

A TREATISE
ON
THE TREATMENT OF CHRONIC
COMPLAINTS BY HERBAL
REMEDIES

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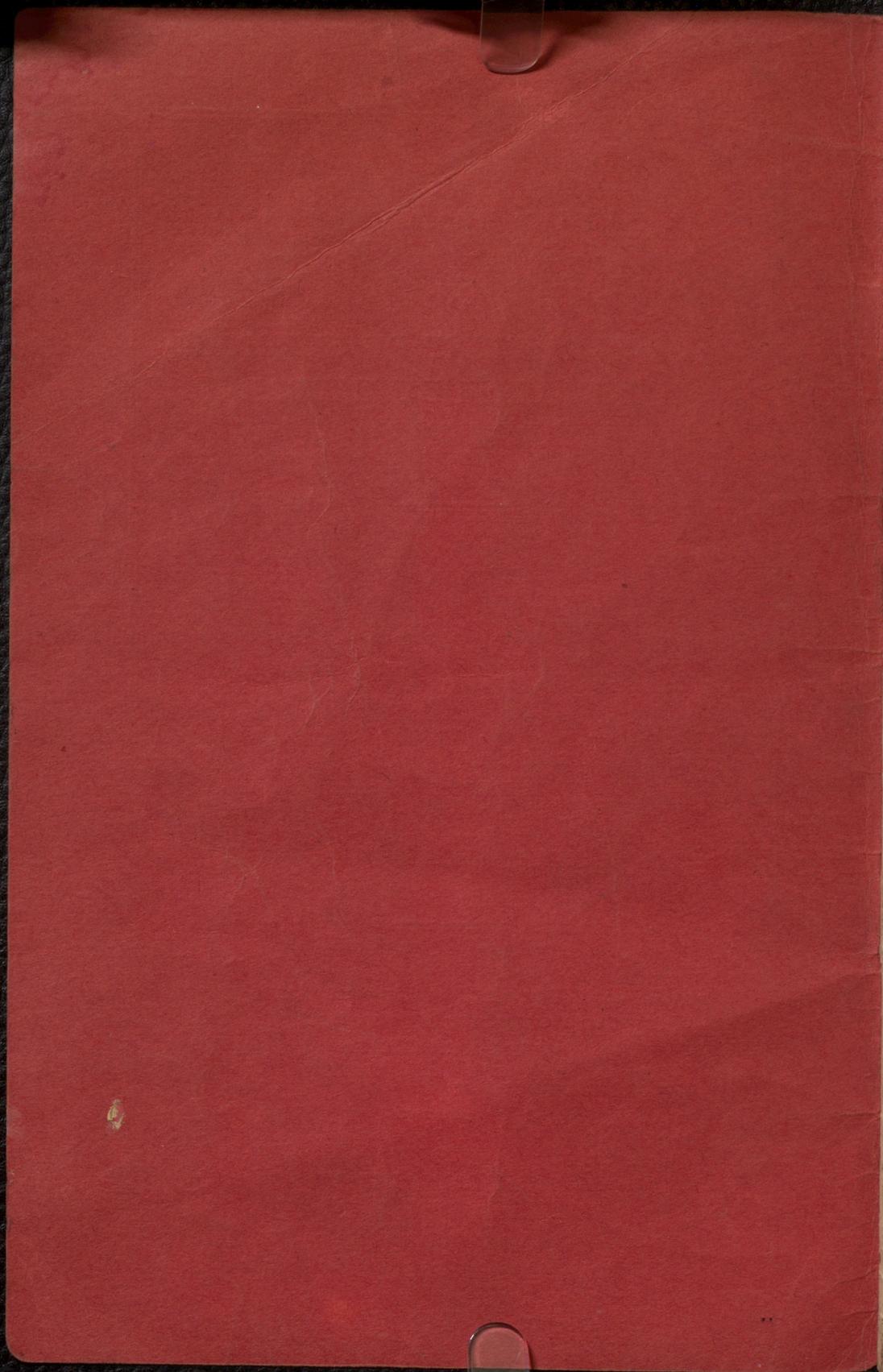
1359 Davie Street, Vancouver, B. C.

PHONE SEY. 7545 FOR APPOINTMENTS

As the cost of producing this pamphlet is very heavy, we trust you will peruse, and pass it on to other sufferers

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To Our Readers

Vancouver, May 1st, 1926.

Dear Sir or Madam:

We are now issuing a new pamphlet on the commonest diseases. This is the third edition since our opening in Vancouver and shows the appreciation of the Canadian public for our Herbal Treatment. In this edition the subjects are dealt with in a fuller and more concise manner. Also we mention the treatment we would give for the removal of the trouble. We are still supplying Literature free of charge and shall be happy to mail our different pamphlets, books, etc., anywhere on receipt of the address of any of your friends who are suffering from any disease.

We make a practice of never disparaging other forms of medicine or criticizing the actions of local doctors or surgeons, but satisfy ourselves by simply stating that if a patient has failed to get a cure elsewhere we would suggest they give Nature's oldest form of medicine, "Herbal," a trial, before having an operation or believing their case hopeless. Unlike many medical institutions here and in the States we don't over-exaggerate our abilities, by saying there is no disease we cannot cure, however bad and oldstanding; nor yet like some, do we go out of our way to abuse our local medical men. We are broadminded enough to believe there is good in all systems and charitable enough to see the good in the work, often unremunerative, of the regular qualified medical men of our country.

Yours faithfully,

THE EDITOR.

Treatment of Diseases by Herbal Remedies

ABSCESSSES

An abscess or "gathering" is the collection of matter in any structure of the body; it is always the result of inflammation, and, according to the length of time the matter takes in forming abscesses are divided into acute and chronic or cold. An abscess may form in any part of the body, in the brain substance, in the lung, in the liver, in bone, in the ear, in the breast, under the nail, or on the surface of the body under the skin.

When an acute abscess is beginning to form, all the symptoms of inflammation are present—redness, swelling, heat, and pain. The pain is heavy and throbbing, described often as "drawing"; so soon as matter is formed it becomes less acute, and then is felt more as weight or tension in the part. However deeply the matter may be formed, it gradually works its way to the surface by the softening and liquefaction of the parts. The skin, which was red at first, becomes dusky or bluish in colour, and thinned, and the swelling gets more prominent at one particular spot, a condition known as "pointing"; at this place the skin peels, and very shortly a little hole forms, through which the matter bursts and the abscess empties itself. Unfortunately, the small hole increases in size, and forms an ugly irregular aperture surrounded by thin and injured skin, which must be destroyed before the wound can heal up again; if, however, a surgeon's aid is sought before the skin has become thinned, and a small opening made into the abscess by which the matter can escape, the skin remains healthy, and will heal rapidly. The scar formed by an abscess which has been allowed to break is always worse than that caused by one that has been opened at the right time; it is drawn in, extensive, and causes great disfigurement, whilst after surgical interference it forms only a narrow white line, which in the course of time will altogether disappear. Another advantage in having an abscess opened is that it saves several days of pain and trouble to the patient.

The best treatment for an abscess is to apply warmth and moisture, either by soaking the part in hot water, or by fomentations of hot water, poppy heads or camomile flowers; or better still—as it is a cleaner method—by applying warm boracic lotion to the inflamed part on lint covered by oil-silk. The intense throbbing pain is always felt more if the part is allowed to hang down; it should therefore be supported, if the leg is affected, by rest and keeping the limb raised, and if the arm, by a carefully applied sling.

When the abscess has been opened or has broken, it should be kept covered with some lint or linen wetted with boracic acid lotion, and should be washed occasionally with warm water. The wounds should not be allowed to close up too soon—that is, not until all the discharge has escaped—or the matter will re-collect, and all the trouble have to be gone through a second time.

Chronic abscesses first appear as indistinct swellings, which are painless and have none of the symptoms of inflammation.

As abscesses often indicate bad health, good nourishing food, beer, port wine, and tonics should be given, and a change to the seaside is to be recommended. While a course of our Special Herbal Remedies, Internal and External, will remove the cause and prevent a recurrence.

ACIDITY OF THE STOMACH (HEARTBURN)

Acidity is most frequently used as equivalent to acidity of the stomach, or heartburn, but may be employed in a much wider sense, and refer to a general excess of acid in the system. In heartburn there is a hot, scalding sensation in the stomach which is accompanied by the rising of an irritating acid fluid into the throat, causing an uncomfortable burning feeling in this situation, and in the course of the gullet. It may occur from two opposite conditions—either from an excessive

secretion of the acid gastric juice, or from an insufficient quantity of this fluid, and a consequent acid fermentation in the undigested food. It is caused by sedentary habits and occupations, insufficient exercise and fresh air, or by over-indulgence in animal food and heavy drinks. It is most frequently met with in full-blooded people, who are likely subjects for gout and functional derangements of the liver, in whom the liver is always liable to be sluggish and congested, and the bowels obstinate. Women in the later months of pregnancy are also often troubled with acidity. It is a common symptom of dilatation and chronic inflammation of the stomach and indigestion.

General Acidity of the system is caused by an increased production of acid, due to imperfect digestion of the food or by accumulation of acid in the body as a result of inactivity in the excreting organs, as the kidneys, bowels, and skin. There is always a great increase in the amount of acid circulating in the blood in feverish conditions, which is shown by the coloured deposits in the urine; great acidity also occurs in gout, and excess of acid is the probable cause of rheumatism. Amongst the many effects of this state may be mentioned eczema, nettle-rash, and other dyspeptic rashes, gravel, and stone of the kidney. To correct the predisposition to this condition, active habits are essential, as they encourage the healthy action of the skin, lungs, and kidneys. The diet must be frugal, the same varieties being avoided as has been recommended for heartburn—namely, fat, sugar and starch—and fish, fowl, game, and eggs may be taken instead of butcher's meat.

A course of our Special Herbal Remedies will soon restore the patient to health by removing the cause of the trouble.

ACNE

Acne is a disease of the sebaceous glands, the function of which glands is to prepare the oily substance for the skin. At certain periods of life these glands are especially active, and produce a greasy appearance of the skin. Some of the little pores or openings from the glands get blocked up, the discharge collects, and forms a little swelling, varying in size from a pin's head to a split pea. As a result, some inflammation is set up in the gland, making the spot red and painful, and very often ending by the formation of a drop or two of matter, which, breaking through the skin, is discharged, occasionally leaving a very ugly little scar; the scars are familiar as occurring on the faces of some persons, who look almost as if they had small-pox.

Acne occurs in young people, men and women, and is most common from twelve to twenty-five years of age; the parts it is particularly fond of are the face, chiefly occurring on the forehead close to the hair, the cheeks, chin, ears, and nose, between the shoulders, and on the chest.

If the spots are looked at closely, many of them will be seen to have little black points on them, and when the spot is pressed between the nails it is forced out and is followed by a little white mass; this is the sebaceous secretion, and the little black speck is produced by its exposure to the air and dirt. The peculiar appearance has given these the popular name of "grubs" or "maggots," and has led to the belief that they are really living. This, however, is not the case, but occasionally very minute insects do find their way into the ducts; they are, however, too small to be seen, and are hidden in the secretion.

Some attacks of acne are very severe and produce a great deal of disfigurement, but the majority are harmless, and can soon be removed by careful treatment. In some cases the inflammation spreads beyond the glands and produces red, raised hard lumps, which remain a long time and only disappear very gradually.

As we have already said, acne occurs in young people, but there are conditions which predispose to it; of these, indigestion, anaemia and overwork are the most common.

Take a course of our Special Herbal Remedies and use the Ointment we supply; wash with the soap, and no one need continue to suffer from this disfiguring trouble.

AMENORRHŒA

Arrested menstruation arises from many causes. It is common among young girls who are bloodless and lacking in stamina, whose functional development has been retarded by any excessive strain on the physical or mental powers. Exposure to cold, getting wet, nervous excitement, late hours and over-indulgence in dancing, and change of air from country to town will induce it at times. Often a malformation of the womb or tilting of that organ is the cause, or again Leucorrhœa in its advanced stage is likely to bring about this trouble. However, it is a disease which should have attention, as it often develops into consumption if not removed quickly. The Herbal Kingdom offers a wide range of remedies and is most successful in the treatment.

ANÆMIA

Anæmia is a disease of the blood in which it becomes very poor and poverty of the blood may be the result of many very severe diseases, such as cancer, consumption, or ague, and in such cases may occur in men and women to an equal extent; but the disease to which the name of anæmia is usually applied is of quite a distinct character, and it is to this form that we shall turn our attention. Anæmia, or chlorosis, as it is sometimes called, is a disease of young women and girls, and is of very common occurrence amongst all classes; but it is not confined to any particular age, and may be found occasionally in men. Almost any condition which causes debility and ill-health may bring on anæmia. Long-continued loss of blood in small quantities will produce it, from whatever source the blood may be obtained; bleeding from the nose, spitting or vomiting of blood, or bleeding from piles, are likely causes of this condition; as also are long-continued and free discharges of any kind. This is a frequent source of the disease in women, in whom, also, long-continued nursing often leads to the same result. Food when taken in insufficient quantity or of unsuitable quality, bad hygienic conditions, such as living and working in close air, without sufficient light or outdoor exercise, will all gradually produce bloodlessness by interfering with the healthy formation of fresh blood. It is also considered that the long-continued actions of certain poisons, such as lead, mercury, and a few others, will cause anæmia.

Symptoms.—The disease, if severe, can be recognized at a glance, and there are very few conditions with which it is possible to mistake it. The appearance of anyone suffering from anæmia is most striking, and probably no one can have failed to see many cases. If they haven't, they will only have to keep their eyes open the next time they are out for a walk in the streets of any large city—for the disease is certainly a complaint of cities—and they will be sure to pass many suffering from it. It is one of the commonest complaints of girls engaged in stores—long hours of fatiguing work in gas-lit shops, with air full of impurities from the lungs of many persons, often added to hurried meals of unsuitable food, is a typical predisposing cause. The pallor of anæmia is very marked; the face becomes white, and in some cases almost green, from which the disease derives its name of chlorosis, or green sickness. If the lips and gums and lining of the lower eyelids be examined, they will be found to be pale and bloodless also. Debility and weakness are often extreme, the patients feel languid, heavy, and disinclined to make the slightest exertion, and get tired at once if they do so. They are troubled with frequent sighing and yawning, are sleepy, dull, and low-spirited. Constant complaints of pains and aches, of neuralgia and muscular soreness, of headache, backache and sideache are sure to be made, and very often they are the most irritable and disagreeable companions. The sight is often affected with spots and shadows floating before the eyes, and the hearing by rushing or humming noises. The pulse is usually increased in number, and the least emotion or exertion excites it to greater rapidity. Palpitation and breathlessness are almost always complained of, and are produced by the slightest causes, even if the patient moves only across the room, walks upstairs, or has the smallest cause for excitement. There is, however, no disease of the respiratory organs; nor is the heart diseased,

in spite of the palpitation and rapid pulse already mentioned, and of such symptoms as pain in the heart region, very frequent attacks of fainting, coldness of the extremities and swelling of the feet, legs and eyelids, which are usually present with anæmia. All these symptoms are the results of the blood being poor and insufficient to nourish the heart and organs of the body. The appetite is sometimes very capricious. Some patients will eat fairly well, whilst others have absolute loss of any desire for food; others, again, have all sorts of peculiar fancies and desires; they will eat substances not only indigestible, but absolutely disgusting: hair, mud, and filth of all sorts. Indigestion is a very frequent complication of anæmia, and causes difficulty in taking nourishment on account of a constant feeling of sickness and frequent vomiting; this also adds much to the difficulty of treatment. It is in these cases of anæmia of young women that the serious disease—ulcer of the stomach—occasionally occurs, so that the symptoms of indigestion with anæmia must not be treated lightly. A very troublesome symptom in connection with the digestive organs is long-continued constipation; it requires special attention, and has to be overcome before the special treatment of the disease can be satisfactorily carried out.

The course of this affection is most indefinite; it may be prolonged for months, and will probably continue to get worse until suitable treatment is adopted. However, in spite of the patient getting terribly weak and ill and fit for nothing, anæmia very seldom ends fatally. There is, however, a peculiar disease which is called pernicious anæmia, about which the very opposite must be said. Its symptoms are practically those which have been given for ordinary anæmia; but in the pernicious form they are all in an extreme degree, and, in spite of every form of treatment, continue to grow worse, and cause death invariably. These cases are, fortunately, rare, and need not occupy our thoughts much in any ordinary case.

The one essential point of treatment is to supply the blood with iron, and iron only can be depended upon to bring about a cure.

However, to take iron in the crude form dispensed by other schools of medicine is often creating a trouble worse than the anæmia. To our ideas, there is only one form which meets the case, and that is take it in the form of vegetable iron, which is found in many of our Herbal Remedies, and a course of this, and care in diet, is all that is necessary to eradicate the trouble.

APPENDICITIS

This fashionable malady, inflammation of the vermiform appendix, may be due to twisting or blocking of the appendix, or to ulceration, or to hard, undigested food, etc., becoming impacted in it. Usually the attack is sudden, pain being felt low down on the right side or across the front of the abdomen, which is tender when touched. The temperature rises to 101 degrees or 102 degrees Fahrenheit, and there are constipation, nausea, and vomiting. This, the mild type, will pass in three or four days. In severe attacks all the symptoms are aggravated. In mild cases the treatment is rest in bed, hot opiate poultices and fomentations to the abdomen.

As appendicitis is really the symptoms of other diseases, our aim is to find the cause, remove same, and the patient need not worry over any return. Nature has provided many useful Herbal Remedies for this purpose. Regarding the operation for this trouble, which is so popular with our allopathic medical friends, we would suggest, without disparaging their ideas, that patients first try the Herbal Remedies. However, when a case has been neglected, or wrongly treated, and the appendix has become so ulcerated, that mortification has set in, an operation would possibly be the only means of saving the patient's life, and if our advice was sought, we should at once recommend you to consult one of your local surgeons.

ASTHMA

Asthma is a common complaint, and most people must be acquainted with someone who is a victim to it. It is very distressing to suffer from, and very distressing to witness an attack—perhaps, indeed, it looks

really worse than it is. The nervous system is chiefly at fault, and asthma might very suitably be added to the list of nervous diseases; but as the symptoms entirely affect the organs of respiration, it is usually classed amongst the diseases of the respiratory system. Both sexes and all ages are liable to this affection, but it is twice as common amongst men as in women, and the first attack most commonly occurs during childhood. It is distinctly an inherited disease, asthmatic parents begetting children predisposed to it, but it may also be acquired, and the number of its different causes is very large; they are also very various, for that which will cause it in one individual has no effect on many others. Some persons have an attack upon the slightest irritation being applied to the lining of the organs of breathing, common road dust, particles of dirt or fluff, the emanations of new-mown hay or powdered ipecacuanha, the scent of some flowers, the smell of cats, dogs, horses, hares, or other animals, are all potent causes. The effect of climate and locality is very strange. All sorts of climate may induce the disease—dry in some, moist in others, elevated localities or low ones, inland air or seaside, one side of the street and not the other, the back of the house and not the front, and so on through a most extraordinary and most inexplicable list of phenomena; but dampness, closeness, and all those conditions which produce bronchitic attacks are undoubtedly the most frequent causes. Another class of causes act through the general system, and not locally on the respiratory tract. Emotions such as fright or anger, gout, constipation, and indigestion, are all important, especially the last, for indiscretion in food or drink is especially likely to bring its own punishment when it occurs late in the day; a big and indigestible breakfast probably does no harm, but an indiscreet dinner is very dangerous, and a supper of the same sort is sure to end in remorse and asthma. There is a curious connection between some skin diseases and asthmatic attacks. In some persons, as long as they have some spots of eczema or nettle-rash out, asthma is absent; but if the rash is cured or gets well, out comes the asthma, only to disappear when the eruption comes again on the scene. Asthma is difficulty of breathing, but difficulty of breathing is not necessarily asthma, as it may be the result of many other conditions. The difficulty of breathing is caused by a contraction of the bronchial tubes, which become so small that the air can only enter the lung with great difficulty, and as the result of extraordinary muscular effort. In each case of asthma the attack comes on pretty uniformly at the same time of the day; it may occur at any hour, but usually in the greater number of cases it occurs late at night, or rather early in the morning, from two to four o'clock being the favourite time in the majority of cases. Usually, the evening before, some symptoms of illness and discomfort have been present, although occasionally all premonitory signs are absent. The patient goes to sleep, passes a restless night, and in the early morning is roused from his unrefreshing slumbers in the greatest trouble, struggling for breath. He feels as if it were impossible to breathe any longer, cannot speak or move or lie down, and, having fixed himself to the position he finds most convenient for the struggle, sets himself to wrestle with his tormentor. His face is anxious, pale, or blue, and covered with perspiration; his eyes prominent and watery, his pulse quick and feeble, and to a bystander he looks as if he were going to die of suffocation; but in uncomplicated cases this never occurs, for after a longer or shorter time, varying from half an hour to several days, according to the severity of the attack, it passes off, leaving the patient apparently quite well. There is usually some cough, accompanied with a little expectoration just as the spasm passes off, which seems to give great relief, and the attack subsides as rapidly as it came on. Between the attacks the patient may seem in perfect health, or he may be troubled with slight difficulty in his breathing, especially upon exertion.

In the treatment of this disease, it is necessary to give great attention to its causes. Each patient after a time learns by bitter experience what it is necessary for him to avoid; he finds that sleeping in certain towns or localities, going out in certain states of the atmosphere, exposure to certain smells, are sure to bring on an attack, but, above all, he recognizes that certain articles of food and drink, especially taken

late in the day, must be studiously avoided. The easiest way to avoid the last cause is always to have anything like a heavy meal sufficiently long before retiring to rest for it to be completely digested. Besides avoiding all the causes of the complaint, the sufferer should give very careful attention to his general health; gymnastic exercise, fresh air, and cold bathing develop the frame, improve nutrition, aid in removing the great irritability of the nervous system, and relieve the tendency to bronchial catarrh. There is great difficulty in advising any particular climate as suitable, as that from which benefit will be obtained differs for various cases. A change should be tried—from moist to dry, from inland to seaside, but, curiously, the climate which suits most asthmatics is the close, smoky air of towns, or what would theoretically be considered unhealthy places.

In this distressing trouble, the Special Herbal Remedies used by us have always given most remarkable results, and we advise all sufferers to take a course, when they will find themselves greatly surprised at the results, and with perseverance we consider a permanent cure can be made.

BAD LEGS (VARICOSE ULCERS)

These troubles are commonest in woman during the change, and are caused often by an injury to the leg in the neighbourhood of a varicose vein, where owing to the unhealthy condition of the vein the circulation is defective.

They are most difficult to heal, with the usual ointments prescribed. However, with our Special Herbal Internal Medication to correct the blood and suitable external applicants, they are easily removed, if care of diet is followed, and rest in bed or on a couch; no one need continue with them.

BARBER'S RASH (SYCOSIS)

Barber's Rash (Sycosis) is another disease due to a fungus. It affects the chin chiefly, being an inflammation of the roots of the hairs of the beard or of the whiskers, eyebrows, or eyelashes. It is often conveyed by the shaving brushes of barbers, or by a razor previously used for an infected person. The hair follicles become swollen and form red, painful nodules, in which matter quickly collects, and a hair is seen to pierce each little collection. The discharge and scurf collect on the surface and produce thin brown or yellow crusts. The disease lasts an indefinite time, sometimes produces a good deal of scarring, but is not usually followed by permanent baldness. For prevention, all that is required is perfect cleanliness. The razor should always be thoroughly cleansed in hot water—a precaution which might save many of the sores and spots of a milder character, so often put down by men to a delicate skin, and really due to want of care in cleansing the razor—and the skin well sponged when the shaving is completed.

Our system in dealing with a trouble of this kind is to remove the cause internally. Stop the itching and heal up the sores by use of ointments and prevent infection by washing parts with hot water and germicidal soap, which also has the effect of removing the crusts from the skin.

BEDWETTING

This Incontinence of Urine, or Bedwetting, is a most troublesome and not at all uncommon affection of children; it may occur both during day and night, or only at night, the latter being much more frequent. It is much commoner amongst boys than girls, although it is occasionally met with in young women. It occurs, as a rule, during sleep—sometimes only once, at others several times in the night. The causes are very various. Some children who come of nervous families seem to inherit the habit; in others it occurs as the result of worms, tightness of the foreskin, stone in the bladder, very acid urine, unwholesome meals, too large a quantity of drink, or in connection with St. Vitus' dance or enlarged tonsils. We are particularly successful in our treatment by Special Herbal Remedies.

BILIOUSNESS

Biliousness is a condition with which all are familiar. It is a term used to explain numberless little ailments from which we suffer, and perhaps does just as well under such circumstances as any other name. The popular notion is that these attacks are due to too great a formation of bile, the result of which is a bilious attack. This idea probably gave origin to the word "melancholia," meaning black bile, as depression and low spirits are very marked in bilious attacks; the other symptoms are headache, worse on moving or stooping, and felt across the forehead, giddiness, nausea, and vomiting, furred tongue, bitter taste, loss of appetite, and constipation. These may, perhaps, be due to a congested condition and sluggish action of the liver, but are, in the great majority of cases, attacks of indigestion or sick headache, which is technically called *megrim*. Certain individuals are often spoken of as "bilious"; they are mostly persons of dark complexion, with sallow, yellowish skins, and are usually easily upset by errors of diet, and unable to take much fatty or rich food.

The proper treatment for bilious attacks is to starve them out, and when the attack has passed to take a course of our Special Herbal Remedies to prevent a return of the trouble.

BLACK HEADS

These are similar to *Acne*, excepting that they show black specks over the face and neck, and when squeezed with a key come out like a white worm with a black head, hence their name, "Blackheads." The general cause of these disfiguring postules is want of tone in the skin, excess of oil in the oil glands, and are usually found in patients whose general health is bad, at the same time they show themselves in cases where the health is robust, but where the diet has been too rich and greasy.

Our idea of treatment is by Special Internal Herbal Remedies, stimulating lotions or ointments and medicated soaps. With this treatment the trouble can easily be removed in little time.

BOILS (FURUNCULI)

Boils (furunculi) are localized inflammations of the skin, and are both common and very painful afflictions. They chiefly occur in young people, especially during the spring and early summer, and are predisposed to by many varying conditions. Full blooded or, as they are called, plethoric and debilitated states of the system both seem to cause a liability to them. The diet, also, is a matter of great importance, for a too liberal fare, consisting of rich, sweet and luxurious articles, and one poor and deficient in nutritious substances, may both produce this condition. Any sudden change of food, as in those who undergo the special form of treatment which necessitates the cutting off of certain articles—as in *hydropathy*, where the animal food and alcohol are limited; or in those who are "training" for athletic exercises, where an excess of meat is taken, is often followed by a crop of boils. *Diabetes* is also often accompanied by frequent attacks of this affection. It is now known that the exciting causes of boils are microbes.

The situations in which boils appear are very various, but the favorite spots are the parts most likely to be irritated—on the neck, from the rubbing of the collar; on the forehead, due to friction by the hat; on the back, from rubbing of the braces. Irritation of the skin, due to various liniments, plasters, and poultices, may also be a cause.

Symptoms: A boil begins as a small hard lump about the size of a pea, very slightly sensitive at first, but getting gradually larger, hot, red, exquisitely tender, accompanied with a feeling of tightness and weight and a severe wearing pain, which throbs with each beat of the heart. The surface becomes pointed, the skin grows purplish, a small spot of matter forms on the most prominent part, and the skin breaks, allowing the discharge to escape. After a time the core, which consists of a mass of dead material, succeeds in forcing its way through the opening. The hole thus left fills up by degrees, and the wound heals, often leaving a very ugly depressed scar.

Occasionally boils form, flatter and more spread out than the foregoing, which never break, and are therefore called "blind boils." They are not very painful, and disappear gradually without forming any matter.

The treatment of Boils to be of permanent character must of necessity be internal. This is where the benefit of Herbal Remedies comes in. They eradicate the poison (which causes the boil) from the system and the ointment we use soothes and draws the pustule to a head, thereby giving relief from pain. However, a patient wishing for a removal of the trouble permanently must persevere with the internal remedies for a little while after the boil has disappeared.

BRIGHT'S DISEASE

Bright's Disease includes several forms of acute and chronic disease of the kidney, the most important being inflammation (nephritis). It may occur either as an acute or chronic affection.

Acute Bright's Disease, or acute inflammation of the kidneys, is most commonly brought on by exposure to cold or wet when in a state of perspiration; it also occurs as a complication in many acute fevers, especially scarlet fever, and is produced by certain poisons, such as alcohol taken in excess, Spanish fly, and turpentine. The onset of the disease may be sudden or gradual, the first symptom noticed being either dropsy, the scanty amount of urine, or dyspepsia. The dropsy, which first affects the face, gradually becomes general, involving the whole body, and may become so severe as to prove fatal in the later stages by involving some vital part, as the lungs or larynx. The urine is diminished in quantity, thick, opaque, and looks smoky from the presence of blood, or it may be distinctly red and bloodstained; it always contains large quantities of albumen, which is shown by coagulation on boiling, and if the sediment is examined under the microscope, blood corpuscles and casts from the kidney will be discovered. In severe cases, urine may be entirely absent or suppressed, and may cause fatal uræmia. There are usually some feverish symptoms, with quickened pulse and raised temperature, pain across the loins, and gradual debility and wasting. These cases may end in one of three ways. They may terminate fatally in the early and acute stages; or they may recover, the kidneys resuming their healthy functions and the symptoms gradually disappearing; or they may become chronic, the symptoms changing to those of the disease to be next described.

Chronic Bright's Disease is, in the great majority of cases, the result of the abuse of alcohol, particularly in the form of spirits, which by long-continued irritation sets up a chronic inflammatory condition of the kidneys. Lead-poisoning is occasionally the cause, and the affection is very liable to attack those who are gouty; the poison of gout is so powerful an agent in the production of chronic Bright's disease that there is a special condition, often found, called the gouty kidney. Another form is almost invariably consequent upon some long-continued, exhausting complaint, as consumption, chronic rheumatism, cancer, or prolonged discharge from an abscess or diseased bone. Usually, this condition comes on gradually and insidiously, and its presence may remain undiscovered for many months. The patient grows constantly weaker and paler, the face becoming pasty and flabby, the eyelids swell, the appetite fails, and indigestion symptoms become troublesome. Later, he notices that he passes a great quantity of water, which is very pale, and that almost every night he is obliged to turn out of bed two or three times, whilst he always used to sleep through the night without disturbance. He now consults a doctor, who, examining the water, finds its specific gravity is low, and that it becomes cloudy with albumen when boiled. The condition, once fully established, is by the majority of practitioners considered incurable; their treatment may relieve the symptoms, and the patient may live on for years in fair health, and able to attend to all his ordinary duties; but he has begun to go downhill, and feels he is not what he used to be. He gets easily tired, is unable to concentrate his thoughts or to do the mental work that he was accustomed to without fatigue, confusion of thought, and headache. Finally, blindness may occur from a disease of the retina of the eye,

headache becomes severe and persistent, dropsy of the lungs or uræmia may be brought on by some indiscretion or sudden cold, and bring about the fatal termination.

However, by our Special Herbal Remedies and care in diet this trouble can be gradually overcome and with perseverance health restored.

BRONCHITIS

Bronchitis, or bronchial catarrh, affects the lining membrane of the throat, nose and larynx, only in Bronchitis it is the membrane of the bronchial tubes which is involved. This disease is of very frequent occurrence in the British Isles and British Columbia, on account of the damp and variable climate. The great majority find it impossible to get through the winter months, in spite of the usual precautions, without catching a cold or a cough, and a cough or a cold on the chest is only another name for an attack of bronchitis. In most cases, a cold on the chest is a very unimportant matter and runs through its stages of convalescence in a few days, varying from four to ten, but sometimes it may become far more serious, and, occasionally, dangerous. It will give a good idea of the number of persons who suffer from this disease, when we state that in one year some 50,000 people die of bronchitis in England and Wales. Considering that death occurs in a very small percentage of those affected, we can feel sure that the number of cases must be enormous. Individuals of all ages may suffer from bronchitis, but it is chiefly met with in the young and the old, and is most prevalent during the winter months. Cold and damp cause the majority of cases, especially seizing upon those, however, who live in hot, unventilated, gas-lit rooms, or who are debilitated by illness or unhealthy habits, or who have had previous attacks. We must consider the disease separately, in its two forms, as an acute or chronic affection. In acute bronchitis, the attack comes on suddenly, and runs through its course in a week or ten days; whilst in chronic we have, as a rule, repeated attacks coming on every winter, during the intervals of which the symptoms are slight, or altogether in abeyance. Such attacks may often last for many months.

The first symptom is a feeling of irritation or soreness of the chest, felt chiefly behind the upper part of the breast-bone, and a troublesome and painful hacking dry cough. These are accompanied with quickening of the pulse, slight rise of temperature and a feeling of chill and tenderness all over the body. The tongue gets furred, the appetite fails, and the bowels are confined. The quantity and character of the expectoration vary with the stage of the disease, and it is important to give careful attention to this symptom, as by it the stage of the complaint is recognised, and the condition of the patient known, for with each step of the disease, whether of improvement or the reverse, a distinct alteration takes place in the matter expectorated. At first, when the lining of the tubes is swollen, sore, and dry, no phlegm is removed by cough, but soon a fluid forms and may become very profuse, giving great relief to the patient, the soreness and tightness passing off. This fluid is clear, transparent, and saltish, rather like the white of an egg; there is usually more or less froth, the quantity depending on the facility or difficulty with which it is brought up. If the patient does not expectorate till after a long fit of coughing, during which air has been many times breathed in and out and has got intimately mingled with the phlegm that fills the air-passages, the expectoration will contain numerous little air-bubbles, and will be very frothy. Sometimes, also, during this stage of the complaint, streaks of blood appear, but this need give rise to no anxiety, as it is not likely to be profuse, and only comes from the inflamed tubes as a result of the straining during the cough. It next becomes stringy and sticky, and the degree of sickness is a tolerably accurate measure of the degree of the existing inflammation, for whilst the expectoration has these characteristics the inflammation is still active, but when it begins to subside, the appearance of the phlegm is changed: it gradually loses its transparency and is mixed with masses or pellets that are opaque and of a yellow, white, or greenish colour. These masses, few at first, increase more and more in number until they constitute the whole of the expectorated matter.

This alteration in the phlegm is accompanied with great improvement of the symptoms, and announces that the disease is coming to an end. Sometimes, however, the expectoration may go back again to its condition of transparency, stickiness and froth, and this will intimate that there is an increase or return of the inflammation. Thus the material removed by the cough guides us in our treatment of the case, and also forms an important particular in our means of distinguishing bronchitis from inflammation of the lungs. As we have said, the majority of cases tend to recover rapidly under suitable treatment; but in a few cases the symptoms get gradually worse: the temperature rises; the difficulty of breathing, which has been only slight, becomes more severe; the rattling and whistling sounds in the chest get more marked; the breath enters the chest with increasing difficulty; the patient's face gets blue and cold; perspiration breaks out; delirium comes on, and the sufferer, gradually becoming unconscious, dies, suffocated by the accumulated discharge filling the bronchial tubes, as a result of failing strength and inability to expectorate. We thus see that bronchitis may terminate in complete recovery or fatally; it may also end in a third way—namely, by becoming chronic.

The first point in the treatment is to put the patient into a warm, well-ventilated room, and it is always wisest that he should go to bed; although this may not always be necessary, yet the cure is sure to be more rapid, treatment can act to better advantage, and complications are far less likely to arise. We should strongly recommend a fire being lit, even in summer. It assists in ventilating the room and carrying off impure air; it renders it a more easy matter to raise the temperature of the room to 60 degrees or 65 degrees Fahrenheit and to maintain it at this height; and it is required for the bronchitis kettle, which is an important item in the treatment. The bronchitis kettle is a most useful article to have in reserve, as it is needed in nearly all affections of the respiratory organs. It should not be too small, or it will require frequent refilling, which, of course, necessitates its being discontinued for a time. Its spout should be sufficiently long to conduct the steam well into the room, and prevent it passing directly up the chimney with the draught of air. It is very often a great relief to the patient if some drug is added to the water in the kettle. Eucalyptus oil relieves the cough, rendering it more efficient in removing the phlegm by softening this and making it more fluid. A few drops should be placed in the kettle and replenished as it becomes evaporated.

Poultices made of linseed or linseed and mustard, equal parts, should be applied to the chest. It is best to place them on the back, as the patient's breathing is not then impeded by their weight, but it may be necessary to apply them both back and front. In employing linseed poultices it is well not to use them continuously day and night; if this is done the patient finds them a great nuisance on account of the frequency with which he has to be disturbed; the skin becomes sodden and irritated, and the stimulating effect is lost. A poultice should be applied as hot as can be comfortably borne, left on for about two hours, and then carefully and quickly removed, the chest wiped with a warm towel, and covered with a flannel or layer of cotton wadding, which may remain on for about two hours until another poultice takes its place. In this way a poultice will be required every four hours, or about four to six in the twenty-four hours. Stimulating liniments rubbed on the chest until the skin is thoroughly reddened give great relief; or if still greater counter-irritation is required a blister may be employed. By these means the blood is drawn to the skin from the inflamed and painful parts. The inhalation of steam is always to be recommended. It loosens and softens the expectoration and relieves the violent and painful cough. Any of the ordinary forms of inhaler may be used, or an ordinary jug, round the edge of which a towel should be placed. Each inhalation should last for from five to ten minutes. To the hot water may be added some drug sedative in the first stage of dry cough and stimulant in the later stages.

The aim of treatment should be to produce free perspiration, and the following means, added to those already mentioned, will probably effectually attain this object: a hot bath before the fire, putting the feet

and legs in mustard and water, a glass of hot lemonade and water with plenty of sugar, and a bed well warmed with hot bottles and plenty of bedclothes. In this trouble, Nature has provided an exceptionally wide range of Herbal Remedies, and we are most successful in treating cases whether in early stages or chronic.

CANCER

Cancer (carcinoma) is a disease the mere mention of which fills us with dread, and the fear that it may fall to their lot to be affected with it causes many persons constant anxiety. Cancer may affect almost every organ of the body, but some with far greater frequency than others. Those most commonly involved are the lips, tongue, womb, and breast. By some it is held that cancer is inherited—that is, that those whose parents have suffered from it are predisposed to it, they have something in their constitution which makes them more liable to develop it than other people; but this theory is not generally accepted.

Cancer is a common disease in this country and seems to be getting more so. There are few families that are quite free from it. The state of health does not seem to influence in any way the occurrence of this affection. It involves the robust and healthy as often as the weakly. Age, however, is an important consideration, for, although no age is absolutely safe from its attack, the great majority of cases occur after the age of thirty. It may be caused in those predisposed by any chronic irritation of a part, such as that produced by a rough, sharp tooth, by an unprotected clay pipe, by soot in "sweep's cancer" (now almost extinct), and by chronic eczema of the nipple, a common forerunner of cancer of the breast. Blows, bruises, and other injuries are often given as causes, and probably do act as such in some cases; however, such injuries are so common that it is possible that more may be put down to them than they are really responsible for. Some persons have advanced a strange theory, that raw tomatoes produce cancer if eaten in any amount; the idea has, however, no foundation in fact. It is generally believed that depressing emotions favour its occurrence, such as worry and anxiety.

Symptoms. The first thing to attract attention to an external cancer is the presence of a lump or tumour, which grows gradually larger, and may be accompanied with very severe shooting and darting pains. Many forms of cancer, however, are not characterized with much pain until the late stages; it may affect internal organs and cause discharge, bleeding and great destruction of parts, and yet remain quite unsuspected, until, only too late, a doctor is consulted for these symptoms, and advanced disease is discovered. Wasting of the whole body, great weakness, and a very peculiar unhealthy, earthy-coloured pallor come on early, and increase with the disease, getting very extreme in the later stages. When the symptoms of wasting, great weakness and debility occur in anyone over fifty-five years of age without definite cause, they should excite grave suspicion.

The last stages of a cancerous tumour are as follows: The lump enlarges, breaks through the skin, forms fungus-looking growths, and gives rise to hæmorrhage and abundant offensive-smelling discharge; it spreads rapidly into the surrounding structures, sending out "feelers," or, as it were, "roots," shows itself in the nearest glands, and appears in distant internal organs, most commonly the lungs and liver.

Without wishing to boost the Herbal Treatment as a "cure all" for cancer, or to speak disparagingly against the medical gentlemen in our city who believe the knife to be the only cure for this disease, we think most cases, especially those of the external character, can be cured if taken in time, while the pain can be greatly relieved.

CARBUNCLES

Carbuncles are very similar to boils; they are, however, more painful, larger, spread more deeply, and cause severe general symptoms. They can be distinguished from boils by being more spread out and flatter, by their breaking through the skin in several places, and by generally occurring singly. This affection seldom attacks persons under

twenty years of age, and more often men than women; it has a particular fancy for the skin of the back and back of the neck. Carbuncles vary much in size, the average being about two inches across, but they sometimes become as large as a saucer. They may last even for months, discharging at one part thick matter, and spreading at others under the neighboring skin. Death sometimes occurs from exhaustion or blood-poisoning. Carbuncles, like boils, are due to micro-organisms.

Our treatment for these is internal remedies to remove the cause; external lotions, ointment, etc., to give relief from the pain and to hasten the suppuration of the swelling.

In this trouble our Special Herbal Remedies have met with the greatest success, and we treat many hundreds every year.

CHANGE OF LIFE

This great physiological change—the extinction of the sexual life—has a most important and critical bearing on woman's health. It is an epoch in her existence when the uterine functions are in a state of abnormal activity, and it is not astonishing that a variety of constitutional disturbances should arise, in consequence of the necessity of the various structures adapting themselves to the altered state of affairs.

The symptoms which point to a commencing menopause are very varied, and are mostly of a neurotic type, or depend on alterations of the circulation. The patient's periods are often irregular or profuse, she complains to a variable degree of pressure, burning, giddiness, throbbing, or noises in the head. Sleeplessness, hot flushes, rheumatic or neuralgic pains, hysteria, depraved temper or appetite are other signs, and all sorts of strange fancies may take possession of the mind. This is the period when the most serious cases of melancholia occur, and the intense mental depression and suffering which result, not infrequently develop a suicidal tendency. Constant watchfulness and, if possible, change of air and scene are required; but in all these cases, even those which seem the worst, there is always good reason to anticipate recovery and early relief from the unpleasant symptoms under our Special Herbal treatment.

The average age for the change of life to occur is forty-five. After a variable period—it may be months, possibly years—the system recovers its normal fibre. The woman takes, as it were, a new lease of life. If a course of our Special Herbal Treatment is commenced at the first symptom of the change, then all these troubles are non-existent.

CONSTIPATION

Constipation, costiveness, or confined bowels, is a most common affection. Although in most healthy persons a daily action of the bowels is usual, yet this must not be looked upon as a regular rule without exceptions; many persons are equally healthy in whom two, three, or even more days pass between each evacuation. It depends very much upon individual peculiarity or habit. Some persons seem to enjoy good health whilst only a single action takes place in a week, and cases are reported of persons attending to this duty at similar intervals to those in which they would pay their rent, the bowels being apparently contented with monthly visits. In spite of what we have said, however, much ill health and suffering are caused by constipation, and carelessness or neglect of this important function usually soon brings its own reward.

Habit is one of the most important means of maintaining regularity in this respect, and is also one of the most potent causes in the production of constipation. In this particular, the bowels are much under the control of the will. No function of the animal economy is more completely under its influence, nor is there any that may be more effectually deranged through the influence which the will can oppose to it. When the calls of nature are constantly neglected, the bowels become accustomed to the irritation caused by their being overloaded; they become distended and stretched by the accumulation of their contents, and, ceasing to respond to the usual stimulus, are often irritated

into inflammation, with the subsequent formation of ulcers. The habit may be easily acquired through want of leisure. Persons much occupied may be unable to attend to the matter at the suitable time. It is then forgotten, and this neglect, frequently repeated, establishes the unhealthy condition; or it may be caused by avoidance of the act on account of some painful condition of the parts, such as might be produced by piles, or a small ulcer, or by some condition which alters the contents of the bowel, making them hard and dry, as is often seen in diabetes. Sedentary occupations are frequently the cause of costive bowels, and certain errors in diet and particular articles of food, the absence of a sufficient quantity of fresh vegetables in the food, the use of refined white bread and large quantities of milk, all act in this way in some persons.

To the habitual use of purgatives many cases of the most troublesome constipation can be traced. It is an exceedingly popular belief that aperient drugs contribute in some way or other to health, that by their action they carry off impurities from the body, and that they should be taken occasionally during health as well as sickness; this idea is both erroneous and dangerous. So long as the bowels are acting regularly, purgatives only do harm, and the extraordinary custom of keeping a box of patent aperient pills always at hand, and upon the slightest indisposition or as a routine practice to indulge in a few—two, three, or even half a dozen—is certain to injure the health in the end, and only tends to habituate the organs to act only under some such violent stimulation. Again, the idea that, even in those cases where aperients are required, it is necessary to take a violent purge is likely to lead to the same evil results. Some persons seem almost to make a meal of these patent boluses, the only gainers being the proprietors of the medicines, the individual who indulges in the luxury only suffering from general exhaustion and damage to the internal apparatus. Dr. Haberhorn says regarding the use of these drugs, "Temporary relief is afforded by powerful purgatives; the delicate mucous membrane of the intestinal tract is weakened thereby; a sort of chronic catarrh is induced, and the very condition sought to be removed is aggravated tenfold." Constipation is of frequent occurrence in girls and young women, especially those suffering from chlorosis and anæmia, in whom the circulation is enfeebled and sluggish. It is also not an uncommon condition in old age, when the muscular walls of the bowels have lost their tone and strength; but in these, as in all persons, a distinction must be made between constipation and infrequency in the action of the bowels; the latter may be perfectly healthy, but due to some individual peculiarity or to a confirmed habit of many years, to force or disturb which may only lead to illness. In constipation, the evacuations, besides being infrequent, are solid, deficient in quantity, and sometimes very offensive; they consist of dry, hard, dark or clay-coloured masses.

The symptoms of chronic constipation come on gradually; slight at first, they may in course of time become distressing or even serious. The general health suffers, throbbing and aching pains in the head occur, with a feeling of sickness. The breath is offensive, the appetite lost; pain in the stomach, water-brash, and indigestion are set up. The face becomes pale and earthy coloured, dark rims appear under the eyes, and there is general wasting of the body. The sufferer becomes heavy, drowsy, and disinclined for any exertion; he is disagreeable and easily annoyed, nervous, irritable, and melancholic, and is affected by restlessness and disturbed sleep.

Our treatment for this trouble is to correct the cause by Special Herbal Remedies and with care in diet the most obstinate cases can be removed.

CONSUMPTION

Consumption, or phthisis, is a most common disease. One out of every twelve deaths from all causes is due to "the white scourge," and it is regarded by all with very reasonable terror. Its great prevalence in this country is sufficient reason for our discussing the subject fully. We must begin by seeking for the causes of consumption, and the first question that will arise in our minds will be, Is it inherited? This ques-

tion cannot nowadays be answered directly in the affirmative. Undoubtedly, consumption is a disease that runs in families, and those whose parents have suffered from it, are especially liable to develop symptoms of the disease. These persons are born with a delicacy of the lungs and a peculiar predisposition to catarrh and other inflammatory diseases of the respiratory organs, which are in themselves strong predisposing causes of consumption. It is said that a consumptive father more readily transmits the tendency to his sons and the mother to her daughters. Another very potent class of causes are those conditions which bring about general debility and ill-health, all severe diseases as the infectious fevers, or syphilis, or such unhealthy conditions as are caused by insufficient or bad food, or excess in the use of alcohol. The drain on the system caused by long-continued discharges acts in the same way.

Another important point is the effect of trade or occupation on the occurrence of consumption. The report of the Army Sanitary Commission, published in 1858, proved beyond all doubt that the excessive mortality from consumption amongst soldiers was due to overcrowding and insufficient ventilation, and when their recommendations were carried out, and the cubic space allowed per man was increased, and the ventilation of barracks improved, the number of cases of phthisis was at once reduced. It has also been shown that those persons who are engaged in indoor occupations are far more liable to the disease than those employed out of doors. Printers, compositors, tailors, milliners and seamstresses form the great majority of the patients at the hospitals for consumption; whilst the hawker or costermonger, although his work exposes him to constant risk of catarrh, is far less prone to the disease.

Some very interesting observations have been published by Dr. Buchanan in England, and Dr. Bowditch in the United States, "on the distribution of phthisis as affected by dampness of soil." These prove conclusively that consumption occurs with far greater frequency in those districts where the soil is damp and impervious, and also in places the soil of which is light and pervious, and yet, from which (on account of their being low-lying or from other local reasons) the water cannot drain away with sufficient freedom. In many towns the mortality from consumption has fallen as much as from 40 to 50 per cent., and upon inquiry, it is found that this satisfactory result had followed the adoption of some efficient system of drainage by which the soil was freed from superfluous moisture and rain water was quickly removed. Dr. Bowditch's researches went even further than this, and proved that wetness of soil not only affected the mortality from consumption in districts, towns and villages, but applied also to individual houses, and that a house built on a clay soil might become the source of cases of consumption, whilst others in the immediate neighborhood, but built on a dry soil, would be quite free. These facts will, therefore, impress us with the necessity for all persons at all predisposed to this disease to carefully choose not only dry, well drained districts, but also houses built on dry spots; chalk, sand and gravel are suitable, whilst clay and heavy soils should be carefully avoided.

Next, Is consumption infectious or contagious? It is not infectious in the same sense as scarlet fever and whooping cough, but a very large number of facts go to distinctly prove that it is contagious; that a consumptive husband may transmit the disease to his wife, or vice versa; and that those who live with or attend upon consumptives are always running a certain risk of acquiring the complaint. We know of instances of apparently perfectly healthy young doctors dying of consumption, the first symptom of which seemed to definitely date from some months' residence in charge of a hospital for consumption. The observations which seem to prove that consumption can be transmitted by contagion from a person suffering from it to another who is healthy, very strongly support the theory that the disease is essentially due to the presence of a minute organism. This organism is called a bacillus—the tubercle bacillus—and is a microscopic vegetable growth, which looks like a rod. These rods are so small that it would take some 600,000,000 of them to cover a square inch, and they multiply with very great rapidity. These germs are, probably, constantly around us and

in the air we breathe, but it is only when they find someone whose tissues are predisposed by disease or constitutional delicacy to receive them, or, in other words, when they fall upon suitable soil, that they take root and grow and cause disease. It is probably by means of this germ that the disease can be spread from one person to another, and it is believed to gain entrance to the body by being breathed into the lungs with the air in which it is floating in a dried state.

The expectoration of persons suffering from phthisis is often swarming with these little organisms, and if it is allowed to stand about in the sick-room and get dried, it is easy to understand how the germs find their way into the lungs of others. This mode of propagation of the disease is looked upon by some Continental physicians as of great importance, and as almost the sole cause of its extension, and they believe that by preventing the expectoration from drying and becoming dust, an effectual means is obtained against its spread. Precautionary measures in Germany, and especially in Prussia, where the authorities have interested themselves in the matter, with the result that the deaths from tubercle in the Prussian prisons have become rapidly fewer, falling to nearly one-half the number that they used to be; and in a lesser degree the same is true of the Prussian asylums. Similar precautionary measures are carried out in the United States and elsewhere, and at last our own sanitary authorities have begun to follow suit.

All inflammatory diseases of the respiratory organs are predisposing causes of consumption. Many an attack of bronchitis or pneumonia which has been neglected or imperfectly recovered from, proves the starting-point of consumption, and prepares the ground for the planting and growth of the tubercle bacillus. Certain dangerous trades act in the same way: stonemasons, fork and needle grinders, colliers, potters, cotton-carders, and chaff-cutters, by the constant inhalation of fine particles of flint, iron, coal, clay, cotton, flax, and straw, set up a chronic inflammatory condition which is just the soil delighted in by this terrible little plant.

The symptoms of consumption are most insidious, and creep upon the victim so gradually and unconsciously that it is a very difficult matter to say when the disease first began. The bacillus enters, and finding a suitable home in the lung, takes up its abode there. It soon proves obnoxious to the surrounding structures, and sets up irritation in the form of a slight inflammation. The area of this gradually spreads, and the small patches of disease after a time unite with one another; their food—that is, the supply of blood—then begins to run short, and as a consequence the inflamed patches become softened and fluid, and form little collections of matter, which are then removed as expectoration by cough, and a small cavity or hole remains in the lung where its structure has been destroyed. These little cavities, uniting with others, form larger ones, until a great portion of the lung becomes destroyed, leaving a hole which gives out large quantities of discharge. When this cavity reaches a certain size—often quite small, and perhaps no larger than a small orange—the patient is often spoken of popularly as having “lost a lung.”

With this gradual disease of the lung general symptoms also appear, and their occurrence can now be easily understood. The irritation set up in the lung causes a frequent hacking dry cough, which is one of the very earliest symptoms of the disease, and is often very troublesome to the patient. There is at first little or no expectoration, and if there is any it is watery and frothy. As the inflammation spreads, more expectoration forms; it gradually becomes thicker, until at last it looks like pure matter. In the last stages it is often brought up in very large quantities, and when examined under the microscope, is found to contain small portions of the lung itself. Under these circumstances it is true to say that the patient is coughing up his lungs. In most cases of consumption there is some spitting of blood; at first it is only in streaks, later in larger quantity, and sometimes so profuse as to cause a fatal termination to the case; and it is this condition which is spoken of as breaking a blood-vessel. Blood-spitting does not always occur, some cases being quite free from it. These symptoms are very often accompanied by some difficulty of breathing, which at first attracts

no attention except upon slight exertion, but later it becomes extreme from destruction of the lung. Another serious condition which begins very early in the disease is wasting. The patient gradually grows thinner, paler and weaker, without apparent cause, and without any very definite symptoms of illness to complain of, except, perhaps, a slight cough; and this weakness is not transitory—continuing for a time and then passing off—but is continuous, until the patient gets to look almost like a living skeleton.

When these symptoms occur together—a slight dry cough continuing for a long time, with progressive and increasing wasting and weakness—it ought to cause very grave anxiety, and a doctor should be consulted without further delay. It may, of course, be nothing serious, as other conditions may cause both symptoms, and suitable treatment may put everything right; but these signs of disease should always take us to the physician to have a very careful and minute examination made of our lungs. Other symptoms are gradually added in most instances; one very common one is very free perspiration, usually taking place only at night. These night sweats are terribly exhausting, and are sometimes so profuse as to soak the head and run off the body in drops. The night-dress and even the bed-clothes get wetted, and the patient wakes up damp and chilled, and feels almost afraid of going to sleep again, in case the sweating should return. In the later stages this symptom occurs in the day also, especially on slight exertion. The pulse and respiration are often quickened, and the temperature usually raised. The latter is a very important sign, and anyone who has any dread that consumption may be setting in, should at once consult the clinical thermometer. Take your temperature at night—say at nine or ten o'clock—and if it is natural your mind may be much comforted; for in consumption there is almost always some fever at bedtime, especially if there is any active or advancing disease. It may only rise to 100 degrees Fahrenheit, but sometimes it is as high as 103 or 104 degrees Fahrenheit. If the temperature is high at night, it will usually be found to have gone to the opposite extreme in the early morning, and often falls a degree or two below normal. In the late stages of consumption the fever may be severe, and the extremes of temperature in the morning and evening very great. This is what is called hectic fever; it must be looked upon as a serious symptom, and will be found to be associated with wasting, the hectic flush, and sweating. Loss of hair and diarrhœa may also occur, but are neither important symptoms, although the latter may become so towards the end. Curiously, consumption is not a painful disease. The patient may complain of slight pain in the chest, usually situated at the upper part of the affected side, in front or behind under the collar-bone. One of the most remarkable things is the wonderful degree of good spirits and hope which such invalids always have. They are always thinking and saying that they are better, or feel better, and talk of what they will do when they are well again and strong enough; and this brings us to the treatment. Is consumption curable? Or is it always progressive and certainly fatal? It is most certain in many cases curable; and it is only a mistaken, although very widespread, belief that all cases must end fatally, in spite of treatment. It probably would not be far from the truth to say that as many persons get well as die from consumption. We all can think of someone who was said to have had his lungs affected years ago, and is still alive and well. Doctors are very familiar with the appearance of a scar of the lung resulting from the healing of consumption years before.

Some cases will get continuously worse in spite of all forms of treatment; and it is of the utmost importance that the disease should be discovered early, and treatment applied from the very beginning; in the early stage much may be done to effect a cure; in the late, treatment can only be expected to give relief and allay troublesome symptoms. It is a wise policy for those who are predisposed to consumption by inheritance, never to neglect even a slight cold, and to always have their chests examined by a doctor if any symptom of lung trouble is at all lasting.

The subject of treatment is a very wide one, and it is only possible

to give a sketch of the various lines that may be followed. We must attempt to arrest the progress of the disease, and increase the general nutrition of the body; and when any urgent symptoms arise to relieve them with appropriate remedies. In order to carry out these three objects we have at our disposal the treatment by Herbal remedies, by diet, by hygiene, and by climate. Herbal Remedies may be used with the special purpose of attacking the local disease in the lungs, when they are called specific remedies, or they may be used generally as tonics, etc. Much was expected from the use of "Tuberculin," which in different forms was introduced by the late Dr. Koch, and though exaggerated claims were made for it, it is now proving itself to have substantial value both in the diagnosis and in the treatment of consumption.

We use internally Special Herbal Remedies, and liniments to rub on the chest and assist the breathing, and if taken in time we believe all cases will be restored to health.

CYSTITIS

Cystitis (inflammation of the bladder). This is one of the most common of the urinary ailments. It affects the lining membrane, and may be either acute or chronic.

Acute inflammation of the bladder is not a common affection. It is caused by the presence of a stone, by injury in passing an instrument, by exposure to cold or damp, as sitting on a cold stone or on wet grass, and in women by displacement of the parts. Spanish fly, taken internally or absorbed into the system, from an ordinary blister applied to the skin, has occasionally been known to produce the affection.

The symptoms are pain in the lower part of the abdomen, with tenderness on pressure and a sense of weight. Fever is also present, with chilliness or even rigors, and occasionally somewhat severe symptoms of constitutional disturbance. The patient always complains of a constant desire to pass water, and this is done with great frequency by spasmodic contraction of the bladder, accompanied with much pain. The urine is thick from admixture with mucus and matter, and sometimes, in very severe cases, contains blood.

Chronic inflammation of the bladder is of more common occurrence. It may be left after an acute attack, but in the great majority of cases is the result of some obstruction, such as may be produced by a stone, stricture, or tumour, which prevents the bladder from being completely emptied, some portion of the water—varying from a few ounces to a pint—being left behind. This sets up irritation of the lining of the bladder and causes a formation of mucus; the urine then rapidly decomposes, ammonia is set free, and produces a strong, offensive smell, and causes still greater irritation to the bladder. Many cases of chronic cystitis are due to gout and are liable to occur upon slight exciting causes in persons predisposed to that disease.

The symptoms are similar to those of the acute disease, but less severe; one peculiarity of the chronic condition is the formation of an enormous quantity of mucus, which forms a thick, tenacious deposit in the urine if it is allowed to stand for a time.

We get more patients with this trouble than any other single disease and this fact alone speaks for the success of our Special Herbal Medicines. To relieve the great pain, we use suppositories to insert in the rectum and no sufferer need continue with this affliction.

DIABETES

Although this cannot be strictly considered a disease of the kidneys, yet, as one of its most important and prominent symptoms is a copious flow of urine, it is most convenient to describe it in this place. Diabetes mellitus is a malady in which there is an excessive flow of urine containing sugar, accompanied with extreme thirst, hunger, and wasting, and if unrelieved ends in death. It is most common in middle-aged men, although occasionally it occurs in both sexes and at all ages; it is undoubtedly hereditary, and its two most prominent causes are injury or disease of the brain and mental excitement, worry and strain, but

many cases are met with for which no apparent cause can be discovered. The disease comes on gradually and may remain unobserved for a long time; the patient, however, recognizes that day by day he passes an increasingly large quantity of water, that he is affected with most unusual thirst and hunger, and that, in spite of the enormous quantity of food he eats, he is wasting and losing strength. The first symptom perhaps, which really causes him alarm, is the peculiarity of the water. He notices that wherever a drop of it falls it leaves a white spot on drying, that it has a peculiar odor likened to new milk, apples, or new-mown hay. On paying a visit to the doctor, the urine is examined and is found to contain a large quantity of sugar; its specific gravity is very much greater than natural, being perhaps as high as 1,040, or in severe cases 1,060 or 1,070. It is passed with great frequency both day and night, and in enormous quantities, varying according to the amount of fluid he drinks—from 6 to 30 pints or more in the twenty-four hours; it has a pale-greenish or yellow colour, is acid and very clear, and contains no albumen. The extreme thirst is a very distressing symptom; the mouth and tongue are dry, and the gums tender and sore. The appetite is voracious, and rapidly returns after even a full meal; usually constipation is present as a result of the drain of fluid from the body, and the skin is dry, harsh, and liable to chronic skin eruptions and crops of boils.

The wasting in this disease and loss of strength are sometimes very rapid, and this is hardly to be wondered at when we calculate the enormous quantities of nutritive material in the form of sugar which may be lost in a single day. If the patient passed 30 pints of urine of a specific gravity of 1,040, he would be losing over 2 lb. of sugar every day, or about 11 stone (a fair weight for a man) in less than 70 days. The disease, unless checked by careful treatment, goes on from bad to worse, and is likely to be cut short by some fatal complication. Diabetic patients are very susceptible to cold, exposure to which may bring on consumption (which is not a very uncommon accompaniment of diabetes) or inflammation of the lungs.

Our treatment of this trouble has been most successful, and without saying we have a panacea for this trouble, yet we feel sure a large number of cases now considered hopeless could be saved by a course of our Special Herbal Remedies and suitable diet.

DROPSY

Dropsy is the collection of fluid in the loose tissue under the skin or in some of the cavities of the body, and is due to the watery part of the blood oozing from the blood-vessels to a greater extent than in health and not being taken up again into them. There is very unreasonable dread in the popular mind of this condition, and its occurrence is by some people looked upon as the beginning of the end; there are certainly some forms of dropsy which are very serious and occur only as part of incurable diseases, but other forms are not so, and will entirely disappear with improvement in the general health. In the ordinary condition of health the fluid portion of the blood constantly oozes out of the capillaries and small vessels, and is as constantly taken up by the lymphatic vessels and returned to the general circulation. If, however, as the result of some diseased condition, this fluid is poured out in larger quantity than can be absorbed, dropsy occurs. This may occur whenever the heart is weakened and the circulation is sluggish, and also in those conditions in which the blood is poor and watery, as in anæmia; these forms of dropsy are not serious. Besides these, the causes of dropsy can be divided into three classes: firstly, those acting through the heart; secondly, those acting through the kidneys; and, thirdly, those acting through the liver.

Dropsy may be a general condition affecting all parts of the body, or it may be localised, and different names are given to it according to the part it affects. Thus, if it occurs in the interior of the brain, it is called hydrocephalus or water on the brain; if in the bag surrounding the heart, hydropericardium; if in the abdomen, filling up the bag of the peritoneum, it is named ascites; and if in the body and limbs, it is called anascara. When dropsy occurs in the limbs, they become swollen and

soft, and if firm pressure is made upon them with the fingers a distinct hollow, or, as it is called medically, "a pitting," is produced as a result of the fluid being forced out of the part; after a time the fluid recollects and the pit disappears. If the dropsy becomes great, the skin is stretched, waxy-looking, and shiny. It is an interesting point in this disease that the dropsy due to the three classes of disease already mentioned is first noticed in different situations. That due to heart affection is first noticed in the feet and ankles, which become swollen and puffy, especially after standing for some time, and disappears after a night's rest. The dropsy due to kidney affection first appears in the eyelids and face, the lids become swollen and rather transparent-looking, and the face distinctly altered in appearance. Diseases of the liver produce the form of dropsy called ascites, when the fluid is poured out in the bag of the peritoneum. The amount of fluid may be very great in extreme cases, the legs becoming enormous, almost like those of an elephant, and the abdomen so distended that it becomes impossible for the sufferer to move about at all from its bulk and weight.

The treatment must be directed to the removal of the cause, and it must be recognized that dropsy, of whatever kind or part, is only a symptom, and not a disease in itself.

In treating this trouble we firstly find the cause, and give the necessary Herbal Remedies to eradicate it, and have every confidence in removing this disease in a permanent manner.

DYSMENORRHEA

Difficult menstruation occurs chiefly in women of nervous temperament. Sometimes the pain occurs a day or two before the period, and ceases when the flow comes on; at others the pain comes with the flow.

For this trouble a course of our Special Herbal medication is the remedy, thereby removing the cause of the disease, as no pain should be caused in a healthy person at these periods.

This is one of the commonest troubles of womanhood, and often treated as being rather unfortunate, but something that woman must put up with, until the change ends the necessity. However, there is a reason for this state, and when this is found out and removed the disease disappears.

DYSPEPSIA (INDIGESTION)

Dyspepsia (indigestion) is one of the most common and fashionable of complaints, and may affect persons of all ages, classes, and conditions. To understand it thoroughly and the symptoms to which it gives rise it is necessary to have some knowledge of the processes by which the digestion of the food is carried out and of the organs concerned, and to do so the remarks which precede this chapter should be carefully read. It will be also necessary to appreciate to some extent the varieties of food in an ordinary diet—those which are indigestible or unsuitable, and the amounts which are required for the maintenance of health—and for a description of these particulars we must refer the reader to the section on food. The causes of indigestion cover a very wide range, one of the most important being some error in the diet. Food may be taken in deficient quantity, in excessive quantity, or in an unsuitable form; probably nourishment is taken in excess far more often than in insufficient amount, and in this country the error most frequently consists in taking too much nitrogenous food, especially meat. This ingredient forms a very small percentage of a theoretically correct diet, whilst in practice it forms the most important portion of our meals. Improper food is a common cause of the troubles of indigestion, but it is impossible to state briefly what foods are likely to disagree, as foods act so differently on different persons. Some find it unwise to indulge in foods which others can take regularly with perfect impunity; certain forms of meat or fish always act injuriously upon some people, producing acute attacks of indigestion; and such individual peculiarities can only be discovered by experience. Again, some articles of luxury prove most deleterious, acting almost like poisons if they are taken in any excess, amongst which are alcohol, tobacco, and tea. Most of the diseases of the stomach are productive of dyspeptic symptoms, especially chronic inflam-

mation or ulcer of the stomach, also functional affections, or sluggishness of the liver and constipation of the bowels. The process of digestion may be interfered with by imperfect mastication of the food, due to bad teeth or haste in taking meals; through the nervous system, from anxiety, excitement, or fright; and by a condition of far more common occurrence—namely, the absence of pleasant and congenial society at meal-time. The mind ought to be free or pleasantly occupied whilst food is being taken, and the habit of reading or working whilst taking food should be avoided. Again, meals should be arranged at suitable intervals, if three are taken in the day, they should be spread over the four-and-twenty hours as much as possible, and not crowded as is often done, into about eight hours, the remaining sixteen including no meal. The intervals should be of sufficient length to allow the digestion of the previous meal to be completed, and to give the stomach a period of rest; this organ will soon rebel if it is called upon to be constantly at work, and strongly objects to the ways of those persons who are always throwing in little meals at frequent intervals; probably eight, two, and eight are the most suitable hours for taking food, and are separated by sufficient intervals. The opposite fault of taking meals too seldom is also injurious, and the custom of starving from breakfast until a late dinner is likely to disturb the function of digestion. A certain amount of exercise is good, and aids the digestive process, while sedentary habits or excessive bodily or mental exertion close to meals is injurious. There are some general diseases which produce dyspepsia; alter conditions of the blood, as in anæmia or allied affections, chronic alcoholism, gout, and many acute diseases. Although the foregoing are the chief causes productive of indigestion, they are not all. Sometimes the affection is brought on by conditions which are obscure and difficult to recognize, and which require professional examination and advice.

We will now consider the chief symptoms of indigestion, some of which will be present in all cases; but it must not be expected that by any means all occur in every instance. A sense of weight or discomfort is often experienced, especially after taking food, and this may sometimes become actual pain. The pain of indigestion is felt either in the pit of the stomach or in the back, or in both places, and is occasionally the chief cause of complaint. Sometimes it occurs before food, when the stomach is empty, and is accompanied with a craving for food; at others it comes on at variable intervals after meals. A feeling of fulness, heartburn, hiccup, and flatulence often occur, and in most instances there is nausea and vomiting; the latter may occur immediately after food, which is rejected unaltered, or it may occur some hours after, when the food is partially digested and frothy or fermented. Eructations are a cause of frequent complaint, a small quantity of fluid being brought up, which is acid, bitter, or quite tasteless, the latter condition being described as pyrosis; occasionally blood is vomited. Loss of appetite is a usual accompaniment of dyspepsia, and generally occurs with a furred tongue, offensive breath, troublesome headache, and a pale, unhealthy complexion. Certain skin eruptions, flushing of the face, redness of the nose, palpitation, and even asthmatic attacks, may be produced by this affection. Although dyspeptic patients are sometimes fat and apparently well nourished, the majority who suffer at all severely become wasted and ill, and show nervous symptoms, such as low spirits and depression, drowsiness and sleepless nights, and usually feel at their worst in the early part of the day, getting brighter and better in the evening. The function of the bowels is affected in almost all cases; usually there is constipation, but sometimes, as a result of irritation and undigested food, diarrhœa is produced, and may be obstinate and exhausting.

The treatment of indigestion requires a great deal of determination and strength of mind, and sometimes the self-denial and constant thought which are necessary become so irksome that the patient feels as if the treatment were almost worse than the disease. Many cases are certainly very obstinate and attended with constant failure to obtain relief, but very few can be considered incurable; in the majority of cases much can be done, and an ultimate cure anticipated, as the result of careful attention to diet, hygiene, and the general health. It

is very difficult to state dogmatically what food should be allowed and what should not, as the articles which disagree vary so much with different individuals; but those who suffer from the complaint soon learn by bitter experience what they must avoid. There are certain rules, however, which can be given here, and will serve as a general guide, to be varied according to special circumstances and peculiarities. The first point to which attention must be directed is the cause; if this can be discovered, it can in many cases be removed by appropriate measures. Mastication being of great importance in preparing the food for digestion, it must be performed thoroughly, and anything likely to prevent this must be remedied. The teeth should be examined, and those that are decayed or painful should be stopped or extracted and artificial ones inserted in their place. Meals should receive ample time, and all hurry and interruptions in taking them be avoided; they should be taken at regular hours and at suitable intervals, all eating between meals being avoided. If the appetite is poor and very little food can be taken at a time, three or four meals will probably be sufficient, and food in smaller quantity will have to be taken at intervals of every three or four hours. As to the amount of food required to maintain the nutrition of the body, something may be learnt by a perusal of the pamphlet on Diet, but the theoretical allowance would in practice prove too small, some excess being always taken. Another matter of some importance is the state of mind when at meals; cheerfulness and ease of mind, pleasant conversation, and agreeable company are great aids in the treatment and cure of indigestion. As a rule, all rich, highly seasoned, heavy, fat, or twice-cooked meats are bad, as well as new bread, shellfish (except, perhaps, oysters), salmon and cheese. Tea is like poison to many dyspeptics, and should by all be taken with the greatest moderation. As regards stimulants (except in cases of great weakness), they should be avoided altogether; beer, wine, and spirits being equally unsuitable. Milk, cocoa, coffee, and pure water should form the chief beverages, and be taken in moderate quantity. General hygiene is of equal importance. Moderate exercise in the open air should be taken, but not immediately before or after a full meal; mental occupation should not be too severe or prolonged, and be such as to relieve the mind of anxiety and worry? Early hours should be adopted—early to bed and early to rise. A cold sponge or plunge bath every morning, and change of scene and air, result in great benefit.

For this trouble, as in all others, the Herbal Treatment gets at the cause of the special form of disease, and with a little care of diet and perseverance the most chronic case will be cured. (See Testimonials.)

ECZEMA

Eczema is one of the most common of skin diseases; it is important therefore that we should be able to recognize it. It is an inflammation of the skin, but, unfortunately, it shows itself under such various aspects that it is not easy to describe it at all briefly. Eczema is characterized by more or less redness of the part of the skin affected, with small, closely packed vesicles upon it, which are usually not larger than a pin's head. These run together, burst, and pour out a watery fluid that forms into thin yellow crusts. The discharge has the property, when dried, of stiffening linen. The parts affected burn, tingle and itch, and these symptoms are sometimes very severe, especially at night; the itching in particular may be so troublesome that it is impossible to resist the temptation to scratch the parts. This, though it may temporarily relieve the itching, much increases the severity of the disease. In all forms of eczema there is some constitutional disturbance, shown by slight fever, but occasionally this is entirely absent. The length of time that an attack of eczema may continue is very indefinite. One crop of vesicles may form, break, dry up, and, after slight peeling of the affected skin, disappear altogether in the course of a week; or crop after crop may be formed, as soon as one is passed another appears, the skin becomes highly inflamed and "weeps," and the disease, passing into a chronic condition, may last for years. The discharge of eczema is clear, watery, alkaline and very irritating, and scalds the skin over which it flows, inflaming it and spreading the disease.

The affection is produced by many different causes—exposure to the sun's rays, heat, cold, irritating soaps, etc., may bring on slight attacks, with a little moisture and peeling of the skin. The strong liniments or plasters, the poison of dyed stockings, irritating articles used in trades—as soda and soap, by washerwomen; lime, by bricklayers—are all frequently causes of the affection. In some cases it is probably due to micro-organisms.

However, in the case of eczema and all skin diseases, with the exception of those of a parasitic nature, we consider to be caused by an impure state of the blood.

Of general causes, anxiety and worry, indigestion, asthma, rheumatism and gout are the most important, persons suffering from any of these are prone to eczema. The disease is not usually of a contagious nature, but occasionally cases occur in which it seems to be transmitted from one person to another by actual contact, as from an infant to its nurse.

Any part of the body is open to attack by this disease, but some parts are affected with especial frequency. The face, head, and behind the ears are the commonest situations. In children during teething the head is often covered with patches of yellow crusts, and these are sometimes associated with the presence of lice; the bends of joints are favorite situations, as the elbows, knees, and groins; over the thin skin covering the shin eczema occurs as the result of varicose veins; the ears, nostrils, and upper lip are all commonly affected. Although children are most liable to the disease, it may occur at all ages, and a chronic form is not at all uncommon in old people.

Having thus described the disease, we must next consider what can be done for its relief; but before doing so, it will be well to answer a question so often put to the doctor. Is it right to try and cure it? Isn't there danger of driving it in? The idea is that the discharge is useful as a means of removing poisonous or waste material from the body, and that if the discharge is stopped, disease will be produced in some other part of the body. This theory is not entirely confined to unprofessional persons, but is becoming rapidly extinct among medical men, for it is not supported by experience, and the most distinguished specialists in skin diseases do not consider that it applies to cases treated properly, and teach that all cases of eczema should be cured as quickly as possible. The general health and predisposing causes must first receive attention. The food must be simple and light, and all dietetic errors corrected; alcohol should seldom be allowed except in aged and debilitated persons, and the bowels should be carefully regulated. Rheumatism, gout, and other constitutional diseases must receive their appropriate treatment, as recommended elsewhere. If the attack is severe, a large surface of skin affected, or feverish symptoms marked, the patient should stay in bed, but not keep too warm, as by warmth the burning pain is increased.

Before any local remedies can be applied with benefit the scabs must be removed. This can best be done by covering them with lint soaked in oil or by warm bread poultices. Although cleanliness is of the first importance in the treatment of eczema, constant washing and rubbing with towels is most injurious. Hard water should on no account be used; rain water or water that has been boiled and to which a small quantity of bran has been added should be employed, and great care should be taken to prevent the discharge from irritating the surrounding skin. Ordinary soap is also injurious to the eczema eruption, and should not be used. We supply a medicated soap. Another important point in the treatment is that the lotion or ointment employed should be kept continuously on the affected part, which should always be carefully covered from the air; it is not sufficient to apply remedies once or twice during the twenty-four hours.

This is a very common case for our treatment, and we see many hundreds yearly. The treatment that we find most satisfactory is Special Internal Herbal Remedies to remove the cause from the blood. Ointments or lotions to relieve the irritation, and, as mentioned before, medicated soap to cleanse the parts. (See testimonials.)

EPILEPTIC FITS

No nervous disease is more dreaded than epilepsy. In its severe forms the patient utters a peculiar shrill cry and falls to the ground. His muscles are violently contracted or convulsed, he foams at the mouth, and always bites his tongue. Often he sleeps a while after a fit, and when he awakes he recollects nothing of what has happened.

Epilepsy is generally regarded as hereditary, but there are many exciting causes—debility, excessive excitement, and vicious indulgence of any kind.

For treatment we believe our Special Herbal Nerve Sedative to be the only successful treatment and all sufferers are recommended to take a course at once, when their troubles will grow less and ultimately disappear altogether.

ERYSIPELAS

Erysipelas, or St. Anthony's fire, is a much more serious disease than any of those mentioned so far. It is an inflammation of the skin, and is characterized by redness. The skin affected becomes a bright red color and is slightly swollen, and the inflammation has a peculiar tendency to spread very widely, involving a large surface of the skin. The disease is liable to attack open wounds, spreading gradually from them as a centre, or it may begin at those parts where the skin and mucous membrane join, as at the orifices of the nostrils or the edges of the eyelids; for this latter reason, the face is very commonly affected.

The milder cases of erysipelas may be attended by very slight or no fever and general illness, and such examples of the disease are sometimes included under the class of skin diseases already described as erythema; on the other hand, however, some attacks of this disease are very acute, and the general symptoms are of a dangerous character, including high fever and delirium.

The patient usually feels ill and shivering, the latter in the worst cases being accompanied by a rigor. Fever is nearly always present, and in some severe attacks rises very high; it is not at all uncommon for the temperature to be three or four degrees above normal—that is, up to 102 or 103 degrees. The digestive organs are much affected, the tongue is furred, and the appetite lost, great thirst is complained of, and constipation is almost always present. The skin is hot and dry, the urine high colored and scanty, and the pulse much increased in rapidity. The nervous system generally shows some signs of the general disturbance; in the slight cases by lassitude and drowsiness, but in the severe, especially when the erysipelas affects the head, active delirium sets in, which may be most violent, the patient requiring forcible restraint to prevent him from getting out of bed, or even from fighting his way out of the house.

For this affliction we recommend Special Internal Herbal Remedies and powders, lotions, ointments, to allay the great heat and inflamed condition, and although the most dangerous of all Skin or Blood Diseases, there is no reason to fear failure with Herbal Remedies.

ERYTHEMA

Erythema is a redness of the skin occurring in patches of an irregular form and sometimes of large size, often somewhat raised above the level of the skin. At first the color is a vivid red, but as it disappears it assumes a bluish hue. It is seen as the result of a slight burn, in chilblains, or after lying on one spot for a long time, and is very common in young children. Redness of the nose and flushing of the face after meals, as the result of indigestion, is a variety of erythema. Red patches are frequent in rheumatic persons and during rheumatism, and the patches are of all sizes and shapes. Erythema nodosum is a special form which is very common in girls from six to twelve years of age, and not uncommon in delicate boys and young women. The most common, but not the only situation for this disease to appear is the front of the shins. The spots are round or oval, varying from half an inch to two inches in diameter. They are distinctly raised above the surface and itch, burn, and tingle slightly.

For this disease the treatment would be our Special Internal Herbal medicines, a soothing, healing ointment, and, possibly, a lotion to reduce the inflammation, with a lanoline base soap to assist replacement of cuticle.

FALLING OF THE WOMB

This trouble is the result of getting up too soon after confinement, before the womb has returned to its natural position; by straining and lifting heavy weights; by too frequent child-bearing. However, whatever is the cause, it is a trouble that should never be neglected, as it gradually gets worse and worse, and makes a woman's life one of perpetual misery. The wearing of instruments to support the womb are often advised, but those who have worn them generally prefer the disease to the so-called cure. Our system of treatment is Special Herbal Uterine Medicines to take, suppositories or tablets to insert into the vagina and medicated douches. This form of treatment acts as an astringent on the ligaments of the womb and draws it back into place, and if persevered with a reasonable time the trouble disappears. We suggest this is better than an operation, as often advised.

FISTULA

Fistula is a narrow pipelike tract which is very chronic in its course, and continues to discharge from its opening, for a long time, a watery or thick discharge. It is caused by an abscess which has formed at the side of the bowel and has discharged its contents, leaving only a small hole. There is very frequently a little tag or flap of skin, formed close by the opening which covers it over and sometimes causes difficulty in discovering it. Consumptive patients are very liable to this troublesome little complaint.

The symptoms are first those of an abscess at the side of the bowel, which forms a hard, very painful lump; matter forms and discharges, leaving no further trouble than a constant moisture of the parts, produced by the discharge from the fistula, which can be felt as a hard cord. The abscess must be treated with rest, hot poultices, fomentations, and sitz baths, whilst an early opening is advisable if it does not rapidly break of itself.

To cure the fistula, the general health must be maintained, good food and hygiene being provided; rest is generally desirable, as every movement of the part drags upon the fistula and prevents it healing. The bowels should be kept rather relaxed, the parts very clean by frequent ablutions with warm water, and a course of our Special Herbal remedies taken until all the symptoms have disappeared.

FLATULENCY (GAS OR WIND IN STOMACH)

Flatulence, or, as it is sometimes called, "wind in the stomach," is sometimes a very troublesome symptom, and is of very common occurrence in cases of indigestion; it affects those who suffer from debility, those of advanced age far more frequently than the young and healthy, and is more commonly seen in women than men, especially those women who are nervous and inclined to be hysterical. The wind is ejected from the stomach occasionally in enormous quantities, so that in some cases it is a mystery where it all comes from; this is a characteristic of those cases which are due to hysteria. It has been considered by many that in these instances the stomach gives out gases, as it is often quite empty and free from food, but there is no proof of this idea. In the great majority of cases the flatus is produced by fermentation and decomposition of the food caused by its remaining a long time in the stomach without being acted upon by the digestive juices. In some persons any irregularity of the time of taking food, or having to wait for meals, is sufficient to produce this trouble. It is also a symptom which accompanies chronic constipation, inflammation of the stomach, and many diseases of the liver. The symptoms of flatulence are probably familiar in some degree to all by personal experience. Usually a good deal of pain is felt in the stomach, dubbed by old women with the euphonious title "windy spasms"; the whole abdomen is often distended, and the movements of the bowels active, producing rumbling noises and

great discomfort. The ejection of the wind is often accompanied with eructation of portions of the contents of the stomach, and for a time gives great relief to the symptoms. The distension of the stomach and other organs is sometimes so great as to interfere with the action of the heart and lungs, by which is produced palpitation, irregular pulse, pain and discomfort in the heart region, and even a sensation of faintness and giddiness. The wind given off from the stomach is usually both tasteless and odorless, but instances are not rare in which it has a most disagreeable taste and smell as of rotten eggs; this is always the result of decomposition of the food in the stomach, and the formation of a gas called sulphuretted hydrogen.

To remove this trouble one must correct the stomach, as invariably indigestion is at the root of the trouble. We do this with a course of Special Herbal Remedies, and no sufferer need lose hope.

GALL-STONES

Gall-stones are solid masses formed in the gall-bladder or ducts of the liver, and are produced by concretion of the solid portions of the bile around some body which acts as a nucleus or focus; this core may be a foreign body, as a needle, a round worm wandered from the intestine, or simply a piece of hardened mucous; the stones vary from a dull white to a deep black. They may occur singly or in immense numbers, even hundreds, and may be as small as fine gravel or masses several inches long. They very rarely affect children, usually being found in persons over thirty years of age, and, curiously, much more frequently in women than men. Sedentary habits and errors in diet are said to be predisposing causes, but we must acknowledge that very little is known as to why they form. So long as the stones remain in the gall-bladder, they usually give no trouble, and their presence is unrecognized, unless, as occasionally occurs, they set up inflammation or abscess by irritation. On the other hand, when they wander from the gall-bladder, and escape along the ducts into the intestine, they produce symptoms which are really quite terrible to suffer from and to witness. The pain or biliary colic comes on suddenly with acute shooting, burning, or stabbing in the right side in the region of the liver; it passes downwards to the navel, and upwards into the right shoulder; and there is usually a good deal of tenderness. The pain is accompanied by severe rigors or shivering fits, some fever, and violent vomiting. The face is drawn, anxious, pale, and covered with drops of cold sweat, and the patient may become very faint, and even lose consciousness. These attacks may last two or three hours, or with less severity may continue for days. They usually come on a short time after a meal, the gall-stone being probably dislodged by the flow of bile from the liver into the intestine in the process of digestion. A few hours after the commencement of the attack, jaundice commonly becomes apparent, first in the eyes and later over the whole body, the motions become pale, and the urine dark brown. The spasms of pain usually cease as suddenly as they begin, by the stone reaching the end of the duct and falling into the bowel. If small, it passes away with the motions, and these should be carefully examined in order to discover them, but occasionally a stone may be so large as to cause obstruction of the bowels. Gall-stones seldom occur singly; one attack is exceedingly likely only to be the forerunner of others.

We are most successful in treating this trouble and recommend all patients who have had one attack to lose no time in taking a course of our Special Herbal Remedies and save bearing a second time the most severe pain a man must bear.

GOITRE NECK

This disease is almost exclusively confined to women and shows itself by enlargement of the thyroid glands and the formation of a growth in the front of the neck, which in time presses upon the bronchial tubes and causes shortness of breath. It is most prevalent in Vancouver and district. Many causes are cited for this state of affairs, amongst them being a deficiency of iodine in the water, the large amount of meat eaten by the inhabitants, the humidity of the climate during

winter, excess of lime in the drinking water, and other causes. However, both in the Old Country and here we find Herbal Remedies are effective to remove the disfigurement without the unpleasantness of an operation.

A peculiar form of palpitation has been described by Dr. Graves, and has therefore been called **Graves's disease**; it occurs in company with two other symptoms, protrusion of the eyes and a swelling of the neck, and has therefore also received the name of **exophthalmic goitre**. This disease more particularly affects young women from twenty to thirty years of age, of the nervous type. Its causes are still hardly understood, but it is sometimes consequent upon violent nervous excitement. Besides the three most prominent symptoms, there is usually a certain amount of interference with the breathing, showing itself as breathlessness, and the blood is often in a poor anæmic condition. Preceding and throughout the illness there is a marked alteration of the patient's temper; she becomes cross and quick tempered, irritable and depressed. This is often the first sign of there being anything wrong with her, and takes her friends by surprise, but it is soon followed by palpitation, which is the symptom most distressing to the patient, and lasts throughout the illness. It is much increased by excitement or exertion, and the pulse is rapid and often irregular. The protuberance of the eyeballs gradually increases until it becomes impossible to completely cover them with the lids. When extreme, it gives the patient a very peculiar appearance, for the white of the eye shows as a ring all round the coloured portion, and the eyes look as if they were starting from the head; the projection is much increased by excitement, and has in most cases monthly exacerbations in women, the same conditions being noticed in the other symptoms also. The swelling of the throat is usually one-sided, and is unlike the ordinary form of goitre, described elsewhere, which is firm and solid. In the goitre of this disease the swelling is soft, and throbs with each beat of the heart. It is said sometimes to become so large as to press upon the windpipe and cause difficulty of breathing. Although the majority of cases, after increasing for some months, tend to get better, yet they are not without danger, death resulting sometimes from heart disease or from general exhaustion and wasting. Those who suffer from this disease should live a quiet, healthy life, taking simple, nourishing food and daily exercise in the open air, but always short of fatigue. Any disturbance of the functions of the body should receive attention and if a course of our Special Herbal Remedies is taken removal is only a question of time.

GOUT

Gout is due to the presence of an excess of uric acid in the system, and may therefore be produced by all those causes which encourage the formation of this acid. It is the most striking example of an inherited disease; this inheritance may be a sufficient cause to produce it by itself, or it may be aided by some of the other causes to be mentioned. The individual who inherits gout has what we have already spoken of as the uric acid diathesis. The inheritance is so strong that it occasionally is handed on to several succeeding generations, and the stronger the predisposition, the earlier in life is the first attack likely to occur. Sometimes, however, gout may appear in persons quite free from hereditary taint; and in these cases the most common cause is some error relating to food, drink, or exercise. Excess in eating is a serious matter in one goutly inclined, especially if the excess is in articles of food rich in nitrogen. These, of course, include all animal foods, but some are much more injurious than others. Beef is considered particularly bad, but all meats, especially if richly cooked and highly flavoured, are injurious. Excess in drink is a very frequent exciting cause; all alcoholic drinks are objectionable, but especially sweet wines, as port, and malt liquors, as beer, stout, and porter. Spirits are not nearly so likely to do harm. Sedentary habits and an indolent, lazy mode of living strongly predispose to the disease. Another predisposing cause, which is rather unexpected, is the presence of lead in the system, even though it may be in the smallest quantity. Men are much more frequently affected than women—indeed, the disease must be looked upon as rare in the

latter; and it chiefly occurs in men of the upper classes, in those who keep automobiles, who drive instead of walk, who can afford wine, and live luxuriously. The affection called "poor man's gout" may be produced by excessive indulgence in beer, but is generally rheumatism, and not gout at all. As regards age, thirty-five is about the usual time of life for a first attack, unless inheritance comes in and produces it earlier. The popular idea of the appearance of a gouty person as full-blooded, red-faced, thick-necked, and stout is not far wrong, as these conditions are produced by just those causes which predispose to gout; but, on the other hand, the disease is sometimes seen in persons of a perfectly opposite appearance, who are thin, wiry, and nervous. Cold, damp, and changeable climates are productive of gout, whilst it is almost unknown in tropical countries.

In describing the phenomena of this affection, it is necessary to divide them into those occurring with a typical attack of acute gout, those of chronic gout, and those of irregular or internal gout.

A person predisposed to the disease goes to bed well, or with some slight symptom of ill health, after perhaps a night out, a big dinner, a convivial evening with some old chums, or a drinking bout, and at about two or three o'clock next morning wakes up to find himself in a state of misery. The ball of his great toe—gout's favorite locality in a first attack—is hot, red, swollen, and awfully tender; the foot throbs and jumps; he cannot move it without exquisite pain. The weight of the clothes on the foot is unbearable, and he cannot possibly get out of bed to call anyone to help him. Besides this, he feels ill—at first shivering, then hot, his tongue is furred, he is thirsty, his bowels confined, his appetite gone, and he is restless and ill. During the day he is better, but at night worse again—a state of affairs which may continue for from four to ten days, according to the efficacy of the treatment. But one attack, unfortunately, does not end the disease, for a second attack comes on sooner or later, and the intervals get shorter, until gout is a usual condition and the unfortunate patient can hardly ever feel himself free from it. The big toe joint is the common seat of gout, but in the later stages many other joints become affected, the smaller more commonly than the larger, but none are free from danger. Gout is trying to other persons besides the sufferer, for it makes him as cross as two sticks.

Chronic gout is a late stage of the acute disorder; in it many joints are painful, stiff, and deformed. The hands are commonly involved severely; the fingers are so swollen, stiff, and twisted that they hardly look like human hands, and are of very little use to their possessor. Hard lumps and swellings form around the joints, which are produced by a deposit of salts from the blood. They are called "chalk-stones," but consist really of urate of soda. These may produce inflammation and abscess, and occasionally come away as hard masses in the discharge. A small chalk-stone is very frequently found in the firm part of the ear, and is a certain proof of the presence of gout, as are chalk-stones anywhere.

Irregular gout is a term used when this disease affects one of the internal organs and interferes with the healthy performance of its functions; this condition sometimes takes the place of an attack of ordinary gout, or, if acute gout is suddenly checked or "driven inwards," it may break out in other parts, and may be called **suppressed gout**. The following are some of the ways in which irregular gout shows itself. An attack of sudden difficulty and pain in swallowing from gout of the pharynx and windpipe; a sudden pain in the pit of the stomach very similar to colic, relieved by pressure and accompanied with a sensation of weight and oppression, and sometimes with bilious vomiting from gout of the stomach; attacks very similar to angina pectoris from gout of the heart, in which the pulse gets very weak, sometimes fast, at others slow, with palpitation, and a feeling of suffocation; acute symptoms of bronchitis coming on quite suddenly, or a condition resembling asthma from gout of the bronchial tubes; headaches, delirium, convulsions, and perhaps even apoplexy, may result from gout of the nervous system; certain skin diseases coming on without warning, as eczema, redness, or nettle-rash, and heat, redness, and itching of the

nose, are due to the gouty poison; a pricking pain in the pad of the heel is considered a gouty symptom.

When speaking of the uric acid diathesis, we mentioned its close connection with gout. It is important to know that when an attack of this disease is imminent the urine usually deposits large quantities of pink urates, and sometimes uric acid itself; it is high coloured and small in amount, but during the attack the uric acid is very much less in quantity. In chronic gout, on the other hand, the urine is abundant, very pale, of low specific gravity, and very deficient in uric acid.

A few weeks' treatment with our Special Herbal Remedies internally together with our Liniment to ease pain will clear the system of this trouble.

HAY FEVER (HAY ASTHMA)

Hay fever, or hay asthma, is a peculiar disease which affects certain individuals who are predisposed to it; it occurs with far greater frequency in England than in other European countries. It is caused by the irritation of the pollen of certain plants, especially the flowering grasses which are blown about in the air, and is almost limited to the months of May and June, affecting those subject to it year after year. Its symptoms consist in excessive irritation of the eyes, nose, and the whole of the air passages; producing in succession itching of the eyes and nose, violent attacks of sneezing, profuse discharge from the nostrils, pricking sensations in the throat, cough, tightness of the chest, and difficulty of breathing. A similar condition affects some people from the smell of ipecacuanha or of cats or other animals, and these are sometimes called ipecacuanha and cat asthma.

To successfully treat this disease, one must relieve the symptoms with an atomizer or douche and remove the cause by special internal Herbal Remedies. We have been most successful and can conscientiously recommend all sufferers to call upon us.

HEARTBURN (ACIDITY OF THE STOMACH)

Acidity is most frequently used as equivalent to acidity of the stomach, or heartburn, but may be employed in a much wider sense, and refer to a general excess of acid in the system. In heartburn there is a hot, scalding sensation in the stomach which is accompanied by the rising of an irritating acid fluid into the throat, causing an uncomfortable burning feeling in this situation, and in the course of the gullet. It may occur from two opposite conditions—either from an excessive secretion of the acid gastric juice, or from an insufficient quantity of this fluid and a consequent acid fermentation in the undigested food. It is caused by sedentary habits and occupations, insufficient exercise and fresh air, or by over-indulgence in animal food and heavy drinks. It is most frequently met with in full-blooded people, who are likely subjects for gout and functional derangements of the liver, in whom the liver is always liable to be sluggish and congested, and the bowels obstinate. Women in the later months of pregnancy are also often troubled with acidity. It is a common symptom of dilatation and chronic inflammation of the stomach and indigestion.

We treat as for Indigestion. Our Special Herbal Remedies quickly relieve and with a little patience remove the trouble entirely.

HEART (DISEASES OF THE)

The heart has great latent strength to fit it for its duties. It gets no real rest at all. Even during sleep its monotonous beatings continue.

The heart is, as it were, sandwiched between the lungs above and the stomach below, and is easily affected by either or both of them. If pressed upon by a flatulent stomach it resents the intrusion, and functional disturbance ensues. This is called palpitation. Few are entirely free from this unpleasant feeling.

Real heart disease is comparatively rare. Those who have it generally do not know unless unwisely told. It is most prejudicial to a person suffering from organic heart disease to be rashly informed that his heart is diseased and that a quiet idle life is essential.

Rheumatic fever is the disease which is answerable in early life for most damaged hearts; it thickens the edges of the valves and renders them incompetent. A cardiac sufferer of this kind should pursue the even tenor of his ways just as though he were well and strong. He should be assured that the heart's reserve force will so strengthen the muscle of that organ that compensatory action will be established to meet the altered circumstances of incompetent valves.

In advanced years the general thickening of the arteries and a tendency to corpulency predispose to fatty changes in the muscular substance of the heart. Shortness of breath, fainting fits, and danger of sudden death are among its features. Old people with fatty hearts, unlike other sufferers, must be urged to avoid hurry and worry and understand distinctly that the least excitement is dangerous.

The Herbal Kingdom contains many cardiac stimulants and tonics and a little perseverance is bound to succeed in either relieving the trouble or entirely removing it.

HIGH BLOOD PRESSURE

By blood pressure is meant the pressure exerted by the blood on the walls of the vessels in which it is flowing.

Mechanism of the Circulation

The pressure in the arterial system is maintained by the elasticity of the vessel walls and by the tendency of the inflow to remain in excess of the capillary outflow. The contraction of the left ventricle supplies the energy which drives the blood through the arteries. The instant that the pressure wave passes through any one segment the stretched walls recoil, thus rendering some of the energy expended by the heart potential in the arterial walls.

There is a rapid increase in friction as the blood stream approaches the periphery, which develops a strong resistance to the onward flow of the blood. In the arterioles this resistance has so diminished the pulse pressure that the systolic and diastolic pressures are practically equal. The calibre of the arteries is also influenced by the vaso-motor nervous system, and probably also be some of the ductless gland secretions. It is evident, therefore, that a complete examination of the Blood Pressure involves the determination of the systolic, or maximal, the diastolic, or minimal, and the pulse pressures.

Variations in Health

The pressure of the blood in the arterial system is subject to wide variations compatible with health, and is affected by the time of day, position, exercise, excitement, digestion, etc., but as these are transitory causes, repeated examinations will lead to their elimination.

Humidity. High temperatures and high atmospheric humidity materially lower both the diastolic and systolic pressures.

Excessively high temperatures and humidities raise systolic pressure and lower diastolic pressure.

Altitude. Altitude very probably causes a lowering of both diastolic and systolic pressures. This, however, is only temporary if the arterial system is normal. A given amount of exercise in a high altitude produces a higher arterial pressure than the same amount at a lower altitude. The venous pressure is normally lower in higher altitude.

Old age is usually accompanied by a higher blood pressure, due to the loss of fats and general shrinkage of the tissues.

Many individuals arrive at old age and in perfect health with the pressure picture of early adult life.

Different Parts of the Body. The readings may vary in different parts of the body at the same time in the same individual, due to the factors of arterial wall resistance and different methods of closure. Readings taken in the legs are usually higher than those taken in the arms. Pressures in the two arms may vary a little, that in the left being slightly higher.

Normal Blood Pressure. The general average systolic blood pressure is about 128 mm. Dividing the age period from 20 to 65 into three equal periods of 15 years each, the general average is as follows:

20-35	123 mm.
36-50	128 mm.
50-65	133 mm.

Treatment

As this trouble mainly arrives from errors of diet and those organs connected with the circulation, the only treatment that is likely to be satisfactory is one that removes the cause of the trouble, and our system is to find out what has brought about the condition, then treat accordingly for its removal.

In the HERBAL KINGDOM there are many remedies which are most effective, and we feel sure that a little perseverance will restore the most chronic cases.

If you have any doubt as to whether your blood pressure is correct or not we shall always be happy to test the same, and give our opinion free of charge.

IMPETIGO

Impetigo is one of the commonest diseases of the skin, and is characterized by an eruption of small pustules, followed by rough, thick crusts. It may simply consist of a few scattered spots, or spread over a very extensive area of the skin. The parts which are uncovered are most affected—first the face, especially round the mouth and nose and on the chin, and, secondly, on the back of the head and scalp generally. The spots soon break, and discharge a fluid that forms yellowish scabs that may become brown or black from dirt. These crusts are always thick, and, when separated, leave a raw discharging spot. The sore soon heals, leaving a reddish stain, which disappears after a time. The disease is an inflammation of the hair follicles, the depressions containing the roots of the hairs.

Impetigo is contagious. It spreads from one part of the body to another, as the result of scratching. It also spreads to other persons, and it is very common for several children in one family to suffer from it at the same time, the probable mode of transmission from one to the other being by wearing each other's clothes or hats, or using the same towels. This affliction is far more common in children than adults, especially in those that are delicate and "strumous." Besides resulting from contagion, it may be caused by dirt or irritating substances.

To relieve and cure this trouble we use Special Herbal Medicine internally, ointment or lotion externally, and there is no doubt of our removing the trouble entirely.

INCONTINENCE OF URINE

Incontinence of urine is a somewhat similar affection; it consists in a loss of power to hold the water, which flows away involuntarily. It may be due to paralysis of the bladder, but this is rare, and is usually present with other paralytic symptoms. It is more common in women than men, and may be due to displacement of internal organs. The water may constantly dribble away, or, what is more common, the control is so slight that a cough or any exertion causes it to escape; the result is that the skin becomes soaked, sore, and red, and the sufferer becomes a nuisance to herself and those in whose company she is from the disagreeable odour of urine.

A similar condition occurs in old men, but in such cases the bladder is really full and overflowing as the result of obstruction.

Incontinence of urine is most common of all in children, and has already been described under bedwetting.

Retention of urine, or inability to empty the bladder, is caused by anything that obstructs the flow, as tumours, stricture, stone, inflammation, or displacement. It occasionally occurs as the result of spasm and pain; after some operations, especially that for piles, and in confinement to bed for any reason, when patients often find great difficulty, for the first few days, in passing water whilst lying down.

Suppression of urine is the result of the kidneys ceasing to do their work, and is most commonly produced by their being attacked by acute inflammation. At first the symptoms are not severe, but if the secretion is not soon re-established, symptoms of uræmia come on and end fatally. The treatment is by Special Herbal medication.

INSOMNIA (WANT OF SLEEP)

A due amount of calm, sound sleep is essential to health: it is refreshment for both body and mind. The brain is not the only part that reposes. Every muscle, nerve, and organ participates in the all-healing slumber. The heart beats more slowly, breathing is retarded and shallow, and the mind ceases to worry. Sleep repairs the ravages made by the previous day's wear and tear. Food and drink provide a fresh supply of energy for the next day's toil.

Want of sleep is brought on by many causes. Mental trouble, excessive brain work, digestive disorders, or anything that weakens the body, originate it mostly.

This condition, once acquired, is somewhat difficult to overcome. However, with a continuation of perseverance in our Special Herbal Remedies the trouble is curable.

IRRITABILITY OF THE BLADDER

Irritability of the bladder, with a constant desire to pass water, is a symptom of all maladies of that organ and of most that affect the kidneys. Whilst in health, most persons find it quite sufficient to pass water five or six times a day, and not at all at night; in disease, it sometimes becomes absolutely necessary to do it every hour or so. The bladder becomes over-sensitive, and, instead of being able to retain 15 to 16 ounces, has to be emptied when only 5 or 6 have collected. This occurs in inflammation of the bladder, when foreign bodies, tumours, or stones are present in it, in strictures or inflammation of the urethra, and when the urine is very concentrated; it also is a symptom of inflammation of the kidneys, of diabetes from the excessive flow of urine, and of gout from the strongly acid condition of that fluid. All must be familiar also with the condition as the result of excitement, nervousness, or fear, which act through the nervous system, and a similar form of the affection is common in hysteria. Regarding treatment, this is by Special Herbal Remedies prepared for the trouble and we can recommend all sufferers to consult us at once.

ITCH (SCABIES)

This is caused by a minute insect which burrows underneath the cuticle, raising small watery vesicles, at first about the wrist or between the fingers, but sooner or later spreading over the whole body.

The complaint is characterized by intolerable itching, and it is very contagious, so that every precaution should be taken in the way of isolating the patient and his clothing and towels, etc., to prevent its communication to others.

A course of our Special Herbal Medication taken internally and our Ointment rubbed into parts, together with Medicated Soap will soon clear this disease.

JAUNDICE

Jaundice, from a French word meaning yellow, is the name given to the staining of the skin and other structures of the body with bile. It is most commonly a symptom of disease of the liver, and is always present when the bile duct—that is, the tube by which the bile passes from the liver into the intestines—is blocked up. Such a condition may be the result of the formation of a gall-stone of too large a size to pass along the duct, or from inflammation of the lining of the intestine spreading up the duct, and causing its mucous membrane to swell sufficiently to close up the tube. It may also be caused by pressure upon the duct, either by a tumour growing in the abdomen, or by pregnancy, or in cancer of the liver. Although all these conditions prevent the escape of the bile, it is still produced by the liver, and is taken up by the blood and carried by that fluid to all parts of the body, where it shows itself

by its yellow colour. A great fright, a violent fit of anger, or prolonged anxiety or worry, can all produce this condition. A student, from the anxiety accompanying a severe examination, or a patient anticipating a severe operation, may suffer from jaundice. Many of the severe acute fevers cause it by a poison circulating in the blood and affecting the nervous system. In those who live and work in ill-ventilated, confined, and crowded rooms, or whose occupation is sedentary and prevents sufficient exercise and fresh air, or who indulge in high living, the disease is likely to occur. Constipation, when severe and long-continued, is also a frequent cause. A common form of jaundice, but not of at all a serious character, occurs in infants, and has already been described.

The first place in which the colour of jaundice shows itself is in the whites of the eyes, which become yellow a few hours after the cause of the disease begins to act. This is soon followed by the staining of the skin; the patient becomes as yellow as a guinea. The colour varies from the pale yellow of sulphur or of a lemon to dark bronze or almost black, the darker colour most often appearing in those cases which are due to obstruction; but even in these cases it varies according to the amount of bile formed. The process of digestion stimulates the production of bile by the liver, and is followed by an increase in the amount of discoloration. Another distinctive symptom is the loss of colour in the motions, which become pale, clay-coloured, or greyish. This discoloration is much more marked in the cases due to obstruction, and much less so in those due to a nervous origin. The bile being one great means of digesting fat, its absence from the intestine is often followed by undigested fat in the motions, and by an intense distaste for fat in the food. Indigestion is almost always present from the same cause, and shows itself chiefly by a bitter taste in the mouth, pain in the stomach, flatulence, and fermentation taking place in the food. Bile is an antiseptic, and when it is not present during the digestive process, decomposition and the formation of gases take place rapidly. Another action of this fluid is to increase the movements of the bowels, upon which depends the onward flow of their contents; its absence, therefore, is followed by constipation, and, if this latter condition is extreme, it may cause irritation of the bowel and consequent diarrhœa. The bile is chiefly carried from the body through the kidneys, and the urine becomes stained, its colour varying from a light saffron yellow to a dark brown or almost black—looking, when very dark, much like porter. Other secretions of the body are affected in the same way; the sweat contains sufficient bile to stain the linen, or the patient may cry yellow tears or secrete bile-stained milk. Such people occasionally also see things through jaundiced eyes, everything looking yellow; sometimes, it is said, only one eye being affected. Another very trying symptom is an intolerable itching of the skin, which is present without any eruption; but various eruptions also occasionally occur. The itching is most common when the jaundice has been of long duration. The general health, too, is usually much affected in course of time, the patient gets weak and debilitated, and suffers from lassitude, terrible depression, and low spirits. The temperature is usually low, unless inflammation of some part accompanies the disease. The pulse also is very slow, sinking from its natural rate to 60, 40, or even 20 beats in the minute. Hæmorrhages are liable to occur, either in the form of small spots in the skin or from the nose or other organs, and in the most severe forms nervous symptoms of a very dangerous kind are produced, such as delirium, coma, or convulsions. The recognition of jaundice is not at all difficult. Its colour is distinctive, and if looked for by daylight can hardly be mistaken for anything else; by artificial light, however, it is not so obvious. In some diseases there are developed peculiar colours of the skin, as in chlorosis, severe wasting diseases, cancer, and ague; but in these the colour is of a different hue, and the whites of the eyes are unaffected, whilst they are the first to show the change of jaundice.

Although jaundice is only a symptom, and not a disease in itself, yet it is a far more serious matter when it occurs as a result of nervous disturbance than as a consequence of obstruction. Both of these causes produce it suddenly in persons who are otherwise quite healthy, whilst the other causes produce it gradually, slight at first and getting by

degrees more marked. Repeated attacks of jaundice would lead us to suspect either inflammation of the mucous membrane, especially when it occurs in young people, or the presence of gall-stones.

Patients suffering from this trouble need not despair, as our Special Hepatic Herbal Treatment will quickly remove the cause and restore them to health.

LEUCORRHOEA (WHITES)

This is the commonest disease that woman suffers from, possibly 75 per cent. of women between the ages of 15 and 50 having it in more or less serious form. The complaint is always attended with great debility, depression, want of pep, the nerves are also much upset and great lassitude is felt, with discharge from the vagina of a white or milk color, which later changes to yellow or brown. When seen at first it is most essential that the patient take steps to stop the discharge, as if allowed to continue it will undermine the strongest constitution. When the discharge has been stopped steps should be taken to remove the cause, which is utrine weakness. Here in the Herbal Kingdom you have the finest uterine tonics which have a specific action on this trouble.

The use of borax, alum, and similar things as douches are dangerous, as, though they will dry up the discharge, their use is most injurious to the tender membrane of the parts and the cure by this means is often worse than the disease itself. As our testimonials will show, our special Herbal Remedies are most successful in this trouble and we invite sufferers to consult us before injuring themselves. (See "Diseases of Women.")

LUMBAGO

Lumbago has been described as due to neuralgia, and another is produced by rheumatism; however, in this condition the pain is different in character. It is an aching, sore pain, and not shooting, cutting, and in paroxysms, as in neuralgia. It is chiefly felt, too, upon any movement of the body, especially in bending or rising from a stooping position. If the patient attempts to walk about, he does so in great pain, and has to keep himself doubled up; whilst in bed and lying still the pain is comparatively easy. The tenderness of rheumatic lumbago, too, is felt on pinching up the muscles, and over some extent of surface, whilst in neuralgia it is generally very acute at some particular spot; fever and other general symptoms are slight. Muscular rheumatism is one of the forms of headache in which the pain is a dull aching, and the same condition may affect the muscular structures of many other parts of the body.

To eradicate this trouble one must remove cause and relieve pain by liniment, as in Rheumatism and Neuralgia.

Our special Herbal Remedies succeed every time.

LIVER TROUBLES

The liver is a wonderful organ, always at work, filtering, neutralizing, purifying, and manufacturing ingredients necessary to life. It is the central laboratory of the body, the heart of the digestive functions. As an excretory organ it plays the part of a natural poison antidote. The ptomaines of decomposing food and the effete waste of the body itself are alike arrested by it and rendered inert. The intestine is full of noxious poisons. A healthy liver is a living barrier against which they beat in vain.

As a gland the liver is the seat of manufacture of the bile, an intensely alkaline fluid which keeps sweet the intestine and aids to digest fat and other foods. Healthy bile is a germless antiseptic, and when deficient or absent, the bowel's contents decompose or become putrid. Bile lubricates the digesting food and is the natural aperient of the body. Constipation occurs when the liver functions are sluggish and the organ is working imperfectly. Then, lastly, the liver manufactures a ferment to act upon the grape sugar of food and turn it into glycogen. It doles out this substance to the blood to produce animal heat and force. Naturally, being such an important organ, the liver is liable to get out of order, especially as our diet is often too rich and the exercise

we take is too little. When this occurs, instead of taking calomel, "blue pill," and other forms of mercury, we suggest a course of our Special Hepatic Herbal Medicines, which will soon restore it to activity, and when persevered with for a little time removes all its troubles.

LUPUS

Lupus is a disease of the skin, most frequently seen in the face, on the cheeks or nose, which begins with the formation of tubercles or small lumps of a dull red color which grow very slowly and spread themselves over the skin from their point of origin; the patch advances over the face slowly but surely, very possibly healing in one part while it is spreading in another, and leaving behind it a smooth, firm scar similar to that produced by a burn. The disease is not limited to the skin, but may spread along the mucous membrane lining the nose or lips, and involve the gristle of the parts it reaches. The nodules in the later stages have a peculiar translucency, and are supposed to be like apple jelly. The course of lupus is almost always extremely slow, often lasting twenty or thirty years or longer. In rare instances it gets well by itself, but much more often it goes on to destruction of the parts attacked, causing much deformity. In spite of the gradual eating away of the tissues, there is usually very little pain, and the general health remains good; the condition is rarely the actual cause of death. The disease is due to the same minute organism as produces consumption; it occurs with greatest frequency in the young, usually beginning under ten years of age; slight injuries are often assigned as the starting point of the complaint.

Our ideas of treating this trouble are to eradicate the cause by special internal Herbal Remedies and heal up the scars by use of ointments and medicated soaps. Our successes are very pronounced.

MENORRHAGIA ("FLOODING" MENSTRUATION)

The menstrual periods under the best of circumstances are a great impediment to a woman, but when the flow becomes profuse, and perhaps irregular in its appearance, her life may become a burden to her. Full-bloodedness, intemperance, too frequent childbearing, tumours, and bad labours, excite congestion of the uterine organs, and are the chief causes of menorrhagia.

Ladies who are full-blooded require to live temperately. Often to get rid of the excess of blood, Nature finds an outlet by increasing the loss at the monthly periods. This should not be rashly checked. Treatment should be directed to the cause of the plethora. A spare diet, with little meat, and tea or coffee or milk and water to drink, is best suited to such a case. Alcohol is always highly prejudicial, and should not be taken.

If the above instructions are followed, together with a course of our internal uterine Herbal Remedies and pessories to insert, the results are bound to be satisfactory. (See "Diseases of Women.")

NASAL CATARRH

Nasal catarrh, or the common cold in the head, is a comparatively harmless, although intensely disagreeable affection. The essential part of the disease is an inflammation of the lining membrane of the cavities of the nose, which causes great irritation and constant sneezing, accompanied with a copious watery discharge. The result is that the unfortunate individual becomes a nuisance to himself and everyone near him. This condition is always brought about by exposure to cold and damp, but the particular form of exposure seems to vary with different people. Sudden changes of temperature may cause it; but the exposure of the whole body does not seem so likely to be followed by catarrh as when some portion of it is exposed to a current of cold air. Draughts of cold air, when riding in a railway carriage, or sitting between an open door and window after active exercise, would probably produce it. If anyone were particularly anxious to indulge in the luxury of a thorough cold in the head, the following would be a good recipe. Take some form

of active exercise until you are thoroughly tired out and hungry, and your skin and underclothing well moistened with perspiration; now sit down in a nice cool breeze, preferably on damp grass, and have a drink of hot spirit and water, and carefully avoid putting on any extra clothing. These measures will probably be soon followed by a feeling of chilliness and shivering; violent sneezing will soon occur, and the nose will feel uncomfortable and irritating. After a time, a copious watery discharge will come on, necessitating constant use of the handkerchief, which will soon make the nose and upper lip red and sore. The nose gets blocked up so that breathing cannot take place through either one or both nostrils. The cold may gradually spread along the ducts to the eyes, causing redness and overflow of tears; along the tubes to the ears, causing deafness and earache; up into some cavities in the bone of the forehead, causing heaviness and headache; into the throat, causing soreness and pain in swallowing; into the mouth, causing sore tongue and tender gums, toothache, and neuralgia; into the larynx, causing hoarseness and cough; and even further down, setting up bronchitis or some other more serious affection.

Many people have a peculiar proclivity to catch colds upon every occasion, and after the very slightest exposure; and for such, preventive treatment is very important, as a neglected or oft-recurring cold often sows the seeds of serious disease. The means of prevention are, first, to avoid exposure to sudden changes of temperature, as passing from a hot room to a cold one, leaving a ball-room or a theatre without putting on an extra covering, or getting chilled after active exercise when in a state of perspiration. It is important to remember that as a rule colds are not caught whilst the body is thoroughly heated, but whilst it is cooling; at this time heat is being rapidly lost by perspiration, whilst there is no reaction and increased heat being produced by exertion. We learn from this that it is always well to keep moving whilst the body is cooling, or until damp clothes can be removed. After getting wetted, either by rain or perspiration, it is very unwise to take any form of alcohol with the idea of keeping out the cold; a hot glass of grog may probably be taken with great advantage when we have reached home and there is no further risk of any chill. Alcohol acts by driving the blood to the surface of the body, causing perspiration and increased loss of heat, and is followed by depression, rendering the body more vulnerable. Those who suffer from an excessive sensibility to cold should, as far as possible, take daily exercise in the open air, and should every morning sponge the entire surface of the body with cold water, or take a plunge or shower bath, by which means the sensibility of the skin will be diminished and the body become protected against injury from changes of temperature.

The chronic form is similar to the above, except that the acute inflammation is missing. Our treatment for this is Special Herbal Medicine to take internally, spray to use in the nostrils, and with care the most obstinate cases are restored to health.

NERVOUS DEBILITY

Of all the diseases man is heir to, few, if any, cause more unpleasantness or more irritability than nervous debility in its numerous forms.

Amongst the most common are bashfulness, for no real cause a great disinclination to go into company, shyness of the opposite sex, great nervousness, prostration, pain at the back of the neck, lassitude in the morning, with a disinclination to get up, want of pep, dizziness, pain over head, specks before the eyes, depression and loss of manhood, and the other symptoms of an over-strained nervous system. The general cause of this trouble are excesses in one form or another, late hours, self-indulgence in the pleasures of a city life, on the other hand, the depression caused by living the lonely life of a rancher, trapper or prospector in the isolated parts of our wonderful country. Man was not made to live alone, and if, through choice or necessity, he breaks nature's laws, he has to suffer.

However, if the patient seriously wishes to be restored there is no necessity to continue to suffer. Incidentally we warn sufferers to

be wary with the people from over the border who promise complete restoration in one month for a certain number of dollars. The only permanent advantage anyone is likely to get is the gentleman down south, who will enrich his banking account by the dollars he collects from his Canadian correspondents.

Our opinion is that at least three months is a reasonable time to expect to find some permanent benefit, as nothing of a definite character is likely to be developed until the cause of the trouble is removed.

Our Testimonials show that our Special Herbal Treatment, with suppositories to insert into the rectum, is successful in removing this distressing trouble and restoring health, even if all other means have failed. (See pamphlet on Loss of Manhood and Diseases of Men.)

NETTLE RASH

Nettle rash (urticaria) is a very common disease. It occurs at all ages, and is especially liable to affect those persons who are prone to rheumatism. The name is derived from the great similarity of the rash to the spots caused by the sting of a nettle (urtica). Although we have classed this affection amongst those that are characterized by redness, there is more than this in nettle rash. The redness comes out suddenly in patches of varying size and shape, and has usually a raised flattened patch of white skin in its centre. The latter goes by the name of a wheal. This condition is well shown in a nettle sting. The wheals itch, tingle, and burn, sometimes severely, and are made worse by scratching.

Causes. It is most common in women and infants, and in those persons who are of nervous, gouty, or rheumatic constitution. It may be brought on by any local irritation, as the stings of nettles, wasps, bugs, mosquitoes, and in some persons even by flea-bites. But more commonly the causes act from within, and depend upon certain articles of food which irritate the digestive organs and act like poisons. The most usual are shellfish—mussels, crabs, or lobsters—but pork, almonds, strawberries, parsley, mushrooms, and oatmeal may all act in a similar way, even when they are perfectly fresh and good. The eruption may appear within an hour after taking food, and the disease may last for two or three days. Occasionally, however, crop after crop of spots appear and fade, so that the disease may continue for months or even years. In some cases there is slight fever.

There is only one way to successfully treat this trouble and that is to remove the cause by a course of Herbal Remedies and sufferers will be well advised to call and see us.

NEURITIS

Neuritis is an inflammation of the nerve trunks, and may be local, affecting a single nerve, or multiple, affecting the nerves generally. The local type can usually be traced to some irritation or injury of the part affected, or in the case of the facial nerve to exposure to cold. The multiple type arises from some poison in the system, as in the common alcoholic neuritis or the variety which follows diphtheria and other infectious diseases. The symptoms are severe pains, tenderness, and occasionally redness of the skin along the line of the nerve. Sometimes there is loss of sensation or paralysis, well seen in facial palsy, and this may be followed later by wasting of the affected part.

In treating this trouble one must diagnose the actual cause of same, then treat by Special Herbal Remedies suitable. We are most successful in the removal of this disease and can recommend sufferers to call on us. As the relief from pain is a great factor in our treatment, we find patients delighted with results, and continually recommending their friends.

PILES (HÆMORRHOIDS)

The lower portion of the bowel contains a large network of veins. When these become inflamed or engorged the disorder is called piles. Frequently the blood coagulates in these veins, and one or more fleshy masses are formed.

Piles are recognized by the presence of pain, heat, and swelling at the orifice of the bowel. When visible they are termed external piles; when high up in the rectum and out of sight they are described as internal piles. The latter are prone to bleed.

The blood circulating in the bowel, and in other parts of the digestive tract, is taken to the liver, and there filtered and purified by means of the hepatic juices. If it were not for this arrangement unclean feeders or persons of constipated habit would quickly suffer.

Liver congestion, or liver sluggishness, prevents free return of blood from the abdominal organs. The hæmorrhoidal veins are the first to feel the effects of this retardation of movement. Hence the presence of piles is an indication of a perverted liver, and gentle persuasive medication directed to that organ will go far to relieve them.

Our system of treatment is by Special Herbal Medicine internally, ointment to apply and suppositories to insert into the rectum, and we recommend this in preference to operations.

PRURIGO

Prurigo is characterized by a scattered eruption of very slightly raised pimples, differing little, if at all, from the color of the skin; it is accompanied with the most troublesome and inveterate itching. Stimulating drinks, spices, heating exercise, trifling contact of the clothes, and change of temperature increase this symptom.

Sometimes this itching is much worse directly the patient gets warm in bed, and causes many a restless night; at others it is described as the sensation of insects crawling over the part. Bleeding and discharge are produced by the constant rubbing and scratching. The disease occurs at any age; in the young it is not severe and of short duration, but in the old it is the source of constant irritation and sleeplessness, and, being most inveterate, has been known to shorten life.

It most commonly chooses the back of the arms and legs, but sometimes also the chest, lower part of the abdomen and back. It produces a roughness of the skin and occasionally enlargement of the lymphatic glands. Itching may also occur without any eruption of pimples or, indeed, any visible cause; it is then called Pruritus. It is usually aggravated by errors of diet, by warmth of the bed and by mental excitement. It may be limited to particular spots or affect the whole body; the latter condition occurs in persons who are affected with gout, rheumatism, jaundice, functional diseases of the liver, the uric acid diathesis, diabetes, indigestion, etc., whilst a special form attacks old people.

When it is local some definite cause can be found, such as piles, confined bowels, or worms; itching of the nose is often of gouty origin. It is necessary to exclude parasites as a cause before attempting treatment, for lice and the itch cause this symptom in a severe degree, and are found in the most unlikely persons. The first step is to discover the cause and remove it, including the various general diseases which have been mentioned.

The treatment for other Inflammatory Skin Diseases will succeed here, and patients need have no fear of failure if they pin their faith to our Special Herbal Remedies.

PSORIASIS

Psoriasis is at present but little understood by the general practitioner. Even its exciting cause is unknown. However, we consider the cause to be entirely the result of the many artificial foods eaten now, compared to our grandfathers' time, to the prevalence of canned foods used in Canada, to the cheapness of meat, making it now the staple food for the population instead of whole wheat bread, also, possibly, to the greatest evil of our day, the eating of bleached white bread. This latter food is not only useless as a food, but in certain constitutions a poison. An example of its usefulness may be found, when one considers that rats fed on white bread alone, simply die of starvation and disease.

Some skin disorders are intensely irritating; others itch but little. Psoriasis belongs to the latter category.

The eruption is chronic and persistent, and consists of roundish slightly-raised red patches, thickly covered with pearly-white scales. The form which attacks the palm of the hand is the most inveterate. Psoriasis is a disease of the robust. It does not impair the general health, and, unlike eczema, rarely attacks children under six years of age. Our special Herbal treatment is most effective. (See testimonials and Book on Skin Diseases.)

Nine out of twelve cases of Skin Disease we treat are Psoriasis, and this disease seems to be ever on the increase. However, no sufferer need lose faith, as by our Special Herbal Remedies and Diet it is curable.

RHEUMATISM

Chronic rheumatism is very often left after attacks of the acute disease, but is often seen in persons who have never had an attack bad enough to lay them up; the two diseases have the same predisposing and exciting causes. It occurs chiefly in elderly persons, and in those who are poor, hardworked, worried, and much exposed to the inclemencies of a variable climate.

The most prominent symptom is a heavy, wearying pain in the joints, with an aching sense of weight and helplessness in the limbs; the joints are often stiff, and work with difficulty, feeling as if they were dry, and, when moved, cause a good deal of creaking and cracking. The pain is almost always much worse at night; getting warm in bed is the signal for it to begin, and many a restless night is the result. The disease lasts an indefinite period, perhaps a lifetime, and is occasionally varied with attacks of increased pain, brought on by exposure to damp and cold, especially during the cold, wet weather of winter and spring. The symptoms are relieved by rubbing, and very often the pain in the joints can be worked off by taking active exercise; unfortunately, however, this usually leads to increased pain afterwards.

Muscular rheumatism is brought on by two chief causes: (1) Exposure to cold, as a draught of cold air blowing on a muscular part whilst hot from exertion, and (2) a sprain or strain of a part; the latter is important to remember, as it explains many of those cases which began as a strain and yet do not get well as quickly as an ordinary strain might be expected to do. Rheumatism has a great tendency to attack any weak spot, and a part that has been strained is thus laid open to its attack.

Our treatment is Special Internal Herbal Treatment to remove the cause, and the use of liniments to ease the pain, and the worst cases can hope for a complete removal of their troubles by Nature's most natural treatment.

SCIATICA

Sciatica, or neuralgia of the sciatic nerve, affects the back of the thigh, the knee and the inner side of the leg and foot—that is, the parts to which the nerve and its branches are distributed. It is caused by all those conditions mentioned in connection with neuralgia; but sitting on a damp or cold seat, over-walking, strains, injury to the nerve, and rheumatic or gouty inflammation of it are the most common. There is great sensitiveness over the nerve, the trunk of which is situated at the back of the thigh, and sitting for this reason is sometimes impossible. Pain is much increased by movement of the limb, by stooping, and sneezing. The course of the disease is very variable; it may occur once and be very severe, or it may continue on and off for years, being sometimes slight, at others causing intense suffering.

To remove this distressing trouble one must remove the cause by Special Herbal Remedies. We also give relief from the distressing pain supplying a liniment or ointment to apply to the parts.

SCROFULA

Scrofula or struma is a constitutional condition closely allied to, if not identical with, consumption. Consumptive parents are very liable to have "strumous" children; children who have manifested signs of struma are prone to be attacked with disease which is distinctly of a tubercular nature, and the various members of a family are often found to suffer

from complaints some of which are strumous while other are tubercular. We must, therefore, look upon these two conditions as phases of the same constitutional taint; they are both strongly hereditary, and those affected by them are usually peculiar in appearance and temperament. Most children who inherit scrofula belong either to the sanguine or phlegmatic type. Those of the sanguine temperament are tall, slight, graceful, with small limbs, clear, fresh complexions, and fine, silky hair; they are bright, cheerful, and intelligent, and correspond with those usually considered consumptive. Those, again, of the phlegmatic temperament are heavy-looking, short and thick-set, with large head, hands, feet, and joints, sallow, pasty complexion, coarse, thin, straight hair, with dullness, slowness, and languor in their habits and movements.

Scrofulous children are liable to many diseased conditions. They have very deficient resisting power to withstand external influences predisposing to disease; they are deficient in growth and development, and very prone to many affections produced by a slow form of inflammation.

The great liability to enlargement of the lymphatic glands is the first peculiarity we will consider. This may affect the glands all over the body, but those situated in the neck and under the jaw are most commonly involved. All must realise the frequency of this disease when they consider what numbers of persons affected by disfiguring scars and swellings in the neck can be seen daily in the streets of any large town. Very little irritation is sufficient to cause enlargement of the glands; eczema of the head, lice, a sore throat, decayed teeth, or any slight sore, may cause a swelling, which, gradually increasing, produces great deformity. After a time, matter forms slowly in the swelling, works its way by degrees to the surface, breaks through the skin, and produces an ugly discharging sore, which only heals with great difficulty, and leaves behind a mark which lasts a life-time. The swellings are seldom painful or acutely inflamed and do not cause much inconvenience, except from their size. The constant discharge, however, reduces the strength.

The eyes are often inflamed. The edges of the lids get sore and red, a thick discharge collects, especially at night, sticking the lids so closely together that they can only be separated with difficulty when the child awakes. Little sores may occur on the eyes themselves, which leave behind white patches often sufficient to cause great disfigurement and interfere with the sight. Ulcers form on the skin, from which a thin watery discharge exudes, and which heal very slowly. Eczema of the head and other parts is common; chronic enlargement and disease of the joints, especially the knees and hips, discharges from the nose and ear, and enlargement of the tonsils, are all manifestations of the same affection.

To deal with this trouble it is necessary to find the cause of each individual case, when by removing same the disease is eradicated. Our Special Herbal Treatment is most effective.

SHINGLES

Shingles, or, as it is technically called, "herpes zoster," is peculiar from being the result of some affection of the nerves. The appearance of the eruption is preceded by slight fever, and by a burning, stinging neuralgic pain. The rash is nearly always confined to one side; it may extend from the middle line at the back to the middle line in front, but does not pass beyond either. It occurs most frequently on the side of the chest, less so on the side of the abdomen or face; patches of redness appear at the seat of the pain, and after a time become covered with a number of little blisters or vesicles. At first the fluid contained in these is clear, but it gradually becomes thick. In a few days they either shrivel up and leave a small scab, or break and produce a little sore; both, however, soon disappear, sometimes leaving permanent little white scars. There is an old wives' story that if shingles meet round the body, death will occur; shingles may certainly in rare instances form on both sides, and may meet, but it gets well in a perfectly satisfactory way.

The first thing to do is to cover up the eruption from the air, as this at once relieves the pain; for this purpose we supply ointment.

Sufferers should take a course of our Special Herbal Remedies and become entirely free from this irritating affliction.

STONE AND GRAVEL

Occasionally in a condition of perfect health, but more frequently when the health is impaired, certain substances form settlements or deposits in the urine. These deposits may only form after the urine has been passed and has been allowed to stand for some time, but sometimes the deposition takes place whilst the urine is still in the body, and when it is passed it is thick and turbid. Under these circumstances it is called gravel. If the particles of gravel are deposited in large quantities, they are liable to collect together and form masses or concretions which, according to circumstances, may be of any size, from mere granules to large stones. In this way calculus or stone is produced. Of a very large number of substances which appear in the urine in this way there are three which are most frequently met with, and therefore most important; these are uric acid; oxalate of lime, and phosphates. Persons who are habitually affected by any of these deposits in the urine are said to suffer from a corresponding diathesis, an oxalic acid diathesis, or a phosphatic diathesis.

Uric acid occurs in some forms of indigestion, in many organic diseases of the liver, in those affections which are accompanied with much fever, in many chronic skin diseases, in diabetes, and in St. Vitus' dance. It is chiefly met with in individuals of robust habit of body and florid complexion, who have lived "not wisely but too well." Oxalic acid is present very frequently when the body has become debilitated by chronic disease, such as consumption or chronic bronchitis, in persons suffering from deranged and feeble digestion, or exhausted states of the nervous system produced by disease, overwork, or mental anxiety, and in cases of hypochondriasis; these patients are usually pale, and suffer from acidity of the stomach and disturbed sleep. The urine is as a rule light-coloured, abundant, and acid, and there is heat and smarting in passing it. Phosphates are only deposited in urine when it has become very faintly acid or alkaline, and this condition denotes grave disorder, which has produced debility, anæmia and nervous dyspepsia; it chiefly occurs in old persons, or in those who are prematurely aged with broken-down constitutions. There are no definite symptoms which can be said to characterize each of these diatheses. There may be no symptoms at all in many cases, whilst in others flatulence and indigestion, irritability of the bladder, and some pain in passing water may be present.

There is a variety of stone corresponding to each of the three diatheses. The first two produce stones which are almost invariably originally formed in the kidney, although they may pass from that organ into the bladder, and there increase in size; the third variety, or phosphatic stone, nearly always is formed in the bladder as the result of decomposition of the urine.

Stones, whether in the kidney or bladder, are formed around some small body as a centre; this may be a small piece of mucus or blood-clot, or in the bladder it may be a foreign body which has been introduced by accident or intentionally.

The symptoms of stone in the kidney are very slight, or quite absent, at first; but after the stone has reached a certain size it usually causes pain in the loin of the affected side, which spreads from this situation over the abdomen, or down into the groin; this is usually worse after violent exercise, or if the body is jerked or shaken as by driving in a taxi or riding on horseback. Blood in the urine is another common symptom; it changes the appearance of that secretion either by making it simply thick and smoky, or as dark as porter. In many cases the stone may become very large and the kidney much destroyed without the general health suffering to any great extent, but most commonly the strength becomes worn out by constant suffering, and the patient dies as the result of incurable kidney disease.

The symptoms of the passage of a stone from the kidney down the ureter into the bladder are very severe and distressing; they usually come on suddenly, last a variable time, from a few hours to some days,

and cease suddenly when the stone drops into the bladder. The pain is most agonizing, commences in the affected loin, and shoots down to the groin and thigh; it is accompanied by vomiting, faintness, and great prostration; the sufferer's face is covered with perspiration, and he complains of a constant desire to pass water, which is stained with blood and often contains clots.

The symptoms of stone in the bladder are very characteristic. The water is passed in small quantities with great frequency, especially when moving about during the day (in this differing from the frequency of kidney disease, which is most troublesome at night), the water is always passed with severe cutting pain, which may be felt in the bladder, but is mostly referred to the orifice of the passage, and is most severe towards the termination of the act. Pain is also felt upon sudden movements, as in driving, riding, or jumping. There is at times a sudden stoppage in the flow of urine produced by the stone closing the orifice out of the bladder. The urine is usually thick, has a deposit of matter and mucus, and very often contains blood; the bleeding is always more severe after exercise. These symptoms, when they all are present together, are sufficient to prove the presence of a stone, and one can make it a certainty by using a metal instrument in the form of a curved rod, called a sound. By passing this into the bladder the stone can be felt, and the sound of its being struck can be heard.

Stone may occur at any age, being often found in young children—especially boys—but does not so often affect the children of the wealthier classes as those of poorer people, and men are more frequently subjects of this disease than women. Cases of calculus are much more common in some districts than others. The inhabitants of certain places are peculiarly liable to it. This localized predisposition is probably due to the drinking-water of these districts containing a particularly large amount of certain salts. In most cases of stone in the bladder only one is present, but a case is reported of a judge in the United States from whom a thousand calculi were removed. In size and weight they vary to a corresponding extent, from a small grain to one on record weighing six pounds.

Sufferers from these troubles need not lose heart, as a course of our Special Herbal Remedies will dissolve the stone, remove the trouble and restore to health.

TUMORS

The word "tumor" is often used popularly, and occasionally by doctors in conversation with their patients, as having the same sense as cancer. This, however, is not correct, and often leads to confusion and much anxiety. Most individuals, when told they have a tumor, will at once jump to the conclusion that they are suffering from cancer, when all the time they have nothing of the sort, and may only be suffering from a most unimportant disease. A tumor means nothing more nor less than a lump or swelling; it conveys no further meaning unless it has some adjective added to it, such as cancerous, fatty, or fibrous. A wart, bunion, or gumboil might with accuracy be called a tumor.

It would be unsuitable in this place to go at all fully into a description of tumors. It is well that we should know that they are divided into two classes, one of which includes all the simple or innocent tumors, and the other malignant or cancerous. This division is not simply for convenience of description in books, but is of the most vital importance to the patient and his doctor, for by an innocent tumor is meant one that is absolutely innocuous to life, or one that, if it kills at all, does so by its size, weight, or local interference with vital organs. A malignant ulcer tumor, on the other hand, immediately it forms is fraught with the greatest danger to the patient's life, and can never be looked upon, however small, in any but a very serious light. Examples of the most common simple tumors are the fibrous, fatty, bony, and glandular, the names of which describe their nature.

The fibrous tumors form one of the varieties of "wens." They are harmless and free from pain, and only require removal when they cause disfigurement or become inconvenient from their size and weight.

FATTY TUMORS

Fatty tumors (lipomata) are the commonest of the simple growths. Double chin is one form of fatty growth, but usually these swellings appear upon the upper part of the back and on the shoulders; they are rounded or oval tumors, form under the skin and sometimes change their situation, creeping for some distance to the spot in which they originally grew. They do no harm to the body generally, are painless, grow slowly, and may sometimes attain enormous dimensions, weighing after removal many pounds.

No tumor should be treated with indifference until a surgeon's opinion has been obtained as to its nature and the course it is likely to pursue. Although this matter is far too important to be decided by unprofessional persons, it will be of interest if we state some of the chief points by which a surgeon would be guided in his decision.

A malignant tumor (1) is of constitutional origin; (2) is not surrounded by any definite limiting membrane, but spreads irregularly into the surrounding structures; (3) grows continuously and often rapidly; (4) is often accompanied with very severe pain; (5) breaks out in other parts of the body, appearing in the neighboring glands and in internal organs; (6) soon affects the general health and produces great exhaustion; and (7) is very liable to return after removal by operation. On the other hand, an innocent tumor (1) is a local disease; (2) is separated by a membrane from the surrounding parts, which is called its capsule; (3) grows irregularly, at one time increases rapidly, and at another remains stationary; (4) is often quite painless; (5) remains localised; (6) presses upon the surrounding parts, causing trouble by its size and position, but does not directly injure the health.

Our treatment of this class of troubles is by Special Herbal Medicines, to remove the cause and, if possible, an ointment to apply. We have met with remarkable success during the last 30 years and we shall be pleased to discuss the matter with the friends of any patient suffering from this trouble.

ULCERS

Ulcers may occur on any part of the skin or mucous membranes, and the name is used technically very much in the sense that the word "sores" is employed popularly. An ulcer may be produced by any accident, injury, or other means by which the skin is broken; it is often the result of inflammation, both acute and chronic, of burns and scalds, or of some constitutional weakness.

Situation. Ulcers may form upon any part of the skin as the result of violence, but the most common situation of all is upon the legs, especially on the front and lower part. These ulcers are more common in elderly people, and in the poor, ill fed, dirty, and hard worked.

A sore that is healing is called a "healthy" ulcer. It is rounded in shape, its edges are on the same level as the surface of the skin, and the surface of the sore, and not raised, hard, or irregular; the surface is bright red and smooth like velvet, it bleeds on the slightest touch, and the discharge is yellow thick matter. This is the condition into which every sore has to be brought before it will heal.

The surface may be irregular, gelatinous looking, and very disinclined to bleed; this is called a "weak" ulcer. It is not healing, and takes very little irritation to make it start spreading.

An inflamed ulcer is very painful, surrounded by much redness and swelling, and its discharge is thick, offensive, and mixed with blood. The part affected should be kept at rest and raised.

Ulcers due to varicose veins require complete rest with the leg raised; if this is impossible, an elastic bandage may be applied carefully from the foot to just below the knee, or an elastic or laced stocking may be worn. The bowels should be regulated, and the sore treated as described for a healthy ulcer.

In a healthy ulcer perfect cleanliness is essential. The sore and surrounding skin should be daily washed, and the dressing should be changed frequently; once a day is usually enough, but if the discharge is free it should be attended to night and morning. Rest is very

important, and should always be employed for ulcers of the leg. The general health will require attention with good food.

When a part is injured physically and the wounds are external, ulceration cures them. If a structure is naturally so diseased as to be partly dead, ulceration and disintegration of the weak part occur. This happens to the apices of the lungs in cases of consumption.

An ulcer is always dangerous, and should, whenever possible, be healed. A gradual process is the path of safety; too rapid healing is unsafe. Our Special Herbal Treatment aims at removing the cause and is most effective. See testimonials.

URÆMIA

Uræmia is a condition which occasionally arises in the course of diseases of the urinary organs. It is supposed to be due to the accumulation in the body of waste material which ought to be carried off in the urine; when this collects to any extent in the system, it acts as a poison and produces some very severe and dangerous symptoms. Uræmia may be caused by any condition which prevents the secretion or discharge of the urine, such as all forms of Bright's disease and many other affections of the kidneys, and all conditions which obstruct the urinary passages; occasionally, also, it comes on in the later stages of pregnancy. The symptoms chiefly affect the nervous system, such as headache, sometimes very intense and persistent; loss of sight, in some cases accompanied with disease of the eyes; ringing in the ears and deafness, vomiting, difficulty of breathing, and convulsions affecting a part or the whole of the body. Drowsiness, delirium, and unconsciousness usually terminate the attacks, which must always be looked upon as very serious.

To treat this trouble one must find the cause, and by Herbal Remedies remove same, when the complaint disappears.

URINARY TROUBLES

For the different urinary troubles see other parts of this book. These are the most common diseases we treat, and without any undue boasting, we think our Herbal Remedies are par excellent to remove same.

VARICOSE VEINS AND VARICOCELE

Varicose veins are veins which have become very much dilated and swollen. This condition may occur in veins of all parts, but is most frequently found in the legs, especially the left one. The superficial veins of the limb are those chiefly affected, as the deeper veins have more support from the surrounding muscles. Anything which interferes with the flow of blood through the veins is likely to bring about this condition—weakness of heart, violent straining, tight stays, garters or trusses, pregnancy and constipation. All occupations which necessitate long hours of standing, as in shop assistants and laundresses, are injurious, but walking exercise is beneficial. If the veins of the rectum become affected, they form one of the varieties of piles, and when those of the spermatic cord are involved they produce the disease called varicocele, which is far more liable to occur on the left side. This latter condition occupies a great deal of the sufferer's attention, and causes him constant worry and anxiety. The parts should be toned up with cold water by being sponged night and morning, and the veins supported with a suspensory bandage. (See Diseases of Men.)

Varicose veins of the legs are usually first observed about the calf or ankle, and appear more distinct, bluer, and larger than usual; if not attended to, the whole of the superficial veins of the leg may become much swollen and knotted, the knots being formed at the situation of the valves. The blood becomes stagnant and bulges out the veins until they look like rows or bunches of grapes under the skin, or, if the capillary veins are chiefly affected, like a network of purplish-red lines. The consequences are a severe aching pain in the limb with a feeling of weight and fatigue after long standing or severe exercise, a swollen, hard condition of the parts affected, a stagnation of the circulation interfering with the nutrition of the skin, which becomes red, congested, irritable, scaly, and sore, and finally breaks down and forms a varicose

ulcer (see Ulcers). If this sore place forms where the skin is thin and the veins near the surface, very extensive hæmorrhage may occur, which has sometimes been severe enough to cause death. There is danger also of a portion of the blood clot which forms within the vein being loosened by sudden movement or rubbing, and washed into the blood stream. The clot would be carried along with the circulating blood until it reaches some vessel too small for it to pass through; this it blocks, cutting off the circulation from the part it supplies, and causing serious trouble if the organ be one of importance, as the brain or lung.

The treatment of these troubles is by Special Internal Herbal Medicine and lotion to bathe the parts with.

VENEREAL DISEASES (GONORRHOEA AND GLEET)

Gonorrhœa is the most prevalent of all venereal complaints. A simple case may get well in a few weeks if cared for; but when neglected or in a severe form, complications often arise. Gleet (or the chronic form of the malady), orchitis (or swollen testicle), stricture (a narrowing or occlusion of the urinary passage), inflammation of the bladder, blood poisoning, are the chief after-effects of gonorrhœa in males. In women the perniciousness of the virus is equally marked. (See pamphlet on Manhood and Diseases of Men.) It inflames and cripples the sexual organs, and is an active cause of sterility in both sexes. It is commonly known as clap or a dose.

The first symptoms are heat and scalding in making water, and the discharge of a thickish yellow matter. In the course of time, and under appropriate treatment, this may pass away, or it may pass into the form of gleet, in which the inflammatory symptoms are abated, and the discharge assumes a thin and glairy consistence. This phase of the complaint often continues for a very long time, resisting almost every form of treatment, and may suddenly pass away without any apparent cause. A very painful symptom in gonorrhœa is often caused by an erection of the penis during sleep. This is called a chordee and is most painful.

As the cases that call upon us for treatment are generally of long standing, it therefore necessitates a little perseverance with the special Herbal Remedies to make a complete removal of this condition, but there is no need to lose hope of getting a cure and clearing the poison from the system.

PARTICULARS OF OUR SYSTEM

We are now issuing a new pamphlet and hereby take this opportunity of reminding the public that the above institution is still doing its work in the removal of the ailments of the sick and ailing ones, in many cases, after all other means have failed and they had been pronounced incurable.

The Principal, being British, is satisfied with the practice growing slowly. He has never indulged in the luxury of boom advertising, as practiced by many so-called Yankee doctors and specialists who have come into the city and quickly passed out, taking with them the hard-earned dollars of the people, and leaving nothing but dissatisfaction behind.

What Is Our System of Treatment?

We believe that to remove any disease one must locate the cause, and that in the case of skin diseases none can ever be cured by ointment or lotion alone. Nor in the case of Rheumatism, Sciatica or Lumbago are liniments of any use alone; they relieve, but can never cure. The blood is at fault, and to be successful one must put that into proper order by removing the particular poison that is causing the trouble.

We do this by giving Medicine, Tablets and Pills according to each individual requirement, made from HERBAL EXTRACTS, and, when required, use ointments, liniments and lotions to relieve the local trouble. Sufferers will find, whatever are their troubles, instant relief and ultimate success, however oldstanding and from whatever cause arriving, even if pronounced incurable by other systems.

While the cause of the disease may be a poison in the blood, yet the reason for this impurity differs in almost every case, also the actual poison varies considerably. We therefore never make any ready-made "Cure-all" mixtures as sold in the drug stores, but each individual patient has a medicine made up to suit his or her case.

We would also mention that most patients come to us as a last resource, after they have tried the hospitals, institutions, allopathic specialists, patent medicine, and the numerous forms of treating disease offered throughout the city and country.

Always bearing this in mind, we feel we have a great responsibility in informing anyone that NATURE'S HERBAL TREATMENT can cure them, without being absolutely sure of the fact ourselves. At the same time patients can hardly expect us to be the one to guarantee the cure, after other forms of treatment have received the patients' money, and incidentally cause the patient to lose faith in any remedy.

All patients consulting us can be assured that if we recommend the treatment, we have the greatest faith in the success of same ourselves, and that we are not undertaking the case simply for the fees.

How Our Herbal Remedies Are Made

During all our practice we never used Herb Roots and Barks in the raw state, but make all our Medicines, Pills and Tablets from the Extracts. These are prepared by percolation stills, similar to the manufacture of whisky, but no heat is ever used. By this means the extracted properties of one ounce of Herb Root or Bark is concentrated into one ounce of Extract, thereby reducing the necessity of taking large doses, as in the olden times.

We would also mention that during the last 30 years the manufacture of Herbal Extracts by the world's finest chemists, including the great firm of Parke, Davis & Co., has enabled the enlightened, up-to-date Herbalist of today to prepare a medicine comparable in no way to the obnoxious mixtures of our grandmothers' day. We also make a great specialty in always flavoring objectionable-tasting Medicines in such a manner that their nauseousness is overcome.

Our tablets and pills are all coated and small in size, and altogether ours is the most elegant form of Herbal Dispensing, and quite up to the standard of the finest American Dispensaries.

Also the remedies used by us are all the very latest introduced into the profession, many of them introduced by ourselves.

In passing, we wish to be clearly understood that we are not disparaging hospitals, our local medical men, regular practitioners, or other treatments, and have not overlooked the great and noble work carried on by other schools of medicine during past years.

Regarding operations, which are so prevalent in this country, we do not believe in many of them ourselves. But we do not go to the extent of abusing the medical gentlemen who skillfully perform this great art, believing in so doing that they are helping their patients. The world is composed of many men of many minds, and it is so in medicine and surgery, and the man who abuses those who differ from him in opinion, belittles himself thereby, and though he may not know it he always lowers himself in the estimation of his friends and patients.

However, if you have tried other treatments and found them wanting, we ask you to give our Herbal treatment a trial, when we feel sure the result will meet with your approval.

Regarding Our Experience and Our Ability to Treat Cases

It is said that experience teaches. In no profession is it truer, or of greater importance, than in that of medicine. We are still learning something every day, although we have had thirty-two years' practical experience in the Old Country and here, and received the Diploma by examination from N.A.M.H., London, twenty-five years ago.

In passing, we would mention that as we get older we get more faith and confidence in Nature's Herbal treatment, and their power to eradicate disease. We would also say that our treatment has nothing of the experimental character about it. All the HERBAL REMEDIES

we use are well-tried friends that we have found to do good every time, without the risk of doing harm as is the case with many mineral poisons.

Why Suffer When Nature Can Help You and Is Waiting To Do So Now?

Many thousands of people in this beautiful land of ours are daily suffering unnecessarily from disease in one form or another, believing they are incurable, or that the disease cannot be removed without an operation.

Believe us, whatever is your trouble, or however you have acquired it, if you are prepared to seriously give Nature a fair chance, she will remove your trouble.

Dieting

While dieting is an important factor in the treatment of any disease, we don't believe in the starvation diet recommended by many practitioners and dietarians, and as every disease requires a different diet we do not make a practice of making any stereotyped dietary, but advise each patient separately the diet we consider most suitable for their case. However, none of them are likely to interfere with your general routine. Do one thing, cut out our greatest curse, white bread.

Regarding Our Fees

These we have fixed at a reasonable figure, considering the cost of the best class Herbal Extracts we use, with the idea of bringing our treatment within the reach of all classes.

We never make any charge for consultation and examination, and are always pleased to give our opinion on any case, and you are under no obligation to take our treatment.

Treatment

If living locally, call and, to save time waiting, phone for an appointment. Office hours, 2 to 6 afternoons, 7 to 9 evenings (Saturday and Sunday excepted). Do not call in the morning or Saturday or Sunday.

We do not make a practice of asking for testimonials, but if sufferers will write or call we will convince them of the genuineness of the cures we have made.

We have no hesitation in saying there is no one in the Dominion better qualified to undertake the treatment of disease by Nature's Herbal Remedies, more especially so in the case of the diseases mentioned in our different pamphlets. We have made a special study of them.

Our main aim is—not the acquisition of dollar bills alone, but the restoring to health and the converting of the public to the belief in Nature's Herbal Remedies for all their ailments. If we can introduce the Herbal Treatment into Canada, our life's work will not have been wasted.

Mail Order Practice

This is a separate department and we give the greatest attention to all enquiries. Answering letters from patients or enquirers we never consider a trouble but treat it as an essential part of our practice. In fact, we like to hear from friends at least once a fortnight, and don't mind how long their letters are. The same will be answered in detail.

Don't be afraid to tell us everything. The more we know the better able are we to diagnose the case and get you better quickly.

Remember, everything you tell us is strictly private and confidential, and no one will read your letters except our Principal, who personally prescribes for every case after carefully perusing the correspondence and Diagnosis Form.

In passing, we would ask for the assistance of our patients in making known our treatment to their friends and neighbours.

Although we have an ever-increasing practice, yet we know there must be thousands suffering needlessly who are not acquainted with our existence.

We have always made a practice of treating our patients in the same straightforward manner as we did in the Old Country, believing that permanent success depends upon the confidence and good feeling of our patients, also that one successful treatment does more permanent good than thousands of dollars spent in boom advertising, which in many cases is the only mode of getting patients, practiced by many cure-all merchants from the States—the cost of which, by the bye, has to be paid for by over-charging the patient.

We also find so many patients appreciate our English homely way of handling a case, so different from the hustling, money-grabbing way practiced by the get-rich-quick American doctors who pay occasional visits to our country.

To Those From the Old Country

To the above we especially appeal, as we feel sure they must have often missed the opportunity of obtaining Herbal Treatment as prepared by the first-class qualified medical botanists of the Old Country.

OUR QUALIFICATIONS

The only ones we possess are, firstly, 33 years' practical experience in treating disease by Herbal Remedies; a Dipolma by examination from the National Association of Medical Herbalists of Great Britain. We consider these sufficient without trying, as many so-called doctors in this city are doing, to imply that we are M.D.'s of the various well-known Colleges, also adding a string of meaningless letters after our name, but are satisfied to stand unassisted by anything that may be considered in the nature of false pretenses, and call ourselves MEDICAL HERBALISTS. At the same time there are many so-called Medical Herbalists both in Canada, the States and the Old Country that we have no desire to be classed with.

We have considerable sympathy with our Canadian qualified medical men, who after spending thousands of dollars and six or seven years of study at our colleges, commence to practice medicine, and find the country flooded with persons who have spent one or two years at a so-called American College, getting the hard-earned dollars of the public by simply advertising their doubtful qualifications, and calling themselves Doctor So-and-So, or, on the other hand, practising as medical institutions, clinics, sanitariums, hospitals, laboratories, and similar names.

CORRESPONDENCE AND PAYMENT FOR MEDICINE

This can be sent by notes in registered letter (keep your receipt), express money order, postoffice notes or money order, or cheques. If the latter kindly add 25 cents to cover the bank exchange. Write your name and address clearly. Remember, you know your own name and address and how to spell it, but we don't. In sending for pamphlets, if you don't receive a reply in a week or two, write again. Your first letter has possibly got lost in mail, as every letter we receive has attention within forty-eight hours at the latest, whatever is the nature of the correspondence.

To Patients: We are anxious to hear from you often, also when you send for more medicine, don't forget to say how you are progressing with the treatment. We want to hear results.

BEWARE OF IMITATORS

In medicine as in everything else, success always brings imitators. We were the originators of HERBAL TREATMENT in BRITISH COLUMBIA. Now there are several Chiropractors, Sanipractors, and Drugless Healers and others, who hand out Packets of Herbs for their patients to boil. This form of Medicine, although very cheap, cannot be compared to our MEDICINES, which are made from FLUID EXTRACTS, prepared by highly skilled chemists. We mention this, as patients not finding any benefit from this system, may be inclined to class all HERBAL REMEDIES and HERBALISTS in the same category, to our detriment.

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