

131 So. 18th Street

6. 21. '90

Mrs. A. M. Fougée

Dear Madam:

Thank
You for the check just
recd.

If Miss Fougée would
take a Geyser douche
of very hot water once daily
it would help her. The
douche should be begun
as soon as her regular men-
strual period is over &
continued through the
month ("interperiod" & all)
until the onset of the
next regular period. She

Should keep an account
as to know whether she
improves (that is, whether
the intellect comes less
often). The pills that
were to be taken "one day"
should be continued. The
water for the douche should
be at least 110°F . (115°F
better) and should be in
quantity about a gallon. If
you could give the douche
to her it would be better
than for her to take it
herself.

I am
very truly yours
Clara Marshall