

TO THE READER.

THE ALPHABET OF HEALTH.



HERE are only two ways to accomplish any labor of life, a right way and a wrong way, and the right way is ever the easiest, most simple and most sensible. So, too, in the regulation of the human system, either in health or disease, it is a plain common-sense business if we only place ourselves in a condition to understand it. The Science of Medicine has always been too much mystified, and the care of the human body has been left too entirely in the hands of the profession, without a proper attendance to the simple laws of life on the part of the people. It is to teach this alphabet of health that the following pages have been written in a brief familiar manner, in alphabetical order and as plain as A.B.C. We recommend nothing but what we have proved by experience to be of value. The proprietary remedies mentioned herein, have long been popular standard medicines, and in the absence of a physician are of incalculable service. In all serious forms of illness, a trustworthy physician should be consulted without delay if possible. In presenting this Annual for 1884, we sincerely offer our thanks to our friends and patrons for their liberal dealings with us. Our advertised medicines were never more popular or in greater demand than at present, which fact speaks volumes for their merits. We have endeavoured to make our Almanac as attractive and useful as ever. The various hints and receipts are worthy of preservation, and we trust the general make up of the present issue will be attractive to the general reader. With kind regards to our patrons all,

We remain, yours truly,

T. MILBURN & CO.

Ague.

Symptoms.—Pains in the head and back, aching of the joints, yawning, general chilliness sometimes shaking, followed by fever and afterwards by free perspiration. Ague therefore consists of a cold, hot and sweating stage.

Cause.—Malarial influence, biliousness with exposure to bad air from stagnant water, low marshy regions, etc.

Cure.—Cleanse the stomach and bowels, and arouse the torpid liver by antibilious purgatives, such as National Pills. For the fever, warm herb teas such as Yarrow, Sage etc, the hot foot-bath and other sweating means. During the intermission Quinine in 5 to 10 grain doses, every three or four hours will break the chills. Our Burdock Blood Bitters should then be taken as a tonic, and to regulate the liver and prevent a return of the disease.