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Of The Wonderful Pyramid Remedy Is Sent Free of Charge by mail to Everyone to Test Thoroughly.

The use of the wonderful Pyramid Pile Cure avoids the danger and expense of an operation. You cure yourself with perfect ease, in your own home, and for little expense.

Gives instant relief, heals sores, and ulcers, reduces congestion and inflammation, and takes away pain and itching.

Mr. George Braneight, of Schellburg, Pa., says: "I was a terrible sufferer of piles for fourteen (14) years and during all this time I found no relief. After trying but one treatment of your 'Pyramid Pile Cure' I am absolutely cured. Your Pyramid Pile Cure will cure when all others fail."

You can get a full regular-sized treatment of Pyramid Pile Cure at your druggist's for 50 cents. If he hasn't it or if you want to prove this matter at our expense, before purchasing, send your name and address to the Pyramid Drug Co., 94 Pyramid Building, Marshall, Michigan, and receive a sample packet free by return mail.



Oxydonor

Absorb Oxygen and be well.

To those suffering from chronic or acute disease—to all who have been pronounced incurable and who are discouraged with drugs or threatened with operations—we say

"Try Oxydonor"

It is invaluable in all Nervous Disorders, Rheumatism, Sciatica, Neuralgia, Catarrh, Asthma, Pneumonia, Dyspepsia, Fevers, Liver, Kidney and Bladder Troubles, Blood and Skin Diseases, etc.

OXYDONOR will last for life, with care. It will serve the whole family. And is the perfect self treatment.

16 Austin Ave., TORONTO.
"I was suffering with a very bad attack of Nervous Prostration, when a friend advised me to try one of your OXYDONORS. I am very thankful now that I decided to get one, as I am almost cured, and can recommend it to all sufferers. We have also used it on our little boy for colds and fevers with good results."

JOSEPH RIDLEY.

Beware of imitations. The genuine bears the name of the originator—DR. H. SANCHE—engraved in the metal. Look for it.



Dr. H. Sanche & Co.

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The Home Doctor.

Preventive Medicine.

I am certain it is safe to prophesy that the time will come when hospitals for infectious diseases will be empty and not wanted. I also look forward to the time when it will be as anomalous for persons to die of scarlet fever, typhoid, cholera, and diphtheria as it will be for a man to die of a wolf bite in England. Very little, however, can be done by legislature, but everything by the progress of medical science, and in a much larger degree by the intelligence of the people. We must recognize that the saying that every one must eat a peck of dirt before he dies is erroneous, and see that dirt is undesirable. Preventive medicine is founded upon hard fact, prudence, and common sense. The mystery of the ancient doctor, his use of long names, and his extraordinary prescriptions are passing away. Multitudes of shelves full of bottles which surround doctors are also passing away, and being replaced by simple living, suitable diet, plenty of sun, and plenty of fresh air. The fight of the present day is against millions of microbes, and the weapons are sanitary regulations, municipal government, the sanitary inspector, and the medical officer of health.—Sir Frederick Treves in American Magazine.

Ventilation of School-Rooms.

One of the most important considerations in the construction of school-houses is provision for proper ventilation and the necessary supply of fresh air. Children who come into school from their summer vacations, during which they have practically lived out of doors, are continually reproved for inattention, dullness, neglect of their studies, and are sometimes charged with downright stupidity. Their teachers and guardians seem unable to realize that they are almost asphyxiated by the dead and stagnant air into which they are, so to speak, plunged, and thereby deprived of their natural element.

The genius who will devise a perfectly ventilated school-room without drafts or air currents will earn the thanks and appreciation of a large and important constituency. It is a fact beyond question that much of the break-down of pupils is attributable to a lack of oxygen, which is a part of the life-giving element of the atmosphere. Cut off the supply of oxygen, and brains become fagged, the nervous sensibilities are diseased or destroyed altogether, and such a thing as mental activity is impossible.

Constructed on intelligent lines, school-houses may be erected so as to comprehend the best sanitary and hygienic devices of the age. That they are not built so is largely the fault of the taxpayers, who, first of all, do not take the trouble to watch the primaries and see that the qualified men are selected to represent their wishes in one of the most important portions of their duty to themselves, their Creator and the responsibilities that Nature and the State have put upon them. Having carefully chosen the school board, their next obligation is to furnish the funds requisite for the building and equipment of a place in which their children are to spend a large portion of their time for years to come. During this period their characters are formed and their health may be affected either for better or worse.

If they live in healthful and happy homes, they will receive additional benefit from a bright, cheerful and well-ordered school-room. If their home life is spent in the midst of discomfort and squalor their school and its environment furnish the nearest approach to paradise that they have ever experienced. The value of these surroundings to this class of scholars can scarcely be estimated. Their school life is often of untold importance in winning them from vicious ways and keeping them free from the entanglements that beset their feet at every turn. There is nothing too good for the children and the school-room. Flowers, pictures, art treasures of all sorts, the museum, the library, music and entertaining features of all sorts are demanded for the rising generation if they would grow up with credit to themselves, an honor to their parents, a blessing to their country and acceptable creatures to the God who made them.

An excellent poultice for sprains is made of cotton seed boiled until soft and applied hot.

Felons may be prevented if turpentine is frequently applied as soon as the first indications of the trouble are felt.

The soreness of boils may be relieved and often the swelling arrested by the timely and frequent application of turpentine.

After touching poison ivy wash the parts exposed in alcohol and avoid anything greasy.

If one's hands are inclined to perspire, it is well to lay wet gloves in a sheet of tissue paper and then put them under a heavy book or weight for several hours. When they are taken out they will be soft and pliable again.

For Sore Throats.—A simple way to relieve sore throat is to take a lump of resin about as large as a walnut, put it into an old teapot, pour on boiling water, and then put the lid on, and place the spout in your mouth; the steam will prove very beneficial in allaying inflammation.

The ugliest nails can be improved by taking the trouble daily to push back the hard skin that grows at the base of the nails. This should be done after the hands have been washed in warm soap and water and are still moist. A soft towel is the best thing to use for the purpose, or an ivory or bone implement, such as is sold in manicure sets.

Curling lotion may be made by mixing three-quarters of an ounce gum arabic mucilage, three-quarters of an ounce of glycerine, three-quarters of an ounce carbonate of potash, one pint of rose water and three ounces of Portugal extract. The carbonate must be dissolved in the rose water, the glycerine and the extracts mixed and shaken, the mucilage added. Shake all the ingredients and let it stand for a week.

For Tender Feet.—When the feet are tender and painful after long walking or standing great relief can be obtained by bathing them in salt and water—a handful of salt to a gallon of water. Have the water as hot as can be comfortably borne; immerse the feet and throw the water over the knees with the hands. When the water grows cool rub the feet and limbs with a dry towel.

For burns, a solution of boracic or boric acid is excellent. Drop two ounces of the acid crystals in a quart glass jar and fill with water. This makes a saturate solution. Take a piece of gauze or cheese cloth, saturate with the solution and lay on the burn. Apply very moist, covering with absorbent cotton and then with oiled silk. This will keep moist for hours, as the oiled silk prevents evaporation.

A simple Remedy for Neuralgia.—When one who suffers from neuralgia will be interested in the simple remedy suggested and might try it. If the neuralgia is on the left side, dip the right hand in water as hot as can be borne, and if it is on the right side, dip the left hand. As the fibers of the fifth and median nerves cross, the theory is that any impulse applied to the right hand will affect the left side of the face, and vice versa.

For convalescents who are allowed to eat fruit there is nothing more dainty or refreshing than the following recipe for tutti frutti: Take one box of blackberries, one-half pound of cherries, peel and cut up four bananas and powder with sugar to taste and mix thoroughly. Do this early in the morning and set on ice to get good and cold, then serve. At the present season, when a variety of fruit can be had, this can be changed to suit the invalid's taste. For instance: Mix peaches, bananas and strawberries, huckleberries and currants; raspberries and currants; pineapple, oranges, strawberries, cherries or raspberries.

Home-Made Cold Cream.—Many people prefer to make their own cold cream at home, which admits of the use of a favorite perfume in the mixing. Following is a good plain cold cream, to which may be added any one of a number of perfumed waters in place of the rose water called for by the recipe: Half a drachm of tincture of benzoin may also be added if liked. This will keep the cold cream from becoming rancid, besides adding to its whitening properties: Two ounces of rosewater, two ounces almond oil, one-half ounce spermacetti, one-half ounce white wax. Melt the wax and oils in a double boiler, slowly. Pour into an earthen basin, stir with a clean wooden stick until creamy, adding the perfumed water drop by drop, as you stir.

Tested by Time.—In his justly celebrated Pills Dr. Parmelee has given to the world one of the most unique medicines offered to the public in late years. Prepared to meet the want for a pill which could be taken without nausea, and that would purge without pain, it has met all requirements in that direction, and it is in general use not only because of these two qualities, but because it is known to possess alterative and curative powers which place it in the front rank of medicines.

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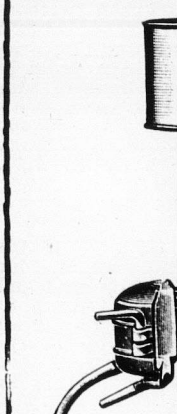
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