

The Nation Depends on Your Teeth!

By a Prominent Specialist

WHEN I tell you that the loss of a tooth from the jaws of a person in California is a matter which affects the prosperity of a person in New York, you will probably think I am crazy or jesting. But I am not!

The prosperity of a nation depends on the efficiency of the producers in the nation. At their highest degree of efficiency, with every producer doing his work to the limit of his working ability, the nation would be enjoying the greatest material prosperity possible. No nation ever has reached this point, because the efficiency of all its producers is never at the maximum.

Many things lower the efficiency of producers, but nothing contributes more to this than their physical condition.

The loss of a tooth impairs health, decreases a person's ability as a producer, and is a distinct loss to the nation.

Any departure from the perfect physical condition lowers the efficiency of a person. No matter how valuable producers persons may be, when they are sick in bed they become non-producers. When a person is, at his or her best, only a partial producer, unable to do as much work as the average for that kind of work, it does not take much physical deterioration to make their production nil. Yet as such they are clothed, fed and warmed at the expense of producers. Criminals, the insane, the aged, children, the crippled, deformed, are all non-producers and maintained, naturally, by the work of producers.

More bodily ills are due to what we eat, how much we eat, and how we eat it than to any other cause. All the long train of digestive disorders from plain "stomach-ache" to appendicitis, all diseases of faulty cell life in the body, such as cancers, overrhea, alveolaris, rheumatism, gout, and a host of others, in fact, the great majority of all human diseases may be traced to the same fundamental starting point: what you eat and how you eat it.

Digestion of food begins in the mouth. That this part of digestion may be accomplished properly, the food must be thoroughly chewed. The food cannot be thoroughly chewed unless the teeth are in good condition, and every tooth lost or diseased diminishes the ability of that person to chew the food thoroughly.

If the food is not properly chewed, digestion is not perfect.

If digestion is not perfect, assimilation is not perfect.

If assimilation is not perfect, the person is not in perfect health.

A person not in perfect health has decreased in ability as a producer.

A partial producer decreases the material wealth of the nation.

Therefore the loss of a tooth is more than a loss to the individual from whose mouth the tooth was removed. It is a distinct loss to the nation. Which is what I started out to prove to you!

Home Made Fuel

Did you ever try making briquettes? People in European countries, particularly in Switzerland, have been utilizing waste paper in this manner for some time. It is surprising, too, how useful these briquettes are and how easily they are made. Instead of throwing away out-of-date newspapers and pieces of wrapping paper that have served their purpose, why not save them and make them do double duty,—not the same kind over again, of course, but something different? Acting as fuel is the something different.

To use waste paper as fuel, it must be made over into briquettes. The directions are simple. First, tear or cut the paper into small pieces—cardboard may be used also—and put it into a tub. Pour boiling water over it next and let it soak over night, or until it is very soft. Then drain off any surplus water, as much water as possible, in fact, and, taking up a handful of the paper pulp at a time, squeeze all the water out and mold it into a small ball, like a pop-corn ball. These briquettes, as the French and Swiss people call them, must then be thoroughly dried, either in the sun or in a hot oven—not hot enough to burn them, however. Those who have made them, say that there is very little time and labor involved in the making, and that they may be stored away in a dry place and kept until needed. They get their name from those little briquettes of coal which anyone who has ever lived in France doubtless remembers well as commonly burned in fireplaces.



The Country Store

IN the evening, when the day's work is done, men like to stroll over to the village store to discuss the war, politics, or whatever may be of local interest.

It is under these circumstances that the health of the family is referred to and experiences are interchanged in regard to medicines that have proven particularly effective.

After Dr. Chase had introduced his medicines to the druggists he found that many who wrote to him for treatment lived many miles from doctor or druggist, and had to depend on the country store for their medicines. Thus it came about that Dr. Chase's medicines were placed in general stores, and you can now obtain them wherever medicines are sold.

Instead of trying to imagine what the man in the picture is saying about Dr. Chase's Kidney-Liver Pills, we shall publish a letter from Mr. James Carr, who attributes his good health and that

of his large family to the use of Dr. Chase's Kidney-Liver Pills.

18 Miles From Drug Store.

Mr. James Carr, Maynooth, Ont., writes: "About nineteen years ago I received an envelope containing two of Dr. Chase's Kidney-Liver Pills. I was doctoring at the time with two doctors and, as they did me no good, I used the pills, and by the time I had finished one box I was cured of the pain in the back and shoulders.

"We have great confidence in Dr. Chase's medicines. I have a family of ten children and have never had a doctor in the house for any of them. We live eighteen miles from a drug store, and find that these pills cure nearly all the ordinary ills by regulating the liver, kidneys and bowels. That we are all well and sound I attribute to their use, and I have recommended them to hundreds and given away many a box because I believe there is no medicine so good."

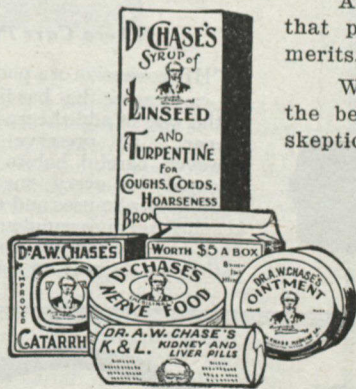
After long experience with Dr. Chase's Medicines we have found that people who try them are soon convinced of their exceptional merits.

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Free Combination Package

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- One sample box Dr. Chase's Ointment.
- One copy Dr. Chase's Recipes.

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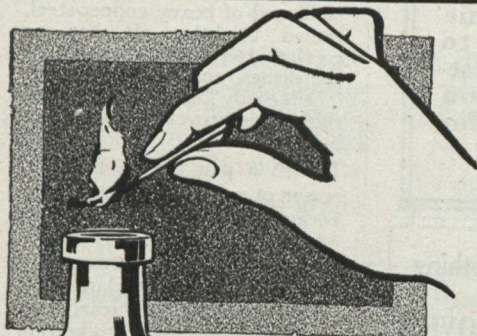
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