AN EFFECTIVE METHOD OF TREATMENT FOR MEASLES

Since measles is positive poison, it is essential that it should break out. Whatever medicine is used, it must be effective in ridding the fever and in increasing body moistness.

Things Harmful to Eat

1. Hiemono: Cold things
1. Namamono: Raw things
1. Karakimono: Peppery things
1. Kusakimono: Odorous things
1. Kudamono: Fruits
1. Susake: Vinegar, liquor
1. Hachimitsu: Honey
1. Sato: Sugar
1. Kinoko: Mushrooms
1. Takenoko: Bamboo shoot
1. Mochigome: Glutinous rice products
1. Menrui: Noodle-type foods
1. Shiso: Perilla nankinensis
1. Seri: Parsley
1. Shingiku: Chrysanthemum coronarium

1. Narazukeno: All pickles of "Narazuke" type and all foods pickled in rice polishings

1. Warabi: Bracken
1. Kyuri: Cucumbers
1. Tamago: Eggs
1. Tonasu: Pumpkins
1. Uotori: Fish, poultry
1. Kairui: Shellfish
1. Nasu: Eggplant
1. Shiokaraki: Salty things
1. ShioUo: Salted fish
1. Horenso: Spinach
1. Aokusaki: Things with fishy smell
1. Konnyaku: Devil's tongue paste

Overeating is harmful. Avoid poisonous foods (harmful foods), for if one is lax in this respect diarrhea will start in the Fall.

1. Moxibustion: 78th day
1. Cutting of hair and shaving the scalp: 80th day
1. Bathing: 78th day
1. Sexual intercourse: 78th day
Foods that May be Eaten

- Kuromame: Black soy-bean
- Azuki: Red bean
- Yakifu: Toasted wheat-gluten cake
- Kuwai: Arrow-head (Sagittaria sagittifolia)
- HasunoNe: Lotus root
- Fuki: Bog-rhubarb (Petasites japonicus)
- Ninjin: Carrots
- IngenMame: Kidney beans, peas
- Nagaimo: Chinese yam
- Kampo: Dried gourd shavings
- Tsukuimo: A Japanese yam
- Daikon: White radish
- Shirouir: White musk-melon
- Yuri: Lily bulb
- Kunebo: Bergamot orange
- Mizume: Millet jelly
- Kombu: Laminaria
- Wakame: Undaria pinnatifida (a sea-weed)
- Kuzu: Arrowroot
- Miso: Soy-Bean paste
- Kinkan: Cumquat
- Zemmei: Osmund royal (a flowering fern)

It is permissible to eat these foods in small quantities.

Two verses which tell of the distinction of good or bad of the [ ? ] from the color of the forehead after it is pressed with a finger—whereupon the color may change—and the finger is removed:

**Good**  'Tis the color of Spring, filled with dew.

When the skin is white and afterward red;

**Bad**  'Tis the color of Autumn grass, dress'd with frost,

When neither skin-base changes nor afterward.

How to Avoid Measles

1. Sojutsu: Dried root of Tractylis ovata
2. Senkyu: Root of a perennial herb of Class
3. Saishin: 細辛
4. Nyuko: 乳香
5. Koshinko: A spice made from a Chinese tree

Combine equal quantities of above; pulverize and burn
over a flame as one burns incense. Then breathe in the fragrance. Measles may be avoided by thus doing. Even when one has measles, the case will be very light.

Makigawa.

A METHOD HANDED DOWN FROM SHOKUSAN-SENSEI (DR. SHOKUSAN)

ILLUSTRATED BY ICHIRUSAI YOSHIOTOYO [Seal]
Measles (from 14th century manuscript) Jap. translator at Crerar Library says this means "measles."
senkyū (botanical): The name of an umbelliferous plant.

Synonym: "onnagusa"

onna (女) signifies "woman", her nature, ailments, etc.

kusa - here softened to "gusa", signifies "plant" (草)

onnagusa signifies a plant of the "angelica" family. For this word, Lange also gives (川葛) and (川草).

kusa = 草
細辛


Sei (细) signifies "fine", or "delicately formed".

shin (辛) signifies "bitter".
nyūkō (botanical): olibanum, or balm.

Nyū ( ) signifies "milk"
kō ( ) signifies "fragrant".

Lange gives Nyūkō as:
"Balsam, in der Form einer Brustwarze, als Artznei gebraucht."