

BOILS. The cause is same as in Pimples. Very painful, tender, advance rapidly and finally burst and discharge bloody matter. May arise from imperfect action of the liver and kidneys. Often occurs with those who are run down—whose resistance is below par. The infection is often caused by bacteria from shaving brush, razor or shears, or clippers. One boil may infect the adjoining skin and start another.

TREATMENT: Spirits of turpentine applied to the boil in its earliest stages will almost always cause it to disappear; but when suppuration has commenced each boil should be kept covered with a collodion dressing so that its discharge cannot possibly get on clothing or spread to skin. When it breaks, paint with tincture of iodine. Most boils heal without interference. Next, improve the blood to prevent subsequent returns to other parts of the body. For this purpose take Dr. Pierce's Golden Medical Discovery, an alterative tonic, which cleanses the blood. One or two Pleasant Pellets

each day will also aid. One should always take a good laxative like the Pleasant Pellets at least once a week. Internal cleanliness is as necessary as a clean skin.

Pimples on the Face (or Acne). An inflammation of the sebaceous glands and surrounding tissues. The exciting cause is believed to be a micro-organism. The causes may be many, such as puberty, digestive disturbances, constipation, menstrual, irregularities, anemia, sedentary life, general debility and lack of muscular tone. Unless the constipation and indigestion are cured it is impossible to get rid of the pimples.

TREATMENT: Wash the face and neck with a good Castile soap. Apply Spirits of Turpentine once per day to dry up pimples. If the bowels do not move freely once or twice each day, use a good laxative, such as is made up of May Apple, Jalap, Aloin and Extract of Stramonium in minute quantity. Put in a ready to use form by Dr. Pierce over fifty years ago and called "Pleasant Pellets".