

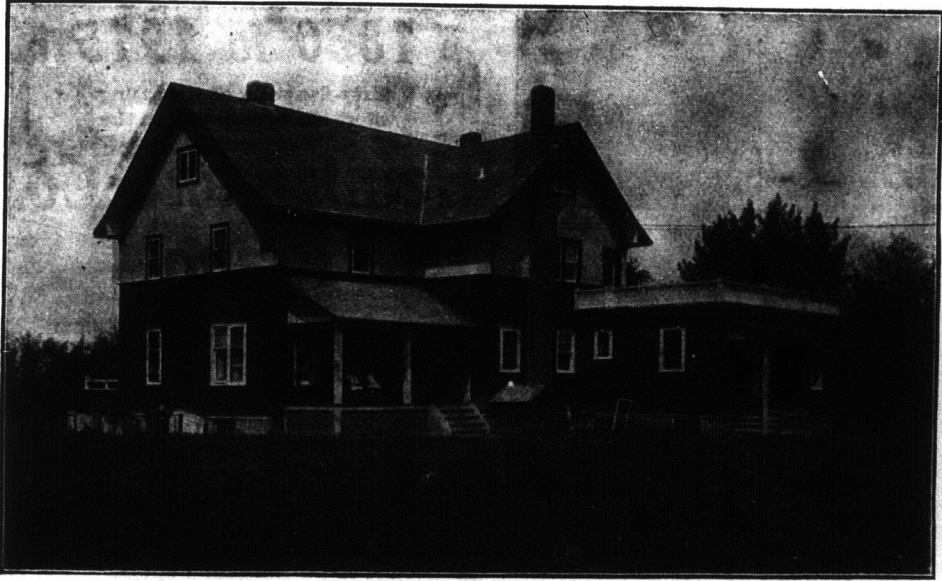
The Home Doctor

The Mouth Breathers

If a family numbers among its children one who habitually breathes with the mouth open, it will do well to realize speedily that the child will remain, at its best, a semi-invalid until steps are taken to remedy the local condition. The child cannot help breathing that way. It has no alternative. In no other way can it get enough air. It is cruelty to nag it to keep its mouth shut.

The nose, which people are too likely to think of as primarily the organ for smelling, has really much more important work to do. It is intended for breathing, and if it is stopped up, the breath must be obtained some other way—that is, through the mouth, which will naturally be held open for that purpose. This, in its turn, will result in the long chain of evil results that may follow when any of the vital processes of the body are interrupted.

The mucous membrane which lines the nose is less delicate than that of the rest of the breathing tract. Its purpose is to catch the air as it first comes in, and warm and filter and cleanse it before it goes down to the lungs. The mouth was never designed to act as a substitute for the nose in performing this work.



Farm House on the Gilles Farm, a few miles from Edmonton. This farm contains 1000 acres and is well equipped with all the advantages that modern and progressive farming can suggest.

Most persons know the exceeding unpleasantness of occasional forced breathing through the mouth, when bicycling against a wind, for instance, or after running to catch a car. The throat puts in its protest immediately. There is a dry, harsh sensation and a general sense of local irritation. This is partly due to the direct action of chilled air, but also to the fact that all the germs and dust particles in the air pass down unfiltered and unchecked.

A mouth-breather may get along with reasonable comfort in the still, warm, moist atmosphere of the house, or of a balmy climate, but will develop innumerable troubles if exposed to wind and dust, as in motoring or bicycling.

The mouth-breather should be examined for adenoids, that is, fleshy growths which block the air-passages, in order that the serious later consequences of this defect may be avoided.

Among these consequences may be mentioned chronic catarrh, deafness, a metallic and disagreeable voice, early decay of the teeth, deformities of the jaw which may mark the patient for life, and an increased tendency to contract tuberculosis.

There are many other symptoms due to the fact that the blood does not get enough oxygen, such as headache, disturbed sleep and mental slowness, all of which often disappear miraculously with the removal of the adenoids.

For Sprains and Bruises.—There is nothing better for sprains and contusions than Dr. Thomas' Electric Oil. It will reduce the swelling that follows a sprain, will cool the inflamed flesh and draw the pain as if by magic. It will take the ache out of a bruise and prevent the flesh from discoloring. It seems as if there was magic in it, so speedily does the injury disappear under treatment.

The Diet for the Fat

The problem of reducing the weight of those who are above the average is not very difficult of solution, provided there were no other elements to be calculated. But whether the process by which our patient is reduced really conduces to the prolongation of his life is quite another matter. What avails it if a man lessen his avoirdupois and then dies of apoplexy? Or, if he gets rid of his surplus fat, his heart stops palpitating, his knees again become visible to his own eye—not in a glass, darkly, but in a true and proper being—and he is dull and stupid in conversation, slow in thought and action, and tormented with the constant headache, catarrhs, indigestion, and hemorrhoids of plethora? Truly, it were better for that man to have clung to his adipose and avoided worse conditions. The great fault of all the dietary methods proposed for the treatment of obesity lies in the neglect of this danger. Banting's method is pretty reliable as a means of committing suicide, and its later modifications are not much better.

Imprimis: In the treatment of this affection, the first step should be an examination of the blood by the haemacytometer, and this should be repeated at

short intervals during the time of treatment. Whenever an excess of red corpuscles is manifest, the supply of albuminoids should be reduced, and the slightly-nutritious, but bulky, succulent vegetables, should be substituted. Indeed, the neglect of these articles constitutes the great fault of the anti-fat dietaries.

By some mysterious law of our being, it is necessary that the stomach should be comfortably filled, at the meals, with non-liquid substances. Even if the truly nutritious elements of the food be isolated and given in full quantity, without any of the non-nutritious portions, the appetite is not satisfied. Hence, Parkes was compelled to make soup of his cakes of concentrated food, or the soldiers would eat four days' allowance in one. And the dwellers in the extreme North mix sand or infusorial earth with oil, to fill the stomach.

In our lavishly-supplied markets there are at all times to be found an abundant variety of such fruits and vegetables as come under this description; being sufficiently palatable, and supplying scarcely anything to the body, except those fruit juices, whose function we can only guess at by witnessing the results of their deprivation in scurvy. The eating largely of meat is a habit, and one which is not very difficult to break. The fruit and vegetables should be partaken of at the beginning of a meal, until the edge is taken off the appetite; then the meat brought in as an addendum. If an examination of the blood be made weekly, it will be easy to ascertain the proper time to increase the quantity of meat.

The amount and kind of exercise should be strictly controlled by the physician; and the best way to insure this is to lay down the law concerning it, with the same careful attention to detail which is shown in prescribing the diet. In this, the tastes of the patient must be consulted; the cardinal rule being to find some object for the exercise, other than the work itself.

THIN FOR YEARS---"GAINS 22 POUNDS IN 23 DAYS"

Remarkable Experience of F. Gagnon, Builds Up Weight Wonderfully.

"I was all run down to the very bottom," writes F. Gagnon. I had to quit work, I was so weak. Now, thanks to Sargol, I look like a new man. I gained 22 pounds in 23 days."

"Sargol has put 10 pounds on me in 14 days," states W. D. Roberts. "It has made me sleep well, enjoy what I ate and enabled me to work with interest and pleasure."

"I weighed 132 pounds when I commenced taking Sargol. After taking 20 days I weighed 144 pounds. Sargol is the most wonderful preparation for flesh building I have ever seen," declares D. Martin, and J. Meier adds: "For the past twenty years I have taken medicine every day for indigestion and got thinner every year. I took Sargol for forty days and feel better than I have felt in twenty years. My weight has increased from 150 to 170 pounds."

When hundreds of men and women—and there are hundreds, with more coming every day—living in every nook and corner of this broad land, voluntarily testify to weight increases ranging all the way from 10 to 35 pounds, given them by Sargol, you must admit, Mr. and Mrs. and Miss Thin, Reader, that there must be something in this Sargol method of flesh building after all.

Hadn't you better look into it, just as thousands of others have done? Many thin folks say: "I'd give most anything to put on a little extra weight," but when someone suggests a way they exclaim, "Not a chance. Nothing will make me plump. I'm built to stay thin." Until you have tried Sargol, you do not and cannot know that this is true.

Sargol has put pounds of healthy "stay there" flesh on hundreds who doubted and in spite of their doubts. You don't have to believe in Sargol to grow plump from its use. You just take it and watch weight pile up, hollows vanish and your figure round out to pleasing and normal proportions. You weigh yourself when you begin and again when you finish and you let the scales tell the story.

Sargol is just a tiny concentrated tablet. You take one with every meal. It mixes with the food you eat for the purpose of separating all of its flesh producing ingredients. It prepares these fat making elements in an easily assimilated form, which the blood can readily absorb and carry all over your body. Plump, well-developed persons don't need Sargol to produce this result. Their assimilative machinery performs its functions without aid. But thin folks' assimilative organs do not. This fatty portion of their food now goes to waste through their bodies like unburned coal through an open grate. A few days' test of Sargol in your case will surely prove whether or not this is true of you. Isn't it worth trying?



50c BOX FREE

To enable any thin reader ten pounds or more underweight, to easily make this test we will give a 50c box of Sargol absolutely free. Either Sargol will increase your weight or it won't, and the only way to know it is to try it. Send for this Free Test Package to-day, enclosing 10c in silver or stamps to help pay postage, packing, etc., and a full size 50c package will be sent by return mail free of charge. Mail this coupon with your letter to the Sargol Co., Herald Bldg., Binghamton, N. Y.

COME EAT WITH US AT OUR EXPENSE

FREE COUPON

This coupon entitles any person to one 50c package of Sargol, the concentrated Flesh Builder (provided you have never tried it) and that 10 cents is enclosed to cover postage, packing, etc. Read our advertisement printed above, and then put 10c in silver in letter to-day with coupon, and the full 50c package will be sent to you by return post. Address: The Sargol Company, 5-g, Herald Bldg., Binghamton, N. Y. Write your name and address plainly and PIN THIS COUPON TO YOUR LETTER.

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