

These hot foot baths, used before retiring, are superior to all other baths known, as the properties they contain are such that, while they open the pores of the skin, yet it is impossible to take cold, as is often the case in the use of hot baths. The properties used are medicinal, delightful in their use, and perfect disinfectors.

In the combination of the Pad, with our Plasters and Absorption Salt as auxiliaries, and following the directions, the patient can feel but little doubt of being absolute master in the severest chronic difficulties.

## INSTRUCTIONS.

To receive the necessary benefit from the use of the Holman Pad and our Absorptive Medicinal Plasters and Absorption Salt, you will be required to follow these directions :

ADJUST THE PAD SO THAT NONE OF IT GOES OVER THE BREAST BONE, but the top being just under it, so that the Pad sets into the hollow spot just under or below the breast bone—THE STERNUM—thereby covering the vitals, the stomach and liver. If you are very thin, or by wearing tight corsets have brought the ribs nearer together than natural, you can put your Pad on lengthwise, by changing the strings. In adjusting your clothes, always leave plenty of room about your waist for the Pad. KEEP THE PAD SOFT BY CRUMBLING IT WITH THE FINGERS. Should it become too hard for that, then lay it between several folds of cloth, and pound it gently with any smooth, hard substance, beginning at one end and beating it by degrees to the other. The Pad usually cures when there are disease and poisons in the body, but may not do so, and yet be doing the work.

The Body Plaster, in case of pain in the small of the back, or in kidney troubles, is to be placed crosswise where the pain is located, either over the left kidney, or both kidneys should both be diseased, and also covering the spine about an inch. In many complications two plasters are necessary. As regards other parts of the body, the Plasters are to be applied wherever the pain is located.

In cases of coldness and numbness, etc., of the extremities, the Foot Plasters are to go under the foot, with one end coming up on the inside over the pulse.

Put on the Foot Plasters at night, before retiring. Before doing so, soak your feet in our medicinal foot baths.

Where there is Neuralgia in the Head, or Rheumatism in the shoulder blades, and sluggishness in the spinal column, place a small Plaster over the back of the neck, at the top of the spinal column, and immediately under that a Body Plaster covering the spinal column, between the shoulder blades. At the end of three days take it off and put the top where the lower part was, and so on each succeeding three days, until it meets the kidney plasters, and has by turns covered the whole spine.

Females with diseases of the womb, etc., should wear a pair over the groins and ovaries. The Plaster as a rule, comes off easily and cleanly, but should any of the compound remain on the body it can be