

WOMEN IN THE WORLD'S PROGRESS.

In this day when women's work is so important in keeping the wheels of the world's progress moving, their physical condition should be conserved in every way, whether it be in the home, in commercial offices, or in the hospital as a nurse, as the value of their services is beyond calculation. But, unfortunately, much time is lost through menstrual irregularities, and much suffering incident to the pain thereto.

Dysmenorrhea is possibly the most frequent cause for the loss of time, and in mitigating this condition, not alone is the conservation of time an item, but the relief from pain is a humanitarian act.

In the treatment of Dysmenorrhea, Hayden's Viburnum Compound will add many hours and days of comfort each month to the lives of the sufferers. Its universal adoption and recognition by the profession was established upon the satisfactory results which it renders in Dysmenorrhea.

Given in two teaspoonful doses administered in hot water, will afford relief from pain. It contains no narcotics, nor habit-forming drugs, and if you are not familiar with its efficiency, a request to the New York Pharmaceutical Company, Bedford Springs, Bedford, Mass., will bring you samples for clinical demonstration, and a brochure giving formula and many suggestive thoughts in the use of this products.

FOR CHILBLAINS.

Paint with the following preparation:

Glycerine	30 gr.
Tincture of Iodine (1 in 10)	1 gr.
Tincture of Opium	1 gr.

or anoint with one of the following ointments:

Lanoline	10 gr.
Ichthyol	1 gr.

or

Lanoline	10 gr.
Camphorated oil	1 gr.

Broken chilblains can be dressed with Carron oil containing 1 in 200 of carbolic acid or with ointments containing balsam of Peru, ichthyol, tannin, resorcine, or applications of nitrate of silver.

FOR FATTY SEBORRHEA.

Resorcine	5 gr.
Thymic acid	0 gr. .50
Spirit	300 gr.
Rum	100 gr.