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uts or scratches.

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W. F. YOUNG, Inc. 244 St. Paul St., Montreal

Absorbine J

Habit

Nujol will give you the healthiest habit in the

Without forcing or irrita-ting, Nujol softens the food waste. The many tiny mus-

cles in the intestines can

then easily remove it regu-larly. Absolutely harmless

Nujol

For Constipation

Mentholatum

For After-Shaving,

-try it.

The Modern Method

of Treating an Old Complaint

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world.

Use

ntiseptic, too, eliminating possible infection from

tims of Rheumatism or Neuralgia or Neuritis bear sad witness ! Dangerous changes from warm to cold and back again cause many an ache and pain. Fight those first symptoms with

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The Products.

Free Trial of a Method That Anyone Can Use Without Discomfort or Loss of Time.

The Shale.

For sale by

The chemist in charge of the labora-tory, which is a short distance away from the reducing plant, is Mr. W. W. Weigle, of Rolla, Missouri. Mr. Weigle is a graduate of the Rolla School of Mining, which is part of the University of Microwel FREE TRIAL COUPON FRONTIER ASTHMA CO., Room 533 N, Niagara and Hud-son Streets, Buffalo, N. Y. of Mis Send free trial of your method to Mr. Weigle has been at the plant only a few days but has conducted a consid-erable number of tests. While as yet the "lab" is not completely equipped, the lay-man would not know it as the place is

a litter of test tubes, motors, glass re-torts, siphons, condensers as well as two small brick retorts.

The history of the shale deposits of Albert County dates back previous to 1848. From 1848 to 1850 a Yaung and Enhance Your Your Beauty Retain and enhancethe beauty of your hair by using Delmay's Vital ene Fr en ch HairTonic Awonderful preparation of herbs discovered by a famous French chemist. For beautiful soft, fluffy, luxuriant hair, buy a bottle today. Price One Dollar for a generous sized bottle. If not obtainable at your druggist, direct from Scobell Drug Co. Limited, Montreal.

sufficient quantities to last over a thous-and years. Exhaustive tests and borings

THE KIDNEYS -AND HEALTH

THE FUNCTIONS OF THE KIDNEYS -THEIR CARE AND TREATMENT

Knowledge Everyone Should Possess to be Assured of Good Health

The Kidneys .- The kidneys are commonly known and quite accurately described as the filters of the body, their function being to remove from the blood all those impure or poisonous substances which would be injurious to the body. This important work can only be carried on by the kidneys while they are in a healthy condition. It is, therefore, absolutely necessary that they should be kept healthy, and, in the event of anything being wrong with them, that we should take immediate steps to remedy the evil.

Description.-The kidneys are situated in what is known as the "lumbar region" at the rear of the upper part of the abdomen. They are two bean-shaped organs, possessing an artery, a vein, and a tube which conveys the fluid that has passed through the filtration process to the bladder. The innermost part of the kidney is composed of a series of small tubules or tubes, which, when the kidneys are in health, act as the filter. You may readily understand how serious a condition arises if these tubes become inflamed so that they cannot do their normal work.

Kidney Diseases.-There are many forms of kidney disease, nearly all of which are the result of neglecting the simpler forms. For instance there are the acute, or sudden onset, caused by a sudden obstruction and inflammation of the kidneys; the chronic, which follows if the acute form is neglected; and Uremia, which may result if the patient still continues to neglect the kidneys. Uremia generally results fatally.

Causes.—One of the most frequent causes of kidney trouble is alcohol, which overtaxes the kidneys to such an extent that they become exhausted and their usefulness is destroyed or seriously impaired. Other causes are : Former diseases, such as scarlet fever, exposure to cold, unsanitary conditions, inattention to hygiene, badly balanced and illregulated diet, the excessive use of certain medicines and, in short, almost any conditions which do not comply with the fixed laws of nature.

Symptoms.—Do not treat lightly any evidence of kidney trouble. Its approach is some-times so insidious that its hold may pass unnoticed for the time being. There may be at first only slight headaches with a failing appetite and loss of ambition. Then there usually follows a pain across the back in the region of the kidneys. Later the fluid passed may be either scant or greatly increased, the color very pale or very dark, according to circumstances, with a marked odor accompanied by pain. All these conditions are unnatural. Then may follow the swelling of joints in arms and legs. These symptoms are the result of neglect of first warnings which should be heeded in good time if serious illness is to be avoided.

TREATMENT

The treatment for kidney trouble is very simple. Regulate your habits, keep your bowels active, and restore the full action of the kidneys by the use of such remedies as will stimulate the blood supply to those organs, at the same time removing any obstructions and healing their inflamed condition. The medicines used in Gin Pills are those which are used by the leading physicians of the present day for the relief of kidney troubles, accomplished by increasing the circulation and filtration power of the kidney tubules. Gin Pills have long been recognized as the finest restorative and corrective for all kidney

and bladder derangement. If you have any of the symptoms described above, try a box-from your ist or dealer-at 50c. If you obtain no relief

SAMPLE FREE ON REQUEST

