

Torturing Animals To Assist Science

Is a Cruel Method to Follow, But It Has Saved Many Human Lives.

Prof. Pawlow, of Russia, was engaged for many years in experimental work, trying to learn the workings of digestion, especially the digestive glands. He, with able assistants, operated upon dogs, cats, guinea pigs and other animals.

His method was seemingly painful, but he gave to science a work which won the Nobel prize and made for him an undying fame. Science penetrated the secrets of nature. Prof. Pawlow saw animals digest food. He analyzed juices from every part of the digestive canal and stomach under all conditions of digestion. He spent years of ceaseless study amid the howling and dying beasts, but he won, and science today looks upon him as a great man.

"To do a great right do a little wrong," Shakespeare said, and Prof. Pawlow obeyed this trite saying. Stuart's Dyspepsia Tablets are prepared by the most scientific process. They are produced by modern appliances, and meet the demand of 20th century chemistry.

They give man the means to correct his infirmities of stomach and digestive organs. They enrich the blood, give nature the juices, and fluids she lacks, stop the formation of noxious gases and the fermentation of food. They neutralize powerful acids and alkalies, which irritate and devour the stomach. They prevent and relieve bowel and intestinal trouble and soothe the nerves.

They should be used after every meal whether one has dyspepsia and stomach trouble or the stomach be naturally healthy. By their use one may eat at all hours and whatever one desires and they help the system to digest or throw off such food. They are thoroughly meritorious as their tremendous sale and popularity illustrate.

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Eureka Chemical Co., Detroit, Mich.

The Home Doctor.

HEALTH NOTES.

Raw white of egg is the best food in dysentery.

The eyes should be protected from dust or any foreign matter when riding.

Fruit acids are excellent to relieve a rheumatic condition of the system.

Red hands and prominent veins on arms and hands due to poor circulation may be much helped by breathing exercises, if practiced regularly.

When blackheads refuse to come to the surface, a paste of barley meal and honey left on all night will frequently draw them out.

If about to take a long walk, soaping the inside of the stocking feet will prevent blisters on the feet. A paste made of soap and water will cure a blistered heel.

"A first aid" for a sprained ankle after removing shoe and stocking, is to apply flannel cloths wrung out of very hot water, changing often; this will bring about a healthful recovery when bandages are thoroughly applied.

If there is discoloration of the skin caused by a bruise, soak a little absorbent cotton in olive oil, preferably warmed, and apply it to the bruised spot at once, and it will prevent the various shades of coloring from blue to a greenish yellow that so often results.

A simple way to strengthen the voice is to bathe the chest and throat with cold water and rub with a bath-towel before going to bed. To carry out this recipe regularly through cold weather will be an effort, but it certainly has its reward. Many people add sea-salt to the water, and find it very invigorating.

Unripe fruits contain too large a proportion of acid to be wholesome; over-ripe fruit is on its way to decay and develops a fungus growth, and often a large colony of bacteria, which may prove injurious to the stomach, in fact, either condition of fruit generally causes diarrhoea or dysentery.

Boric acid is a valuable remedy to keep on hand for wounds, cuts or bruises where the skin is broken. A dry dressing of the powder is the best application. A saturated solution may be used for inflamed eyes or as a gargle for a sore mouth.

Toothache—Certain kinds of toothache can be relieved by painting the gums with a solution of one-half iodine and one-half glycerine. If there is a cavity in the tooth, and the tooth can be saved, why it should be filled without delay, but relief from pain can be obtained by saturating cotton with oil of cloves or tincture of myrrh.

When manicuring the nails the cuticle around them should not be cut, but pressed back lightly with an orange-wood stick. Five minutes' attention daily to the nails when soft from the use of soap and water is all that is needed, with a weekly manicuring, to keep the nails in good condition. Use lemon juice in preference to any other acid for removing stains from the nails.

A Simple Remedy for Neuralgia.—Women who suffer 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.

Fruits are especially good as a summer food, for the reason that they furnish a liberal proportion of the organic salts needed by the body, they also supply a large amount of water in the purest form, they aid digestion, and many of them have a laxative effect. Among nutritious fruits, bananas, dates and apples take a front rank, the apple being less nutritious, but valuable because of the malic acid which it contains.

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 white 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.

If a fish bone lodges in the throat, eat a marshmallow; the bone becomes imbedded in the sticky substance and is safely carried down.

Do not sleep with the arms above the head, which causes additional strain on the circulation of the blood toward the heart.

Sleeplessness is frequently due to want of food; a glass of warm milk and a bit of bread will often send the restless one to sweet slumbers.

A bilious attack may soon be overcome by taking the juice of one or two lemons in a goblet before retiring, and in the morning before rising.

The tendency to hair growth on the face, which is fostered by the use of grease, may be checked by using some spirits of camphor with it.

An "onion breath" may be gotten rid of by eating a small piece of charcoal after the meal. This is also an old-fashioned remedy for purifying the blood.

Put the children out of doors to run and play. Let them dig and delve in mother earth and absorb the pure air and bright sunshine, and they will defy the doctors.

Women do not attach half enough importance to sleep as a beautifier. One cannot look well nor healthy nor at one's best except when the body has been refreshed by healthy sleep.

Two drops of camphor on your toothbrush will give your mouth the freshest, cleanest feeling imaginable, will make your gums rosy and absolutely prevent anything like cold sores or affections of your tongue.

Keep the hair and scalp as clean as the rest of the body. An egg shampoo is very beneficial both to the hair and the scalp, as the yolk contains iron and sulphur, and these ingredients are excellent for the scalp.

Pimples and tiny boils or sores on the skin are always due either to indigestion, to weak health, or to the system being out of order. The only way to cure these is to find out what causes them and remedy that, and your skin will soon be as good as ever.

To remove pimples, take plenty of fresh air, eat plain food, avoiding greasy or sweet things, and be sure that you care for your face properly when washing it. Bathe the neck and bust in cold water every morning, and try in all ways to stimulate the action of the blood in the face.

If your eyes ache and get tired, try closing them two or three times a day for five minutes; frequent bathing in a solution of boric acid (made by dissolving one ounce of boric acid in one pint of water) and water also helps to give relief; add enough hot water to the boric solution to make it comfortably warm, and be sure to dry your eyes thoroughly afterward.

Rheumatism—Very little medicine that a doctor prescribes to give relief to the pains of neuralgia or rheumatism can be taken without seriously deranging the digestive organs. These prescriptions in nearly every instance call for certain mineral acids, which relieve the pains in the joints and muscles but will create others equally as hard to bear in the stomach. Fruit acids are excellent, as they are very digestible; it is the mineral acids that should be avoided. Apples are especially recommended, if properly masticated. Oranges can always be taken with good results and usually grape fruit is followed by good results.

Earache—Very serious pain in the ear can be cured by the proper use of very warm water. Do not have the water too hot, for the patient, if a child, will be unwilling to have the remedy administered. Let the patient lie on the bed with the aching ear uppermost. Fold a thick cloth and tuck it closely round the neck and chin, then pour the warm water into the ear, a teaspoonful at a time. Continue this for several minutes, then let the water all run out and fill the ear with warm oil, glycerine or something of like nature, on cotton. If the first application does not relieve the pain, repeat several times. You will find that it will in nearly every case yield in the end.

A Prime Dressing for Wounds.—In some factories and workshops carbolic acid is kept for use in cauterizing wounds and cuts sustained by the workmen. Far better to keep on hand a bottle of Dr. Thomas' Electric Oil. It is just as quick in action and does not scar the skin or burn the flesh. There is no other Oil that has its curative qualities.

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Rheumatism

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