

HAD INDIGESTION

For Over
Ten Years.

Weakening the body will never remove dyspepsia or indigestion, on the contrary, all efforts should be to maintain and increase the strength.

Burdock Blood Bitters will do this, and at the same time enable you to partake of all the wholesome food required, without fear of any unpleasant after results.

Mr. Henry P. White, Surretville, N.B., writes: "I have been troubled with indigestion for more than ten years; tried several doctors, and different medicines, but all without success. Having heard of the many cures effected by Burdock Blood Bitters, I decided to give it a trial. I have taken one bottle, and I feel that I am cured at last. I can now do the same hard work I could before I was taken sick."

Burdock Blood Bitters is manufactured only by The T. Milburn Co., Limited, Toronto, Ont.

Paint Without Oil

Remarkable Discovery That Cuts
Down the Cost of Paint Seventy-
Five Per Cent.

A Free Trial Package is Mailed to Every
one Who writes.

A. L. Rice, a prominent manufacturer of Adams, N. Y., has discovered a process of making a new kind of paint without the use of oil. He calls it Powderpaint. It comes in the form of a dry powder and all that is required is cold water to make a paint weather proof, fire proof and as durable as oil paint. It adheres to any surface, wood, stone or brick, spreads and looks like oil paint and costs about one-fourth as much.

Write to Mr. A. L. Rice, Manufacturer, 440 North St., Adams, N. Y., and he will send you a free trial package, also color card and full information showing you how you can save a good many dollars. Write to-day.

THE WORLD'S WORK DEPENDS ON THE WORLD'S DIGESTION

From the captain of industry to the hod carrier—from milady in the auto to the woman with the scrubbing brush—the accomplishments of every one of us depend absolutely on the accomplishments of our stomachs. Backed by a good digestion, a man can give the best that is in him. When his stomach fails, he becomes a weakling.

To this loss of power no one need submit. Right habits of eating, drinking, sleeping and exercise, aided by Na-Dru-Co Dyspepsia Tablets, will restore and maintain the full efficiency of the human mind and body.

Na-Dru-Co Dyspepsia Tablets contain the active principles needed for the digestion of every kind of food. They go to the assistance of the weakened stomach, and enable the sufferer, right from the start, to assimilate and get the benefit of the food eaten. With this assistance, the digestive organs regain their tone, and soon the use of the tablets is no longer necessary.

If your stomach is not working properly, try Na-Dru-Co Dyspepsia Tablets. 50c. at your druggist's National Drug and Chemical Co. of Canada, Limited, Montreal. 145

Don't Wear a Truss!



C. E. BROOKS, the Discoverer

Sept. 10, '01. Sent on trial to prove it. Catalogue and measure blanks mailed free. Send name and address today. C. E. BROOKS, 1706 State St., Marshall, Mich.

Brooks' Appliance, the modern scientific invention, the wonderful new discovery that cures rupture will be sent on trial. No obnoxious springs or pads. Has automatic Air Cushions. Binds and draws the broken parts together as you would a broken limb. No salves. No lies. Durable, cheap. Patented.

The Home Doctor

Convulsions in Childhood

A convulsion, or fit, is always the occasion for a hasty calling of a physician when one is procurable. That being the case, it is the object of this article to point out such facts regarding these seizures as may serve purposes other than the immediate treatment of the attack.

The tendency to convulsive seizures is often a strongly marked family characteristic. In such cases it is common to find that slight provocation is sufficient to cause an attack. For example, such causes as improperly placed pins, or strings tightly drawn about the body, limbs or neck, have caused convulsions under the circumstances referred to.

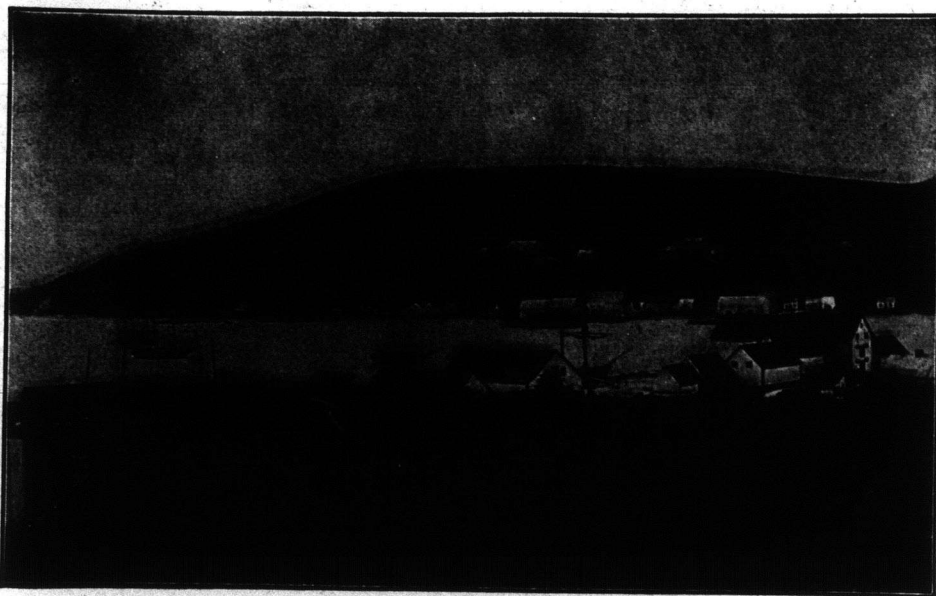
Families in whom convulsions have appeared during childhood in previous generations should be more than ordinarily watchful to avoid undue excitement in young children, and to correct when possible any of the known causes of convulsions.

The only effective treatment is removal of the strain by correction of any imperfection in the eyes and by a reform of bad eye habits, such as reading very fine print or reading in a poor light or in a railway train.

But a word of caution is most necessary here. The glasses must be fitted by a skilled oculist after a careful examination of the eyes, for badly fitted glasses will only make matters worse, and by leading the patient to think that the eyes are not in fault, cut off all hope of a cure by a competent oculist.

Bad Eyesight

There are many simple matters of hygiene that are very often neglected to the detriment of one's health. For instance, it is common-sense to open the bedroom windows, from the early morning till evening, yet this precaution is often neglected, with the result of sickly faces and weak constitutions.



Scene near Prince Rupert B. C.

Convulsions cannot be prevented when they occur as the initiatory symptom of the acute contagious diseases of childhood, and it is well to remember that this is one of the most common causes of them.

Overfeeding in young children is a not uncommon cause, to which is probably to be attributed the popular treatment of convulsions, namely, emetics internally and hot mustard-water baths externally. These measures, although excellent in some cases, should not be employed during the seizure itself, as in the hurry of the moment more harm than good is almost sure to result.

Severe fright or other sudden emotions are not an infrequent cause of convulsions, not only during childhood but throughout adolescence, although it is observable that among those people where self-control is cultivated such results are not common.

Eye-Strain Headaches

It is not an exaggeration to say that eye-strain is more frequently the cause of headache than all other causes combined, yet it is perhaps the most frequently overlooked, not only by the sufferers themselves, but also by their medical advisers. Many and many a person who had been a martyr for years to periodical sick-headaches, had consulted physician after physician, and had dieted, taken "headache cures," and done everything but the right thing, has finally had his eyes tested and fitted with proper glasses and then found the headaches disappear as by a miracle.

The eye-strain headache is of no special type, and perhaps this is why it is so often unrecognized. It may be only an occasional dull pain in the forehead or temples, it may be a general soreness, or it may be a throbbing, racking headache which the slightest noise or a bright light makes unbearable. It may be constant, it may be irregular, or it may recur with the regularity of a malarial attack.

It is natural that people so afflicted cannot stand the strain of daily life, without some undesirable stimulation, which by degrees saps the brain-power and leads to fresh complications.

One of the most common outcomes of those household neglects is the weakening of the eye. The rush of modern life is, perhaps, conducive to this disorder, yet with due care the eyesight may be preserved from injury. The chief fault lies with mothers and nurses, who expose the eyes of the infant to strong light, incandescent or electric, which is calculated to ruin the delicate nerves of the retina in the case of a baby, when even adults find it a strain.

Children's bedrooms should be unilluminated, as darkness is very restful to young eyes. Cold water eye-baths are very good. Wallpaper of a glaring pattern should be avoided.

Every organ of our body can contribute its quota to good health, if not abused; and the eye is one of the most precious of these.

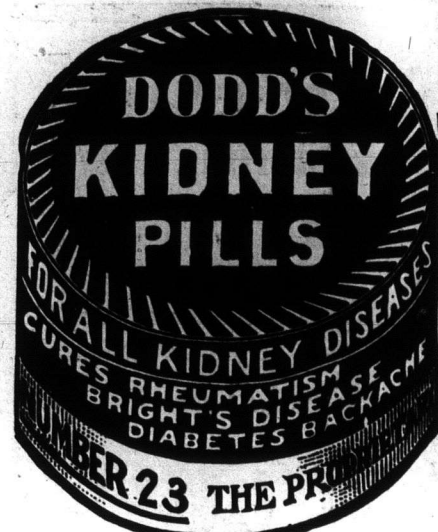
Exercise

While the elderly man has less capacity for some forms of exercise than the younger adult, he has no less need than the other of the general and local effects of the exercise.

It is in the earliest period of mature age that the most characteristic manifestations of defects of nutrition—obesity, gout, and diabetes, in which lack of exercise plays an important part—are produced; and the treatment of them demands imperiously a stirring up of the vital combustion.

Placed between a conviction that exercise is necessary and a fear of the dangers of exercise, the mature man ought, therefore, to proceed with the strictest method in the application of this powerful modifier of nutrition.

It is impossible, however, to trace methodically a single rule for all men of the same age, for all do not offer the same degree of preservation. We might,



Eyeglasses Not Necessary

Eyesight Can Be Strengthened and Most
Forms of Diseased Eyes Successfully
Treated Without Cutting or Drugging.

That the eyes can be strengthened so that eyeglasses can be dispensed with in many cases has been proven beyond a doubt by the testimony of hundreds of people who publicly claim that their eyesight has been restored by that wonderful little instrument called "Actina." "Actina" also relieves Sore and Granulated Lids, Iritis, Cataracts, etc., without cutting or drugging. Over one hundred thousand "Actinas" have been sold; therefore the Actina treatment is not an experiment, but is reliable. The following letters are but samples of hundreds we receive:

Miss Susie Swartz, Berlin, Ont., writes: "I cannot say enough for what 'Actina' has done for my eyesight. When I was eight years old I had to start to wear glasses. The doctor said I could never expect to go without glasses. I have used 'Actina' only six months and can now sew and do all my work without glasses. I had worn glasses for seventeen years."

Mr. Emery E. Deitrick, 7124 Idlewild Street, E. E., Pittsburg, Pa., writes: "My eyes were very weak, and my vision was so bad that I could recognize people only at short distances. Since using 'Actina' I have discarded my glasses, my headaches are gone, and my vision, I believe, is as good as ever it was."

Mr. J. H. Frankenfield, 522 E. 20th Street, Cheyenne, Wyo., writes: "Regarding what the 'Actina' has done for me, I am proud to say that I am not wearing my glasses at all. As for my catarh it is almost gone and I have been troubled with it for more than sixteen years."

"A great number of my railroad friends are buying 'Actinas' as you know by the orders you have received."

"Actina can be used with perfect safety by every member of the family for any affliction of the eye, ear, throat or head. A Free trial of the 'Actina' is given in every case."

Send for our FREE TRIAL offer and valuable FREE BOOK. Address Actina Appliance Co., Dept. 84N, 811 Walnut St., Kansas City, Mo.

You Mail us your films ONCE and you will ALWAYS 6 Exposures 10 Cents

Ten and twelve exposures 20c. Brownie Prints 35c a doz. 2 1/4 x 4 1/4, 3 1/4 x 3 1/4, 3 1/4 x 4 1/4 40c a doz. 3 1/4 x 5 1/4 and 4 x 5, 50c a doz. Post Cards, 60c a doz.

Money or Post Office Order to accompany. Promptest delivery guaranteed.

MANITOBA HALL STUDIO
Room 2, 291 1/2 Portage Ave., WINNIPEG



Tone so unusually rich that it thrills you to the very depths. Our wonderful construction and "Reso" Vibrating Sounding Board is the cause of this. Send for full information.

Fowler Piano Company

Corner Edmonton and Portage Avenue
Winnipeg, Manitoba

When writing advertisers please mention
The Western Home Monthly.