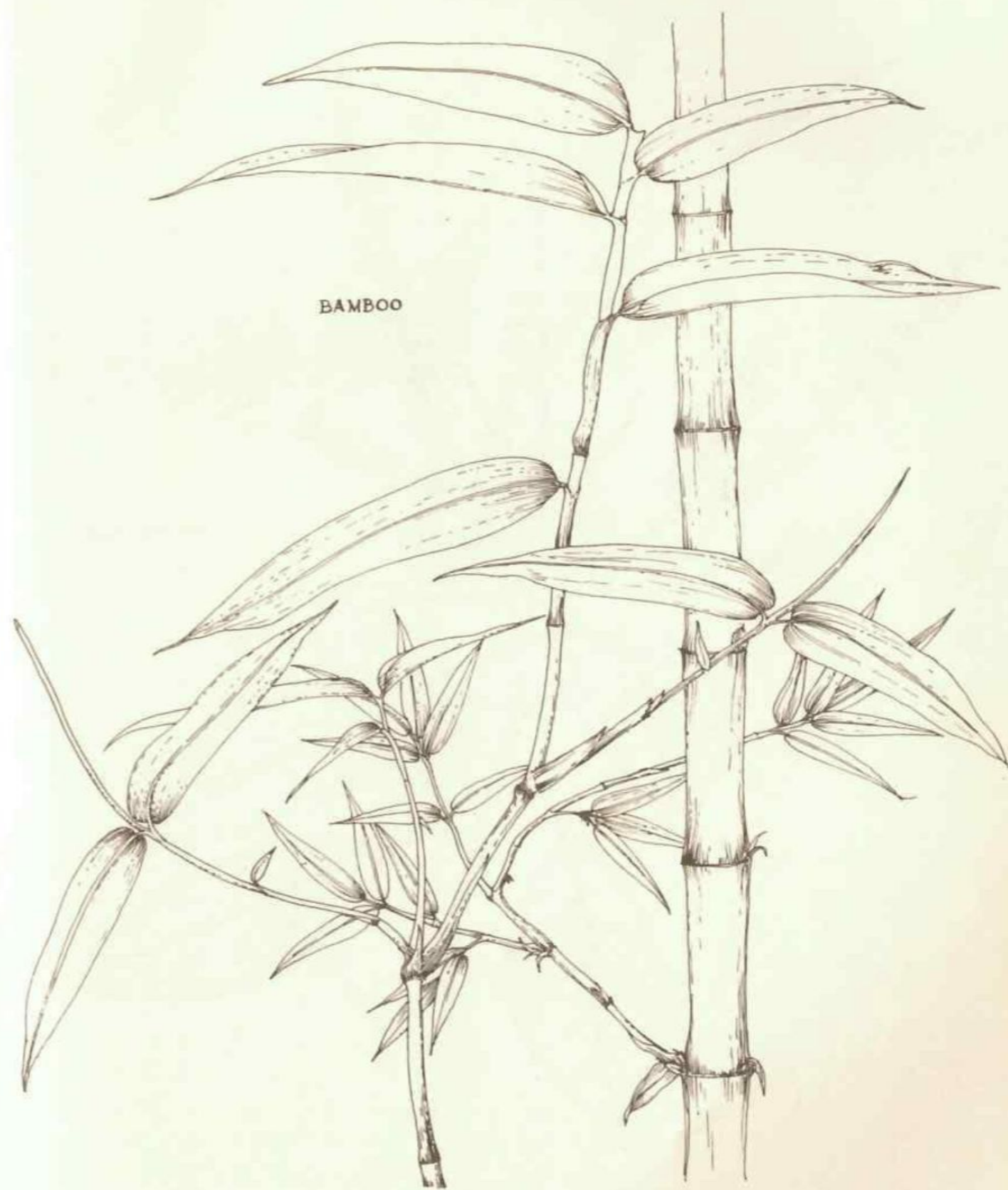
Dosage: 1 tablespoon 3 times daily before meals and 1 tablespoon at bed time.

On completion of medicine take a purge of Milk of Magnesia mixed with Andrews Liver Salts in warm water accompanied with a hot cup of tea. If necessary treatment can be repeated. The mixture must not be prepared in a great quantity as it ferments. Mix for 1 or 2 days. 2 tablespoons of Shark Oil to 2 tablespoons of honey, 2 tablespoons of Condensed milk, and 4 tablespoons of lime juice. Mix properly. After 2 weeks treatment of mixture take a purge. Relax 2 weeks and





HIBISCUS



BAMBOO



AROUBAMBA



VERVINE

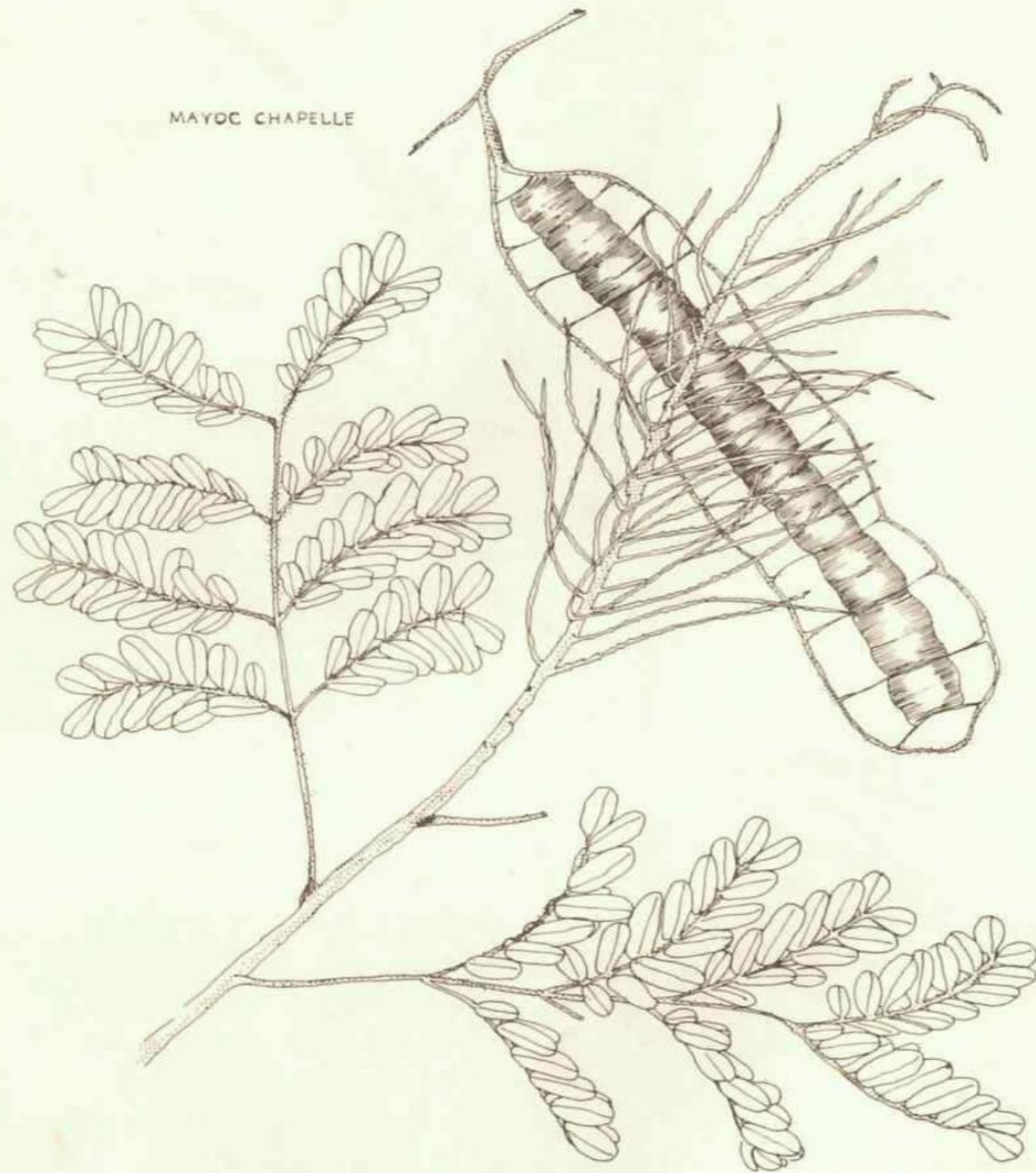
repeat treatment. Relax and repeat till recovery.

62.0 ASTHMA

Asthma is a disease of congestion in the lungs affecting the bronchial tubes; the attack of shortness of breath and wheezing in the stomach is operated by the changing of the moon and is connected with the carbon-dioxide given out by the plants at nights. Treatment:

- 1) Shark or Whale oil or loose Cod Liver oil, honey Condensed milk and lime juice. To a $\frac{1}{4}$ pint of Shark or Whale oil add $\frac{1}{4}$ pint of honey 4 tins of Condensed milk and 5 spoons of lime juice. Beat properly and bottle.

Dose: 1 tablespoon 3 times daily before meals and 1 tablespoon at bed time. On completion of medicine take a purge of Milk of Magnesia with Andrews Liver Salts mixed in warm water accompanied with a hot cup of tea. If necessary treatment can be repeated. The mixture must not be prepared in great quantity as it ferments. Mix for 1 or 2 days. 2 tablespoon of Condensed milk and 4 table-spoons of lime juice, mix properly. The dose for adults is one tablespoon three times daily before meals and 1 tablespoon at bed time. Patient must take a purge after taking the mixture for 2 weeks then

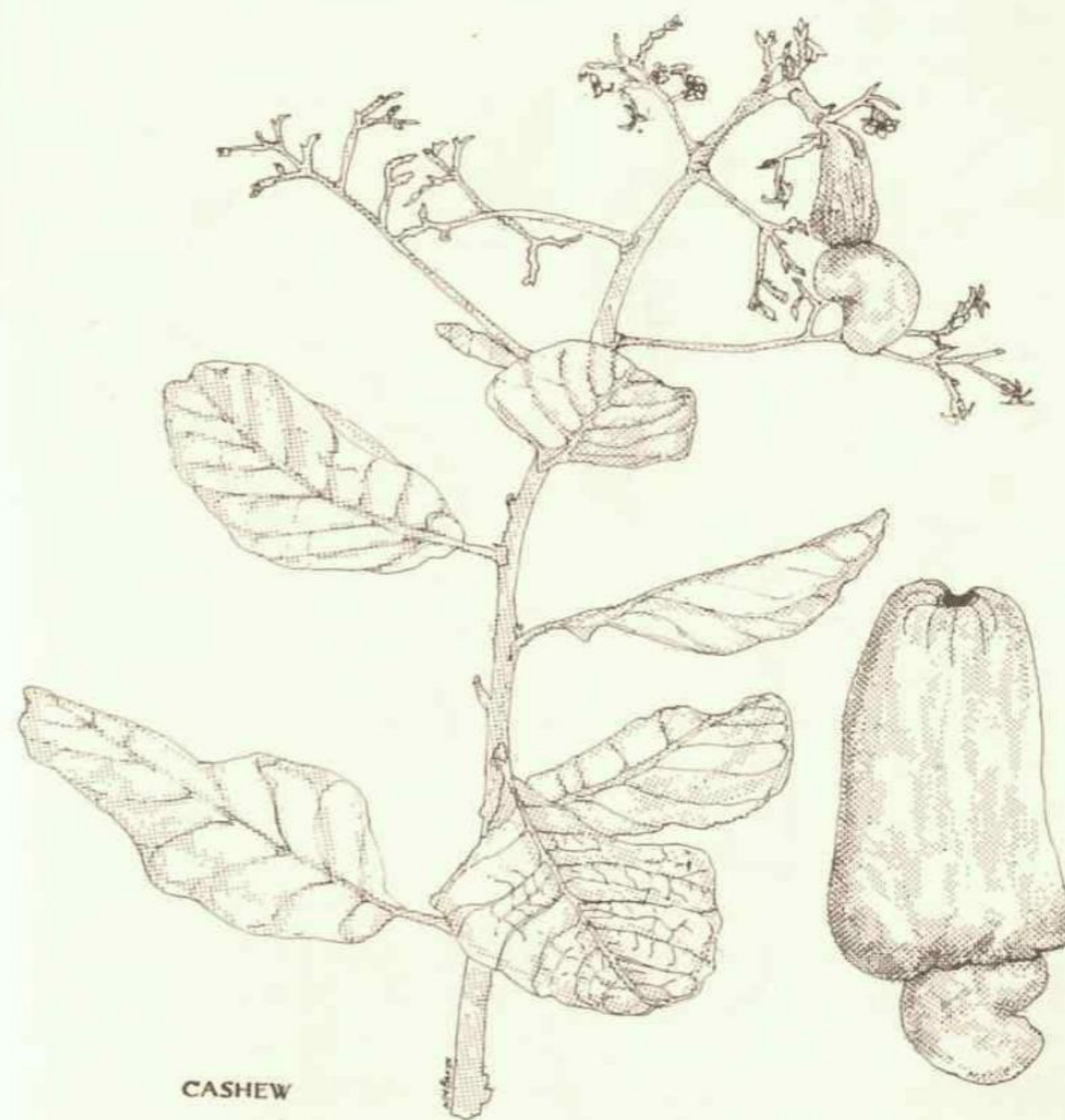


relax for a week or two and repeat treatment. Relax and repeat till recovery.

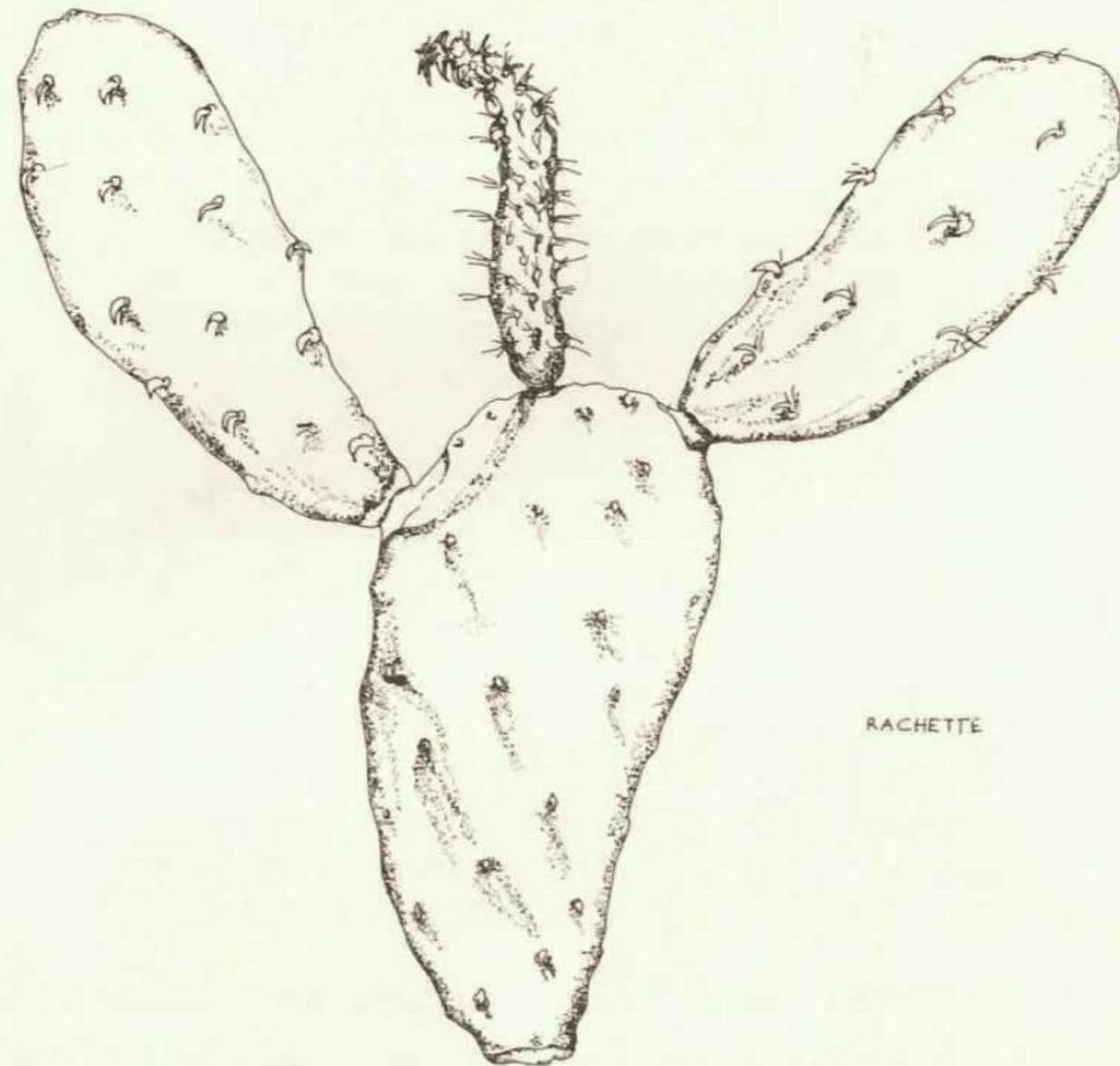
- 2) Immediate cure for Asthma. A house lizard, creole name check-a-check, but in boiling water, one dose cures the disease.
- 3) Wood ants nest with wood ants; a small piece boiled in a teacup of tea once per day for 7 days; notice improvement, can be repeated.
- 4) Catch a large snail, remove the shell and wash properly, fry in Olive oil to nothing, strain, cool, add equal amount of molasses and shark oil and bottle.
Dose: 1 tablespoon 3 times daily and 1 at bed time. In completion of medicine take a purge. Can be repeated till recovery.
- 5) Molasses, Olive Oil, and 6 drops of Acetic acid, bottle. Dose as above. To be repeated.
- 6) Soil contains minerals. A soil which is clean and healthy free from germs, collected, boiled, settle, and strain. Drink $\frac{3}{4}$ teacup three times daily for a week; heals Asthma. Take a purge, relax and repeat until recovery.

63.0 MENSTRUATION

Menstruation out of the regular time comes through undernourishment the lack of fresh air, sunshine, proper exercise, bad food, constipation, causing nervousness. Pre-regularity



CASHEW



RACHETTE

also comes through the diseases of kidney of the liver. Excess menstruation not changed will affect the womb.

Treatment: A course of molasses.

Dose: 2 teaspoons in a teacup of hot water once per day for 2 weeks. Bowels must be kept free with a movement of 2 or 3 times per day.

Hot molasses over fire mixed with aloes. Dose: 1 teaspoon molasses, 1 teaspoon aloes once per day for 3 weeks. Bowels must be kept free with 2 or 3 movements per day.

63.1 PAINFUL MENSTRUATION

Painful menstruation comes through constipation and other causes. The bowel has to be regulated. If necessary hot fermentation is to be applied on the abdomen and the spine. Keep in bed, especially the first day. Give fermentation as long as possible and repeat. This will give relief to the pains. The patient limbs and feet should be kept warm. Take a pain killer tablet with a hot cup of tea.

Treatment:

1) Hot stout swizzled with aloes juice.

Dose: 2 pints of Royal Extra Stout, divided in 4 for 4 days treatment. Hot and swizzled with 3 teaspoons of aloes juice.

Treatment for Menopause

1) Take a course of charcoal powder, aloes, and molasses.

- 2) Boil guava and cashew bark, drink at intervals. Keep in refrigerator. This stops haemorrhage.
- 3) Boil fat pork roots, and leaves with cotton leaves. Drink at intervals. It stops haemorrhage.

64.0 HEAD COLD

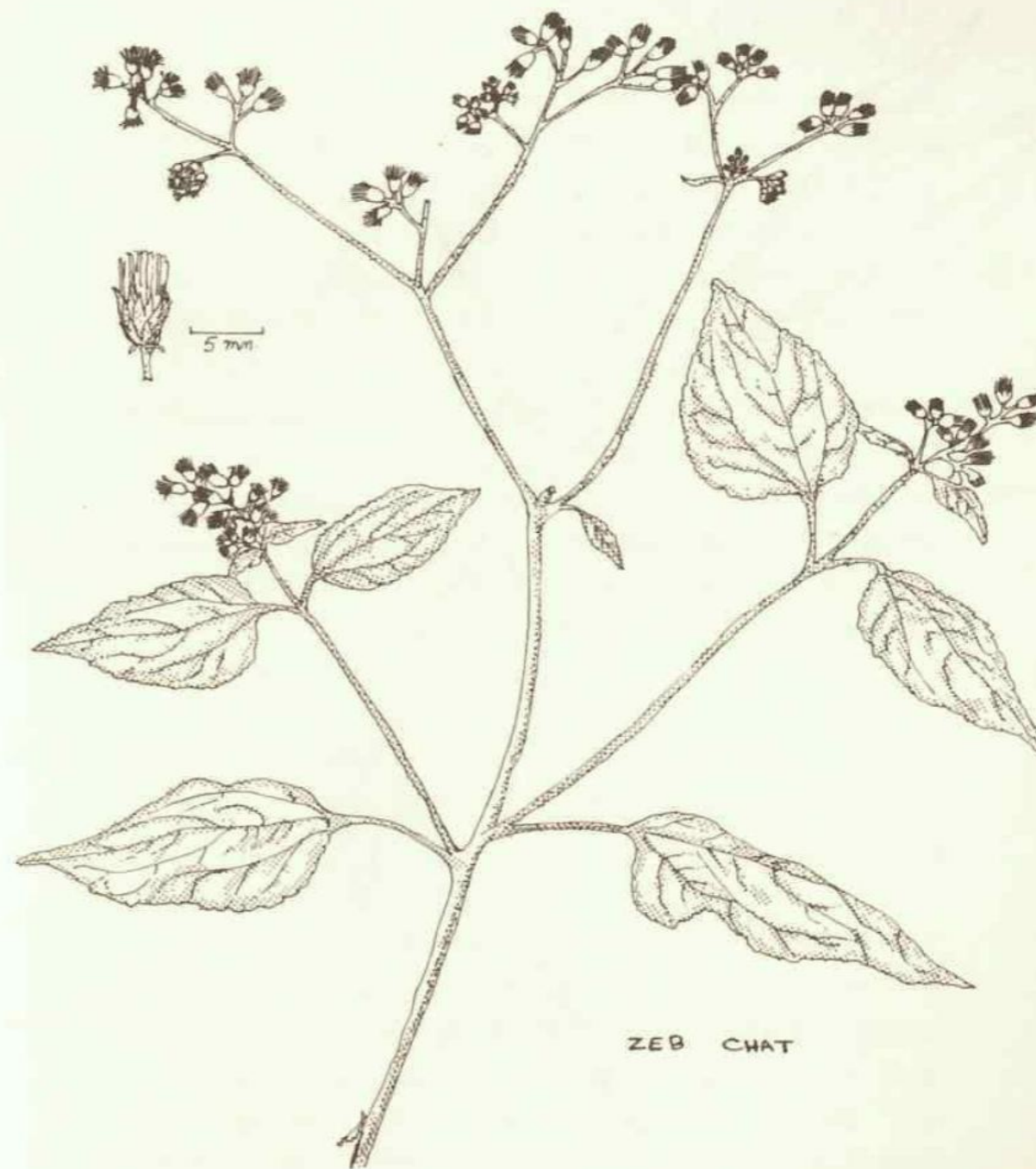
Head colds are contagious and comes from low resistance in the body.

Treatment: To $\frac{1}{2}$ pint of Puncheon Rum add 2 square comphors, soak the mould of the head for 7 nights, at the end of which take a purge of Milk of Magnesia mixed with Andrews Liver Salts in warm water accompanied with a hot cup of tea. When taking this treatment take no shower baths. Bathe in lukewarm water. Treatment can be repeated till recovery.

Boiled grated coconut milk with Rose Marie and strain, add square camphor, peppermint and easy oil.

Direction: Same as above.

To 1 nip of Puncheon Rum, add pound ginger, small quantity add Rose Marie boiled in Coconut Oil, place in a mug. Cover and let soak for a half day before starting treatment. Strain before applying on the mould of the head, soak properly, placing a cap over the head. Apply on mornings once per day for 9 days. Then take a purge. Relax and repeat till recovery. Bathe in lukewarm water.



ZEB CHAT



65.0 DISEASE OF THE LUNGS

The lungs occupy a greater part of the chest one on each side of the heart which is in the central position. Their outer surfaces are covered by membranes which continue lining the inner surfaces of the chest walls. As in the liver they are subjected to diseases of cancer, tuberculosis and several others.

Treatment:

White of an egg, honey and aloes.

Swizzle the white of an egg, common bread egg if possible, to 2 teaspoons of honey and 2 teaspoons of aloes, to be taken once per day 3 days per week for 3 successive weeks after which to take a light purge. Relax for 7 days, and repeat. This treatment must be taken regularly.

66.0 DISEASE OF THE KIDNEY

The symptoms are; back pain, fullness around the eyes, fever with headache and vomiting.

Treatment: Slice melongene with skin, soak in water and store in the fridge for drinking. Take for 9 days, relax and repeat.

Asparagus sprouts sold in a tin at any Supermarket, can be eaten also drink the water from the tin. Take for 9 days, relax and repeat.

Boil 25 seeds from the Rookoo to make a red juice. To be taken morning and evening for 5 days. Relax and repeat.

Boil the root of the Rookoo in a tea, take once a day for 7 days. Relax and repeat.

Boil Love Vine and drink.

67.0 SINUS

Sinus troubles are caused by wrong eating habits, lack of exercise, the breathing of impure air and constipation. The low resistance in the body of iodine. This resistance cannot be built up except we keep away or avoid what is the cause of the defect. We will recover from sinus only by applying a pair of filters in the nostrils made from sponge, through which we can breathe freely. We then have to build the iodine in our bodies.

The building up treatments are: sea moss, water cresses, garlic, fish, and other sea food and by doing sea bathing.

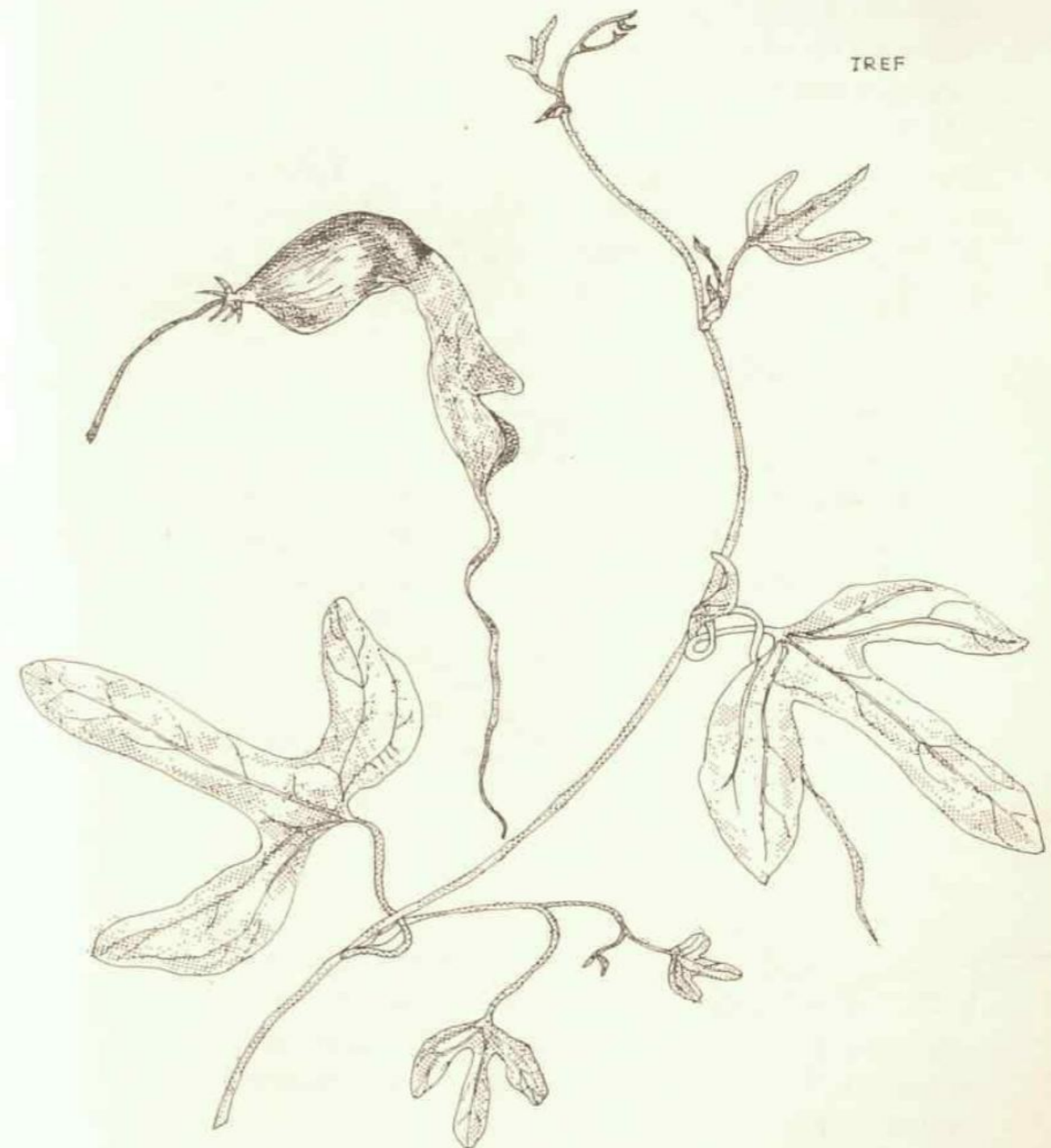
The symptoms are pain in the head, eye, watery discharges from the nose and hay fever.

Treatment: Keep the bowels well regulated and take the same treatment as for a head cold.

67.1 ADENOIDS

Adenoids is a disease of children. Similar to sinus, it is a growth in the nostrils, which obstructs the breathing.

Treatment: For this defect a child's dose of charcoal powder, aloes and molasses which will dissolve the growth.



SWEET BROOM



68.0 SLIPPED DISC

Slipped disc is a strain in the waist through a slide or a strain causing an organ to become displaced between where the glands grow. Discs are jointed bones in the middle of the back of the body from the neck to the hips. A slipped disc causes severe pain.

Treatment: The fermented mixture of White vinegar, square camphor, dry Rose Marie, burnt transformer or electric oil, spirit of Amonia and a pack of 5 razor blades.

To ferment place ingredients into a jar properly corked. Place jar in the earth leaving the neck of the jar above the surface of the earth for 9 days, after which it is used for anointing the affected area. The anointing will dissolve the gland or marrow, and bring recovery to the patient.

69.0 COUGHS

Coughs come through disorderly stomach, improper diet, loss of sleep, improper clothing, lack of exercise and fresh air. It comes through the inflammation of the throat and bronchial tubes.

Treatment: Cough syrup with boiled Hog plum leaf, Marigushar, Alantokai, Licorish, Jarethout or Cureal, Serio flowers, Cousen-Ma-ho, Red Hibiscus flowers, lime juice, strain and sugar and boil to syrup.

Dose: $\frac{1}{2}$ of wine glass three times daily before meals.

69.1 SERIOUS COUGHS

Fit weed or Shandelia tea is good for a serious cough. Boil with lime juice and drink in tea twice daily till recovery.

69.2 COUGHS AND COLDS

Boil Bois de Was flowers in tea to relieve coughs and colds.

69.3 WHOOPING COUGH

Whooping cough starts like an ordinary cough and later becomes acute and sensitive. It comes through low resistance in the body, bad food, poisoning the system and through the inflammation of the throat and bronchial tubes.

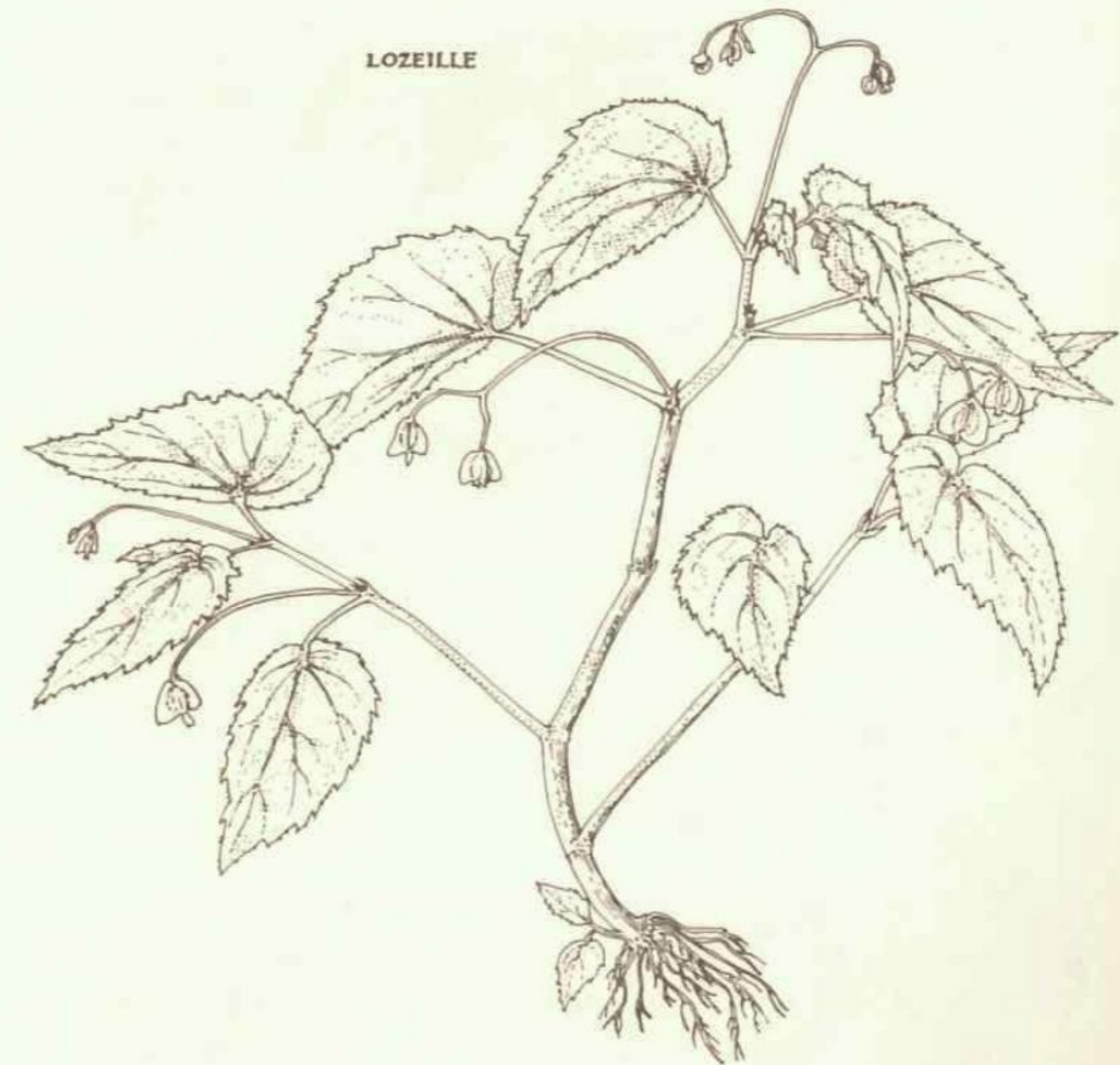
Treatment: Molasses, honey, cooking butter and Olive Oil.

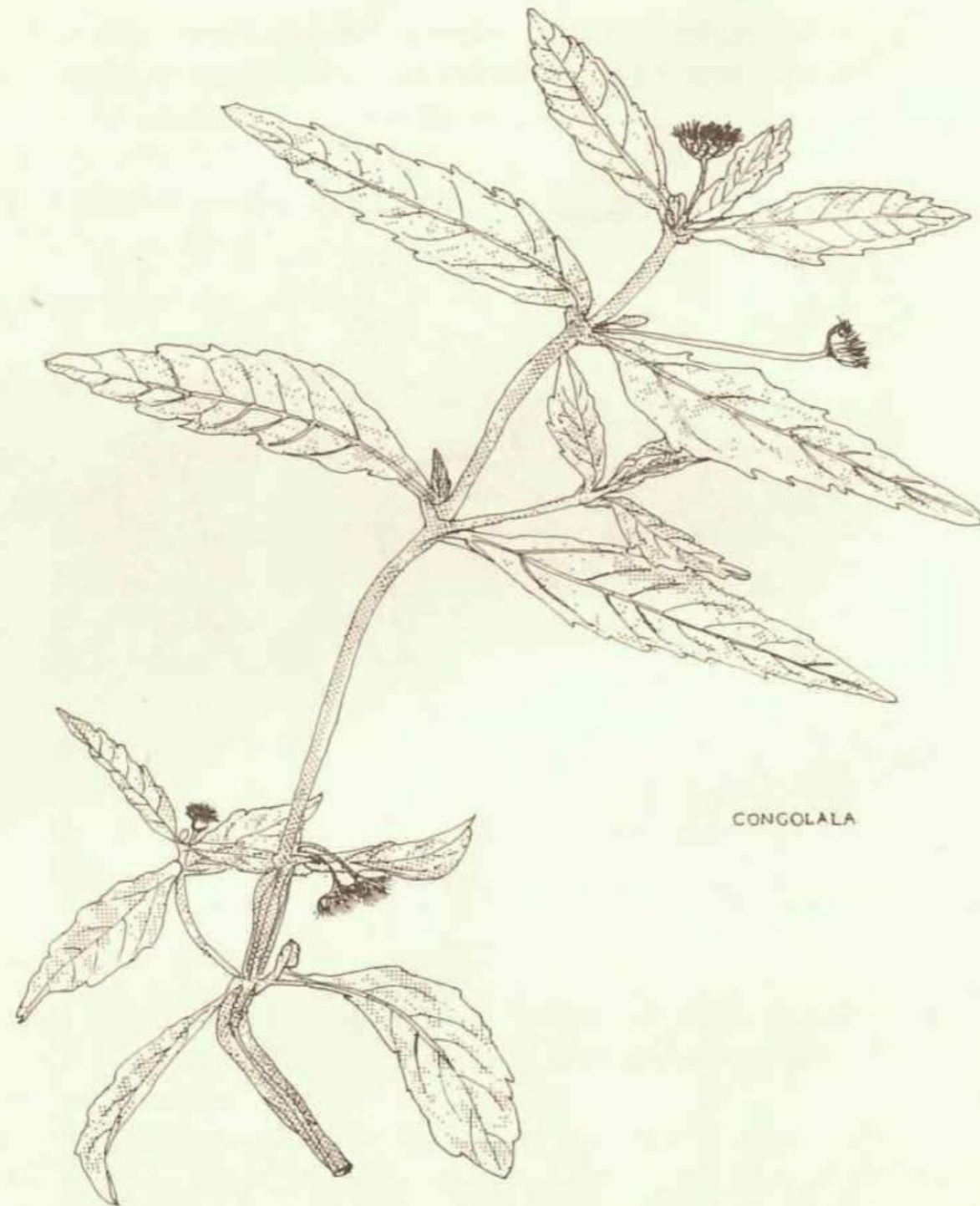
Method: Dissolve the butter and mix with honey, molasses and Olive oil. Mixture to be taken by the spoonful at intervals.

70.0 ECZEMAS

Eczemas are caused through certain foods that make impure blood, constipation and the lack of sunshine and fresh air.

Treatment: The building up of the system by a nourishing diet, regulation of the bowels. The drinking of Tisane, exercise rest and relaxation. Take a course of aloes, and molasses. Drink cooling of carrot water.





CONGOLALA

70.1 RASHES AND ITCHES

For Rashes and heat on the body, grate carrots, draw with boiled water and drink as cooling. Also drink burnt bread draw, and minie roots.

Drink Tisane and anoint the body with mixture of Boric Powder and Petroleum Jelly Vaseline. Take a course of aloes, and molasses.

71.0 MEASLES

Measles is a child's disease, it is caused by contracting germs. It comes in the form of a thick rash on the body. It is a contagious disease. In this case bathing has to be avoided. To bathe causes death to the patient.

Treatment: Boiled pumpkin, carrots, and barley. Drink plenty of liquids. Eat only green vegetables and fresh fruit.

Take a course of aloes and molasses.

72.0 SMALL POX

Small Pox comes as a reddish bumpy rash on the face and body with fever and itching. A lot of boiled pumpkin and drink the water; also barley and sage and drink the water. Some hot ginger tea to drink. No bathing should take place during the course of the ailment. Bathing causes death to the patient.

Take a course of aloes and molasses or 1½ teaspoons of molasses in a teacup of hot water once per day for 9 days. Take a purge, relax and repeat.

73.0 MUMPS

Mumps is caused by a virus which attacks the salivary glands surrounding the mouth, spreading to the other glands under the jaw. The jaw gets swollen and painful and swallowing becomes difficult. It causes fever and headache. No bathing should take place during the course of ailment.

Treatment: Warm ashes should be placed in a bag and around the jaw. Boiled pumpkin should be eaten and the water for drinking. Take a course of aloes and molasses or 1½ teaspoons of molasses in a teacup of hot water, once per day for 9 days. After which take a purge. Relax and repeat. Drink cooling of carrot water or barley water.

74.0 RHEUMATISM AND ARTHRITIS

Rheumatism and Arthritis is caused through acid in the blood and waste matter; exposure to wet and cold, wrong diet, which fills the system with uric acid and poisons which the liver, kidney and bladder are unable to dispose of.

For Drinking:

- 1) Scanterparin P Tablet. When the pain is severe take 1 table 3 times daily after meals. When pain is less severe take 1 tablet in the morning and 1 at night. Can be taken along with any other medicine.
- 2) Boil 7 sugarcane leaves, when boiled to produce 1 large bottle of water. Keep

refrigerated and drink for 7 days, after which, take a purge. Relax for 1 week, then repeat 7 days again a second time. Take a purge. Relax again 1 week and repeat a 3rd time to end the course. Relax and repeat.

For Anointing:

- 1) To a small bottle of White Vinegar add 2 square camphors, dry Rose Marie, 6 spoons of burnt transformer or electric oil, spirit of Amonia and a pack of 5 razor blades.
- 2) Mixture — ½ bottle of transformer or electric oil, ½ bottle of Puncheon Rum, 1 pint of B.G. Bay rum, 1 tube of Bengue Balsam, 1 bottle of Minards or B.N. Linament, 1 bottle of Sloans Linament, 1 bottle Absobim liquid animal type used for horses, 2 tins of Tiger Balm, 1 bottle of Tiger Oil, and 1 bottle of Icy Hot Oil.
- 3) Add Epsom Salts in hot water and apply on affected area. Dry and anoint with musterol or any other ointment. When applying hot fermentation on the body keep a wet bandage with limacol and water around the head.
- 4) Bay rum added to square camphor, and pot salt.
- 5) Add Menthol Crystal a glassey stuff to Vicks, cookeen or petroleum jelly vase-line and dissolved into a paste. Anoint the affected area.

75.0 APPENDECITIS

Appendicitis comes through constipation, wrong and irregular diet, greasy and fried food, alcohol and stimulating food.

Symptoms are pain around the navel, vomiting and constipation. When an attack is suffered patient should go on a liquid diet.

Treatment: Enema, a hot herb tea and hot poultice.

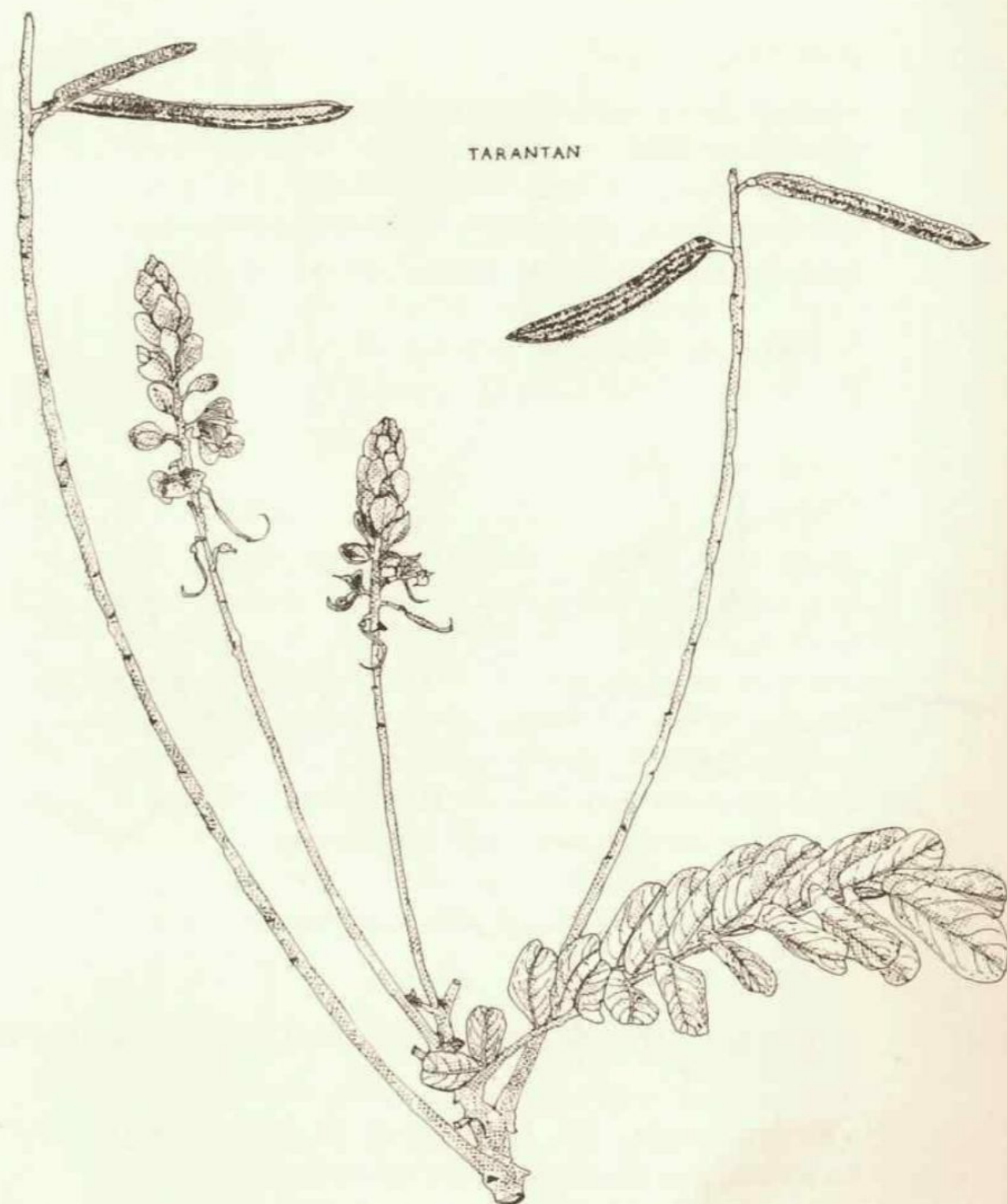
76.0 PNEUMONIA

Pneumonia comes through a severe cold contracted in the body, sometimes by getting wet when it is very hot, ironing, baking, working in the fields and so on, or in taking a shower bath when the body is hot, also going to the refrigerator. It also comes with fever, vomiting and coughing.

Treatment: A hot bath of limes with bush boiled; a hot tea and sweat after. Same treatment as for Stroke No. 42.

Sweating for the Pneumonia Patient

To Phuncheon Rum add grated Nutme and soft candle in a frying pan, add a light in it when melted rub the patient. Give to drink a dose of pot soda in hot water. Give the patient a dose of Castor Oil. After recovery bathe patient with boiled bamboo leaves. Immediately after bath give a hot cup of tea with boiled oats mixed with stout.



77.0 LEPROSY

Leprosy is an ancient disease. Common when people live largely on fish and meat using very little fruits and vegetables. The skin breaks, becomes spotted, ulcerated and decay. In severe cases the fingers and toes drop off.

Treatment: A course of charcoal powder, aloes and molasses. Relax and repeat till recovery.

78.0 CHOLERA

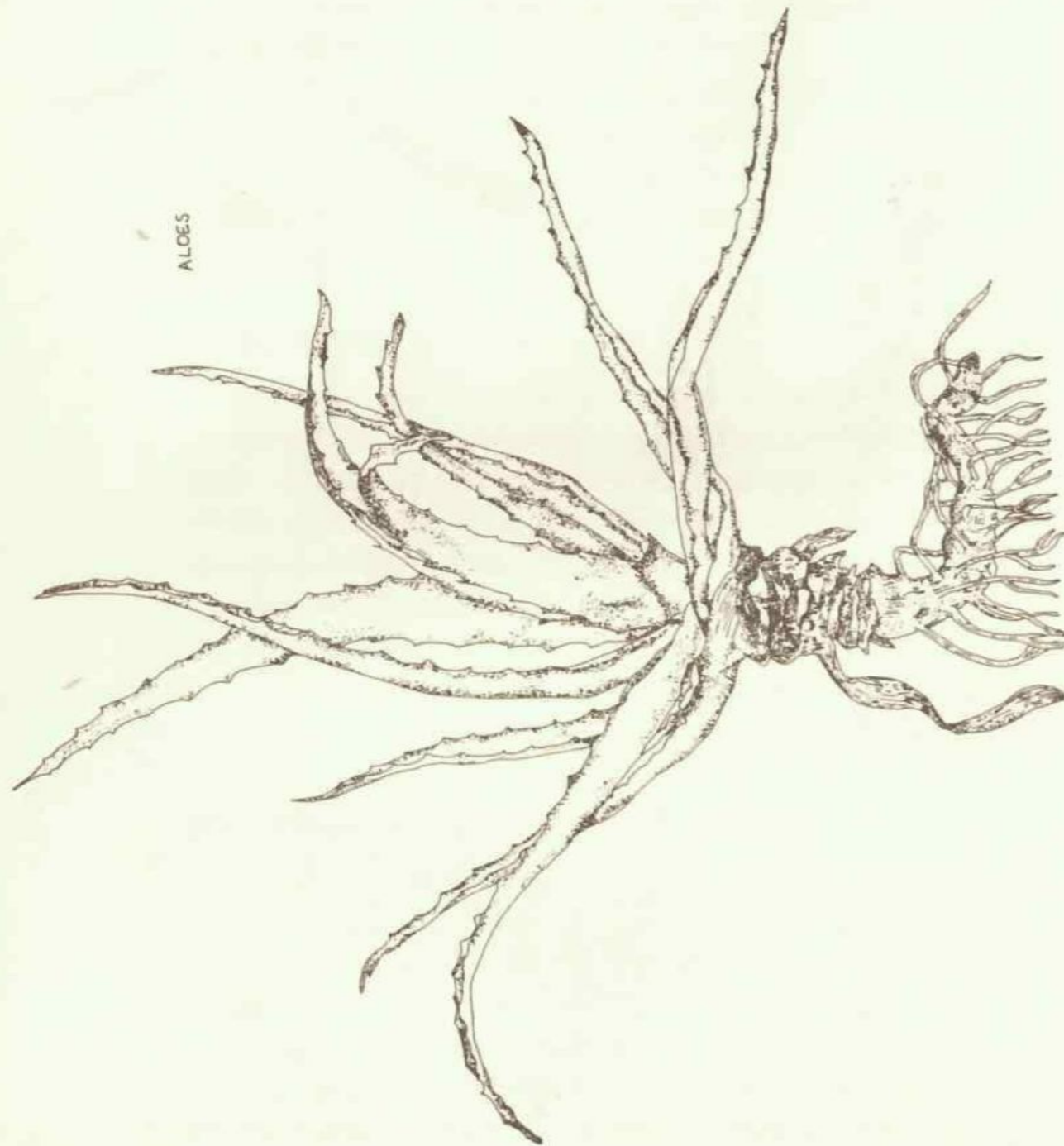
Cholera usually begins with watery diarrhoea, often there is vomiting accompanied by great pain. A hot enema should be applied to the patient. Patient should be given peppermint oil in tea. Oatmeal should be given and Sago water to drink as cooling. As this disease is highly contagious, linen, and utensils used by the patient should be disinfected.

Treatment: A course of molasses in a tea-cup of water once per day for 2 weeks. Relax and repeat.

79.0 VERTICULAR DISEASE OF THE COLON

Verticular disease of the Colon is a very rare disease in the world. It comes by tiny growths, spreading right through the inside of the intestines getting it thinned, causing the patient a form of diarrhoea.

Treatment: Tisane along with a course of charcoal powder, aloes and molasses.



80.0 PLEURESIS

Pleuresis is caused through a severe cold involved by the body.

Treatment: 3 hot baths and sweat. The baths should be of green and yellow limes in 3 successive days. The patient should be given a hot drink of the same preparation as the bath. After the bath, dry the body properly and rub all over with mustard or vicks. Cover with plenty blankets for a sweat. As the patient perspires, dry and apply dry clothing.

A course of 2 teaspoons molasses in a tea cup of hot water once per day for 9 days. A purge. Relax and repeat.

81.0 PYORRHEA

Pyorrhoea is the swelling and bleeding of the gum and loosing of the teeth.

Treatment: Gums are to be soaked with the water of boiled coconut roots mixed with bicarbonate of soda (better known as pot soda) or allum powder.

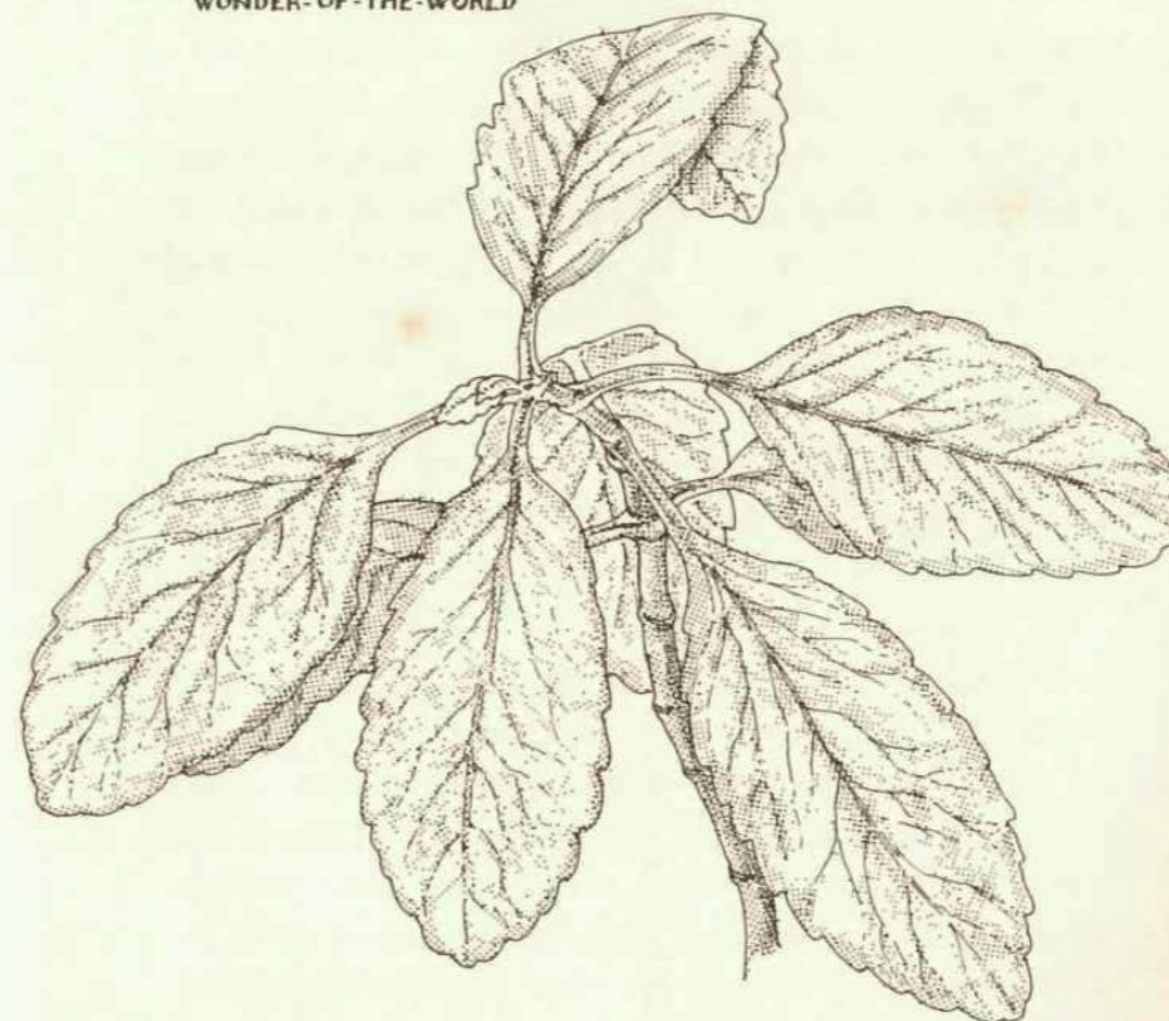
82.0 DIPHTHERIA

Diphtheria is a poisonous, contagious disease affecting the throat and upper air passage.

Symptoms are vomiting, diarrhoea, chills, hoarseness, and difficulty in swallowing. Cause is through impure blood by impure milk and food and too much starch.

Treatment: 2 teaspoons of molasses in a

WONDER-OF-THE-WORLD



teacup of hot water once per day for 9 days.
Relax and repeat.

83.0 ANAEMIA

Anaemia is a blood disease of a run-down condition, pale colour, breathlessness. It is caused by undernourishment by one subject to Malaria fever and loss of blood through haemorrhage.

The blood has to be built up with iron, meat, liver, greens, fruits, vegetables, milk and fish.

Zabocca leaves when boiled turns red and is good for replacing red blood.

84.0 HAY FEVER

Hay fever is a tickling in the nose accompanied by sneezing and irritation in the bronchial tube with coughing and defects in breathing as Asthma. It is caused by the pollen dust of certain flowers at certain times of the year to people of low resistance in iodine. Patients are to avoid places where flowers affect them and build up their low resistance in iodine by taking sea moss, fish, garlic, garden vegetables and beans. Do a lot of sea-bathing. Patient should apply a protection of sponge in the nostrils through which he or she can breathe to filter whatever causes the irritation. This sponge should be washed, dried and kept clear for proper breathing. Patients can sleep and wake with it. Always apply Vicks in the nostrils.



PAWPAW

85.0 GASTROENTERITIS

Gastroenteritis is a disease which claims the lives of babies, and young children. It is a serious, contagious disease caused through bad food, and stagnant water.

Treatment: Boil guava bark, cashew bark, fat pork roots with leaves and cotton leaves. Give to patient to drink at intervals.

86.0 DEFECTED FINGER NAILS, ETC.

This defect comes from the excess caustic soda applied in washing soap and soap powder.

Treatment: Boric powder mixed with Vaseline (Petroleum Jelly) applied to the affected part every night, heals back to normal.

86.1 WHITLOW OR ABSCESS OF THE FINGERS

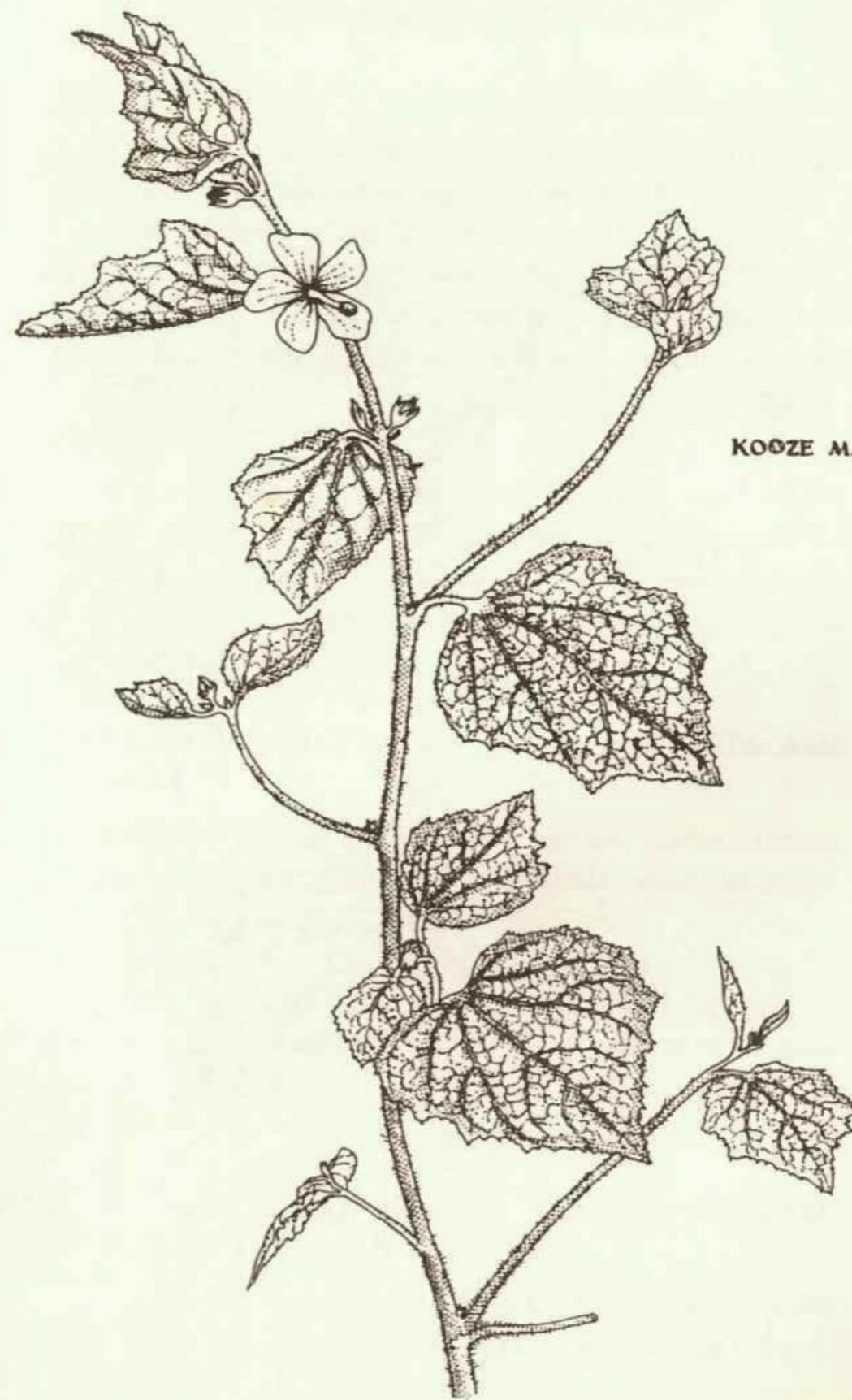
Whitlow or abscess of the fingers is a painful swelling in the finger with inflammation. Use hot and cold treatment in the early stage.

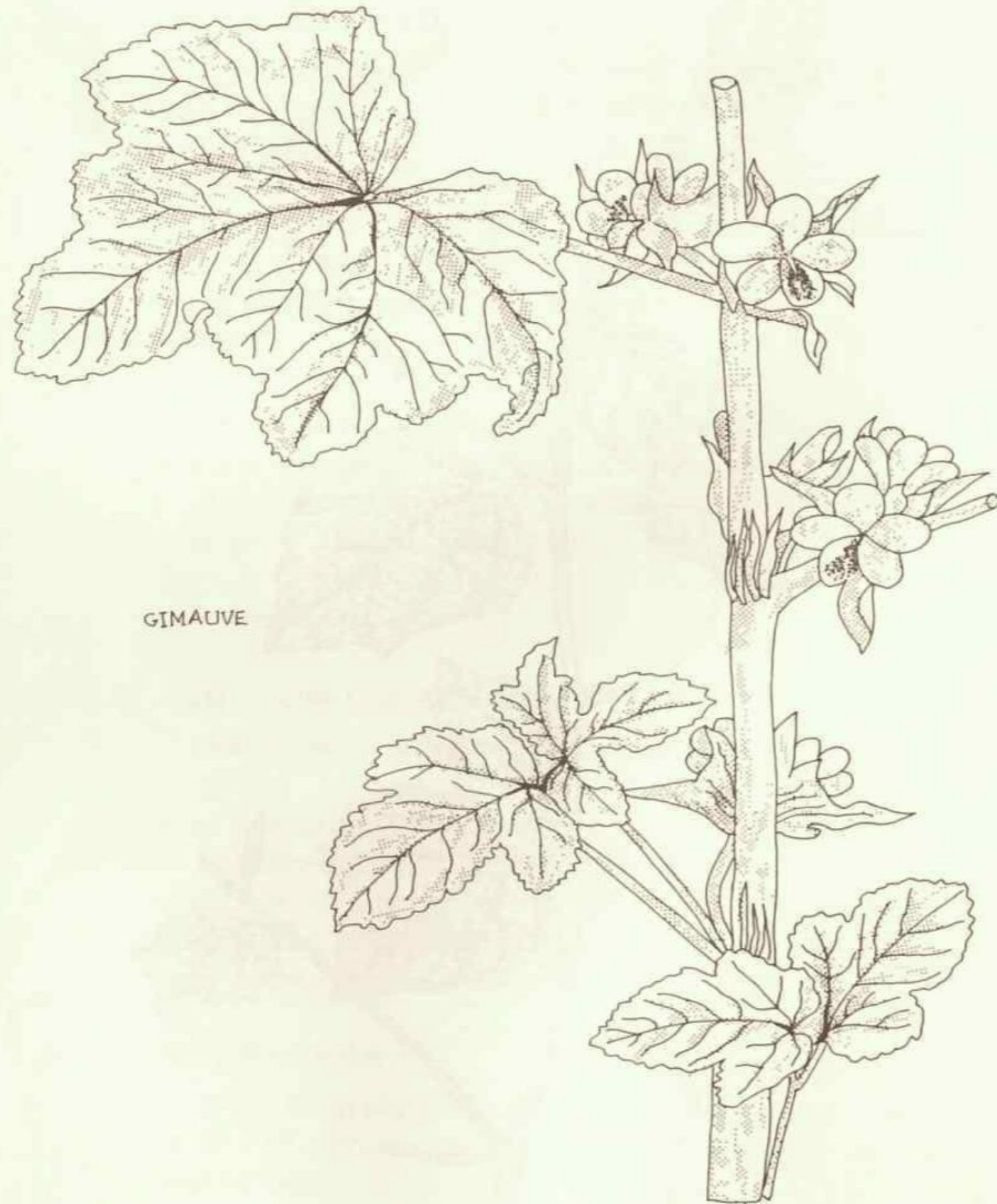
Treatment: Bandage spot with pound garlic and pot salt. Remove the heart of the cactus and place the finger in the skin, the cactus will draw out the inflammation.

87.0 NEURALGIA

For Neuralgia square camphor, added to Spirit of Amonia and coconut oil for annointing to face.

Apply a bandage, soaked with Puncheon rum around the face.





GIMAUVE

88.0 DANDRUFF

The cause of dandruff in the hair is through the lack of sufficient oil in the body.

Treatment: Apply to the roots of the hair Sulphur 8 Pomade (can be bought in the Pharmacy). Take a course of Seven Seas Cod Liver Oil capsules. Relax and repeat.

89.0 ATHLETE'S FEET

Athlete's Feet is caused through a ground itch, which is due to a germ. The treatment is: Pound garlic, added to pot salt, apply between the toes. Repeat till recovery is obtained.

90.0 INFLAMMATION OF THE SPLEEN OR LARAT

Inflammation of the spleen or Larat comes with a severe pain on the left side accompanied with a chill and fever.

Treatment: Hot fermentation must be applied which has to be repeated until recovery. For patient a light nourishing diet and plenty of fruits. Take a course of aloes and molasses.

91.0 THE BUILDING UP OF BONES, TEETH, SPINE AND NAILS

To build up bones, teeth, spine and nails use isinglass for Calcium. It is an extract from the bladder of certain fish.

92.0 RESISTANCE AGAINST POISON

Scrape the horn of a deer and drink in tea or water as resistance against poison.

93.0 LOTA AND OTHER SPOTS ON THE SKIN

This defect comes through poisonous and run-down conditions in the blood; it is also a contagious disease.

Treatment:

- 1) A course of Tisane to cleanse the blood. Apply on Lota and other spots crushed Wild Senna leaves in a little water added to a tip of pot salt.
- 2) Apply Olive Oil mixed with the juice of the rough skin lemon.
- 3) Apply starch powder with little diluted vinegar in water.
- 4) Apply Milk of Sulphur added to Petroleum Jelly in a paste on affected area.

Take a course of aloes and molasses, drink cooling of carrot water and barley.

93.1 TO REMOVE BLACK SPOTS

For skin defects to remove black spots, squeeze the juice of the rough skin lemon, mix with olive oil and anoint area. Take a course of aloes and molasses.

93.2 TO REMOVE WHITE SPOTS ON THE BODY

Apply nine leaves of the Tref vine in a large

bottle of White wine "Label Blanc". Uncork bottle, tie a fine net over bottle head to keep away dust. Tie a twine around bottle neck as it is to hang on a tree for the dew. To be kept on the tree only at nights. Remove and keep it in the house during the day time.

Dose: ½ of a wine glass once per day.

94.0 WEAKNESS IN THE WOMB

For weakness in the womb for mother losing babies; clean soil healthy and free from germs contains minerals. Collect, boil, settle and strain.

Dose: Drink ¼ teacup as tea twice daily before meals for 9 days. Can be repeated.

94.1 FOR MOTHERS AFTER DELIVERY OF A BABY

Wild Coffee or Cafe Beb plant roots, boiled in tisane is a good treatment for mothers after delivery of a baby.

95.0 AILMENTS OF BABIES

Treatment for Gripe and Boils in babies:

- 1) The juice of the crushed sweet broom mixed with Olive Oil.

Dose: 1 baby teaspoon.

- 2) The leaves of the Karaket bush boiled in tea with milk for gripe in babies.

Treatment for Boils:

Wild potato or Bird Pepper leaves. Heat on a candle to soften. Sap the boil with hot

water, then apply soft candle or iodex on leaf and place on the boil. This treatment to be applied twice daily.

95.1 MARISMUS IN BABIES

Anoint the baby all over with mutton fat and drink by drops mutton fat in hot tea.

Boil Congo Lala and Shining bush leaves, give baby to drink for 9 days.

Drink milk of the Shining Bush leaf tea.

95.2 TEETHING

Boil Rabbit Brain and rub their gums when teething; this helps to grow teeth fast and strong.

95.3 THRUSH

Thrush is a white coating on the tongue of babies accompanied with inflammation caused by germs.

Treatment:

- 1) The tongue and mouth is to be washed in boiled Shining bush water with alum powder added.
- 2) Add molasses with Bicarbonate of Soda in water and wash the tongue and mouth of the baby.
- 3) Wrap a piece of linen on the finger, dip in liquid and wash the tongue and mouth of the baby.



96.0 TETE WORMS

Preparation of Poultice: To 1 lb corn meal add $\frac{1}{2}$ lb of sulphate of zinc. Boil like corn cocoo. When boiled add 4 spoons of lime juice. Let cool. Wash affected area with lime juice. Get young Moko or Balisier leaf, warm over fire. Apply medicine on affected area. Cover with leaf, bandage and tie, leave for 3 days. After removing contents there will be some white little objects like jiggers; take them out with a pointed small stick. Wash affected area with Condes Crystals fluid, dry and apply Arrowroot powder till the affected area dries. Then apply Nixoderm ointment. If the treatment is not satisfactory repeat the medicine stronger. During the course of treatment, Tisane medicine should be drunk to cleanse the blood.

Fry ripe sour sop fruit with lard, let cool add warm lamp or shark oil on affected part with the same method as above.

Apply strong rum to dry tobacco leaf on suspected area which is usually swollen and painful. Leave overnight. Strip off next morning. Some worms may stick to leaf. In the flesh worms will be seen as small greyish-white (resembling) ochro seeds. This should be removed. To cure brown bluestone until white. A small lump half inch in diameter. Mix thoroughly with flour paste and apply to affected spot, covering completely.



97.0 REMOVAL OF CATARACT AND PHELAM IN THE EYES

Egg Shell preparation with Domino Crystal Tables, Oure Cane Sugar to remove Cataract and Phelam in the eyes.

Common-bred, sitting fowl egg shell after chickens hatch, collect, clean given a light parching on the stove. Grind with a bottle on a piece of paper. Then in an enamel plate with a clean stone from the sea. Sift and grink over and over to get properly thinned into a powdered form. Store in a bottle. Grate Domino Cube Loaf Sugar that can be bought in U.S.A., grind with stone and sift. The sugar is to be prepared when the patient is about to take a treatment, when both medicines are mixed together the sugar becomes moldy. Mix less egg shell powder to more sugar powder.

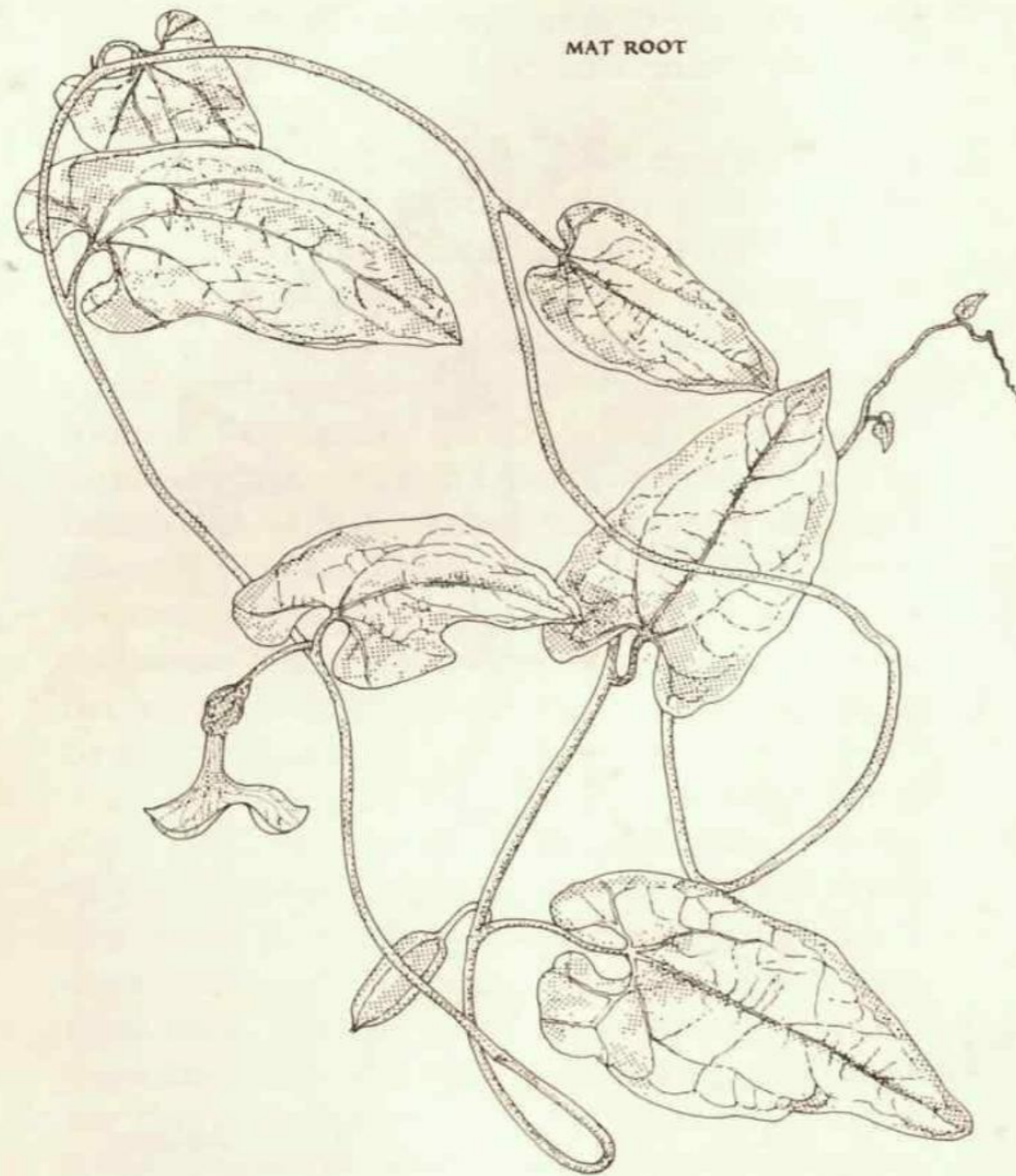
A tiny dust applied once per day for 9 days after which to stop and wash eye for three days with boiled pot salt water. Stop eye wash and apply powder ever day for 7 days. Stop and wash eye again for three days then stop the eye wash. Apply powder for 5 days on a stretch, after which stop and wash for three days again then the eyes are to relax from treatment and note for improvement. If necessary it should be repeated.

Preparation for Eye Wash

To one pint of water apply 1 teaspoonful of pot salt, boil, cool, strain and bottle for use.



ZEBAPIQUE



In applying powder it should not fall on the pupil of the eye. When applying the corner of the right eye the patient should look sideways to clear the pupil from the corner which is to be opened and drop the powder. It would roll a little like gravel and ease up. When the powder is applied in the eye it should be kept closed for a while. If kept open it would move to the eye lashes.

98.0 VOMITTING

Vomitting is sometimes caused through indigestion or gas in the stomach and in patients suffering from cancer, hernia, ulcerated stomach, piles and jaundice.

Treatment: Boil and drink tea of Bud-Bud root, sweet broom root and gauva buds which are young leaves. Drink swizzled egg whites. "Coke Cola" also stops vomiting.

98.1 UPSET STOMACH AND THE ENTIRE SYSTEM

The leaves of the Orobumba bush boiled with orange peel brings immediate relief.

98.2 UPSET FROM ALCOHOL

Bathe the face and head with soda water and give soda water to drink.

99.0 URINE THERAPY

From a book "The Water of Life" by J.W. Armstrong.

This treatment is good for Cancer, Diabetes, Overweight, Baldness and other ailments. Go on a fast of drinking your own urine day and night and water should be used only from the tap. Drink no ice water; you can go on a 5 days fast and stop. You can fast on the urine and water until you are cured.

Another remedy is to have stale urine stored in a bottle two days or more and rub the face, head, neck and feet. Give it a good rub down until it becomes dry. You can rub the whole body. If there are any lumps, do not rub but make a compress of the urine. A compress is different foldings of cloth soaked with urine. Also apply compress on the painful areas. Do not rub.

After you are improved you can still continue to drink your urine every day, a glass in the morning and in the evening. After breaking your fast do not eat any greasy or heavy food or milk. Drink juice, light parched flour porridge, fruits, 3 days after the fast you can use well seasoned steamed fish, without grease, biscuits and coffee. After breaking the fast 2 light meals for a few days. Do not use any grease up to two weeks until the body becomes normal.

100.0 HOW TO APPLY HOT FERMENTATION

Hot fermentation must not be active on the body.

A hot water bag must be placed in flannel, towel or blanket and applied to the affected area.

In applying hot fermentation with a blanket in boiled water, the water should be kept boiling in a pan. Dip a portion of the blanket in the boiling water. Wring out the water, place blanket in a folding material and apply on the patient. Give fermentation till relief. In doing this treatment, the patient's head must be bandaged with a damp cloth with Limacol and tipid water.

100.1 COMPRESSES

A compress is similar to a poultice. It is composed of several folds of cloth in which you can apply hot or cold. If a warm application is wanted, several foldings are to be used to avoid dripping. A compress has to be changed to suit the temperature of the treatment.

101.0 CHARCOAL

What is Charcoal? Charcoal is a black shining brittle, that cannot be dissolved in a fluid. It has no taste. It is made in a pit covered with earth or burnt in the open air. The nature of charcoal powder is similar to a sponge. It draws and consumes objects. Its actions are very great. It absorbs, poison, germs, impurities, etc.

101.1 ALOES

Aloes is a plant of the Cactus family. It is very effective in treatments of skin diseases

and fungui. It cures bacteria and is a natural antibiotic. It heals sores and kills viruses. It contains potassium.

101.2 MOLASSES

Molasses is made from the juice of the Sugar Cane. It is rich in iron, calcium, potassium, magnesium and other vitamins.

102.0 FASTING

The Lord instituted fasting for both spiritual and physical health, fasting acts as a medicine for the body. We must know how to fast and its results.

Long fasting is not healthy. Short fasting for a day or two brings good results, especially when we drink plenty of water and do deep breathing exercises. After we have completed our day of fasting we must not eat a lot of food. This would not be counted as a day of fast. Fasting means not to eat anything all day until the next day. When too much food is taken after fasting it results in injury to the system. Abstinence from rich food is very essential for the body. To eat plain food that provides energy including green vegetables and fruits, gives the system a chance to purify itself of poisonous substances.

When eating food that does not give proper nourishment, one becomes undernourished. Improperly prepared food, ferments and produces poor blood. The weak and undernourished must be very careful when fasting.

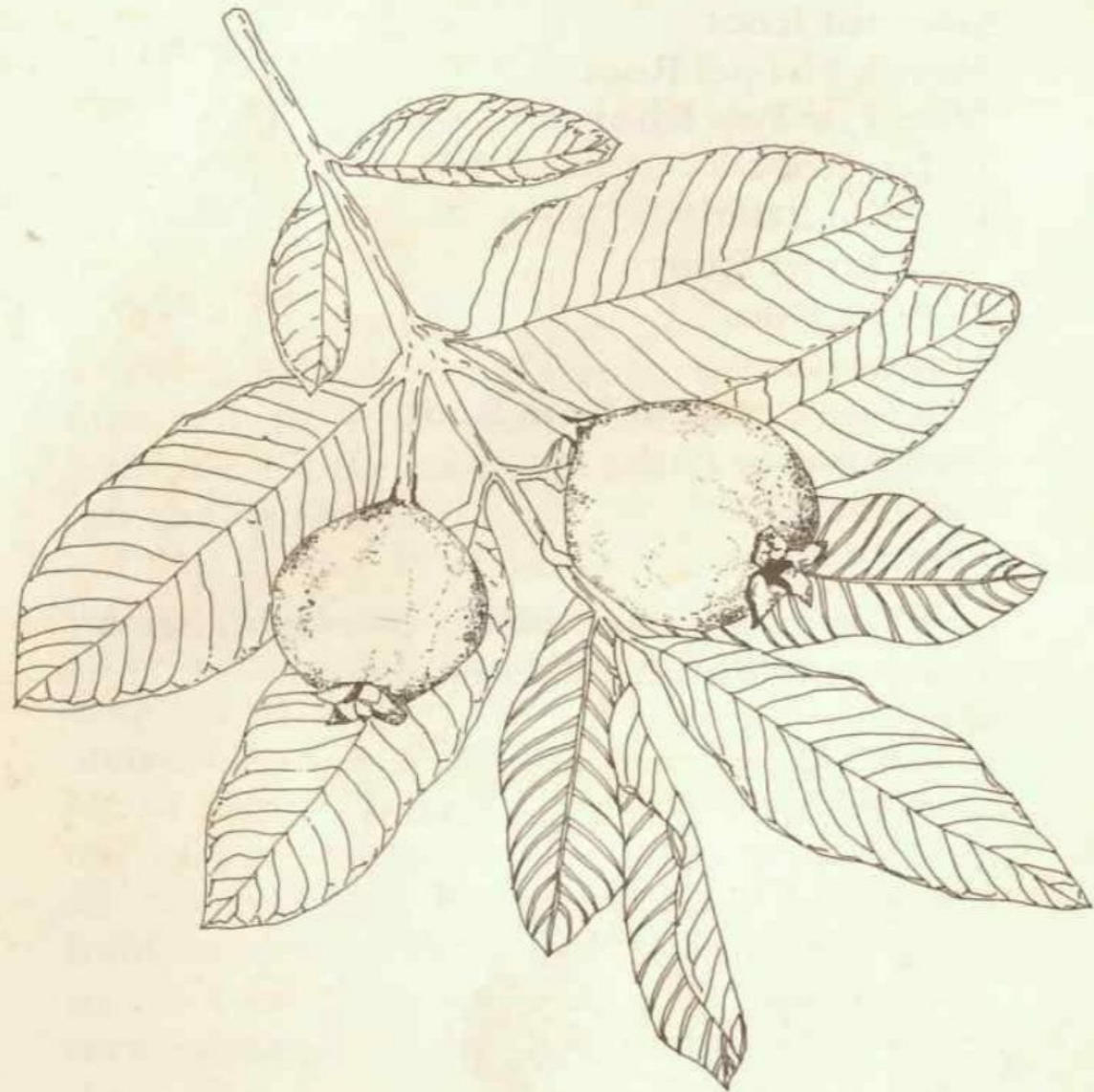
103.0 TISANE PREPARATION

Sisal or Langbeff root
Sasparilla Root
Coconut Root
Mayok-Sha-pel Root
Male Paw Paw Root
Cutlet Root
Cin-Cona Bark
Wild Senna Root
Vervine Root
Minnie Root
Can-rivere or Wild Cane Root
Cass Root or Bark
Sasafois Bark
Senna Leaves

Wash roots, boil, settle overnight, strain, bottle, add Epson Salts to preserve.



GUAVA



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