

by deep breathing through the nostrils, it expands the chest and gives wonderful results in weak lungs. The home gymnasium develops the muscles and is a great curative power to the weakly.

PURE AIR is indispensable to life and health, inhale all you can of it, and bask in the sunshine and the light; dampness and darkness are accompaniments of death. Admit pure air in abundance to your sleeping apartments, only avoid a direct draught, but never remain one hour in a close room devoid of free, pure air.

THE BOWELS should move regularly every day, practice going to evacuate them at regular periods to overcome constipation, costiveness and ill health are constant companions.

If the bowels fail to act, take enough Little Sugar-Coated Burdock Pills to secure the desired result until the Burdock Blood Bitters regulate the trouble. Injections of tepid water aid in extreme cases. Ripe fruits, vegetables, coarse brown bread, etc., are aids in diet.

COLD FEET.—Never sit with cold or damp feet. You need not suffer with cold feet, if you will use a warm foot bath of 1 gallon of water containing $\frac{1}{2}$ a cupful of salt and $\frac{1}{2}$ a tablespoonful of powdered capsicum, soak the feet for ten minutes, rub them dry, and in cold weather wear silk or cotton stockings next the feet, and thick woollen ones over them.

Keep the head cool, the feet warm, the skin clean, and the bowels open; eat, drink, and live temperately, breathe deeply of fresh, pure air, and take cheerful exercise. These rules, though simple, are all important, and speak volumes for good health.

ANTIDOTES FOR POISONS.

In cases where the other articles to be used as antidotes are not in the house, give two tablespoonfuls of mustard mixed in a pint of warm water. Also give large draughts of warm milk or water mixed with oil, butter or lard. If possible give as follows:—

For Bed-bug poison, Blue Vitriol, Corrosive Sublimate, Lead Water, Saltpetre, Sugar of Lead, Sulphate of Zinc, Red Precipitate, Vermilion: give Milk or White of Eggs, in large quantities.

For Fowler's Solution, White Precipitate, Arsenic: Give prompt Emetic of Mustard and Salt—tablespoonful of each; follow with Sweet Oil, Butter or Milk.

For Antimonial Wine, Tartar Emetic: Drink warm water to encourage vomiting. If vomiting does not stop, give a grain of Opium in water.

For Oil Vitriol, Aqua Fortis, Bi-Carbonate Potassa, Muriatic Acid, Oxalic Acid: Magnesia or Soap, dissolved in water or Glutinous drinks.

For Carbonate of Soda, Copperas, Cobalt: Prompt Emetic; Soap or Mucilaginous drinks.

For Strychnine, Tinct. Nux Vomica: Emetic of Mustard or Sulphate of Zinc, aided by warm water.

For Nitrate of Silver: Give common Salt in water.

For Chloral Hydrate, Chloroform: Pour cold water over the head and face, with artificial respiration, Galvanic Battery.

For Laudanum, Morphine, Opium: Strong Coffee, followed by Ground Mustard or Grease in warm water to produce vomiting. Keep in motion.

DR. BOYER'S GALVANIC FLUID.

FOR EXTERNAL USE ONLY.

This old and popular remedy is still in the market, and is highly recommended for the cure of Rheumatism, Lumbago, Neuralgia, Bruises, Sprains, Swellings, Frost Bites, Headache, Pains in the Joints or Muscles, and for general use as an active electrical or penetrating liniment.

Its effects are truly wonderful in all painful conditions.

Price, 25 Cents. Sold by all Dealers.



TO OUR READERS.

The publishers of this Almanac and the proprietors of the various Medicines herein advertised, have refrained from publishing a large number of testimonials and certificates of cures, owing to lack of space, and not wishing to crowd out other matters of interest to the general reader. We would remind those interested, however, that we hold in our possession *thousands* of testimonials from reliable parties both in Canada and the United States, who have been benefitted and cured by the use of Burdock Blood Bitters, Dr. Fowler's Wild Strawberry, and other remedies of which we are sole proprietors. These certificates we will take pleasure in showing and authenticating, so that the parties may be written to by enclosing stamp for reply. They remain as living evidence of the worth of our advertised household medicines.

NOTE.—Parties who have used any of our remedies will confer a favor to us, and benefit their fellow sufferers, by sending us a brief and plain statement of their case, and the benefit received from the use of our medicines, which may encourage others afflicted to try them. Any advice or more full directions to guide the invalid to health, will at all times be cheerfully given upon application by letter or otherwise.

