

of the extent to which these remedies are used by the medical profession, and as to how satisfactorily they act in removing the diseased conditions that produce these painful maladies. Inasmuch as the bowels must be depended upon to remove a part of the poisonous materials, they should be kept loose by the use of one or two of Dr. Pierce's Pellets with each meal. Following the meal two of the "Anuric Tablets" should be taken with a glass of water. The bowels must be kept loose with this treatment for several days, and it usually requires at least a week to get rid of the poisonous matter that is contained in the system, and which produces the discomfort and pain. In severe cases of pain we prescribe "Anuric Tablets" in doses of two or three every two or three hours. They should be taken with plenty of water and with such fruit as apples.

Diet has much to do with rheumatic conditions, and we usually advise patients who suffer from these maladies to live mainly on foods that do not contain substances likely to produce highly acid and acrid poisons in the blood.

The highest medical authorities have revolutionized the erroneous opinions of the past. After a careful study of these diseases it has been found that hearty, frequent and well-chosen meals, with much bustling about in the open air, are absolute essentials to a cure.

Though a patient may eat large meals, if the stomach does not assimilate what is given it, such a patient is quite as poorly nourished as one who gets but a crust a day.

#### DIET.

Use chicken, lamb, game, sweetbreads, brains, and the more delicate fish, simply cooked and served without rich sauces. Oysters and clams may be taken. Fried dishes of all kinds should be avoided.

**Avoid** lobster and crabs, venison, mutton, goose, pork in all forms, and, also, heavy dark flesh of all kinds.

**Of vegetables** avoid tomatoes, cucumbers, and all salads that have a vinegar dressing; the weak stomach is busy manufacturing more powerful acids than the system can endure. *Eat lightly* of potatoes, except baked, dried beans or peas, and raw onions.

**Indulge freely** in raw apples, green beans and peas, carrots, turnips and well-cooked greens. For all the starch the body needs, rice is worth all the bread, beans and potatoes put together.

**Avoid**—Strawberries and raw pears, are not to be taken by the rheumatic, however wholesome they may be for others, and strange enough, where grape and orange juice will set a man's joints to throbbing, he can help himself safely and freely to lemon and lime juice.

There is a healing quality in both lemons and limes and their juice should be used instead of vinegar.

**Avoid**—In regard to sugar, it should be avoided in all forms. Candies should be strictly avoided.