

every physician and surgeon. The pamphlet details fully the uses of the new anesthetic, explains the technique of administration, and contains some valuable case reports. A copy may be obtained by writing the company at its home offices in Walkerville, Ont.

TO RELIEVE THE EFFECT OF SOLAR HEAT.

Direct exposure to the sun's rays; employment in or living in hot and poorly ventilated offices, workshops or rooms, are among the most prolific causes of headache in summertime, as well as of heat exhaustion and sun-stroke. For these headaches and for the nausea which often accompanies them, antikamnia tablets will be found to afford prompt relief, and can be safely given. Insomnia from solar heat is readily overcome by one or two antikamnia tablets at supper-time, and again before retiring. If these conditions are partly dependent upon a disordered stomach, two tablets with fifteen or twenty drops of aromatic spirits of ammonia, well diluted, are advisable. For the pain following sun or heat-stroke, antikamnia in doses of one or two tablets every two or three hours will produce the ease and rest necessary to complete recovery. As a preventive of and cure for nausea while traveling by railroad or steamboat, and for genuine *mal de mer* or sea sickness, antikamnia tablets are unsurpassed.

HOW TO ENJOY AN OUTING.

There are, no doubt, many important uses for antikamnia tablets, not usually thought of by physicians. Patients who take an antikamnia tablet before starting on an outing, and this includes tourists, picknickers, automobilists, bicyclists, and in fact, anybody who is out in the sun and air all day, will entirely escape that demoralizing headache which frequently mars the pleasure of such an occasion. This applies equally to women on shopping tours, and especially to those who invariably come home cross and out of sorts, with a wretched "sight seer's headache." The nervous headache and irritable condition of the busy business man is prevented by the timely use of one or two tablets. Every bicycle rider after a hard run, should take two tablets on going to bed. In the morning he will awake minus the usual muscular pains, aches and soreness. As a preventive of, and relief for the pains peculiar to women at time of period, antikamnia tablets are unequalled. If the pain is over the lower border of the liver, or lower part of the stomach, or in short, be it headache, side-ache, backache, or pain of any other description caused by suppressed or irregular menstruation, it will yield to two antikamnia tablets. This dose may be repeated in an hour or two, if needed.