

The Value of Charcoal.

Few People Know How Useful it is in Preserving Health and Beauty.

Costs Nothing to Try.

Nearly everybody knows that charcoal is the safest and most efficient disinfectant and purifier in nature, but few realize its value when taken into the human system for the same cleansing purpose.

Charcoal is a remedy that the more you take of it the better; it is not a drug at all, but simply absorbs the gases and impurities always present in the stomach and intestines and carries them out of the system.

Charcoal sweetens the breath after smoking, drinking or after eating onions and other odorous vegetables.

Charcoal effectually clears and improves the complexion, it whitens the teeth and further acts as a natural and eminently safe cathartic.

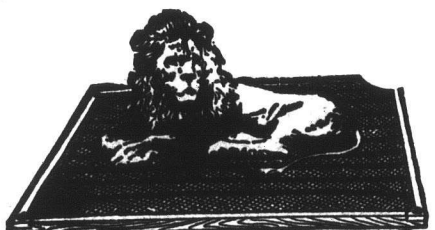
It absorbs the injurious gases which collect in the stomach and bowels; it disinfects the mouth and throat from the poison of catarrh.

All druggists sell charcoal in one form or another, but probably the best charcoal and the most for the money is in Stuart's Charcoal Lozenges; they are composed of the finest powdered Willow charcoal, and other harmless antiseptics in tablet form or rather in the form of large, pleasant tasting lozenges, the charcoal being mixed with honey.

The daily use of these lozenges will soon tell in a much improved condition of the general health, better complexion, sweeter breath and purer blood, and the beauty of it is, that no possible harm can result from their continued use, but, on the contrary, great benefit.

A Buffalo physician, in speaking of the benefits of charcoal, says: "I advise Stuart's Charcoal Lozenges to all patients suffering from gas in stomach and bowels, and to clear the complexion and purify the breath, mouth and throat; I also believe the liver is greatly benefited by the daily use of them; they cost but 25c a box at drug stores, and although in some sense a patent preparation, yet I believe I get more and better charcoal in Stuart's Charcoal Lozenges than in any of the ordinary charcoal tablets."

Send your name and address to-day for a free trial package and see for yourself. F. A. Stuart Co., 56 Stuart Bldg., Marshall, Mich.



The Guaranteed Hercules Spring Beds Never Sag

—they never stretch out of shape—
—and never lose their springiness.

For solid comfort—for luxurious sleep—you will find no other bed so lastingly satisfactory. The patent interlacing steel wires preserve the spring and greatly strengthen the bed.

Our 30-days' free trial protects everyone who buys a "Hercules." Look for the name on the frame.

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The Home Doctor.

White vaseline rubbed in thoroughly will prevent the nails from becoming brittle.

Women need eight or, better, nine hours of sleep. Do not imagine that an hour taken from sleep for reading or sewing is an hour gained.

When food digests slowly and gas is formed on the stomach, charcoal taken after meals will absorb impurities, in both stomach and intestines.

When there is pain in the eyes from over-strain or weakness apply steeped green tea leaves in little cheese cloth bags at bedtime. They should be quite wet, and can be kept in place by a handkerchief fastened around the head.

The beaten yolk of an egg, to which has been added four tablespoonfuls of water, is said to make an excellent shampoo for the hair.

The smallest pin scratch has sometimes caused blood poisoning. Bathe all wounds where the skin is broken with a strong solution of boracic acid or listerine.

Excessive perspiration is sometimes very much relieved by washing in cold water which has been softened by a small quantity of borax, or a few drops of ammonia.

There is no recipe for removing wrinkles like cheerfulness. It isn't easy to be cheerful always. No; but it doesn't help anyone to worry. Get the habit of cheerfulness, and you will find there is not so much to worry about.

It is better to take a cold bath in the morning—the system responds to the stimulus as a rule, and there is likelihood of catching cold, than when taken at night, when one is tired and relaxed.

Cheese is an excellent substitute for meat never overtaxes the digestive system if masticated thoroughly, and is a great muscle maker, if properly utilized.

A glass of warm milk taken after retiring often proves a remedy for sleeplessness.

Fresh air day and night in abundance, free drinking of pure water, and simple digestible foods, will strengthen the nerves. Health foods, so-called, are not healthful at all, nor nourishing, unless they are properly digested, and most nervous people have difficulty in digesting food, so that an out-door life with exercise just short of fatigue is essential in regaining the tone of the nervous system.

BABY'S EXERCISE.

Exercise is necessary and is as important for young infants as for older children. A young baby gets his exercise by crying or screaming, waving his arms, kicking, and other efforts to move the body in different positions. The clothing should not be so tight or heavy as to make these movements impossible. Special care should be given to the adjustment of baby's pinning blanket, so that it does not bind or in any way interfere with his little legs when kicking about or stretching, for if the baby is not given plenty of room to kick, it not only retards the proper development of his muscles, but he is very apt to become bowlegged.

FEEDING THE INVALID.

When patients are able to sit up in bed, the nurse should see that their position is such as not to be tiresome or uncomfortable, and that the food tray is not held in such a way as to cause inconvenience or cramp arms or legs, lest the effort of sitting up show its effect on the appetite before the meal is completed, says a writer in Farm, Field and Fireside. Food should not be cooked more than once. It is better to cook but little at a time and serve it strictly fresh.

There is danger of such food as meat broths being greasy, and these should be several times skimmed in preparing. A piece of blotting paper or bread laid on the surface will remove any surplus grease left over by the skimming process.

The invalid will often eat more if the food is served in "courses," instead of its being all brought before him at once.

The time when the patient is first allowed to sit up in bed may well be used for giving him the chief meal of the day, as often it will then be eaten with a keener relish.

If there is nausea, or any stomach or bowel disturbance, the suggestion is for smaller meals, given oftener.

Food for invalids should be salted a little more and sugared a little less than for those in health.

If the invalid's mind can be diverted from his ailments while he is eating, by means of some topic of interest, a better relish and a better digestion will ensure quicker recovery.

GOOD HEALTH.

By a Doctor.

It has been said that "in the midst of life we are in death." This means that the process of decay, or death of the vital organs, is going on when one is in the prime of life. During infancy and childhood, and until the period of maturity has been reached, the building-up process is going on more rapidly than the process of waste. From about the age of twenty-five until about the age of forty, the processes of waste and repair seem to be about evenly balanced. After the age of forty the physical powers are gradually on the decline, and continue so to decline until dissolution occurs.

The arteries are among the first of the organs to show this change. Gradually losing their elasticity, they become more and more hardened, until they reach the cord-like condition of old age. Their muscular coats become gradually transformed into connective (fibrous) tissue, which causes more and more resistance to the heart's power of propelling the blood. The arteries also become brittle and, in many instances, little sacs called aneurisms form on the least hardened parts of their coats. When one of these little sacs becomes thin, and ruptures, a hemorrhage occurs into the tissues supplied by this arterial branch. If this, as it often does, happens in the brain, it is known as apoplexy. The lining of the internal surface of the arteries is often the subject of an inflammatory softening, which by its effect on the blood pressure causes the rapid action of the heart and shortness of breath so common in elderly persons upon any sudden or severe exertion. This is usually first noticed when climbing stairs or lifting something heavy. Nature in this way displays her danger signal, meaning "slow up."

Many people have sought for the fountain of youth, but it still remains undiscovered. There are, however, general rules which one who has reached the shady side of life will do well to follow. It is well to keep the bowels, kidneys and skin in a healthy condition. Overindulgence in eating is especially detrimental. A variety of foods in proper amounts, plenty of good water, all bathing and rubbing the body—all help to attain the desired end. If possible, the cure of the day should be laid aside when retiring, and a business of getting a proper amount of sleep be strictly followed. Sleep is, I believe, the best of all nature's methods of restoring mental as well as physical vigor.

Excesses of all kinds are harmful to any one, and especially so to a person in the decline of life. By attention to nature's laws, and by leading, for a good part of the time, an out-of-door life, combined with pleasant occupation and associates, the candle may be made to burn much longer than when one forgets that he has passed the meridian. I would like to add that, Dr. Osler to the contrary, I believe that some of the most useful, lovable and happy persons are well past sixty, and have for many years worn a silver crown.

There is nothing more soothing in a case of nervous restlessness than a hot salt bath just before retiring.

Acidity of the Stomach.—A good and simple remedy for acidity of the stomach is a dose of ammonia. Five to ten grains of carbonate, or fifteen drops of ammonia water, in a glass of cold water.

For chilblains, this lotion, applied several times a day with bandages made of old linen, is said to be beneficial: One-half ounce of glycerine, ten grains of tincture of iodine and ten grains of tincture of opium.

Inflammation of the throat and tonsils is a common complaint at certain seasons of the year. A soothing drink for persons so affected is made by boiling a teaspoonful of isinglass in half a pint of milk with a dozen bruised almonds and sweetened to taste. This drink has a marvellous effect in reducing the inflammation.

A Preventative for Corns.—At the first sign of a corn or bunion, the feet should be bathed every morning in cold or warm water, to which a little alum or vinegar has been added. This is a soothing bath also for swollen feet, and leaves a nice sensation of freshness. Feet that are inclined to corns or bunions should be sponged at night with lavender water or very slightly diluted with vinegar. People who suffer from weak ankles should put plenty of salt in the water in which they bathe their feet, and should use the water cold.

If "taken at the Sneezing Stage," Preventives—a toothsome candy Tablet—will surely and quickly check an approaching cold or Grippe. When you first catch cold—or feel it coming on—take Dr. Shoop's Preventives and the prompt effect will certainly surprise and please you. Preventives surely supply the proverbial "ounce of prevention." Sold in 5c and 25c boxes.

Awful Agony of Piles.

Positively Relieved by The Pyramidal Pile Cure.

A TRIAL PACKAGE MAILED FREE.

There is no reason—surely no good reason—why any man or woman should continue to suffer with piles when a reputable company of druggists have placed in every high-grade pharmacy a positive and unfailing cure for this dread disease at a price within the reach of the poorest. They have done more. They offer to relieve the sufferer temporarily and start him well on the way to recovery, by giving to any piles patient who sends his name and address, a free trial package of the wonderful Pyramidal Pile Cure, in a plain sealed wrapper. There are



Where Most Piles Sufferers End. Act Before Too Late.

enough of the curative elements in this trial package to greatly reduce the swelling of the affected part, to heal much of the soreness and ulceration. After the sample is gone your druggist will supply you with a box of the Pyramidal Pile Cure for 50c.

Read Mrs. Bond's letter, which tells how she suffered and was relieved, if not positively cured, after using one 50c box.

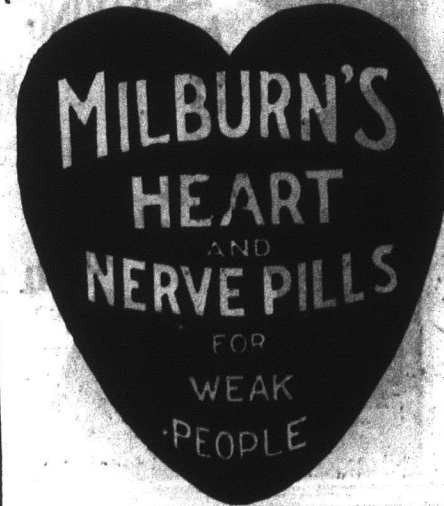
"I have tried your pile cure and find them all you recommended them. I am very thankful to you for ever putting them within my reach, for I have had one box and I have not used all of them yet, and I feel like a new woman to-day, and I tell everybody about them. When I started them I could not walk across the floor, but now I can do my work all right. My work was a burden to me before I started them, but I can tell you that I can work much better now. You can rely on me. I will tell everybody about Pyramidal Pile Cure."

Yours sincerely, Mrs. J. Bond, Toronto, Canada, 33 Pears Ave.

There is positively no risk or danger with the Pyramidal Pile Cure, for there is nothing but curatives in the preparation. They are suppositories, which, placed in the affected part, act as a soothing ointment, working upon the infected and ulcerous tissues, giving them new life and stimulating a stronger circulation of the blood.

By the use of the Pyramidal Pile Cure the patient is cured at home without losing a day's work, no matter what his occupation. The cure may be accomplished in absolute privacy. We use no names for advertising purposes without the voluntary consent of the patient.

The Pyramidal Pile Cure is quick, permanent and painless. Do not delay, but send your name and address to-day, and we will furnish you at once with the free trial package. Pyramidal Drug Co., 71 Pyramidal Bldg., Marshall, Mich. The 50c size packages are for sale at all druggists.



Are a True Heart Tonic.

Nerve Food and Blood Enricher. They build up and renew all the worn out and wasted tissues of the body, and restore perfect health and vigor to the entire system. Nervousness, Sleeplessness, Nervous Prostration, Brain Fog, Lack of Vitality, After Effects of La Grippe, Anemia, Weak and Dizzy Spells, Loss of Memory, Palpitation of the Heart, Loss of Energy, Shortness of Breath, etc., can all be cured by using

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