MODERN ANTI-EPIDEMIC VINEGAR
1 qt apple cider vinegar
1 lb garlic buds for 8 oz juice
8 oz comfrey root
4 oz oak bark
4 oz marshmallow root
4 oz mullein flowers
4 oz rosemary flowers
4 oz lavender flowers
4 oz wormwood
4 oz black walnut leaves (green hull is better)
12 oz glycerine

Make separate teas of each of the herbs. First soak each ounce of herb in clean spring water. After about half a day, simmer each herb separately for 10 minutes. Steep for half an hour. Strain out, simmer again, and reduce each herb so that it is concentrated. Press garlic buds into 8 oz of concentrated juice. Add 12 oz of glycerine to preserve it. Place in a large bottle. Label. Close. You may want to add paraffin for additional preservation power.

Dosage: 1-3 tsp during epidemics, or 1 tsp per hour if someone in the family is ill with a communicable disease. Dilute with water if too strong to the taste, or add to hot herbal tea.

FOUR THEIVES
Vinegar of the Four Thieves is one of the most interesting legends in the fascinating history of herbalism, reports Dr. Buchman. She says the recipe may actually have been devised by an apothecary, Richard Forthave, and that the success and usefulness of the remedy created its own myth. This recipe has been in use for centuries, but legend has it that it was discovered during a devastating bubonic plague.

Four thieves who had safely ransacked empty plague-ridden houses were caught by policemen and brought before the French judges in Marseilles. The judges wondered aloud how these thieves had resisted the plague, especially since they were in and out of plague-infested homes. "We drink and wash with this vinegar preparation every few hours," they answered. In return for giving the recipe, the thieves were given their freedom.

There are several Four Thieves vinegars. Dr. Buchman received the simplest recipe from the notebook of a Virginia housewife. She combined a handful of each of the anti-disease herbs and steeped them in apple cider vinegar. After the initial two-week steeping, she added garlic

buds. This aromatic and antibacterial vinegar is an excellent wash for floors, walls, sinks, bedsteads, pots and pans in sickrooms, bathrooms and kitchens. It will offset a damp-weather smell in a house and be a helpful floor and wall wash in a room overcrowded with people.

Externally, this vinegar may be used in small proportions in a bath or diluted for body wash. You can use ordinary apple cider vinegar in an undiluted state if desired, but some of the herbs in this recipe are too strong for the skin, and the vinegar must be diluted.

Internally, the safest, most effective dose is a teaspoon at a time in water - and no more than 1 Tbs an hour (Remember: 3 tsp equals 1 Tbs). This acts as a strong general preventive medicine.

VINEGAR OF THE FOUR THIEVES
2 qts apple cider vinegar
2 Tbs lavender
2 Tbs rosemary
2 Tbs wormwood
2 Tbs rue
2 Tbs mint
2 Tbs garlic buds
Combine the dried herbs (except the garlic), and steep in the vinegar in the sun for two weeks. Strain and rebottle. Label. Add several cloves of garlic. Close lid. When garlic has steeped for several days, strain out. Melt parafin wax around the lid to preserve the contents, or add 4 oz of glycerine for preservation.

Smallpox

Smallpox is a contagious filth disease.

Symptoms: The skin becomes red, and pustules form. (sores that are puss filled)

Treatment: The patient must be kept clean, the room darkened and good ventilation and an even temperature kept, of not over 70 degrees F. During the fever stage give plenty of lemonade without sugar. Give high herb enemas and clean out the bowels thoroughly, using Herbal Laxative (below). When the skin is hot and dry, take equal parts of pleurisy root and ginger, steep a teaspoonful in a cup of boiling water for twenty minutes, give a cupful every hour or until there is free perspiration. Equal parts of yarrow and valerian taken in the same way will also produce perspiration. Red sage made into a tea or take in the powdered form in capsules is very good.

If there is great itching of the skin, bathe with a tea made of burdock root, golden seal root, or yellow dock root. The pustules must be opened by pricking with a sterilized needle about four days after they have come to a head, then bathe them with hydrogen peroxide after pricking. This will prevent pitting. Bathing the pustules with golden seal tea is a specific against pitting.

The diet should be very light. Soybean milk, oatmeal water, also bran and barley water is good. Vegetable broth is very nourishing. Fruit juices are excellent.

When there is exposure to smallpox or any danger of contracting it, cleanse your system by high enemas. Take the Herbal Laxative, as given in below or any good Herb Laxative. Go on a fruit juice diet for a number of days, then take vegetable broth or vegetable puree made from leafy vegetable combined with thick potato peelings and some oatmeal oatmeal or natural brown rice added, and after cooking, strain, and use.

Hot baths taken before contracting smallpox or after contracting it will make the skin active and shorten the course of the disease.

Herbal Laxative:

To make herbal laxative, combine equal parts buckthorn bark, rhubarb root, cascara sagrada bark, calamus root, fennel seed. Mix thoroughly. These herbs are nonpoisonous and are soothing to the stomach and will help to prevent gas and fermentation.

Dose: One small fourth teaspoonful in a fourth glass of water. Follow with a glass of hot water. Take after each meal if the digestion is slow, or you can take a half teaspoonful in the same manner upon retiring. Increases or decrease the amount taken to suit your personal need, but take enough so that you have three good eliminations every day. Children proportionately less according to age.

This laxative should be made of the powdered herbs, then it can also be used in the gelatin capsules. Two no. 00 are the usual dose for an adult. Ifmaking a tea of granulated herbs, you would steep a teaspoonful to a cup of boiling water for thirty minutes and drink.

If you do not have on hand or cannot obtain all the herbs used in the above laxative, any one of the following three will bring god results used singly in the same dose as given above: buckthorn bark, rhubarb root and cascara bark.

High Enema:

There are several different kids of enemas, such as ordinary enemas taken to relieve the rectum and lower colon; astringent enemas, taken in diarrhea, dysentery, etc.; and nourishing enemas, given in wasting diseases, unconsciousness and other conditions where it becomes necessary to administer food by rectum. But high enemas as recommended are taken to thoroughly cleanse the entire length of the colon. All you need to take a high enema that thoroughly cleanses the colon, is a four quart enema bag with an ordinary rectal tip.

It is best to take it lying down. Lie on the floor, or in the bath tub. Use four quarts of water, or herb teas. It is not usually possible for a person to take the entire four quarts at one time, at first. When beginning, take a small amount of water, expel, then take more, and so on until you have used the entire four quarts, retaining as much each time as is possible. As soon as the colon is clean, you will be able to retain the full four quarts. You must try again and again until this is possible.

When taking the high enema, assume different positions, also roll from side to side, so that the water is allowed to pass in, as sometimes there is akink in the colon, and many times just a change in position allows a great deal more water to flow in.

There are some cases where there has been a diseases condition of the colon for some time, or some other difficulties which might make it impossible to ever retain this amount of water. In these cases, take as much as possible.

Cholera (Causes)

Faulty feeding, teething, hot weather and unhygienic surroundings. (Bet you guys thought this was an old timey malady. Nope still exists today. Actually another form of disentary or extreme diarrhea as you will soon see)

I will give several different views on treatment after the symtoms are listed. Cholera is a greater danger in hot climates than elsewhere.

Symptoms: Cholera usually begins with a watery diarrhea, can include incessant vomiting, frequent stools that are thin, watery and have a must odor, sunken eyes, hollow cheeks, pinched features. Symptoms develop reapidly and ecome dangerous in from 6 to 12 hours. There may be prostration (lying down and can't move) and great weakness. Children may be restless and may go into a stupor (blank stare and not easily wakened) or have

convulsions.

Treatment: The best defense against cholera is a high, as warm as possible enema. You may use just plain water, but if you add catnip or bayberry it will also relieve the pain associated with cholera. A high enema should be given once a day. The temperature of the enema should be 102 - 105 degrees F. If you do not have catnip or bayberry handy any of the following will be good also: white oak bark, sumac or wild cherry. Use the granulated herbs and steep (boil the water, remove pan from stove, add herbs and let sit) in four quarts of boiling waer for thirty minutes, strain and use.

Now I know that some people reading this will misunderstand why you would give an emema when you have diarrhea. The enema with the herbs and just water if that is all you have will cleanse the bowel of the bacteria that is causing the distress. You must clean out the toxins.

Now the treatment for the severe stomach pains that can be associated with this malady. Use weak and warm peppermint or spearment tea. Drink a pint to a quart as much as you can take. Then place the finger far down in the throat until you vomit. After you have thoroughly cleansed the stomach out in this manner, drink a cupful of hot peppermint tea made strong. This will settle the stomach and relieve the distressed feeling. If the vomiting of mucus or pain returns, repeat.

A weak person, invalid or child may not be able to do this. Give the peppermint tea to relieve the pain in the stomach. You can also use catnip or cammomile tea. It will take a little longer for the malady to pass without the vomiting, but the body may voluntarily vomit. In the case of an invalid or weakened person or child, make sure that the body is propped on the side while lying down. You can do this will pillows at the back to prevent rolling over on the back.

This is very important, because if the body does voluntarily vomit, the person could drown in their own vomit.

Two hours after taking the peppermint tea, take a cup of tea stepped from golden seal, gentian or bayberry. This will strengthen the stomach and kill the poisons in it.

The person should be kept quiet in bed, nothing but liquids for at least 24 hours. You can also give oatmeal cooked in soy milk to a very thin consistancy which is a very alkaline food and will bring about healing much faster.

Any of the following herbs may prove helpful: elder, uva ursi,

pricklyash, queen of the meadow, St. John's-wort or witch hazel.

Important note: The stools and all discharges should be disinfected or burned as this disease s contagious. No one should touch articles used by patient without disinfecting.

Tetanus

Tetanus is (in a Pathol situation) an acute infectious disease. It is caused by a bacillius named Clostridium tetani.

It is characterized by rigid spasmodic contraction of various voluntary muscles, especially the muscles of the jaw and that is where it gets it's name "Lockjaw".

The alternative and natural way to fight a malady such as this would be to look at the causes and work from there.

1. Bacillus being bacterial, means that you need to fight the bacterial potential for infection. This can be done most effectively with colloidal silver put directly on the wound or bite as soon as initial cleaning is completed.

2. It can cause muscle spasms so we work on that area with lobelia (not a word of caution here..... please note carefully, lobelia is not an herb to be taken without knowing that an overdose can be extremely dangerous and caneven cause coma. It should never be taken internally on an ongoing basis. More than 50 mg of dried lobelia can suppress breathing, depress blood pressure and even lead to coma.)

Here is an antispasmodic tincture that can be helpful from babies in convulsions to someone suffering from lockjaw.

If this is made properly and administered properly there is no danger in this tincture.

Take one pint of alcohol (like vodka) and put it in a closely corked bottle. ONe with a wide neck is preferred. To this add 1 oz each of lobelia seed, crushed scullcap, skunk cabbage, gun myrrh, black cohosh and 1/2 oz of cayenne. Shake it well once daily. After one week strain and press out the clear liquid. It is now ready for use.

Use: For convulsions in babies, just a drop or two on the end of your

finger put into the babies mouth will stop the convulsions faster than it takes to write this statement.

Dr. H. Nowell has poured a tsp of the antispasmodic tincture, full strength, between the clenched teeth of a case of lockjaw and before a second tsp could be poured from the bottle the locked jaws have relaxed and the patient asked, "My God! What have you done?"

It transverses the system with much rapidity.

I will now give you another one from the late Dr. Hool of Lancashire.

He uses powdered lobelia herb, lobelia seed, scullcap, valerian, skunk cabbage, gun myrrh, cayenne.... 1/2 oz of each.

Place in a bottle with one and a half pints of rectified spirits of wine (pure alcohol, called also spirit of vini rect. and written S.V.R.) Cork well and shake once daily for fourteen days. Filter through white blotting paper and bottle for use.

Here is a quote from Dr. Hool on this tincture:

"The above tincture will be found superior to any other single agent, as its purely innocuous character renders it a safe and reliable remedy for patients of all ages. In mucous and spasmodic croup the tincture must be administered promptly and in full teaspoonful doses in warm water and repeated at intervals of every ten or fifteen minutes until free vomiting ensues, as it is necessary in all such cases to induce complete relaxation of the system, by means of full emetic doses repeated at suitable intervals."

"Where the case is severe or the tincture is difficult to administer, as in the case of infants, it should be rubbed well into the neck, chest, and between the shoulders at the same time. Two or three drops of the tincture in raw state should be placed int the mouth and washed down with teaspoonful doses of warm water and the patient kept warm in bed. I all such cases relief will be experienced in a few minutes, and by repeating the same treatment every one or two hours a cure will soon be effected and the patient brought to a state of convalescence."

"But how is this result brought about? The properties of the lobelia, be immediate action on the muscular and mucous part of the esophagus, glottis, larynx, windpipe and bronchial tubes, cause immediate relaxation, the parts previously contracted are made to expand and breathing is made easier. The properties of the cayenne pepper warm and stimulate the blood, allay inflammation of the parts, cause better secretions and action of the

mucous membranes."

"The scullcap and valerian, being nervines, allay the irritation of the nerves and prevent too much straining and excitement and by that means prevent rupture of the small vessels, while the action of the properties of the skunk cabbage and gum myrrh is to keep canker away and to brace up the system."

Dr. Hool goes on and basically gets into how it is also good for typhoid,typhus, spotted, black or slow fever and especially malignant scarlet fever.