

THE HOME PHYSICIAN



BY
"Fruit-a-tives"
OTTAWA, CANADA

THIS BOOK CONTAINS
FAMILY RECIPES OF GREAT VALUE
COMPILED BY A
CELEBRATED PHYSICIAN

IMPORTANT NOTICE

THIS book will save you many dollars in the course of a few years, if you will but read it through carefully and then keep it always handy for reference in case of sickness. It tells you what to do in case of accidents. It describes the causes and symptoms of many ordinary diseases, and tells of the simple remedies to use in treating them.

All these treatments are the prescriptions of a prominent physician who applied them to his daily practice. You may use them with every confidence in their beneficial effects.

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"Fruit-a-tives" OF FRUIT LIVER TABLETS™



FRUIT AS A MEDICINE

The Story of "Fruit-a-tives" the Famous Fruit Remedy and Its Message of Health for You

FRUIT is nature's medicine, the oldest medicine in the world. For generations people have known that fruit has wonderful health-giving qualities, and to-day doctors say "eat more fruit;" experts on food and diet constantly urge the eating of fruit. It has been found that in large quantities Fruit Juice acts as a stimulant to all the internal organs, increasing the action of the liver, bowels, kidneys and skin. The duty of these is to

constantly purify the blood stream and carry away the dead cells. Since a host of diseases can be traced to impure blood, the importance of keeping these organs in perfect working condition cannot be overestimated. If fruit could be taken in sufficiently large quantities it would be an ideal medicine for keeping the blood clean and pure, but unfortunately fruit contains much indigestible pulp.

"FRUIT-A-TIVES" IS INTENSIFIED FRUIT JUICES

"Fruit-a-tives" contains in highly concentrated form all the virtues of a large quantity of fresh ripe fruit—due to the presence of the bitter medicinal principle of the fruit.

The discovery of this medicinal principle in fruit ranks with the greatest scientific achievements of the century, a splendid culmination to long years of persistent and often discouraging labor.

DISCOVERY OF "FRUIT-A-TIVES"

Over 30 years ago a prominent Canadian physician became interested in the action of fruit juices and determined to find out the cause. He carefully analyzed the juices of many fruits and found that in general they consisted of about 9 parts of water and 1 part of solid matter. Experiment proved that the desired effect depended entirely on the solid matter. But only after repeated analyses of this did he discover the infinitesimal quantity of a very bitter substance which proved to be the long sought active medicinal agent. Even 1/100 grain of this bitter substance acted on the liver, kidneys, bowels, and skin just as large quantities of fruit juices had done. By extensive experiment he discovered that a combination of the bitter principle found in apples, figs,

prunes, oranges and in orange peel, along with certain valuable tonics and herbal extracts, formed a medicine, superior to any known before. "Fruit-a-tives" is this medicine.



(continued on page 2).

1912?



"Fruit-a-tives"

OF FRUIT LIVER TABLETS



The great value of "Fruit-a-tives" will now be readily appreciated. It makes the gentle, mild, natural fruit treatment practicable, placing it within the reach of everyone—at any

place and at any time of the year. And added to this is the benefit of the tonics and internal antiseptics it contains.

HOW "FRUIT-A-TIVES" ACTS

A stove clogged with ashes will not burn properly, and the human body is very much like the stove. Food is being constantly "burned" and waste products formed, which must be gotten rid of promptly. Even a partial failure to eliminate poisonous waste matter results in many more disorders than is generally realized. Many people are today suffering needlessly from some disease, just because they do not understand this underlying cause nor the simplicity of the remedy.



soothe irritation. The splendid tonics and internal antiseptics in "Fruit-a-tives" strengthen the nerves, tone up the whole system and destroy germs, particularly in the bowels and stomach. Thus it is seen that through the use of "Fruit-a-tives" the blood is cleansed free from poison and the cause of many disorders and diseases removed.

For 20 years "Fruit-a-tives" has been the favourite family medicine in thousands and thousands of homes throughout Canada and the United States, England and even in far-away New Zealand.

On the following pages is told in more detail just how and why "Fruit-a-tives" will relieve Indigestion, Dyspepsia, Constipation, Biliousness, Nervousness, Liver Disease, Bache, Skin Diseases and Bad Complexion. Rheumatic Troubles, Headaches and Neuralgia, Pimples and Blotches on the skin, and all troubles arising from impure blood.

"Fruit-a-tives" in a gentle, natural way stimulates the waste eliminating organs to do their duty, and by restoring them to normal, healthy condition enables them to function without the continued use of medicine.

"Fruit-a-tives" is most effective in stimulating the liver, to relieve biliousness and promote the flow of bile—nature's own purgative—to relieve constipation. "Fruit-a-tives" acts on the kidneys and on the skin to help them throw off their share of the body's waste, thus relieving kidney and skin diseases. It acts on the stomach to increase the flow of gastric juices and

WHERE TO GET "FRUIT-A-TIVES"

"Fruit-a-tives" is sold at all drug stores, and stores where medicines are sold. If the druggist or dealer to whom you apply 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 to

FRUITATIVES LIMITED
OTTAWA, ONTARIO



"Fruit-a-tives"
or "FRUIT LIVER TABLETS"



THE HOME PHYSICIAN

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

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 to Indigestion, and these in turn cause disturbance of the nervous system. The blood is loaded with poison which breaks out in pimples. **Treatment**—Completely correct the Constipation and Indigestion and purify the blood, by using "Fruit-a-tives," as directed 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 carefully on each pimple the Ointment known as "Sootha-Salva" or "Soothing Salve," (which is described on the last page of this booklet). Leave the Ointment on all night, and wash off in the morning. This Ointment will completely eradicate the pimples if the Indigestion and Constipation have been relieved. Another local treatment is to dissolve three heaping tablespoonfuls of baking soda in a pint of boiling water, and after washing the face at night, and drying, apply this soda lotion on the pimples. This will tend to dry them up, but it is not as successful as the "Sootha-Salva" Ointment.

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 have 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, pages 8 and 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 a soft towel, then cover the red spots with the Ointment, and 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, as orange juice acts on the skin very beneficially.

Anæmia or Bloodlessness—In

these cases the person is very pale, white and bloodless in appearance. Sometimes the complexion is yellowish-



"Fruit-a-tives" OF FRUIT LIVER TABLETS



"FRUIT-A-TIVES" ARE ENDORSED BY MANY THOUSANDS OF WELL KNOWN PEOPLE

A Chronic Sufferer from Indigestion, Constipation and Rheumatism strongly urges the use of "Fruit-a-tives."

PERTH JUNCTION, NEW BRUNSWICK.

"For many years I was a great sufferer from Indigestion, Constipation and Chronic Rheumatism. My stomach was weak and gave me constant distress, while the Rheumatism in my joints made me almost a cripple. Physicians and their medicines did me no good. Finally, I was induced to try "Fruit-a-tives" and at once this wonderful fruit medicine seemed to help me. Soon the Constipation and Indigestion were relieved and the Rheumatism began to go away, and, in a few months, entirely disappeared."

MRS. CLARA SLOAT.

A Well Known Resident of the United States Pronounces "Fruit-a-tives" of True and Exceptional Merit.

49 ANDERSON ST., PORTLAND, ME.

"I was troubled with Constipation ever since I can remember; as a result, I have suffered from distressing Headaches, and Pain in my left side. I tried many remedies for Constipation but without permanent relief.

About four months ago, I began the use of "Fruit-a-tives" and since then I have been free of Headaches, my bowels have been regular, and after the use of several boxes of "Fruit-a-tives," I feel justified in pronouncing them a remedy of true and exceptional merit."

OTIS M. BRYANT.



Thanks to "Fruit-a-tives" Am
Once More well.

1133 NOTRE DAME ST. WEST,
MONTREAL, QUE.

"I wish I could tell every sufferer in the world what "Fruit-a-tives" have done for me. For three years, I was much troubled by Bad Headaches, Nervous Dyspepsia and Liver Trouble. Then I commenced taking "Fruit-a-tives." Very soon my condition improved, and now, thanks to these wonderful tablets, I am once more entirely well."

MRS. HONORE VALIQUETTE.



"Fruit-a-tives" OF FRUIT LIVER TABLETS



(continued from page 3).

white, or greenish-white. The lips are white. This disease consists in the absence in the blood of sufficient red corpuscles, or particles. In women there is frequently amenorrhœa present. There is considerable weakness, occasional fainting spells and breathlessness, and palpitation on the slightest exertion. The starting point of anæmia is generally 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, or every other night, at bed-time. Take sufficient only to move the bowels once the next day, whether that be one or two tablets. Rigidly carry out the **Diet Rules** given at page 12. For the paleness, or anæmia, 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 is removed, iron will not agree. One of the finest preparations of iron is known as "Hæma-Foda" or "Blood Food Tablets" and is described on page 32 of this booklet. This is truly a blood food, composed of a preparation of iron, similar to that in all foods, is easily taken up in the system, and will renew the red particles in the blood most rapidly and naturally. Also it contains valuable nerve tonics which are exceedingly beneficial. Take the "Hæma-Foda" tablets three times a day after meals and continue their use until all paleness is gone. While taking "Hæma-Foda" take, every night, or every other night at bed-time, one or two "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. If this treatment is followed rigidly all trace of anæmia or bloodlessness will soon disappear. Also, in women if amenorrhœa is present, it will be relieved and the changes will certainly be brought on again as naturally as ever. Below are given two other prescriptions for iron preparations which any druggist can make up. Although not as good as the "Hæma-Foda" tablets, they can be recommended as very fine preparations. Where a person cannot take a liquid iron preparation or when the "Iron Food Mixture" disturbs the stomach use the "Iron Capsules" for a while and then take the "Iron Food Mixture."

Iron Food Mixture—"Take of Perchloride of Iron one ounce, Hydrochlorate of Quinine forty-eight grains, Price's Pure Glycerine one and a half ounces, Simple Elixor one and a half ounces. Water sufficient to make six ounces. Mix together. Directions: Take a half to one teaspoonful in two tablespoonfuls of cold water three times a day before meals." This is one of the best preparations in the world and is useful in anæmia or bloodlessness, in menorrhagia, amenorrhœa and vulvitis.

Iron Capsules—"Take of Reduced Iron, fifty grains. Divide into twenty-five powders and put into twenty-five capsules. Directions: Take one capsule three times a day just after meals." This is a splendid iron pill, or capsule, easy on the stomach and good for anæmia, or bloodlessness, but not so good as the Iron Food Mixture.

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 tubes, thus preventing air getting into the



"Fruit-a-tives" OF FRUIT LIVER TABLETS



SELF-POISONING or AUTO-INTOXICATION

*The Condition which Causes Various Diseases
"Fruit-a-tives" will always Relieve.*

What is the meaning of Auto-Intoxication or Self-Poisoning? It means that the body is poisoning itself by the absorption into the blood of refuse material from the bowels. Many people suffer from partial constipation, or insufficient action of the bowels. The bowels do not act sufficiently, and the liquid portion of the fecal matter in the lower bowel, instead of passing out of the body, is absorbed into the blood. This absorption poisons the blood. As a result the kidneys and skin are overworked, in their efforts to rid the blood of the poison, and are apt to become diseased.

Result of Poisoning—Poisoning of the blood in this way causes various kinds of sickness. It may produce indigestion, loss of appetite and disturbed stomach. It may produce nervousness, headaches, sleeplessness, hay fever, irritable temper. It may irritate the kidneys and produce pains in the back and frequent micturition. The poisoning may bring on rheumatism, gout, lumbago or rheumatic pains. It is the chief cause of eczema or skin disease. The whole body is rendered unhealthy by the constant absorption into the blood of this refuse fecal matter in the bowels which should have passed out.

Treatment—Take one or two "Fruit-a-tives" tablets each night on going to bed, or take sufficient to secure one good full action of the bowels the next day. Take one tablet every night, or every other night at bedtime, for months, until the bowels get into the habit of acting properly and have become toned up.

There are very few medicines which will act as promptly and gently in relieving auto-intoxication as "Fruit-

a-tives," as it acts gently on the bowels, kidneys and skin and will remove the cause and purify the blood.



Mr. James S. Delgaty, R. R. No. 4, Gilbert Plains, Manitoba, writes:—

"I suffered severely from Auto-Intoxication, causing Nervous Prostration in its worst form and my weight was reduced from 170 lbs. to 115 lbs. The doctors had no hope of my recovery, and every medicine I tried proved useless—until I, through a friend, was induced to try "Fruit-a-tives." After I had taken one box, I began to mend, and after using them for three or four months, I was back to a normal state of health. My health is now excellent and in fact I have never had such good health for twenty years, as I have had the past six years. I can highly recommend "Fruit-a-tives" as doing completely what you claim they do."

—[SEE FREE OFFER PAGE 31]—



"Fruit-a-tives" OF FRUIT LIVER TABLETS



(continued from page 5).

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 the nerve to the lungs and produces the bronchial contraction and spasm. **Treatment**—

There is no medicine which will relieve Asthma until all Indigestion and Constipation are relieved. Get the stomach free from irritation and the Asthma will tend to get well. "Fruit-a-tives," and following the **Diet Rules**, have brought relief to a very large number of Asthma sufferers. Take "Fruit-a-tives" for Asthma exactly as directed in the article on Indigestion, pages 8 and 12, 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, or to prevent an attack coming on, the following mixture can be made up by a druggist.

Asthma Mixture—Take of Nitrate 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 the asthma, or difficulty of breathing.

Backache—Causes and Relief—The pain may be caused by Rheumatism, Lumbago or Kidney Congestion. In Rheumatism or Lumbago the pain is very sharp and there is no fever. In Kidney Congestion the pain is not sharp but there is either a frequency of Urination or stoppage of Urine and the person is very ill and feverish.

Treatment—The treatment of lumbago is given under that heading. In many cases of backache, the cause is a mixed one, that is, an overloaded large bowel, which, in turn, has pro-

duced slight congestion of the kidneys. Take "Fruit-a-tives," one tablet before each meal, and three at bedtime, 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 ten minutes and repeat this three times—eight hours apart.

Bites and Stings—The stings of bees or wasps. Take two heaping teaspoonfuls of Baking Soda and dissolve in a teacupful of hot water. Soak a clean cloth in this and apply to the part. It will relieve quickly.

Billousness—See Page 16.

Boils—Causes 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 many other medicines, 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 15, 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 to neglect of regular-



"Fruit-a-tives"
OF FRUIT LIVER TABLETS



INDIGESTION
DYSPEPSIA AND WEAK DIGESTION

*"Fruit-a-tives" is the Most Scientific and Successful Remedy
for All Forms of Indigestion*



Mrs. Laura Alford of 28 Florence St., Ottawa, Ont., writes: "For years I was a martyr to Chronic Dyspepsia and Constipation. I tried various Cathartics, Salts and so-called vegetable laxatives but without relief. Finally I decided to try "Fruit-a-tives" and in a short time found they were all that is claimed of them. They always act naturally, never causing griping, or nausea, nor have that weakening effect which so many other laxatives have. I have been using "Fruit-a-tives" now for seven years and have never had a trace of stomach trouble or constipation since."

Indigestion, or Weak Digestion, is a most common complaint, and is the direct cause of more illness than any other disease which affects mankind at the present day. From it springs rheumatism, kidney weakness, heart disease and nervous exhaustion.

Causes—What is Digestion? When solid food is taken into the stomach it must be changed into a 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 inches wide, and it is covered with 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 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**.

Symptoms—Belching gas after meals, sense of fullness, water brash, sour fluid coming up into the mouth, fetid breath, eructation of food, often there is drowsiness after eating. Fre-



"Fruit-a-tives" OF "FRUIT LIVER TABLETS"



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ly washing out the mouth, or to Indigestion. An effective and simple mouth wash is made by adding a level teaspoonful of common salt to a tumblerful of hot water. Regularly using a tooth brush and washing out the mouth, will usually cure fetid breath. If decayed teeth are present have them treated by a dentist. 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 stop it.

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 ten 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 the cotton until the patient is well, but put on a 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, three teaspoonfuls of flaxseed, and half an ounce of Paregoric. To make: Squeeze juice out of lemons, then cut up the peel and pulp, and put these in a quart of water and to this add the flaxseed.

Boil hard for an hour in a tightly 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 and bad coughs. 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 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 for Bolls. 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



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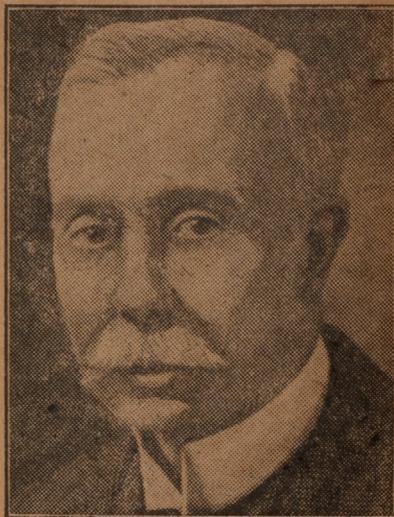
(continued from page 8).

quently there are no symptoms excepting that the person grows weak and thin.

To Get Relief—The great point is to secure a proper dissolving fluid. 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. "Fruit-a-tives" will correct indigestion, because the fruit juice acts on the liver, bowels, kidneys and skin, stimulates those 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. "Fruit-a-tives" have most effective blood-purifying powers and this is the reason why they will correct indigestion when other medicines have failed to give relief.

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 bedtime, 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 bedtime, and take this every night for a month, or longer, until the blood is purified and all indigestion is relieved. Carefully and constantly carry out the **Diet Rules** given on page 12, as no treatment can relieve if you break these rules.

"CAN NOW EAT ANYTHING WITHOUT FEELING THE SLIGHTEST PAIN OR DISCOMFORT AFTERWARDS"



Mr. Fred Ludlow, formerly United States Vice and Deputy Consul in Great Britain and now residing at 161 West 36th St., New York City, says: "For many years I was a martyr to Constipation and Indigestion; nothing I ever tried did me any good. In a happy moment I was induced to try "Fruit-a-tives" which brought relief with the first tablet; and by taking this splendid medicine at regular intervals, I suffer no more. I can now eat anything without feeling the slightest pain or discomfort afterwards. I strongly urge all those who are afflicted with Constipation or Digestive Troubles to take "Fruit-a-tives," which I am absolutely certain will bring them speedy relief."

FRED. LUDLOW.

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(continued on page 12).



"Fruit-a-tives" OF FRUIT LIVER TABLETS



(continued from page 9).

the burn or scald thoroughly, over that put a 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. Common vaseline is a good application for burns. The soda application is much better. If possible, send to the nearest druggist and get the oil for burns called Carron Oil, made up and apply. If available, use the ointment known as "Sootha-Salva" for burns, as it is a most soothing and healing ointment.

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 which are too short, constitute the chief 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 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 heal 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 pressure on the corn. After a corn has been pared well, it can be removed effectually by applying each night a small amount of the following corn remedy. Copy the formula out and any druggist will make it up for you;

Corn Remedy—Take of Salicylic Acid 30 grains, Extract of Indian Hemp 15 grains, Alcohol 20 drops, Ether 20 drops, Flexile Collodion, add sufficient to fill a one-ounce bottle. **Directions**—Apply to the corn at night, for three nights, and then bathe the foot in hot water. This is an excellent corn remedy and it will very materially relieve any corn if properly pared off before applying. Also, "Sootha-Salva" applied to a corn, if it is well pared, will generally relieve it.

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 relief of chapped skin can be brought about by using a lotion of two tablespoonfuls of Glycerine, 10 drops of Carbolic Acid, to a cupful of cold water, applying a little of this night and morning. Also, if "Sootha-Salva" ointment is rubbed into the skin at bedtime, the inflamed skin will be healed.

Constipation—See Page 14.

Complexion—Bad, Sallow, Blotchy—A bad complexion is most annoying, and it is injurious, and a great hindrance to success in life. To secure a good complexion the blood must be pure, and to this end "Fruit-a-tives" are exceedingly valuable in that they aid in purifying the blood and relieving the system of the poisons which cause a



"Fruit-a-tives"

OF FRUIT LIVER TABLETS



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, or take milk, or liquid food, between meals. **Third**—Eat slowly, that is, chew each mouthful of solid food fifty times before swallowing it. This rule is exceedingly important. **Fourth**—For twenty minutes before meals, during the meals, or for three or four 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 as a beverage. 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 stopped, and you are certain to get well of any kind of Indigestion.

TWO YEARS SUFFERING FROM INDIGESTION AND HEART BURN COMPLETELY RELIEVED BY "FRUIT-A-TIVES"

Mr. Henry McMillan residing at 24 King Street, Elmira, Ont. writes:

"For over two years I suffered from Indigestion and Heart Burn from which I could obtain no relief, until someone recommended "Fruit-a-tives" to me. I took them and have been taking them ever since, until now my trouble has completely left me, and my digestion is again normal. I attribute my recovery to "Fruit-a-tives."

HENRY McMILLAN.

TERRIBLE STOMACH PAINS

"Fruit-a-tives" Restored Health



Mrs. Annie Glover of 16 Henry St., Ottawa, Ont., strongly urges the use of "Fruit-a-tives." She writes:—

"I cannot say enough in favour of your wonderful fruit medicine, "Fruit-a-tives," and attribute my present good health to its miraculous curative powers. For years I was a sufferer with Chronic Dyspepsia, Indigestion and Constipation. I could not digest hardly anything, the stomach pains were dreadful and finally my health completely broke down. I consulted expert medical opinion, and after five X-rays had been taken, was advised that my condition strongly resembled Cancer of the Stomach, and that an immediate operation was necessary. I had almost given up hope when I decided to try "Fruit-a-tives." Immediately my condition began to improve, the terrible stomach pains disappeared and soon the Dyspepsia and Constipation were things of the past. After a few months I was perfectly well again, and have been in the best of health for over a year now. I owe it all to "Fruit-a-tives" and most whole-heartedly recommend them to all other sufferers. ANNIE GLOVER.



"Fruit-a-tives" OF FRUIT LIVER TABLETS



(continued from page 11).

bad complexion. Use "Fruit-a-tives" as directed in Indigestion herein, pages 8, 10 and 12 and carry out the **Diet Rules**. Use the local treatment as described below and the bad complexion in a short time will completely disappear.

Local Treatment—Every night at bedtime take pure Castile Soap and with Lukewarm Water lather the face thoroughly, then rub with the bulbs of the fingers, using plenty of soap, for three or four minutes. Wash off the soap very carefully with plenty of Lukewarm Water and then apply the lotion, given page 11 under "Chapped Skin."

DISEASES OF CHILDREN

Diarrhœa—In Children—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 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 diarrhœa, 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 Children—In vomiting in children dissolve a small salt- spoonful of baking soda in a table- spoonful 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 the Ipecac drops, mentioned in Diar- rhœa. Put on the stomach a spice poultice made as follows—one tea- spoonful of mustard, four teaspoonfuls of flour, ground nutmeg 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 the stomach and keep it in place by a bandage for ten to twenty minutes. In vomiting give as food only a table- spoonful 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 diarrhœa 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 moth- ers must always remember that what- ever 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



"Fruit-a-tives"
OF FRUIT LIVER TABLETS



CONSTIPATION

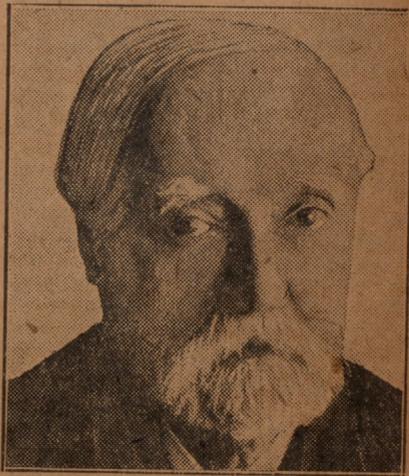
"Fruit-a-tives" is the Natural Remedy for Constipation.

Constipation—Means that the bowels are partly paralyzed, and will not act properly 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. When the bowels do not move regularly, the liquid portion of the fecal contents, in the lower bowel, is absorbed into the blood, and this poisons the blood and throws on to 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. Constipation is, therefore, a very serious malady, and is the beginning 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 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 irritation the bowels are tired out and lie dormant for

days, until hurt again by another purgative.

To Correct Constipation, the liver must be stimulated to secrete more bile—and the weakened muscles of the bowels must be toned up and strengthened. Fruit Juice is one of the finest liver stimulants in the world. "Fruit-a-tives" is the intensified juices of apples, oranges, figs, and prunes combined with tonics and forms a complete treatment to correct Constipation.



I suffered with **Constipation** and **Rheumatism** and tried many remedies without relief, until a friend advised taking "Fruit-a-tives." I took them and was soon completely relieved. I recommend them as the best remedy in the world for Constipation and Rheumatism.

J. H. McLEOD,
Nova Scotia Freemasons' Home,
Windsor, Nova Scotia.

—[SEE FREE OFFER PAGE 31]—



"Fruit-a-tives"

OF FRUIT LIVER TABLETS



(continued from page 13).

diarrhœa. 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 or 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 convulsions 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 it 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, wrung out of cold water. Repeat the bath immediately any sign of a convulsion occurs. However, if a convulsion is feared, it is advisable, if possible, to at once call a physician.

Croup in Children—How to treat—This affection of young children is due to a sudden spasm of the voice box, throat, and the spasm prevents the child from getting its breath and there-

by 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 wrung 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, or Diphtheric 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 diphtheric treatment.

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 keeps 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.

"Sootha-Salva" or **"Soothing Salve"** (Described on last page of this booklet). 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



"Fruit-a-tives"
OF FRUIT LIVER TABLETS



BILIOUSNESS
CONGESTION OF THE LIVER

"Fruit-a-tives" will Always Relieve Biliousness and Liver Congestion.

Biliousness or Liver Congestion:

It 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, 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—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—Overeating, with insufficient exercise, eating diseased or decomposed food, too frequent use of irritating purgatives, such as constipation foods, 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—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 stop this disease, because it acts directly on the liver cells, stimulates the secretion of bile, and just in pro-



"For three years I suffered with Biliousness, Liver and Stomach Trouble, and I had severe pains, and a choking feeling at times. Since taking "Fruit-a-tives" I have been completely relieved of these troubles, and am now in the best of health. I can faithfully recommend "Fruit-a-tives" to any one suffering from Liver and Stomach Trouble such as I was."

MRS. ALBERT LAFLEUR

Labelle (Co. Labelle) Que.

(continued on page 18).



"Fruit-a-tives"

OF FRUIT LIVER TABLETS



(continued from page 15).

be kept in the family for use in cuts, or wounds, or sores, as it is without exception one of the finest ointments 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.

Dyspepsia—See Pages 8 and 10.

Douches—How to Use—These can be used with a syphon syringe, or an ordinary enema syringe. In cases of Leucorrhœa, 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 Leucorrhœa, discharges and irritation. Take "Fruit-a-tives" regularly to relieve the catarrh or inflammation, and at the same time use this douche daily, and the Leucorrhœa, discharge, or irritation will be relieved.

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 linseed 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.

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 ice 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 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 the 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-Salva." (Described on the last page of this booklet.)

"Sootha-Salva" or "Soothing-Salve" For Eczema—This ointment is one of the best external applications for Eczema ever devised. It checks the intolerable itching and 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.



"Fruit-a-tives" OF FRUIT LIVER TABLETS



(continued from page 16).

portion 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 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 relieved. Carefully follow the **Diet Rules** given under **Indigestion**, and stop using fatty or peppery foods, sweet milk and 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"—but "Fruit-a-tives" alone, taken as directed, will always relieve this disease.

A SUFFERER FROM BILIOUSNESS AND KIDNEY TROUBLE

Completely Restored to Health
by "Fruit-a-tives"

Mr. John J. Beaton of Mabou Mines, Nova Scotia, thinks "Fruit-a-tives" the best remedy in the world. He writes:—"It is with great pleasure I recommend your medicine. I suffered

terribly from Biliousness Liver and Kidney trouble. I read about "Fruit-a-tives" in the newspaper and their prompt relief in cases of Kidney and Liver disease. I decided to try a box and after taking only one box all my trouble was gone. I continued to take this splendid Fruit Medicine and now I am enjoying good health. I believe "Fruit-a-tives" is the best remedy in the world for Biliousness, Liver and Kidney diseases."

JOHN J. BEATON.

AT 65 HE ENJOYS PERFECT HEALTH

"Fruit-a-tives" Keeps his Stomach, Liver and Bowels in Regular Order

Mr. Frederick R. Adams, 159 Elm St., Lakeport, N.H., writes as follows: "I realize I have reached that age, namely, sixty-five, when one often requires fixing up. My digestion was not right, and trouble with my liver and bowels caused considerable distress. All through my family, biliousness and liver trouble has been much in evidence. Constipation was also a complaint I could not seem to overcome. The insufficient action of my bowels resulted in my blood absorbing poisons and caused me to feel tired and depressed. Last fall I began the use of "Fruit-a-tives," and after taking a few tablets I could see they were just what my system required. My liver became active and improvement in every way was apparent. They regulated the action of my bowels and not a particle of griping or unpleasant effect was noticeable. They seemed to give me new life and I am glad to say my digestion is now perfect. I doubt if anyone could feel better than I do, and I am willing to give credit where credit is due to "Fruit-a-tives."

FREDERICK R. ADAMS.



"Fruit-a-tives"

OF FRUIT LIVER TABLETS



(continued from page 17).

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

Feet—Perspiration in, and Soreness—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, (given page 17). Where soreness exists in the feet, "Sootha-Salva" Ointment rubbed in the soles, will always relieve. Be careful and change the socks or stockings every day, or at least two or three times a week. Cleanliness and care will soon relieve this condition.

To Color Grey Hair—Take two heaping tablespoonfuls of good black tea and add to one pint cold water, in a covered vessel. Put on stove and boil for half an hour. Then, let this stand in a warm place for two hours with the tea leaves in the water, and stir occasionally. Then strain carefully and add two heaping teaspoonfuls of Common Sulphur, and four tablespoonfuls of Jamaica Rum, or Bay Rum, and shake, or stir, thoroughly. Before using this each time shake well and apply to the hair. It will darken grey hair to a natural colour.

Hay Fever—How to Treat—This affection is usually thought to be due to the presence in the air of pollen from plants. This is not, by any means, true. Hay Fever is an affection of the nervous system, and is really produced by auto-intoxication, or blood poisoning. In every case of Hay Fever the person's blood is so overloaded with poison from the constipation, that the nervous system is easily upset. The slightest cold in such a condition as that will mean that there is headache and sneezing and the sufferer believes he has a special disease called

Hay Fever. In hundreds of instances it has been found that "Fruit-a-tives" properly taken, and regularly taken, will entirely eradicate Hay Fever, provided the person carries out the **Diet Rules** as given under the heading of "Indigestion," page 12. This treatment, by "Fruit-a-tives" will relieve the Indigestion, will stimulate the intestinal action, will act on the kidneys and skin, and thereby relieve the nervous system. When the person has taken "Fruit-a-tives" for a sufficient time to get the blood purified, he need have no further fear of Hay Fever.

Headaches—See Page 28.

Hæmorrhoids, Or Piles—The cause is constipation, and the forcing through the narrowed outlet of the bowels, hardened fecal lumps, which break a vein, and allow blood to pour out under the skin and form 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 will give most relief. The Ointment given below is very soothing and very healing for external piles.

"Sootha-Salva" or "Soothing Salve" For Piles (Described on last page of this booklet). 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.

Itch or Scabies—This disease is due to a small insect which gets under the to the skin and burrows under it, and thereby produces the intense itching. It affects 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



"Fruit-a-tives" of FRUIT LIVER TABLETS



WONDERFUL for the KIDNEYS

TO those who use "Fruit-a-tives" for the first time, it seems almost impossible that the juices of apples, oranges, figs and prunes with tonics, could relieve Kidney Trouble.

But a short treatment of "Fruit-a-tives" gives quick relief and the regular use of these "Fruit Liver Tablets" proves their marvellous virtues.

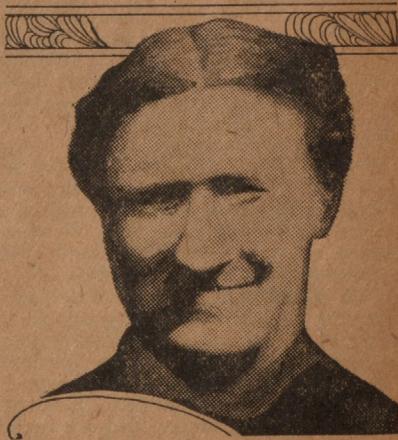
The cause of kidney congestion is that the bowels have been constipated and the skin has been inactive, so that the kidneys have had to do the work of the bowels and skin in throwing off the constant stream of dead cells of the body. The overworked kidneys have really become slightly inflamed, and hence the 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.

"Fruit-a-tives" is the most natural and most effective kidney medicine, because it acts on the skin, liver, bowels, and kidneys—stimulating all these organs to greater action, and thus giving rest to the inflamed kidneys. That dull misery in the back—the stabbing pain or rheumatism—the burning irritation of bladder trouble—all these are eased away under the soothing, healing powers of the wonderful fruit medicine "Fruit-a-tives."

RECOMMENDS "FRUIT-A-TIVES" FOR KIDNEY DISEASE

"I suffered for years from Kidney Disease and pain in my shoulder and have been completely relieved of these complaints by "Fruit-a-tives." I most sincerely recommend this splendid Fruit Medicine to all other sufferers."
L. H. LEVASSEUR. (MATANE, QUEBEC)

YEARS OF KIDNEY AND LIVER TROUBLE ENDED BY "FRUIT-A-TIVES"



Mrs. Thomas Evans, R. R. No. 1, Everett, Ontario, feels it a duty to recommend "Fruit-a-tives." She says: "I have been troubled for some years with Kidney and Liver Trouble and Dyspepsia, from which it was impossible to get relief, until I started taking "Fruit-a-tives" which had been recommended to me by a relative.

Before taking this wonderful Fruit Juice remedy it was impossible to carry out my daily work, but now, thanks to "Fruit-a-tives" and their wonderful beneficial results, I am free from these ailments, am able to do my household duties without pain or fatigue, and I am in normal health again. I feel it my duty to those women who suffer from the complaints that I did, to recommend the use of "Fruit-a-tives," because they have done so much for me."

MRS. THOMAS EVANS.



"Fruit-a-tives" OF FRUIT LIVER TABLETS



(continued from page 19).

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 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 and 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 parts affected with itch, a few times, rubbing it in thoroughly with each application, and it will completely relieve the Itch, or Scabies. Avoid eating meat for some time and also raw fruits or irritating food of any kind. Be careful and do not overeat at any time.

Leucorrhœa—See Page 30.

Loss of Appetite and Weakness—

Weakness of the stomach, resulting in loss of appetite, is usually the outgrowth of the blood of the body being overloaded with urea, or dead cells, in consequence of there being insufficient action of the bowels, the kidneys and skin. The person is really suffering from blood poisoning. The muscular tone of the body, and the nervous strength, are reduced, with the result that the stomach is weakened, and hence there is loss of appetite. There is no desire for food, and if food is taken this is followed by signs of Indi-

gestion, such as eructations of gas, sour water brash, and often eructations of food into the mouth, and sometimes by pain. All these symptoms show that there is Indigestion, and indicate that the stomach has no power to digest its food. In these cases, it is essential to take a medicine that will rouse the stomach into action, that will purify the blood, by acting on the liver, the bowels, the kidneys and skin. Nothing will do this so well, and so gently as "Fruit-a-tives." Take "Fruit-a-tives" as directed under the title of Indigestion, page 8, and be careful and carry out the **Diet Rules**, directed at page 12.

Home-Made Tonic—A splendid tonic and stomachic can be easily and cheaply made at home. Buy at a drug store one pound of Quassia Chips. Take a teacupful of Quassia Chips and put this into one quart of cold water—leave it there for four or five hours stirring occasionally. Then strain through muslin or cheese cloth—and add to this infusion one pint of good home-made wine, or good native wine—and bottle. Directions—A wine-glassful of this tonic to be taken three times a day, a few minutes before meals.

Lumbago—How to Treat—This disease is acute inflammation of the sheaths, or coverings, of the very 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



"Fruit-a-tives"
OF FRUIT LIVER TABLETS



RHEUMATISM

"Fruit-a-tives" is One of the Most Natural and Curative Remedies for Rheumatism.

**RHEUMATISM OF 5 YEARS'
STANDING RELIEVED BY THE
SPLENDID FRUIT MEDICINE**



Mr. James Dobson, of Bronte, Ont., wants other sufferers to know how "Fruit-a-tives" relieved him of Rheumatism. He says:—"Be good enough to publish for the information of Rheumatism sufferers how "Fruit-a-tives" relieved my Rheumatism, which had at least five years' standing. The trouble was in my right hip and shoulder; the pain almost unendurable. This kept up until I started to take "Fruit-a-tives." After a continuous treatment for about six months, I am now in first-class condition. This, I attribute to my persistent use of "Fruit-a-tives."

Causes—Two different theories are held as to the cause of rheumatism. One theory is that Uric Acid is formed in the blood by there being an excessive amount of dead cells or Urea in the blood from non-action of the bowels or kidneys or skin, and also excessive acidity in the blood due to indigestion—the acid and urea joining together to form URIC ACID. That the Uric Acid when formed inflames the gristle substance covering the joints and muscles, and thus produces rheumatism. The other theory is that rheumatism is due to a kind of ferment formed in the large bowel, and this ferment is carried by the blood to the whole body and inflames the gristle substance covering the joints and muscles. This bowel ferment is a product of constipation. One thing is certain in rheumatism, the blood is poisoned by some substance, and we must purify the blood. To purify the blood promptly and thoroughly there is nothing more effective than "Fruit-a-tives," because it acts on all three blood cleansing parts, namely, the bowels, kidneys and skin. Moreover, in "Fruit-a-tives" there is an internal disinfectant and it will destroy germs or ferment in the bowels or stomach. The Fruit Treatment, or "Fruit-a-tives," is a great blood purifying medicine, and this is why invariably "Fruit-a-tives" will relieve rheumatism when other treatments have failed to give relief.

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

—[SEE FREE OFFER PAGE 31]—



"Fruit-a-tives" OF FRUIT LIVER TABLETS



(continued from page 21).

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 Home-made Liniment several times a day. Also, every night at bed-time take "Fruit-a-tives" to keep the large bowel unloaded, or another attack may come on. The recipe for the Home-made Liniment is given here, and it can be made up easily.

Home-Made Liniment—Take Linseed Oil (or goose oil, or any available oil) half a pint; best Vinegar two tablespoonfuls, Spirits of Turpentine one tablespoonful, Red or Cayenne Pepper a level teaspoonful—Mix the vinegar, turpentine, and pepper together first and then add to the oil and thoroughly stir together, or shake in a bottle. This is a splendid embrocation or liniment for sprains or pains in muscles or joints.

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, that is, one or two teaspoonfuls of alum dissolved in a cupful of hot water. Holding the hands over the head almost invariably will stop nose bleeding instantly.

Piles—See Hemorrhoids or Piles. Page 19.

Poisons and Poisoning—In cases of accidental poisoning give at once an emetic. A teaspoonful of mustard in a gobletful of lukewarm 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 effect passes 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. A splendid application for poison ivy is "Sootha-Salva" spread on lint and applied to the part. This can be highly recommended. It is best while the inflammation of the poison ivy is going on that the person should take liquid food and keep lying down.

Rheumatism—See Page 22.

Ringworm—How to Treat—Ringworm is a contagious 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, also "Sootha-Salva," (Described on last page of this booklet), applied and rubbed in thoroughly will generally have the effect of curing a ringworm promptly. Boil or burn clothing to



"Fruit-a-tives"

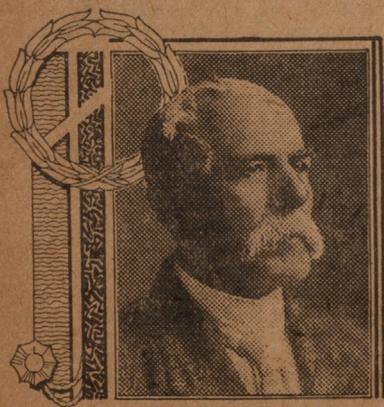
OF FRUIT LIVER TABLETS



(continued from page 22).

change the diet. 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** herein and carry these rules out rigorously. 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.

**MAJOR GEORGE WALKER
STRONGLY RECOMMENDS
"FRUIT-A-TIVES" FOR
RHEUMATISM**



MAJOR GEO. WALKER

Major Geo. Walker, now a familiar figure in Chatham, Ontario, says: "I am a veteran of the Crimean War and the Indian Mutiny, serving under Lord Roberts. Continual exposure left me a great sufferer from Rheumatism, so much so that my legs swelled up, making it impossible for me to walk. My bowels were so constipated that I

was in terrible shape, until I began to use "Fruit-a-tives." They relieved me both of the Rheumatism and the Constipation. Today, I enjoy perfect health—no more Rheumatism or Constipation."

And in another letter written December 1st, 1923, (eleven years after) Major Walker says: "Fruit-a-tives" are keeping me in the best of health and I shall never be without them."

**RHEUMATISM COMPLETELY
RELIEVED BY "FRUIT-A-TIVES"
WHEN EVERYTHING ELSE
FAILED**

Mrs. M. Appleton of Waskada, Manitoba, P. O. Box 136, adds her testimony as to the merits of "Fruit-a-tives." She says: "In the fall of 1919, when help was very hard to get, I went to help pick the year's supply of potatoes. The earth was very damp, and four days after, I took to my bed with rheumatism. As the disease travelled from one joint to another, I was in bed for eleven weeks. We tried everything, first one doctor after another, and one medicine after another; still I was no better. The joints in my hands had all risen out of place, I suffered terribly, and my nerves had given out with the strain. Flu broke out, my husband could not get any one to take care of me, and for days I was left to my neighbours to be looked after.

My husband heard of "Fruit-a-tives" and went straight and bought a box. In two days there was a change for the better, and in one week I could sit up. In two weeks I could walk and my joints were all straight; I kept on taking "Fruit-a-tives" and in a month I was as well as ever. I have never had rheumatism since, and am always well and happy. I would say to any one suffering from rheumatism, try "Fruit-a-tives."

MRS. M. APPLETON.



"Fruit-a-tives" OF FRUIT LIVER TABLETS



(continued from page 23).

prevent reinfection, if clothing touches, and always remember it is very contagious.

Scabies—See Itch, Page 19.

Sunstroke—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 passed, 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 most often the basic 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. 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 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 basic treatment is to purify the stomach at once by taking "Fruit-a-tives" 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. Where the gum and face swell 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 around the point place 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**—One of the finest treatments in these cases is "Fruit-a-tives"—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-tives" as stated in Indigestion, Page 8, and carefully carry out the **Diet Rules** page 12. **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



"Fruit-a-tives"
OF "FRUIT LIVER TABLETS"



SKIN DISEASES

"Fruit-a-tives" is a Positive Remedy for Eczema and Skin Troubles.

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 un-removed "urea," or "tissue waste," owing to the kidneys and bowels and skin doing insufficient work. Fruit juice, or "Fruit-a-tives" is the natural remedy 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**. Also apply the "Sootha-Salva" ointment as directed, (see last page of this booklet), and the trouble will soon be effectively eradicated.

ECZEMA ON THE HANDS FOR 16 YEARS

Mr. Adelar Lefebvre, 13 Clanranald Ave., (Notre Dame de Grace), Montreal, P.Q. writes: "It may interest you to know that I have been troubled with Eczema on the hands for about 16 years, have been treated by doctors, and used different advertised remedies, with little success. A friend advised me to try "Fruit-a-tives" and "Sootha-Salva" and after using a few boxes, the Eczema had disappeared, and I have not had a return of it since, which is about six months."

ADELARD LEFEBVRE.

THREE YEARS OF WEEPING ECZEMA COMPLETELY RELIEVED



Mrs. James P. Marrinier, 452 Arlington Ave., Ottawa, Ont., writes: "For three years I suffered with a very severe form of Weeping Eczema on the back of my hands.

I consulted our family physician and other doctors, but all the treatments and salves prescribed for me gave me no permanent relief. For a short time the eczema would disappear, but it would always come back again. When baby came, I was terribly afraid that he too would be affected by it. I had practically considered my case hopeless, when I started to use "Fruit-a-tives" and "Sootha-Salva" which I knew had cured a friend of a similar complaint. In a short time, the eczema completely disappeared, baby has always been wonderfully well, and I have not had a trace of it for four years."

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"Fruit-a-tives" OF FRUIT LIVER TABLETS



(continued from page 25).

bandage two and a half inches wide by five to six yards long. Apply on the leg beginning on 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" (Described on last page of this booklet). by spreading it on lint and over the lint put the bandage. This treatment carried out properly may heal an ulcer in two or three weeks.

Uterine Diseases—See Page 29.

Vermin on the Head—The best cure for this is Tincture of Stave-Sacre—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. This is a certain and yet harmless method.

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 ten 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 Sub-nitrate 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 2 or 3 "Fruit-a-tives" to disinfect the stomach, and clear out the irritating particles in the bowels.

Varicose Veins—Varicose Veins often cause great distress, and they can

be materially relieved by wearing a proper bandage. Get from your druggist a pure rubber bandage, two inches or two and one-half inches wide and five or six yards long. Place on the leg by starting from the instep, lapping around carefully over the ankle and up to the knee, covering the leg smoothly, and tie with the tapes attached, at the knee. Be careful and do not put on too tightly. Put the bandage on in the morning before getting out of bed, and remove at night after you get into bed. Wear it constantly every day and it will greatly relieve and sometimes it seems to cure.

Worms—Disturbance of—There are several varieties of worms which affect human beings—but there are only three of special importance, these being Long Round Worms, Thread Worms and Tape Worms. The Tape Worms are rare and their treatment too complicated for review here.

Round Worms—This kind affects young children, and the distribution is from child to child, as the eggs of the parasite are left from the lips of the child on the edge of drinking cups, and the next child gets the trouble thereby. These worms are flesh colour, eight or ten inches long, and a quarter of an inch in diameter. They inhabit the stomach and the upper part of the bowels.

Symptoms—Vomiting and pain over stomach, the child is fretful, cries easily, sleeps badly, and often grinds the teeth when asleep. Often convulsions are caused and the general health is disturbed. All the symptoms may be caused by simple indigestion, and are not a positive proof that the child has worms. The only true proof is the passing from the bowels, or vomiting of a worm. The symptoms given really indicate that worms are present, and great care should be observed so as to ward off convulsions. **Treatment**—Santonin



"Fruit-a-tives"
of FRUIT LIVER TABLETS



NO MORE HEADACHES

THIS is the blessed news for all those who suffer with Headaches whether these Headaches are caused by Indigestion, by Bilious attacks, by colds settling in the Kidneys, or by Nervousness. "Fruit-a-tives" will always relieve Headaches, because it rebuilds, rejuvenates the whole system and corrects the cause of Headaches.

In Headaches, it will almost invariably be found, that the bowels have not been acting regularly and the skin is sluggish or the kidneys are congested.

The tissue waste, or dead cells, are left in the blood and irritate or 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 relieve Headache because the fruit juices increase the action of the liver and bowels, of the kidneys and skin, and is a magnificent blood purifying agent.

"Fruit-a-tives" is fresh fruit juice, concentrated and increased in strength, combined with tonics, and therefore will always rid the system of the causes of headaches. For Headaches, take "Fruit-a-tives" as advised in the article on Indigestion and follow the Diet Rules implicitly. Continue to take "Fruit-a-tives" regularly for several weeks until the blood is purified, the stomach sweetened, the nerves toned up, and the whole body brought to a healthy condition.

The Fruit Medicine is so entirely different from any other that you must try it to really appreciate it.

It seems almost impossible to believe that fruit juices will relieve stubborn diseases like chronic Headaches, Neuralgia, Rheumatism, Constipation

and Backache. The best proof is in the thousands of men and women who are today well and happy because of the wonderful virtues of "Fruit-a-tives," the famous fruit medicine.

SAVED FROM YEARS OF HEADACHES BY "FRUIT-A-TIVES"



The wonders of the famous Fruit Medicine, "Fruit-a-tives," are only revealed when you read a letter like this, which comes from Mrs. Valiquette, 1133 Notre Dame St. West, Montreal, Que.

"For three years, I was troubled with bad Headaches, Nervous Dyspepsia, and Liver Troubles. Then I began taking "Fruit-a-tives." Very soon my condition improved and thanks to these wonderful fruit tablets I am once more entirely well."

MRS. HONORE VALIQUETTE.

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max. Dose of Santonin 2 to 5-grs.



"Fruit-a-tives" OF FRUIT LIVER TABLETS



(continued from page 27).

is a specific for Round Worms, and Santonin is derived from a flower called Santonica flower. Get from a druggist these powders made up, for a child six years of age or over—**Take:** Santonin, grs. 24, Powdered white sugar, grs. 60. Make up into six powders.

Directions—Give one powder when the stomach is empty, the first thing when the child awakes in the morning. Keep the child fasting, without any food, for two hours, and then give a full dose of castor oil, one or two teaspoonfuls. Keep the child fasting after the oil has been taken, until it works off. When the oil acts there should be passed some of the parasites. If not successful, in two days try the same treatment over again, and keep trying for three or four times.

Thread Worms—These are white, like small pieces of white thread. They inhabit the lower part of the bowels, or rectum just above and at the anal outlet. They may cause great itching and irritation, but they are easily destroyed. **Treatment**—Take Quassia Chips a teacupful, and soak in a quart of cold water for three hours, and strain off. Take an enema Syringe and throw a little of the Quassia solution up into the lower bowel and leave there. Repeat this every day for three or four days. Another treatment is by Boracic Acid. Take a tablespoonful and dissolve in a pint of boiling water, and when cool use this the same as directed for the Quassia solution. Take two or three "Fruit-a-tives" at bedtime, on an empty stomach, to carry the debris off.

WOMEN'S AILMENTS

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

Causes—Neglect of their health, and of slight ailments until these become severe, is the main truth under-

lying 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 from which so many women suffer. 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 become a heavy yellow, exhausting discharge. 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 natural bile which acts as a natural purgative, and causes no irritation of the lining of the intestines. "Fruit-a-tives" not only relieves 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 relief. 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 gland and womb.

Treatment—Take "Fruit-a-tives" regularly for the purpose of purifying the blood and thus relieving the nervous



"Fruit-a-tives" OF FRUIT LIVER TABLETS



(continued from page 29).

system. Use the medicine as directed in the articles on "Constipation" and "Indigestion," and faithfully follow the **Diet Rules** specified in "Indigestion." If the patient is pale and bloodless, and run down in health, it is advisable to also use for some time the "Hæma-Foda" tablets described on page 32. These tablets are one of the finest preparations of iron and nerve tonics ever devised, and they will be of great service in the treatment of all women's ailments, by making more red blood in the body, and thus strengthening the whole system. Also the Iron Preparations given on page 5, although not as good as the "Hæma-Foda" tablets, will be found to be very effectual in bringing relief.

SPECIAL AILMENTS OF WOMEN

Leucorrhœa 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.

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 17. 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 one of the finest forms of iron is "Hæma-Foda" tablets, (described fully on page 32). Use "Hæma-Foda" three times a day after meals, and take one, or two, or three "Fruit-a-tives" at

bed-time to keep the blood pure and all Constipation relieved. If the "Hæma-Foda" tablets are not obtainable use the iron preparations given on page 5. The above treatment carried out as directed will always relieve every form of Leucorrhœa.

Amenorrhœa, or Absence of The Menses—When the regular monthly changes are absent, the condition is known as Amenorrhœa. This condition usually exists with Anæmia, 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 Amenorrhœa.

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 constipation relieved, use either the Iron Preparations given on page 5, or the "Hæma-Foda" tablets described on page 32. The "Hæma-Foda" tablets are probably the finest iron preparation ever devised. They are a regular blood food, and if taken regularly will completely relieve the Anæmia or bloodlessness and will certainly stop the Amenorrhœa. Take the "Hæma-Foda" just after meals, three times a day, and take one or two "Fruit-a-tives" when required 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 is sure to relieve the Amenorrhœa. It is best to read carefully the directions for restoring the changes when stopped—as given in the circular enclosed with each box of "Hæma-Foda."

**SEND TO-DAY AND SECURE TWO VALUABLE
MEDICINES, FREE, ALONG WITH "FRUIT-A-TIVES"**

NOTE.—Fill out carefully your address and write very plainly. Enclose \$1.00 in money, or better, *Postal Note*, for this amount, to cover cost of postage, labor, boxing, etc., and we will send you two 50c. boxes "*Fruit-a-tives*," two boxes "*Hama-Foda*" and one box "*Sootha Salva*," the whole of which sells regularly for \$2.50. (*The only way of safely sending money by mail is by Postal Note, or P. O. Money Order, to be procured at any Post Office, or by registering the letter, or by Express Money Order obtainable at any Express Office.*)

We give this free trial of medicines in order to introduce the "*Hama-Foda*" Tablets and the "*Sootha Salva*" Ointment. We give this offer only once to each person, and **ONLY HOLDS GOOD FOR TWO MONTHS FROM THE DATE OF RECEIVING THE SAME.** We recommend you, very strongly, to send for this free medicine trial *to-day*.

To
FRUIT-A-TIVES LIMITED,
386-390 Bank Street,
OTTAWA, Canada.

SIRS,

Enclosed herewith find One Dollar, and, as per your offer, send me two 50c. boxes "*Fruit-a-tives*," two boxes "*Hama-Foda*," one box "*Sootha Salva*."

NAME.....
(Mrs., Miss. or Mr.)

POST OFFICE.....

STREET and No.....
(If any)

COUNTY OF.....

PROVINCE OF.....

DATE.....

TEAR OFF ON DOTTED LINE



"Fruit-a-tives"
OF "FRUIT LIVER TABLETS"



"HAEMA-FODA"

"BLOOD FOOD TABLETS"

THIS is an iron tonic and is, without exception, one of the greatest blood restorers ever devised. It is a true blood food, it restores the red blood to the body. The name "**Hæma-Foda**" means "blood food"—and it is derived from two distinct words—the Greek word "**Hæma**" meaning blood—and the Saxon word "**Foda**" meaning food. It is made from a new iron medicine and restoring tonics, and the formula was discovered by the same physician who discovered Fruit-a-tives."

What It Will Relieve.—In all cases of Anæmia, or paleness, or bloodlessness, these tablets, "**Hæma-Foda**," will always restore the red blood again and bring robust health. In all cases of amenorrhœa, or absence, or menstrual irregularities, these tablets will bring relief. In cases of nervous exhaustion, or nervous weakness, the use of "**Hæma-Foda**" will rapidly restore the nerve tone and bring strength and health.



Directions:—Take one "**Hæma-Foda**" tablet three times a day, just after meals—and in ten days increase the dose to two tablets three times a day, just after meals, and continue to use two tablets three times a day after meals for two or three months, to give it time to restore the red corpuscles in the blood, and strengthen the nervous system.

When using "**Hæma-Foda**" it is advisable to take one or two "**Fruit-a-tives**" at night when going to bed, on an empty stomach, two or three times each week to prevent constipation, as all iron tonics tend to produce intestinal apathy.

Price 50c. a box—sold by druggists or sent postpaid on receipt of price by

FRUITATIVES LIMITED
OTTAWA, ONT.

“SOOTHA-SALVA”

or “SOOTHING SALVE”

For Cuts, and Burns, and Bruises
For Piles and Eczema



ALWAYS keep this wonderful Ointment at home—for “SOOTHA-SALVA” can be used with the certainty of getting relief for every form of skin irritation. For cuts, wounds and severe bruises, this ointment destroys the germs of infection, soothes the pain and induces healthy healing. For Pimples on the face, all forms of Eczema, Salt Rheum or any other form of Skin Eruption, Inflammation or sores on the skin, “SOOTHA-SALVA” brings quick and permanent relief. It is especially good for Hæmorrhoids or Piles.

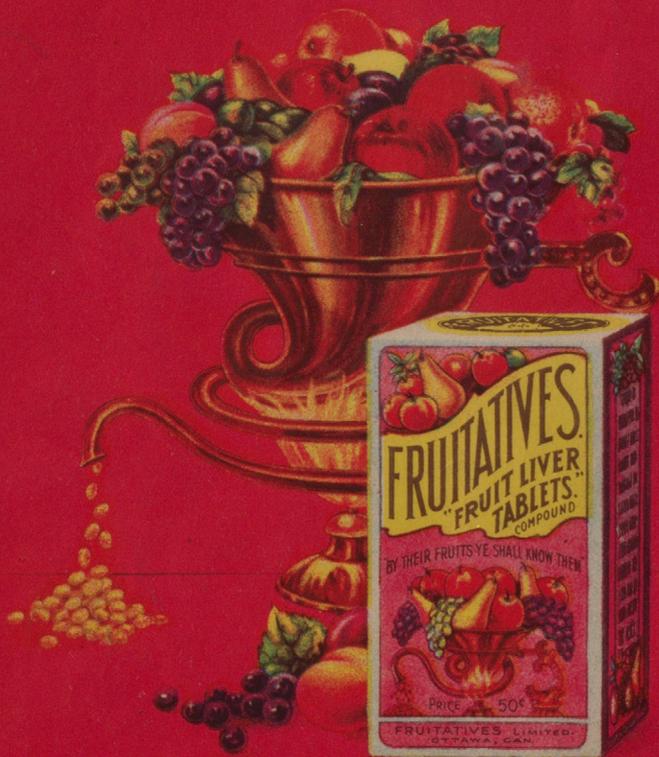
In all cases of skin diseases it is advisable to take “Fruit-a-tives” every night in order to keep the bowels open, rid the system of waste and purify the blood.

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MINDRACS...

"Fruit-a-tives"

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

"Will Make and Keep You Well"