

## HEADACHE.

# Burdock BLOOD BITTERS

What Medical Skill Could Not Do  
Was Accomplished with

## Burdock Blood Bitters.

If you are troubled with Headache do not hesitate to use B.B.B. It is no new product, of unknown value, but has an established reputation.

### COULD NOT WORK.

Miss Muriel Wright, Muriel, N.B., writes: "I was sick and run down, would have headaches, a bitter taste, in my mouth, floating specks before my eyes and pains in my back. I was not able to do any house work at all and could not sleep at night. Several doctors doctored me but I saw I was getting no help, and on the advice of a friend I got three bottles of Burdock Blood Bitters and they effected a complete cure."

## 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.

## CANADIAN PACIFIC WESTERN EXCURSIONS

Single Fare

Plus \$2.00 for the  
Round Trip

From all stations in Ontario, Port  
Arthur and West, Manitoba, Saskat-  
chewan and Alberta to

## VANCOUVER VICTORIA and WESTMINSTER

Also to OKANAGAN VALLEY  
and KOOTENAY POINTS

Tickets on sale December 1, 2,  
3, 17, 18, 19, 1908. January 4, 5, 6,  
21, 22, 23 and 24, 1909, good to re-  
turn within three months.

## The Home Doctor.

### A Valuable Baby.

She isn't worth a fortune and she hasn't any stocks. Her wealth is all in little shoes and pinafores and frocks. In little rings of curling hair and big blue, laughing eyes. In leaves and grass and buds and flowers and bees and butterflies. But when she comes in tired from play and crawls up on my knee. She's worth a hundred millions to her mother and to me.

She sits among her dolls and toys and doesn't seem to care. If wealth is all in rosy cheeks and locks of curly hair. She toddles up to me and like an artful fairy clings. A coupon bearing love from off the sweetness of her lips. And when she puts her arms around my neck and goes in glee. She's worth a hundred millions to her mother and to me.

And when she's in her crib at night and and daintily tucked in. The wealth of Croesus couldn't buy the dimple in her chin. And as she blinks her roguish eyes to play at peek-a-boo. She chuckles me a fortune with each archly spoken goo. And though she has no fortune, I am sure you will agree. She's worth a fortune, more than money, to her mother and to me.

J. W. Floey.

### Physical Culture.

By Prof. S. J. Simon.

For the last quarter of a century there have been evolved systems of exercise, good, bad and indifferent, intended to better the muscular condition of man, but their efficacy has been but slight, owing to the fact that their formulation was not based entirely upon correct scientific principles. Exercise of the muscles, pure and simple, is not sufficient; the exercise must be properly done, and this proper and scientifically correct system of exercise of the body is Physical Culture. It can be regarded as an axiom that excess of fat upon the human frame is as unnatural as leanness. That both of these conditions can be corrected by properly systematized physical culture there is now no doubt. During the study of this principle, and while in its infancy, it was presumed that although the removal of fat did not offer any unsurmountable obstacles, the production of muscle upon an attenuated frame was an entirely different proposition. It was found necessary to operate in an entirely different manner for the lean, as against the corpulent, and this necessity, with the evident desire of all mankind to perfect their condition, has been the impetus to those interested, to study and produce the system which shall correct the physical errors of the body.

The students of the science are now satisfied of its efficacy. Men excessively corpulent have been reduced to a normal weight, and others, lean and attenuated, have developed muscular strength in proper proportion. This has, of course, been only accomplished by a religious consideration of a proper system of exercises, and this under the supervision of competent instructors. It should be remembered that to reduce or increase one's weight is not a matter of a few hours. A carefully and scientifically devised system of training is the only thing that will produce results, and to the man or woman desirous of correcting physical defects, this should be gladly recognized. It is not too much to ask of a person looking for a decrease or increase of weight that he or she should seriously consider the exercise prescribed. Whether the student is desirous of decreasing his weight, or increasing it, there is invariably an increase of bodily strength, and this fact should especially be considered. The very fact that excessive fat upon the body has been removed would suggest that the remaining tissues and muscles are proportionately bettered. This certainly has been the case with the thorough students of science. The reduction of an overplus of fat, or the correction of paucity of muscle—that is, the bringing of the system to a proper average weight—has a further advantage in that it prevents the obstruction or overexertion of every organ of the human body. The stomach, the intestines, lungs and heart, while ensconced in a perfect frame, perform their work without hindrance, without unhealthy delays, and no drug or nostrum can effect the perfect working of the internal organs, if the frame is in an abnormal condition. Their relief is entirely temporary and of doubtful value.

### Music Cures Fatigue.

Having more than once gone utterly fagged out to a concert and risen forth from it refreshed in body and soul it

requires no Tarchanoff experiment with exhausted fingers to prove to me that music is a splendid remedy for over-fatigue and brain fag, writes Gustav Kobbe, in Good Housekeeping. Its systematic application in such cases will, however, be a new idea to many, no matter how deeply they may be interested in music, but they will grasp the idea and see the possibilities in it at once. Nor will they be surprised when told that dance music, martial music and ragtime affect the muscles of the lower limbs and by thus tending to draw the blood to the feet are good for congestive headaches. They will accept without protest the statement that music can be substituted for noxious and insidious opiates in the treatment of insomnia, by riveting the patient's attention and then tiring it with low, soft music. Also they will understand the full meaning of a physician's dictum, that the mother who soothes her baby with a lullaby not only is singling sleep but also strength into its little body. For they will know that music has what no drug possesses—a curious blending of the physical and the emotional in its effects, and there is nothing vague to them in the theory that the "pleasurable states created by music are beneficial, because followed by acceleration of motion and blood circulation." They are aware that in musical households there is much happiness and good cheer and as a result health, ambition and activity.

### Attention to the Sick.

A subscriber writes the Home Doctor thus: How many people living in the country think of, perhaps I ought not to say duty—but I don't know what other word to use—toward those who are sick in the neighborhood? Until I had a long sickness myself I did not realize how grateful sick people really need and are helped to bear their affliction by the visits and little attentions of friendly neighbors. Even when one is too sick to see the callers it is a pleasure to know that they are interested and have been in to ask after the ailing one, and perhaps have left a glass of jelly, a frame of honey or maybe a potted plant in bloom. We should call upon or send to inquire after sick neighbors often, but not make too long a stay in the sick room. From five to twenty minutes is as long a visit as anyone who is really sick should receive. To stay longer only wearies one. But it cheers and helps the sick one greatly to know that neighbors are interested enough to run in or send in often to inquire after her welfare. Sometimes assistance is really needed, if not in the care of the sick, then in baking of bread or a helping hand about the house for a day now and then will be greatly appreciated.

### One Who Has Suffered.

We have seen dyspeptics who suffered untold torments with almost every kind of food; no liquid could be taken without suffering; bread became a burning acid; meat and milk were solid liquid fires; and we have seen their torments pass away, and their hunger relieved by living on the white of eggs which have been boiled in bubbling water for thirty minutes. At the end of a week we have given the half yolk of the egg with the white, and upon this diet alone, without food of any kind, we have seen them begin to gain flesh and strength, and quiet, refreshing sleep. After weeks of this treatment they have been able with care to begin upon other food. Hard-boiled eggs are not half as bad as half-boiled ones, and ten times as easy to digest as raw eggs, even in egg-nog.

### To Cure Fits of Sneezing.

A correspondent of the British Medical Journal says: "During the recent rapid changes of temperature I caught a severe cold in my head, accompanied by almost incessant sneezing. My unfortunate nose gave me no rest. The slightest impact of cold air, or passing from the outside air into a warm room equally brought on a fit of sneezing. In vain I snuffed camphor and pulsatilla, the light catarrh still triumphed over me. At length I resolved to see what the maintenance of a uniform temperature would do toward diminishing the irritability of my Schneiderian membrane, and accordingly I plugged my nostrils with cotton wool. The effect was instantaneous; I sneezed no more. Again and again I tested the efficacy of this simple remedy, always with the same result. However near I was to a sneeze, the introduction of the pledgets inconspicuously from their recesses, making them sufficiently firm not to tickle, and yet leaving them sufficiently loose to easily breathe through." This is really worth knowing, for incessant sneezing is among the greatest of smaller ills, and it seems only a rational conclusion to hope that this simple plan may furnish the most efficient remedy against one of the most distressing symptoms of hay-fever.

## ONE WOMAN'S STATEMENT

Tells Her Suffering Sisters to  
Use Dodd's Kidney Pills.

They Proved a Blessing to Her When  
Her Pains and Weakness Were  
Almost More than She could Bear.

ST. GEORGE, MAN., Jan. 4. (Special).— Hoping to save her sister women in the West from pains and aches which come at the critical times in a woman's life, Mrs. Arsene Vinet of this place has given the following statement for publication: "I have brought up a large family and have always enjoyed good health until the last two years. I am fifty-four years of age and at the critical time of life that comes to every woman. I had pains in my right hip and shoulder. I could not lie down two minutes at a time without suffering the greatest agony. Sometimes I awakened with the feeling as if someone had laid a piece of ice on my head. Another time it would be a burning pain under the left shoulder.

"I took many medicines, but could get no relief, till reading of cures of similar cases to my own by Dodd's Kidney Pills, led me to try them. They did wonders for me.

"I want all women to know what Dodd's Kidney Pills did for me."

Dodd's Kidney Pills cure the Kidneys. The woman who has sound Kidneys is safeguarded against nine-tenths of the suffering that makes life a burden to the women of Canada.

## Receipt That Cures Weak Men--Free

Send Name and Address Today—  
You Can Have It Free and Be  
Strong and Vigorous

I have in my possession a prescription for nervous debility, lack of vigor, weakened manhood, failing memory and lame back, brought on by excesses, unnatural drains or the follies of youth, that has cured so many worn and nervous men right in their own homes—without any additional help or medicine—that I think every man who wishes to regain his manly power and virility, quickly and quietly, should have a copy. So I have determined to send a copy of the prescription, free of charge, in a plain, ordinary sealed envelope, to any man who will write me for it.

This prescription comes from a physician who has made a special study of men, and I am convinced it is the surest-acting combination for the cure of deficient manhood and vigor-failure ever put together. I think I owe it to my fellow man to send them a copy in confidence, so that any man anywhere who is weak and discouraged with repeated failures may stop drugging himself with harmful patent medicines, secure what I believe is the quick-acting restorative, rebuilding, SPOT-TOUCHING remedy ever devised, and so, cure himself at home quietly and quickly. Just drop me a line like this: Mr. A. E. Robinson, 4215 Lock Bldg., Detroit, Mich., and I will send you a copy of this splendid receipt in a plain, ordinary envelope free of charge.

## Windsor Salt

The Salt-Royal of all  
Salted.

Each tiny crystal  
perfect—all its natural  
strength retained.

For cooking—for the  
table—for butter and  
cheese. Pure—dry—  
delicious—evenly dissolv-  
ing. At all grocers—  
bags or barrels.