

## YOUR DANGER BEGINS WHEN YOUR BACK ACHES.

It is the First and the Sure Sign of  
Kidney Disease.

### Doan's Kidney Pills

cure the aching back by curing the aching kidneys beneath—for it is really the kidneys aching and not the back.

They act directly on the kidneys and make them strong and healthy, thereby causing pure blood to circulate throughout the whole system.

Mrs. Frank Foos, Woodside, N.B., writes:—"I was a great sufferer with backache for over a year, and could get nothing to relieve me until I took two boxes of Doan's Kidney Pills and now I do not feel any pain whatever, and can eat and sleep well; something I could not do before.

Doan's Kidney Pills are 50 cents per box or 3 boxes for \$1.25 at all dealers or mailed direct on receipt of price by The Doan Kidney Pill Co., Toronto, Ont.

### Our New System

Of Auto (self)-Cure is working wonders. Why? Because it cures quickly and permanently without medicine.

Even Christian Science, in spite of its absurd teaching has been a great success. Why? Because it has cured certain diseases. How? Because it has accidentally touched a chord of nature. All this has done, however, in spite of its errors and in partial ignorance of the true principle of nature's operation.

Our system teaches what that principle is and how to use it intelligently and effectually. It shows how each person can make use of it to cure himself of every functional disease—such as Constipation, Indigestion, Torpid Liver, Kidney Trouble, Headaches, Insomnia, Nervousness, Rheumatism, etc., etc. Nature has made a complete provision for man's health. All he needs is to know how to use it. All this is possible without a drop of medicine. It is a truly wonderful discovery, the most wonderful of modern times, and if you are a sufferer from any such disease and will write us we shall be pleased to explain it more fully. Write to

The Universal Auto-Cure Co.

Box 603.

Victoria, B.C.



## Lump Jaw

The first remedy to cure Lump Jaw was

Fleming's Lump Jaw Cure

and it remains today the standard treatment, with years of success back of it, known to be a cure and guaranteed to cure. Don't experiment with substitutes or imitations. Use it, no matter how old or bad the case or what else you may have tried—your money back if Fleming's Lump Jaw Cure ever fails. Our fair plan of selling, together with exhaustive information on Lump Jaw and its treatment, is given in Fleming's Vest-Pocket

Veterinary Adviser. Most complete veterinary book ever printed to be given away. Durably bound, indexed and illustrated. Write us for a free copy. FLEMING BROS., Chemists, 55 Church St., Toronto, Ontario

## The Home Doctor.

### Health Notes.

Brittle nails should be rubbed with vaseline every night, and cut rather short.

Often a person who cannot go to sleep will find that sleep comes very natural after a very hot bath.

Borax, in the strength of a dessert-spoonful to a pint of water, is excellent when the hair is greasy.

For the chronic knee-swelling, popularly called "water in the knee," try painting with liniment of iodine.

A small teaspoonful of bicarbonate of soda to a tumblerful of hot water will relieve heart-burn if sipped slowly.

By visiting the dentist once in six months the teeth are preserved for years, and the health is indirectly affected by the state of the teeth.

If the hands perspire boracic powder should be well dusted over the hands after washing. Eau-de-Cologne dabbed on will also stop this unpleasant feeling for a time.

An excellent household remedy for burns is pure vaseline or olive oil. The great thing is to exclude air and dirt from the burnt surface, and this the oil will do.

A simple, inexpensive tooth powder is made by mixing ten ounces of precipitated chalk and half an ounce of powdered camphor. The chalk neutralizes any acidity.

If you are in a hurry, eat lightly. If you are worn out, don't eat at all until you have had ten minutes' complete rest on a couch. If you must take something at once, sip a little milk.

In a case of severe burns, do not forget that the most important thing is to counteract shock by giving hot drinks, such as coffee, hot milk, or weak brandy and water. Put the patient to bed with hot bottles until the doctor comes.

Red, rough hands can be much improved by washing them in warm rainwater, using good soap, drying well, and at night rubbing this lotion well into them: Milk, honey, and methylated spirits, one ounce of each.

People who are inclined to be rheumatic should eat very little butcher's meat, and give up alcohol altogether. Beer and cider, especially, are poisonous to anyone with the rheumatic tendency. Whisky is the safest form of alcohol for such people.

A gumboil is an abscess associated with caries of the teeth, and a dentist should always be visited if one makes its appearance, for you may be sure there is something wrong. To soothe the pain, wash out the mouth occasionally with hot water to which a few drops of Condy's fluid have been added. This acts as an antiseptic.

A teaspoonful of powdered alum to a teacupful of lukewarm water sniffed into the nostrils, will stop bleeding from the nose. When the nose bleeds it is a great mistake to stand with the head bent over a basin. Make the patient lie flat, with the head thrown back, and a cold sponge over the nape of the neck, and another pressed over the bridge of the nose.

A good spring medicine is made of 1 cup molasses, 1 heaping teaspoon sulphur, 1 teaspoon cream of tartar. Mix well, and take a teaspoonful every morning before breakfast.

Baking soda is a remedy also for toothache. A dessertspoonful to a large tumbler of warm water used as a mouth wash, to be held in the mouth till it cools, will soothe pain and counteract acidity.

### To Prevent Stoutness.

The rational prevention and treatment of stoutness are matters of enormous importance to thousands. Ignorance concerning the proper measures to be taken is responsible for many deaths and much misery. Also it causes people to hand themselves over to the mercies of those whose only aim is to make their banking-accounts fatter.

The subject may be considered from two points of view, that of beauty, and that of health. From the health standpoint a moderate degree of stoutness need not occasion alarm. The mischief begins to come in when the stoutness is such as to interfere with active physical exercise. Apart from the ordinary need for such exercise there are special reasons why those with a tendency to grow fat should take it. Thereby they prevent excessive formation of fatty tissue, the material that would otherwise be so stored up being used in the work; and by the active perspiration that is caused the fat already accumulated becomes lessened. Thus it will be seen that undue stoutness debars one from using the best preventative and remedy.

A graver danger to health often found is that resulting from an accumulation of fat about the heart. This hinders its working, just as much fat over the limbs hinders the working of the limb muscles. In the case of the heart the result is weakened circulation of blood, and this again entails a long train of evils. There are other ways in which fat affects the tissues of the body, but their consideration here would not be of much interest to the reader. The one lesson for the man in the street to learn from all the facts, commonplace and scientific, is that to be over-stout is to run a grave risk of being unhealthy.

People who think they will grow stout should attack the evil at the earliest opportunity. They should drink as little as possible, and never with their meals. Their food should be solid, not sloppy. They should keep on their feet much, and cut down their hours in bed to the lowest limit. To eat and drink little, perspire freely, and indulge freely in active exercise are the only really rational and natural measures for the prevention and cure of stoutness. And it is to be kept in mind that the "little" must consist in those articles with the least tendency to make fat. For this reason, fat of meat, cream, cocoa, chocolate, stout, and some other articles should never be touched.

When we have to deal with people whose stoutness renders active exercise an impossibility much good may often be effected by "blanket-sweating." The patient wears flannel, not linen, and sleeps in blankets, without sheets. The bed coverings are made so warm that copious perspiration is brought about. This plan is said to be less weakening than the Turkish bath.

**Rub it in for Lame Back.**—A brisk rubbing with Dr. Thomas' Electric Oil will cure lame back. The skin will immediately absorb the oil and it will penetrate the tissues and bring speedy relief. Try it and be convinced. As the liniment sinks in the pain comes out and there are ample grounds for saying that its touch is magical, as it is.

**LUBY'S**  
Parisian Hair Renewer  
is a scalp food and tonic. It nourishes the roots of the hair and stimulates them to new growth. Always cures dandruff.  
At all Druggists  
50c. a bottle.  
R. J. DEVINS, Ltd.  
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Cures Effected by them are radical and certain. They do not cure one disease and produce another. They will cure a larger percentage of cases, and in less time than any medicine known.

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### Stomach Upset?

Many things may cure you. One thing is almost certain to cure. Why experiment?—when you have the cure in a morning glass of

**Abbey's**  
Effer-  
vescent Salt.  
25c and 60c a bottle.

### 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 today if your children trouble you in this way. Don't blame the child, the chances are it can't help it. This treatment also cures adults and aged persons troubled with urine difficulties by day or night.

**Stovel's Wall Map of Western Canada** size 32 x 46 showing Alberta, Saskatchewan, and Manitoba on one side, the Dominion, Ontario, Quebec and Maritime Provinces on reverse side; printed in 5 colors; price \$2.50. Address, The Stovel Co. Winnipeg.