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Old Ways Rediscovered

Clarence Meyer

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These old ways were collected from material which appeared in the final years of "The Herbalist Almanac." Just as with clippings you might find tucked in a grandmother's favorite cookbook, there is much to be gained from these popular medicinal and household tips with origins in the 18th, 19th and early 20th centuries. The articles and recipes in this collection concern the benefits of herbs, natural ways for dieting and healing, and methods of living that are far less injurious to our health and environment than most modern methods are. They offer enjoyable reading as well as practical help for solutions we may be seeking today. Indexed and illustrated.

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