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Don't sleep in a draught.
Don't go to bed with cold feet.
Don't stand over hot-air registers.
Don't eat what you do not need just to save it.
Don't try to get cool too quickly after exercising.
Don't sleep with insecure false teeth in your mouth.
Don't start the day's work without a good breakfast.
Don't sleep in a room without ventilation of some kind.
Don't stuff a cold lest you be next obliged to starve a fever.
Don't try to get along without flannel underclothing in winter.
Don't use your voice for loud speaking or singing when hoarse.
Don't try to get along with less than eight or nine hours' sleep.
Don't sleep in the same undergarment you wear during the day.
Don't toast your feet by the fire but try sunlight or friction instead.
Don't neglect to have at least one movement of the bowels each day.
Don't try to keep up on coffee and alcoholics when you ought to go to bed.
Don't drink ice-water by the glass; take it in sips, a swallow at a time.
Don't eat snow to quench thirst: it brings on inflammation of the throat.
Don't strain your eyes by reading or working with insufficient or a flickering light.
Don't be too modest to ask the way to the water-closet when you have a call that way.
Don't use the eyes for reading or fine work in the twilight of evening or early morn.
Don't try to lengthen your days by cutting short your nights' rest; it is poor economy.
Don't wear close, heavy, fur or rubber caps or hats if your hair is thin or falls out easily.
Don't eat anything between meals excepting fruits, or a glass of hot milk if you feel faint.
Don't take some other person's medicine because you are troubled somewhat as they were.
Don't blow out a gaslight as you would a lamp: many lives are lost every year by this mistake.

Try popcorn for nausea.
Try cranberries for malaria.
Try a sunbath for rheumatism.
Try ginger ale for stomach cramps.
Try clam broth for a weak stomach.
Try cranberry poultice for erysipelas.
Try gargling lager beer for cure of sore throat.
Try a wet towel to the back of the neck when sleepless.
Try swallowing saliva when troubled with sour stomach.
Try eating fresh radishes and yellow turnips for gravel.
Try eating onions and horseradish to relieve dropsical swellings.
Try buttermilk for removal of freckles, tan and batternut stains.
Try to cultivate an equable temper, and don't borrow trouble ahead.
Try the croup tippet when a child is likely to be troubled that way.
Try a hot dry flannel over the seat of neuralgic pain and renew frequently.
Try taking your codliver oil in tomato catsup, if you want to make it palatable.
Try hard cider—a wineglassful three times a day—for ague and rheumatism.
Try breathing the fumes of turpentine or carbolic acid to relieve whooping-cough.
Try taking a nap in the afternoon if you are going to be out late in the evening.
Try a cloth wrung out from cold water put about the neck at night for sore throat.
Try snuffing powdered borax up the nostrils for catarrhal "cold in the head."
Try an extra pair of stockings outside of your shoes when traveling in cold weather.
Try walking with your hands behind you if you find yourself becoming bent forward.
Try a silk handkerchief over the face when obliged to go against a cold, piercing wind.
Try planting sunflowers in your garden if compelled to live in a malarial neighborhood.
Try a saturated solution of bicarbonate of soda (baking soda) in diarrhcal troubles: give freely.
Try a newspaper over the chest, beneath your coat, as a chest protector in extremely cold weather.