

## What Sulphur Does

For the Human Body in Health and Disease.

COSTS NOTHING TO TRY.

The mention of sulphur will recall to many of us the early days when our mothers and grandmothers gave us our daily dose of sulphur and molasses every spring and fall.

It was the universal spring and fall "blood purifier," tonic and cure-all, and, mind you, this old-fashioned remedy was not without merit.

The idea was good, but the remedy was crude and unpalatable, and a large quantity had to be taken to get any effect.

Nowadays we get all the beneficial effects of sulphur in a palatable, concentrated form, so that a single grain is far more effective than a tablespoonful of the crude sulphur.

In recent years research and experiment have proven that the best sulphur for medicinal use is that obtained from Calcium (Calcium Sulphide) and sold in drug stores under the name of Stuart's Calcium Wafers. They are small chocolate coated pellets and contain the active medicinal principle of sulphur in a highly concentrated, effective form.

Few people are aware of the value of this form of sulphur in restoring and maintaining bodily vigor and health; sulphur acts directly on the liver and excretory organs and purifies and enriches the blood by the prompt elimination of waste material.

Our grandmothers knew this when they dosed us with sulphur and molasses every spring and fall, but the crudity and impurity of ordinary flowers of sulphur were often worse than the disease, and cannot compare with the modern concentrated preparations of sulphur, of which Stuart's Calcium Wafers is undoubtedly the best and most widely used.

They are the natural antidote for liver and kidney troubles, and cure constipation and purify the blood in a way that often surprises patient and physician alike.

Dr. R. M. Wilkins, while experimenting with sulphur remedies, soon found that the sulphur from Calcium was superior to any other form. He says: "For liver, kidney and blood troubles, especially when resulting from constipation or malaria, I have been surprised at the results obtained from Stuart's Calcium Wafers. In patients suffering from boils and pimples and even deep-seated carbuncles, I have repeatedly seen them dry up and disappear in four or five days, leaving the skin clear and smooth. Although Stuart's Calcium Wafers is a proprietary article and sold by druggists, and for that reason tabooed by many physicians, yet I know of nothing so safe and reliable for constipation, liver and kidney troubles and especially in all forms of skin diseases as this remedy.

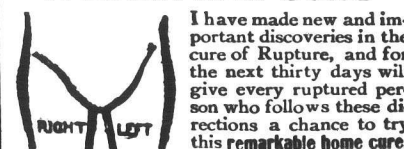
At any rate people who are tired of pills, cathartics and so-called blood "purifiers" will find in Stuart's Calcium Wafers, a far safer, more palatable and effective preparation.

Send your name and address today for a free trial package and see for yourself.

F. A. Stuart Co., 57 Stuart Bldg., Marshall, Mich.

## FREE to the RUPTURED

A QUICK NEW CURE



I have made new and important discoveries in the cure of Rupture, and for the next thirty days will give every ruptured person who follows these directions a chance to try this remarkable home cure.

FREE. Mark on the picture the location of your Rupture, answer the questions, and mail this to DR. W. S. RICE, 95 Church St., Block 308, Toronto, Ont.

Age.....Time Ruptured.....

Does Rupture pain?.....

Do you wear a Truss?.....

Name.....

Address.....

## The Home Doctor.

### Find Something Good To Do.

When the world goes wrong, and life seems to hold few joys for you And the days with toil are rife, Then find something good to do

When the stream of life flows rough, Aim to make it smooth and true; For the way is clear enough,— Just find something good to do.

When your skies are dull and gray, Make them blossom forth anew; All along life's rugged way There is something good to do.

Do not stop to grieve or fret,— Time is precious, toilers few; Care and wrong you'll soon forget When you've something good to do.

When the days are dark, oh then, Keep life's pleasant things in view; For the sun will shine again, If you've something good to do.

God will bless each kindly deed Of His toilers, many or few; He will bless the hearts that heed And find something good to do.

A soft chamois shield for corns and bunions affords immediate relief.

**Proper Position for Sleeping.**—The right side should be the position chosen for sleeping, as it aids both digestion and circulation of the blood.

**Salt As a Remedy.**—The use of hot water to which salt has been added is excellent for tonsillitis, and cloths, wet with hot salt water, applied outwardly.

**Sunshine a Health Giver.**—Don't keep the sunshine out of your house for fear of fading the carpets or the draperies. Every room should, if possible, have an inlet of pure air and sunshine.

The best all-round inhaler is the nose, and the best inhalant is pure air. When these are properly employed, manufactured inhalers and inhalants have to go begging.

**Sore Throat.**—Take a lump of resin as large as a walnut, put it in an old tea or coffee pot, pour over it boiling water, put on the lid and put the spout in the mouth. The steam will cure the inflammation.

**For Colds.**—To three ounces of glycerine add one dram of aqua ammonia, and one ounce fluid extract of ginger. Take a teaspoonful in a glass of hot water an hour before each meal while the chilly feeling remains.

**Coffee As a Purifier.**—Coffee is a good air purifier. A little burned on coals will abolish the bad smells from a sick room and it is not nearly so disagreeable as the odor of woollen yarn, which is sometimes employed for that purpose.

**Toothache.**—A desperate case of toothache, unless connected with rheumatism, can be cured by the application of the following remedy: Two drachms of alum reduced to the finest of powder mixed with seven drachms of nitrous spirit of ether.

**Sprained Ankle.**—Pounded caraway seed put into a tin basin with a little hot water and cooked slowly over the fire until it thickens, when it can be applied to the ankle, binding it on firmly with a cloth, will take out the inflammation and ease the pain.

**Foreign Substance in the Nose.**—Children are often putting beans, corn and other small substances up their noses. Sometimes they can be easily removed by getting the child to open its mouth and when you blow into it hard the object will be expelled from the nostril.

For cough or hard breathing of children at night take tin cover, drop five or six drops of turpentine on it and place on top of lamp chimney. The fumes ease the throat and even the

lungs. Have used this also in cases of whooping cough and croup.—Martha Laude, Monticello, Ia.

Keep the windows sufficiently open so that fresh "night air" can come in from one side and the impure air can go out through the other. The upper sash should be down one inch and the lower sash up one inch for each person sleeping in the room.

**Deafness.**—Deafness, which is due to wax in the outer ear canal can be removed by taking away the wax. This can be done by syringing with warm water. If the wax has become very much hardened it will be a slow process and unless one is accustomed to doing anything of this sort it will be better to have your physician syringe the ears and remove the whole collection.

**Preventive Against Colds.**—Close the mouth and breathe through the nostrils, so that the cold air will be warmed by passing through the air chambers of the nose before reaching the lungs. One of the simplest and best remedies for a cough is within the reach of everyone, and that is deep, full breathing.

### How to Breathe.

As we grow older, only our most intimate friends—and they not always—dare to tell us of our faults. How many times have you had occasion to say to yourself, "What a pity Mrs. So-and-So has nobody to tell her that she whistles most disagreeably when she breathes," or "If only anybody dared to inform Mrs. Tries-to-Please that, if she would keep her hands still, she would make an infinitely better impression."

To one who has really made an effort to learn how to use the breath, and who sees how little this wonderful healer and restorer is understood, it is incomprehensible that many people should regard information on the subject as almost impertinent. Everybody knows and will acknowledge that breathing is a somewhat important part of the human economy; but the implication that he does not do it rightly is frequently resented.

Not long ago, in a little gathering of women, who knew each other well and exchanged confidences with each other whenever they met, an interesting tale was told concerning this matter of breathing. It was so illuminating to all of those present that we pass it on for the benefit of others. Then, if they can find sensible hearers who will not "get mad" at the implication that they, perhaps, do not know how to breathe, it can be disseminated still more widely:

"A good many years ago," began one of the most vivacious of our number, "a member of my family was ill. The young doctor who treated him said much to him on the subject of breathing. 'I was once in a bad way,' said the doctor, 'from incipient tuberculosis, but I was cured by outdoor air in abundance and plenty of deep breathing. I was obliged to remain in the city, but I kept myself outdoors at least eight hours each day, and every time I crossed a street I took a deep breath through my nostrils, keeping my mouth closed. I held the breath until I reached the opposite curbstone, when I expired it slowly. I have been sound and well now for many years—but I still keep up my deep breathing, and it is of the greatest benefit to me.'

"We were all so much impressed by what the doctor said that we resolved to breathe more deeply, but it is a great bother to try to breathe right, and the matter soon slipped from our minds, though, no doubt, we might have saved ourselves many colds and other lung troubles if we had been willing to regard the doctor's homilies."

## Tricked by Dyspepsia

The Doctor Couldn't Tell Where The Trouble Lay.

"For the past seven years I have been a victim of dyspepsia and chronic constipation, and have consulted the most noted specialists to be found on diseases of this character. None, however, seemed to locate the difficulty or give relief. In addition to this medical treatment, I have resorted to the use of many remedies and have given them faithful trial, but all to no purpose.

Upon the recommendation of a close friend, I purchased a 50c. package of Stuart's Dyspepsia Tablets, and in less than five days noticed that I was receiving more benefit than from any remedy I had used before. I continued to use the tablets after each meal for one month, and by that time my stomach was in a healthy condition, capable of digesting anything which my increasing appetite demanded.

I have not experienced any return of my former trouble, though three months have elapsed since taking your remedy."

We wish that you could see with your own eyes the countless other bona-fide signed letters from grateful men and women all over the land who had suffered years of agony with dyspepsia, tried every known remedy and consulted eminent specialists without result, until they gave Stuart's Dyspepsia Tablets a trial. Like the doctor above, they couldn't locate the seat of the trouble.

Dyspepsia is a disease which has long baffled physicians. So difficult of location is the disease that cure seems next to miraculous. There is only one way to treat dyspepsia—to supply the elements which nature has ordained to perform this function and to cause them to enter the digestive organs, supplying the fluids which they lack. Stuart's Dyspepsia Tablets alone fill these requirements, as is shown by the fact that 40,000 physicians in the United States and Canada unite in recommending them to their patients for stomach disorders.

We do not claim or expect Stuart's Dyspepsia Tablets to cure anything but disordered conditions of the stomach and other digestive organs, but this they never fail to do. They work upon the inner lining of the stomach and intestines, stimulate the gastric glands and aid in the secretion of juices necessary to digestion.

Stuart's Dyspepsia Tablets are for sale by all druggists at 50 cents a box. One box will frequently effect a perfect cure. If in doubt and wish more adequate proof, send us your name and address and we will gladly mail you a sample package free. F. A. Stuart Co., 61 Stuart Bldg., Marshall, Mich.

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