

IMPORTANT HEALTH HINTS.

To Chronic Invalids while using Burdock Blood Bitters.

EAT slowly, chewing the food well, never be in a hurry while eating. Avoid highly seasoned dishes, such as pastry, pork, gravies, cheese, pickles, greasy food, hot bread, preserves, sweet meats, etc. *Never* eat too heartily at night, yet do not retire with an empty stomach—a soda biscuit or cup of milk will be something for the stomach to act upon during the night, and prevent faintness, thus often promoting a good night's rest. It is a mistake to go to bed hungry, but *never* overload the stomach.

PARTAKE OF rare beef, lamb chops, fish, oysters, wild game; and most vegetables are wholesome, and fruits when ripe; there is great nourishment in rice, peas, oat meal, beans, asparagus, celery and tomatoes are very wholesome. Greens, such as spinach, dandelion, narrow-leaved dock, etc., are good in season. Oranges, lemons, prunes, figs, bananas, baked apples, jellies, etc., are generally palatable, and good for the invalid. The natural acid of the orange is highly refreshing in fever, and as for nutriment, there is nothing can excel rice and oat meal with cream or milk as a diet.

DRINK.—Do not drink coffee while bilious or when taking medicine—*pure* water is best. See that it is well filtered, if not, always boil it before using. Take milk as much as will agree with you. If milk disturbs the stomach, boil the milk, or mix it with a little lime water. Lemonade, orangeade, tamarind water, crust coffee, slippery elm water, kouniss, charcoal water, etc., are well known and valuable drinks for the sick. Even pure cider is sometimes good for bilious and rheumatic sufferers. Soda mint water is good for sour stomachs. A teaspoonful of Bicarb soda, a half teaspoonful essence peppermint in a glass of sweetened water is good for dyspeptics.

SHUN stimulants of an alcoholic nature; wine, beer, etc., should be avoided. A cup of ginger tea, sage tea, or even black tea, chocolate or cocoa, is worth far more as a stimulant, and is harmless.

BATHE daily, or at least twice a week, in water warm enough to be comfortable; avoid a chill. A sponge bath is very refreshing and should never be neglected in fevers. Anointing a restless patient with olive oil or glycerine and rose water, keeps the skin moist, soft, and allays fever and nervous excitement wonderfully; *try it*, the poor sufferer will bless you for your labor.

EXERCISE all your strength will permit, take exercise of a pleasant, not a tiresome form. Walk erect. *Fill your lungs*

VICTORIA CARBOLIC SALVE.

This Salve is the most wonderful

HEALING COMPOUND

Ever discovered for the perfect and rapid cure of every description of breach of integument, from a simple scratch or bruise to the most aggravated Ulcer, including

Cuts, Wounds, Bruises, Burns, Scalds, Sore Nipples, Broken Breasts, Fever and Scrofulous Sores, Ulcers of all kinds, Abscesses and Boils, Piles, Pimples, &c., and Chronic Diseases of the Skin of every description.

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This TOILET SOAP possesses all the well-known antiseptic and disinfecting properties of Carbolic Acid, has a healthy action on the skin, prevents irritation, removes the effects of perspiration, and should be regularly used by families. Cholera, Small-pox and Fever patients should be washed with this Soap; and its use by persons liable to infection will materially prevent the spread of the disease.

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For beautifying the complexion, and for removing Tan, Freckles, Pimples, etc., also for Chapped Hands, Chilblains, Frost Bites and Sore Lips.

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