

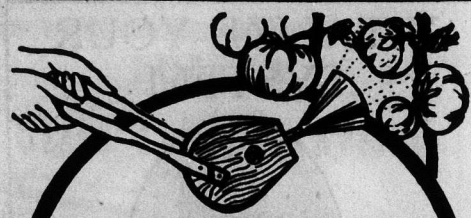
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A wonderful offer to every lover of music whether a beginner or an advanced player.

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to remove the lameness and make the horse go sound. Money refunded if it ever fails. Easy to use and one to three 45-minute applications cure. Works just as well on Spleen and Bone Spavin. Before ordering of buying any kind of a remedy for any kind of a blemish, write for a free copy of

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Better Than Spanking.

Spanking does not cure children of bed-wetting. There is a constitutional cause for this trouble. Mrs. M. Summers, Box W. 86, Windsor, Ont., will send free to any mother her successful home treatment, with full instructions. Send no money but write her to-day if your children trouble you in this way. Don't blame the child, the chances are that it can't help it. This treatment also cures adults and aged people troubled with urine difficulties day or night.

The Home Doctor.

Notes.

Know thyself.

Saffron tea is a home remedy very often given to little babies to clear up a yellow complexion.

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

A good cleansing cream is made of equal parts of mixed cocoa butter and olive oil, a very little lard to keep it from hardening, with cologne for perfume.

To extract live insects from the ear, pour in sweet oil or glycerine. Some times an insect will crawl out if a bright light is placed in front of the ear.

Healthy children are never at rest except when asleep. As this is the prompting of Nature, their exercise and play should be directed and not too much restrained.

It is quite possible to eat too much food, even though it is absolutely pure and wholesome, but we cannot use too much pure air, for the more the lungs are expanded the stronger they become.

Pure water and plenty of it is demanded by every part of the body to keep up the vitality of the whole system and give every organ a chance to do its share in keeping the body well and strong.

At least twice a day a baby should be allowed free use of its limbs. Remove all clothing but shirt and diaper and let him lie on the bed in a warm room using his arms and legs vigorously for fifteen minutes or more.

In many countries of Europe and in Japan, the principal food consists of cereals and vegetables, and nowhere are there classes of men who have more endurance or who can work harder than in these countries.

A liniment consisting of half a pint of turpentine, one tablespoonful of salt and one egg, shaken together in a bottle is a valuable remedy for rheumatism, easily prepared in any home. It should be like a thick cream, and will be good as long as it lasts.

In no place is pure air more necessary than in the schoolroom, where for six hours each day, during the period of life when the best health conditions are required, the child is exposed to the exhalations of fifty pairs of lungs day after day.

When children swallow tacks, small pieces of glass or anything with sharp edges, they should be fed with mashed potatoes in large quantities, to prevent stomach or bowels from being injured. Use an injection if there is constipation, but do not give a cathartic.

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 tea-pot, 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.

Rapid walking is one of the best methods of physical exercise. It not only develops the muscles of the legs and thighs, but increases the capacity of the chest. The good of outdoor exercise is often defeated by going at it in such a listless way that it fails to stir up the circulation, and give free play to the muscles.

Do not entirely cover a cut or wound with adhesive plaster. Cut the plaster in narrow strips, draw the edges of the wound together, after cleansing the part and put on the plaster leaving a small space between each strip for discharge of matter in the process of healing. This will prevent blood-poisoning.

Most persons habitually eat and drink more than they should. When the daily food is needed only for the repair of the waste tissues of the body, as in the case of an adult, the average daily amount of food and drink should not exceed one twenty-fourth of the body weight. That is to say, a man weighing one hundred and forty-four pounds should not consume more than six pounds of food and drink daily.

For burns a solution of boric or boracic 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 cheesecloth, 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.

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 up over the knees with the hands. When the water grows cool rub the feet and limbs with a dry towel.

The A. B. C. of Health.

Dr. Wilfrid T. Grenfell has prepared a catechism—"The A. B. C. of Health" for use in Newfoundland and Labrador schools. A few quotations given will show that it is equally suggestive for grown-ups in our own land.

The Air.

Is fresh air good for me? I cannot live without it.

Is air ever bad? Yes, it gets very poisonous.

What makes it poisonous? Every time anyone breathes he throws poison into the air.

How can I avoid these poisons? By always keeping in the fresh air.

The Sunshine

Must I let in the sunshine? Yes, every bit I can let in.

Why must I let in the sunshine? Because nothing else cleans the room so well.

How does sunshine clean a room? It kills all the poison germs it falls upon.

The Window.

Must I open the window? Yes. When must I open the window? All day and all night.

Will not the cold hurt me? Cold does not hurt anybody.

What good is it to open the window? It lets in the pure air, to clean my blood.

Washing.

Must I wash? Yes, as often as possible.

Why must I wash? Because a clean skin keeps me in good health.

Must I use cold water? Yes, every day. It will make me very strong.

How does it do that? It sends my blood flying around my body.

What is the good of that? The blood carries food to every part of it, and washes away the poisons out of it.

Care of the Complexion.

About the worst enemy to a nice complexion is a diseased condition of the digestive organs. Another is the indiscriminate use of a cheap, alkaline soap. But the very greatest enemy to beauty in any form is a sluggish condition of the excretory organs—constipation. Nothing—rough winds, sunburn, freckles, or even cheap soaps—can at all approach it in disastrous effects, not only on the complexion, but upon every other particular of the body, physical or mental. Cathartic medicines are of very little use to combat this evil, as the effects of such doses are but local and temporary. The evil should be combatted from the fountain-head of the trouble—which is generally the liver. The trouble of the liver, however, is often but the effect of other unsanitary or hygienic habits, and a thorough cleansing of the system is the only remedy for "liver spots," "moth patches," and a dirty, muddy appearance of the skin. One can do much toward this end by the use of water, external and internal, and by finding what foods best agree with their digestive organs; but in many cases, this is very hard to do, as there is a lamentable ignorance on such matters among all classes of people—the learned as well as the illiterate. "Self-doctoring is to be condemned, generally; but even well-read, experienced physicians fail in properly diagnosing the trouble at times, and only too often their best, most intelligent endeavors are frustrated by the carelessness or inattention to details on the part of the patient, him, or herself. One of the greatest beautifiers, and also good for the health," is a cheerful, optimistic spirit, a determination to see only the best side of things, and to find only the bright spots in life. This optimism may have to be acquired, but, like any other habit, it can be established if one determines that it shall be. A person who is mentally, morally and physically clean can scarcely fail to be both optimistic and beautiful with a beauty that will abide. Laughter is the finest cosmetic. Try it, ye longers for the beautiful. It is a veritable fountain of youth!

Piles are easily and quickly checked with Dr. Shoop's Magic Ointment. To prove it I will mail a small trial box as a convincing test. Simply address Dr. Shoop, Racine, Wis. I surely would not send it free unless I was certain that Dr. Shoop's Magic Ointment would stand the test. Remember it is made expressly and alone for swollen, painful, bleeding or itching piles, either external or internal. Large jar 50c. Sold by all druggists.

NOW I AM WELL

THANKS TO "FRUIT-A-TIVES"



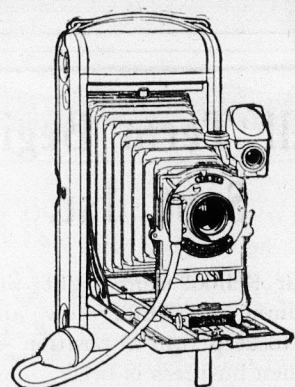
Eli, Manitoba.

I wish to state, for the sake of others who may be sufferers like I was, that I suffered from severe indigestion and constipation for years and that there was also womb trouble with unpleasant pains in my back which made me miserable, constantly. I tried physicians and took many remedies but I got no relief. I was induced to try "Fruit-a-tives" and I can truly say this was the first medicine that ever did me any good. "Fruit-a-tives" quickly relieved the constipation and indigestion and completely cured me of all symptoms of womb trouble. I cannot express too strongly my great gratitude to this medicine as I am as well now in every way as ever I was, thanks to "Fruit-a-tives". I can strongly recommend "Fruit-a-tives", it is easy to take and the effect is always mild like fruit.

(Sgd) MRS. M. BRELAND.

Many women suffer with what the doctors call "Womb Trouble"—"Diseased Ovaries"—"Female Complaints" etc.—when Constipation is causing all the pain. Cure the liver and make the bowels move regularly with "Fruit-a-tives" and the "Womb Trouble" will be cured at the same time.

"Fruit-a-tives"—or "Fruit Liver Tablets" are sold by dealers at 50c a box—6 for \$2.50—or will be sent on receipt of price. Fruit-a-tives Limited, Ottawa.



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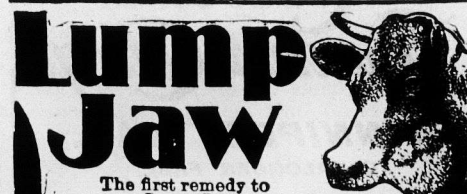
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