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N.B.—To prevent delay, all letter Orders and Inquiries for Samples should be addressed

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Note—Beware of parties using our name; we employ neither agents nor travellers.

DIRECT FROM THE LOOM TO THE CONSUMER

No Doctor but OXYDONOR for 15 Years



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Mr. B. E. Sparham writes from Smith's Falls on January 16th last:—

"This is to testify that for about fifteen years past I have used an OXYDONOR Victory in my family, which consists of six children, my wife, myself, and much of the time two others also. My children's ages are now from ten years to twenty-one. They have gone through all the diseases peculiar to children, including also inflammation of the lungs, colds and colics; and I have had not only with them but also with the grown up portion of my household, the most brilliant results in every case with my OXYDONOR, so that in all these years I have not had a doctor in my house for any disease.

"I find it will cut off short any acute disease if applied immediately, or will cure it incredibly quickly if applied even late."

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DR. H. SANCHE & CO., 356 St. Catherine Street, W., MONTREAL

## The Home Doctor.

### HEALTH NOTES.

#### Neuralgia.

A few drops of ether or chloroform in the palm of the hand placed firmly against the temple or forehead until it burns will give great relief to neuralgic pain or a nervous headache.

#### Pin Pricks.

Puncture wounds caused by a pin or black lead pencil should be sucked to extract any poisonous matter and then bathed with a strong solution of boric acid.

#### Hiccough.

In the beginning of an attack of hiccough, take a full deep breath and hold it for a minute or two and it will control the nervous spasm. A firm pressure around the diaphragm, which is the muscle specially involved in hiccough, will also check it.

#### Feverish Baby.

When baby's head is hot and feverish, when teething, and the little thing is tossing about in a restless manner, bathe his head in cool water, dip a piece of muslin in cold water and lay it across his forehead with a dry cloth over it; change this as it gets warm, and baby will soon be soothed and quieted.

#### Clammy Feet.

Persons with poor circulation, whose hands and feet are clammy, and who digest their food slowly, should avoid bathing in the early morning. Reaction will be better if the bath is taken just before bed time. Everyone else would have better health for taking a quick cold sponge bath before dressing in the morning.

#### Face Blemishes.

Rich food with quantities of grease and sweets is the cause of many facial blemishes requiring a tedious process of diet and hygiene to remove. Added to a careful diet of simple and easily digested food, the drinking of an abundance of pure cold water every day, between meals, stimulates the secretions and clears the system.

#### Sleepless Children.

It is unnatural for a child to be sleepless at night. It is generally due either to improper food or to an excitable nervous condition. The simplest, most easily digested food should be given a child at supper, and one who is nervous should never be excited by noisy romps or bear and ghost stories at bedtime.

#### A Dry Skin.

If the skin of lips and fingers crack in warm weather it is due to lack of moisture and poor nutrition. Use carbolic cosmoline or vaseline on the cracks frequently throughout the day until they heal. Rub the finger tips with olive oil at night, until the skin becomes soft and pliable. Wear gloves if necessary. Drink plenty of water—either hot or cold, and then, some more.

#### Oily Skin.

An oily skin means that the little glands of the skin are sluggish and are secreting more than they can work off. The best way to remedy this is to massage the muscles of the face with the tips of the fingers gently, but persistently every day. Wash the face in hot water with a mild soap and then rinse in cold water, which should be dashed on to serve as a stimulant to the skin. This is a more rational treatment than to soak up the oily substance with powder.

#### Improving the Figure.

A short waisted, stocky figure can be made more slender and supple by exercising daily. There are various sets of exercises practiced in gymnasiums and athletic schools which are very beneficial. Some of them are easily practiced at home without dumbbells. The waist may be lengthened by standing erect with feet together; bend the body from the hips, keeping the knees stiff, until the tips of the fingers touch the floor, then slowly rising to an erect position. This exercise should be taken 20 times every morning. The hips may be reduced by standing erect with hands on hips and knees stiff, and swinging each leg from the hip backward and forward for 20 times, twice daily.

These exercises are better than wearing shape-making corsets, which tend to make the body lose its ease of motion.

### A Remedy for Rheumatism.

The following recipe has been found effective in cases of rheumatism: One new egg well beaten, half a pint of vinegar, an ounce of spirits of turpentine, half an ounce of camphor. These ingredients must first be beaten together thoroughly, then put in a bottle and shaken for ten minutes, after which it should be corked tightly to keep out the air. In half an hour it is ready for use. It should be applied three or four times a day, and for rheumatism in the head it should be rubbed on the back of the neck and behind the ears. It will keep for an indefinite time, and, in fact, is rather improved by age.

### Sallow Complexion.

A sallow complexion generally means that the digestive system is out of order. The cause must be removed before the skin can be made clear and bright. Overeating, a sedentary life, breathing impure air, loss of sleep, nervous strain and violent emotions are sure to show an effect on the skin, sooner or later.

To sit or to stand erect does not mean that one shall lose all the natural curves of the body; but it gives the muscles full play, and allows free circulation around the joints. Not only does it add to the grace and beauty of the figure, but it tends to overcome the appearance of any deformity. It prevents the cramping of the lungs and stomach, and improves circulation, which results in better digestion, stronger lungs and a general well being that comes from a healthy body.

### Care of the Eyes.

Don't sleep with eyes facing the light. A test by closing the eyes when facing the light quickly shows that the strain is only lessened, not removed, and the interposition of an adequate shade is as grateful to the shut eyes as when they are open. It is sometimes necessary in a small room to have the bed face the window; but even then, by means of shades rolling from the bottom instead of from the top, the window may be covered to the few inches left free for the passage of air. Sore or inflamed eyes are relieved by bathing in tepid or warm water in which a little salt has been dissolved. An individual towel should be used in all such cases—never one which is used in common by members of the family.

### Retarding Old Age.

It was stated in a former article that the essential underlying fact in the physical changes peculiar to old age is the encroachment of one set of cells—the common elements—upon the territory belonging to another set—the noble elements.

This encroachment weakens all the functions, reduces the power of assimilation, stiffens the arteries so that the blood charged with supplies for broken-down parts finds less ready access to the organs and tissues, and lowers vital resistance. The fibrous structures having, in their overgrown state, no power function to perform, degenerate and give way to deposits of earthy matter, and so man tends to return to the dust from which he was formed. How, then, to prevent this fibrous outgrowth, or rather retard it, is the problem of the physician.

The great physical difference between the living machine and one made of inert matter is that the living machine wears out with non-use while the other wears out with use. Friction eats away the bearings of the steel structure, and finally the worn-out parts must be replaced by others. Use wears away the cells of the animal machine, it is true, but repair from within keeps pace with wear, and in early life outstrips it, so that the body grows and increases in strength. When two cells are used up in the functions of the machine, three are called into activity to replace them.

If, then, we would keep the "noble" elements of the body in condition to perform their duty well and to resist the encroachments of the "common" elements, we must exercise them. This does not mean that the man of fifty must keep up the athletic pursuits he followed at twenty, or that the man of seventy must toil with his brain as he did at forty. The inevitable has begun; the muscles and the brain are less sturdy than they were, and can do less; but they still can do much, and must not be allowed to degenerate by non-use.

The man who retires from business at the beginning of old age and suddenly exchanges an active life for one of sloth commits a fatal blunder. If he lays down the burden of business he must take up some other less exacting occupation to keep from rusting. Exercise, mental occupation, fresh air, moderate eating and avoidance of excesses of all kinds, either of activity or of idleness—these are the brakes on the wheel of time which prevent a precipitate rush into old age.