

# THE HELP BOOK

SO NAMED BECAUSE MOST PEOPLE SAY, AFTER LOOKING IT OVER,  
"I'LL KEEP THAT, IT MIGHT HELP SOMETIME."



MOTHER:—QUICK JOHN, GET THE HELP BOOK, IT WILL TELL US  
WHAT TO DO UNTIL FATHER RETURNS WITH THE DOCTOR.

For More Than Half a Century

# Perry Davis' Painkiller

Has been used by the Canadian people.

Thousands upon thousands of persons, both young and old, have by personal experience proven its value in many ailments, and year after year it is sold in ever-increasing quantities. For chills, acute attacks of stomach and bowel ailments, and as a Liniment for numerous external injuries, **PAINKILLER** is invaluable. It is the one medicinal preparation entitled to the name of **HOUSEHOLD REMEDY**, and no good housekeeper will fail to have a bottle always handy in the home.

Sold Everywhere

Beware of Imitations and Substitutes

PREPARED ONLY BY

**DAVIS & LAWRENCE COMPANY**

MONTREAL

## LET US FACE THE FACTS

**T**HE great majority of families in Canada cannot have the doctor for every ailment or simple injury on account of the expense, or cannot receive his early help because of the distance even when their means permit. These conditions make

### HOME DIAGNOSIS

AND

### HOME TREATMENT

frequently necessary, and justify the existence of reliable Household Remedies. The aim of this book is to help families in times of sudden accident and illness to recognize the character of the ailment or injury and to do the right instead of the wrong thing until the doctor comes, and to suggest the use of certain Household Remedies for simple cases, where circumstances do not permit the doctor's call.

Perry Davis' Painkiller and the other remedies recommended are safe, reliable preparations, successfully used for many years in Canadian homes, and we advise every householder to keep his medicine closet supplied with these remedies and to hang this book in a convenient place, where its valuable instructions will be immediately available when the emergency arrives.

### SPECIAL NOTE

If any of the remedies recommended herein cannot be obtained from your local dealer, write us, enclosing cash or post office order for the price stated, and they will be sent to you by return mail.

**DAVIS & LAWRENCE CO.**

356 St. Antoine St.      -      -      -      Montreal

## CHAPTER I.

### COMMON AILMENTS.

**How can the serious ones often be early recognized and what can be safely done and should be done until the doctor comes.**

**How can the simple evident ones best be treated by home measures when circumstances do not permit the doctor's visit.**

First in importance in all households is prevention. Prevention of ailments and disease by keeping the health and strength of the family up through sanitary ways of living, and thus fortifying their resisting powers.

Prevention of the spread of any ailment to other members of a family when one has been attacked.

The basis of all resistance to disease is plenty of fresh air, so to best preserve your family and home from present and future physical defects, ailments and disease, first of all:

3 Train all members of your family so that they will not be comfortable to sit and especially to sleep in any room that is not receiving a constant supply of pure fresh air, and train them how to obtain this fresh air even in the coldest weather without draughts. See chapter on Ventilation, page 40.

The erroneous idea that night air is injurious has been exploded long ago. Night air, especially in cities, is purer and freer from dust than day air.

Train them also into strong habits of personal cleanliness, especially hands, teeth and finger nails and about the careful keeping and cooking of food and the quick disposal of refuse.

By means of the microscope we have discovered that germs exist in great numbers in the air, in the dust of the ordinary house, on our hands and especially in the dirt under our finger nails, in the creases of the skin, in the hair, around the teeth, in the secretions from the nose and mouth, and in all the discharges of the body. These germs are the cause of pus—the creamy matter discharged from boils, pimples, abscesses and unhealthy wounds—the cause of lockjaw, blood-poisoning and tuberculosis, as well as the common infectious fevers such as typhoid, pneumonia, measles and diphtheria.

Milk which has been improperly cared for is literally swarming—not with maggots, but with germs, which, though invisible, are nevertheless malignant, and destructive in their nature; insidious, powerful enemies to health and life and able to carry off thousands of babies every year.

In addition to the care about all these personal and household matters, don't take chances on doubtful drinking water. Boiling it will destroy all germs, and if you have any cause for suspecting its purity, the little effort each day of boiling enough for your family, even if kept up for months, is preferable to the chance of typhoid which may destroy your most loved ones.

Don't neglect to have children vaccinated while very young. Small-pox can now be surely avoided by this wonderful method of preventive treatment.

Don't neglect any physical defects or abnormal tendencies that may appear from time to time in your children. Make the effort and stand the expense of obtaining the doctor's advice at once.

Probably the trouble can then be entirely overcome with ease, which if neglected may lead to later heavy expense or lasting regret.

The most common of these children's defects and tendencies to watch out for are:

#### Adenoids, which cause Mouth Breathing.



Four-year old boy whose face is deformed by mouth breathing.



The same boy at five years, after one year's treatment.

Some children breathe through the mouth at all times, and some do so only in their sleep. Mouth breathing is generally due to growths at the back of the throat, which block up the passage through the nose. These growths are called adenoids. They may cause the face to take on a peculiar appearance, known as "adenoid face." What is more, they affect the health, since not

enough good air is supplied to the lungs. For these reasons the attention of a physician should always be called to mouth breathing. A slight operation may correct the condition which causes it.

**Bow Legs.**—Generally due to a heavy child walking too soon, or to lack of nourishing food or inability to assimilate food. Consult your doctor at the first signs of this weakness and usually it can be overcome. Delicate, feeble children are much benefited by giving them the "D. & L." Emulsion of Cod Liver Oil which provides nourishment for both bone and muscle.

**Chorea or St. Vitus' Dance** is manifested by uneasiness, twitching and jerking of the limbs, grimaces, or drawing of the muscles of the face, trembling, unsteady walk, inability to hold things, or to feed one's self, or even to swallow food without difficulty, or sometimes even to talk. This is a nervous disease which can generally be overcome by good diet and medical care. The D. & L. Emulsion of Pure Cod Liver Oil (Price 50c. and \$1.00 per bottle) will be found of much value in the treatment of this ailment.

**Rickets.**—This is a disease of children due to lack of proper nourishing food or to inability to properly assimilate food, resulting in the bones (especially those of the back), failing to become sufficiently hard and stable. Your doctor will point out the right diet and in addition many leading physicians recommend that the child be given the D. & L. Emulsion of Cod Liver Oil steadily throughout the seven colder months of each year until full strength and proper development is assured. The D. & L. Emulsion is prepared from the best quality of Cod Liver Oil and is as palatable as cream. Price 50 cents and \$1.00 per bottle.

Dr. F. J. Goulding, M. C. P. and S. M., of Virden, Man., writes: "I have used the 'D. & L.' Emulsion of Cod Liver Oil in a great variety of cases and find it the best and most palatable. It agrees with the most delicate stomach, and, in fact, I now use no other preparation where Cod Liver Oil is indicated."

Ottawa, Ont.—Sister St. Cecilia, St. Joseph's Orphan Asylum, where large numbers of children are cared for, writes: "The 'D. & L.' Emulsion has been used steadily in our institution for many years with the very best results."

The next step in the prevention of disease is the prevention of the spread of contagious diseases from one member of a family to

another whenever any form of illness appears. The first thought should be, is it a contagious disease, and if your Home Diagnosis or previous experience or recent association by the sick person with others who have developed contagious disease indicates such a possibility the sick person should be isolated from the rest of the family and taken care of by one person until the doctor arrives. Measles, Whooping Cough, Scarlet Fever and other children's diseases are now known to have very serious after-effects, and the old-fashioned acceptance of these ailments as a part of the troubles connected with bringing up children, and consequent carelessness in guarding against the spread of these illnesses throughout families, has now been replaced by appreciation of the necessity of preventing children from having these ailments at all if possible. The symptoms by which the common contagious diseases are recognized are often obscure and we cannot attempt here to do more than give the few usually reliable signs which, however, may be of service in warning mothers to isolate the sick child promptly and send early for the Doctor.

**Skin Eruptions.**—Several of the common diseases of childhood have an eruption. If any child is out of sorts, therefore, and especially if fever is present, his body should be looked over to see if there is any breaking out. If so, he should be kept in a room separate from other children, and a doctor should be called in; and remember that pet animals admitted to a sick room may act as carriers of the prevailing disease to others, and also it is a wise rule to regard all throat affections of children as suspicious, and insist that isolation and disinfection be practiced till a positive diagnosis is made by your doctor.

**Diphtheria.**—Diphtheria is really a disease of the blood which shows itself in the throat. This is covered with a grayish white membrane. Diphtheria usually commences in children with swelling and soreness of the throat, indicated by difficulty in swallowing, fever, and, on examination, the appearance of patches in the throat, with difficulty of breathing and prostration.

If what seems to be Croup at night has not cleared up by morning send for the doctor at once.

Remember that with diphtheria, the *main thing* is immediate treatment with Antitoxin. If you delay 48 hours, it is generally too late for the Antitoxin to be effective. Before that success is

ASK FOR

Trade **Alvina** Mark

The latest and best tasteless preparation of the Extract of Cod Liver Oil combined with Malt, Extract of Wild Cherry and Hypophosphites of Lime, Sodium, Iron, Potassium, Manganese, Strychnine and Quinine.

Alvina is very pleasant to take and will be found an excellent general tonic for persons run down in health, convalescents from illness and delicate women and children. Especially recommended in cases of Bronchitis, Asthma, Croup, Palpitation of the Heart and Nervous Weakness.

**Dose:**—For an adult, one tablespoonful, preferably a short time before meals and at bedtime; for children more than five years of age, one teaspoonful; for younger children and infants dose must be apportioned with reference to age, ailment and physical condition.

Regular size, very large bottles, \$1.00

Smaller size, 50c.

*Sold by medicine dealers. If not obtainable write to*

**Davis & Lawrence Company**

Proprietors

356 ST. ANTOINE STREET :: :: MONTREAL



WATCH  
YOUR  
WEIGHT

Thin people, and especially those inclined to Colds and Bronchitis, or constitutionally delicate, should "watch their weight" and flesh and at the first sign of falling off take a few bottles of

**"The D & L" Emulsion**  
of Cod Liver Oil

With the Hypophosphites of Lime and Soda

Nothing equals pure cod liver oil to put on pounds of solid flesh. In the "D & L." Emulsion the oil globules are broken up and so prepared and flavored with almonds as to offer this unequalled strength and tissue-building agent in a form as

**PALATABLE AS CREAM**

Children and delicate persons, to whom cod liver oil in any other form is repugnant on account of the fishy taste and smell, enjoy "The D. & L." Emulsion.

50c and \$1.00 bottles

*Sold by dealers in medicine. If not obtainable write*

**Davis & Lawrence Co., 356 St. Antoine St., Montreal**

Valuable booklet, entitled "How Best to Prevent Consumption," sent Free on receipt of 5c. to cover postage.

almost certain. Never put off or neglect to obtain *immediately*, the doctor's advice, whenever patches of any sort appear on the throat of any member of your family or the other above given symptoms are present.

The germs of diphtheria are very tenacious of life, and retain their vitality for a long time. Milk has acted as a carrier of the disease in many cases. Investigate the source of the milk supply, and be sure that the proper sanitary measures are taken to prevent contamination.

Isolate all dishes, spoons and utensils of every kind used by a patient suffering from an acute communicable disease, such as typhoid fever or diphtheria. Wash the articles separately and boil daily.

Infected clothing, bedding, books and such things have been known to communicate diphtheria months after their infection. So be sure and carry out faithfully your physician's orders about destroying or fumigating these.

**Scarlet Fever.**—Symptoms: Headache and feverishness for two days, then a bright red rash appears, first on the face and neck. It spreads evenly over the surface of the skin, and is not raised to the touch as the rash of measles is. Fever runs high and the throat is sore. The rash is sometimes visible there before it appears outside. It is not infectious until the throat begins to be sore.

**Measles**—commences with symptoms of a cold, sneezing, flow of tears and slight redness of the eyes, and soon a hoarse, loose cough, which is characteristic of the disease. The rash appears first on the face in minute pimples in clusters, with a reddish blush deepening and increasing as it comes out, first day upon the face and neck, next upon the body, and third day extending to the lower extremities, by which time it grows fainter upon the face, and disappears in the same manner. There is fever, loose cough, hoarseness, etc.

It is believed that the contagion in measles is communicable by the breath and the secretions from the nose and throat.

Because most cases of measles recover, it is generally regarded as a trifling disease. Yet measles ranks third in the death-rate, due to diseases characterized by a rash. These deaths are due in the majority of cases to lung complications for which measles paved the way. Some epidemics of measles are much more serious than

others, and a death rate of 30 per cent. is not uncommon in severe epidemics. Many cases of so-called "running ears" and deafness are directly due to the throat trouble which accompanied measles, the inflammation from the throat extending through the tubes which connect the throat with the ear. It is important therefore that care be taken with children afflicted with this disease until full health is regained.

**Mumps.**—Symptoms: Swelling of the glands below the ear. Taking an acid, as lemon juice or vinegar, into the mouth causes acute pain in the gland, and is one method of determining whether the swelling is mumps or not. Any exposure to cold must be avoided and the diet should be light.

**Chicken-Pox** is a mild disease, usually lasting but four or five days. It consists of the appearance of vesicles, smooth and transparent, filled with a watery fluid, mostly located on the covered parts of the body, or scalp, and which mature rapidly, frequently becoming as large as a pea within a day's time. These thin, watery vesicles often come out in clusters, burst and dry up, leaving a small puckered scab, but rarely any pit or depression, as in small-pox. The attack is generally attended with a slight fever.

**Whooping-Cough.**—Whooping-cough usually commences as a common cold, though from the first the cough is rather more violent and spasmodic than in ordinary colds, and not until after ten or fourteen days does it assume the true distinctive form of whooping-cough, with severe shocks of cough in rapid succession, followed by a deep inhalation or whoop. This disease will continue from six to twelve, or even fourteen weeks, and greatly exhausts the child's strength, requiring careful nourishment after the attack has ceased to restore full strength. The "D. & L." Emulsion will be found of great benefit to rebuild the exhausted vitality.

Next to the prevention of disease in importance is the early treatment of those ailments which, despite all precautions, will frequently occur in every family. Below we give

#### A LIST OF COMMON AILMENTS

with valuable suggestions for first aid treatment until the doctor comes and reliable suggestions for Home Treatment for simple ailments where circumstances do not permit the doctor's visit.

**Acid Stomach and Heartburn.**—Acid Stomach is the cause of Heartburn, Belching of Wind, Bitter Taste in the mouth. It results from over-eating, worry, anxiety and over-drinking of tea and coffee.

Heartburn is a burning sensation in the stomach and frequently accompanied by an acid taste in the throat.

For both of these common ailments cut down your diet and take Davis' Liver Pills each night until the bowels are acting properly and the disagreeable sensations in the stomach have disappeared.

**Anaemia.**—Means thin, poor blood. Young girls and women are most frequently afflicted, and the results are pale cheeks, weakness, lassitude and headaches. For this enfeebled condition take Ferrovim, the invigorating tonic, which combines the strength-giving and blood-building virtues of Beef and Iron with pure Spanish Sherry Wine, a gentle stimulant. Price, \$1.00 per bottle.

**Backache.**—Due to strains, cold, rheumatism, etc. Apply the "D. & L." Hazol Menthol Plaster slightly warmed. It will be found very effective and pleasant to wear. Price, 25c. or yard rolls, \$1.00.

**Biliousness.**—Results from too heavy meals or from fat, rich, indigestible food; or food taken at an unsuitable time, or when the system is depressed with grief or care. The tongue is coated, bad taste in the mouth, head dull, heavy or aches, and bowels confined. Cut down your meals and take a Davis' Liver Pill each night until the system is thoroughly cleaned out. This will soon correct the trouble. Davis' Liver Pills are supplied in bottles of 40 pills, 25 cents.

**Boils.**—Are small, well-known tumors, somewhat conical in shape, at first hard and inflamed, and which gradually suppurate and discharge, at first blood (or matter mixed with blood), and afterwards pus and a core.

Boils are the result of infection of the skin by germs. One boil, when the discharge is not properly cared for, often produces a crop in the same region. Millions of germs exist in the creamy pus discharged from such wounds and readily find entrance to the surrounding skin if not destroyed.

For boils apply a flaxseed, bread and milk or soap and sugar poultice to bring it to a head, then apply freely Davis' Menthol Salve which will aid greatly to relieve the pain and aid recovery.

**Carbuncles.**—Are malignant boils, with inflammation of the surrounding tissue, from an inch to six inches in diameter, hard, livid, with great pain, itching and burning, not suppurating like a boil, but discharging a thin, acrid fluid from several openings having a whitish mass within, which, being discharged, leaves a deep, ugly cavity—very painful and dangerous if large, or situated on the head or neck.

Your doctor should be consulted early about this serious affection. Under his direction the use of Davis' Menthol Salve (price, 25 cents per tin) will often greatly relieve the pain.

**Chilblains.**—Result from chilling the feet or hands below the temperature of the rest of the body. Restore the temperature slowly by brisk walking or soaking the feet first in cold then in tepid water, meanwhile keep away from the fire. When the circulation is restored, rub in Perry Davis' Painkiller clear several times a day and at bedtime. Keep the feet warm and dry.

**For Chafing of the Skin.**—Apply Davis' Menthol Salve night and morning. It promptly soothes and heals. Price, 25 cents per tin.

**For Chapped Hands.**—Apply Dylcia Toilet Cream each time after washing the hands and at night when going to bed, and whenever the hands have been wet; avoid woollen mittens. Send 5 cents for a trial size bottle to Davis & Lawrence Co., Montreal. Regular size, 50 cents.

**Coated Tongue.**—Means general disturbance of the digestion and intestinal tract. Take one or two Davis' Liver Pills at night for a day or two. Forty pills, 25 cents.

**Colds, Coughs, Bronchitis, Sore Throat, Quinsy, Tonsilitis.**  
—Leading from the throat are seven passages by which germs may be carried. Two lead to the nose or upper air passages; one leads to the stomach; one to the windpipe and thence to the bronchial tubes and lungs; two are the Eustachian tubes which communicate with the middle portions of the ears; and one, of course, leads outward to the mouth.

It is not to be wondered at, therefore, that so many common ailments have their beginnings in these complicated and delicate passages and that weakness there or neglect often leads to many serious diseases.

**Colds.**—A predisposition to take cold from slight exposure shows a weakness and irritability of the pulmonary organs which should not be neglected. Children and delicate persons who are inclined to take cold easily will be much benefited by taking steadily throughout the cold months the "D. & L." Emulsion of Pure Norwegian Cod Liver Oil which strengthens and fortifies the whole system and helps greatly to maintain the body heat and fat. Price, 50 cents and \$1.00 per bottle.

In the treatment of the acute or early stage of a common cold we recommend the following:

Before going to bed soak the feet and legs in hot water to which a few teaspoonfuls of Perry Davis' Painkiller have been added, and take a dose of Painkiller in a cupful of hot water or milk sweetened with sugar. Also rub the chest thoroughly with the Painkiller clear, night and morning, and stay in bed for a day or two if possible. This is usually all that is necessary to break up and dissipate such attacks. Sometimes, however, the chill will so affect the membranes of the throat and bronchial tubes as to cause acute inflammation. This inflammation results in the deposit of a stringy mucus on the affected surfaces, which greatly irritates, and a more or less violent cough results from the efforts of the person afflicted to throw off this irritating substance. In all such cases immediate treatment is most important. The lining of the throat and bronchial tubes is like finelace, and every cough tears and inflames these delicate parts. Take a small dose of Allen's Cough Balsam every hour or two until the phlegm is easily raised, then less often. It also helps greatly to bathe the throat and chest twice a day with Perry Davis' Painkiller clear.

These simple home remedies will be found most effective in all such recent attacks. Allen's Cough Balsam contains no opium or other harmful drugs and is especially recommended for children. Sold in 25 cent, 50 cent and \$1.00 bottles.

**Bronchitis.**—Arises from a cold in the throat and from severe use of the voice. Extending downward it produces sore throat, hoarseness, coughing and spitting or expectorating of matter sometimes mixed with blood.

At best Bronchitis is a slow, trying ailment to overcome, and it should be treated persistently in the beginning, for if allowed to hang on and become chronic it greatly weakens the system, lessens the resisting powers and through its destructive effects on the membranes of the bronchial tubes frequently leads to consumption.

At the first signs of a Bronchial Cough take Allen's Cough Balsam in small doses 5 or 6 times a day until the cough loosens, then less often until the phlegm has stopped coming up. If there is soreness in the throat also rub or pack the throat at bedtime with flannels moistened with Perry Davis' Painkiller. The combined beneficial effects of these reliable preparations will be quickly evident. Take a bottle or two of the "D. & L." Emulsion of Cod Liver Oil, price 50 cents and \$1.00 per bottle, to restore full weight and strength. This latter after-treatment is most important for delicate women and children who are frequently subject to bronchial attacks.

**Hoarseness.**—Usually indicates a slight cold or strain in the vocal tubes. Take Allen's Cough Balsam in small doses frequently for a day or two. 25 cent, 50 cent and \$1.00 bottles.

**Sore Throat.**—For simple Sore Throat in children wring out a piece of flannel in a cup of warm water to which a teaspoonful of Perry Davis' Painkiller has been added and bind around the throat at bedtime, covering with another dry piece of flannel.

This simple treatment will be found most effective. The warm compress placed around a child's throat at bedtime soothes and quickly induces sleep, thus sparing both mother and child a wakeful night and thus in addition to the strong drawing and counteracting effect of the Painkiller itself, the inflamed parts are kept quiet, which aids greatly in reducing the inflammation.



Throat Bandage

For adults the same treatment will be found equally effective, and in addition, to relieve the pain, put two teaspoonfuls of Painkiller into hot water or milk, sweetened with sugar. Gargle the throat with this every hour for a few times.

**Tonsillitis.**—Sometimes called Rheumatic Sore Throat, is a severe inflammation of the tonsils, accompanied with considerable constitutional weakness. Your doctor should be consulted at once as it greatly increases the severity of the attack if proper and vigorous treatment is delayed and the person keeps on his feet. Where the doctor's services are not easily obtainable, go to bed and apply the same treatment as for Sore Throat.

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# Davis' Menthol Salve

USE IT FOR

CHILBLAINS                      RINGWORM  
BOILS                      EARACHE                      PILES



*INSECT BITES and STINGS, CUTS  
SCRATCHES and other skin injuries*

25c per tin

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Horses, Cattle, Pigs, Sheep and Poultry need

## "Maud S" Condition Powders

given in their food occasionally to keep them "in condition."

Owners of fine horses should give them "Maud S" Condition Powders occasionally to keep their coats glossy and when their appetite fails, and for Colds, Stoppage of Water or bowels.

"Maud S" Condition Powders are sold in 15c. and 25c. tins, and can be had direct from the Proprietors if not obtainable from your dealer.

### Buy the Blue Tin

### It Has Magic Outside and In



Prepared from Pumice, Soap and Glycerine, which not only thoroughly cleans the hands but leaves them Soft and Smooth as well.

Removes Ink, Berry, Vegetable or other Stains immediately; takes off Grease and Oil or any dirt from the hands; cleans Porcelain Bath Tubs, Sinks and Kitchen Utensils, and is invaluable generally around the house.

Put up in handsome tin cans, like above, 15c. each

Prepared only by

DAVIS & LAWRENCE CO., :: MONTREAL

Quinsy is a still more serious form of inflammation of the Tonsils and Throat which should early receive the doctor's attention on account of its tendency to suppurate.

**Croup.**—An ailment of children, is an inflammation of the Trachia or Windpipe, resulting from colds and exposure in changeable weather. The attack generally occurs at night with a harsh, barking cough, whistling, crowing and difficult breathing, flushed face, quick pulse and hot skin, frightening the little patient and attendants.

For Croup apply the soothing Painkiller compress to the throat as described under Simple Sore Throat, and give several doses of Allen's Cough Balsam at half hour intervals until relief from the tightness is apparent. The soothing compress will then induce sleep and the attack will thus usually pass off.

Children who are subject to Croup should have a Painkiller Compress wrapped around their throat whenever they show signs at bedtime of having an irritated throat. On account of the possibility that such attacks may be diphtheritic, never fail to advise your doctor at once if what was apparently an attack of croup at night has not passed away in the morning

**Constipation.**—Is the result of indigestion or torpid action of the liver or lower bowel. The most common causes are too much food, too dry food or too little variety and nervous indigestion. If, because of constipation, the waste of the body is not passed regularly from the bowels, weakness and tiredness, low spirits, headache and loss of appetite result. A daily movement of the bowels is necessary for good health. It is best to have a regular time for this, and not to permit anything to interfere. Bulky food instead of concentrated food will tend to cure habitual constipation. Good examples of bulky foods are oatmeal and other cereals, potatoes and other vegetables. Meat is the most concentrated food. Constipation is easily cured in the beginning, but with extreme difficulty later. In addition to a selected diet take one or two Davis' Liver Pills at night, whenever your bowels have not moved properly during the day. The action of these pills is gentle but effective, and their occasional use whenever a torpid condition of the bowels is evident will greatly aid in maintaining good health and freedom from Headache, Sick Stomach, Biliousness, etc. (40 Davis' Liver Pills in bottles, 25 cents.)

**Colic, Cramps in the Stomach and Bowels, Diarrhoea, Dysentery, Cholera Infantum.**—Are all more or less due to the same cause—something in the stomach or intestines which is irritating. Both cramps and diarrhoea are due to efforts to expel this irritating matter. Sometimes diarrhoea alone is present, and sometimes cramps only.

For adults take a teaspoonful dose of Perry Davis' Painkiller in a glass of sweetened warm water or milk and repeat once or twice at half hour intervals. If the pain is very severe, also rub stomach and bowels with the bare hands wet with Painkiller or apply hot flannels moistened with Painkiller over the stomach and bowels, changing them frequently.

**Dysentery.**—Is a more severe type, and is accompanied by a painful desire to have a movement without the power of accomplishing it, and is prone to run into a chronic form which may continue for weeks and months. It prevails most frequently in the fall of the year, when the nights are cool and the days hot.

To relieve straining and bloody stools an injection of a quart of hot water should be given every four hours. Apply hot flannels over the bowels and give the Painkiller as described under Diarrhoea, but let the patient go to bed at once and stay there until relieved. The food demands much attention and should be of the mildest character. The doctor should be consulted without delay.

**Children's Colic and Cholera Infantum.**—In acute, spasmodic Colic there is a great deal of pain in the bowels or large intestine, which may be due to a chill or disturbed digestion. The child cries persistently and draws its legs up to the abdomen, and the belly is hard and distended.

In young children all these stomach and bowel disorders are dangerous on account of the weakening influence. The doctor should therefore be sent for if the case is at all severe.

Meanwhile give a lump of sugar containing a few drops of Painkiller and rub the stomach and bowels with the Painkiller clear or apply hot flannels moistened with Painkiller. This effective Home Treatment greatly relieves the pain and checks the weakening action of the bowels.

**Dandruff.**—Is usually the result of neglect of the hair and scalp or a constitutional dryness of the skin. To remedy this condition wash the head thoroughly with warm water and a good

soap; after drying rub in the old standard remedy, Bearine. Do this regularly every two weeks, and your scalp will soon be healthy and free from Dandruff, and your hair will stop falling out and be soft and silky. Price, 50 cents per jar.

**Earache.**—When acute and caused by a slight cold or neuralgic condition it can often be very quickly and safely relieved by warming a little Davis' Menthol Salve until it liquefies and pouring a few drops into the ear and plugging gently and lightly with cotton. Severe and continued earache may, however, result in perforation of the drum, and in partial or total deafness; therefore, the attention of a doctor should always be sought in severe cases.

**Dyspepsia and Indigestion.**—Generally result from too hasty eating, bad teeth, grief, worry and nervous overstrain. First, clean the system thoroughly by taking one or two Davis' Liver Pills at night whenever proper evacuation of the bowels has not occurred during the day. Eat much less potatoes, oatmeal, pastry and other starchy foods for a time and take a bottle of Asaya-Neurall, the new remedy for Nervous Exhaustion. Free sample bottle, containing treatment for one week, ample to prove its value in your case, will be sent on request to Davis & Lawrence Co., Montreal. Regular bottles (40 days' treatment), \$1.50.

**Dizziness.**—Is generally due to disordered stomach and sluggish acting bowels. Take one or two Davis' Liver Pills at night, whenever the bowels have not moved properly during the day. Forty pills, 25 cents.

**Eczema.**—Also known as Salt-Rheum, is indicated by a red itching and crusty skin which exudes at times a watery discharge. Its presence shows poor condition of the blood. Apply Weaver's Cerate or Ointment externally, price 25 cents, and take Weaver's Syrup or Alternative, price \$1.00 per bottle. This combined treatment is most effective.

**Exhaustion from Excesses.**—Alcoholic and other kinds. Regulate the diet and obtain full rest and restore the nerve vitality and general body tone by taking Asaya-Neurall, the new remedy for Nervous Exhaustion. A sample bottle, containing one week's treatment, ample to prove the value of this preparation in your case, will be sent upon request to Davis & Lawrence Co., Montreal. Regular size bottles, \$1.50.

**Exhaustion due to Advanced Age and General Debility.—**

For these conditions we recommend Ferrovim, the invigorating tonic which contains Extract of Beef, Citrate of Iron and Pure Spanish Sherry Wine. Elderly people subject to attacks of sudden exhaustion and weak heart action will obtain much benefit from the use of this excellent and stimulating tonic. Price, \$1.00 per bottle.

**Faceache.**—Apply a small strip of the "D. & L." Hazol Menthol Plaster to the painful section. It will quickly relieve.

Hazol Menthol Plasters are composed of the active principles of Witch Hazel in combination with pure Japanese Menthol and other valuable medicaments. The combination of Witch Hazel, so well known for its healing properties, with Japanese Menthol, one of the most wonderful drugs known for allaying pain, makes the Hazol Menthol Plaster a most perfect one.

These plasters are supplied in single size, 5 by 7, at 25 cents each. Also in one yard rolls, equalling seven of the regular size, at \$1.00. Families will find it economical and convenient to have the yard roll, as it permits cutting strips of the plaster in any length desired. These plasters are supplied in airtight tubes like illustration below. To avoid worthless imitations, always be sure the "D. & L." trademark is on each tin.



**Frost Bites.**—Usually occur on the nose, ears, toes, fingers and face, and should be treated with great care. The white appearance results from the blood having been driven away from the part, and unless the circulation is restored slowly and carefully severe inflammation and permanent damage may result. Keep away from the fire and in a cold room, and apply snow or cold water until the circulation is restored; then apply Perry Davis' Painkiller to take away the inflammation.

**Gout.**—A painful affection of the joints, most commonly of the big toe. Bind up the toe with a flannel cloth soaked in Perry Davis' Painkiller and cover with another cloth, elevate the foot, regulate the diet and ensure movement of the bowels by taking Davis' Liver Pills at night for a day or two and go on a light diet for some time.

ELDERLY PEOPLE—ANÆMIC WOMEN  
AND CHILDREN—

All Persons thin-blooded and feeble should take

**FERROVIM**

(Trade Mark)

*The Invigorating Tonic*



Composed of Extract of Beef, Iron and just enough  
pure Sherry Wine to aid digestion.

\$1.00 per bottle

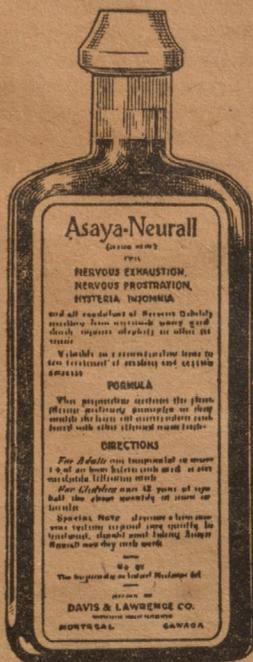
*If not obtainable at your dealers, write to*

Davis & Lawrence Co., 356 St. Antoine St., Montreal

TAKE THE NEW REMEDY

Trade **Asaya-Neurall** Mark

FOR NERVOUS EXHAUSTION



It feeds the nerves, quickens the appetite, aids digestion, induces sleep, and soon restores nerve vitality.

Large bottles (40 days' treatment) \$1.50

Sample bottle, sufficient for one week, ample to prove its value in your case,  
sent free upon request to

**Davis & Lawrence Co., 356 St. Antoine St., Montreal**

**Headache.**—Is less frequently a disease itself than a symptom of some more general affection. Sometimes it is comparatively trivial, at other times of great importance, often interrupting the business of the patient, causing great suffering, and prostrating the system.

The use of powerful drugs to relieve these attacks is a dangerous practice. An entirely safe and very effective Home Treatment is to apply a strip of the "D. & L." Hazol Menthol Plaster to the forehead. The cool drawing powers of the Menthol soon bring relief. Frequently the cause is due to indigestion and constipation. In which case take Davis' Liver Pills at night whenever the bowels have not moved freely during the day. If headaches persist it is likely the eyes need attention or the nervous system is generally below par, in which latter case a bottle of Asaya-Neurall, the new remedy for Nervous Exhaustion, will tone up the entire nervous system and aid greatly in averting further attacks of headache.

**Hysteria.**—Is most common to women and generally indicates a condition of Nervous Exhaustion. Take Asaya-Neurall, the new remedy for Nervous Exhaustion, which contains, with other agents, Lecithin, concentrated from eggs. This excellent preparation soon restores nerve vitality and balance, and overcomes hysterical tendencies due to exhausted nerve forces. Free sample, containing treatment for one week, ample to prove the value of this preparation in your case, will be sent upon request to Davis & Lawrence Co., Montreal.

**Influenza or La Grippe.**—Is commonly known by a general sense of illness, pain or soreness over the entire system or in the Head, Back, or Limbs; Sore Throat or Cough, sometimes very obstinate, hoarseness, and often pain in the breast or side, sneezing, running from the nose, or weeping, itching and redness of the eyelids. In some cases the sense of general soreness at some particular part, in others, the cough and hoarseness or the sore throat, or again the profuse catarrh or flowing from the eyes and nose are most prominent. The appetite is, of course, impaired, the whole nervous system involved and much depressed and run down.

This ailment should have the doctor's care as early as possible; until he comes, or if circumstances make necessary Home Treatment, the following simple directions should be followed:

Give teaspoonful doses of Perry Davis' Painkiller in hot water, sweetened with sugar, every three hours during first day and at night

when retiring; and also soak the feet and legs in hot water, to which several tablespoonfuls of Painkiller have been added just before retiring for the night. Have the patient remain in bed a few days. Rub the aching limbs vigorously with clear Painkiller. If the throat be sore, bind with flannels wet with Painkiller, and bathe the chest to relieve the tightness. Keep warm and dry and limit the diet for a few days.

**Insomnia or Sleeplessness.**—Generally results from a disordered digestion or nerve exhaustion or both. Take Davis' Liver Pills, nightly, as required, to ensure free evacuation of the bowels, and take Asaya-Neurall, the new remedy for Nervous Exhaustion. Forty Davis' Liver Pills, 25 cents.

A free sample of Asaya-Neurall, containing one week's treatment, sufficient to prove its value in your case, will be sent upon request to Davis & Lawrence Co., Montreal. Regular bottles (40 days' treatment), \$1.50.

**Lumbago.**—Comes from overwork, strains, sitting or working in damp rooms. It is really Rheumatism of the Lumbar Region or small of the back or loins. Apply a "D. & L." Hazol Menthol Plaster of liberal size to the affected part and wear same continually for a while until the soreness has disappeared. Price, 25 cents; one yard rolls, \$1.00.

**Neuralgia.**—Is caused by decayed teeth, general nerve exhaustion, etc. The throbbing pains may occur in any nerve in the body but most frequently in the face and head. The pain has also its periods of increase or diminution, often worse in the evening and at night, and better in the morning. There is usually no tenderness on pressure, in distinction from pain of an inflammatory character.

For immediate relief apply a strip of the "D. & L." Hazol Menthol Plaster and follow this up by a period of treatment with Asaya-Neurall, the new remedy for Nervous Exhaustion, as described under "Nervous Exhaustion."

**Nervous Excitability.**—Many people suffer frequently from over-excitement of the nervous system which induces sleeplessness. A "D. & L." Hazol Menthol Plaster placed at the base of the spine will allay this nervous excitement, and has a soothing and restful effect upon the whole system. 25 cents each; 1 yard rolls, \$1.00.

**Nervous Exhaustion.**—Is caused by overwork, grief, worry and anxiety, too little sleep, and among women frequently follows childbirth. The results are poor digestion, irritability, insomnia and a general run down condition which opens the door to the development of many serious ailments. The only remedy for Nervous Exhaustion is more rest, careful diet and temporary extra feeding of the exhausted nerves with the elements required for nerve repair. Asaya-Neurall, the new remedy for Nervous Exhaustion, is especially recommended for this purpose. It contains Lecithin (concentrated from thousands of eggs) and other requisite nerve rebuilding agents, and should be taken regularly according to directions until the depression and sense of nerve weakness have disappeared. A free sample of Asaya-Neurall, containing one week's treatment (ample to prove its value in your case), will be sent upon request to Davis & Lawrence Co., Montreal. Regular size bottles (40 days' treatment), \$1.50.

**Hemorrhoids or Piles.**—This very common ailment is due to an enlargement of the veins of the rectum from straining, on account of constipation, violent purgatives or cold. There are several kinds of Piles usually described under Protruding or Internal (Blind) Piles. For this painful ailment we recommend Fowles' Pile and Humour Compound, which has been successfully used for over 50 years. Price, \$1.00 per bottle.

**Pleurisy.**—Is an inflammation of the membrane that surrounds the lungs. It is caused by colds and is frequently accompanied by severe sharp pains. The doctor should be called at once. Mean while apply mustard or other hot applications and later the "D. & L." Hazol Menthol Plaster, which will be found most effective in drawing out the pain. Price, 25 cents; one yard rolls, \$1.00.

**Pneumonia or Inflammation of the Lungs.**—Is a disease of frequent occurrence and of dangerous character. It may affect one or both sides of the chest, the double form being the more serious. It often comes on after a cold insidiously, with restlessness, a chill and some fever, and sometimes is well seated before its true character is known. There is a deep-seated dull pain or oppression under the shoulder blades, or side, or breast; feeling of decided illness; frequent short cough, and expectoration of sticky adhesive matter of a green, yellow or rust color, usually tinged or mixed with blood, and so adhesive that the vessel may be inverted without detaching

it. The breathing is oppressed, short and hurried; skin hot over the ribs and armpits; the nose is dry; eyes tearless; thirst; speech interrupted, hurried in bad cases. The pulse varies, sometimes rapid and full, at others hard and wiry, or quick and weak; the urine is red, scanty and sometimes scalding, and the patient lies on the affected side or on the back. There is dullness over the affected part on percussion, and on applying the ear crepitation may be heard, a sound resembling that produced by rubbing a lock of hair close to the ear. We give the above full particulars to aid as much as possible in recognizing early this dangerous ailment which should have the doctor's attention without delay.

**Prickly Heat.**—Is a very irritating-skin affection resulting from excessive heat, excess of clothing, confined or unwholesome air, and improper food. Consists of minute vesicles, filled with a watery fluid, and producing a continuous redness or inflammatory blush of the skin. These vesicles break, form minute thin scales, and if scratched, sometimes ulcerate. They are attended with itching, burning, and often with fever.

An excellent remedy for severe prickly-heat is one part of alcohol to three of water as a wash for the skin, which is afterward dusted well with the "D. & L." Toilet Powder. Repeated attacks can be prevented, however, only by avoiding over-heating and by free sweating.

**Rheumatism.**—Is a variable, shifting inflammation with aching pain which affects the muscles and joints.

Rheumatism appears mostly in two forms—the acute or inflammatory and the chronic. Acute Rheumatism usually comes on after exposure to rough, damp, cold weather, and often from labor or exertion during exposure. There is fever, painful tenderness, soreness, lameness, and swelling of the affected part, and the disease is liable to shift from one part to another.

For this painful ailment, which is common among all people when they reach middle life, the "D. & L." Hazol Menthol Plaster is most effective and very pleasant to wear on account of its cleanly menthol odor. Keep a yard roll on hand, so that you can apply suitable sized strips to the parts where the pain occurs.

Rheumatic persons should use largely, in their diet, oranges, apples, grapes, pears, berries, either eaten alone or with milk, and vegetables, and little or no meat. The acid of fruit is a valuable curative for all forms of this disease, and should be partaken of freely.

WOMAN'S GREATEST CHARM  
IS HER COMPLEXION



APPLY

## DYLICIA TOILET CREAM

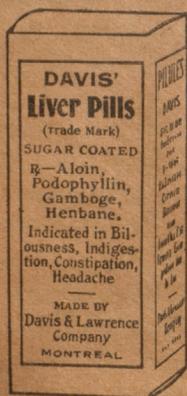
before and after motoring, driving, golfing, swimming, or any considerable exposure to sun and wind. Keeps the hands, face and skin soft and smooth. Delightfully perfumed.

50c per bottle

Men find Dylcia Cream excellent after shaving to heal tender skin

Send 5c for fac-simile sample bottle to

**Davis & Lawrence Co., 356 St. Antoine St., Montreal**



# Davis' Liver Pills

FOR

CONSTIPATION, BILIOUSNESS,  
INDIGESTION, DYSPEPSIA,  
SICK HEADACHE, TORPID  
LIVER, SALLOW SKIN

Many persons, through defects in the intestinal secretions, or inability to obtain sufficient exercise, suffer from these troubles, and require cathartic medicine at frequent intervals.

For these especially Davis' Liver Pills are recommended.

Their use ensures regular and free movements of the bowels, while their mild and tonic action is free from the harmful after-effects often resulting from the continued use of powerful cathartics.

To keep the liver in a healthy state nothing will be found better than frequent small nightly doses of Davis' Liver Pills, which act as a tonic laxative as well as cathartic.

To stimulate the Kidneys and clear the complexion take one or two of Davis' Liver Pills at bedtime.

40 Pills, 25c.

Sent direct upon receipt of price, if your dealer does not stock same. Address

**Davis & Lawrence Company**  
356 ST. ANTOINE STREET :: :: MONTREAL

**Rheumatic Fingers and Joints.**—Before retiring soak the hand in hot water, dry it and rub Davis' Menthol Salve well in. Price, 25 cents per tin.

**Ringworm.**—A troublesome children's ailment. Keep the part clean and apply Davis' Menthol Salve. Price, 25 cents.

**Sallow Skin.**—Usually indicates disturbed digestion and sluggish bowels. Take Davis' Liver Pills at night whenever the bowels have failed to move during the day. Forty pills, 25 cents.

**Sciatica.**—Is neuralgia of the hip and thigh. For this painful ailment apply the "D. & L." Hazol Menthol Plaster and wear it continuously for a time. Price, 25 cents; one yard rolls, \$1.00.

**Skin Diseases.**—Are of many kinds, but nearly all indicate a poor condition of the blood. Therefore in addition to the application of treatment by ointments, such as Weaver's Cerate, to the various forms of disease in which a tainted condition of the blood shows itself on the surface of the body we recommend a bottle of Weaver's Syrup, the great blood alterative, and follow this with the "D. & L." Emulsion of Cod Liver Oil, which nourishes the tissues and enriches the blood stream. Apply Weaver's Cerate or Ointment to the skin eruptions or inflammations.

Weaver's Syrup, \$1.00 per bottle. Weaver's Cerate, 25 cents per jar. The "D. & L." Emulsion, 50 cents and \$1.00 per bottle.

**Spasms.**—Spasms or convulsions may occur in children from some transient irritation, such as teething, indigestible substances in the stomach, or congestion to the head, from a fall or blow, or from fever or extreme nervous excitement. There is a sudden straightening of the body, cramping of the limbs, holding the head back or on one side, drawing in of the thumbs, distortion of the eyes, arrest of breath and loss of consciousness, etc., after which the muscles become relaxed, and the patient sinks into a sound sleep, from which he awakes restored. But in cases of children, or when the irritating cause has not been removed, the spasm may return again, or even several times. Some families of children are subject to such fits from slight occasion. In these cases it is generally sufficient to throw a little water in the face to bring the child out of spasm, and let it alone, after which put the child to bed or to lie down. Usually these attacks pass off without any detrimental effects but it is always best to advise your physician concerning their character.

**Sore Feet.**—Caused by badly-fitting shoes, excessive exercise, perspiration or natural tenderness, are healed and greatly rested by applications of Davis' Menthol Salve. Price, 25 cents per tin.

**Stiff Joints and Muscles.**—Rub the affected parts with Perry Davis' Painkiller, clear, night and morning. Price, 35 cents and 50 cents per bottle.

**Stitches.**—Are sharp pains in the side and generally indicate a slight strain or cold in a muscle. The "D. & L." Hazol Menthol Plaster applied over the painful spot will usually bring quick relief.

**Sunburn.**—Thoroughly bathe the parts with castile soap and hot water, and apply Dylcia Toilet Cream. The slight smarting sensation following the application will soon give way to a genuine sense of relief. Price, 50 cents per bottle. Send 5 cents for sample bottle to Davis & Lawrence Co., Montreal.

Ladies whose skin is soft and delicate should keep a bottle of Dylcia Toilet Cream constantly on hand and apply same both before and after any considerable exposure to sun, wind and cold, such as motoring, golfing, swimming, driving, etc. Frequent use of this delightful and effective preparation will ensure a good complexion and soft and smooth hands and face and skin.

**Tic.**—Intense pain of facial muscles. Apply Davis' Menthol Salve (warmed) frequently and cover the part with a flannel cloth.

**Toothache.**—Is an affection too well known to require description. The pain is usually found in connection with decayed teeth but sometimes also in sound ones. When badly decayed teeth begin to ache, it may be best to have them extracted. But when pain affects sound teeth, we should rarely have them taken out until we have exhausted every means to relieve without this alternative, as frequently the ache is only due to a cold and passes away when the cold is broken up. For quick relief from the pain due to cold in a decayed tooth we recommend the following: If there is a hollow place in the tooth, wet a small wad of cotton with clear Painkiller and crowd it firmly into the cavity. Change it every half hour or so if the pain returns. For a swollen jaw (gum boil) or face, due to aching or ulcerated tooth, bathe parts both inside and outside carefully with Painkiller, apply to the face flannels wrung out in hot water, to which a little Painkiller has been added.

Perry Davis' Painkiller is sold in 35 cent and 50 cent bottles.

"The D & L"

# Hazol-Menthol-Plaster

*combines*

Witch Hazel and Menthol, the greatest  
harmless pain relieving agents known



*Remarkably efficacious for*

RHEUMATIC ACHES *and* PAINS,  
LUMBAGO, TIC, SCIATICA, LAME  
BACK, STITCHES, PLEURISY,  
SORE JOINTS *and* MUSCLES,  
WOMEN'S PAINS

In airtight tubes, 25c., and 1 yard rolls, \$1.00

*If not obtainable at your dealers, write to*

Davis & Lawrence Company

356 ST. ANTOINE STREET :: :: MONTREAL

# Allen's Cough Balsam

The old reliable remedy for COUGHS, BRONCHITIS  
and CROUP ::: Used with success for fifty years



Contains no opium. Especially recommended for children. Soothes, quiets and promotes expectoration.

25c, 50c and \$1.00 bottles

*If not obtainable at your dealers, write to*

**Davis & Lawrence Company**  
356 ST. ANTOINE STREET :: :: MONTREAL

**Woman's Periodic Pains.**—The comfort and happiness of woman depends upon the healthy performance of the functions incident to her peculiar system. No considerable derangement in these functions can exist for a time without drawing the entire life into sympathetic suffering. While these derangements are so important, and exercise so grave an influence over the health and happiness of the sex, yet their nature is such as to exclude them, to a great extent, from discussion, and often the sufferer groans on for years, the victim of pain and weakness known only to herself.

Women's Pains can generally be relieved and avoided by taking a few doses of Quadroline each month. It regulates and controls, and is an entirely safe and reliable uterine tonic for family use. Price, \$1.00 per bottle.

**Worms.**—Worms often cause much feebleness in children, and it is important to know the symptoms by which their presence is manifested, as well as the cure. Children most subject to worms have light, fair skin, soft, flabby flesh, and enlarged abdomen, while the legs and arms are comparatively small.

The more common symptoms of worms are: frequent itching of the nose, which the child picks with its finger; itching at the anus; voracious or greedy appetite; desire for dainties, and often the breath is offensive, especially when the stomach is empty; bowels irregular, either constipation or diarrhoea, in which are masses of mucus.

Symptoms arising from the local irritation of worms are: Colic pains in the bowels.

Worms in children can usually be permanently eradicated by one treatment with Smith's Chocolate Worm Lozenges, which have been the standard remedy in Canada for this purpose for many years. Price, 25 cents per box.

**Worry and Grief.**—Exhaust the nervous system more than hard work. Read under the heading "Nervous Exhaustion" how best to rebuild the nerve fibres.

TO RETAIN BEAUTY

ON THE FARM OR  
IN CITY SOCIAL LIFE

WOMEN MUST MAINTAIN  
THEIR REGULAR HEALTH

We recommend the reliable, palatable medicinal  
preparation

## QUADROLINE

(TRADE MARK)

Quadroline is a strengthening tonic for the correcting of disorders peculiar to women.

The average woman believes that much of the great distress she suffers from these disorders is natural, and seldom attempts to find relief. Very often it is the case that young women become old looking and run down before their time through lack of knowledge and improper care of their delicate organs. Their general appearance becomes one of pallor, debility and loss of feminine fullness—body strength is reduced and they have the air of languor and want of energy.

Quadroline aids to remove these harassing, nervous and hysterical symptoms by correcting the irregularities.

The formula of Quadroline comprises Viburnum, Hydrastis, Jamaica Dogwood and Pulsatilla, which are the most valuable medicinal agents for the especial disorders of women.

50c and \$1.00 bottles

If either of the above sizes are not stocked by your dealer, send price of size desired to address below and bottle will be forwarded promptly, charges paid.

Davis & Lawrence Company

356 ST. ANTOINE STREET :: :: MONTREAL

THERE IS ONLY ONE PAINKILLER

# Perry Davis' Painkiller

THIS IS THE GENUINE PACKAGE



*Take it for*

Chills, La Grippe, Diarrhoea, Cramps

*Apply it for*

Sprains, Bruises, Rheumatic Pains,  
Sore Throat

ALWAYS KEEP PAINKILLER ON HAND AT HOME