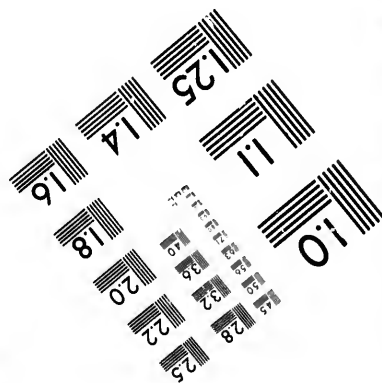
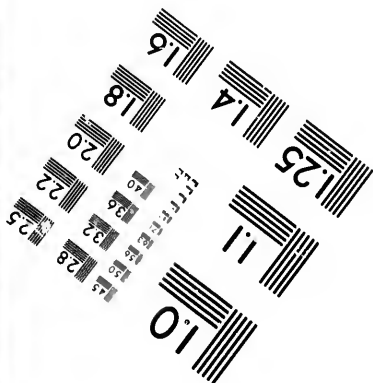
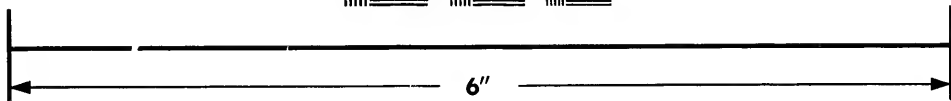
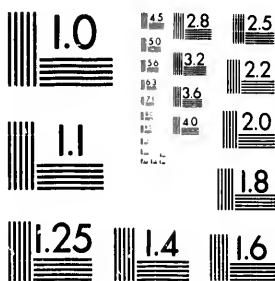


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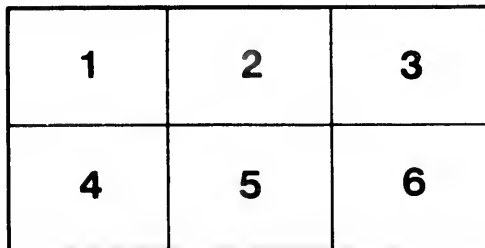
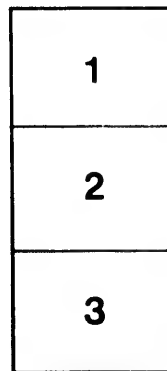
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HEALTH IN THE HOUSEHOLD

AND
PRACTICAL
RECIPES
FOR THE SICK

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THAT UNLOCKS ALL THE SECRETIONS.

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INTRODUCTION.



teach a better understanding of the human system in health and disease, and a more compatible living with nature's requirements, in plain, simple truths, imparting such knowledge and giving such hints as shall be of practical benefit in every home and to every individual, is the earnest endeavor of this little book. To make it a veritable HOUSEHOLD GUIDE TO HEALTH AND HAPPINESS, we have spared no pains to gather in a condensed, handy, and familiar form the most practical hints and most valuable information for ready reference, upon subjects of vital importance and interest to all. We have introduced several new and choice recipes, that are known to be reliable from actual experience and practical test. While we discourage the use of strong medicines in unprofessional hands, yet in no case would we discourage the attendance of some good competent physician in any serious illness.

For domestic practice we advise the use of simple and vegetable remedies, with great attention to good nursing, the rules of which are plainly indicated in this volume. Where good nursing and hygienic rules are deemed sufficient, we have refrained from recommending any medicine; but whenever we have referred to our own proprietary medicines, we have done so with the honest belief and full confidence that they were the best remedies known to medical science. When other means of cure were deemed better than our own medicines, we have honestly endeavored to give those means our most hearty support.

That this little book may prove a worthy substitute for more ponderous and expensive volumes, and a trustworthy guide to the reader, is the sincere desire of the

Publishers.

HEALTH MINTS.

OR

HYGIENE AT HOME.

Pure Air.—This is the very essence of life, the true *Elixir Vita*, and combined with sunshine, forms the freest and best of bounteous nature's gifts to mankind. Although life may not be suddenly destroyed by breathing an impure atmosphere, still the vital energies are slowly and surely impaired, especially in children and those of weakly constitutions.

The purity of the blood depends upon pure air; it is equally essential to assimilate the food in the process of digestion; it is the proper fuel of the lungs to keep alive the vital spark. Too much care cannot be taken to avoid crowded assemblies in ill ventilated apartments, sleeping in close bedrooms, inhaling the breath of others, and particularly the diseased, weakly and unclean. Coal gas, sewer gas, and the air of miasmatic regions, are well known, sure and rapid poisons. The subject of ventilation is too much neglected and its importance overlooked. It has been positively and repeatedly demonstrated in hospitals, that those patients who had access to air and sunshine thrived, while others less diseased and less fortunately located, failed to recover. All nature has this fact stamped in plain and indelible figures that should never be overlooked. If weakly people, and those of weak lungs, low vitality, and bad blood, would walk out into the open air and sunlight in the early part of the day, when the air is dry and clear, and throw the shoulders back, taking deep, full and free inspirations to fill the lungs with oxygen, the beneficial and positive effects will soon be observed; even in narrow, contracted chests of consumptives the measurement has been increased to a rapid and surprising extent, followed by a radical improvement in general symptoms.

Draughts.—Healthful as pure air is, a sudden and direct draught should be avoided, particularly when the body is overheated; as, for instance, going from a warm atmosphere into a cold one, the mouth should be kept closed until an equilibrium in the circulation is established, and the air admitted gradually into the lungs.

Sitting in a draught of air, or allowing it to fall directly upon the uncovered head or spinal column, is often productive of congestions and sudden colds.

Sunlight is of the utmost importance to a healthy growth of all things in nature. It is not generally known that there are chemical rays as well as rays of light and heat; even the smallest animalculæ will not develop without light; the tadpole kept in the dark remains a tadpole, never growing to become a frog. Vegetation will not thrive in the dark, except it be some sickly slender vine or unnatural growth. The human race inhabiting the deep, dark valleys of the Alps, degenerate into idiocy, or are of feeble intellect. The practice of keeping

dark and gloomy parlors in our homes cannot be too strongly condemned, for people who thus live literally "walk through the valley of the shadow of death." Do not be afraid of pure air and warm sunshine; admit the cheerful sunlight into your workshops, your factories, into your homes and your hearts, and dispel the gloom, if you would enjoy "health and happiness."

Bathing.—The condition of the skin and its pores demands our careful attention, cleanliness being not only next to godliness, but absolutely essential to good health; this will be the more readily understood when we reflect that it is necessary that we throw off at least two pounds of effete matter through the pores every twenty-four hours, besides two and three-quarter pounds given off through the lungs, therefore the body should be sponged from head to foot in tepid water (never lower than the temperature of the room) at least twice a week, the bath to be followed by brisk dry rubbing and active exercise to equalize the circulation and induce a glow of warmth and vigor. The process need not occupy over five minutes time. A little soap may be used, or sea salt in the water is very serviceable. This will cleanse the pores and prevent the insensible perspiration accumulating to become sour and foul; it will also promote free circulation, tranquilize the nerves, and impart a healthful vigor to the system obtainable by no other means. The indiscriminate use of cold water should be avoided by the weakly, as the sudden chill and shock to the system may produce dangerous and often fatal congestion. The warm hip bath, the foot bath, and the vapor bath, formed by creating steam under an open-bottomed chair, the body being enveloped in a blanket, are all useful measures for the removal of colds, fevers, etc., due caution always being observed to not expose the person to a sudden change of temperature from heat to cold while the pores are open and the system relaxed. The use of the ordinary bath tends greatly to fortify the system against climatic changes and disease, as well as to prevent the lodgment of effete and poisonous matter in the circulation.

Clothing.—Our Canadian climate has no equal in the civilized world for sudden and severe changes, and serious colds are often contracted by not having the body properly protected with appropriate clothing; at the same time, it is a bad practice to muffle up so as to perspire or become overheated. Muffling the throat is a habit that is often productive of more harm than good; people who are so very careful to muffle up for fear of taking cold are the very ones who sooner or later fall into the error they are trying to avoid. It is a good plan to wear flannel, merino or silk next the skin; they absorb moisture better than cotton, are better conductors of electricity, and the danger of a chill is lessened. The feet should *always* be kept warmly clothed and the head cool, that is to say, in a temperate condition.

People who suffer from cold and perspiring feet will find that a very light pair of silk or linen hose worn next the feet, and a pair of woollen stockings over them, will experience a relief to be obtained in no other way; the woollen absorbs the dampness from the lighter hose, and leaves the feet at a natural degree of warmth. Cork insoles, made thick, are a great protection to the feet in rough weather. All garments should be worn loose and easy. The folly of tight-lacing is so absurdly evil, that a word to the wise in this respect should be sufficient.

Exercise.—This is highly essential to health and long life. Every person should endeavor, if able, to walk a moderate distance every day.

Horseback riding, rowing, the gymnasium, athletic games, are all beneficial to those of confined habits, and should never be underrated. For feeble invalids, carriage exercise, bathing with friction, electricity, &c., are valuable aids that may be substituted for more active exercise. While the robust may take exercise before breakfast or at any time, the feeble would experience fainting, and should defer exercise until an hour or two after eating. The invigorating value of pleasurable exercise is great in equalizing the circulation, aiding digestion, and distributing nervous energy. Compare the muscles of the blacksmith's arm with those of the non-laborer to find the healthful developing power of exercise.

Diet.—The subject of diet is of the utmost importance for careful study, as by proper food the blood is nourished, and the system built up and sustained. Food without proper nutriment is often worse than useless, as it is more or less a foreign substance and an irritant. The nourishing and valuable properties of food are often destroyed by the method of preparation or cooking, as, for instance, the bread and biscuit in common use is supposed to be forty per cent. deficient in nutriment by being made of finely bolted flour. An entire grain of wheat contains every element that is required for nourishing purposes, yet the better part of it is wasted, and the wasted part is a much sweeter and healthier food. Children fed on white bread are liable to rickety bones, consumption, and other wasting forms of disease, because their food does not nourish them properly. The body is constantly wasting and repairing, and in order to accomplish this, the body is occupied in making blood, which becomes either good or bad just as the food is good or bad for nourishment; the mixtures of food and drink that people often take into the stomach would be unfit for the swill barrel for swine's food, and a well bred pig would refuse it. When we reflect that from such a mixture the blood, the life of the flesh, depends, and when combined with the foul atmosphere that people endure, the wonder is great that mankind exist as long as they do, and we cannot wonder that disease and misery abound. We are furnished with milk to start with when we enter the world, and milk and blood are nearer alike than any other two fluids, each bearing a large proportion of water. Breadstuffs, vegetables and fruits come next, then meats. Sugar and fat go into the body not so much to nourish it as to furnish it with carbon to give it warmth. Meat contains much nitrogenous matter, and if too much meat is eaten, there will be more than the kidneys can throw off, and in this country, as a rule, too much meat is eaten. Meat once a day is sufficient, and especially for brain-workers. The waste matter from a meat diet is eliminated through the kidneys, and too much labor thrown upon these organs is productive of disease. Bright's disease is to a large extent due to the great amount of meat used in this country. Food to be digestible should be properly cooked, and well chewed and worked with the saliva of the mouth before it is fit to swallow into the stomach to be acted upon by the gastric juice, it there becoming converted into chyle, a milky liquor which is conveyed by the lacteal ducts (small glands) into the arteries by the sub-clavian vein, a vein near the collar bone in the neck, the process of this fluid passing through the liver sifts it of impurities, and on its passage through the lungs it is vitalized by the air and made fit to enter the minute veins of the body for its support and nourishment. How important then is pure air to the process of good digestion and consequent health. The habit of rapid eating is far more

productive of dyspepsia than most people are aware of, and should never be indulged in. Overloading the stomach at any time, eating between meals, and eating hearty suppers, at late hours, are common errors that cannot be too strongly condemned. If the stomach is faint, and especially at bed-time, a soda biscuit or a few spoonfuls of milk will be serviceable and preferable to retiring with an empty stomach. This will prevent faintness and the formation of gas, and often insure a good night's rest, which a hearty meal would disturb.

Regarding special diet, in most cases of acute disease solid food is not to be used. Simple broths, gruel, milk and water, barley water, gum water, slippery elm water, orange juice or jelly, beef-tea, are quite sufficient. Different diseases and different constitutions, however, require different kinds of food; thus, in diarrhoea fruits and vegetables should be avoided, while in a confined state of the bowels they are beneficial. When fever is present, meat, eggs, butter, and all heavy and greasy or highly seasoned stimulating food should never be allowed, but the light liquid diet above named be employed. When the kidneys are affected, sugar, starchy food, and meats are too stimulating and should be shunned. A vegetable cooling diet is preferable in such cases.

In recovery from fevers, &c., relapses are liable to occur from indulging too freely the appetite; therefore toast, black tea, soda biscuit, light jellies, mutton broth, rare broiled beef, oysters with milk broth, may be allowed in moderation, but never to the extent of the appetite, until the tongue is clean and moist, and the pulse, skin and temperature natural. Food to be eaten should never be allowed to remain in the room of a sick person for any lengthy period. In the list of articles to be avoided by the dyspeptic we particularly notice hard dried meats, veal, pork sausages, fish, cheese, pickles, pastry, preserves, new-made bread, hot biscuit, griddle cakes, flavored soup, gravies, strong tea and coffee, and malt and spiritous liquors. Surely enough that is simple, plain, wholesome and nourishing, may be selected without recourse to the above that are positively hurtful. If people would use pure milk, coarsely cracked wheat-bread, ripe fruits, simple meats and broth, rice, oatmeal, beans, tomatoes, oysters, wild game and well cooked vegetables, roasted apples and cream, and such real luxuries that are wholesome and safe, they could live more economically and have better health and more happiness in their homes, than do those who waste their substance in riotous living.

Drink.—The next important topic is what drink is best for health? Nature never makes mistakes, and it is plainly indicated that water is the natural drink of man. To show how essential water is for his development, we may state the fact that a human body weighing 154 pounds contains 111 pounds of water. The human system contains water, fat, starch and sugar, nitrogenous substances, iron, sulphur, phosphorus, animal quinine, sodium, potassium and chlorine; but no alcohol is found, it cannot lay claim to any nutriment whatever. It has its place among the poisons, and its uses as they have, but not as food or nutriment. Useful as water is, even it should not be used too freely at meal time, as it chills and dilutes the digestive fluids too much.

Tea and coffee should be used in moderation, if at all. Black tea is preferable, as containing less poisonous coloring matter. Nervous and dyspeptic people should shun all such drinks, and especially not drink too freely at meal time. Cocoa in moderation is good. Milk and water may be used. Oatmeal or barley water is wholesome; so is crust water,

slippery eim water, and in acid stomachs, milk with lime-water may be used. When the stomach is not disturbed lemonade is cooling and refreshing, especially for those in a feverish condition ; but pure, clear soft water is the best thirst quencher and the most desirable drink under all conditions.

PART II.

DISTURBED CONDITION OF VITAL FLUIDS.

FEVER—INFLAMMATION—CONGESTION.

A fever is an extra effort of vitality to remove and free the system from some offending or poisonous matter that obstructs or contaminates the circulation. Consequently fever should be looked upon as a friend rather than an enemy, and as the best thing that nature can do under the circumstances. Fevers begin usually with a precursory stage, lasting some days, consisting of depression, pain in the limbs, headache, coated tongue, turns of dizziness, loss of appetite, and general weariness. After this there is either a cold chill or a chilliness, followed by flushes of heat, headache, wakefulness, often delirium, full, quick pulse, rapid breathing, vertigo on sitting up, sometimes vomiting, and a costive state of the bowels may exist. After from one to seven days from the appearance of the fever, if the patient does well, the pulse by degrees abates, the skin gradually becomes moist, the tongue cleans, appetite and strength improve, and the patient becomes convalescent.

There are several varieties of fever, from the simple ephemeral or one-day fever, to the continued fever of a typhoid type, that lingers from seven to twenty-one days, and is often of a very poisonous, malignant and exhausting nature. Ther. too there is miasmatic or bilious fever, where the bilious symptoms predominate ; and intermitting fever or ague, which consists of cold, hot and sweating stages alternately.

Brain fever, lung fever, &c., are terms commonly used to indicate the location of the feverish or inflammatory action upon some specific part.

Inflammation may be briefly defined as local fever ; it is characterized by heat, redness, pain and swelling over the region affected. Certain temperaments, like the sanguine or plethoric, those full of blood, are more subject to inflammation than others. Colds, suppressed circulation and irritation, are the common exciting causes.

Congestion is literally a stoppage in the circulating fluids, a filling up and closing of the solids ; therefore, congestion of the brain, congestion of the bowels, congestion of the liver, &c., are among the most dangerous and suddenly fatal diseases known.

As fever, inflammation, and congestion are so intimately related to each other, we have treated these terms collectively and in a general manner, all depending as they do upon a disturbed, obstructed or deranged condition of the circulating fluids. When we understand these conditions, the indications for treatment become plainly apparent. Remove obstructions, equalize the circulation, and restore the equilibrium of the animal heat of the body to a natural temperature by the sweating process, which more than all else tends to relax the high tension of the fever and inflammatory action, and relieves the congested condition of the blood vessels, and allays the intense nervous excitement of the body and brain. This can best be

accomplished by the warm foot bath, the vapor bath, the sponge bath in a warm room, taking care to prevent a chill by draughts of cold air; bathing the spine with gentle stimulants of a warming nature; applying mustard or horseradish leaves to the feet, and administering warm teas, such as spearmint, ginger, pleurisy-root, catnip, sage, or any of the mild sweating herbs. Open the bowels with some gentle laxative like senna or castor oil. Mucilaginous drinks, like slippery elm tea, will be very serviceable in colds, inflammations, and fevers generally. Cream of tartar, nitre and other simple, cooling medicines, are serviceable in most fevers, to allay inward heat and thirst. Where the stomach is very foul, an emetic of ipecac is often indicated—10 to 20 grains of the powder given with warming teas is the common dose for an adult. Quinine and tonics are serviceable to break the return of fever, after the inflammatory symptoms subside, especially in ague, &c. The usual dose of quinine is from one to five grains for an adult, repeated twice or thrice daily in absence of fever. No other specific is as valuable to break the chills in ague as quinine when properly used, but the system should first be thoroughly cleansed by antibilious physic, sweating, emetics, &c.

Local Inflammations end in scattering or else in gathering and maturing; if not, an unhappy termination is gangrene, or death of the part. Inflammation requires warm fomentations of cloths wrung from hot water; hops or smart-weed may be used, and poultices of slippery elm, flax seed, bread and milk, etc. are, of great value. Hagar's Yellow Oil is the grand household panacea for nearly all forms of inflammation. It is used both externally and internally with almost infallible success, and should find a place in every household for immediate use when required for sudden emergencies. Full directions accompany every bottle for its various uses, which render it invaluable as a remedial agent. All druggists can supply it.

When the above hints do not prove successful in the outset of sudden colds, fevers, inflammations and threatening congestions, we would earnestly advise the consultation of some trustworthy physician without delay; but by understanding the harmony of nature's laws, and exercising a little common sense without a heedless neglect, much suffering and expense may be saved, and the physician need not be disturbed of his rest at the midnight hour; with our little book at hand, and its lessons well studied and observed, good nursing and simple medicines will often prove all that is required.

BLOOD AND CONSTITUTIONAL DISEASES.

SCROFULA.

Scrofula derives its name from the Latin word *scrofu*, a pig, from the supposition that swine were subject to it, and that the immoderate eating of swine's flesh led to the disease, but people often make pigs of themselves in over-indulgence of their appetites in other food as well as the flesh that the Jewish dispensation forbade. One form of scrofula is commonly known as king's evil, from the ancient superstition that a touch from royal hands would cure the disease.

Symptoms.—Scrofula usually develops in early life, and is a peculiar morbid condition of the system usually affecting the glands, often resulting in swellings, enlarged joints, abscesses, thickening of the lips, enlarged

DISEASES AND THEIR TREATMENT.

neck, sore eyes, etc. Scrofula is often found in those of a sanguine and those of a lymphatic temperament. The utmost care should be taken in cultivating the health of children subject to scrofula, as the disease is most likely to become fixed before maturity if at all. Consumption is scrofula of the lungs; goitre, or swelled neck, is scrofula affecting the sub-maxillary glands. A scrofulous condition is often hereditary; but anything that will impoverish the blood, such as bad diet, too free use of fat meat, bad air, want of sunshine and nourishing food, will induce this disease.

Cure.—Its treatment demands, therefore, pure air, plenty of sunlight, good plain wholesome nourishing food, and especially a fruit and farinaceous diet, rare lean beef, etc.

Burdock Blood Bitters resorted to early will be found an all-sufficient restorative agent in nearly all forms of scrofulous disease. Read the remarkable cure of Rev. Wm. Stout, a sufferer from scrofula for 23 years. He was cured by the combined external and internal use of Burdock Blood Bitters.

ERYSIPELAS.

Erysipelas exists in two forms, acute and chronic. The acute form often appears in the shape of a small pimple upon the lip, nose or ears, and rapidly passes over the face or the scalp; sometimes the spots fill with serum or yellow water; blisters appear and form into crusts; at other times there are the various signs of inflammation, as heat, redness, pain and swelling. The phlegmonous or deep-seated erysipelas is a very dangerous disease; the malignant form often attacks the head until the swelling is fearful to behold, the skin turning dark and purple. Simple chronic erysipelas consists of small red patches appearing on various parts of the body, attended with an intolerable itching and burning. Errors in diet, bad air, want of cleanliness, improper food, and other blood poisons, induce the disease.

Treatment.—The pores of the skin should be kept free by bathing, the bowels regular, and the system cool; light nourishing cooling diet should be maintained, and the strength supported by gentle tonics. As an external application, a poultice of powdered slippery elm, a cranberry poultice, or an application of a paste made by dissolving starch in cold water, is of great service, both to exclude the air and allay the irritation. Deep-seated erysipelas should be painted with tincture of iodine, which is not only curative but prevents spreading. Chronic erysipelas, and the conditions of the blood leading thereto, is best treated with our Burdock's Blood Bitters, which is specific for all diseases of the skin and blood. Burdock Blood Bitters may also be used as an outward application by bathing the parts, with the liquid full strength, and saturating lint and applying to the diseased surface of the skin. This will exclude the air, absorb and neutralize the poison, and heal the parts more effectually than any other treatment.

RHEUMATISM.

Symptoms.—Rheumatism appears in two forms, acute or inflammatory, and chronic. This well known common and painful disease is usually brought on by exposure to cold damp, rough weather, and a certain depraved condition of the fluids, and with other varieties, as lumbago, gout, etc., may be classed among constitutional and blood diseases. Myalgia or muscular rheumatism differs from the ordinary only by the pain and swelling

being less severe and disastrous, except when it attacks the heart, when it is exceedingly dangerous. Rheumatism of the joints gives rise to a painful sensation, as if the bone itself were affected; it is really the fibrous membrane surrounding the joints which often become dry and stiff, and frequently the joints grow together, crippling the victim for life. Acute rheumatism is attended with the usual signs of inflammation and fever, and requires similar treatment, both local and internal. Rheumatism attacks young and old, and all classes. Gout is usually confined to the small joints, and the pain is more acute and twinging in its nature. Gout affects principally the aged who indulge in high living. Lumbago is confined to the region of the hips and lower portion of the back.

Treatment.—After attending to the febrile symptoms, as indicated under the heads of "Fever" and "Inflammation," alterative and tonic medicine should be given in all varieties of rheumatic complaints. Our Burdock Blood Bitters is the remedy for the blood and constitutional disturbance; and as an external application, nothing can surpass our Hagyard's Yellow Oil, used according to directions on the bottle; in fact, no other remedy known to medical science can boast of better *success in rheumatism* than can Hagyard's Yellow Oil, with more convincing testimony to substantiate its claims.

CONSUMPTION.

Pulmonary consumption is one of the most common and fatal maladies of our climate; its attacks are often so insidious and unexpected, and in many cases so rapid in development, that its ravages are past remedy before the patient or friends discover the alarming character of the disease; then, again, the sanguine temperament of the young victims is so buoyant with hope, that they will not heed the warning voice of nature until the death knell is almost ready to sound. "It is only a cold that will wear away," "only a little weakness that needs time to recover," are the lullaby songs of the victim. Although established consumption may be often arrested, and a good degree of health restored to the patient by careful treatment, yet it would be folly in the limits of this book to attempt to define such treatment in detail. It would be wiser and more beneficial to give such general rules and health hints as to prevent the inroads of the destroyer upon the system, and to sound a timely note of warning that the germs of disease in the blood may be uprooted before too far advanced to remedy.

Cause.—Medical opinions differ widely regarding the nature, causes and treatment of consumption, but it is generally conceded that a scrofulous constitution and a depraved condition of the blood are the common predisposing causes; while the exciting causes are neglected colds, suppressed eruptions, bad air, and lack of proper nourishing food; and all are free to admit that plenty of oxygen or pure air, and wholesome nutriment, are among the most positive and potent means of cure.

In the process of breathing, the air cells of the lungs, when in a healthy state, receive about a gallon of atmospheric air per minute. After the blood has passed from the heart to the arteries for the purpose of supplying the wants of the body, it is exposed in the lungs to the action of this air for the purpose of receiving its portion of oxygen, without which the living machine cannot be supported in its operations. Every gallon of air thus inhaled yields to the blood twenty-one parts out of every hundred; this supply of oxygen is absolutely necessary to purify and give vitality to the blood to

sustain human life, and any obstruction in this action induces disease. To lubricate or moisten these organs there are a number of small glands, which secrete and give off a mucous fluid; this mucus, when not exhaled or absorbed, and carried into its regular channels, becomes a foul clog or impediment to the breathing, and, aided by bad blood, induces small pimples or an irritating rash upon the mucous membrane; the act of coughing is an effort of nature to remove the obstruction. Sometimes the obstruction is only upon the bronchial tubes and is easily removed, but when it remains long upon the lungs ulcers or tubercles are formed; the lungs often become constricted and hardened, or else waste away; the process of supplying oxygen to nourish vitality is cut off; and the system actually burns up or consumes, wearing out in the over taxation; hence the quick pulse and rapid breathing of all consumptives, which are among the earliest of alarming symptoms. The fire of life cannot long be sustained without a proper supply of fuel. The blood being thus made to traverse the system with greater velocity, there is a greater wear and tear upon the vital organs; the equilibrium is disturbed, just as an engine constructed to run only 20 miles an hour, when pushed to run 60 would soon exhaust itself and wear out. Whenever there is a feeling of weariness, shortness of breath, rapid pulse, pale countenance, with hectic flush, dry skin and troublesome cough, and an inclination to night sweats the symptoms of consumption are truly alarming.

Treatment.—As prevention is better than cure, we shall only give such advice as may serve to ward off this great destroyer. First of all, heed this warning: *Never neglect a cough*, however trifling it may seem, but endeavor to loosen it, and assist nature to remove the obstruction. Equalize the circulation by bathing; the tepid sea salt bath is excellent, with brisk rubbing with a crash towel. *Endeavor daily to fill the lungs with fresh pure air.* Take gentle pleasant exercise. The home gymnasium, which especially exercises the muscles of the chest, is of great benefit. Eat plenty of the most nourishing and easily digestible food. (See "Diet"). Keep regular and temperate habits. Shun all harsh drug treatment and all exhausting measures. The inhalation of medicated vapor, such as Pine Tar, etc., is undoubtedly beneficial, but belongs to the professional prescriber. For the troublesome cough, nothing is better than our Hagyard's Pectoral Balsam; and to support vitality, no remedy can surpass our Victoria Compound Syrup of Hypophosphites. To make pure healthy blood and regulate the entire glandular system, our Burdock Blood Bitters is unsurpassed by any remedy in existence. In consumptive tendencies Burdock Blood Bitters, mixed with an equal amount of Syrup of Hypophosphites, and given as the usual dose of the bitters, has produced the happiest results. Such is the value of these remedies that no marked victim of consumption need despair if recourse is had to them in due season. Remember there is danger in delay. We would strongly advise an early consultation with the best medical skill to be obtained in case the foregoing treatment should not be beneficial.

DISEASES OF THE DIGESTIVE AND BILIARY SYSTEM.

NATURE.

Dyspepsia, or Indigestion, is a deeply important subject, for there is no form of disease more prevalent or obstinately difficult to cure. It occurs in all countries, at all times and among all classes; yet the American people, who are high liverers and rapid eaters, are more subject to dyspepsia than the hearty Englishmen, who eat slower, even though more and oftener, than Americans. Dyspepsia is clearly a disease of civilization, with which the Indian and savage nations in their plain, homely fare and hardy habits are unacquainted. It is a disease the more difficult to cure from the fact that it is hard to control the appetite from indulging in tempting food that pleases the palate; and again, when the mucous membrane of the stomach becomes inflamed, everything taken into the stomach under certain conditions acts as an irritant that adds fuel to the fire. Every one, and especially those in charge of the young, should study well the physiology of digestion, and learn to live up to nature's requirements, if they hope for health and happiness in the rising generation.

● **Cause.**—The use of alcoholic drinks and tobacco is the bane of dyspepsia. Alcohol hinders the process of digestion, prevents the assimilation of food, and heats and poisons the blood. Tobacco does the same, and also wastes the gastric juice in the expectoration of saliva, the natural solvent of the food. Among the frequent causes of dyspepsia may be enumerated too rapid eating, eating too much and too often, improperly chewing the food, eating too highly stimulating food, and indulgence in improper diet generally. Inhaling bad air has much to do with the cause of dyspepsia as, has been shown elsewhere in this book.

● **Symptoms.**—Among the variety of symptoms the following are prominent: variable appetite, often a faint gnawing feeling at the pit of the stomach, with unsatisfied craving for food, rising and souring of food, heartburn, wind in the stomach, a feeling of weight in the stomach with choking sensations, bad breath, bad taste in the mouth, low spirits, general prostration, headache and constipation.

● To be dyspeptic is to be all that is gloomy and miserable; indeed, there is scarcely a disease but what dyspepsia will in some form resemble.

● **Treatment.**—First of all, the victims of dyspepsia must obtain a mastery over the appetite, and become regular in habit and temperate in all things, without this observance no treatment will avail. The patient must observe well our general health hints, and particularly those on diet, air bathing and exercise. Next in importance is a regular action of the bowels, which should at once be secured, by force of habit, if possible, with proper diet, such as ripe fruits, coarse bread, etc.

Burdock Blood Bitters is the sovereign remedy for dyspepsia, and is performing almost marvellous cures where all other treatment has failed; for proof of which we invite attention to a few of many marked testimonials constantly being offered us, some of which may be found in this publication. The despairing sufferer from dyspepsia will find upon fair trial the superiority of this treatment over the ordinary drug method; and if taken in time, and our rules properly adhered to, will be blessed with a speedy restoration to health at a comparatively trifling cost.

BILIOUSNESS.

Symptoms.—What are often called bilious attacks, and supposed to be due to derangements of the liver, are most invariably symptoms arising from and common to indigestion, such as furred tongue, vomiting of bile, giddiness, sick headache, irregular bowels, etc. The liver, the largest gland in the body, secretes the bile, which is nature's best cathartic; besides secreting the bile, the liver acts like a filter or sieve to cleanse impurities from the blood. By an irregularity in its action, or suspension of its functions, the bile is liable to overflow into the blood, giving rise to jaundice, a sallow complexion, yellow eyes, bilious diarrhoea, a languid weary feeling, and many other distressing symptoms. Liver complaint, as it is commonly termed, besides these symptoms, gives rise to pain in the region of the shoulder blades, irregular action of the bowels, variable appetite, and often symptoms of a consumptive nature arise.

Treatment.—The same advice regarding diet and general habits should be followed as recommended for dyspepsia. All hearty stimulating greasy food should be avoided. The bowels should be kept regular and thoroughly aroused to throw off the bile, for which purpose our Burdock Blood Bitters should be taken regularly until the liver responds to its influence. If the Burdock Blood Bitters do not prove sufficiently laxative to purge the system of the excess of bile, then our Burdock Pills should be taken according to directions until a thorough action is secured. If persevered in, the alterative regulating effect of the Bitters will soon be apparent. Ripe fruits, especially oranges, lemons and mild acids, are beneficial in most biliary complaints. Burdock Blood Bitters is the grand regulator of the biliary organs, acting as it does upon the liver, stomach and bowels, making healthy bile and pure blood, and stimulating all the secretions to a healthy action, while it opens the culverts, sluiceways and channels for the outlet of disease.

SUMMER COMPLAINTS.

CHOLERA, CHOLERA MORBUS, CRAMPS, COLIC DIARRHOEA DYSENTERY.

CHOLERA.

Symptoms.—Cholera is an acute disease of miasmatic nature, and is characterized by watery purging vomiting, unquenchable thirst, suppressed urine, cramps and collapse. It is not as contagious as many believe, but spreads by the propagation of microscopic germs. The symptoms accompanying this fearful malady strikingly illustrate the theory of heat being the principle of life, an equilibrium of which is health, and its diminution or absence disease or death.

Cure.—As Cholera morbus and Canadian cholera are but little else than modified forms of Asiatic cholera, we shall treat them all upon general principles. In all cases disinfectants and cleanliness should never be overlooked. The warm bath—hot packs, that is, wringing a flannel sheet out of hot water and rolling the body in it as hot as can be borne, with plenty of dry covering over all, steaming and stimulating externally, are all important measures in the absence of a physician. At the very outset of the diarrhoea, or commencement of bilious symptoms, often a gentle cathartic like castor oil, with a few drops of laudanum, say 5 to 10 for an

adult, may be taken to cleanse the passage, after which our Dr. Fowler's Extract of Wild Strawberry should be used according to accompanying directions. This is nature's true specific for every form of bowel complaint, and can be relied on.

The diet should be restricted to very light substances of a mucilaginous or starchy nature—gum-water, rice parched, slippery elm water, oatmeal gruel, Irish moss jelly, etc. In cases of severe pain, croup, prostration, and coldness, etc., our Haggard's Pain Remedy may be freely used apply it over the stomach and bowels with hot flannel cloths, continuing Dr. Fowler's Wild Strawberry until all symptoms of the complaint disappear.

COLIC

Symptoms.—This is a very painful disease, and its attacks are often sudden and fatal. Its principal seat is in the stomach and bowels, producing severe twisting cramping pain, and often accompanied by vomiting.

Causes.—The disease is caused by an acrid state of the fluids of the stomach and bile, long continued costiveness, an accumulation of wind, and by metallic poisons; hence, those who work in lead, such as painters, etc., are subject to it.

Cure.—If the bowels are constipated use some active purgative, as our National Pills, to secure a perfect action of the bowels, then use our Haggard's Pain Remedy both externally and internally; if bilious diarrhoea, sick stomach, and obstinate vomiting ensue, our Dr. Fowler's Wild Strawberry is the proper remedy.

DIARRHŒA AND DYSENTERY.

Symptoms.—Copious and frequent liquid discharges from the bowels. Diarrhoea may be distinguished from dysentery by the absence of painful straining sensations common to the latter disease.

Treatment.—The treatment for both diarrhoea and dysentery is nearly the same. See that the system is cleaned from bile or irritating matter, as both diseases are usually caused by biliary matter, undigestible food, cold, &c. Equalize the circulation, apply warm cloths over the stomach and bowels, use warm foot-baths, etc. Dr. Fowler's Extract of Wild Strawberry, which is an infallible remedy if resorted to in time, injections of starch, with a dozen drops of laudanum, are serviceable in obstinate cases. Dr. Fowler's Extract of Wild Strawberry should be kept at hand for immediate use in all sudden attacks of summer complaints, both for infants or adults, used according to directions.

CONSTIPATION.

Symptoms.—Constipation, although generally described as a disease, can never exist unless some of the organs are deranged, which is generally found to be the liver. It consists in an inability to regularly evacuate the bowels, and as inconvenience may not be immediately felt, it is apt to be neglected until serious results follow. As a regular action of the bowels is absolutely essential to general health, the least irregularity should never be neglected. There is nothing more productive of general ill health than constipation of the bowels, a stoppage of one of nature's most important channels for the outlet of disease, besides the retention of decayed effete matter with its poisonous gases, soon poisons the entire system by being

absorbed into it. Impure blood, headache, piles, fistula, and many other serious diseases, are induced by constipation.

Cause.—An inactive liver, with deficiency of bile, improper diet, and, most frequent of all, a neglect to attend daily with regularity to nature's calls; in fact, so important is this last, that a cure is often found for obstinate constipation in a persistence of regular attempts to evacuate the bowels.

Cure.—Eat ripe fruits and vegetables, oatmeal porridge, mush and molasses, coarse bread with broths, etc., avoiding all heating food, stimulants and astringents. Strong cathartics are worse than useless, as they destroy the tone of the bowels, causing a reaction worse than before their use. Burdock Blood Bitters, being the grand corrector of the liver and biliary organs, affords the best known remedy for constipation. For proof of which see numerous testimonials.

NAUSEA—VOMITING—SICK HEADACHE.

These troubles are generally symptomatic of irritation of the stomach; the brain and stomach intimately sympathize by nervous reflex action. When any of the above distressing troubles arise from biliousness, as they usually do, Burdock Blood Bitters is the great specific; many cases of chronic headache have been cured thereby which had baffled all other treatment.

PILES.

This common, painful and troublesome disease depends upon a congested condition of the venous circulation of the abdomen and bowels. From this congestion an engorgement, distention and irritability of the hemorrhoidal vessels occurs; these vessels distributed over the section enlarge, forming small excrescences or tumors; they may be situated internally or externally, and frequently itch, protrude and are very painful. When blood is discharged they are called *bleeding piles*, if not *blind piles*. The tumors vary in size from a pea to a hen's egg.

Fistula is a dangerous form of internal abscess, often resulting from neglected piles.

Treatment.—The indications are so plain that none need err. Regulate the bowels, promote a healthy circulation of the fluids, and purify the system. This can be effectually done with Burdock Blood Bitters. For a local application use Burdock Ointment freely introduced to the interior surface of the lower portion of the rectum.

GRANULATED SORE THROAT.

Symptoms.—This common and often annoyingly obstinate complaint usually appears with a slight itching, pricking sensation in the throat, that brings on an irritating tickling cough with more or less of a slimy expectoration, difficulty of swallowing, etc. Upon examination of the throat there will be found a collection of very small pimples or granules, varying in size from a millet seed to a pea. These granules seem to disappear and return, finally becoming chronic, with a tendency to fasten upon the bronchial tubes, and finally upon the lungs. This is often termed "Clergymen's Sore Throat."

Cause.—Although sore throat is a frequent accompaniment of colds, yet this form is not always caused directly by a cold or by overtaking the

voice as many suppose, but is peculiarly a blood disease, and is a frequent accompaniment of indigestion and biliary trouble, by which the sensitive, delicate mucous membrane becomes irritated from the absorption of effete matter into the blood; and however much a cold may aggravate the difficulty, it seldom causes it.

Treatment.—Local applications alone will not always suffice. Much benefit may be found by use of a gargle of salt and water, or 1 drachm of chlorate of potassa to 3 oz. of water may be used freely to gargle the throat; or the same quantity of borax with honey or sage tea is serviceable; so is touching the spots with a pencil or swab dipped in tincture of iron, solutions of iodine, nitrate of silver, carbolic acid, and other similar preparations, but these last named are best left to professional hands. Our Burdock Blood Bitters is the proper remedy for this form of sore throat, as it effectually removes the cause. For other affections of the throat, see "Diseases of the Respiratory Organs."

DISEASES OF THE RESPIRATORY ORGANS.

ASTHMA.

Symptoms.—Tightness across the chest, difficulty of breathing, and a wheezing noise, worse at night or upon lying down. The atmosphere has great influence upon this destroying disease; a dampness of the air aggravates it, while a dry pure air is beneficial. Often at the close of an attack of the wheezing cough there is a discharge of phlegm, followed by relief. Asthma is a spasmodic disease; the air tubes of the lungs are encircled by minute bands of a muscular structure easily affected with spasmodic action; the spasms contract the air tubes, and the hoarse, wheezing cough is caused by the air being forced through the narrow constricted channels.

Causes.—Atmospheric changes, smoke, dust, certain odors, such as hay, ipecac, fumes of sulphur, etc. Hereditary influences have generally been supposed to be the special cause.

Treatment.—The acetic tincture of lobelia is a remedy affording great relief when given in teaspoonful doses in sweetened water every quarter or half hour, as required. Hagar's Yellow Oil should be rubbed freely upon the throat and chest, and taken in doses of ten to twenty drops or more, according to age. Warm packs over the chest afford relief, and our Hagar's Pectoral Balsam loosens the cough and renders expectoration easy. Seek, if possible, a dry, pure and bracing atmosphere, and give tone to the system with Burdock Blood Bitters if the blood is impoverished.

BRONCHITIS.

This is an inflammation of the mucous membrane, or lining of the bronchial tubes, diffusing itself more or less through the air passages of the lungs.

Symptoms.—In the outset the symptoms are similar to those of a sudden cold, such as fever, headache, weariness, tightness of breathing, cough at first, dry but afterwards with tough, frothy expectoration, sometimes streaked with blood, subsequently becoming thick, yellowish and purulent. Neglected or ill treated, it is a dangerous disease. Chronic bronchitis is very troublesome, and often leads to consumption of the

lungs. It is characterized by cough, copious expectoration, sore throat, hoarseness, etc.

Treatment.—Exercise great care against exposure to sudden changes of the weather, dampness, chilliness, wet and cold feet, etc. Bathe the throat and chest at least twice a week with salt water in a warm room, using much friction with a dry cloth. Breathe with the mouth closed, especially in the open air—*this is of deep importance*. Wear flannel in cold damp weather. Eat nourishing food that is light to digest. Avoid getting overheated in close, warm or crowded apartments, keep the system regular, and for the bronchial irritation and cough take Hagyard's Pectoral Balsam, which is the safest, most agreeable and effectual of all medicines for pulmonary complaints.

COLDS AND COUGHS.

Symptoms.—These common troubles are so well known that they need but little description. They are commonly ushered in by fever, chills, sneezing, etc.

Cause.—We daily hear remarks about people taking cold, yet few can tell how or when they took it. The fact is that atmospheric influence has much more to do with the cause of colds than most people believe. While the condition of the blood and secretory organs affecting the general health greatly influences the system to a susceptibility for colds, doubtless when the germ theory of disease becomes better known, it may be proven that certain miasmatic germs are at the bottom of the mischief, as is already asserted to be the case in diphtheria, catarrh, etc.

We are quite free to declare that the peculiar state known as a cold is oft-nest induced by getting overheated, going suddenly into a hot atmosphere near a fire without admitting the hot air gradually into the lungs; a sudden fever or congestion takes place, as in the case of a frost-bitten part when brought too suddenly near the fire. Every one knows that the proper treatment for frozen members is to use snow or ice or cold water to thaw out the frost gradually instead of burning it worse by the fire. *Hence the mouth should be kept closed* and breathing be done in the natural way through the nostrils, to admit the outer air at a proper temperature into the lungs instead of letting it rush in great volumes by mouth. All mouth breathers are subject to colds, coughs, catarrh, inflammation and congestion of the lungs. Let this lesson be remembered, *breathe through the nose*, and beware of sudden changes of either extreme heat or cold upon the delicate lining of the lungs. Inhale plenty of pure air, but temper it to match the natural heat of the body, and try to keep the outer or surrounding condition of the air to a moderate and natural degree of warmth by proper clothing, ventilation, exercise, etc.

Treatment.—As every case of consumption commences with what appears to be a light cold, and as colds are often the foundation of many serious and fatal diseases, people cannot be too careful to prevent serious consequences by early and proper remedies. At the very outset of a cold take some opening medicine for the bowels, such as National Pills; equalize the circulation by warm drinks, as sage or ginger tea, or a teaspoonful of our Hagyard's Pain Remedy in milk or sweetened water, at the same time rubbing the throat and chest well with the remedy, or our Hagyard's Yellow Oil may also be used according to directions. Induce perspiration by the warm foot bath, the vapor bath, or by any convenient

means of sweating, taking care to prevent exposure to chill afterwards. A cough, however troublesome, soon yields to our Hagyard's Pectoral Balsam, which loosens the phlegm and allays irritation. The three remedies above named should be kept in every household for immediate use when suddenly required.

CATARRH.

Symptoms.—This distressing and obstinate disease is very prevalent in this country, and seems to be constantly increasing. It commences with the usual signs of cold in the head, with sneezing, watery eyes, pain in the forehead in the region of the eyes, and a thin purulent discharge from the nostrils; as the disease progresses to the chronic form the discharge accumulates, thickens, and finally works its passage into the throat, causing constant blowing of the nose, hawking, etc., the matter sometimes hardens into thick yellow or green muck, with a foul disagreeable odor, bad breath, a feeling of suffocation, and many disagreeable symptoms alike unpleasant to the sufferer and others. In lingering cases the lungs are consequently involved, constituting catarrhal consumption; it also often destroys the nasal bones and all sense of smell.

Cause.—Common as this disease is, there is a great diversity of opinion regarding it, and but little is said by medical authors that is satisfactory as to its cause or treatment. Some argue that it is caused by neglected colds, others that it is a constitutional blood disease and hereditary; while some have advanced the idea that it is caused by a minute germ or parasite that requires caustic treatment to kill the animalcule. Whatever weight the germ theory may have it is yet in its infancy, and requires further investigation; of this we are certain, that it is really a blood disease, which thrives best in certain low impoverished conditions of the fluids, rendering those of certain temperament peculiarly susceptible to atmospheric changes and catarrhal troubles. Such are the especial victims in early life to diphtheria, croup, throat and bronchial difficulties, and such children require the utmost care in rearing to a healthy development, not by coddling and making them tender like hot-house plants, but by toning the system in a strict adherence to our general hygienic rules; remembering ever that "Prevention is better than cure."

Treatment.—Dr. Dio Lewis says: "To cure catarrh you must live up stairs—in other words, get plenty of pure air—attend to diet, bathing, etc., avoid dampness, dust, dirt, and all foul gases, and tone up the entire system by a rigid course of hygienic means." We would recommend our Burdock Blood Bitters as the best system-renovating, blood-purifying and tonic remedy that can be found. Regarding local treatment, such as the various snuffs, washes, injections, douches, etc., we believe, as a general thing, they are more productive of harm than good. Warm solutions of Castile soap, or salt and water, or saltpetre in weak solution, followed by a mild solution of acetic or carbolic acid, may be beneficial, but we would recommend an application of our Burdock Ointment, applied warm with a feather or camel's hair pencil, to the nasal passages twice or thrice daily, and also apply it at bedtime; this will exercise a marvellous cleansing, healing and curative power.

Croup.

Symptoms.—This disease usually attacks children, and prevails in wet, cold seasons. It is a peculiar acute inflammation of the membrane

which lines the surface of the windpipe and bronchial tubes. A tough, leathery membrane forms in true croup, which chokes the sufferer. Croup attacks children very suddenly, often in the night, with a hoarse, crowing cough and difficult breathing, which requires the most prompt attention to prevent fatal results

Cause.—Exposure to atmospheric changes, neglected colds, and other causes similar to those of catarrh, bronchitis, etc.

Treatment.—Equalize the circulation by warm bath, flannel wrung from warm water, etc., and give a small teaspoonful of powdered alum with sugar or sweetened water; or what is better, if our Hagar's Yellow Oil is at hand, give from 10 to 15 drops on sugar or in melted butter or goose oil—the dose lessened or increased according to age—and repeated every 15 to 30 minutes, until danger is past. Hagar's Pectoral Balsam may afterwards be used for the cough or hoarseness in either case. The chest and throat should be bathed with Hagar's Yellow Oil, which is considered a perfect specific for this dreaded disease, many a mother throughout the land declaring they would not feel safe without it in sudden attacks of croup and similar troubles requiring prompt treatment.

SORE THROAT, DIPHTHERIA, QUINSY.

SORE THROAT, OR QUINSY.

Symptoms.—Redness, swelling, heat of the throat with a prickling soreness or pain in the region of the tonsils, difficulty of swallowing, general signs of a cold, with fever, &c. This form of sore throat often causes swelling of the glands, and frequently terminates in ulceration and suppuration.

Cause.—Colds, or anything that will irritate and inflame the mucous membrane.

Treatment.—The more simple forms of sore throat require little else than care to break up the cold speedily, and the use of mild astringent gargles, borax and honey, sage tea and alum, capsicum and myrrh washes or gargles, or a solution of chlorate potassa. The best remedy of all is our Hagar's Yellow Oil, taken in doses of 10 to 20 drops on sugar, and bathe the throat outwardly with the oil; afterwards wearing flannel around the throat until cured.

DIPHTHERIA.

Symptoms.—Malignant sore throat, or diphtheria, commonly attacks children and young people, and generally those of a weakly, scrofulous temperament; there is usually a dull, languid feeling, followed by fever, shiverings and symptoms common to ordinary colds, but upon examination of the throat a shining redness is observed, soon followed by patches or ulcerated spots that exude a foul mucus, which rapidly forms into tough leathery patches of false membrane; great prostration follows, and suffocation takes place, or other alarming symptoms speedily terminate fatally unless promptly relieved. This is one of the most prevalent and alarming of diseases among the youth of our country

Causes.—A certain depraved condition of the fluids, atmospheric changes, malarial influences, sewer gas, improper drainage, and other epidemic conditions favor its appearance.

Treatment.—As this alarming disease should have the best medical counsel, we only name the most successful of the handy domestic remedies—15 drops of sulphuric acid in half a tumbler of water, to be administered frequently in teaspoonful doses. Sulphur is another supposed specific, as it destroys all fungi; it may be blown into the throat through a quill, or a teaspoonful given in water, the dose often repeated. Tincture of iron is another safe domestic remedy, given in 5 to 10 drop doses in water, and the ulcerated spots swabbed with the pure tincture. The throat should be bathed with liniment or our Yellow Oil; indeed, we believe that if a small quantity of sulphur were used with the oil internally, and a flannel saturated with Yellow Oil applied to the throat, but not sufficiently long as to blister, it would be the most valuable remedy of all. Burdock Blood Bitters, to sustain the strength and purify the system during convalescence to prevent relapse, would undoubtedly be the best possible treatment outside of the qualified profession.

This disease calls for tonics and light nourishing diet, as the prostration is very rapid unless counteracted.

PLEURISY.

Symptoms.—True pleurisy comes on suddenly and violently with a shivering chill fever, and sharp cutting pains, called stitches in the side; the pain in the breast is worse by coughing, and seems to catch at every breath.

Cause.—Pleurisy is an acute inflammation of the membrane covering the lungs, and is caused by colds, etc. False pleurisy is an inflammation generally of a lingering character, of the muscular lining of the chest, and is unattended by fever.

Treatment.—Induce inspiration by hot packs or vapor bath, hot tea of pleurisy root, if at hand; if not, ginger or cayenne may be used, and a poultice of mustard or red pepper over the region of pain, or cloths wrung from hot water applied, covered with dry flannel. Our Hagyard's Pain Remedy or our Yellow Oil are ready remedies for this sudden and dangerous disease, which, if not broken up, results in effusion of water in the chest and serious trouble with the lungs. Pneumonia, or inflammation of the lungs, commences in a similar manner to pleurisy, but with less pain. As fever of a typhoid type, and a cough, with expectoration of mucus streaked with blood or of a rusty color, are the prominent features, similar treatment, as indicated above, may be used in the early stages, but medical aid should be obtained as soon as possible. Congestion of the lungs is a very sudden and fatal disease; and many a sudden death, where people have been found dead in their beds, is often due to this trouble, rather than to heart disease, which is not as common as many suppose.

INCONTINENCE OF URINE.

Incontinence of urine is quite common to persons of advanced age and childhood. It is an inability to retain the urine beyond a short period. It may arise from catarrh of the bladder irritability, gravel, acid secretions, etc. Disuria is a painful difficulty or voiding the urine, and is usually caused by gravel, stricture, etc. Bright's disease is known by pain, weakness and weariness of the loins, pale, foamy urine, either abundant or scanty, and full of minute shred or albuminous matter. Bright's disease is very dangerous, and like many other kidney complaints, comes

on so insiduously that the sufferer is not aware of danger until the disease is far progressed. Diabetis in its most dangerous form is a dribbling of the urine, in which there is an excess of sugary matter.

GRAVEL.

Gravel is a precipitation of the solid constituents of the urine. The two prominent varieties are the red, containing uric acid, and the white or phosphatic gravel. The sediment in the vessel where urine has remained for a few hours will determine the disease. There is more or less pain and stricture in voiding the urine.

DROPSY.

Symptoms.—It should be remembered that dropsy, which is an accumulation of watery fluid within some cavity or portion of the system, is an effect of some morbid process or disease, rather than the cause. It is characterized by bloating, suppressed urine, a thin watery condition of the blood, &c., and may affect the abdomen, the lower extremities, the chest or the brain, as the predisposing cause may locate the effusion.

Cause.—A watery condition of the blood from improper diet and habits; an inactivity of the skin, kidneys and secretory organs, as well as the absorbents that favors the accumulation and retention of the watery portion of the blood in the system.

Treatment.—Dropsy, as well as all kidney or urinary complaints, must be treated on general principles, dependent upon the cause. The blood must be enriched, and the system nourished by proper food and tonics, while the utmost care should be given to bathing and keeping all the avenues of health open and in proper activity, as the skin, kidneys, bowels, etc. Diluent and mucilaginous drinks should be used, such as marsh-mallow or slippery elm tea, and a tea made of spearmint herb is excellent in urinary troubles. Fatty, stimulating and sugary articles must be avoided. Probably one of the best known general cures in the world for all urinary troubles is Burdock Blood Bitters, as it is the most prompt and successful of all remedies for regulating the secretions, and correcting and revitalizing the blood, and exciting a healthy action of the liver and kidneys.

DISEASES OF THE NERVOUS SYSTEM

NERVOUS DEBILITY.

Symptoms.—The more common signs of this disease, or rather this result of disease, are melancholy, love of solitude, defective memory, confused ideas, restlessness, becoming suddenly startled, often dimness of vision, dizziness, fluttering of the heart, faintness, numbness of the limbs, hurried and difficult breathing, emaciation, and a general loss of vitality of body and brain.

Causes.—Any long, protracted illness, as dyspepsia, liver complaint, etc., or anything that will drain or exhaust the system, as undue excitement, excesses, or bad habits, intemperance and sedentary pursuits.

Treatment.—Endeavor by moral, mental and physical means to strengthen and invigorate body and brain. Correct at once all bad habits, regulate all the secretions, equalize the circulation by bathing; gentle stimulating friction along the great nerve centres of the spinal column, electricity,

nourishing diet, pleasant exercise, cheerful occupation and bracing tonics, are the auxiliaries of cure. Take Burdock Blood Bitters.

EPILEPSY, FALLING SICKNESS, CONVULSIONS,

Or, in common parlance, fits, are often hereditary, or depend on constitutional conditions.

Symptoms.—Epilepsy literally means a seizure; often in a moment the patient falls to the ground with sudden and complete loss of consciousness, struggling, foaming at the mouth, rolling of the eyes, grinding the teeth, and spasmodically jerking the muscles. The breathing is laborious, the face purple or of a livid hue. The fit is often preceded by a certain marked gloom and drowsiness, a sort of general depression.

Causes.—Hereditary tendencies, injuries, local irritation, derangement of the nervous and sexual system, bad habits, fright, excitement, the irritation of worms, etc.

Treatment.—During the fit loosen the clothing to remove all undue pressure, place the patient in a horizontal position with the head and shoulders but slightly raised, allow free access of air, and give some mild stimulant like Hagyard's Pain Remedy, in milk or sweetened water, to equalize the circulation, keep the extremities warm, and let the patient rest. Chorea, or St. Vitus dance, is a spasmodic nervous twitching or jerking of certain muscles, sometimes affecting the speech, and belongs to the class of diseases above named.

HYSTERIA

Is a nervous weakness peculiar to females, and manifests itself in various ways according to disposition and temperament; paroxysms of laughing and weeping alternately, screaming, gasping for breath, trembling, clenching the hands and teeth, and other apparently alarming symptoms are common, and often needlessly frighten the friends of the patient. It is not necessarily dangerous, but rather a symptom of some nervous irritation or organic excitement, and is a frequent attendant of uterine troubles.

Treatment.—During the fit a similar course to that directed for epilepsy is advisable, after which the cause should be ascertained and removed, and the system toned up to a healthy action by tonics and nervines. Bromide of potassium, in five to ten grain doses, in peppermint water, three times a day, is a favorite prescription of the schools for this and all forms of nervous irritation previously enumerated. A tea of lady slipper root, blue vervain, valerian, and similar herbs are highly praised by the botanic profession. Our Burdock Blood Bitters, by removing the cause, acting upon all the secretions, toning the nerve centres, and invigorating the entire system, is the most safe and successful treatment in all forms of nervous debility.

PALPITATION OF THE HEART

May be generally classed among nervous affections; it is mostly sympathetic, and symptomatic of nervous debility. It often occurs in dyspepsia, by the stomach being inflated with gas, or distended with indigestible food, causing it to crowd upon the nerves of the heart, giving rise to fluttering of that organ that is often mistaken for organic heart disease. Palpitation from the above named cause is soon cured by Burdock Blood Bitters.

Valvular, or organic disease of the heart, is a serious and incurable affection that happily is comparatively rare.

NEURALGIA, HEADACHE, FACEACHE, NERVE PAIN.

Symptoms.—Neuralgia is an inflammation of the nerves, an acute, cutting, piercing pain, that may locate upon any nerve or branch of nerves.

Sciatica is an inflammation of the large nerves in the region of the hips.

Cause.—Neuralgia, when located about the face, may be caused by defective teeth, although it is often difficult to tell which tooth the pain arises from. In cases of toothache the nerve swells from inflammation, so that there is no longer room to contain it without pain from pressure. Nervous headache arises from undue excitement, bad circulation, and irritation from colds, catarrh, and other causes, such as nervous sympathy from disordered stomach, which constitutes what is known as sick headache, with nausea or vomiting.

Treatment.—Endeavor to equalize the circulation, allay nervous irritation, and restore a healthy tone to the system. For this purpose nothing can excel Burdock Blood Bitters. For local application, hot fomentations of hops, smart-weed, or cloths wrung from hot water, and steaming with hot bricks, are valuable to relieve, care being taken to avoid exposure to cold. Stimulating lotions like Hagyard's Pain Remedy or Yellow Oil are also of great service; while for toothache the Victoria Tooth Charm, sold by all druggists, is a ready relief.

DISEASES OF THE SKIN.**NETTLE RASH.**

Symptoms.—This is a simple skin disease that appears in small red spots resembling flea-bites, or in a fine pointed rash of a burning, prickling, itching character, more annoying than dangerous.

PRURIGO, or itching of the skin, is worse in the evening, or in warmth, and in bed.

Causes.—Indigestion, gastric disturbances, cold, errors in diet, etc.

RINGWORM.

Symptoms.—Small, round vesicles, filled with a clear or yellow fluid, on the head at the root of the hair, and on various parts of the skin. The rings or patches vary in size, from a shilling to that of a crown piece. There is much troublesome itching, and in chronic cases the humor spreads, but the general health is rarely disturbed. Shingles is a species of this disease encircling the body.

Cause.—This humor is communicated by touch; among other causes are ill health, bad diet, impure blood, etc. There are various other diseases of the blood and skin, in the form of humor, rash, etc., such as tetter, eczema, and other unimportant terms to the general reader, inasmuch as the cause and treatment do not materially differ.

Treatment.—Cleanliness, bathing, the use of cooling lotions, like 1 drachm of borax to 4 oz. of soft water, frequently applied, and the use of sulphur or carbolic soap externally. Burdock Blood Bitters perseveringly taken will cure all curable cases of the most obstinate chronic humors of the blood and skin, from a pimple to an ulcer, or the worst scrofulous sore.

ITCH.

Itch is a loathsome disease of the skin, caused by a peculiar animalcule or itch insect, for which sulphur is a safe specific; put 2 drachms of flour of sulphur in a bottle of Haygard's Yellow Oil, and apply three times a day.

ULCERS.

Ulcers may arise from injuries or from constitutional disturbances, and usually require both local and constitutional treatment. Our Burdock Healing Ointment and Burdock Blood Bitters cover all the indications necessary to effect a cure. Boils, chilblains, frost-bites, burns, scalds, bruises and similar troubles of the flesh yield kindly to the prompt application of Haygard's Yellow Oil, dressing the sores after with Burdock Healing Ointment, if slow to heal.

CORNS AND WARTS.

These troublesome excrescences may be speedily exterminated by our Victoria Corn and Wart Cure, obtainable of any druggist. For bunions, remove all pressure; poultice, if hard and inflamed, and dress with Burdock Ointment. For hard corns try Chinese Corn Remover.

INFLAMED AND SORE EYES, AND EYELIDS.

OPHTHALMIA.

Symptoms.—Ophthalmia is a general term for inflammation of the mucous membrane which lines the eyelids and the front part of the eyeball. There are several varieties, such as catarrhal, from colds, scrofulous, purulent, etc., soreness in the ball of the eye, a sensation as of sand under the lids, redness of the eyes, with swelling of the vessels, itching, shooting pains, pustules and scales on the edges of the lids, small granulated sores in chronic cases form on the inner surface of the lid, and there is a discharge of water and matter from the eyes, which become very red and swollen.

Causes.—Bad blood, scrofula, colds, irritating dust, etc. Sometimes there are wild hairs or lashes that grow in the edges of the lids, festering, decaying and irritating the eye. These should be extracted with fine pointed tweezers, their growth prevented, and the festers healed by cooling astringent washes, or mild zinc ointment, or white precipitate ointment, purchased of any druggist. A valuable eye-water is made by adding ten grains sulphate of zinc to the white of a fresh egg; having turned off the yolk, set the contents of the shell in the hot ashes of a fire until the boiling point is reached, then put shell and all in a four ounce bottle, add 15 drops laudanum, and fill the bottle with soft water; let it remain twenty-four hours, strain, and bottle it. A few drops applied three or four times a day in the eye and to the edges of the lids will, with properly treating the system, cure almost any curable case of chronic sore eyes, using the ointment above mentioned to prevent the lids sticking together at night, and facilitate the healing process. To purify the system Burdock Blood Bitters is the only remedy required.

FEMALE COMPLAINTS.

The happiness and comfort of woman depends upon the healthy performance of the functions incident to her peculiar system. No derangement of these functions can exist long without drawing the entire system into sympathetic suffering. Important as these matters are to health, yet their nature and delicacy excludes them to a great extent from observation, and the sufferer groans on for years, the victim of pain and weakness known only to herself. There are two important periods in woman's life when the general health is greatly influenced, and much misery results from want of proper care: the first is the period of change from childhood to womanhood, commencing about the age of fifteen; the other, the change from womanhood to old age, occurring between the ages of forty and fifty. At both periods the system undergoes important changes, requiring all the resources of nature and art to maintain the equilibrium of health. It would not be wise or prudent in a work of this kind to treat in detail upon the various complaints peculiar to the female sex; suffice it to say, therefore, that most of the distressing troubles, such as painful periods, suppression, female weakness, with all the exhausting results and attendant evils, may be promptly relieved or radically cured if taken in time by building up the debilitated system, allaying nervous irritation, and unlocking all the secretions with that great key to health, Burdock Blood Bitters.

DISEASES OF CHILDREN.

Young children are subject to many of the acute and some of the chronic diseases of adults, and require similar treatment, only in modified form, care being taken to watch for symptoms by their motions and looks. The recuperative powers of youth are more favorable, and the system more susceptible to the action of medicine than in age; hence, children often recover from diseases that might prove fatal to those of riper years.

INFLAMMATION AND CONGESTION.

Infants and young children are peculiarly liable to inflammation and congestion of the brain, bowels, etc. The signs are those of general fever, the child rolling its head, putting its hands to the head, the pupil of the eye changes, etc., in brain disease. In inflammation of the bowels the child draws its knees towards the bowels; there is local heat, bloating, etc. Inflammation of the lungs is also common with infants.

Treatment.—The warm bath—warm fomentations of hops, smart-weed, etc.; cloths wrung from warm water should be applied, and slippery elm water should be freely given. Mild injections of Castile soap-suds, slightly warm, should be used if the bowels are confined, or at most, some mild laxative, like senna, syrup rhubarb, or the milk of magnesia, or sweet oil, will be most preferable. For sour stomach, flatulence, etc., a little soda, 5 to 10 grains, with as many drops of peppermint essence in sweetened water, is excellent.

DIARRHŒA, DYSENTERY, CHOLIC, CHOLERA INFANTUM, and all bowel complaints, find their proper specific in Dr. Fowler's Extract of Wild Strawberry, an unfailing remedy in these complaints, as well as for the troubles attendant upon teething. The milk of one selected cow should be used when the mother's milk fails.

CHICKEN POX, MEASLES, AND SCARLET RASH

are common eruptive diseases with children. The two first named are contagious, but usually mild if treated with care, avoiding exposure to cold. Chicken pox is an eruption of small pustular pimples, and very slight fever. Catnip, sage, or saffron tea, or light doses of cream of tartar, are all the medicines required.

MEASLES

commences with the usual symptoms of cold or catarrh, followed by fever and rash, or eruptions of spots resembling flea-bites. Red spots on the soft palate appear four or five days before the general eruption. Measles runs its course in from three to six days, and is not so dangerous of itself as are the after effects. If cold be taken and the rash falls upon the lungs or some internal organ, then serious troubles ensue, often developing in consumption or some chronic or fatal malady. Treatment in mild cases same as chicken pox. Cleanliness should be observed by sponging with warm Castile soap-suds or soda and water, in a warm room, avoiding cold. Warm drinks, ginger tea, or a tea made of pleurisy root and ginger root is excellent, or hot whisky and water may be given to keep the eruption to the surface. Keep the bowels regular and the strength sustained by proper diet, and but little trouble is experienced.

BOWEL COMPLAINTS.

There is no remedy known to science that is better or more successful with children in cholera infantum, diarrhoea, and all forms of summer complaint and fluxes, than the old reliable medicine, Dr. Fowler's Extract of Wild Strawberry, to be procured of any dealer in medicine.

CROUP

is a nervous affection of early childhood, inducing spasm of the throat. It comes on suddenly with a hoarse, crowing inspiration, and a struggle for breath. Death may occur from suffocation or by the formation of a tough leather-like membrane forming in the throat. Cough and fever are absent in croup.

Treatment.—Give a teaspoonful of powdered alum mixed with sugar. The best remedy, however, is Hagyard's Yellow Oil, taken and applied according to directions on the bottle. No household with children is safe without this valuable remedy.

FITS OR CONVULSIONS

may be caused by teething, indigestion, worms, a blow or fall, fright, disturbance of the brain, etc.

Treatment.—Raise the head, admit fresh air, bathe the face, use warm bath and hot flannels to equalize the circulation; if the stomach is overloaded induce vomiting, and obtain an action of the bowels. If worms are suspected, give Freeman's Worm Powders, or, if preferred, Dr. Low's Worm Syrup; either are reliable worm remedies.

EARACHE.

This distress may be removed by freeing the ear of hardened wax with a small syringe and warm Castile soap-suds and a little glycerine. Apply the heat of a roasted onion hot, or a fomentation of hops, or apply with a feather tincture of arnica and laudanum. Hagyard's Yellow Oil cures ear-ache as well as deafness. See special directions with the bottle.

WHOOPIING COUGH.

A contagious disease, resembling a common cold, with deep-seated cough coming on at intervals, with prolonged shrill whoop or crowing sound, and ending in vomiting or expectoration of thick mucus. The whoop is a signal of safety, for if suffocation takes place it is before the whoop. A decline of night attacks is a favorable symptom. Take the infant up as soon as a fit comes on, and place in a favorable position. Give Hagyard's Pectoral Balsam, and bathe the throat and breast with Yellow Oil. Both of these household remedies can be obtained of any druggist. Change of air is beneficial in whooping cough.

RICKETS

is a constitutional disease, a wasting of the system, a lack of proper nourishment, a softening of the bones, and want of proper development. Use the sea-salt bath, give most nourishing food and pure air, and give Victoria Syrup of Hypophosphites to build up bone, brain and muscle. It is reliable for consumptive tenderness and wasting forms of disease

MUMPS.

A stiffness, swelling and soreness of the glands under the ear, with an intolerance of acids. The most danger is from taking cold and transfer of the disease to other glands. Use warm fomentations, embrocations and poultices as in other painful swellings, and keep the bowels regular. It is infectious, but seldom attacks the same person twice.

SCARLET FEVER.

Whenever there is a high fever, with sore throat and bright scarlet eruptions, consult a competent physician, for scarlet fever is a disease requiring prompt medical aid rather than home treatment. Scarlet fever and its counterpart, diphtheria, are among the most fatal diseases of childhood. The general means advised in other low forms of fever may be observed till the doctor comes.

DIPHTHERIA

has been successfully treated with 15 drops of sulphuric acid to half a tumbler of water, teaspoonful doses being given every two or three hours. Sulphur, administered freely, and full doses of quinine has been another successful plan.

ERUPTIVE DISEASES OF THE SKIN,

such as scalled head, eczema, milk-crust, tetter, etc., vary out little in character. Bathing with salt-water, sulphur or carbolic soap, and using weak applications of creosote or carbolic acid are curative means. One drachm of sulphur in one bottle Hagyard's Yellow Oil, applied as a lotion, will cure obstinate skin diseases.

FOR SORE MOUTH, CANKERED THROAT, ETC.,

use borax and honey, drink sage tea or slippery elm tea, or a tea made of gold thread.

⚠ Avoid opiates and soothing syrups for infants. If any soothing syrup is used Mrs. Freeman's soothing syrup will be found safe and reliable for children teething, and for flatulence, wind, colic, etc.

URINARY TROUBLES OF CHILDREN,

such as involuntary discharge of urine, retention or inability to pass urine, etc., may be cured by that matchless diuretic and kidney remedy, Victoria

Compound Fluid Extract of Buchu and Uva Ursi, when the well-known domestic remedies fail.

WORMS.

In all cases where worms are suspected, Freeman's Worm Powders should be administered according to directions, or if preferred use Dr. Low's Pleasant Worm Syrup, either remedy guaranteed to give satisfaction,

ACCIDENTS AND EMERGENCIES.

WHAT TO DO TILL THE DOCTOR COMES.

In the absence of a doctor, or when our remedies are not at hand, the following hints will be found valuable:

To Stop the Flow of Blood.—If an artery in a limb is severed, quickly wind a handkerchief around the limb between the wound and the body, and insert a stick in the handkerchief and twist it as tightly as the patient will bear. Apply cold astringent lotions, or compressing, or some dry powder like wood soot, to help stay the flow of blood.

Nose Bleed.—Press a wad of brown paper tightly under the upper lip against the nostrils, and plug the nostrils with cold astringents, such as alum-water, etc.

Cut Wounds.—Bring the edges tightly together with a stitch or by sticking plaster, and apply a compress and bandage of soft linen. If painful and throbbing, apply soft poultices of bread and milk, or powdered linseed or slippery elm.

Fractures.—Handle the patient very carefully; if to be moved let it be upon a shutter or board rather than in a carriage. Keep the parts injured in as natural a position as possible, being firmly tied, if necessary, to the sound limb or the body. Keep the patient in a horizontal position.

Sprains and Bruises.—Keep the parts perfectly at rest, and apply warm poultices of cloths wrung from hot water.

Scalds and Burns.—If a person's clothing takes fire, roll them quickly in a blanket or anything handy to exclude the air and smother the flames. In entering a burning building, to avoid suffocation creep closely to the floor; remember that heat and smoke rise. If a burn be blistered, avoid removing the skin or opening the blister. Cover it with a thick paste of starch or soot, or cloths soaked in a mixture of one-third water and two-thirds linseed oil.

Frost-Bites.—Rub the frozen part with snow, or apply cold water until the frost is extracted, and then procure Yellow Oil as soon as possible, or arnica diluted with equal parts of sweet oil or water.

Bee Stings and Bites of Poisonous Reptiles.—Cleanse the parts and apply spirits of hartshorn and sweet oil (equal parts), or a poultice of onions or moist clay.

Fainting Fits, etc.—Place the patient in a horizontal position with the head low, give warming stimulants and inhalations of hartshorn, camphor, etc. Give free access to pure air.

Choking.—Invert the body and slap smartly on the shoulders; if this does not dislodge the substance, insert the finger or a flexible pipe into the throat and push the substance downward.

Cramps, Colic, Pleurisy and Sudden Inflammations.—Give warming stimulants, such as ginger tea, red pepper tea, a teaspoonful of soda in a draught of peppermint water, and apply hot packs of cloths wrung from hot water.

Foreign Substances can be removed from the eye by holding water in the hollow of the hand and winking the eye rapidly: if the mote sticks to the eye, invert the lid by rolling it over a stick or knitting needle, and carefully pick it out. Iron filings, etc., can be often removed by a bit of magnetized wire, or a penknife charged with magnetism.

Foreign Substances may often be drawn from the ear by inserting a syringe and drawing upon the piston, thus removing it by suction where it cannot be otherwise reached.

Poisons.—In all cases of suspected poisoning, send at once for medical aid; in the meantime give a strong emetic and induce vomiting. A teaspoonful to a tablespoonful of ground mustard in a half pint of warm water is a quick and safe emetic, or a similar dose of ipecac. Repeat the drinking till it vomits.

Acids.—Spirits of salts, oil of vitrol, aquafortis, oxalic acids, require copious draughts of water with alkalies, such as chalk, magnesia or common whiting.

Alkaline Poisons, such as hartshorn, chloride of lime, etc., require acids to neutralize them. Give vinegar and water and excite vomiting.

Opium or Laudanum.—Give emetics, keep the patient in constant motion, and give strong coffee freely.

Arsenic, Paris Green, etc.—Give copious draughts of warm milk and excite vomiting.

How to Save a Drowning Person.—It may not be generally known that when a person is drowning, if he is taken by the arm behind, between the elbow and shoulder, he cannot touch the person attempting to save him, and whatever struggles he may make will only assist the person holding him to keep his head above water. A good swimmer can keep a man thus above water for an hour. If seized anywhere else the probability is that he will clutch the swimmer, and perhaps, as is often the case, both will be drowned.

Mustard Plaster.—Take a tablespoonful of treacle, more or less, as desired; stir thick with mustard, and having spread it on a cloth, apply it directly to the skin; it will not blister even if kept on for an hour.

PART III.

COOKERY FOR THE SICK.

To Make Beef Tea.—Cut a pound of lean beef into small pieces; without any water put it into a jar, cover tightly and set in a pot of cold water. Heat gradually to a boil, and continue this steadily for three or four hours until the meat is like white rags and the juice is all drawn out; season with salt to the taste, and when cold, skim off all the fat. Serve with crackers or toast.

Slippery Elm Water.—An excellent nourishment, cooling and soothing in fevers and stomach and bowel complaints, is made by soaking one

ounce of elm bark (the fresh bark of the root is best) in one pint of cold water. This mucilaginous drink may be given freely.

Barley Water.—Wash a handful of pearl barley thoroughly in cold water; rub two or three lumps of white sugar on a cut lemon, then put the barley and sugar in a jug with a few slices of lemon; pour boiling water on it and cover till it is cold.

Fresh Buttermilk is very nutritious cooling and refreshing for most invalids. Drink at pleasure.

Hot Lemonade.—This drink is excellent taken at bed-time to break a cold; it is made in the usual manner, except adding boiling in place of cold water, as it opens the pores and induces perspiration. Care should be taken to prevent exposure to chill.

Oatmeal Gruel.—Take two tablespoonfuls of Oatmeal, half a blade of mace, a small piece of lemon-peel, $\frac{3}{4}$ of a pint of water or milk, and a dessertspoonful of sugar. Mix the oatmeal very smooth in a little water, and gradually add the balance; set it over the fire for a quarter of an hour, stirring it constantly. Strain it for use. Highly nourishing.

Parched Corn Gruel.—In many cases where the ordinary nourishments are not relished or admissible, a saucer of parched corn pudding, or a cup of gruel, will seldom be refused. Roast the corn the same as coffee is roasted, make it into mush, gruel, or thin cakes; baked lightly brown or served with milk, it will be very nutritious.

Iceland Moss Jelly.—Wash and bruise Iceland or Irish moss, and soak it all night, dry and boil it, putting an ounce to a quart, till it is reduced to one-half the quantity of water. Strain it through a sieve. Take it with milk, or flavor to the taste. It may be boiled with milk, or turned into a shape when cold.

Mucilage of Gum Arabic.—One ounce of gum arabic in powder, mix well with two tablespoonfuls of honey. Shave a little rind of lemon, clean off the white pith, and cut the lemon in thin slices into a jug; then stir on it by degrees about a pint of boiling water. This is excellent in throat and lung complaints, coughs, measles, etc.

Dried Beef.—Nice dried beef finely shaved is a good relish, and may be used for making beef-tea; or a milk gravy may be made with it, and served with toast.

Nourishing Soup.—Boil two pounds of lean veal or beef, with a quarter of a pound of pearl barley, in a quart of water very slowly, until it becomes the consistency of good cream; flavor it with a little fresh celery, or a little celery salt. Strain it through a fine sieve. This soup should be made fresh daily when required.

Bran Tea.—A tea made by pouring a quart of boiling water on half a middle sized teacupful of bran. Sweeten with honey, and add a little lemon juice. Strain. It may be given clear or with wine, and is very nutritious.

Thickened Milk.—With a little milk mix smooth a tablespoonful of flour and a pinch of salt. Pour upon it a quart of boiling milk, and when it is thoroughly mixed put all back into a saucepan and boil up once, being careful not to burn, and stirring all the time to keep it perfectly smooth and free from lumps. Serve with slices of dry toast. It is excellent in diarrhoea, and is often curative if the flour is scorched before mixing with the milk.

Soft Boiled Eggs.—Fresh eggs for invalids who like them cooked soft should be put in a pan of boiling water, and set on a part of the range where they will not boil for several minutes. At the end of that time they will be like jelly, perfectly soft but beautifully done, and quite digestible even by weak stomachs.

Mutton or Chicken Broth.—One lb. of lean mutton or chicken cut small; 1 qt. water, cold; 1 tablespoonful rice or barley soaked in a very little warm water; 4 tablespoonfuls milk, salt and pepper, with a little chopped parsley; boil the meat unsalted in the water, keeping it closely covered until it falls to pieces; strain it out, add the soaked barley or rice; simmer half an hour, stirring often; stir in the seasoning and the milk, and simmer five minutes after it heats up well, taking care it does not burn; serve hot with cream crackers.

Boiled Rice.—Half cup whole rice, boiled in just enough water to cover it, 1 cup of milk, a little salt, 1 egg beaten light. When the rice is nearly done, turn off the water, add the milk and simmer, taking care it does not scorch, until the milk boils up well; salt and beat in the egg; eat warm with cream, sugar and nutmeg.

Calves' Foot Jelly.—Boil 4 nicely cleaned calves feet in 3 quarts of water until reduced to 1, very slowly; strain and set away until cold; then take off the fat from the top, and remove the jelly into a stew pan, avoiding the settlings and adding $\frac{1}{2}$ pound of white powdered sugar, the juice of two lemons, and the whites of two eggs, the latter to make it transparent; boil all together a few moments, and set away in bowls or glasses. It is excellent for invalids.

Baked Apples.—Take sour apples, dig out the cores, place the apples in a dry dish or tin, fill the cavities where the cores come out with sugar, pour a cup of hot water in the tin, bake in a quick oven, and you will have a healthful and palatable dish.

Rice Jelly.—Boil 1 lb. of rice flour with $\frac{1}{2}$ pound of white sugar in a quart of cold water until the whole becomes a glutinous mass; strain off the jelly and let it stand to cool. This is nutritious and light.

Brown Bread.—1 cup sour milk, 1 $\frac{1}{2}$ cups Graham flour, $\frac{1}{2}$ cup Indian meal, $\frac{1}{4}$ cup molasses, a little salt and soda; steam 3 hours, bake 15 minutes.

Graham Gems.—3 eggs, $\frac{1}{2}$ cup sugar, well beaten; 1 quart of milk, 3 teaspoonfuls baking powder; make not quite so stiff as for pancakes; 1 egg for half the quantity.

Tomatoes are wholesome, and, properly served, harmless in most cases.

Onions Roasted, as well as roasted potatoes, are good for invalids whose digestive powers are not too feeble.

Wine Jelly.—Boil $\frac{1}{2}$ pound of white sugar in a gill of water; dissolve an ounce of isinglass in a small quantity of water, and strain it into the syrup; when nearly cold add $\frac{1}{2}$ pint of wine; mix it well and pour into a bowl. For the convalescent this jelly is very nutritious.

Arrowroot.—Mix 2 tablespoonfuls of arrowroot to a smooth paste with a little water; add to it 1 pint of boiling water with a little lemon peel, and stir while boiling; let it cook till quite clear, and flavor with wine and nutmeg if approved; milk may be used instead of the water if desired.

A FEW OF MANY REMARKABLE CURES

—MADE BY—

BURDOCK BLOOD BITTERS

FEVER SORE CURED.

TWEEED, July 27th, 1882.

Messrs. T. MILBURN & Co., Toronto, Ont.

Gentlemen,—Accept my sincere thanks for the benefit I have received from the use of your excellent compound—"Burdock Blood Bitters."

When quite young, I had an attack of Typhus Fever which settled in my leg, and for the last twenty-five years have been troubled with it most of the time, and as the sore was on both sides of my ankle, it was exceedingly painful. A short time ago I decided to give your remedy a trial, and now, by a careful and judicious use of it, my leg is restored to perfect soundness. Six bottles was all that was necessary to effect this wonderful change.

I am, Gentlemen, yours respectfully,

ALONZO HOWE.

DYSPEPSIA AND LIVER COMPLAINT CURED.

T. MILBURN & Co., Toronto.

Dear Sirs,—I have suffered for fifteen years with Dyspepsia, and tried with almost every known remedy to effect a cure, but without success. Last summer I grew so bad that I had given up all hopes of living, when a friend persuaded me to send to J. E. Kennedy's drug store in Cobourg and procure a bottle of Burdock Blood Bitters. I did so, and the third day after I commenced using it I began to feel better, and before I had finished the first bottle I was able to be up and around at work, and after taking three bottles I was completely cured, and am now in better health than I had been for 20 years. Before using your Bitters I would not have given ten cents for my chance of living, and now I am in the best of health, and you have my permission to publish this that others suffering as I was may read and be benefited.

A. BURNS, Blacksmith.

Jan. 11th, 1883.

Kingson Rd., 3 miles east of Cobourg.

LIVER AND KIDNEY COMPLAINT CURED.

FRANKVILLE, 21st April, 1882.

Messrs. T. MILBURN & Co.

Gentlemen,—In November last I was taken down and had to quit my business and go to bed. My trouble seemed to be in the liver and kidneys. This condition came upon me gradually, and I ran down so low that my life was despaired of. I lay at one time 20 days without an operation of the bowels, and at another time 13 days. My urine was thick, and clouded and sedimentary. At this time I commenced taking your Burdock Blood Bitters, and when I had taken one bottle I was able to move about the house and go for a drive occasionally. I have now, after taking 4 bottles, almost completely recovered, and feel that I am a better man than I have been for twenty years past. I attribute this condition of things to your medicine, and it gives me pleasure to say so.

Yours truly,

W. A. EDGERS.

CANKER OF THE STOMACH CURED.

FARMERSVILLE, 13th Dec., 1882.

Messrs. T. MILBURN & Co.

My wife last summer was in a low condition and suffered with Canker of the Mouth, which, although under the doctor's treatment, grew worse and finally got to be Canker of the Stomach, and for days the only food she could take was milk and lime water. At this stage, when everyone thought she would die, she commenced taking your Burdock Blood Bitters, which relieved her at once, and she is now fat and hearty, and ever so much obliged to your Bitters.

HENRY SHELDEN.

CHRONIC ABSCESS CURED.

Rev. William Stout, of Trinity Church, Warton, suffered 23 years with a large Scrofulous Abscess upon his neck, which finally assumed a Cancerous Appearance; his general health was greatly impaired, and during all these weary years, as he says, he "suffered a living death." His affliction baffled the most skillful treatment of the most eminent surgeons of Toronto, London, and other places, and all popularly known remedies were used in vain, until he tried Burdock Blood Bitters, which he used both as an internal and external remedy, with the most immediate and happy results. He is now completely cured and has been for the past two years. He has written an interesting history of this remarkable case, which will be sent in circular form by addressing

T. MILBURN & Co. Toronto.

PURIFIED PRODUCTS OF PETROLEUM.

PETROLINA,

—AND—

PETROLINA OIL.

THE QUINTESSENCE OF PETROLEUM.

Manufactured without the use of Acids or Alkalies by the BINGHAMPTON OIL REFINING COMPANY, Binghampton, N. Y.

FOR MEDICINAL, PHARMACEUTICAL, AND TOILET PURPOSES.

It is guaranteed perfectly and absolutely pure, odorless and tasteless.

The attention of physicians, druggists, and the public generally, is called to Petrolina (or, concentrated Petroleum), as prepared by our process, by which an *absolutely pure* article is produced. It will keep for any length of time, in any climate, and cannot become rancid.

PLAIN.—Pure Petrolina.—For external use, as an ointment, it is applicable to burns, cuts, wounds, bruises, sprains, rheumatism, catarrh, ulcers, bites of insects and serpents, eczema, barber's itch, tetter, and all skin disorders; also, for piles, chilblains, bunions, swellings, tumors, nasal and bronchial catarrh, and to every purpose where a liniment is needed.

FOR INTERNAL USE.—For coughs, colds, hoarseness, sore throat, and similar affections. Doses: a half a teaspoonful three times a day.

POMADE.—Pure Petrolina.—Is the pure Petrolina with a delicate and agreeable perfume added. The finest and best dressing for the hair. It is a sure and speedy remedy for *all* scalp diseases, allays itching, cures dandruff at once, and, unlike other pomades, is not affected by the heat of the head, but is a cooling and refreshing application, and can never become rancid.

COLD CREAM.—Pure Petrolina.—The most elegant preparation of Cold Cream in the world. It is exquisitely perfumed, and a valuable emollient (far excelling Glycerine in resisting atmospheric action); invaluable for use at the seashore, curing sunburn, rough skin, chapped lips, tan and freckles; *it will positively cure chapped hands*, and when used after washing and shaving, keeps the skin soft and velvety.

CARBOLATED.—Pure Petrolina.—Is Petrolina with three per cent. Carbolic Acid. Very superior in cases of old sores, ulcers, and for similar purposes.

ARNICATED.—Pure Petrolina.—Is Petrolina with eight per cent. Arnica, and is very superior in cases of burns, scalds, and for speedy healing purposes.

CAMPHORATED.—Pure Petrolina.—Highly efficient in neuralgia, gout, rheumatism, catarrh, gathered breasts, and similar uses.

"GLOSSINE"—or, Prepared Petrolina Oil for the Hair.—Has all the medicinal and healing qualities of the Pomade. Is a wonderful tonic, restoring health to the capillary tubes,—will not decompose or absorb oxygen—does not generate heat and destroy the hair—will never become rancid—cures scalp diseases. It is a most elegant dressing, and exquisitely perfumed.

SOAP.—Petrolina Toilet Soap.—Carefully prepared from Petrolina and selected lye. Is a perfectly *neutral soap*, delightfully perfumed, and indispensable for infants and invalids' use, tender skin, and diseases of the cuticle. Ladies will find it especially adapted for their toilet and bath.

Petrolina is sold by Druggists and Chemists throughout the world, and is by far the purest preparation of Petroleum in the market.

J. T. MILBURN & Co., Toronto,

Sole Agents for Dominion of Canada

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