
and


ONLY 1-50 OF A GRAIN Fruit is good for yout. Ripe figs are a splendid laxative to regulate the bowels. Prunes
goo stomach and ae good for stomach and
liver. Orange juice is
splendid for the nerves and splendid for the nerves and
sleeplessness. Apples heal the kidneys and increase the
flow of urine. If apple juice be evaporated to a gray powder, I-50 of a grain of
this powder has the same action on the kidneys as half a pint of fresh apple juice, contain more than 1-50 of the besides the healing, curative virtues of oranges, figs and "Fruit-a-tives" are concentonics and antiseptics by a their powers over disease
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