

## HEALTH IN THE HOME

### How to Keep Warm and Well

Persons who habitually expose themselves to an abundance of fresh air rarely suffer from draughts. Some there are, however, on account of apparently inexplicable reasons, who are super-sensitive to such conditions. But these, above all other persons, find their best protection in habituating themselves to a plenary supply of fresh air under all circumstances; by woolen clothing and by particularly avoiding small bedrooms and all such conditions as are endeavored by them.

People generally rely altogether too much upon the house to exclude cold air, instead of warm clothing, by which they exclude fresh air. By habituating themselves to close rooms and impure air they create and increase their liability to disease which they exert themselves in the wrong direction to avoid.

### Sick Headache

The radical permanent cure for sick headache in a week, nervous woman must combine the following: A general toning up of the system. Regularity of habits. Plenty of sleep at the right time. A powerful exercise of the will to keep up a cheerful, quiet, easy

frame of mind. As to immediate relief there is nothing better than menthol. Get your druggist to make for you a strong solution of menthol. For external application use this tincture full strength. Paint it right over the pain. Then take half a glass of hot water and add from three to ten drops of the tincture, inhale the fumes until it cools off so that you can drink it, and remember that it should be taken as hot as possible. There is another headache of the brain worker. It can always be stopped, however, by taking a fair dose, say ten grains, of quinine at bedtime, and a good night's sleep. Then, too, we have the traveler's headache; even this may be avoided. First, do not work yourself up into a nervous frenzy by trying to do a thousand and one things, and then rush to catch a train. Do not worry all the way to the station about things you have left undone. Do not go too long without eating; when your regular lunch time or dinner time or tea time comes eat something, if it be only a cracker. An excellent plan is to take a few raisins in your pocket, and eat them when you feel tired, or relaxed. Raisins are peculiar, and while I would not advise you to eat too many on ordinary occasions

—they are indigestible—still they will give an empty stomach plenty of work, and their stimulant effect upon a tired, exhausted person is quiet, effective and pronounced.

### An Invalid's Dish

For invalids who need food the reverse of laxative: Cut stale white bread into slices of moderate thickness, and toast evenly a light brown on both sides. Have ready, in a deep dish, a teaspoonful of salt and a quarter teaspoonful of black pepper, upon which pour a sufficient quantity of boiling water to cover each slice. Dip the slices in quickly, one by one, and remove at once; pile in a plate, buttering each slice as it is taken from the water, and put the whole in the hot oven for a minute or two. It should be very hot, very tender and not in the least watery.

Evangelist—"My mission in life, sir, is to save young men."

Mr. Crusty—"I wish you'd save one for my eldest daughter."

### The Combination Oil Cure for Cancer

Has the endorsement of the highest medical authority in the world. It would seem strange indeed if persons afflicted with cancers and tumors, after knowing the facts, would resort to the dreaded knife and burning plaster, which have hitherto been attended with such fatal results. The fact that in the last ten years over one hundred doctors have put themselves under this mild treatment shows their confidence in the new method of treating these horrible diseases. Persons afflicted will do well to send for free book giving particulars and prices of this. Address the home office, Dr. D. M. BYE CO., Drawer 808 N., Indianapolis, Ind.

## If your Kidneys are Sick just write this:

CANADA POST CARD  
THE ADDRESS TO BE WRITTEN ON THIS CARD



*Bole Drug Co.  
Winnipeg  
Manitoba.*

*Kindly send me a free  
sample box of  
Gin Pills  
Yours truly  
A. J. Giffen  
Pamell, Ont.*

### WE'LL SEND THE CURE

Perhaps you don't know about Gin Pills—the wonderful cure for Kidney Troubles—the healing, soothing pills that never fail to make the Kidneys well and strong. We want you to know about them—to try them—to see for yourself that they do cure all Kidney Diseases.

We are giving away 100,000 boxes of GIN PILLS, free to sufferers.

Won't you write us for a box, and cure yourself?

Gin Pills are a certain and speedy cure for Inflammation of the Kidneys; Gout and Rheumatism, caused by uric acid in the blood; Catarrh of the Bladder; Painful and Suppressed Urination; "Burning" Urine; Gravel or Stone in the Bladder; Bed Wetting; Pains in the Back; Swollen Hands and Feet; and all other Kidney and Bladder Troubles.

Each Gin Pill contains all the medicinal properties of one and a half ounces of best Holland gin, without the alcohol, and combined with other curative agents of recognized value.

Don't put this off. If you have any of these troubles, don't run the risk of Bright's Disease or Chronic Cystitis. Write for a free sample.

**BOLE DRUG CO., Dept. 4, Winnipeg, Man.**