

The
**HOME
DOCTOR**

by
"Fruit-atives"

**OTTAWA
CANADA**

VALUABLE DIRECTIONS
AND RECIPES FOR THE HOME
TREATMENT OF SICKNESS
AND ACCIDENTS.

"FRUIT-A-TIVES" OR FRUIT JUICE WILL CURE DISEASE

REASONS GIVEN.

Fruit Juice, in large quantities, acts as a stimulant, or excitant, to all the internal organs. The liver, the kidneys, and the skin are all incited by Fruit Juice to increased activity. The organs of the body, which purify the blood and carry off the dead cells, are the liver and bowels, the kidneys and the skin. Fruit Juice, by stimulating these organs, is, therefore, the great natural blood purifying agent of the world.

"FRUIT-A-TIVES" IS FRUIT JUICE.

Fruit Juice consists of 91 per cent of water and 9 per cent of solid material. This solid material consists of about eight parts sugary substance, and one part of an intensely bitter ingredient. The active, or curing, part in Fruit Juice is this bitter material. To get the full benefit of Fruit Juice then, it is necessary to consume a very large quantity of it. By the discovered process of making "Fruit-a-tives", the bitter material in Fruit Juice is made to grow therein, and a stronger fruit juice is made. The water of this stronger fruit juice is then evaporated off and the powder, which remains, is mixed with the greatest nerve tonics and disinfectants—and then made into tablets, and these tablets are "Fruit-a-tives." In "Fruit-a-tives", then, we have concentrated and intensified Fruit Juice and Tonics—and the practical use of Fruit Juice, as a medicine, is brought within the reach of everyone.

KIND OF FRUIT USED.

In making "Fruit-a-tives" the juice of APPLES, ORANGES, PRUNES and FIGS is used, as by experiment these Fruits always give the best results.

"FRUIT-A-TIVES" IS NATURE'S CURE.

Like fruit juice, "Fruit-a-tives" acts on the great blood purifying organs of the body, namely, the liver and bowels, the kidneys and the skin, and stimulates all these parts to increased activity, thereby curing disease in the body. It is the most powerful liver stimulant in the world, and by it the kidneys and skin are incited to do increased work. The splendid nerve tonics and disinfectants, incorporated in "Fruit-a-tives", make this medicine the finest of nerve restorers, while germs in the stomach and bowels are destroyed. On the stomach, it acts as a soothing tonic and allays any irritation present. As it purifies the blood and strengthens the nerves, "Fruit-a-tives" will cure a wide range of diseases—and cures naturally and mildly. "Fruit-a-tives" will cure indigestion, or weak digestion, dyspepsia, constipation or intestinal paralysis, biliousness and liver disease, kidney disease and backache, weak kidneys, skin disease and bad complexion, rheumatism and rheumatic pains, sciatica, lumbago, and rheumatic pains in back or muscles, headaches and neuralgia, pimples and blotches on the skin and all indication of impure blood.

"FRUIT-A-TIVES" IS A TONIC.

As a tonic to the nervous system, and as a tonic to the general system. "Fruit-a-tives" is the surest medicine in the world for all run down conditions of the bodily health.



"Fruit-a-tives"
or "Fruit Liver Tablets"



A Health Message

THE discovery of "Fruit-a-tives" is a health message to the world. This famous fruit medicine is the most curative agent that has ever been given to man. "Fruit-a-tives" is, by all means, the Greatest Stomach and Liver Medicine, the Greatest Kidney Medicine, the Greatest Skin Medicine, the Greatest Blood Purifier in the world today.

READ THIS BOOKLET, as it clearly describes various diseases, such as Constipation, Indigestion, Kidney Disease, etc., etc.; and it gives authentic testimonials of honest and well known people who have been cured by "Fruit-a-tives" when every other treatment failed.

The Home Doctor

In alphabetical form there is described, under this head, various diseases and accidents—and the home treatment is given to assist you until you secure a doctor. The booklet is, therefore, very valuable, and should be preserved for family use.

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CHRONIC CONSTIPATION

"Fruit-a-tives" is Positively the only Medicine Known That Will Cure This Disease.

CHRONIC CONSTIPATION, means that the bowels are paralyzed, and will not act unless stimulated by a purgative. There are two layers of muscles in the bowels—a circular layer and a layer running lengthwise—and in chronic constipation these layers are weak and thin and cannot act on their own strength. In severe cases the person will go three, four and even ten days without intestinal evacuation. When the bowels do not move regularly, then the liquid portion of the fecal contents, in the large intestine, is absorbed into the blood and this poisons the blood and throws onto the kidneys and skin the extra work which should have been done by the bowels. Let this continue long enough and disease in the kidneys and skin is bound to come on. Obstinate constipation is, therefore, a very serious malady, and is the starting point of many diseases including indigestion, kidney disease, skin disease and rheumatism.

CAUSES OF CONSTIPATION.—Bile, the secretion of the liver, is the only purgative in the body and there should be poured out into the bowels, daily, about two pints of bile. In severe constipation the amount of bile secreted is only about half a pint, or less than half the proper quantity. With the muscular coats of the bowels weakened and paralyzed and at the same time insufficient bile to act as a purgative, then the bowels cannot act. **What causes this condition?** First, sedentary habits and the absence of walking exercise. Second, the use of harsh, common, or ordinary, purgatives, whether in the form of salts, pills, tablets, lozenges or liquids, as such purgatives do not act on the liver at all, but they only act on the bowels by stinging and hurting the lining membrane and by irritation, force the bowels to act. After this action the bowels are tired out and lie dormant for days, until hurt again by another purgative. One medicine, the basis of all sweet purgative lozenges, is Senna leaves, and no one can take Senna for any length of time without getting constipation, as it is the vilest bowel irritant in the world, although its taste is easily disguised by sugar and liquorice.

CURE OF CONSTIPATION.—To cure constipation, the liver must be stimulated to secrete more bile—and the weak-

The HOME DOCTOR

Directions and Recipes for the Home Treatment of
Disease, Compiled and Arranged by an
Eminent Physician.

In this booklet will be found the most valuable medical recipes and directions ever published for home use. This booklet is exceedingly valuable, and should be carefully kept for ready reference in cases of sickness or accidents.

ACNE, OR PIMPLES ON THE FACE.

This disease means that the sweat glands on the face are inflamed, and thus become swollen and red. The cause of the trouble is blood poisoning due to long standing constipation, or inaction, of the bowels and indigestion, and these in turn cause disturbance of the nervous system. The blood is loaded with poison which breaks out in pimples. Unless the Constipation and Indigestion are cured, it is impossible to get rid of the pimples. **TREATMENT.**—Completely cure the Constipation and Indigestion and purify the blood, by using "Fruit-a-tives" as directed at page 4, and faithfully carry out the Diet Rules at page 12. Take exercise in the open air, by brisk walks, daily. Bathe the body once a week, using plenty of soap and warm water. **LOCAL TREATMENT.**—Wash the face with white castile soap and tepid water at bed time, using very little friction. Rinse off with plain warm water and then apply the following soda solution, and don't wipe off for ten minutes, that is leave the soda solution on for that time. To a quart of hot water add three tablespoonfuls of baking soda and half a teaspoonful of sulphur,—stir until dissolved. If this lotion smart the face, omit the sulphur and use only the soda in the water. Wash the face and apply this lotion every night at bed time. As soon as the "Fruit-a-tives" have cured the constipation and indigestion, and the blood is relieved, then the local treatment will banish the pimples. Sometimes it takes three or four months, steady, careful treatment, to remove the disease. Take the juice of one or two oranges, squeezed out with a lemon squeezer, every morning before breakfast. This will assist the "Fruit-a-tives" in removing the poison from the blood.

ACNE ROSACEA, OR RED PIMPLES.

Red blotches cover the face, and sometimes the nose and cheeks are red and show thickened spots. It is a most disfiguring and annoying complaint and very hard to cure. The cause of the disease is long standing indigestion and constipation, which has produced severe blood poisoning, and the indigestion has caused excessive blood supply to the face. Taking alcohol has nothing to do with causing this disease, as it is frequently seen in teetotalers. **TREATMENT.**—No treatment will cure until all indigestion and constipation are relieved. The blood is loaded with poison from the long standing indigestion and constipation. Take "Fruit-a-tives" as directed in the article on Indigestion, page 10, and rigidly carry out the Diet Rules given at page 12. Keep up the treatment for several months. Stop alcohol and coffee and radically change the menu or diet, at short intervals. **LOCAL TREATMENT.**—Use Sulphur Ointment locally. Every night at bed time, wash the face carefully with soap and warm water, dry with soft towel, then cover the red spots with the Ointment and



"Fruit-a-tives"

or "Fruit Liver Tablets"



ened and paralyzed muscles of the bowels must be toned up and strengthened. Fruit Juice is really the only true liver stimulant in the world. "Fruit-a-tives" is fruit juice and nerve tonics, and by its use the amount of bile is increased, while the muscles are made stronger and more capable of forcing on and emptying the bowels naturally. "Fruit-a-tives" is the greatest bowel tonic in the world. Remember the disease cannot be cured in a week or two, but you will be improved in a very short time by the use of "Fruit-a-tives."

If severe, take one or two "Fruit-a-tives," three times a day, thirty minutes before meals, and take two, or three, or four on going to bed, when the stomach is empty. Each time the "Fruit-a-tives" is taken, drink half a gobeletful of cold water. In a few days, only take the tablets on going to bed, when the stomach is empty, and take sufficient to move the bowels once the next day, whether two, or three, or four. Reduce gradually to two tablets each night at bed time, and after some weeks, try and get down to one, but take one or two every night, on an empty stomach, for months, until the disease is cured. In all cases rigorously follow the DIET RULES given under DYSPEPSIA herein—and take the tablets regularly each night on going to bed, and a complete cure is certain.

Brisk walks in the open air, daily, do good. Eat fresh fruit every morning, before breakfast, with a drink of cold water. The juice of a large orange every morning, ten to thirty minutes before breakfast, is a splendid assistant to the benefit of "Fruit-a-tives."

Fenaghvale, Ont., (Near Vankleek Hill), Prescott Co., Jan. 29, 1910.

"For thirty-five years, and I am now a man over seventy, I have been a terrible sufferer from constipation. No matter what remedy I employed, or what physician I consulted, (and I tried several), the result was the same, impossible to get satisfaction, or a cure. Every time I took a pill, powder, or fluid remedy for constipation, the griping was almost worse than the constipation.



About two years ago I read the testimonial of the Hon. John Costigan regarding "Fruit-a-tives", and I decided to give them a trial. I have used "Fruit-a-tives" ever since. They are the first and only medicine that suited my case. If it were not for "Fruit-a-tives" I am satisfied that I could not live. They relieved me at once and I cannot speak too highly of their virtues.

(Sgd). JAMES PROUDFOOT.



"Fruit-a-tives" "Fruit Liver Tablets"

leave on all night. Wash off in the morning with soap and water. If the local treatment causes soreness, stop it for a few days and then begin again. Success depends entirely on absolutely curing the indigestion. To assist the "Fruit-a-tives", take the juice of an orange or two, squeezed out with a lemon squeezer, before breakfast and dinner.

ABSCESS, OR BEALING.

An abscess, or bealing, results from inflammation and consists in the formation of matter, or pus. When there is severe swelling and inflammation there will certainly be pus formed, and this must be aided by applying hot poultices. Poultice with hot linseed meal, or bread and water, and change the poultice every two hours, using them as hot as can be borne. Keep on poulticing until the abscess breaks. When the skin at any point appears to be very thin, and is red, and the part boggy, then open the abscess with a needle. Wash the needle in boiled water and soap before using. After the abscess breaks, keep up the poulticing until all the matter has run out. When the matter is all out, then use "Sootha-Salva" Ointment to disinfect and heal the wound. In all inflammations it is advisable to cool the blood by taking "Fruit-a-tives." Take two or three tablets each night at bed time, with a full tumblerful of cold water.

ANAEMIA, OR BLOODLESSNESS.

In these cases the person is very pale, white, or bloodless in appearance. Sometimes the complexion is yellowish white or greenish white. The lips are white. The disease consists in the absence in the blood of sufficient red corpuscles, or particles. In women there is frequently amenorrhoea present. There is considerable weakness, occasional fainting spells and breathlessness on the slightest exertion. The starting point of anaemia is always untreated constipation and this results in indigestion, loss of appetite, avoidance of food, absence of exercise and finally in the blood becoming watery. **TREATMENT.**—This consists in first correcting the constipation by using "Fruit-a-tives" every night at bed time. Take sufficient only to move the bowels once the next day, whether that be three tablets, or two tablets, or less. Rigidly carry out the Diet Rules given at page 12. For the paleness use iron in some form, as iron will renew the red particles in the blood again. It is important to take a preparation of iron that is easily digested and taken up by the system. Remember that until the digestion is improved by taking "Fruit-a-tives", and all constipation removed, iron will not agree. The very best preparation of iron in the world is known as "Haemafoda", or "Blood food Tablets." This is truly a blood food, composed of a preparation of iron, similar to that in all foods, is easily taken up by the system and will renew the red particles in the blood more rapidly and naturally than any other preparation of iron ever discovered. Also, it contains valuable nerve tonics which greatly assist in the cure. Take the "Haemafoda" tablets three times a day after meals and continue their use until all paleness is cured. While taking the "Haemafoda" take, every night at bed time, one, or two or three "Fruit-a-tives", enough to secure one motion of the bowels the next day. Keep out in the sun as much as possible and take good, plain, nourishing food. By first taking "Fruit-a-tives" to get the stomach and liver and bowels in a healthy condition, and then taking "Haemafoda" tablets for some time, all cases of anaemia, or bloodlessness, no matter how severe, will be cured. Also in women if amenorrhoea is present, it will be cured and the changes will certainly be brought on again as natural as ever.

ASTHMA, OR DIFFICULTY OF BREATHING.

In this disease attacks, or spasms, of suffocation come on at intervals, and the person is unable to get a good breath while the spasm lasts. The cause of the attack is a spasm, or forcible contraction, of the bronchial tube, thus preventing air getting into the lungs. The cause of the disease is stomach irritation from indigestion and constipation. The same nerve which supplies the stomach also goes to the bronchial tubes and irritation in the stomach spreads along this nerve to the lungs and produces the bronchial contraction and spasm. **TREATMENT.**—No medicine in the world will cure asthma until all indigestion and constipation are relieved. Get



"Fruit-a-tives"
or "Fruit Liver Tablets"



**Retired Merchant's Testimony of How He Recovered From
Obstinate Constipation.**

Grand Ligne, Que., Jan. 2, 1910.

"I heartily recommend "Fruit-a-tives" to all who suffer from Constipation, and the painful consequence, Piles. I am now over 80 years of age and suffered for more than 20 years with Constipation and Piles. I tried all kinds of remedies, saw the doctors and took their medicine, but nothing cured me.



About four years ago I received a sample of "Fruit-a-tives." After taking a few doses I felt that "Fruit-a-tives" were doing me good. As "Fruit-a-tives" were not sold here then, I wrote to Ottawa for several boxes. My previous opinion of the value of "Fruit-a-tives" was more than confirmed by the wonderful good they did me.

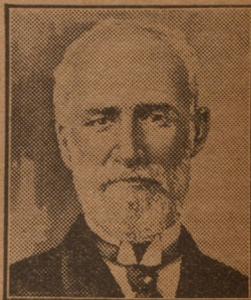
After taking four boxes, I felt well—my bowels were regular—and the Piles had disappeared."

(Sgd.) N. JOUBERT

**After Years of Suffering a Well-Known Citizen Was
Completely Cured of Intestinal Paralysis.**

Hardwicks, Miramichi, N.B., Jan. 25, 1910.

"I feel it is my duty to give to you, and the world, a voluntary and unsolicited statement in respect to the wonderful cure I received by taking "Fruit-a-tives." Chronic Constipation of the Bowels, or Paralysis of the Bowels, was the complaint I suffered from for many years. My general health was miserable as a result of this disease, and I became depressed and alarmed. I was treated by physicians, without the slightest permanent benefit, and I tried all kinds of pills and tablets and nothing did me any good.



I then saw the strong testimonial in favor of "Fruit-a-tives" by "New Brunswick's Grand Old Man," the Hon. John Costigan, and I know that anything he stated was honest and true, and given only to help his fellow men. I tried "Fruit-a-tives", and the effects were most marvellous, and now I am entirely well from all my Chronic Constipation that I suffered from for so many years. My general health is once more all right, and I cannot say too much to express my thanks for the great benefit derived from taking "Fruit-a-tives."

(Sgd.) A. G. WILLISTON.



"Fruit-a-tives" or "Fruil Liver Tablets"



the stomach free from irritation and the asthma will get well. "Fruit-a-tives", and following the Diet Rules, has cured more cases of asthma than any other medicine in the world. Take "Fruit-a-tives" for asthma exactly as directed in the article on Indigestion, page 10, and rigidly follow the Diet Rules there laid down. The diet should be confined to only such food as is easily digested and great care must be exercised to never overload the stomach. To relieve the spasms, if frequent, the following medicine can be used,—Ordinary Nitre, or Saltpetre, fumes will relieve. Take a pint of boiling water and put into this four or five heaping tablespoonfuls of Nitre and dissolve. Soak in this Nitre-water white blotting paper, allow the paper to dry after being soaked, and then tear, or cut, up into small pieces and preserve in a closed vessel. Burn a handful, or more, of these pieces of Nitre-paper in a dish, and if the smoke, or fumes, are breathed it will generally relieve the attack of asthma instantly. The following mixture can be made up by a druggist and taken when an attack of asthma is coming on, and to stop an attack.

ASTHMA MIXTURE.—Take of,—Nitrite of Soda, 60 grains, Sweet Spirits of Nitre 3 drachms, Pure Glycerine 1 ounce, Syrup of Orange 1 ounce, Water sufficient to make six ounces. **Directions.**—A tablespoonful every one, or two hours, to stop asthma, or difficulty of breathing.

BACK-ACHE—Causes and Cure.

Pain over the back may be caused by Rheumatism in the muscles of the back, or lumbago, or it may be from the large bowel being overloaded with fecal matter and pressing on the nerves of the back, or it may arise from the kidneys being congested and thus irritated and painful. The character of the pain will reveal its cause. In Rheumatism, or lumbago, the pain is very sharp on the slightest movement. In an overloaded bowel the back pain is more of an ache than a pain, and is not sharp and there is no fever. In kidney congestion, the pain is not sharp, and there will either be frequency of urination, or stoppage of urine and the person is exceedingly ill and feverish. **TREATMENT.**—The treatment of lumbago is given under that heading. In many cases of back-ache, the cause is a mixed one, that is an overloaded large bowel, which, in turn, has produced slight congestion of the kidneys. Take "Fruit-a-tives", one tablet before each meal, and three at bed time, until the bowels are entirely relieved and the irritated kidneys are soothed. Apply a large mustard plaster across the back and keep it on for 10 minutes and repeat this three times—eight hours apart.

BALDNESS—See Hair, Treatment of.

BITES AND STINGS.

The Stings of Bees, or Wasps, are best treated by applying quickly a lotion made from baking soda, two teaspoonfuls to half a pint, or a teacupful, of hot water. Also, a lotion made from Carbolic Acid, two small teaspoonfuls to a large teacupful, (half a pint) of water, will relieve the bites of insects. For Mosquito bites, not only to relieve the bites, but to drive the pests away, use the Oil of Pennyroyal freely.

BILIOUSNESS—See Page 19.

BLACKHEADS, OR BLACK HEAD PIMPLES.

A Blackhead is only the mouth of a sweat gland in the skin which has been stopped by sweat and dirt. The treatment is exactly that of pimples in every particular. Wash the face thoroughly every night with soap and warm water, and apply the Soda Lotion. Take "Fruit-a-tives" as directed in Indigestion, and get cured of all Indigestion and Constipation and have the blood purified.

TO REMOVE BLACKHEADS.—Get an ordinary watch-key, large bore, put the opening of the key right over the blackhead and press hard, and this will squeeze out the blackhead. Only remove a few at a time, as the squeezing makes the face sore.

BLEEDING OR HEMORRHAGE.

In bleeding from severe cuts, to stop the flow, roll up a piece of clean cloth into a hard lump, and press into cut, over that put a larger



"Fruit-a-tives"

or "Fruit Liver Tablets"



Appendicitis Cured When The Doctors Said Only An Operation Could Save.

Newburgh, Ont., Feb. 12, 1910.

"Just about a year ago, our daughter Ella, a girl of fourteen years, was taken with terrible pains in the right side. The pains were so severe we had to carry her to bed, she was unable to walk then alone, and we at once put her under the care of a first-class doctor, who pronounced it a case of appendicitis, and the only thing would cure her was an operation.



We took her to the hospital in Kingston, where she was again examined by a very eminent specialist in the treatment of the above complaint, and he also said that she had appendicitis and must be operated on at once if we wanted to save her life, and as we had taken her to Kingston to have the operation, we were ready to have it done, but our daughter was afraid of the operation and cried and begged so pitifully, that we postponed it for that day, and luckily for us and

for her, an uncle of the girl came in with some "Fruit-a-tives" and insisted on her taking them. Good results were apparent from the first dose, and the continuous treatment cured her.

We are glad to be able to give you this testimonial for "Fruit-a-tives" and authorize its publication, along with her photograph, for we thoroughly believe that she was cured by your remedy, when the only hope of saving her life was an operation.

(Sgd.) J. W. FOX, (Father).
LILLIAN FOX, (Mother).

"Fruit-a-tives" The Only Medicine That Did Good.

Otterville, Ont., July 8, 1910.

"I am a seventy-nine year old man, and a great believer in, and user of "Fruit-a-tives". They are the only medicine I take, and I can truly say that "Fruit-a-tives" and exercise, keep me in my present good health.

Stricture of the bowels, is the complaint I suffered from, and I found "Fruit-a-tives" do me more good than any other remedy.

My doctor advised me to stick to "Fruit-a-tives" and I have done so persistently, with the best results.

I have been in business here for a good many years, and have been a resident of Otterville for over fifty years, so that if you think this little reference from me, will serve to induce some others to try "Fruit-a-tives" I hereby gladly and freely authorize its publication, along with my photo."



(Sgd.) WM. PARSON.



"Fruit-a-tives"

or "Fruit Liver Tablets"



fold of cotton, and over that a still larger piece, until a thick compress is placed hard down on the cut, and over this bind on a bandage as tightly as possible. The bandage will force the first small roll tightly into the cut and stop the bleeding. After the bleeding has been stopped, dress the cut with the Lotion for Cuts, page 17. A good lotion to stop bleeding is two teaspoonfuls of alum dissolved in half a pint of hot water. A better lotion consists of two tablespoonfuls of the Tincture of the Perchloride of Iron in half a pint of water.

BOILS—Cause and Treatment.

Boils consist of acute inflammation of a small part of skin, including sweat gland and hair root, and the inflammation ends in the formation of matter, or pus, in the centre. Occasionally, several boils, or crops of boils, will break out and the pain from such a condition is serious. The immediate cause is a germ which gets into the part from the affected hair root. Lowered vitality the result of retained dead cells in the blood, is the chief factor in the cause. A crop of boils means that the person's blood is poisoned owing to inactive bowels, inactive kidneys and inactive skin. "Fruit-a-tives" will check the formation of boils more quickly than any medicine in the world because it acts on the bowels, kidneys and skin and thus purifies the blood and stops the outbreak of boils. **LOCAL TREATMENT.**—Hot linseed poultices, changed every two hours, are most soothing. Soak a clean white cloth in the Lotion for Cuts, page 17, and apply for an hour, several times a day, to disinfect the surrounding skin, as well as the boil. Don't squeeze, or press, a boil to get the "core" out, simply poultice and disinfect, or you will cause another boil to form.

BREATH—Fetid or Bad.

Offensive breath is generally due to neglect of regularly washing out the mouth, or to indigestion. A good mouth wash is made by adding a teaspoonful of Listerine to a tumblerful of warm water. An effective and simple mouth wash is made by adding a level teaspoonful of common salt to a tumblerful of warm water. Regularly using the tooth brush and washing out the mouth, will usually cure fetid breath. If decayed teeth are present, have them removed. In all cases of bad breath it is advisable to take "Fruit-a-tives" as it soothes and disinfects the stomach, and when the stomach is sweetened the liberal use of proper washing will always cure.

BRONCHITIS, OR BRONCHIAL CATARRH.

This disease consists of inflammation of the lining membrane of the large bronchial tubes, which are situated just below the chest bone and the collar bones. The cough is incessant and for a day or two will be dry and harsh. In two or three days the cough will bring up frothy, slimy mucous, or phlegm. There is considerable fever and there is a dragging soreness across the upper part of the chest. **TREATMENT.**—Apply, for 10 minutes, full strength mustard poultices, every six or eight hours, across the upper part of the chest, and keep on constantly a large thick pad of cotton batting, or absorbent cotton, retained in place by a wide bandage. Don't remove cotton until patient is well, but put on fresh pad of cotton every day. Give freely demulcent drinks, such as linseed tea, or barley water, and liquid diet. Give "Fruit-a-tives" to act on the bowels and aid in carrying off the inflammation. To ease the cough make up and use the following cough mixture.

HOME-MADE COUGH MIXTURE.—Material: four lemons, two teaspoonfuls of flaxseed, and half an ounce of Paregoric. To Make: Squeeze juice out of lemons, then cut up the peels and pulp, and put these in a quart of water and to this add the flaxseed. Boil hard for an hour in covered vessel. Then strain, and to the water add the lemon juice previously strained, the paregoric and four heaping tablespoonfuls of white sugar; put on the fire for twenty minutes and stir until the sugar is melted. Dose: a tablespoonful every two hours. Good for Bronchitis. Take "Fruit-a-tives" at night to keep the bowels open when using this.

BRUISES OR SWELLING.

A bruise is the result of a blow, or injury, which breaks a number of small blood vessels, causing an outflow of blood beneath the skin. This



"Fruit-a-tives" "Fruit Liver Tablets"



INDIGESTION AND DYSPEPSIA

"Fruit-a-tives is the Best and Most Scientific Remedy Ever
Discovered for All Forms of Indigestion.

INDIGESTION, OR WEAK DIGESTION, is a common complaint and is the direct cause of more illness and the indirect cause of more deaths, than any other disease which affects mankind at the present day. From it springs rheumatism, kidney weakness, heart disease and nervous exhaustion.

CAUSES OF INDIGESTION.—To understand the causes of indigestion, one must first comprehend the forces which produce the ordinary digestion, or dissolving, of food by the stomach. When solid food is taken into the stomach it must be changed into a liquid (or fluid) state, by the stomach, in order that the nourishment may be absorbed into the blood. The word "digest" means "to dissolve", or render fluid. The stomach is a pouch, or bag, about a foot long and five or six inches wide and it is covered by a strong, powerful, muscular coat, while it is lined inside by a soft, delicate membrane. This lining membrane pours out, or secretes, for each meal, about a pint of dissolving fluid (called Gastric Juice) and this fluid is strongly acid and has in it a dissolving substance called "Pepsine". If the dissolving fluid is deficient in quantity, or is too acid, or has insufficient pepsine, then the digestion is retarded, or prevented. During digestion the strong muscular coat squeezes and presses the food from end to end and back again, or churns it, and this churning brings the food constantly in contact with the dissolving fluid. If the food is not "churned" properly and if the dissolving fluid is weak, or insufficient, then digestion cannot occur. Then there is indigestion, or weak digestion—and if there is pain it is called **DYSPEPSIA**.

CURE OF INDIGESTION.—To cure indigestion, the great point is to secure a proper dissolving fluid. Certainly, but how? The dissolving fluid comes from the blood and if the blood is poisoned by inactive kidneys, inactive bowels, or inactive skin, then the dissolving fluid is bound to be deficient, or loaded with poison, and, therefore, useless. Will common tonics purify the blood? Will common purgatives, which only



"Fruit-a-lives"

or "Fruit Liver Tablets"



blood causes the swelling and afterwards the blackness. Immediately a bruise is received, apply very cold water, ice water if possible, by cloths, or lint. Keep on the cold application for several hours. If the bruise is very severe it may end in inflammation and the formation of matter, or pus, and treat that by poulticing, as directed in Abscess, or Bealing. The safest way to prevent inflammation is to quickly apply cold applications and continue their use for some hours. An excellent lotion for bruises is the following which is particularly useful where the skin has been broken by the blow, or injury, as it keeps the part disinfected:

LOTION FOR BRUISES.—Take of, Distilled Extract of Witch Hazel Bark three ounces, Alcohol two ounces, Carbolic Acid one drachm, Water sufficient to fill one pint. An excellent lotion for bruises or swellings. Use by soaking a piece of surgeon's lint or clean white cloth, which has been boiled, in the lotion, and keep it constantly wet with the lotion, and applied to the part.

BURNS AND SCALDS—How to Treat.

The principle of treatment is to cover from the air and keep it covered constantly. Several household remedies are used. Take common baking soda finely powdered, and cover over the burn, or scald, thoroughly; over that put a damp cloth that is absolutely clean, and over that a layer of absorbent cotton (cotton batting may be used) and bind the whole gently with a bandage. This is a good dressing and is always available. Another substance used, is ordinary coal-oil, soak a cloth in it and cover the burn, and bind on gently with a clean bandage. The soda application is much the best. If possible, send to the nearest druggist and get either the Carron Oil, or the Ointment for Burns made up and apply. If available, use the ointment known as "Sootha-Salva" or "Soothing Salve" for burns, as it is the most soothing and healing ointment known.

OINTMENT FOR BURNS AND SCALDS.—Take of,—Boric Acid Ointment, four ounces, Hydrochlorate of Cocaine twenty grains. Mix the Cocaine with the ointment thoroughly. Directions: Spread on surgeon's lint, and apply to the burn. Spread the ointment on a piece of lint large enough to cover the burn, and to spread the ointment use a clean common table knife, and spread over as if you were spreading butter on bread. Keep the lint on the burn by applying a clean bandage over it. Dress every day. This ointment has cocaine in it, which deadens the pain, and is a most excellent ointment for burns. If too expensive, the Boracic Acid ointment, without the cocaine, can be used instead.

OIL FOR BURNS AND SCALDS.—Take of—Lime Water, half a pint, Linseed Oil half a pint. Mix together. This is Carron Oil for burns. Soak clean cloths in this and apply. It is a good application and cheap, but it is not nearly as good as the ointment of Boracic Acid for burns.

"SOOHA-SALVA" or "SOOTHING SALVE" FOR BURNS AND SCALDS. This ointment is by far the most soothing and healing ointment for burns and scalds that can be applied. It is quite as soothing as the above ointment with cocaine in it, and far more healing in its action. Apply it spread on lint, or clean, boiled cloth and cover with a bandage and renew daily.

In extensive burns, or scalds, it is always advisable to send for a physician, but if none is available, then do this. Dress the part once a day with the Carron Oil or ointment. To relieve the terrible pain give Paregoric, ten drops to a child or half a teaspoonful to an adult, and repeat when effect wears off. If the shock is great, as shown by great paleness and weakness, stimulate by two tablespoonfuls of good whiskey in water, every two hours until the shock passes off. Support the strength by good food. Keep quiet in bed and trust to time. After a day or two, give at bed time, "Fruit-a-lives" to move the bowels.

BUNIONS AND CORNS.

A **BUNION** is the result of the formation of a little sack, or bursa, filled with fluid which covers the joint to protect it from pressure. Narrow toed boots, or boots which are too short, constitute the only cause of bunions. A bunion is an attempt of nature to protect a joint from unnatural pressure. A **CORN** is thickened skin formed in one place, the result of pressure by a tight boot. Tight boots produce corns, whereas



"Fruit-a-tives" or "Fruit Liver Tablets"



act as an irritant to the bowels, purify the blood? Certainly not. "Fruit-a-tives" will always cure indigestion because the fruit juice acts on the liver, bowels, kidneys and skin, stimulates these organs to go to work and thus purifies the blood. It does more, as it soothes the lining of the stomach and relieves any irritation there. The muscular coat is made stronger as the nerve tonics in "Fruit-a-tives" tone and strengthen the nerve forces of the body. No medicine in the world has anything like the blood purifying powers of "Fruit-a-tives", and this is why it invariably cures every form of indigestion when every other medicine has failed.

HOW TO TAKE "FRUIT-A-TIVES" FOR INDIGESTION.—Take one "Fruit-a-tives" tablet three times a day, thirty minutes before meals, and two or three on going to bed, when the stomach is empty—and always take half a tumblerful of cold water with the tablets. In a few days, stop the tablets during the day and only take them at bed time, when the stomach is empty, and then take two, or three, or four—enough to move the bowels once the next day. Reduce the number down to one, or two tablets at bed time, and take this every night for a month, or longer, until the blood is purified and all indigestion is cured. Carefully and constantly carry out the DIET RULES given, as no treatment can cure if you break these rules.

DIET RULES FOR INDIGESTION.—First—Eat only three meals a day and have the meals always, at least five hours apart. Second—Do not eat a grain, or particle, of anything whatever, nor take milk, or liquid food, between meals. Third—Eat slowly, that is chew each mouthful of solid food thirty to forty times before swallowing it. This rule is exceedingly important. Fourth—For twenty minutes before meals, and for 3 to 4 hours after meals, don't drink any fluid of any kind, and only take half a small teacupful of fluid with the meals. Fifth—Eat sparingly, never gorge or overload the stomach. Three and one-half, or four, hours after meals drink all the water you want—and always drink half a gobletful, or more, of cold water on retiring at night, and the first thing on rising in the morning. Avoid veal, pork, goose, duck, and dark meat fowls, hashed or minced meat, and sweet milk. Rigidly adhere to these rules of diet, and take "Fruit-a-tives" long enough to get the blood purified, the stomach sweetened and all constipation cured, and you are certain to get well of any kind of Indigestion.



"Fruit-a-lives" "Fruit Liver Tablets"

short boots, or boots too narrow at the toe, produce bunions. Both corns and bunions simply mean that unnatural pressure has been applied to the toes by wearing boots that are absurdly tight, or short, or too narrow at the toe. **TREATMENT.**—The treatment of a bunion, if inflamed, is to put on hot poultices, the same as any other inflamed surface, and wear a soft shoe or felt slipper, until it heals up. It is impossible to cure a bunion unless the person will take pressure off by wearing wide toed boots, and boots that are long enough for the foot. Practically any bunion will get well of itself if sufficient space is left for the toe in the boot. The same advice applies to the treatment of corns, with this difference, when a corn is formed it is best to pare it off with a sharp knife until it is entirely removed, and then wear boots, or shoes, that are easy and that do not exert any pressure on the corn. Simply removing pressure from a corn will, in the majority of instances, allow it to get well of itself. After a corn has been pared well it can be cured effectually by applying each night a small amount of the following corn cure. Copy the formula out and any druggist will make it up for you:

CORN CURE.—Take of Salicylic Acid 20 grains, Extract of Indian Hemp 10 grains, Alcohol 20 drops, Ether 20 drops, Flexile Collodion, add sufficient to fill a one ounce bottle. This is an excellent corn cure and it will very materially relieve any corn if properly pared off before applying.

CARBUNCLES.

A **CARBUNCLE** consists of several severe boils together in a circumscribed area, and the inflammation attacks the tissue between the boils and the whole mass of flesh is killed by the inflammation and is formed into matter. It starts as a red, inflamed and swollen part from one to three inches in diameter and the inflammation continues until the whole area involved is killed. Points of matter are seen in a few days over the red area and these increase in size, but occasionally the entire red area breaks down into a dead mass of putrid flesh. It is always a serious complaint and the advice of a physician should be secured. If a physician cannot be secured, then poultice with hot linseed poultices, changed every two hours, or oftener, and apply frequently the Lotion for Cuts, page 17, as recommended in boils. What is needed is a free incision through the mass to let out the dying and dead tissue but it will break down in time and run out by continuous poulticing, and applying the disinfectant. The patient's strength should be kept up by good food and keep the bowels open by giving "Fruit-a-lives" occasionally.

CHAPPED SKIN—How to Treat.

Chapped Skin is the result of applying dampness to the skin in cold weather. Chapped hands result from washing and not properly drying the hands. Chapped lips result from a nervous habit of licking the lips and thereby dampening them and then the skin breaks. The cure is indicated by the cause. The cure of chapped skin can be brought about by using a lotion of two tablespoonfuls of Glycerine to a cupful of cold water, applying a little of this night and morning. An ointment made up from the following formula will always relieve:

OINTMENT FOR CHAPPED SKIN.—Take of Sulphate of Zinc one grain, Eucalyptol five drops, Ointment of Rose Water two ounces. Mix carefully together and make an ointment. This is an excellent ointment for sore lips, or chapped hands, or applying to any part that is rendered sore by the action of heat in the summer time, or cold in the winter. Also "Sootha-Salva" or "Soothing Salve" is most healing for chapped skin—applied at night when retiring.

COLIC, OR SEVERE CRAMP IN THE BOWELS.

Severe pain, or cramp, over the bowels, is caused by gas collecting in the large intestine in one spot and for some reason it cannot move up or down, with the result that an intense, agonizing cramp comes on. The treatment of Colic, or severe bowel pain, is to give at once an enema of soap and water, using one or two quarts with lots of soap in it. This enema will dislodge the gas and thereby relieve. An enema of Glycerine, one or two tablespoonfuls, will do as well as the water. After the action of the enema, it is advisable to give two or three "Fruit-a-lives" and thereby disinfect the bowels and bring around a natural action.

CONSTIPATION—See Page 2

Fruit-a-tives "or Fruit Liver Tablets"

Doctors Failed to Relieve, But "Fruit-a-tives" Promptly Cured.

Sydney Mines, N.S., Jan. 25th 1910.

"For many years I suffered extreme torture from Indigestion and Dyspepsia, and two years ago I was so bad that I vomited my food



constantly, and I became thin and weak. The agony I endured all those years from my stomach, I am unable to describe, and I lost over 25 pounds in weight. I also suffered constantly with incurable Constipation of the bowels, which made the stomach trouble worse. I consulted a physician, and I was afraid the disease was cancer, but his medicine gave relief for only a short time, and then the disease was as bad as ever.

I then tried many kinds of patent remedies, without the slightest benefit. I was so thin and weak and depressed that I felt that nothing but death would give me relief.

I read in the "Maritime Baptist" about "Fruit-a-tives", and the cures this medicine was making, and I decided to try it. After taking three boxes I found a great change for the better and I persevered with the treatment, and I can truthfully say "Fruit-a-tives" has entirely cured me of Indigestion and Dyspepsia, when every other treatment had failed, and I reverently say "Thank God" for "Fruit-a-tives." I am well now and have gained back all my lost weight. For Indigestion, Dyspepsia and Constipation there is no remedy made to, in any way, compare with this famous fruit medicine. It seems to actually soothe and sweeten the stomach and strengthens it as well, while the whole system is relieved and made stronger.

(Sgd.) EDWIN ORAM, Sr.

A Merchant's Testimony.—"Fruit-a-tives" Always Cures.

Inkerman Ont., Sept. 23rd, 1910.

"Fruit-a-tives" is the best remedy I keep for sale. I am in the General Store business, at the above address, and have been a resident of Inkerman for thirty-seven years, and since I started this store, (four years ago), I have found your remedy the most satisfactory one I have sold. Many of my customers having used them with the most beneficial results, and I can truthfully say that I know of two particular cases, among my patrons, that have been completely cured of Dyspepsia. They had previously been treated by physicians without being cured, but I advised them to try "Fruit-a-tives", and since taking that remedy, their troubles have vanished.



My own son was a martyr to the same complaint, or Dyspepsia, and after a short course of "Fruit-a-tives", he is enjoying the best of health. I recommend "Fruit-a-tives", on every possible occasion.

(Sgd.) ALEX. LARUE.



"Fruit-a-tives" or "Fruit Liver Tablets"



CHILDREN--Diseases of.

DIARRHOEA.

This disease is really indigestion in the bowels due to improper, or undigested food. In all cases, give first a dose of Castor Oil to clear out the intestines—and give only liquid food—strained soup, beef tea and milk and lime water. Add a full tablespoonful of lime water to a tumblerful of milk. If vomiting is present, give only a very little food at a time, not over half a wineglassful every hour or two. To check the diarrhoea, send to a drug store and buy half an ounce of Subnitrate of Bismuth, also, buy half an ounce of Wine of Ipecac. Drop ten drops of the wine into a teaspoon and add this to ten teaspoonfuls of cold water, previously measured into a tumbler. Stir well and give a teaspoonful of this water every hour. Give every alternate hour as much Bismuth as will lie on the small blade of a pen-knife, mixed in a little water. Keep the child lying down and quiet with very little water to drink. It is often well to boil the milk, let it cool and then add the lime water. Be always careful that the milk is perfectly sweet and fresh, that is given as food. Frequently it is best to cut out milk and give beef-tea, or broth, or soup.

VOMITING.

In vomiting in children dissolve a small saltspoonful of baking soda in a tablespoonful of boiling water, add this to two tablespoonfuls of sweet milk, and give a teaspoonful of this every ten minutes. Also use the Bismuth and Ipecac drops mentioned in Diarrhoea. Put on the stomach a spice poultice made as follows,—one teaspoonful of mustard, four teaspoonfuls of flour, ground nut-meg and spice, half a teaspoonful. Mix as a paste with warm water, and put between layers of very thin muslin. Apply this to the pit of stomach and keep it in place by a bandage for ten to twenty minutes. In vomiting give as food only a tablespoonful of milk and lime water, or other liquid food, every hour or two. As soon as the vomiting is relieved give a purgative to clean out the stomach. If the child is four to seven years of age, give one "Fruit-a-tives" tablet, and if eight years of age give two tablets. If the child is less than four years of age, give castor oil. After the vomiting ceases, be careful for two or three days, and only give liquid food.

INFANTS—Bottle Fed.

In infants, bottle fed, the greatest care must be taken to keep the feed-bottle sweet and clean. Wash the bottle and nipple in boiling water, with a teaspoonful of soda in the water, frequently. If diarrhoea and vomiting ensue, treat as directed above. Up to six months of age, give half milk, half water, and to half a pint add a level teaspoonful of white sugar and a small pinch of salt. Give the baby a teaspoonful or two of plain cold water several times a day.

NURSING MOTHERS.

Nursing mothers must always remember that whatever they take as food goes to the baby—and hence great care and self-denial must be exercised about the diet. Uncooked vegetables, green corn, or uncooked fruit are likely to cause pain in the child and often vomiting and diarrhoea. Good, nourishing, plain food taken by the mother, will mean a healthy, happy baby. Also, a nursing mother should try and avoid, for the first few months at least, taking any kind of purgative, or laxative medicines. To open the bowels use an enema of soap and water, using one to two quarts every day, or every other day. An enema of a tablespoonful, or two, of pure glycerine, will also act promptly.

CONVULSIONS IN CHILDREN—Causes and Treatment.

Convulsions in young children are always caused by either some irritating food in the stomach, or an overloaded stomach, or common round worms in the stomach. The signs preceding a convulsion are twitching of the hands and sudden starting, and when these signs are seen you may be sure that a convulsion is not far off. The treatment of con-



Fruit-a-tives

or "Fruil Liver Tablets"



"Fruit-a-tives" Completely Restores the Sufferer to Perfect Health.—A Modern Miracle.

Riviere au Pierre, County Portneuf, Que, May 9th, 1910.

"I look upon my recovery as nothing short of a miracle. I was sick for eleven years, constantly suffering from Chronic Dyspepsia, and Indigestion with Constipation, and the last two years of my illness I was confined to my bed nearly all the time. I was treated by several doctors, and they simply did me no good. During the latter part of my illness I was so thin that my weight was only about 90 pounds, and I vomited everything I ate, even water would not stay on my stomach. The doctor attending me gave me up to die, as the stomach trouble had produced heart weakness, and I was frequently unconscious. I received the last rites of the Church, and I looked forward to death in a very short time. I was reduced to a skeleton.



At this time a lady friend strongly urged me to try "Fruit-a-tives", and how thankful I am that I did so. When I had taken one box I was very much improved, and after three boxes, I was practically well again, and I had gained twenty pounds in weight. I have taken 13 boxes in all and I now weigh 150 pounds, and I am absolutely well—no pain, no indigestion, no constipation, no suffering—and my heart is as sound as ever it was, and my complexion is clear and healthy.

For the sake of other sufferers I give you permission to publish my testimonial and photograph."

(Sgd.) MADAME ARTHUR TOURANGEAU.

Testimonial of Paul J. Jones, Esq., Retired Merchant, Sarnia, Ont.

Sarnia, Ont., Feb. 5th, 1910.

"I have been a sufferer for the last twenty-five years from Constipation of the Bowels, Indigestion and Catarrh of the Stomach. I tried many remedies, and many doctors, but derived no benefit whatever. Finally I saw an advertisement of "Fruit-a-tives" where the Hon. John Costigan had been cured by using "Fruit-a-tives", and I decided to give them a trial, and I found they did exactly what was stated of them. I have taken them now for some time and find they are the only remedy that does good.

I have recommended "Fruit-a-tives" to a great many of my friends and I cannot praise them too highly, as they have done me good.

I willingly give this testimonial for the benefit of other sufferers, and I claim they are invaluable in every respect."



(Sgd.) PAUL J. JONES.



"Fruit-a-lives"

or "Fruit Liver Tablets"



vulsions is to put the child in a hot bath, as hot as you can bear your elbow in, as quickly as possible. Bathe the child thoroughly, either cover it in the water, or sponge it, if the bath is too shallow. When the convulsion is over, dry the child quickly and wrap in a blanket. Give the child a dose of Castor Oil as quick as it can swallow. Whenever you see the signs preceding a convulsion, it is best to give the hot bath to ward it off, and then after the hot bath give the Castor Oil. After the hot bath, a good plan is to put heat to the child's feet and apply cold applications to the head, by a cloth, or handkerchief, rung out of cold water. Repeat the bath immediately any sign of a convulsion recurs.

CROUP IN CHILDREN—How to Treat.

This affection of young children is due to a sudden spasm of the voice box, or throat, and the spasm prevents the child from getting its breath and thereby causes almost suffocation. This is the form of the ordinary or stomach croup. The treatment of this trouble is a hot bath instantly and after the hot bath apply an application to the front of the throat consisting of ordinary sweet oil, or goose oil, two tablespoonfuls, and twenty drops of Oil of Turpentine. Mix these together and rub this over the front of the throat until it produces some little action. If the spasm is very prolonged, sometimes a sponge rung out of very hot water, and held to the front of the throat, will relieve the spasm, but nothing is as good as the hot bath given immediately. Another form of croup is one that comes on more slowly, taking several hours to develop, in which there is croupy breathing and croupy coughing for some hours, which gradually gets worse, but this form is really diphtheria beginning in the windpipe and is a very dangerous affection. In this form a physician should be sent for immediately, so as to use the diphtheritic treatment. Where diphtheria attacks the windpipe it is a very serious disease and no time should be lost in getting a physician.

CUTS—How to Treat.

In severe cuts, after the bleeding has been stopped, it is necessary to keep the wound absolutely clean or disinfect it. The following lotion will benefit materially and keep the part disinfected.

LOTION FOR CUTS—Take of—Carbolic Acid one and one-half drachms, or one and one-half teaspoonfuls, Water half a pint, or ten ounces. Shake well. Use this by soaking and keeping wet, clean white cotton cloths, or pieces of lint, which must be applied on the cuts to cleanse and heal them. This lotion is very useful for itching, or irritation in any part of the body.

"SOOETHA SALVA" or "SOOTHING SALVE."—This ointment is most healing for cuts. It not only heals a cut, or wound, but disinfects and purifies and destroys all germs. It should always be kept in a family for use in cuts, or wounds, or sores, as it is without exception the finest ointment ever devised. Directions: Spread on surgeon's lint, or on clean cotton that has been recently boiled and ironed, and apply constantly. This is an excellent ointment for the healing of cuts and bruises and for chilblains. It can also be used in skin diseases, or ulcers.

DANDRUFF—See Scalp, Diseases of.

DEAFNESS—Caused by Wax.

Many cases of deafness are caused by a collection of wax pressing on the ear drum. In wax collections often there is deafness, buzzing in the ears and earache. The treatment is to remove the wax by soap and warm water injections. Drop into the ear two or three drops of warmed glycerine, or sweet oil, leave there for half an hour and then syringe out. Use a good sized syringe and have the water warm and with soap in it. Don't drive the water into the ear with force, but be gentle. Use several syringefuls. If the wax does not come away the first time try it again in twenty-four hours.

DEAFNESS—Caused by Tube Closure.

In these cases the tube from the throat to the ear is temporarily closed—and in consequence there is deafness in one ear and considerable buzzing in that ear. To open this tube—hold the mouth and nose closed



"Fruit-a-tives" or "Fruit Liver Tablets"



Indigestion and Dyspepsia For Many Years, Cured by "Fruit-a-tives" When Every Other Treatment Failed.

Shoal Lake, Man., June 11th, 1910.

"For years I had been bothered with persistent Dyspepsia and Indigestion, having severe pains after meal times. I had tried everything that I possibly could try, and the pain in my stomach was no better.



Last summer, Mr. Oatway, a druggist of my town, (Shoal Lake), recommended "Fruit-a-tives" to me. While taking "Fruit-a-tives", I have in no way given up my foods I was in the habit of using, and neither did I stop smoking. Yet, in spite of all, "Fruit-a-tives" have done wonders for me and I strongly advise all my friends to use them.

You may use this testimonial with my free consent, for the benefit of other sufferers."

(Sgd.) DANIEL SAUNDERS.

15 Years a Dyspeptic.—No Treatment Did Any Good. Completely Cured by "Fruit-a-tives."

"I have been a great sufferer from indigestion for about fifteen years. I was forced to deny myself all such hearty food as beans, all kinds of meats, potatoes and other vegetables and could not drink tea or coffee. The fact is for the last two years I have lived on such food as oatmeal porridge, stale bread, etc.

In June, 1907, I saw the testimonial of Hon. John Costigan and I concluded to give "Fruit-a-tives" a trial. I had great extensive treatment from two doctors, and I tried nearly every kind of patent medicines and other remedies I know of and was gradually getting worse. One of my greatest troubles was habitual constipation. I had nearly four boxes of "Fruit-a-tives" and they have made me feel like a new man altogether. I can eat all kinds of hearty foods without suffering, and am not at all constipated. I recommended my brother, Hugh Brown, to use "Fruit-a-tives" for chronic constipation, and he has been greatly benefitted, too. You are at liberty to use this testimonial in any way that will benefit fellow sufferers from indigestion and constipation. I am a farmer and was almost unfit for hard work, and am giving this testimonial voluntarily without promise of remuneration."



(Signed) LEMUEL A. W. BROWN.
Avondale, N.B., Oct. 15th, 1909.



"Fruit-a-tives" or "Fruit Liver Tablets"

BILIOUSNESS OR LIVER DISEASE.

No Medicine in the World Will Cure Liver Disease So Quickly and Pleasantly as "Fruit-a-tives" Will.

BILIOUSNESS, OR CONGESTION OF THE LIVER, is a common complaint and often mistaken for ordinary indigestion, although indigestion is one of its symptoms. In biliousness, the liver is enlarged, its blood vessels are full of blood and mechanically retard the secretion of bile. The liver is clogged and stops acting. With insufficient bile going into the bowels, there is certain to be intestinal indigestion, as shown by the formation of gas and frequent attacks of diarrhoea, alternating, or changing, into constipation. Many a person has been told he had dyspepsia, when, as a matter of fact, he was suffering from an enlarged and congested liver.

SYMPTOMS OF LIVER CONGESTION.—Headaches, furred tongue, nasty taste in the mouth, sticky saliva, indigestion, pain, or soreness, in the back, or right side, chilliness and fever, nausea, vomiting, diarrhoea, alternating with constipation, muddy complexion.

CAUSE OF BILIOUSNESS.—Overeating, with insufficient exercise, eating diseased, or decomposed food, too frequent use of irritating purgatives, such as senna, salts and common purgative pills, dissipation and eating late suppers, excessive use of tea, or coffee—but the common cause is the excessive and constant use of alcohol in some form.

TREATMENT OF BILIOUSNESS.—For this disease the common purgatives, mild or strong, are useless, as they do not act on the liver at all and their action only irritates the intestinal lining and makes the indigestion in the bowels worse. Fruit juice, in large quantities, will cure this disease, because it acts directly on the liver cells, stimulates the secretion of bile, and just in proportion as bile is secreted, the quantity of blood in the liver, or congestion, is reduced. "Fruit-a-tives" is actual fruit juice, in tablet form, and it acts by stimulating the secretion of bile and thereby reduces the congestion in the liver. In the bowels, the increased bile acts as a disinfectant and relieves the indigestion therein. The



Fruit-a-tives

or "Fruit Liver Tablets"

with a handkerchief and blow hard, puffing out the cheeks and making the face red. The air is forced from the throat along this tube and opens it. In all cases of deafness try this simple expedient and if not entirely successful, then use the treatment for removing wax in the ear.

DIARRHOEA—Causes and Treatment.

This disease consists in frequent motions of the bowels with some pain, or straining. The chief cause is indigestion in the bowels (intestinal indigestion), and produced by the presence in the bowels of some irritating substance. Sometimes the indigestion in the bowels leads to slight catarrh, or inflammation, of the bowel lining which may keep up the diarrhoea for considerable time. **TREATMENT.**—Take liquid food only, and take rest in a recumbent position. Begin treatment by taking two or three "Fruit-a-tives" to clean out the bowels and disinfect them. To check diarrhoea, take Subnitrate of Bismuth, a level teaspoonful every hour or two. The Bismuth will also cure the catarrh, by taking it two or three times a day. Boiled sweet milk with a little black pepper in it will sometimes cure simple diarrhoea, after the "Fruit-a-tives" have acted. If the Diarrhoea becomes chronic, or a chronic looseness arises, then the intestinal indigestion has produced catarrh of the lining membrane. In cases of chronic diarrhoea, take Pepsine. Send to a drug store and have made up this,—Take of—Pepsine 30 grains, Subnitrate of Bismuth 30 grains. Mix together and make 15 capsules. **Directions.**—One capsule three times a day immediately after meals. In chronic diarrhoea, take one "Fruit-a-tives" tablet at bed time, two or three time a week, to disinfect the bowels and assist in curing the catarrh.

DYSENTERY—Cause and Treatment.

This is a very serious disease after the type of diarrhoea, but much more severe. Bloody stools and the intense cramps and straining and the depression chiefly indicate this disease. There is frequent motions of the bowels, constant desire to have evacuation, great pain and straining, and the motions are slimy mucous mixed with blood. There is thirst and considerable fever. **TREATMENT.**—Give two or three "Fruit-a-tives" to clean out the bowels and then give the Bismuth as in diarrhoea, order liquid diet, absolute rest, and send to a druggist and get these powders made up, and give one every three hours. Take of—Compound Powder of Ipecac 30 grains, Subnitrate of Bismuth 30 grains. Mix together and make six powders. **Directions.**—One powder every three hours.

DYSPEPSIA—See Page 10.

DOUCHES—How to Use.

These can be used with a syphon syringe, or an ordinary enema syringe. In case of Leucorrhoea, or vaginal catarrh, use a douche as hot as can be borne, every day, or twice a day. The following Douche Powder is the best to use in all cases, being both astringent and disinfectant.

POWDER FOR DOUCHE.—Take of—Powdered Borax one pound, Powdered Boracic Acid one pound. Mix together as a powder. **Directions.**—Dissolve two tablespoonfuls in a quart of boiling water, and use as a douche. Use as hot as possible once or twice a day. Useful in leucorrhoea, discharges and irritation. Take "Fruit-a-tives" regularly to cure the catarrh, or inflammation, and at the same time use this douche daily, and the leucorrhoea, discharge, or irritation will be cured.

EARACHE—How to Treat.

For earache use hot poultices on the outside ear. Hot salt, hot water bottle, and any kind of heat will often relieve, but the best is a hot linsed poultice put on as hot as can be borne. If the poultice does not relieve then syringe out the ear with warm water, and then put on a poultice again. If these do not ease, send to a druggist and get this made up:—Take of—Hydrochlorate of Cocaine 10 grains, Glycerine two drachms. Mix together. **Directions.**—drop two or three drops into the ear for earache. Repeat if not better in half an hour. If the earache continues and healing sets in, then syringe out gently with boiled water, which is allowed to cool to blood heat. Syringe out twice a day. In healing the hot poultices should be continued until the pain ceases.



"Fruit-a-tives"

of Fruit Liver Tablets



action of "Fruit-a-tives" is not only on the liver, but it soothes the stomach and bowels, acts on and stimulates the kidneys and skin, and thus carries off from the blood the poisonous effects of the biliousness. Take one tablet three times a day, thirty minutes before meals, and two or three on going to bed, when the stomach is empty, and always take half a gobletful of cold water each time the medicine is taken. In three or four days, only take the tablets on going to bed, and then take one, or two, or three—sufficient to move the bowels once the next day. Continue taking the tablets for two or three weeks, or longer, until all symptoms of congestion are entirely cured. Carefully follow the DIET RULES given under DYSPEPSIA, and stop using fatty, or peppery foods, sweet milk, alcohol, for, at least, a month. As an aid to treatment, the juice of an orange, taken every morning, before breakfast, will greatly assist the "Fruit-a-tives" in the cure—but "Fruit-a-tives" alone, taken as directed, will always cure this disease.

"Fruit-a-tives" is the greatest Liver Cure ever discovered, it acts on the Liver, Kidneys and Skin, Sweetens the Stomach and Purifies the Blood.

REDUCED TO A SKELETON AND GIVEN UP BY THE DOCTORS.

Plantagenet Ont., Jan. 31st, 1910.

"About March 1st, 1909, I was taken deathly sick with Liver congestion and stomach trouble, backache and general breakdown. I failed from 125 pounds down to 80 pounds, was confined to bed for eight weeks, and was unable to eat or keep anything on my stomach, vomiting nearly all the time. I expected to die, and took many remedies, as well as employing different physicians.



The doctors said they could do nothing for me, and, as a last resort, one of the doctors told me to "Try "Fruit-a-tives", if they would not cure me—nothing would." My husband bought some "Fruit-a-tives" from Mr. Arthur Roleau, merchant of Plantagenet, and I started taking them at once, and inside of ten days I was able to leave my bed. My stomach got strong and I could eat and retain my food. I gained rapidly and soon

had my usual good health back again, and today I weigh as heavy as ever, or 125 pounds.

(Sgd.) MDE. LAURENT CADIEUX.



Fruit-a-tives or "Fruil Liver Tablets"



EYE—Inflammation of.

In all cases of acute inflammation of the eye, first, carefully examine for specks of dirt, or a hair, or cinder. Apply cold water applications, used by wringing a clean cloth out of very cold or iced water, and kept constantly on the eye. Send to a drug store and get Boracic Acid and make the following lotion,—

EYE LOTION—Dissolve a level teaspoonful of Boracic Acid in half a pint or a large teacupful, of boiling water that has been well boiled. When cold, apply constantly to the inflamed eye by keeping a very clean cloth soaked in this lotion over the eye. Also, several times a day syringe out the eye with this lotion, using a small dropper, or small rubber bulb eye syringe.

In all cases of inflamed eye use "Fruit-a-tives" to cool the blood and thereby relieve the inflammation.

ECZEMA.

OINTMENT FOR ECZEMA.—Common Zinc Ointment is beneficial for eczema, but it is not as healing in this disease as "Sootha Salve."

"SOOHA SALVE" or "SOOTHING SALVE" FOR ECZEMA.—This ointment is by far the best application externally for eczema known today. It checks the intolerable itching and entirely destroys the germs which cause the itching. It has wonderful powers of healing in eczema and all skin diseases. Apply it by smearing over the part two or three times a day, or spread on lint, or clean cloth, and apply and then hold this in place by a clean bandage.

POWDER FOR ECZEMA.—Take of—Carbolic Acid twenty grains, Boracic Acid in fine powder two drachms, Powdered Starch six drachms, Powdered Oxide of Zinc one ounce. Mix the Carbolic Acid in the dry powders thoroughly, and work in a mortar until a very fine powder is produced. This is an excellent powder for cases of eczema, or erysipelas, chafing or scalding. It is exceedingly useful in cases of excessive perspiration of the feet. It is best for the dry form of eczema.

In using the ointment, or powder, for Eczema, be careful and use "Fruit-a-tives" at the same time to purify the blood.

EPILEPSY OR FITS.

In cases of epilepsy, or fits, the cause is always latent indigestion in the stomach, or bowels, due to irregular, or over-eating and constipation. In many cases of severe epilepsy, a complete cure has been derived from regularly taking "Fruit-a-tives" and carefully following out the Diet Rules given at page 12. Careful dieting, regular bathing, great cleanliness, sleeping in well ventilated rooms, with the use of "Fruit-a-tives", will always improve, and in the majority of cases, will cure. In cases of fits the cause is that the blood is overloaded with poison from constipation and inactive kidneys and inactive skin, and no medicine will purify the blood and rouse the organs to go to work, like "Fruit-a-tives" will.

ERYSIPELAS OR ST. ANTHONY'S FIRE.

This is a contagious disease and begins as a redness in some part, and this redness quickly spreads and the part feels hot and burning. The person is feverish and upset. The best treatment is to give "Fruit-a-tives" every night to open the bowels, and give liquid diet, milk, broth, soup, half a pint every two hours. The local treatment is important. Do not allow water, or poultices, to touch the part and exclude the air from the part. Get the Powder for Eczema, (Page 22), made up, and cover the red part thickly with this powder. Over the powder cover with a thick pad of cotton batting or absorbent cotton, and don't take off this pad until the disease is cured, excepting to change the pad and renew the powdering. Powder every day or twice a day. Get the "Haemafoda" and give one tablet every two hours to keep the patient's strength up. Keep in bed and steadily carry out treatment. Disinfect everything that has been near the patient, as it is contagious.

FAINING SPELLS—Treatment of

Frequent attacks of fainting indicate that the person's heart is weak and this condition should receive careful attention. When a person faints, the proper treatment is to allow them immediately to lie down flat on their back, so as to relieve the heart pressure, and loosen the collar or



"Fruit-a-tives"

or Fruit Liver Tablets"



Doctors and Every Other Treatment Failed, But
 "Fruit-a-tives" Entirely Cured.

184 Chaudiere St.,
 Hull, Que., Dec. 24th, 1909.

"I wish to express my gratitude in regard to your "Fruit-a-tives." For the last twelve years I very frequently had painful attacks of Dyspepsia and Liver Complaint, and, finally, in the month of March, 1908, I suffered so much that I had to stay in bed, and then began a series of tortures.

I could not digest my food at all, I had atrocious pains in the stomach. I also had a fearful attack of constipation, such that at times I had no motion of the bowels for two weeks. My feet were as cold as though they were frozen. All my relations, friends, and myself, thought I was going to die, and my weight had run down to 80 pounds. Three doctors attended me for two years, and gave me medicines, without any success.

Finally, I had the good fortune of trying "Fruit-a-tives", and as soon as I began taking them I felt better. I kept taking them and to my great satisfaction, and to the great astonishment of my friends, I improved very surprisingly. Now I feel very well, in fact I weigh 115 pounds, and this is more than I ever weighed, even before my sickness. I can, therefore, attribute my cure to "Fruit-a-tives", and can never praise them too much, for they have saved my life. I recommend them to all those who suffer from Dyspepsia and Constipation and Liver Disease, as being a miraculous medicine.

I write this statement voluntarily, and for the good of humanity I give you the liberty to publish it.



(Sgd.) MDE. ANDREW STAFFORD.

TORTURED BY SICK HEADACHES AND BILIOUSNESS

Promptly Cured by "Fruit-a-tives."

Dresden, Ont. July 27th, 1910.

"I was a dreadful sufferer for many years from sick headaches and biliousness, or torpid liver. I tried many remedies and physicians, but nothing seemed to do me any good. I then tried "Fruit-a-tives", and after taking the first box, I was so much better that I continued using these fruit tablets, and they have entirely cured me.

I certainly can recommend "Fruit-a-tives" to any one who suffers from headaches, or biliousness, or stomach trouble, and I send this testimony unsolicited, as I hope thereby I may help some sufferer to try this grand medicine, as I cannot speak too highly of what it has done for me."

(Sgd.) MRS. ISAAC VANSICKLE.



Fruit-a-tives or "Fruit Liver Tablets"



tight clothing. Simply letting them lie flat on their back quietly, is the best kind of restorative. In all cases of attacks of fainting there is apt to be a history of indigestion and, probably, of constipation, which has undermined the heart strength and produced a certain amount of weakness. Also, the pressure of gas in the stomach on the heart is apt to produce a fainting spell in some people. The recurrence of fainting attacks is sufficiently serious to warrant careful attention to diet, and the persons should put themselves under the care of a physician at once. If this cannot be done, then the best treatment is to take "Fruit-a-tives" as specified under "Indigestion", page 10, and carry out the Diet Rules rigorously as stated at page 12. In addition to this all excitement should be avoided and great care should be exercised in building up the general health.

FEET—Perspiration in, and Soreness.

Excessive perspiration in the feet is an unpleasant affliction, as it may produce scalding and tenderness. It is easily cured. Every night wash the feet in warm water in which is dissolved a tablespoonful of Boracic Acid to a quart of water. After washing, dry carefully and powder the soles of the feet with talcum powder, or what is better, the Powder for Eczema, page 22. Also, and this is important, change the socks, or stockings, every day, or two or three times a week.

FITS—See Epilepsy.

FISSURE OF NIPPLES.

OINTMENT FOR SORE NIPPLES.—Take of Carbolic Acid fifteen (15) grains, Sulphate of Zinc, one and one-half grains, Hydrochlorate of Cocaine twelve (12) grains, Simple Ointment one ounce. Mix together thoroughly as an ointment. Smear the cut on the nipples with this, and put a little on a piece of lint and cover the sore. Before nursing the baby, each time, carefully and gently wash off the ointment. This is a splendid ointment, and the cocaine soothes the inflamed crack, or cut, in the nipple, so that it soon heals.

"SOOTHA SALVA" FOR SORE NIPPLES.—Another excellent ointment for cracks in nipples is "Sootha Salva" or "Soothing Salve." Use it in the same way as mentioned above. It is quite as soothing as the ointment given and far more healing.

FRECKLES AND LIVER SPOTS.

FRECKLES is an indication that the outside skin on the face is very thin and thereby easily attacked by the sun's rays and the heat produces these little brown spots we call "freckles." In some people freckles amount to almost a disfigurement and in young women, sometimes, cause considerable annoyance. To prevent freckles it is advisable to wear veils, as far as possible, especially when out in the hot sun's rays. It is not difficult to remove freckles, but they will return again unless great care is taken in keeping away from the action of the sun. In the case of **LIVER SPOTS.**—These are dark brown colored spots frequently seen on the temples, or foreheads, of people, particularly women. They indicate, as a rule, that the person is suffering from indigestion and generally from constipation. These brown spots called "liver spots" are not caused by the sun's rays particularly although the sun's rays make them worse. Liver spots are produced by a small fungus, or parasite, which can be easily destroyed. **TREATMENT.**—The treatment of freckles is as indicated above, and in addition use every night the "Cream for Freckles" given below. In the case of "Liver Spots," the person should take "Fruit-a-tives" as described under "Indigestion", page 10, and should rigorously follow out the Diet Rules in order to have all indigestion cured and the blood purified. In addition, if they use the "Cream for Freckles," as given below, they will soon have these "liver spots" removed. This recipe can be copied out and sent to any druggist and it can be easily made up.

CREAM FOR FRECKLES.—Take of—Salicylic Acid 20 grains, Borax 20 grains, Eucalyptol 5 minims, Glycerine two drachms, Rectified Spirits two drachms, Attar of Roses two drops, Pure Olive Oil, sufficient to make one ounce. Directions: Rub a little over the face each night on going to bed for the cure of Freckles or Liver Spots.



"Fruit-a-tives"
or "Fruit Liver Tablets"

KIDNEY DISEASE

"Fruit-a-tives" is the Most Scientific Kidney Remedy Ever Discovered.

IRRITATION OF THE KIDNEYS, OR CONGESTION OF THE KIDNEYS, is quite a common complaint and should receive careful attention and treatment, or the trouble may end in serious organic disease of the kidneys. In these cases the kidneys are slightly congested, enough to produce a certain amount of soreness and the person suffers from general disturbed health. **SYMPTOMS.** Frequent pain, or ache, in the small of the back, headache, loss of appetite, sleeplessness, greyish complexion, passing water too frequently, tongue coated with a white fur, and the urine is sometimes cloudy on standing. These symptoms show that there is congestion, or soreness, of the kidneys.

CAUSE.—The cause of the kidney congestion is that the bowels have been constipated and the skin has been inactive, so that the kidneys have had to do the work of the bowels, and skin in throwing off the constant stream of dead cells of the body. The overworked kidneys have really become slightly inflamed, and hence the backache and other symptoms. Sometimes a slight cold, or chill, starts the kidneys congestion, when in a condition of overwork.

TREATMENT.—The only way congestion of the kidneys can be relieved, or cured, is to force the bowels and skin to do more work. Any medicine, whether in the form of a so-called kidney pill, or powder, or liquid, which acts only on the kidneys, is simply useless, or injurious, in kidney congestion, or disease. Fruit juice is the most natural and most effective kidney medicine in the world, because it acts on the skin, on the liver and bowels, and on the kidneys—stimulating all these organs to greater action, and thus giving rest to the inflamed kidneys. "Fruit-a-tives" is fruit juice concentrated and intensified and made into tablets, it soothes and stimulates the kidneys, but it rouses the skin and liver to do double work, so that the task of the kidneys is lessened and the disease therein is cured. **"FRUIT-A-TIVES" IS THE BEST AND MOST SCIENTIFIC KIDNEY REMEDY IN THE WORLD.** For backache and kidney disease, take one "Fruit-a-tives" tablet



Fruit-a-lives

of "Fruil Liver Tablets"

GRAY HAIR - Coloring for.

Take two ounces of best quality of black tea leaves, and add this to one pint of boiling water and allow this to steep twenty minutes in a warm place, the same as if you were making tea to drink. Allow this to stand until cold—and when cold strain and press out the leaves—and then to the tea solution add three ounces of good Jamaica rum. Bottle and use when required. This is not a dye, but will relieve the whiteness of the hair and will not look like dyeing.

GRIPPE—See Influenza.

HAIR—Treatment of.

Rich, strong hair usually accompanies robust health, and there is no trouble of the body which so destroys the hair as that of common indigestion. Indigestion not only indicates, in the majority of cases, that the person's blood is overloaded with tissue waste, or poison, but that the nervous system is upset by the constant presence in the body of this unremoved tissue waste. To have good hair, it is necessary to have good digestion and be free from constipation.

WEARING HATS AS A CAUSE OF BALDNESS.—One of the chief causes of baldness in men, and thinness of hair in women, is the wearing of hats. Nature never intended human beings to wear hats, or they would not have had their heads covered with hair. In men the tight fitting stiff hat acts like a band around the head and prevents the blood from circulating in the scalp. These tight hats in themselves are quite sufficient to cause baldness. Soft felt hats, light and porous, with lots of holes in them, is the proper kind of head gear, if men will wear a hat at all. In women, the hats should be particularly porous and very light, and it would be far better for their hair if they never wore hats. The care of the hair is most important. **IN THE CASE OF WOMEN.** Do not wash the hair too often, not more than once every two or three months. Comb the hair out every night carefully and brush the scalp gently. Every month, at a given time, clip off the ends of the hair about one-quarter of an inch, so as to keep the shafts from curling up. This cutting may be done at the full of the moon, if thought advisable. In order to stimulate the growth of hair, not only is it necessary to clip off the ends monthly, but massage of the scalp every night going to bed, is most beneficial. To do this, simply take the fingers of both hands and start at the back of the neck, moving the scalp as you go up towards the crown, and putting on a good deal of pressure with the fingers. This means simply rubbing the scalp, or moving the skin of the scalp, so as to prevent it from becoming tightened. This massage will always improve the growth of the hair. What is injurious to the hair is crimping and twisting it in an unnatural way, and this should be avoided. If all indigestion and constipation are cured, and the directions given here are followed out, in the vast majority of instances, the person will, in the course of a year or so, find themselves possessed of very rich strong hair. **IN THE CASE OF MEN.** Falling hair is generally the result of a weakened condition of the nervous system, and this in turn is probably caused by the worst kind of indigestion and constipation. As soon as the hair commences to fall, every man thinks he is going to save it by frequent washing. This is just what causes the death of the hair. The first thing to do when the hair commences to fall, is to try and improve the digestion, and cure the constipation as quickly as possible by taking "Fruit-a-lives" and by carrying out the Diet Rules as specified in page 12. The scalp cleans itself by a natural process, therefore, never wash the hair at all, and never have a hair shampoo. Why? Washing the hair takes off all the natural oil and in that way the scalp becomes dry and the hair dies. Do not brush the scalp with a hard brush, as that produces irritation and frequently increases the falling of the hair. Let the hair alone and cure the Indigestion and when the latter is cured, probably the falling of the hair will be stopped. Massaging the scalp every night on going to bed, is most beneficial. Start with the fingers of both hands at the back of the neck and go up over the scalp and temples to the front, moving the scalp pretty freely, so as to prevent this from becoming tightened, which, in itself, is one of the main causes of baldness. The following lotion will be found to be useful inasmuch as it will destroy any germs which may



Fruit-a-tives or "Fruit Liver Tablets"



three times a day, thirty minutes before meals, and one, two, or three tablets on going to bed, when the stomach is empty, and always when taking the "Fruit-a-tives", drink, at the same time, half a gobletful of cold water. In a week stop the tablets during the day, and then, take one, or two, or three tablets on going to bed, when the stomach is empty, take enough to move the bowels once the next day. Keep taking one, or two tablets every night for a month or two, or until all symptoms of kidney disease have been relieved. Take a good drink of cold water, half a tumblerful at least, on retiring at night and on rising in the morning. If convenient, the juice of an orange, squeezed out with a lemon squeezer, taken in a drink of cold water the first thing in the morning, will do good always, and assist the "Fruit-a-tives" in acting on the skin. Follow out the DIET RULES given under DYSPEPSIA herein, eat sparingly, using very little meat, and avoid alcohol altogether. Take a warm bath, in a warm room, using plenty of warm water and soap, on going to bed, once or twice a week, to aid in rousing the skin to do more work. If these directions are carried out, "Fruit-a-tives" will always cure Kidney Disease more promptly than any other remedy in the world.

Doctors Unable to Relieve—"Fruit-a-tives" Entirely Cured.

Mountain, Ont., Dec. 14th 1910.

"For six years I suffered from dreadful kidney diseases, my legs and lower part of my body were fearfully swollen and the pain at times was awful. The pain in my side and legs would be so bad at intervals, my people thought sometimes I was dead, as I would faint with the agony. This condition of pain and swelling lasted for years, and I never expected to recover. There were five different doctors who attended me, and all said it was kidney disease, and gave me no hope of getting well. A kind neighbor visited me and told me to try "Fruit-a-tives", and mentioned the wonderful case of Mrs. Fenwick who had been cured of a sickness like mine. I took "Fruit-a-tives" and in a short time I



began to feel better, the swelling began to go down, the pains were easier, and in less than two weeks, I was once more well. I took the "Fruit-a-tives" as directed and they entirely cured me. I weighed only 80 pounds when I began the treatment, and now I weigh 110 pounds, and I am entirely well once more. All my friends look upon my recovery as practically a miracle, and I am unable to praise "Fruit-a-tives" enough. For the sake of other sufferers you can publish this testimonial, together with my photograph."

(Sgd.) MISS MAGGIE JANNACK.



Fruit-a-tives "Fruit Liver Tablets"



have attacked the scalp and at the same time will not irritate the skin. It is best to use a little of this lotion on the scalp either once a day, or two or three times a week:

HAIR LOTION.—Take of—Resorcin 2 drachms, Sulphate of Zinc 3 grains, Glycerine 1 ounce, Alcohol 5 ounces, Water sufficient to fill a 10 ounce bottle. Mix carefully as a hair lotion. **Directions:** Put a little on the scalp once a day, or two or three times a week. Useful for dandruff, falling of the hair, and for sore spots on the scalp. When using this follow out the directions given in regard to the care of the hair and take "Fruit-a-tives" as directed, and, in the majority of cases, the diseases of the hair will be cured. (See also SCALP—DISEASES OF.)

HAY FEVER—How to Treat.

This affection is generally regarded as nervous in character and treated as such. The real cause is that the person's blood is overloaded with tissue waste, or poison, due to defective action of the bowels, or kidneys or skin, or all three combined. No local treatment will cure the condition, but general treatment will. In ninety per cent of the cases, there is chronic constipation and latent indigestion present. Take "Fruit-a-tives" every night at bed time, with a big drink of cold water, and rigorously carry out the Diet Rules at page 12, and hay fever will certainly be cured. This treatment will stimulate the bowels, kidneys and skin, and thus remove the poison which produced the fever.

HEADACHES—See Page 29

HAEMORRHOIDS OR PILES.

The cause is constipation, and the forcing through the narrowed outlet of the bowels, hardened fecal lumps, which break a vein and allows blood to pour out under the skin and forms a lump, or pile. In treating, keep the bowels open by taking "Fruit-a-tives" every night at bed time. If very acute and tender, the application of ice, or ice water cloths, will relieve. Sometimes hot linseed poultices give most relief. The ointment given below is very soothing and very healing for external piles. The best treatment for piles, external and internal, is by means of rubber dilating tubes, and used regularly, to gradually dilate the anal outlet.

"SOOETHA SALVA" or "SOOTHING SALVE" FOR PILES.—This ointment is most soothing and healing for piles. Apply a little several times a day and it will quickly relieve the inflammation and pain. While using it be careful and keep the bowels open daily by using "Fruit-a-tives" every night at bed time

INFLUENZA OR GRIPPE.

This disease is caused by a very small germ carried in the atmosphere which is the chief means of spreading the disease. The symptoms are those of a cold in the head, only very much more severe, and frequently there are pains in the back, pains in the head and sometimes pains in the limbs, and there is always more or less fever. In bad cases the fever and pains are very pronounced. The disease is quite epidemic at times and is decidedly contagious. **TREATMENT.**—Start it by giving "Fruit-a-tives", either two or three tablets to have a free action of the bowels, and to assist in throwing the poison off. The person should lie in bed and take liquid diet with plenty of cold water. To reduce the fever send to a druggist and get these capsules made up and take them as directed:

CAPSULES FOR GRIPPE.—Take of—Phenacetin 15 grains, Hydrochlorate of Quinine 14 grains, Citrate of Caffein 7 grains. Mix together and make into 7 capsules. **Directions:** One capsule every four hours. Each night take "Fruit-tives" either one, two, or three, to move the bowels well the next day. When these capsules are finished the grippe will, probably, be entirely well, but it is advisable to remain in doors for a few days longer. If the cough is very pronounced, have the Home-made Cough Mixture, given under Bronchitis, made up and used, or take freely of demulcent drinks like linseed tea with lemon juice in it. If the fever is very high in the case of a child, carefully sponging the arms, legs, and body, with tepid water, will lower the fever and do good. This



"Fruit-a-tives"

or "Fruit Liver Tablets"



HEADACHES

"Fruit-a-tives" is a Natural and Scientific Remedy for
Headaches and Neuralgic Pains in Any Part
of the Body.

RECURRING HEADACHE, OR NEURALGIA, is always a symptom of blood poisoning and it is nature's danger signal. Neglect this signal, or treat it wrongly, and the penalty may be death. Only by realizing that headache, or neuralgia, is invariably due to blood impurity, can this horrible symptom be cured. What causes blood poisoning? The body is constantly decaying and being renewed, and the dead matter is absorbed into the blood, and should be removed therefrom by the bowels, kidneys and skin. These three blood cleansing parts really throw off the entire dead body several times a year. If one cleansing part stops acting, the blood will be impure, and if two parts stop there will be death. In headache it will almost invariably be found that the bowels have not been acting, have been constipated, and the skin is sluggish or the kidneys are acting imperfectly. The tissue waste, or dead cells, are, in such a case, left in the blood and irritate and inflame the brain and nerves. Headache is, therefore, a danger signal, and calls for treatment to purify the blood. Fresh fruit juice, in large quantities and continued for several days, will cure headache, because it increases the action of the liver and bowels, of the kidneys and of the skin, and is the greatest blood purifying agent in the world. "FRUIT-A-TIVES" is fresh fruit juice, concentrated and increased in strength, combined with the finest tonics, and will positively cure headaches by purifying the blood, and this is the only way headaches can be cured. "Fruit-a-tives" will not only stimulate the liver and bowels, and the skin and kidneys to renewed activity, but it will sweeten and tone the stomach, and will make the nervous system stronger. For headache take "Fruit-a-tives" as advised in the article "INDIGESTION" herein, and thoroughly follow out the DIET RULES there given—while hot baths should be taken, in a warm room, twice, or thrice, a week, on going to bed, to aid in rousing the skin to increased activity. Continue to take "Fruit-a-tives" for several weeks until the blood is purified, the stomach sweetened and made stronger, the nerves toned up and the whole body brought to a healthy condition.



"Fruit-a-tives" or Fruit Liver Tablets



sponging can be done by sponging one arm and drying it; then sponging the other arm and drying and covering it; then sponge the front of the body, and then turn over and sponge the back, then sponge one leg and then the other. In this way the sponging will not expose a large part of the body to cold and if done carefully in a warm room will always do good and lower the fever. Keep the bowels freely opened by "Fruit-a-tives". take the capsules above specified, take lots of water to drink and liquid food and the grippe will soon be cured.

ITCH OR SCABIES.

This disease is due to a small insect which gets under the skin and burrows under it, and thereby produces the intense itching. It effects chiefly the back of the hands, between the fingers, or the wrists, or the flexor surfaces of arms and legs, and sometimes the legs, but generally it attacks the hands. It is a contagious skin disease, the disease being caught from one person to another, due to the small insect being easily transferred. There are pimples as the result of the itching and the skin is rough and red and fiery. To tell this disease from eczema is quite easy, as eczema usually attacks the arms or legs, whereas itch generally attacks the back of the hands and between the fingers. The treatment is Sulphur Ointment and this will always cure Itch. Sulphur Ointment can be purchased in any drug store, but if that is not convenient it can easily be made up as follows.—Take of common sublimed sulphur, one heaping tablespoonful, common lard, that is perfectly fresh, four tablespoonfuls. Mix the sulphur and lard together, working them well up together with a common case knife, until the ointment is made. This is a very simple ointment to make and anyone can make it. Just apply this sulphur ointment on the hands, or part affected with itch, a few times, rubbing it in thoroughly with each application, and it will completely cure the Itch, or Scabies.

JAUNDICE—How to Treat.

Jaundice consists in the skin of the body and white of the eyes becoming yellow, sometimes the yellow of the skin is very deep like saffron. The cause of ordinary jaundice is catarrh, or inflammation, of the stomach lining which spreads down the bowel to the opening of the bile duct, and the inflammation stops the opening of the bile duct. When the bile duct is stopped up the bile from the liver can't get out into the bowels and it is then absorbed into the blood, and the bile in the blood causes the yellow skin. **TREATMENT**—Give "Fruit-a-tives" to open the bowels and sweeten and disinfect the stomach. Also, give only liquid food, broth, beef-tea, strained soup, milk and lime water. Buy at a drug store an ounce of Subnitrate of Bismuth, and give half a teaspoonful of this powder, mixed in cold water, every two, three, or four hours. The Bismuth checks the inflammation in the stomach lining. Continue the liquid food and the Bismuth and every other night at bed time give the "Fruit-a-tives", and the disease will be cured.

LEUCORRHOEA—See Page 45

LIVER SPOTS—See Freckles and Liver Spots.

LUMBAGO—How to Treat.

This disease is acute inflammation of the sheaths, or coverings of the large muscles of the back. If very severe, every movement gives excruciating pain. In severe cases, apply over the back a large full strength mustard plaster and leave on for ten minutes. After the mustard, apply a large hot linseed poultice, as hot as can be borne, and change frequently, thus keeping on hot poultices. At the same time give the patient three "Fruit-a-tives" to open the bowels and aid in carrying off the inflammation. Give liquid diet only. Sometimes a large rubber water-bag filled with hot water and applied, gives the most relief. As a rule, the hot poultice after the mustard will act best. After the severe inflammation is cured the muscles in the back will be sore for a few days and for this rub on the Household Liniment several times a day. Also, every



MANUFACTURERS OF
"FRUIT-A-TIVES" OR FRUIT LIVER TABLETS"
386-390 BANK STREET

OTTAWA, CANADA, MARCH 23rd, 1911

Dear Friend:-

We wish you to join the thousands of friends of "Fruit-a-tives" and use this wonderful fruit medicine. To induce you to try "Fruit-a-tives" we are offering you a Trial Box practically free, and we trust you will accept the offer.

What is "Fruit-a-tives"? It is concentrated and intensified fruit juice with tonics added. The fruit used is: APPLES, ORANGES, PRUNES and FIGS, the curative material in the juices of these fruits is made stronger by our discovered process, then the juices are evaporated to a powder and this powder is made into tablets, with the addition of the finest tonics and internal disinfectants known to science.

Fruit, or "Fruit-a-tives", is a Natural Remedy for constipation, biliousness, indigestion, sick stomach, headache, backache, kidney diseases, skin diseases, rheumatism, bad complexion, pimples and blotches, and all blood impurities. The juices of fruit, or "Fruit-a-tives", sweeten and tone the stomach, stimulate the liver to increased secretion of bile, and the increased bile makes the bowels move naturally and curatively. Fruit juice, or "Fruit-a-tives", stimulates the bowels, kidneys and skin to increased activity, and it is the greatest blood purifying medicine in the world.

TRY "FRUIT-A-TIVES" AT OUR EXPENSE.

Send to us, by the enclosed envelope, 10¢ in money, (not stamps) to pay the postage, boxing, etc., and we will send you, free, at once, a Trial Box of "Fruit-a-tives", which sells at 25¢. We only give this free Trial Box once to each person, and the offer holds good for only two months from this date.

REGULAR PRICE OF "FRUIT-A-TIVES".

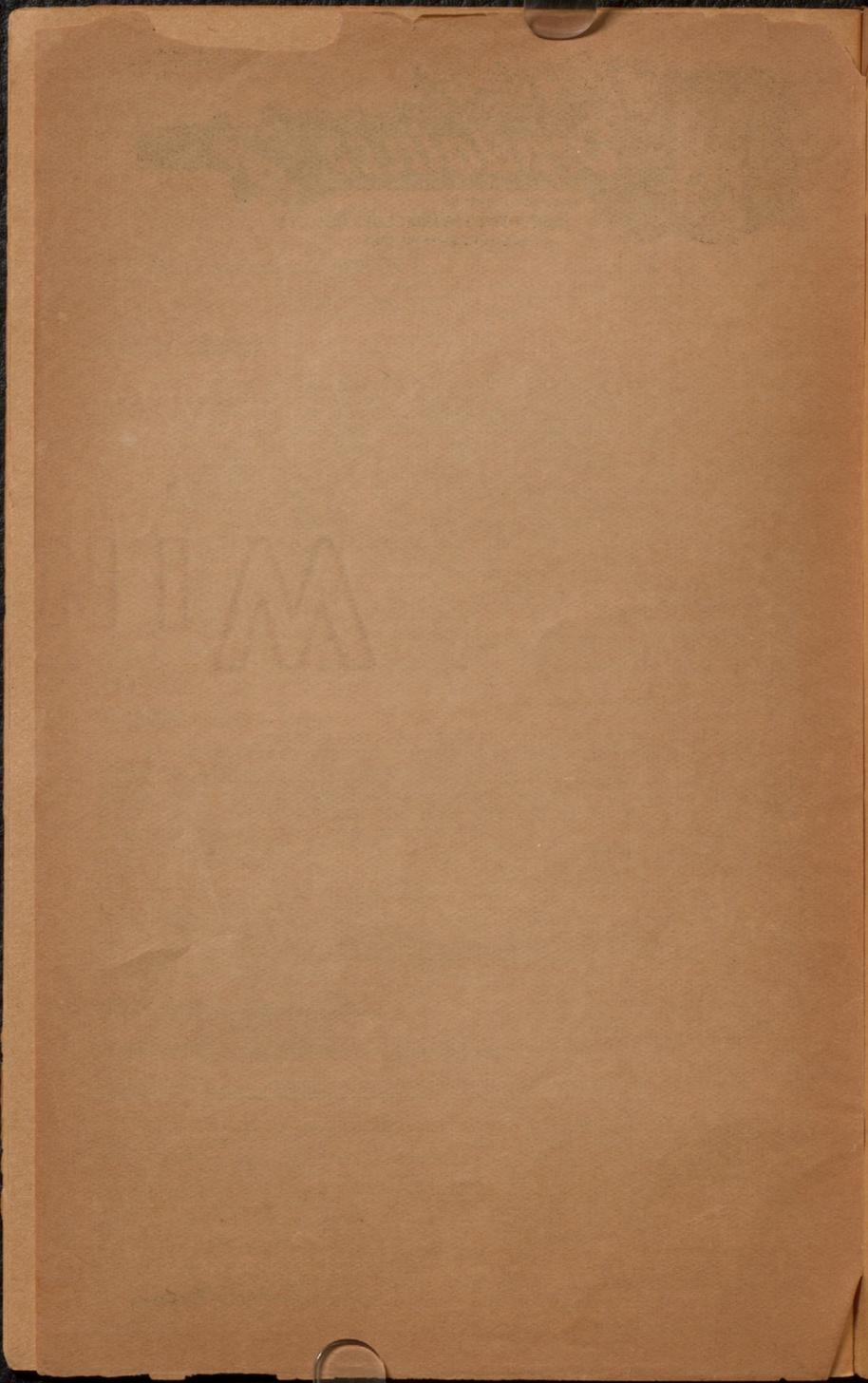
The price of "Fruit-a-tives" is:- Regular Size Boxes 50¢ per box, or \$2.50 for six boxes. Trial Boxes 25¢ per box, or \$1.25 for six Trial Boxes. You can buy "Fruit-a-tives" at any drug store, or store where proprietary medicines are sold, in Canada, for these prices. If you cannot procure our medicine in your locality, send to us direct, and enclose the amount by Postal Note, or Post Office Money Order, and we will send it to you at once by prepaid post.

READ AND KEEP THE ENCLOSED BOOKLET.

Carefully read the enclosed booklet, and you will find recorded a large number of positive cures by "Fruit-a-tives", when doctors and every other remedy had failed. If you have any ailment, study these cases, and then give "Fruit-a-tives" a trial by sending for a free Trial Box. Send to-day and get a Trial Box free.

Very respectfully yours,

FRUITATIVES LIMITED,
Per. *E. M. Adam*
Pro. President.



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"Fruit-a-tives" or "Fruit Liver Tablets"

**Mr. W. J. McComb, Merchant of Trenton, Ont., the Sufferer.
Cured by "Fruit-a-tives."**

Trenton Ont., Jan. 29th, 1909.

"I was a dreadful sufferer for many years from stomach and liver troubles—but my greatest suffering was from violent headaches. These headaches were intense and practically continuous, and they were so distressing that I almost had to give up my business. I tried all kinds of remedies to get relief, and was treated by physicians without any benefit. I went to Toronto and consulted specialists, and the doctors induced me to wear glasses to see if these would cure my headaches. I wore glasses but they did me no good.

None of the doctors did me any good and I was growing worse. The headaches were intolerable. I was then induced to try "Fruit-a-tives," and from beginning to use this medicine I was better, and in a short time I was quite well again, no headache and I threw my glasses away. The "Fruit-a-tives" not only cured my headaches, but completely cured me of all indigestion and restored me to perfect health again.

I can honestly state that "Fruit-a-tives" cured me of Chronic Headache when doctors and every other treatment had failed. I consider "Fruit-a-tives" a grand medicine and I make this statement voluntarily so that if any other sufferer from headaches reads it, he, or she, may try "Fruit-a-tives" and get well.

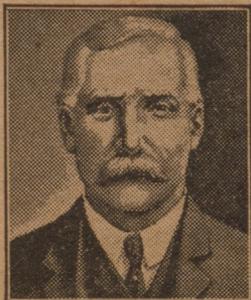
(Sgd.) W. J. McCOMB.

Well-Known Merchant States His Case.—Cured by "Fruit-a-tives."

Shanley Ont., Sept. 23rd 1910.

"You certainly have the greatest discovered Headache Cure in the world. Before "Fruit-a-tives" came before the public, I suffered tortures from headaches, caused mostly from stomach disorders. I tried many different remedies without any permanent relief.

One of your travellers called on me shortly after you started selling "Fruit-a-tives", and on that day I had one of my raging headaches, and had my head almost in a raw sore from external applications. I hated to see any person coming into the store, (I am a general store keeper at the above address, and have been in the same store 25 years), much less a commercial traveller, and I told him, very curtly, that I had a headache and "wanted none of his patent medicine", but he very good naturedly offered me a sample of "Fruit-a-tives", and insisted on my trying them. I did so, with what I would call amazing results. They completely cured me, and since then, (nearly six years ago), it is only necessary for me to take one occasionally to preserve me in my present good health. I was 65 years old yesterday.



(Sgd.) WM PITT.



"Fruit-a-tives"

"Fruit Liver Tablets"

night at bed time take "Fruit-a-tives" to keep the large bowel unloaded, or another attack may come on. The recipe for the Household Liniment is given here and it can be made up by any druggist by giving him a copy:

HOUSEHOLD LINIMENT.—Take of—Liniment of Belladonna two ounces, Liniment of Chloroform two ounces, Liniment of Aconite two ounces, Liniment of Opium two ounces, Tincture of Capsicum two ounces. Mix together. Useful in sprains, muscular pains, lumbago and painful joints. In rheumatism and lumbago, apply on the joints and take "Fruit-a-tives" to cleanse the blood and remove the cause, as a liniment can only soothe.

NEURALGIA—See Page 29.

NOSE BLEEDING—How to Stop.

Hold the hands straight over the head as high as possible, let someone hold the patient's hands high over the head, and in a few minutes the bleeding of the nose will stop. If this does not stop the bleeding, hold pieces of ice to the nose and snuff up the nose some alum water. Holding the hands over the head almost invariably will stop nose bleeding instantly.

PEDICULOSIS—See Vermin.

PILES—See Haemorrhoids or Piles.

PNEUMONIA—Symptoms and Treatment.

This disease consists in inflammation of the lung substance and it usually attacks the lower part of the lung, the part that is at, and just below, the shoulder blade. There are two lungs and each extends from the collar bone in front to about three inches below the shoulder blade behind. The symptoms of Pneumonia are constant cough, high fever, and usually pain in the side affected, close to the breast gland. Generally the patient cannot lie on the affected side. When these symptoms are present get the attendance of a physician, if possible. If a physician is not available, then carry out the treatment here given. **TREATMENT.**—Apply a large full strength mustard plaster on the side, to reach from back bone to breast gland, and leave on for 10 minutes, and repeat this plaster night and morning. Make a thick pad of cotton batting (about half a roll) large enough to reach from the back bone to the middle of the chest in front and apply to the side and keep in place by a flannel binder to go around the body. Put on a fresh pad every second day or so. Give liquid food only, half a pint every two hours, and use milk, broth, beef-tea, etc. At the outset give two or three "Fruit-a-tives" to open the bowels freely. If possible get an ounce of Tincture of Aconite and put 20 drops in 20 teaspoonfuls of cold water and give a teaspoonful of this water every hour. To check fever, sponge body with tepid water once, or twice, a day, being careful that it is done only in a warm room. (See directions for sponging given under Grippe). If the cough is incessant, the Cough Mixture given under Bronchitis should be made up and given. Every second, or third, night give "Fruit-a-tives" to insure free action of the bowels. This disease tends to end in about 10 days, but the patient should not go out doors for two or three weeks after recovery, and only then with the greatest care.

PLEURISY—Symptoms and Treatment.

This disease is inflammation of the Pleura, or covering, of the lung. Each lung is covered, and protected, by a strong, thin, tough membrane, called a Pleura. Each Pleura is a closed bag, something like a hot-water rubber bag. In Pleurisy it is the inside surface of this closed bag which is inflamed. The tendency of inflammation is to cause water to be secreted and often the pleural bag will fill up with this water. **SYMPTOMS.**—Severe, sharp, shooting pains over the side, felt mostly towards the front, near the breast gland—and the pains prevent a good breath from being taken. There is some fever, but nothing like as much as in Pneumonia. It must not be forgotten that sometimes there is



"Fruit-a-tives"
"Fruit Liver Tablets"



HEART DISEASE

**Heart Weakness From Stomach Irritation
Always Promptly Cured by
"Fruit-a-tives."**

HEART WEAKNESS AND HEART IRRITATION, is a common outgrowth of indigestion, and this condition is not only distressing, but dangerous. The cause of the trouble is indigestion and the formation of gas in the stomach, which bulges the walls out and thus presses upon the heart. The proper action of the heart is interfered with by the bulging stomach pressing upon it. **SYMPTOMS.** The symptoms are palpitation, or rapid beating, of the heart, on the slightest excitement, pain over the heart, and sometimes pain passing down the left arm, a feeling of smothering at times, and sometimes slight dizziness. In these cases the heart is weakened and irritated by the indigestion, and if left untreated, a fatal ending may ensue at any time. Indigestion is the immediate cause of the heart trouble, but there is generally constipation, and the kidneys are weak and the skin inactive. **TREATMENT.** "Fruit-a-tives" will always cure this weakened and irritated heart condition promptly, because it soothes and tones the stomach, cures the constipation, stimulates the liver, increases the action of the kidneys and skin, purifies the blood and strengthens and tones the nervous system. The tonics in "Fruit-a-tives" tone and strengthen the heart walls and materially assist in the cure. Take "Fruit-a-tives" for weak and irritated heart, exactly as directed under **INDIGESTION** herein, and rigorously follow out the **DIET RULES** stated.

Captain Nelson Bannister Cured by "Fruit-a-tives."

"I was stricken down with neuralgia of the muscles of the heart. The heart remained weak and the only remedy that restored me was "Fruit-a-tives."

(Sgd) NELSON BANNISTER,
Oak Lake, Man.



"Fruit-a-tives" "Fruit Liver Tablets"



Pneumonia and Pleurisy both present, though this is not usual. If Pneumonia exists with the Pleurisy, then there will be high fever. **TREATMENT.**—The treatment is exactly the same as Pneumonia. Repeated mustard plasters, large pad of cotton batting kept constantly on, Aconite given if possible, liquid food. Always give "Fruit-a-tives", as keeping the bowels open aids in the cure. It is always advisable to have a physician, if possible, but if not possible then treat as directed herein.

POISONS AND POISONING

In cases of accidental poisoning give at once an emetic. A teaspoonful of mustard in a gobletful of luke-warm water, or a teaspoonful of common salt in a gobletful of luke-warm water, and repeat this quickly, that is keep on giving this amount of emetic every few minutes until vomiting ensues. Have the patient put his finger down his throat as far as he can and tickle the throat to start the vomiting. After the vomiting, repeat the emetic to make sure all the poison is removed from the stomach. After the emetics give a drink of strong black tea. In Carbolic Acid poisoning, give emetics and then give sweet oil, half a pint, to soothe the stomach. In poisoning by opium, give emetics and then give repeated cold baths, and keep the patient from going to sleep by forcing him to walk for hours until the effects pass off. In poisoning by Nux Vomica, or strychnine, give emetics and if possible give 20 grains of Bromide of Potash every hour, for three doses. In all cases of poisoning, get a physician, if possible, immediately.

POISON IVY—How to Treat.

Make a lotion by adding three, or four tablespoonfuls of baking soda to a quart of hot water and apply this lotion constantly to the affected part. Soak lint, or a clean cloth in this and keep on constantly. At bed time every night give "Fruit-a-tives" to move the bowels the next day, and cool the blood. After two days get the Powder for Eczema made up, page 22, and powder on to the part instead of the soda lotion.

PRURITUS OR ITCHING—Directions and Treatment.

This disease consists in a very annoying irritation, or itching, sometimes affecting the skin over most of the body, and sometimes confined to one part only. Frequently the skin has a red, sore appearance, usually due to friction, or rubbing to allay the itching. The cause of the disease is invariably that the blood is overloaded with retained tissue waste, or dead cells, due to defective action of the bowels, kidneys, and skin. The blood is poisoned and the nervous system is upset as a consequence. Purify the blood and the disease will be cured. No medicine in the world will act so thoroughly as "Fruit-a-tives" in these cases, as it acts on the bowels, on the kidneys and the skin. Take one tablet three times a day, before meals, and two or three at bed time. As indigestion is always present, carry out the Diet Rules at page 12. **LOCALLY.**—The best treatment locally for itching, or Pruritus, is to use carbolic acid, either in the form of a lotion, or oil. Two small teaspoonfuls of carbolic acid added to a full half pint of water makes an excellent lotion for washing the skin for pruritis. An oil consisting of two small teaspoonfuls of carbolic acid added to a full half pint of sweet oil, acts even better than the lotion. In general pruritus affecting the whole body, a good application is to dissolve four tablespoonfuls of baking soda in a quart of hot water, and wash the parts with this several times a day.

RHEUMATISM—See Page 37

RINGWORM—How to Treat.

Ringworm is a contagious skin disease, consisting of circular red elevated patches, large or small, and it is caused by a vegetable fungus, or parasite. **TO TREAT.**—Wash part well with soap and water. Get a druggist to make up this lotion and apply. Take of—Hyposulphite of Soda one drachm, water one ounce. Mix together as a lotion. **Directions:** Apply several times a day. Also, Sulphur Ointment will sometimes cure. Boil, or burn clothing to prevent re-infection, if clothing touches.



"Fruit-a-tives"

or "Fruit Liver Tablets"



Consulted Physicians Without Relief—"Fruit-a-tives" Completely Cured.

91 Clergy St., Kingston, Ont., Nov. 4th, 1909.

"I suffered for some years with a very dangerous form of Heart Trouble and I was so weak I could hardly stand. My heart beat violently, and I had pain over the heart and down the arm and had headaches. I suffered, also, from Constipation and Indigestion, and my health was so bad that my friends were greatly alarmed. I was treated by physicians and took many remedies, but nothing did me any good.

Then I began taking "Fruit-a-tives" and this medicine completely cured me of all the heart disease, constipation and stomach trouble, and gave me back perfect health once more.

I am thankful for my recovery and you may publish this testimonial for the sake of other sufferers."



(Sgd.) MISS MABEL TODD.

WAS GIVEN UP BY THE DOCTORS.

Moorefield, Ont., Dec. 15th, 1909.

"The days of miracles are not all past, and I feel that my complete recovery, from what seemed inevitable death, is practically a miracle.

I suffered from severe Indigestion and Dyspepsia for nearly two years. I could not take food without fearful distress and I became almost a skeleton, as the result of the suffering. I could not do any work, and became so run down and weak that I could hardly walk. I was attended by two experienced doctors, and they both pronounced my case incurable, that they could do nothing more for me, as they thought my disease was Heart Failure and incurable. The doctors gave me up and I looked forward for death in a short time. I gave up my work and prepared to die. I not only had the doctors, but after they gave me up I tried many remedies and treatments but got no better.



At this time my son asked me to try "Fruit-a-tives", and from the outset of taking these wonderful tablets, I was better, and gradually this medicine completely cured me. I took a large number of boxes, perhaps a dozen, and now I am entirely cured, and I have gained over 30 pounds in weight. I am well, thanks to "Fruit-a-tives."

I am so well that I have sold my farm and bought 200 acres more land. I make this statement voluntarily for the sake of humanity, as I believe my recovery is a miracle, and I am convinced that "Fruit-a-tives" is a wonderful remedy, that will cure stomach trouble where doctors and everything else fails."

(Sgd.) HENRY SPEERS, J.P.



Fruit-a-tives

or "Fruil Liver Tablets"



SCALP—Diseases of.

The most common disease of the scalp is Eczema, and in the mildest form it is called dandruff. Dandruff is simply Eczema, or Salt Rheum, of the scalp in the dry or scaly form. In many cases dandruff gets well with little treatment, but frequently it persists until it destroys the hair roots and produces baldness. Occasionally the Eczema is more severe and produces large thick crusts, and sometimes pink spots, which are sore on combing the hair. It is often asserted that dandruff of the scalp, and baldness resulting therefrom, is caused by a distinct germ which can be communicated to another person by brushes. This is true, as being contagious, and brushes should be washed frequently in carbolic acid, two teaspoonfuls to half a pint of water. The germ found in dandruff and scalp diseases, is just the same as found in eczema elsewhere, but slightly altered by the oil of the scalp. **TREATMENT.**—The treatment of eczema of the scalp is absolutely the same as eczema in other parts of the body. It is a blood disease due to defective action of the bowels, kidneys and skin. The blood is overloaded with poison and the skin breaks out, or is rendered easy for the germs to act upon it, and produce eczema. "Fruit-a-tives" will cure eczema, by purifying the blood, more quickly and perfectly than any other medicine in the world, because it acts directly on the bowels, kidneys and skin. Take "Fruit-a-tives" exactly as pointed out in Indigestion, page 10, and rigidly carry out the Diet Rules for Indigestion. Keep up the treatment for weeks until the blood is purified and the irritation in the skin has been cured. **LOCALLY.**—In Eczema of the scalp, in the dry variety, apply the Powder for Eczema, page 22, on going to bed, and wash of very gently the next morning. In the variety where sore spots or thick crusts, exist, the "Sootha-Salva" or "Soothing Salve" will quickly cure the eczema. Put it on at night on going to bed and wash off very gently the next morning. The lotion given under Hair herein, for the scalp, can be used during the day with advantage. Now, don't brush the scalp with coarse, harsh brushes, or shampoo it, or scrub it with coarse soap. Be as gentle with the scalp as possible as it is inflamed and sore. If the treatment herein given is carried out properly it will always cure these cases of dandruff and sore scalp.

SCABIES—See Itch.

SCIATICA—See Rheumatism, Page 37

SUN STROKE—How to Treat.

This is really heat stroke, caused by excessive heat, whether from the sun's rays, or in a confined room. It occurs when a person is working hard, physically, in excessive heat. The patient is prostrated, collapsed, sometimes restless or delirious, and sometimes insensible, with heavy breathing. The surface of the body is clammy and cold, and sometimes death ensues in an hour. **TREATMENT.**—Remove to shade, or fresh air. Give stimulants, whiskey or brandy freely. If possible, bathe the whole body at once, with cold water, or tepid water. Do this by sponging. After sponging, put heat to feet and cold ice cloths to head. When consciousness is recovered, or the worst effect of the heat is past, give three "Fruit-a-tives" to open the bowels and act on the internal organs, as these will be paralyzed for a short time after an attack.

THROAT—Inflammation of.

Inflammation of the throat means inflammation of the back of the mouth, behind the tongue. Generally the whole part is red and sore on swallowing, but sometimes the tonsils only are involved. When the tonsils are inflamed the trouble is called Tonsillitis, or Quinsy. The cause is said to be cold, but the exact cause is a bad stomach, for if the stomach is sweet and in good condition the throat will, practically, never inflame.

TREATMENT.—Give liquid food only and keep quiet. Gargle frequently with Listerine—a teaspoonful to half a pint of water. A good gargle is made by adding a teaspoonful of Carbolic Acid and half a teaspoonful of table salt, to half a pint of water. On the outside put on a mustard



"Fruit-a-tives" or "Fruit Liver Tablets"

RHEUMATISM

**"Fruit-a-tives" is the Greatest and Most Scientific Remedy
Ever Discovered for the Cure of Rheumatism.**

CAUSES.—Rheumatism is caused by a poisonous material, called URIC ACID, which forms in the blood as the result of acid indigestion and blood poisoning. This poisonous material, whenever it accumulates in the blood, attacks and inflames the gristle substance which covers the joints and muscles, and thus produces active rheumatism, or rheumatic pains, depending on the amount of the poison in the system. Now, Uric Acid is not natural to the body; then, how does it form in the blood? By there being too much urea, and too much acid in the blood, and these join together and make acid urea, or Uric Acid. "Urea", or "tissue waste", consists of dead cells of the body which constantly pour into the blood stream, and they should be constantly filtered out by the kidneys, skin and bowels. If the removal of the dead cells slackens, owing to weakness, or inaction of the bowels, or kidneys, or skin, then the blood becomes overloaded with them, becomes poisoned by them, and they irritate every part of the body, stomach, heart, skin and nervous system. If there is indigestion and excessive acidity in the stomach, the surplus acid must go into the blood where it meets the surplus urea, or dead cells, and the two join together and form acid urea, or URIC ACID. Rheumatism is, therefore, a symptom of blood poisoning and indigestion combined, and to cure the disease we must remove the cause. The "urea" or "tissue waste", must be forced out of the blood and the indigestion cured, so as to stop the excess of acid. "Fruit-a-tives", like fruit juice, is the greatest blood purifying medicine in the world, it stimulates to increased activity the liver and bowels, the kidneys and skin, it removes the urea and uric acid, and it cures the indigestion, and thereby stops the excess of acid. **"Fruit-a-tives" is the Greatest and Most Scientific Remedy for Rheumatism in the World.**

TREATMENT.—To cure rheumatism it is essentially necessary that the indigestion be cured and the blood purified. To do this, time, patience, perseverance and self-denial are required. Improve the digestion by the most exacting dieting.

"Fruit-a-lives" or "Fruit Liver Tablets"

plaster for six, or seven, minutes and repeat this every eight hours. After the mustard put on a thick pad of cotton batting around the throat and bind on by a bandage. The real treatment is to purify the stomach at once by taking "Fruit-a-lives" and take sufficient to act on the bowels every day, that is take two or three tablets every night at bed time.

TOOTHACHE—How to Treat.

Clean out the cavity carefully and soak a small bit of cotton wool, or absorbent cotton, in Oil of Cloves, pack down into cavity and over it put a little bit of the wool. If you clean the tooth out very thoroughly and get the Oil of Cloves into the cavity, the ache will stop. Another substance sometimes used by hunters in the woods, is ordinary gunpowder. Clean out the cavity very carefully first and take a little powder out of a cartridge and put into the cavity. The best substance is, however, Oil of Cloves, and every household should keep this on hand. Where the gum and face swells from a bad tooth, paint the gum next to the cheek, at the point of pain, with Tincture of Iodine. Take a tooth pick and roll around the point a little knob of cotton wool, soak in Iodine and paint thoroughly the gum. In addition, when the face swells from a bad tooth, put a hot linseed poultice on and repeat every two or three hours until the swelling goes down.

ULCERS—How to Treat.

An ulcer is an open sore varying in size from half an inch to three inches in diameter, in which the skin covering is entirely removed. As a rule an ulcer is not very deep, but it is red and raw looking, generally situated on the leg near the ankle, and it is difficult to heal. Persons afflicted with ulcers are those with very weak circulation and are broken down in health. Such persons are practically always victims of Constipation, weak digestion and poor appetite. **TREATMENT.**—No medicine will do so much good as "Fruit-a-lives" in these cases—as it relieves the constipation, soothes and stimulates the stomach, while the tonics tone up the nerve force and the heart action. Take "Fruit-a-lives" as stated in Indigestion page 10, and carefully carry out the Diet Rules. **LOCAL TREATMENT.**—This is most important. In these cases the circulation of the blood in the veins is very defective, and this prevents the ulcer from healing. Buy a pure rubber bandage $2\frac{1}{2}$ inches wide by 5 to 6 yards long. Apply on the leg beginning at the instep and go up to the knee, but be careful and not put on too tightly. Put the bandage on in the morning before getting out of bed and wear all day, and put off when in bed at night. Wear bandage always while on the feet. Over the ulcer put on "Sootha-Salva" or "Soothing Salve" by spreading it on lint and over the lint put the bandage. This treatment carried out properly will always heal an ulcer in two or three weeks.

UTERINE DISEASES—See Page 44

VERMIN OR PEDICULOSIS.

Vermin on children's heads, in some localities, is exceedingly annoying to mothers, while other kinds of vermin are even more distressing. There are three varieties of vermin which attack human beings. Vermin on the head is known technically as *Pediculus Capitis*, or Head Vermin. Then the vermin on the body is called *Pediculus Corporis*, or Body Vermin. Then the vermin which attacks the hairy parts of the body, other than the head, is called *Pediculus Pubis*.

VERMIN ON THE HEAD.—The best cure for this is Tincture of Stavesacre—which can be secured at any good drug store. Buy 10 or 12 ounces and apply on the hair at night, soaking the hair thoroughly. In a week soak again. Another treatment is coal oil, apply freely and leave on all night and wash off the next morning with soap and hot water.

VERMIN ON THE BODY.—The body vermin hides in the clothing and attacks the body, sometimes producing a wide spread red looking rash. The cure is simple. Take off all clothing and take a hot bath. Burn all clothing, or boil hard all clothing for twenty minutes. All bed clothing and all clothing must be either destroyed, or boiled, to eradicate the pest.



"Fruit-a-tives" or "Fruit Liver Tablets"



Radically change the diet, and if porridge has formed the regular breakfast, cut it out for a time, and take eggs, or fish or meat—with potatoes—for breakfast. If meat only has been the regular breakfast, cut it out for a time and change to lighter food. Build up the strength by change of diet, change of air and nourishing food. Excessive meat diet and alcohol should be stopped. Eggs, fish and fowl, in moderation, may be taken. Study carefully the DIET RULES given under INDIGESTION and carry these rules out rigorously. Take a warm bath, in a warm room, to keep the skin active, once or twice a week. Dress warmly with flannel next to the skin. Take "Fruit-a-tives" exactly as specified under INDIGESTION herein, and keep on taking the medicine long enough to give it a chance to remove the poison from your blood. "FRUIT-A-TIVES" will never fail to cure you if you can carry out these directions honestly and faithfully, but it may take weeks to finally eradicate the poison.

RHEUMATISM CURED.

McMillan's Corners, Ont., Sept. 30th, 1910.

"Your remedy, "Fruit-a-tives", is a perfect panacea for Rheumatism.

For years I suffered distressing pain from Sciatica, or Sciatic Rheumatism, being laid up several times a year, for days at a time, and not being able to work at anything. I went to different doctors who told me there was no use of doing anything, it would pass away. They gave me mustard plasters and other remedies that did no good. Plasters took no effect on me—excepting to blister me and make raw sores on the place applied to. I took many advertised remedies without benefit, but, fortunately, about two years ago, I got "Fruit-a-tives" and they cured me.

Since then I take them occasionally and keep free from pain. I am satisfied "Fruit-a-tives" cured me of Rheumatism, and they will cure anyone who takes them as directed. I can conscientiously recommend them to any rheumatic sufferer, and hope they will try them. Mr. J. S. Munroe of Monckland Station, is where I purchased them, and he recommends them, also.

If this letter would be of value to you I hereby authorize you to publish it, as well as my accompanying photograph."



(Sgd.) JOHN B. McDONALD.



"Fruit-a-tives"

or "Fruit Liver Tablets"



VERMIN ON THE PUBIS.—This is known as crab vermin, and attacks the hairy parts, other than the head. It is very distressing to sensitive persons but it is easily cured. Buy at a drug store an ounce of White Precipitate Ointment and rub well into the parts affected every day for a few days, and this will entirely destroy this vermin.

VOMITING—How to Treat.

In cases of extreme vomiting—have the patient lie flat on the back and put a full strength mustard plaster over the stomach and keep on for 10 minutes. Dissolve half a teaspoonful of baking soda in a wineglassful of boiling water and give the patient a teaspoonful every five minutes. If you can get Subnitrate of Bismuth, give half a teaspoonful every hour. Suck pieces of ice. Put hot bricks, or hot water bottle to patient's feet. It is best to give an enema of soap and water, using one or two quarts of soap and warm water to move the bowels freely. If necessary, repeat the mustard plaster in half an hour—and continue this treatment until the stomach is settled. Immediately the vomiting is stopped, give two or three "Fruit-a-tives" to disinfect the stomach, and clear out the irritating particles in the bowels.

WARTS—How to Treat.

To remove warts, burn them off with strong, or Fuming Nitric Acid. Buy half an ounce and take a match, or tooth-pick, and dip in the acid and then put on the wart, allowing the acid to run into the wart. A crop of warts indicate that the person's blood is not in good condition, and it is best to take "Fruit-a-tives" to move the bowels and purify the blood.

BRIGHT'S DISEASE OF THE KIDNEYS CURED BY "FRUIT-A-TIVES."

Given Up by the Doctors, but "Fruit-a-tives" Completely
Cured the Chronic Kidney Disease.

Mrs. P. E. Webber, Wife of Mr P. E. Webber, General
Merchant of Clanbrassie, Ont., Gives a Convincing
Testimonial in Favor of "Fruit-a-tives."

Clanbrassie, Ont., July 5th, 1910

"As a medicine, I use nothing but "Fruit-a-tives." Their action is so mild. No griping whatever, and they keep me well.

Two years ago the doctor made forty-four calls on me and he said he had done all he could for me. I was suffering with intense kidney trouble. A severe inflammation having set in. Two other doctors were consulted, and agreed that nothing more could be done for me. Something had to be done, however, so on the recommendation of a neighbor I took "Fruit-a-tives" and they cured me. Today I take them as my only medicine. I am in excellent health, and "Fruit-a-tives" is the medicine that cured me, after I had been at "Death's Door" for months.

I am glad to be able to give you this testimonial. It may benefit some other woman suffering as I have suffered, and I give it voluntarily, believing that I would not have been alive today, had I not used "Fruit-a-tives."

You have my full authority to publish this letter."

(Sgd.) MRS. P. E. WEBBER.



"Fruit-a-tives"

or "Fruit Liver Tablets"



SEVERE RHEUMATISM CURED.

Knowlton, Co. Brome, Que., Oct. 12th, 1909.

"For many years I suffered from severe Rheumatism, and the attacks were very distressing and prevented me from doing my ordinary work. I tried many remedies and physicians' treatment, but nothing seemed to do me much good, and I was becoming very anxious for fear I would become a permanent cripple from the disease.

I tried "Fruit-a-tives" and this medicine has entirely cured me, and I honestly believe it is the greatest rheumatism cure in the world, if properly taken."

(Sgd.) E. E. MILLS, Asst. Postmaster.

TORTURED BY RHEUMATISM.

Mrs. Baxter, of Toronto, Suffered Untold Agony From Rheumatism, Which Ordinary Treatment Failed to Relieve.

No. 4 Home Place,
Toronto, Ont., Dec. 15th, 1909.

"I was a terrible sufferer from Rheumatism for nearly a year, and my right arm was swollen, and the pain was constant and fearful. All down my right side the pain was great and I could hardly move with the agony. I was treated by two physicians but their medicine did me no good, and I tried numerous other remedies but received no benefit at all. I was simply a helpless cripple and sufferer from Rheumatism all during last winter.

I saw "Fruit-a-tives" advertised in the "Telegram" and decided to try this remedy. After I had taken one box I was much better and the pain much less, and I continued the treatment with good hopes. When I had taken three boxes, I was so well that I could use my arm again a little, and the pains were practically gone, and after I had taken five boxes I was entirely well again, no pain, no suffering, and now I am just as well as ever I was. The cure of my case by "Fruit-a-tives" was, indeed, splendid because all the doctors failed to even relieve me of my suffering.

For the sake of others who may suffer from this terrible disease, Rheumatism, I voluntarily give you permission to publish this statement."



(Sgd.) MRS. LIZZIE BAXTER.



Fruit-a-tives

or "Fruit Liver Tablets"



SKIN DISEASES

**"Fruit-a-tives" is a Natural and Positive Cure
for Skin Diseases.**

SKIN DISEASE AND POISONED BLOOD are synonymous terms—because if the blood is pure it is impossible for the skin to become diseased—excepting in a few varieties in which the trouble is due only to germs, or parasites. In skin disease the blood is poisoned by unremoved "urea", or "tissue waste", owing to the kidneys and bowels and skin doing insufficient work. Practically always the bowels are constipated and the liquid fecal matter, instead of passing out of the body, is absorbed into the blood. The kidneys and the skin are generally sluggish, so that impure blood is bound to arise. Again, the impure blood has deranged the stomach, indigestion is the rule, while the nervous system is always disturbed. Fruit juice, or Fruit-a-tives", is the natural cure for skin disease, as it stimulates the liver and bowels, the kidneys and skin, to increased activity, and thus purifies the blood, while the stomach is sweetened and the nervous system is strengthened. Take "Fruit-a-tives" for skin disease, according to the directions under "INDIGESTION" herein, and rigorously follow out the DIET RULES. Orange juice acts especially on the skin and complexion, and, if possible, take the juice of one, or two, oranges squeezed out with a lemon squeezer, every morning, half an hour before breakfast, and take two, or three "Fruit-a-tives" every night on going to bed, when the stomach is empty, say four hours after eating, and always drink half a tumblerful of cold water with the tablets. Do this for a month at least. Bathe the body thoroughly with warm water and soap two or three times a week, so as to rouse the skin to renewed action.

ECZEMA OR SALT RHEUM.—This disease consists of a patch, or portion, of inflamed skin, either red, dry, hot and itchy, or red, wet, hot and itchy. The itchiness is sometimes very great, but sometimes it is very little. The cause is blood impurity, constipation, indigestion and nervous disturbance, but there is always a minute parasite, or germ, attacking the skin, in its weakened condition, and producing the itchiness.



"Fruit-a-tives" or "Fruit Liver Tablets"

"Fruit-a-tives" will always cure this disease if taken long enough to purify the blood, correct the indigestion and constipation and tone up the nervous system. In a week, or ten days, start and use the ointment known as "SOOTHA-SALVA" or "SOOTHING SALVE" according to directions—but continue to take the "Fruit-a-tives" regularly. In the dry variety of the disease the POWDER FOR ECZEMA, given at page 22 may be tried instead of the ointment, but the ointment is best to use. Apply either the ointment, or the powder, so as to destroy the parasite, but keep up the treatment with "Fruit-a-tives" long enough to radically remove the cause, or it may return again and again. The ointment mentioned above, is, certainly, a magnificent application for ECZEMA, as it soothes the inflammation and allays the dreadful itching.

TORTURED BY ECZEMA.

Case of a Highly Respected Lady in Grande Ligne, Que.

**Doctors and Every Other Treatment Failed, But
"Fruit-a-tives" Quickly Cured.**

Grande Ligne, Que., Jan. 2nd 1910.

"My wife was greatly distressed for three years with Chronic Eczema on the hands, and the disease was so severe that it almost prevented her from using her hands at all. The doctor gave her several ointments to use, but none of them did any good. Also, the doctor advised her to wear rubber gloves, and she wore out three pairs without getting any benefit. No treatment she had tried did any good, and we were discouraged.

As a last resort, I persuaded her to try "Fruit-a-tives" and the effect was marvellous. Not only did this medicine entirely cure the Eczema, but the Asthma, which she suffered from, was also completely cured.

We both attribute our present good health to "Fruit-a-tives."



(Sgd.) N. JOUBERT.



WOMEN'S AILMENTS

"Fruit-a-tives" Will Always Relieve and Cure Women's Ailments.

CAUSES.—Neglect of their health, and of slight ailments until these become severe, is the main truth underlying all the ailments of women. Chronic Constipation, or inaction, of the bowels, resulting in indigestion, loss of appetite, bloodlessness and general nervous depression, is certainly the main factor in the vast majority of the symptoms so many women suffer from. In many cases the constipation is severe and the bowels do not move for three, four, five and even ten days at a time. This means that the kidneys are overworked, as shown by backache, while the poisoned blood irritates the nerves and produces headache, sleeplessness, irritability and general weakness. The blood poisoning permits a cold to be taken easily and a cold will produce catarrh of the passage, or "whites", which often becomes a heavy, yellow, exhausting discharge. The effect of severe constipation is to leave the lower bowel, lying in contact with the womb, impacted full of hard fecal matter, and this presses the womb out of place, crushes the ovaries, irritates the bladder, and thus causes ovarian and back pains and frequent passing of water. The cause of the non-action of the bowels is neglect, together with frequent use of common purgative medicines. The ordinary purgatives whether as pills, tablets, lozenges, liquids or salts, tend to produce Chronic Constipation of the bowels, by making the lining membrane sore, and the soreness ends in a kind of paralysis of the bowels. Fruit juice, or "Fruit-a-tives", stimulates the liver and makes more bile flow into the bowels, and it is this natural bile which acts as a natural purgative, and causes no irritation of the lining of the intestines. "Fruit-a-tives" not only cures the constipation, and unloads the large bowel, but it acts on the kidneys and skin and thus purifies the blood. The nerve tonics in "Fruit-a-tives" strengthen the nerve forces, and materially aid in bringing around a cure. Also, fruit juice, or "Fruit-a-tives" has a stimulating effect on all the glands of the body, and it has a similar stimulating action on the ovarian glands and womb. By thus curing the constipation, removing the pressure from the womb and ovaries, restoring the nerve force, and purifying the blood, the



"Fruit-a-tives" or "Fruit Liver Tablets"



reason is made clear why "Fruit-a-tives" is so **Marvelously Successful in the Cure of Women's Ailments.**

TREATMENT.—Take "Fruit-a-tives" regularly for the purpose of purifying the blood and thus relieving the nervous system. Use the medicine as directed in the articles "Constipation" and "Indigestion", and faithfully follow the **DIET RULES** specified in "INDIGESTION". Also, use hot douches, once or twice a day, as directed in "Douches," page 20. The Boracic Acid and Borax douche, regularly used, will be found exceedingly helpful. If the patient is pale and bloodless, and run down in health, it is advisable to, also, use for some time the "HAEMAFODA" tablets. These tablets are the finest preparation of iron and nerve tonics ever devised, and they will be of great service in the treatment of all women's ailments. Take the "Haemafoda" tablets three times a day after meals, and take one, or two, or three "Fruit-a-tives" every night at bed time. Fresh air and good food, and using the treatment given here, will always relieve in these cases.

Special Ailments of Women

LEUCORRHOEA OR VAGINAL CATARRH.—There is in these cases, catarrh of the vagina, or passage, with a white mucous discharge, and the trouble is known as "whites." The first cause of the condition is a cold, or repeated colds, due, in many cases, to wearing insufficient clothing, but there is always constipation and blood impurity, or nature would throw off the catarrh. The tendency is, therefore, for the discharge to become heavy, yellow and exhausting. Occasionally the catarrh affects the vulva, or outside parts, and there may be soreness and unpleasant irritation, or itching, the result of retained discharges. **TREATMENT.** Use "Fruit-a-tives" for this condition as directed in **INDIGESTION** herein and rigorously follow the **DIET RULES**. Use a hot douche every day, or twice a day, of Boracic Acid and Borax, as directed at page 20. In these cases, as a rule, the blood has become thin and watery from the drain on the system, and for this take iron, and the best form of iron in the world is "Haemafoda" Tablets. Use "Haemafoda" three times a day after meals, and take one, or two, or three "Fruit-a-tives" at bed time to keep

"Fruit-a-tives" of Fruit Liver Tablets

the blood pure, and all constipation relieved. The above treatment, carried out as directed, will always cure every form of Leucorrhoea.

AMENORRHOEA, OR ABSENCE OF MENSES.—

When the regular monthly changes are absent, the condition is known as Amenorrhoea. This condition usually exists with Anaemia, or great paleness, and is directly due to there being insufficient blood in the system. The first cause is constipation, or inaction, of the bowels, and that results in passive indigestion, loss of appetite, weakness, bloodlessness, and finally in Amenorrhoea.

TREATMENT. Use "Fruit-a-tives" as directed in **INDIGESTION** herein, and carefully carry out the **DIET RULES** given under that subject. When the stomach is in a better condition and the constipation relieved, use the "**Haemafoda**" Tablets. These tablets are the finest iron preparation known, they are a regular blood food, and, if taken regularly, will radically cure the Anaemia, or bloodlessness, and will certainly cure the Amenorrhoea. Take the "**Haemafoda**" just after meals, three times a day, and take one, or two "Fruit-a-tives" every night at bed time to prevent the return of any constipation. Keep out in the sun as much as possible, and take plain nourishing food. This treatment, properly carried out, will always cure any case of Amenorrhoea. It is best to read carefully the directions for restoring the changes when stopped—as given in the circular enclosed with each box of "**Haemafoda**."



Suffered From Women's Ailments and Cured by "Fruit-a-tives."

Mrs. E. Levesque, Arnprior, Ont.,
says:—

"For seven years I suffered from womb trouble, constant pain in back and in front and down my legs, heavy discharge and great weakness. I was in constant misery, and the doctors did me no good. "Fruit-a-tives" gave me entire relief and completely cured me."



"Fruit-a-tives"

or "Fruit Liver Tablets"

Death Longed For.—Saved by "Fruit-a-tives."

Enterprise, Ont., Oct. 1st 1908.

"I want, for the good it might do others, to testify to the great cure that "Fruit-a-tives" has made for me.

For seven years I suffered with what physicians called a 'Water Tumor,' and during that period I would get so bad at times that I could hardly endure the pain. I could neither sit, stand, nor lie down. Hypodermics of morphia had to be given me or I could never have borne the pain. Many physicians treated me but without any permanent benefit. My cure seemed hopeless, and my friends hourly expected my death. I was so bad that I wanted to die, and it was during one of these very bad spells that a family friend brought a box of "Fruit-a-tives" to the house. After much persuasion I commenced to take them, but I was so bad that it was only when I had taken nearly two boxes that I commenced to experience relief. I kept up the treatment, however, and after taking five boxes I was cured, and when I appeared on the street my friends said, "The dead has come to life," and this seemed literally true, because I certainly was at death's door. But now I can work almost as well as ever I could, and go camping and berry-picking with the girls, but before taking "Fruit-a-tives" I could do nothing and was in the hospital, or confined to bed continually.



I will be glad if you will publish this testimonial, if it will further the interests of "Fruit-a-tives." They should be in every household. I keep a box constantly on hand, and take no other medicine. They keep me in my former good health."

(Sgd.) MRS. JAMES FENWICK.

Hopeless Invalid Restored to Health by "Fruit-a-tives." Doctors Failed to Cure.

Milford Haven, Ont., Aug. 20th, 1910.

"I was a complete invalid for three years with Stomach Trouble, Constipation and Broken Down Nerves. I could not sleep at night and my doctor did me very little good. I was almost hopeless until I began taking "Fruit-a-tives" in small doses. I have taken about three dozen boxes in all and "Thank God!" today I am well and strong, able to do my own house work, and have a baby fifteen months old, and six children in all.

I would not be without "Fruit-a-tives" in the house, and I can highly recommend them to anyone suffering as I did."

(Sgd.) MRS. D. GUINEY.





"Fruit-a-tives"

or "Fruit Liver Tablets"



No Doctor Could Cure, But "Fruit-a-tives" Brought Quick Relief.

Lakelet, Ont., May 12th 1910.

"Kindly publish this letter of mine, if you think it would benefit any other woman who might be at present afflicted with the diseases I have



been in the past, but am now, thanks to "Fruit-a-tives", completely cured of. It is my firm belief that every woman should take "Fruit-a-tives," if they want to keep themselves in good health. Before taking "Fruit-a-tives" I was constantly troubled with, what is commonly known as "Nerves," or severe nervousness, and this nervousness brought on the most violent attacks of sick headaches, for which I was constantly taking doctor's medicine, without any permanent relief. Constipation was also a source of great trouble to me, and for which the doctors said "I would have to take medicine all my life-time," but "Fruit-a-tives" has banished all these troubles and I am now a well woman.

When I started taking "Fruit-a-tives" I reduced the dose, so that now it is only necessary for me to take one in a week, and that one dose every week keeps me well.

I am glad to recommend "Fruit-a-tives" whenever the occasion presents itself, and cheerfully authorize the publication of this letter as well as my photo. I might, also, add that I purchase "Fruit-a-tives" from Mr. Geo. E. Robb, the druggist at Clifford, Ont."

(Sgd.) MRS. FRED GADKE.

Miss Mary A. McDonnell,
St. Raphaels, Ont.

"I was a fearful sufferer from Constipation and womb trouble for fifteen years. Dreadful pains low down in my back and low down in front. Consulted doctors without benefit. "Fruit-a-tives" completely cured me. I am certain that if women who suffer from womb trouble and constipation, would take "Fruit-a-tives", they would be surprised how much better they would be."



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DIRECTIONS:

Always take "Fruit-a-tives" on an empty stomach, either half an hour before meals, or on going to bed, at least four hours after eating. With the "Fruit-a-tives" always take a good drink of cold water, as the water brings the fruit material back to concentrated fruit juice, and thus aids the action. As a pleasant laxative, take two or three tablets at bed time. To secure the best action on the system, take one tablet half an hour before meals, three times a day, and one, or two, or three, at bed time. Reduce the quantity taken to what may be necessary to secure one action of the bowels daily, but continue to take one, or two tablets, daily, for sufficient time to derive the full benefit of the fruit material on the liver, kidneys, skin and nervous system.

FOR CHILDREN.

For children under four years of age, "Fruit-a-tives" is not suitable, because under that age a child cannot swallow a tablet, and, also, the tonics in "Fruit-a-tives" are not intended for younger children than four years. For children four years of age, or over, no medicine in the world is so curative as "Fruit-a-tives", as it clears out the stomach and bowels and leaves the stomach soothed and sweetened. Four to eight years of age, one tablet at night, four hours after food, with a drink of cold water, gives the finest results. Eight to twelve years of age, two tablets may be given at the time specified.

NO HABIT FORMED.

Unlike ordinary medicine, no habit can possibly be formed by taking "Fruit-a-tives" any more than a habit can be formed by taking fruit. "Fruit-a-tives", is a fruit tonic, and it tones and builds up the entire system.

WHERE TO GET "FRUIT-A-TIVES"

"Fruit-a-tives" is sold at all drug stores, and stores where medicines are sold in Canada. If the druggist, or dealer, whom you apply to, does not keep "Fruit-a-tives", or will not secure them for you, send to us direct and we will send them to you by prepaid post. The price of "Fruit-a-tives" is—Regular boxes, 50c per box, or 6 boxes for \$2.50. Trial boxes, 25c per box, or 6 Trial boxes, \$1.25. Send the price by Post Office Money Order, and we will send the "Fruit-a-tives" at once to any part of the world.

AVOID IMITATIONS.

"Fruit-a-tives" is never sold in bulk, but is only sold in sealed boxes as shown in the cut on the back of this booklet. Every box is sealed and cannot be opened without breaking the outside colored box, and do not buy a box which has been opened.

AVOID SUBSTITUTES.

If you ask a dealer for "Fruit-a-tives", and if he replies:—"No, but I have so and so, just as good"—he thus commits the crime of attempted substitution, and he thereby insults your intelligence. There is no medicine in the world "Just as good" as "Fruit-a-tives", but there are hundreds on which a dealer makes double the profit that he would on "Fruit-a-tives". This fruit medicine is expensive to make, but to the afflicted it is worth ten times the price of any ordinary medicine.

FRUIT-A-TIVES, LIMITED

Manufacturers of "Fruit-a-tives"

386-390 BANK ST., - - - OTTAWA, CANADA.

"Fruitatives" or "Fruit Liver Tablets"



THE GREAT TONIC LAXATIVE
REMEDY MADE FROM FRESH
FRUIT JUICE WITH TONICS
ADDED

Stone Limited
LONDON & LIVERPOOL