

DIARRHOEA

Was Caused By Change of Diet, Etc.

Diarrhoea arises from many causes such as, change of diet, change of water, change of climate, catching cold, the eating of unripe fruits, or anything that will cause or induce an excess of bile.

On the first sign of any looseness of the bowels it should not be neglected, but should be looked after immediately, for if not diarrhoea, dysentery or some other serious bowel complaint may ensue.

Mr. Geo. Smith, Victoria, B.C., writes: "It is five years ago since I first tried Dr. Fowler's Extract of Wild Strawberry. I was then on a timber survey, and suffered greatly from diarrhoea, caused by change of diet, etc. A friend in the party gave me a few doses which gave me great relief. Since then I have been in survey work, and would as soon think of starting out on a trip without my compass and blankets as without my supply of Dr. Fowler's Extract of Wild Strawberry, which I consider the woodsman's best friend."

Dr. Fowler's Extract of Wild Strawberry has been on the market for the past seventy years, and is universally known as a positive cure for all complaints arising from any looseness of the bowels.

When you ask for "Dr. Fowler's" be sure you receive what you ask for as there are many rank imitations of this sterling remedy placed on the market to try and fool the unsuspecting public.

The genuine is manufactured by The F. Milburn, Co., Limited, Toronto, Ont.

Price, 35 cents.

SUPERFLUOUS HAIR

Let Me Prove Free That You Can Get Rid of It Positively, Without Pain or Injury

Free Coupon Brings You Quick Help

For years I was in despair because of a hideous growth of Superfluous Hair. I had a regular moustache and beard and a hairy covering on my arms. After seeking relief for years in vain, I secured, through an Officer in the British Army, a closely-guarded secret of the Hindoo Religion, which had made Superfluous Hair unknown among the native women of India, a fact which is well-known.

It was so successful in my own case that I no longer have the slightest trace of Superfluous Hair and I shall be glad to send Free to anyone, full information and complete instructions so that you can follow my example and completely destroy all trace without having to resort to the dangerous electric needle. So stop wasting your money on worthless depilatory preparations and write me to-day, giving your name and address, and stating whether Mrs. or Miss. All I ask is, that you send me a 2c stamp for return postage. Address, Mrs. Fredericka Hudson, Suite 1911, C. Bronson Bldg., Atleboro, Mass.

THIS FREE COUPON, if sent with a 2c stamp for return postage, entitles any reader of The Western Home Monthly to Mrs. Hudson's Free Instructions to banish Superfluous Hair. Good for immediate use only. Cut out coupon and pin to your letter. Address as below.

IMPORTANT NOTE: Mrs. Hudson belongs to a titled family, high in English society; she is connected with leading officials there and is the widow of a prominent officer in the British Army, so you can write her with entire confidence. She has opened an office in America for the benefit of sufferers from Superfluous Hair. Full address above.

Stop Using a Truss

FREE TRIAL OF PLAPAO
STUART'S PLAPAO-PADS are different from the truss, being medicine applicators made self-adhesive purpose to hold the parts securely in place. No straps or buckles attached—no obnoxious springs. Cannot slip, so cannot chafe or press against the bone. Thousands have successfully treated themselves at home without hindrance from work and reported most obstinate cases cured. Soft as velvet—easy to apply— inexpensive. Awarded Gold Medal. Process of recovery is natural, so afterwards no further use for trusses. We prove it by sending you Trial of Plapao absolutely free. Write today, PLAPAO LABORATORIES, 814, 118 St. Louis, Mo.

have been very kind to me. I have found plenty of nice crumbs left on the floor, and sometimes even a lump of sugar."

"The people who work in these offices left those crumbs over from their tea, I expect. I mustn't be praised for what I don't deserve," said honest Mrs. Budd.

"Well, you have set no traps for me, nor have you brought a cat with you in a bag, as some unkind charwomen do to catch little mice like myself. So, for your kindness, I mean to reward you by granting you one wish. Think well before you wish. You may ask for anything but money."

"Oh, deary me! This is sudden!" exclaimed Mrs. Budd. "What shall I ask for? There are such hundreds of things I want. Then there's that doll for my Clara."

"Please, Fairy Mouse, I wish for the doll in Boot Alley. Oh, stop a minute! I haven't quite settled yet."

For just as Mrs. Budd was going to wish for the doll in the shop in Boot Alley, visions of the scantily clad, hungry Malony children arose in her mind. Then there was that new dress she so long had wanted for herself, but Mrs. Budd did not think of that long. No; she would either wish for the doll for Clara or clothing for the Malonys.

"Time's going on," remarked the mouse. "I am sorry to hurry you, but I want to turn into my hole for the night; so if you would decide, Mrs. Budd, I should be much obliged."

"Then it shall be clothes for the children who live above me," blurted out Mrs. Budd, speaking hurriedly, afraid lest she would change her mind.

The mouse beamed on the charwoman, and, skipping out of her hand, ran down her dress, and over to a large basket of waste paper by a desk. It scampered lightly over the paper, which changed into coats, cloaks, suits of clothes, and boots and stockings, until there was a large pile on the floor.

"There you are," said the mouse. "Now I am going to give you something for Clara and yourself." It then suddenly turned an old cardboard box lying on the floor into a lovely wax doll, dressed all in rose-color pink silk, with a necklace of pearls round its neck, and a straw hat trimmed with roses on its head. A newspaper was transformed into a warm winter dress for Mrs. Budd.

"You are kind!" said she. "I only wish I could do something for you. At least, you must let me take you home, and show you to my Clara. And if you will live with me I will try and make you very comfortable. I will give you a little nest in my workbox, out of cotton-wool, and you shall always have plenty to eat."

"Thank you very much. You are most kind. But to-night the Fairy Queen will send a coach to take me back to Fairyland. For she said if ever I found a mortal who, when I gave them a wish, asked for something for others, and not for themselves, then I might come back to Fairyland. And you asked for clothes for those poor children, when you might have asked for something for yourself. So, through your unselfishness, I shall be able to leave these dull, dreary offices and go back to Fairyland."

Mrs. Budd never knew how she finished her work, for she felt so excited and longed to carry the doll and clothes home, but at last all was done, and, wishing the Fairy Mouse good-bye, she stumped down the stairs, and the heavy outer door shut with a bang behind her.

When Christmas morning came, Mrs. Budd, looking very smart in her new dress, gave the children their presents, and told them the story of the Fairy Mouse.

The Malonys were delighted, and Clara nursed her doll all day.

"I wish I could find a mouse who could talk. I shall speak to every one I see, and p'raps one day I'll find one who can," she said.

"All sorts of things might happen," said her mother. "Sometimes I really think I must have fallen asleep in that office, and dreamt all about the mouse, though where the doll and clothes came from I don't know. Anyway, the Fairy Mouse has given us a very happy Christmas."

What is an Internal Bath?

By W. R. BEAL

Much has been said and volumes have been written describing at length the many kinds of baths civilized man has indulged in from time to time. Every possible resource of the human mind has been brought into play to fashion new methods of bathing, but, strange as it may seem, the most important, as well as the most beneficial of all baths, the "Internal Bath," has been given little thought. The reason for this is probably due to the fact that few people seem to realize the tremendous part that internal bathing plays in the acquiring and maintaining of health.

If you were to ask a dozen people to define an internal bath, you would have as many different definitions, and the probability is that not one of them would be correct. To avoid any misconception as to what constitutes an internal bath, let it be said that a hot water enema is no more an internal bath, than a bill of fare is a dinner.

If it were possible and agreeable to take the great mass of thinking people to witness an average post mortem, the sights they would see and the things they would learn would prove of such lasting benefit and impress them so profoundly that further argument in favor of internal bathing would be unnecessary to convince them. Unfortunately, however, it is not possible to do this, profitable as such an experience would doubtless prove to be. There is, then, only one other way to get this information into their hands, and that is by acquainting them with such knowledge as will enable them to appreciate the value of this long-sought-for health-producing necessity.

Few people realize what a very little thing is necessary sometimes to improve their physical condition. Also, they have almost no conception of how little carelessness, indifference or neglect can be the fundamental cause of the most virulent disease. For instance, that universal disorder from which almost all humanity is suffering, known as "constipation," "auto-intoxication," "auto-infection," and a multitude of other terms, is not only curable, but preventable through the consistent practice of internal bathing.

How many people realize that normal functioning of the bowels and a clean intestinal tract make it impossible to become sick? "Man of to-day is only fifty per cent efficient." Reduced to simple English this means that most men are trying to do a man's portion of work on half a man's power. This applies equally to women.

That it is impossible to continue to do this indefinitely must be apparent to all. Nature never intended the delicate human organism to be operated on a hundred per cent overload. A machine could not stand this and not break down, and the body certainly cannot do more than a machine. There is entirely too much unnecessary and avoidable sickness in the world.

How many people can you name, including yourself, who are physically vigorous, healthy and strong? The number is appallingly small.

It is not a complex matter to keep in condition, but it takes a little time, and in these strenuous days people have time to do everything else necessary

for the attainment of happiness but the most essential thing of all, that of giving their bodies their proper care.

Would you believe that five to ten minutes of time devoted to systematic internal bathing can make you healthy and maintain your physical efficiency indefinitely? Granting that such a simple procedure as this will do what is claimed for it, is it not worth while to learn more about that which will accomplish this end? Internal bathing will do this, and it will do it for people of all ages and in all conditions of health and disease.

People don't seem to realize, strange to say, how important it is to keep the body free from accumulated body-waste (poisons). Their doing so would prevent the absorption into the blood of the poisonous excretions of the body, and health would be the inevitable result.

If you would keep your blood pure, your heart normal, your eyes clear, your complexion clean, your head keen, your blood pressure normal, your nerves relaxed, and be able to enjoy the vigor of youth in your declining years, practise internal bathing and begin to-day.

Now that your attention has been called to the importance of internal bathing, it may be that a number of questions will suggest themselves to your mind. You will probably want to know WHAT an Internal Bath is, WHY people should take them, and the WAY to take them. These and countless other questions are all answered in a booklet entitled, "THE WHAT, THE WHY AND THE WAY OF INTERNAL BATHING," written by Doctor Chas. A. Tyrrell, the inventor of the "J. B. L. Cascade," whose lifelong study and research along this line make him the pre-eminent authority on this subject. Not only has internal bathing saved and prolonged Dr. Tyrrell's own life, but the lives of multitudes of individuals have been equally spared and prolonged. No other book has ever been written containing such a vast amount of practical information to the business man, the worker and the housewife. All that is necessary to secure this book is to write to Dr. Tyrrell at Room 255, 163 College Street, Toronto, and mention having read this article in The Western Home Monthly, and same will be immediately mailed to you free of all cost or obligation.

Perhaps you realize now, more than ever, the truth of these statements, and if the reading of this article will result in a proper appreciation on your part of the value of internal bathing it will have served its purposes. What you will want to do now is to avail yourself of the opportunity for learning more about the subject, and your writing for this book will give you that information. Do not put off doing this, but send for the book now, while the matter is fresh in your mind.

"Procrastination is the thief of time." A thief is one who steals something. Don't allow procrastination to cheat you of your opportunity to get this valuable information, which is free for the asking. If you would be natural, be healthy. It is unnatural to be sick. Why be unnatural, when it is such a simple thing to be well?

Keep Your Skin Clean!

by the use of a good reliable cream and this you will find in my "IDEAL" VELVET CREAM which is neither sticky, greasy nor irritating. It WILL NOT GROW HAIR on the face, prevents blackheads and chapping, rendering the skin, clear, white and smooth. I make it myself and positively guarantee that nothing but pure oils and waxes are used in its composition. Try it and you will use no other. Price 50c per jar. Send for booklet "Health and Beauty" for further particulars.

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