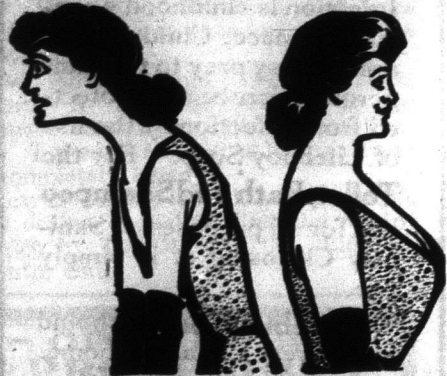


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Any man or woman who is thin can recover Normal Weight by the Remarkable New Treatment, Protone.

been thin for years, and began to think it was natural for me to be that way. Finally I read about the remarkable successes brought about by the use of Protone, so I decided to try it myself. Well, when I look at myself in the mirror now, I think it is somebody else. I have put on just 30 pounds during the last month and never felt stronger or more 'nervy' in my life."

It will cost you nothing to prove the remarkable effects of this treatment. The Protone Company will send to anyone who sends name and address, a free 50c package of Protone, with full instructions, to prove that it does the work. They will also send you their book on "Why You are Thin," free of charge, giving facts which will probably astonish you. Send coupon below today with your name and address.

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The Necessity for Thorough Mastication.

The active principle of alkaline saliva is called ptyalin. In the duodenum we have secreted by the liver and pancreas three digestive ferments. First amylase, which finishes up the digestion of starches and sugars; steapsin, for the emulsionizing and saponifying of the fats, and the trypsin, dealing with the albuminoids. The albuminoids are the meats, eggs, milk, its product, cheese, and the gluten of grains, the legumin of the pulse family, such as old peas, beans, and lentils, and the fleshy fungi, as mushrooms. These are supposed to be digested in the acid secretions of the stomach, the active principle of which we choose to call pepsin. Not to have indigestion then, we must first see that the combinations of food are suited to our manner of eating, then simply cooked and not made complex in serving. We must thoroughly masticate all starchy foods that the digestive secretions may penetrate to the very centre of every particle, within a certain time.

See that all foods are cut across the grain, that the gastric juices may act promptly, and eat only the proper amount for necessary nutrition; avoid excessive sweet mixtures, fried foods, complicated pastries, acids, such as pickles or foods covered with vinegar, excessively hot or very cold foods, or ice water, which is the most objectionable of liquids. A frequent cause of indigestion is the mingling of too great a variety of food in the mouth. Take one food, masticate and swallow it, then another. Do not take a mouthful of toast and then a swallow of tea, unless you wish to be a still further sufferer from indigestion.

Human Storage Batteries

Recent investigations by Dr. Jacques Loeb and others seem to point to the conclusion that the nerve centres of the human body are in a true sense storage batteries charged with electrical energy. That nerve energy is electrical has been pretty well demonstrated, and it is not unreasonable to imagine that what we call fatigue may be due to the temporary exhaustion of the battery-power. When a muscle is tired it is not the muscular fibres that have given out, but merely the nerve that energizes the muscle—a proposition which applies to the whole body, as well as to any part of it.

The batteries contained in the "wings" of the fish known as the "torpedo ray," which is able to inflict a shock that will stun a man or a horse, are regarded by anatomists as modified muscles. They are composed of an arrangement of cells, corresponding to small Leyden jars, in which electricity is stored through the medium of the nervous system—a fact proved by the circumstance that, when the connecting nerves are severed, the organs lose their power to give a shock. These organs, in fact, are true storage batteries, and the supply of electricity they contain can be exhausted by provoking the animal repeatedly to let it lose its lightning.

It is much the same way with the so-called "electric eel," and with a species of catfish which is likewise a dealer in small thunderbolts. Unlike the torpedo ray, both of these fishes carry their storage batteries in their tails, but the structure is in its essential elements the same. Their supply of electricity is from the nerve centres, and the electrical organs cease to act when the nerves connecting them with the brain are cut. Observation of the phenomena described makes obvious the close relation between electricity and nerve energy.

When the human body is at rest the storage batteries which we call the nerve centres are slowly charged, so that, when one gets up in the morning, after a good night's sleep, he is in condition to undertake a day's work. During the course of the day, if one is busily employed, the supply of energy is slowly dissipated, and by late evening so much of it may be gone that nature demands another period of re-

pose in order to refill the battery cells. Such, though the theory is as yet more or less speculative, is the belief toward which science at present is leaning.

Singular Sleep Cure.

A curious illustration of the efficacy of sleep is supplied by the following remarkable story, told in a Transatlantic journal, of an Englishman whose ancestors embraced a number of men and women who had committed suicide:

"He himself became despondent and melancholy, and his children, who knew the hereditary taint, were much worried about him. A physician told him that mental fatigue was his trouble and persuaded him to try an experiment. The man was a very busy man and scoffed at the idea of taking a nap in the middle of the day. He finally agreed to this. He would sit in his easy chair every afternoon with his hands on his knees, holding a dinner bell in both hands. If he lost consciousness and went to sleep, he would be willing to sleep for as long a time as it would take for the dinner bell to fall to the floor and wake him up. The doctor who suggested this arrangement declared that the mere mental relaxation of going to sleep, if only for a few seconds, would suffice to save him. He invited his patient to study the activity of the brain by noticing how many things he would dream while the dinner bell fell to the floor, and his mental condition improved steadily, partly because of the rest his mind got through losing consciousness for a second, and partly because of his interest in the extraordinary dreams which passed through his brain while the bell was falling.

Chronic Rheumatism.

Chronic rheumatism is a fitting first subject for these little talks. The sufferer from this complaint grows weary of constantly calling in the doctor who owns up that he cannot entirely rid him of it. Despairing of being cured, the patient is apt to throw all medical treatment aside, and so often suffers unnecessarily.

In the ordinary case of chronic rheumatism only one or two joints are involved. Between attacks these joints may, in the early part of the disease, return to their normal condition; but as the attacks continue, the swelling, pain, tenderness, and stiffness may become permanent, sometimes almost incapacitating the patient. In other cases it is only when the cold, damp winter weather comes on that the joints are noticeably painful and stiff. Two curious points of chronic rheumatism are: that the pain is usually much worse at night, and that the stiffness of the joints is much more noticeable after the patient has been resting for a time.

There is no cure for the condition. A person with rheumatic tendencies can, however, greatly reduce the frequency and seriousness of his attack by strictly avoiding the following:

1. All unnecessary exposure to damp and cold.
2. Insufficient food and irregular hours.
3. Damp sheets, and living in houses built on damp soil.
4. Red meats and alcohol in every form.

As sudden changes of temperature are at once felt in old chronic rheumatism joints, these changes should be reduced to a minimum by the wearing of woollen undergarments next to the skin.

Some Hints on Treatment.

When some change in the weather has "lit up" some old rheumatic spot, great relief can often be obtained by simply painting the joint with oil of wintergreen, bandaging it well with several layers of cotton-wool, and giving the part perfect rest for a day or two. When the acute pain, the heat, and the redness have subsided, five minutes' brisk massage twice a day with any good stimulating liniment will speedily do away with most of the stiffness, which is so often troublesome and disabling in these cases.

WHAT NEGLECT DID FOR HIM

Jas. E. Brant Suffered Torments from Kidney Diseases.

Then he used Dodd's Kidney Pills and Became a Well Man—his Experience a Lesson for you.

Athabaska Landing, Alta., October 4 (Special)—That Kidney Disease, neglected in its earlier stages, leads to the most terrible suffering, if not death itself, and that the one sure cure for it in all stages is Dodd's Kidney Pills, is the experience of Mr James E. Brant, a farmer residing near here.

Mr. Brant contracted Kidney Disease when a young man, from a strain, and, like hosts of others, neglected it, expecting it to go away itself.

But it kept gradually growing worse, till after thirty years of increasing suffering the climax came, and he found himself so crippled that at times he could not turn in bed, and for two weeks at a time it was impossible for him to rise from a chair without putting his hands on his knees.

He could not button his clothes. He was troubled with Lumbago, Gravel and Backache and tried medicines for each and all of them without getting relief, till good luck turned him to Dodd's Kidney Pills.

Dodd's Kidney Pills started at the cause of his troubles and cured his Kidneys. With cured Kidneys his other troubles speedily disappeared, and to-day he is a well man.

If you cure your Kidneys with Dodd's Kidney Pills you will never have Lumbago, Rheumatism, Heart Disease, Dropsy or Bright's Disease.

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