

the fingers until it is as hot as the patient can bear and then, sitting upon the closet-seat with that muscle relaxed, as much should be injected into the rectum as possible, by means of a fountain or bulb syringe, retained for a few minutes, and then permitted to pass away. This should be repeated several times, using water of higher temperature each time; that is, warmer and warmer, until two quarts or more have been used. In severe cases as much as one gallon should be employed in this way. The result will be a relief of the congestion. It is usually necessary to repeat this process twice a day, and sometimes as often as every four hours. In severe cases it may be alternated with the bath.

### THE SITZ BATH

is also beneficial used as follows: The bath-tub should be filled about one-half full of water as hot as can be comfortably borne. The lower part of the body, from the hips down, should then be allowed to rest in the bath, permitting the water to cover the limbs, and come well up around the hips. As soon as the heat of the water is comfortable, a little more hot water should be added, and about fifteen or twenty minutes spent in the water, at this temperature. The consequence will be a redness of the surface and a flux of blood to the skin, with corresponding relief of the congestion of the urinary tract. Care should be used after this bath not to go out into the cold air, and the body should be warmly dressed; and while not generally necessary to go to bed, yet, when sitting, the lower part of the body should be surrounded by a rug, blanket, or shawl, and all drafts of air avoided for about two hours. This bath can be repeated every few hours without injury.

Special advice may be had by writing to D. Pierce's Invalids' Hotel, Buffalo, N. Y.

Kidney disease is suspected by medical men when patients complain of backache or suffer with irregular urination, disturbed, too frequent, scanty or painful passage. The general symptoms are rheumatic pains or neuralgia, headaches, dizzy spells, irritability, despondency, weakness and general misery. Worry is a frequent cause and sometimes a symptom of kidney disease. Thousands have testified to immediate relief from these symptoms after using Dr. Pierce's Anuric Tablets.

***Any one using Doctor Pierce's Anuric Tablets or other remedies will be given free, confidential medical advice. You are therefore invited to avail yourself of this privilege, at any time.***