

C. OTTWAY

514 Danforth Avenue

Toronto

Ger. 5125



BUSINESS HOURS

1 TO 4 EACH WEEK DAY
except Saturday

MONDAY, WEDNESDAY & FRIDAY
5 P.M. TO 8 P.M.

Not open Saturdays, Sundays or Holidays.

Mail Orders

When ordering by mail please give full particulars on order and enclose sufficient to cover postal charges.

Postal Rates

Toronto	One bottle	06c	Two bottles	07c
Ontario P.	" "	15c	" "	20c
Quebec P.	" "	20c	" "	25c
Manitoba P	" "	20c	" "	25c

Coll
Num
281A

C. Ottway's Herbal Remedies

- ¶ *These remedies are compounded from the choicest herbs obtainable. They contain no ingredients that are harmful to the human system. Every possible care is taken during manufacture to ensure uniformity of strength and quality.*

1920's ?

C. Ottway's Blood Tonic

DIRECTIONS:

Adults: One teaspoonful
before each meal, three
times a day.

Children under 9: Half
teaspoonful before each
meal, three times a day.

Shake Well Before Using

This is a laxative, increase
or decrease the dose
as found necessary.

Proprietary or Patent Medicine
Act. No. 15589

Prepared Only By

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TORONTO, ONT.
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McGill



Osler
Library
Montreal

The Human Body

The human body, that greatest wonder of all creation, is in itself a very complex organism with the power to convert air, food and drink into living tissue and vital energy. The following does not attempt to describe all of the human system, as that would require several large volumes and still be incomplete. Enough has been included here to emphasize how intricate the work and how delicately adjusted are some of the organs, also what a tremendous volume of work they are called on to perform.

Digestion

The organs of digestion convert the food we eat into the necessary elements the body requires for its sustenance. During this process there is a certain amount of waste that has to be eradicated from the system. Other organs are concerned solely in the removal of this waste and are referred to later.

The Stomach together with the Liver, the Gall, the Pancreas and the small intestines constitute the digestive system. If, for any reason — wrong foods, over-eating — any one of these organs is overworked or unable to obtain the nourishment required, we are quickly made aware of the fact by suffering from indigestion, Gas, Bloating or Heartburn.

C. Ottway's Herbal Kidney Medicine

DIRECTIONS:

Adults: One Teaspoon-
ful Before Meals.
Three Times a Day.

Shake Well Before Using

This is a Laxative
Medicine. Increase or
Decrease the Dose as
Found Necessary.

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The waste from the digestive organs is solid matter. This is dealt with by the large intestines. If the intestines are not functioning in a normal manner, we suffer constipation, colitis, etc., which in turn may aggravate or bring more serious trouble to the system in general.

The Urinary System

The urinary system consists of the Kidneys, the Bladder, and the Urethra. Closely allied with the Kidneys are the Adrenal Glands, which in turn are part of an intricate gland system known as the Endocrine Glands. The Kidneys are delicate and sensitive organs. They are made up of miles of tiny tubes which act as filters for the blood. The entire blood stream circulates through the Kidneys approximately once every three minutes and in its passage through the Kidneys, the blood is purified and all poisonous wastes filtered from it. The waste matter from the Kidneys is in liquid form and is drained off into the bladder for eradication from the body. The Kidneys are easily affected by cold, faulty diet, and if for any reason they fail to properly purify the blood every three or four minutes, the poisons that escape their attention are carried to all parts of the body, bringing many serious complaints wherever they may settle. This very brief description of some of the important organs is given to emphasize how carefully we should guard against even minor abuse of the system, otherwise suffering is the penalty.

Give a few moments thought to your health every day.

C. Ottway's Herbal Liver Medicine

DIRECTIONS:

Adults: One Teaspoon-
ful Before Meals.
Three Times a Day.

Shake Well Before Using

This is a Laxative
Medicine. Increase or
Decrease the Dose as
Found Necessary.

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**514 DANFORTH AVE.
TORONTO, ONT.
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Herbal Remedies

Herbal remedies are designed and compounded to assist nature in this work of cleansing in addition to assisting other organs or parts of the body. If the system is sluggish and run down the herbs sometimes cause a reaction that requires some explanation. The extra waste and poisons liberated with the help from the herbs is of a necessity retained in the system for a time. This may cause an uneasy feeling of heaviness or depression. The condition or symptom only occurs when starting with the herbs and passes away within twelve to twenty-four hours. As a general rule the system feels the benefit of the herbs after three or four doses.

Waste matter and poisons are eradicated from the system by the bowels, the bladder, and in the form of perspiration from the skin. The full benefit of medicine can only be obtained when these organs are clean and able to function in a normal manner. If they function imperfectly, then the toxic poisons gather in the system faster than the effects can be expelled.

Diet

We are often asked by correspondents for advice on dieting. What they should eat and drink or if certain foods will agree with them. It is impossible to give all the diets necessary in this booklet as no two people are alike in regard to their requirements and a diet is usually given for a specific purpose, such as: For increasing weight, for decreasing weight, for colitis, for con-

C. Ottway's Herbal Laxative for Children

DIRECTIONS:

Age 7 to 12 years.
One Teaspoonful Before
Meals Three Times
a Day.

Shake Well Before Using

This is a Laxative
Medicine. Increase or
Decrease the Dose as
Found Necessary.

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stipation, etc. Your Doctor is the logical man to consult in regard to your food. He knows your requirements and will gladly advise a suitable diet which can be followed under his observation and instruction.

In order to assist you in living simply we quote a few proven writings that will help to keep a system strong and healthy.

Custom rules that we eat three meals a day. (If you are not hungry, miss a meal and defy custom.) It is better to do this than eat pastry, rich foods, etc., in an endeavour to tempt the appetite. (A lot of the food we eat to-day and considered necessary for the completion of a meal should be in the luxury class and taken only as a very occasional treat when the system is not already full of other foods.)

Children often rebel against the plain foods if they think they can have the fancy ones. Strange as it may seem many grown-ups unconsciously do the same thing every day. They boast that they can digest anything, but feel very sorry for themselves when the Doctor informs them that they have ruined their stomach and will have to go on a strict diet.

A famous man who was noted for the prodigious meals he consumed told his doctor, "When I cannot eat, I will die". His doctor grunted and replied, "All-right, but if you don't stop eating you'll die a lot quicker".

Eat to live - - - do not live to eat.

Experience and observation have proved that there are a few things which if avoided will save much abuse to the system.

C. Ottway's Cough Syrup

DIRECTIONS:

Adults: One teaspoonful
every two hours.

Children, 9 to 13 years:
One teaspoonful four
times a day.

Shake Well Before Using

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X Cold drinks should never be taken either with or on top of a hot meal. The reason for this is the cold drink congeals all the fats contained in the meals and will retard digestion of the food in the stomach, causing gas, indigestion, headache, etc. When the fats of a meal are cooled off in this manner they float on the liquid and are deprived of the necessary digestive juices. They pass out of the stomach only partly dissolved.

X Cold water, cold milk, etc., should only be taken after a meal has had time to digest. Two hours after a meal they can be taken in any quantity suitable to the system.

Excess quantities of salt or sugar should be avoided. —many people use raw salt too freely. It spoils the natural taste of food. Do not add salt to your food after it is cooked is a very good axiom.

Do not fill your stomach until it is distended - - - like any other organ or machine, it will not stand a continual overload.

Eat moderately.

Do not make all the organs of your body work overtime by eating heavily before going to bed.

Do not bathe until three hours after a meal. Doing so retards digestion.

Good health is our most valuable asset.

Good health is a big factor in earning capacity.

Good health plus simple living is a big factor in our savings.

Good health plus simple living plus savings is a big factor in a happy life.

C. Ottway's GARGLE

for
Simple Sore Throat
Tonsillitis, also
Mouth Wash

DIRECTIONS
in General

Half teaspoonful in cup
of warm water 3 or 4
times a day.

Shake well before using

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514 DANFORTH AVE.
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C. OTTWAY'S RAPID CORN REMOVER

DIRECTIONS

Apply 10 to 15 drops
of lotion.

NOTE — Each drop
should dry before
applying the next.

Important — Apply
carefully and use cold
cream or butter after
corn is removed or if
lotion touches live
flesh.

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Good health ruined by wrong foods and habits equals ill health.

Ill health equals poor earnings.

Poor earnings squandered seeking relief.

What is left?

Sickness is a dreary road and takes all joy from life.

Guard your health. It is a priceless asset.

Consult your Physician twice a year. Check regularly on your health and avoid trouble. Your Doctor can and would rather advise you on how to stay well, than on how to get well.

Finding an answer to the following questions will as a general rule settle any doubts as to your diet being suitable. The questions are:

- (1) Am I eating too much, too little, or eating at the wrong time?
- (2) Is the food I eat being properly digested without discomfort to my system?
- (3) Am I obtaining the proper nourishment and bowel elimination from this food?

In order to find answers to these questions it is necessary to simplify the meals, and the following method is suggested:

Do not mix several varieties of food at one meal. For example, if you are having a vegetable lunch or dinner, do not have more than two vegetables. If you have meat, then only take one vegetable - - finish the meal at this point. Do not take any dessert. Do not wash this meal down your throat by drinking after

**C. Ottway's
OINTMENT
FOR
PSORIASIS**

External Use Only

A Cleansing and Healing Balm for Psoriasis, Itch, Sores, and Skin Disorders.

DIRECTIONS:

Apply ointment and rub affected part twice daily, wash thoroughly with warm water and good soap before each application.

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Medicine Act. No. 15511

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514 Danforth Ave.

Toronto, Ont.

Ger. 5125

**C. Ottway's
ECZEMA
OINTMENT**

External Use Only

A Cleansing and Healing Balm for Dry Eczema, Itch, Piles, Sores, Wounds and Skin Disorders.

DIRECTIONS:

Apply ointment and rub affected part twice daily, wash thoroughly with warm water and good soap before each application.

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Toronto, Ont.

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every mouthful. Chew your food well in order that the saliva is well mixed with and does its share in helping your digestion.

After the meal is finished a warm or hot drink may be taken. This method makes it easy by the cut and try principle of knowing just what foods give the greatest benefit and within a very short space of time a daily menu can be arranged that has lots of variety and yet is still simple and beneficial.

The following table is given to assist our numerous correspondents in selecting foods that are not likely to disagree with them and from which a varied menu can be built up.

Fish— All kinds of fresh fish, steamed or boiled.

Meats— Lean Beef, Mutton, Lamb, Chicken, Fowl, fresh roasted or broiled.

Eggs— Boiled or poached.

Bread— White or whole wheat, dried or toasted.

Fruits— Fresh or canned. Choose ripe fruit only.

Vegetables— Potatoes (in moderation), Spinach, Lettuce, Celery, Watercress, Asparagus, Cauliflower, Onions, Cabbage, Turnip, Tomatoes (in moderation), Carrots, Beetroots.

Drink— Tea, Coffee (one cup), or the patent food drinks may be tried.

X

C. Ottway's Asthma Capsules

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For Asthma, Coughs, Colds,
also as a laxative.

DIRECTIONS:

Adults: Two capsules half-hour before each meal, three times a day.

Children, 7 to 12: One capsule half-hour before dinner and one half-hour before bed time. This is a laxative, increase or decrease as necessary.

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C. Ottway's Capsules

For Neuritis and Indigestion

DIRECTIONS:

Adults: 3 capsules one hour before lunch, with half glass of cold water. Make sure to always take one hour before eating and 3 capsules ONE hour before retiring.

Children (under 12): One capsule ONE hour before lunch, and one capsule ONE hour before retiring. This is a laxative, increase or decrease as found necessary.

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C. OTTWAY

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