

the bowels, skin, and kidneys in their proper functions, are the great auxiliaries to health. Burdock Blood Bitters is the best blood purifier known, eliminating all foul poisonous humors from the system.

Bruises, Burns, etc.

Bruises, Burns, and Scalds, and other similar injuries are of common occurrence, and should be promptly relieved by Hagar's Yellow Oil—the great specific for pain, swelling and inflammation. When the skin is broken Burdock Healing Ointment, or Victoria Carbolic Salve will be found valuable as curative dressings.

Bronchitis.

Symptoms.—Acute Bronchitis comes on like a common cold, followed by inflammation of the bronchial tubes with distressing cough-soreness of the chest and throat. Expectoration, oppressed breathing, and general feverish and catarrhal symptoms.

Cause.—Susceptible temperament to take cold easily, exposure to draughts of air when over-heated, bad air, damp feet and clothing, poor circulation, bad ventilation, etc.

Cure.—In the outset of the cold prevent inflammation by the sweating process, avoiding sudden chill, take some mild Cathartic like National Pills, drink warm tea of Yarrow, or Sage, or Pleurisy Root and remain at rest indoors until danger is past. For the Cough use Hagar's Pectoral Balsam, and bathe the throat and chest with Hagar's Yellow Oil. If the throat is sore gargle with Sage tea sweetened with honey, adding half a teaspoonful of borax or alum to the pint cupful; 15 drops of Hagar's Yellow Oil taken with sugar or sweetened water or milk, three or four times daily, for adults is excellent.

Chronic Bronchitis—requires expectorants such as Hagar's Pectoral Balsam and medicines to tone and regulate the system such as Victoria Compound Syrup of Hypophosphites. Flannel should be worn next to the skin, and the warm salt water bath with much friction used. Good ventilation, nourishing food, pleasant exercise, and pure air are indispensable to a perfect cure.

Coughs, Colds, Catarrh, Croup, Consumption.

A Cough, however slight, should never be neglected. "Only a trifling cold," has been the lullaby-song of many a victim to their last long sleep. Bad air, close apartments, damp clothing, neglect of wearing flannel and thick soled shoes, sitting in crowded, hot rooms, sudden exposure to cold draughts of air, allowing the body to cool too quickly after exercise, has marked many a victim for its own on the long death roll of Consumption. A cough should be loosened as speedily as possible, and all irritation allayed before it settles upon the lungs; for if the system be weak, the blood tainted with Scrofula, Catarrh or Consumption is sure to follow. At the very outset of a cold equalize the circulation by warm drinks, or a teaspoonful of Hagar's Pain Remedy should be taken, which, by the aid of perspiration, hot foot baths and warm clothing, will speedily break the cold. Habituating the body to the use of the bath is a good preventative of colds. A cough, however troublesome, soon yields to Hagar's Pectoral Balsam, which loosens the phlegm and allays irritation.

Catarrh.

Symptoms.—Catarrh is a chronic cold in the head, known by pain over the forehead or eyebrows, discharge of matter more or less of the nature of corruption, which causes constant blowing of the nose, hawking of phlegm, etc. Allowed to remain, it often destroys the nasal bones, and all sense of smell is