

Doan's long life laws : methods of attaining a long and healthful life with the means of correcting a bad constitution / [Foster-McClellan Co].

Contributors

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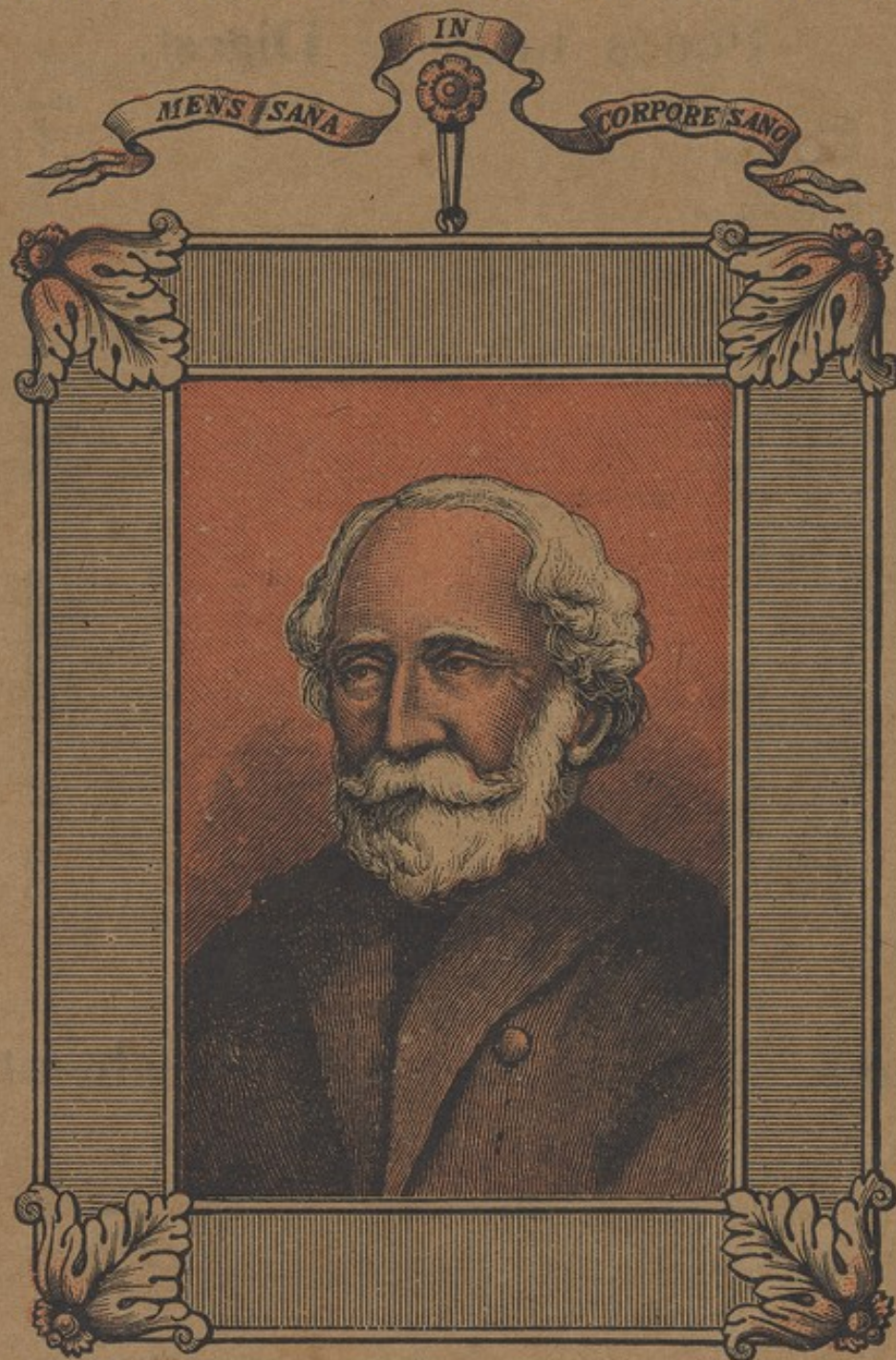
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DOAN'S LONG LIFE LAWS



*METHODS OF ATTAINING A LONG
AND HEALTHFUL LIFE*

WITH THE MEANS OF CORRECTING A BAD CONSTITUTION.

Table showing how long certain Foods take to Digest.

	Hour.
Boiled Rice	1
Boiled Tripe	1
Raw Apples	1½
Boiled Salmon	1½
Boiled Sage	1½
Boiled cured Codfish	2
Boiled Beans	2½
Sponge Cake	2½
Baked Potatoes	2½
Roasted Goose	2½
Boiled Gelatine	2½
Boiled Lamb... ..	2½
Boiled Beef	2½
Boiled Apple Dumplings	3
Roasted Beef	3
Boiled Mutton	3
Boiled Carrots	3½
Roasted Mutton	3½
Bread	3½
Boiled Potatoes	3½
Boiled Turnips	3½
Cheese... ..	3½
Boiled Eggs (hard)	3½
Fried Eggs	3½
Boiled Cabbage	4
Boiled or Roasted Fowl	4
Roasted Pork... ..	5½
Boiled Gristle	5½

Table showing Average Weight at a given Height.

HEIGHT.	MAN'S WEIGHT.		WOMAN'S WEIGHT.	
	ft.	ins.	st.	lbs.
mo	5	0	8	4
	5	1	8	8
	5	2	9	0
pam	5	3	9	7
	5	4	9	10
QV 26	5	5	10	2
	5	6	10	3
19.14	5	7	10	6
	5	8	11	1
D 63 d	5	9	11	7
	5	10	12	1
	5	11	12	6
	6	0	12	10
			13	3



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DOAN'S LONG LIFE LAWS.

Together with "Methods of Attaining a Long and Healthful Life; with the means of Correcting a Bad Constitution."

The secret of long life is known to many, but the rules for attaining it are practised by few.

This book contains these rules, together with the history of the life of Lewis Cornaro, who, though a helpless invalid at the age of forty, so regulated his manner of living as to attain the age of a hundred years, and to keep active, bright, and healthy to the end.

Cornaro was born in 1467, and his experience shows that even in the fifteenth century people knew how to attain the age of a hundred. The rules he followed are the same which must be followed now to obtain the same result; and there are many in our own time who have attained similar great ages.

Lewis Cornaro's history, written by himself, has been translated into almost every civilised language, and copies of various English editions are to be seen at the British Museum. His story carries conviction, because he tells us what our own good sense confirms as true:—

HOW TO REGAIN HEALTH AND LIVE A HUNDRED YEARS.

(Written by Lewis Cornaro, when 86 years old, and first published in A.D. 1588.)

CHAPTER I.

I should be glad to be of service to those, who, by reason of a poor constitution or a careless life, find themselves at middle age attacked with various pains and diseases, such as gout, sciatica, liver and stomach complaints, to which they would not be subject, were they to live a strictly temperate life. Moreover, by so doing, they would greatly increase the term of their existence, and live with much greater comfort; they would find themselves less irritable, and less disposed to be upset by inconvenience and annoyance. I was myself of a most irritable disposition, insomuch that at times there was no living with me. Now, for a very long time it has been otherwise, and I can see that a person swayed by his passions is little or no better than a madman at such times.

Finding myself between my thirty-fifth and fortieth year, burdened with an almost continual slow fever, a stomach generally out of order, and suffering much pain with colic and gout, and having tried everything that could

be thought of to relieve me, but to no purpose, the physicians gave me to understand that there was one method left to get the better of my complaints. This was to live a strictly sober and regular life; if I did not at once adopt this method of strict living, I should in a few months be beyond receiving benefit from it, and that in a few more I must resign myself to death.

These arguments made such an impression on me that, mortified as I was by the thought



"I mount my horse without assistance."

of dying in the prime of life, though at the same time perpetually tormented by various diseases, I immediately resolved to betake myself to a regular course of life. Having enquired of the physicians what rules I should follow, they told me that I must use only food, solid and liquid, such as is prescribed to sick persons; and *both sparingly*.

I entered with so much resolution upon this new course of life, that nothing since has been able to divert me from it. I also carefully avoided as far as possible, all *extreme heat, cold, extraordinary fatigue, interruption of my usual hours of rest, or staying long in bad air*.

The consequence was that in a few days I began to perceive such a course agreed well with me; and, by pursuing it, I found myself in less than a year (some people, perhaps, will not believe it) *entirely freed from all my complaints*.

HOW TO REGAIN HEALTH

The man therefore, who is of a bad constitution may, by a regular and sober life, regain health, and live to a great age, as I have done, who had naturally one of the worst constitutions, so that it appeared impossible I should live above forty years, whereas I now find myself *sound and hearty at the age of 86*—forty-six years beyond the time I had expected; and during this long respite *all my senses have continued perfect; and even my teeth, my voice, my memory, and my heart.* But what is still more, *my brain is clearer now than it ever was.* I mount my horse without assistance, I not only ascend a flight of stairs, but can climb a hill with greatest ease. And if it be lawful to compare little matters to affairs of importance, I will further venture to say that such are the effects of this sober life that, at my present age, I have been able to write an entertaining comedy, abounding with innocent mirth and pleasant jests.

Whence it appears that the life I lead is not

When the physician is called, the first thing he prescribes is for his patients to discontinue, or nearly so, their regular food. Now, if by reducing their food to a small quantity, the patients recover, how can they doubt but that, with a slight increase in diet consistent with reason, they will enjoy a continuance of their health, and so for the future will want neither physician nor physic?

Moderation embraces two things, quality and quantity. The first consists in *avoiding food and drinks, which are found to disagree with the stomach.* The second, to *avoid taking more than the stomach can easily digest;* and everyone at the age of forty ought to be a perfect judge in these matters. *Any man, by repeated trials, may acquire a perfect knowledge of his own constitution, and the kinds of food and drink which agree with him best.* These repeated trials are necessary, as there is a great variety in the nature and stomachs of persons. I found that old wine did not suit me, but that the new wine did; and, after long practice, I discovered that many things which might not be injurious to others, were not good for me.

A man cannot have a better guide than himself, nor any physic better than a regular life.

The virtue and efficacy of this life of moderation are such, that the humours in a man's blood become harmonious and perfect, and are no longer liable to be disturbed or corrupted by any disorders, such as suffering from excessive heat or cold, too much fatigue, or want of rest, and the like.

A man who lives as I have described, may pass through all these changes without harm.

I may go a step further, and show how favourable to recovery is a temperate life, in case of accident. At the age of seventy years, I happened, as is often the case, to be in a coach, which, going at a smart rate, was upset, and in that condition I was drawn a considerable way before the horses could be stopped. I received so many shocks and bruises, that I was taken out with my head and body terribly battered, and a dislocated leg and arm. *When the physicians saw me in so bad a plight, they concluded that in three days I should die,* but thought they would try what bleeding and purging would do, in order to prevent inflammation and fever. But I, on the contrary, knowing that, by reason of the sober life I had lived for so many years, my blood was in a good and pure condition, refused to be either purged or bled.



Cornaro's Accident

gloomy, but cheerful, and I would not exchange my manner of living and my grey hairs with that of even a young man having the best constitution, who gave way to his appetites; knowing, as I do, that such are daily subject to a thousand kinds of ailments, and death.

None of my powers abate as I advance in life, and this because, as I grow older, I lessen the quantity of my solid food. This retrenchment is necessary, since it is impossible for a man to live for ever; and, as he draws near his end, he is brought so low as to be able to take but little nourishment, and at such times the yolk of an egg, and a few spoonful of milk with bread are quite sufficient during the twenty-four hours; a greater quantity would most likely cause pain, and shorten life. In my own case, I expect to live to be a hundred, and to die without any pain or sickness, and this is a blessing that may be expected by those who eat and drink in moderation, whether they be rich or poor.

AND LIVE A HUNDRED YEARS

I just caused my arm and leg to be set, and suffered myself to be rubbed with some oils. Thus, without using any other kind of remedy, I recovered, as I thought I should, without feeling the least alteration in myself, or any bad effects from the accident; a thing which appeared no less than miraculous in the eyes of the physicians.

It is, indeed, true that even those who observe the two rules relating to diet, the observance of which constitutes a regular life, may, by committing any one of the other irregularities, such as excessive heat, cold, fatigue, etc., find himself slightly indisposed for a day or two, but he need fear nothing worse.

But as there are some persons who, though well stricken in years, are, nevertheless, very free in their living, and allege that neither the quantity nor the quality of their diet makes any impression upon them, and therefore eat a great deal of everything without distinction, and indulge themselves equally in drinking; such men are ignorant of the requirements of their nature, or they are gluttonous; and I do affirm that such do not enjoy good health, but as a rule are infirm, irritable, and full of maladies.

The fact is, large quantities of food cannot be digested by old stomachs; as man gets weaker as he grows older, and the waste in his system is slower, the natural heat certainly is less. *Nor will all the food in the world increase it, except to bring on fever and distressing disorders; therefore, let none be afraid of shortening his days by eating too little.*

On the contrary, I conclude, especially from the late trial I have had, that *excesses in eating and drinking are often fatal*. Four years ago I consented to increase the quantity of my food by two ounces, my friends and relations having, for some time past, urged upon me the necessity of such increase, that the quantity I took was too little for one so advanced in years; against this, I urged that nature was content with little, and that with this small quantity I had preserved myself for many years in health and activity; that I believed as a man advanced in years, his stomach grew weaker, and therefore the tendency should be to lessen the amount of food rather than increase. I further reminded them that, *what we leave after making a hearty meal does us more good than what we have eaten.*

But my arguments and proverbs were not able to prevent them teasing me upon the subject; therefore, not to appear obstinate, but above all, to please my family, I consented to the increase before mentioned; so that, whereas previously, what with bread, meat, the yolk of an egg, and soup, I ate as much as twelve ounces, neither more nor less, I now increased it to fourteen; and whereas before I drank but fourteen ounces of wine, I now increased it to sixteen.

This increase had, in eight days' time, such an effect upon me, that from being cheerful and brisk, I began to be peevish and melancholy, so that nothing could please me. On the twelfth day, I was attacked with a violent pain in my side, which lasted twenty-two hours, and was followed by a fever, which

continued thirty-five days without any respite, insomuch that *all looked upon me as a dead man*; but I recovered, and I am positive that it was the great regularity I had observed for so many years, and that only, which rescued me from the jaws of death.

It is not necessary that all should eat as little as I do—twelve ounces—or not to eat of many things from which I, because of the natural weakness of my stomach, abstain. Those with whom all kinds of food agree, may eat of such, only they are forbidden to eat a greater quantity, even of that which agrees with them best, than their stomachs can with ease digest. The same is to be understood of drink. *The only rule for such to observe in eating and drinking is THE QUANTITY RATHER THAN THE QUALITY*; but those who, like myself, are weak of constitution, these must not only be careful as to quantity, but also to quality, partaking only of such things as are simple, and easy to digest.

How many of my dearest relations and friends have I lost by their free living, whereas, had they listened to me, they might have been full of life and health? I am thus more than ever determined to use my utmost endeavours to make known the benefit of my kind of life. Here I am, an old man, yet full of life and joy, happier than at any previous period of my life, surrounded by many comforts; not the least to mention are my eleven grand-children, all of fine understanding and amiable disposition, beautiful in their persons, and well disposed to learning; and these I hope so to teach that they shall take pattern after me, and follow my kind of life.

Now, I am often at a loss to understand why men of fine parts and understanding, who have attained middle age, do not, when they find themselves attacked by disorders and sickness, betake themselves to a regular life, and that constantly. Is it because they are in ignorance as to the importance of this subject? Surely, it cannot be that they are enslaved by their appetites to such an extent that they find themselves unable to adopt a strict and regular diet? As to young men, I am in no way surprised at their refusal to live such a life, for their passions are strong and usually their guide. Neither have they much experience; but when a man has arrived at the age of forty or fifty, surely he should in all things be governed by reason. And this would teach men that gratifying the appetite and palate is not, as many affirm, natural and right, but is *the cause of disease and premature death*. Were this pleasure of the palate lasting, it would be some excuse; but it is momentary compared with the duration of the disease which its excess engenders.

I do not suggest that for the knowledge and cure of such disorders as befall those who live an irregular life, there is no occasion for a physician or that his assistance ought to be slighted; such persons should at once call in medical aid, in case of sickness. But for the bare purpose of keeping ourselves in good health, I am of opinion that we should consider this regular life as our physician, since it preserves men, even those of a weak constitution, in health; makes them live sound and

HOW TO REGAIN HEALTH AND LIVE A HUNDRED YEARS.

hearty, to the age of one hundred and upwards, and prevents their dying of sickness, but merely by the natural decay which at the last must come to all.

CHAPTER II.

(Written by Lewis Cornaro at the age of 95 years.)

Being arrived at my ninety-fifth year, and still finding myself sound and hearty, content and cheerful, I never cease to thank Providence for so great a blessing, considering the usual condition of old men. Moreover, when I remember how weak and sickly I was between the ages of thirty and forty, and how from the first, *I never had what is called a strong constitution*; I say, when I remember these things, I have surely abundant cause for gratitude, and though I know I cannot live many years longer, the thought of death gives me no uneasiness; I moreover firmly believe I shall attain to the age of one hundred years. My present condition ensures this to me, for, though at this great age, I am hearty and content, eating with a good appetite, and sleeping soundly. Moreover, all my senses are as good as ever, and in the highest perfection; my understanding clear and bright, my judgment sound, my memory tenacious, my spirits good, and my voice (one of the first things to fail us) strong and sonorous. And all this has been brought about by Providence, through my careful habit of living! How different from the life of most old men, full of aches and pains, and forebodings, whilst mine is a life of real pleasure, and I seem to spend my days in a perpetual round of amusement.

The two lessons Cornaro teaches us in the above are that "moderation in all

things" and "a happy, contented mind" are the secrets of attaining a great age.

CORNARO'S FOOD AND DRINK LIMITS.—We would like to observe that the quantity of food and drink taken daily by Cornaro is not intended to be the correct amount for everybody. Those who lead an open-air life or follow strenuous occupations require more, others may be better with even less. But the general principle of using food and drink sparingly, and to decrease it as age advances, is correct.

In an able article on Cornaro's works, a writer in "The Spectator" comments on the sound sense that characterises the treatise. If exercise throws off all superlatives, he says, *moderation* in eating and drinking *prevents them*; if exercise clears the vessels, *moderation* in eating and drinking neither gluts nor strains them; if exercise has a *curative* value in disease, *moderation* in eating and drinking has a *preventative* value. Medicines are indeed necessary in acute illness; but were men to take regular exercise and to eat and drink with great moderation, there would be little need for them. Nature delights in the most plain and simple diet, her needs are little, and all that is taken in excess of those needs is a menace to health.

We propose, in the following pages, to elaborate the rules for attaining old age, by illustrated laws, to make the subject somewhat clearer and the rules easier to remember.

RENAL CHANNELS OBSTRUCTED.

No Relief from the Bladder. Catheter Employed.
Complete Cure by Doan's Pills.

"When attempting to relieve the bladder one day," says Mr. J. Parsons, of 14, Union Road, St. Austell, "I found to my concern that I could not. The effort caused me such pain that it seemed as if the bladder would burst. The perspiration literally poured from me.

"In intolerable pain I hastened to the doctor. He said there was some obstruction of the urinary system, and at once emptied the bladder with a catheter. Three times afterwards I had to get the water drawn from me with the instrument; once the doctor had to be sent for at three o'clock at night. I was nearly out of my mind with agony.



Mr. J. Parsons,
ST. AUSTELL.

"The doctor said he was afraid I should always have to use the instrument at intervals, but, fortunately for me, I got a box of Doan's Backache Kidney Pills to try. From the very first they did me good; they brought away a quantity of gravel from the urinary system, and after that was removed the water passed without obstruction.

"That was some weeks ago, but I have never had to use the catheter since, and I hope I never shall, for there can be nothing more objectionable. I cannot say enough in praise of Doan's Pills for all the wretchedness they have saved me from.

(Signed) "J. PARSONS."

KIDNEY POISONS—THEIR DANGER.

How they cause Gravel, Stone, Backache, Inflammation of the Bladder, Urinary Obstruction, Lumbago, Dropsy, Rheumatism, and Sciatica.

A well-known scientist recently injected a rabbit with the urine of a man suffering with kidney disease.

No effect was seen.

The scientist then took a second rabbit, and injected it with the urine of a man whose kidneys were healthy.

The rabbit sickened at once, and shortly afterwards died.



"Every Picture tells a Story."

Doctor: "Is the pain there? Ah, that's your kidneys."

What does this experiment show? It shows that *healthy* kidneys throw off poisonous waste in the urine, and that *unhealthy* kidneys leave this poisonous waste in the system.

Do you know that the body is continually manufacturing poison from the food and drink you take, and from the wear and tear of the system? Do you know that enough of this poisonous refuse gets into the blood every few days to cause death?

WHAT THE KIDNEYS DO.—Your kidneys alone can save you. They filter the kidney poison out of the blood, and throw it off through the urinary system. Every twenty-four hours they remove about 500 grains of uric acid poison and

urea, and three pints of water from the blood.

WHAT HAPPENS WHEN THEY FAIL.—What happens when the kidneys fail to separate the urine from the blood? The uric acid poison escapes back into the circulation, makes you feel heavy, drowsy and dizzy, dulls the intellect, lessens ambition, and makes you irritable and despondent. This mischievous acid has the habit of settling into sharp crystals, which lodge in the muscles of the back, and cause the stabbing pains of lumbago, get into the joints of the hands, arms, knees, and other parts, and make you stiff, shaky, and rheumatic—inflame the sciatic nerve, and cause the pricking, burning pain of sciatica in the hips and thighs. Uric acid will even twist the limbs out of shape, as in the case of Mrs. Griffin (page 24). Doan's Backache Kidney Pills are a valuable treatment in these uric acid troubles, because they tone and strengthen the kidneys, and help them filter out the uric acid and throw it off before it can settle in the system and cause mischief.

URINARY DISORDERS.—Even when uric acid has been taken out of the blood, it may still cause a lot of trouble by settling into gravel in the urinary channels, causing heat and pain when releasing the urine, and making the bladder so tender and sensitive that the patient has to seek relief every few minutes, even during the night. If this condition continues long, stones may form in the kidneys or bladder, or the gravel may completely obstruct the urinary system, as in Mr. Dwyer's case (page 16). For several weeks Mr. Dwyer could not empty the bladder without using a catheter, but a course of Doan's Backache Kidney Pills removed the obstructing deposits of acid, and natural relief followed. The fact that Mr. Dwyer has not needed to use the catheter since goes to show that Doan's Pills not only clear the urinary system, but overcome the tendency of the urine to deposit its solids.

(Continued on next page.)

DROPSY.—If the waste water from the blood cannot escape from the system promptly it is liable to collect in the ankles, under the eyes, in the face and chin, on the backs of the hands, or in the limbs and body, causing the dough-like swellings of dropsy, and this condition is serious, because it throws an added burden upon the heart. Formerly tapping was employed to drain away this collected water, but it has now been shown in hundreds of cases that Doan's Backache Kidney Pills enable the urinary system to clear the water in the natural way.

Doan's Backache Kidney Pills are intended *solely* for the kidneys and bladder. They relieve the urinary system like a laxative relieves the bowels, and are of the highest value in all symptoms arising from kidney weakness, such as:—

Dropsical Swellings,
Swollen Ankles,
Puffy Eyes,
Backache,
Pains in the Loins or Sides,
Brick-dust Sediment,
Gravel and Stone,
Pain in Emptying the Bladder,
Bladder Acting Too Often,
Stiff Joints,
Rheumatism,
Lumbago,
Sciatica,
Dizziness,
Drowsiness,
Irritability.

Doan's Backache Kidney Pills are a safe and reliable kidney remedy for all ages; they are guaranteed to be absolutely pure and to contain no harmful mineral ingredients whatever. They are compounded under the direction of skilled chemists, and *only ingredients of the highest quality procurable are ever used.* There is abundant evidence in these pages that these pills do not need to be taken indefinitely, but that after a sufficient course their use may be discontinued. They have for years been a favourite family remedy the world over.

GRAVEL, STOPPAGE, and DROPSY.

After Doan's Pills had removed Two Large Stones, the Urinary System acted properly, the Gravel stopped, and the Dropsical Swellings disappeared. Patient over 60.

"The water at Wickham Market, where I used to live, was very poor," says Mrs. M. A. Abbott, of 6, Victoria Road, Woodbridge, Suffolk, "and I have no doubt it was drinking this that upset my kidneys.



Mrs. Abbott,
WOODBIDGE.

"At first I had nothing worse than a backache, and I didn't take much notice of it, but before long there were such torturing pains in my back that I had to keep to bed.

"I found out afterwards that it was gravel which caused these pains. But even worse followed: there was great distress in

relieving the bladder, and

For Four Days No Water Passed.

I was in agony, not only in the back and loins, but with pains in the head. My eyes grew puffy, and my legs and body began to swell with dropsy.

"The doctors tried almost everything, but it was not until I began with Doan's Backache Kidney Pills that I took a turn for the better. It is wonderful how quickly these Pills relieved me. I felt brighter almost from the first, and shortly afterwards the Pills brought away

Two Large Stones.

The water passed freely and without pain after that; it was no longer gravelly, but clear and natural. My back was splendid, and I could get about in comfort. Every sign of dropsy had gone after the third box of the Pills, and eight boxes cured me completely.

"I am over sixty now, but I have enjoyed better health since using Doan's Pills than for years before. They have helped me about again after being an invalid and almost despairing of getting better. I shall always have a good word for them.

(Signed) (Mrs.) "M. A. ABBOTT."

A BELFAST LADY.

Mrs. W. Gurd, who resides at 21, Orient Gardens, Cliftonville, Belfast, states:—"I have a very high opinion of Doan's Backache Kidney Pills, and have no hesitation in recommending them to others who suffer as I used to with backache and kidney troubles. The Pills have certainly done me a great deal of good. (Signed) (Mrs.) W. GURD."

RENAL STONE

Removed by Doan's Pills.

"Agony is a poor word to describe what I have been through with stone in the kidney," says Mr. W. Hancock, of 8, Northampton Buildings, Julian Road, Bath. "The strange thing about my case is that I never had any symptoms of the approaching complaint except a pain in the back now and then when I went to stoop. If only other sufferers with backache could foresee what might follow, they would never rest until they had got rid of their backache and knew that their kidneys were all right, for there cannot be anything worse than stone."



Mr. W. Hancock, BATH.

"I admit these occasional backaches bothered me a good deal. I have even had to see the doctor about them before now, but he just gave me a plaster for my back. It eased me for a while, but never reached the cause, as I found out soon afterwards: the pain grew worse instead of better. I was positively unable to stoop at all."

"At last I made up my mind to try Doan's Backache Kidney Pills, for the backache was making my life a misery. After using the Pills a few days they brought away the large stone I am sending for your inspection. It was on a Sunday night that the stone shifted, causing intolerable pain in the region of the kidneys. When I state that the doctor injected morphia without giving me any

perceptible relief, you will get some idea of the agony I went through. I distinctly felt the stone come away from the kidneys, and from that time there was no pain whatever. The following Wednesday, about 5 a.m., the stone was passed from the system. A doctor friend of mine said it was a typical kidney stone; it shone like crystal. I was very lucky to get rid of it, he said; but I know it was Doan's Pills, and Doan's Pills alone, that shifted it. There is little doubt the Pills saved my life, and the best thing about it is that although five years have passed since the stone came away, I have had no sign of the old complaint since."

(Signed) "W. HANCOCK."



The Stone removed by Doan's Pills (actual size, from a photo).

LIKE A CRIPPLE with RHEUMATISM.

"For six months I was so crippled with rheumatism and sciatica that I could only hobble about on sticks," says Mrs. A. Platt, of 20, Tudor Street, Coppice Street, Oldham. "I actually had to go up and down stairs on my hands and knees—it took me nearly half-an-hour. I was bent like an old woman, and couldn't get straight to save my life. There was a wretched pain in my back and loins, and the sciatic pains in my hips were fearful."

"There was a heavy sediment and gravel in the water, and I had to empty the bladder every few minutes day and night. I did not know what it was to get a peaceful night's sleep—I always had to be getting up."

"Eventually, the urinary system became obstructed, and water collected in my feet and under my eyes. I began to think that I should never recover, for although I had two doctors I made no headway."

"Chancing to read of someone in Manchester who had been cured by Doan's Backache Kidney Pills I got some to try, and although at the time I was so poorly that I couldn't get as far as the corner of the street—only a few doors away—I soon found the Pills were doing me good; they made the water pass freely, and threw off a quantity of gravel and impurities which relieved the irritation of the bladder. By the time I had taken thirteen boxes of the Pills, every sign of rheumatism and sciatica had gone."

"It must be close upon THREE YEARS since I was cured, yet I have kept well ever since, and I feel years younger than I did before."

(Signed) (Mrs.) "A. PLATT."



Mrs. A. Platt, OLDHAM.

JANUARY, 1914.

S	...	4	11	18	25
M	...	5	12	19	26
Tu	...	6	13	20	27
W	...	7	14	21	28
Th	1	8	15	22	29
F	2	9	16	23	30
S	3	10	17	24	31

Est. Qtr.	4d.	1h.	9m.	Aft.
Full Moon	12	5	9	Morn.
Lst. Qtr.	19	0	30	Morn.
New Moon	26	6	34	Morn.



Don't Hurry your Meals.

FEBRUARY, 1914.

S	1	8	15	22	...
M	2	9	16	23	...
Tu	3	10	17	24	...
W	4	11	18	25	...
Th	5	12	19	26	...
F	6	13	20	27	...
S	7	14	21	28	...

Est. Qtr.	3d.	10h.	33m.	Morn.
Full Moon	10	5	35	Aft.
Lst. Qtr.	17	9	23	Morn.
New Moon	25	0	2	Morn.

THE LONG LIFE LAWS.—1. The Eating and Drinking Laws.

1.—EAT AND DRINK IN STRICT MODERATION.

Nine people out of ten eat and drink too much.

When you are ill, the first thing the doctor does is to cut down your food. If a reduced quantity helps you to regain health, surely very little more is needed to enable you to keep well.

Animals stop eating when they are ill. It will do no harm to miss a meal or two when you are out of sorts; it will give the system a chance to deal with the accumulated waste that is most likely the cause of the mischief.

Remember: It isn't the quantity you eat that nourishes you. It is the quantity you digest.

When you eat more than you can digest, the system becomes overtaxed and congested, and the body gets loaded with waste. This waste clogs the eliminative canals, decomposes, and causes headaches, flatulence, indigestion, nausea and constipation, and may soon lead to serious complications.

Cornaro's life story, given on page 2, shows what may be accomplished—even by those of weak constitution—by restricting their eating and drinking to just what the system needs, *no more, no less*. What that quantity is depends upon your habits and your means of livelihood. Those who live an outdoor life, or have hard manual work to do, need considerably more food than those following light indoor occupations. The thing to do is to experiment, as Cornaro did, and find out how much you need and what food suits you best.

2.—AFTER MIDDLE AGE, when one's habits are not so active and there is consequently less wear and tear of the system, the needs of the body grow less and less, and the quantity of the food should be cut down more and more as age advances, for it is especially true in later

life that all you eat in excess of your needs does you harm.

3.—TAKE WHAT AGREES WITH YOU.—No hard and fast rule can be laid down as to what you should eat and drink. We are all constituted differently, and what suits one may not suit another. After all, your own common-sense and instincts are the best guides. The rules as to what NOT to take, however, are more defined. *What pleases the palate does not necessarily agree with the digestive system.* Pastry, rich and sweet dishes, confectionery, greasy foods, made-up dishes, spices, hot cakes, pork, and salted meats, are best left alone. *There is nothing like a plain, wholesome diet.* Any drink that dulls the intellect or excites the kidneys or urinary system should be avoided. Nothing is so good as water when you are really thirsty.

4.—CHEW, CHEW, CHEW.

Food is *not* all digested in the stomach.

A very important part of the work of digestion takes place *in the mouth*.

And the digestive work the mouth is expected to do CANNOT be done by the stomach.

That is why so many suffer from indigestion. They do not use their teeth properly.

Chewing promotes the flow of saliva in the mouth, and the digestive juices of the saliva perform some of the principal work of digestion. You should chew everything slowly and deliberately until you have reduced it to tiny particles that become mixed with the saliva of the mouth and form a creamy paste, which is swallowed without any voluntary effort. You will never suffer with indigestion or constipation if you do this.

As long as any taste remains in your food, there is still nourishment to be derived from it by chewing. Even from a glass of milk you can get twice the

nourishment if you sip it slowly and extract all the taste you can from it.

5.—NEVER BOLT YOUR FOOD.—If you do so, you won't get half the proper nourishment from it, and you will load your system with harmful waste. When in a hurry, eat less but never eat less carefully.

6.—DON'T DRINK WHEN EATING.—It dilutes the digestive juices and spoils digestion. Leave your drink to the end of the meal if you can.

7.—DON'T RUSH ABOUT or exert yourself after your meals; it disturbs the digestive processes.

MOTHERHOOD DANGERS.

"Just after my last confinement," says Mrs. E. Branson, of "Glen Roy," 108, Blundell Avenue, New Cleethorpes, Grimsby, "I became fearfully dropsical, swollen from head to foot, and I was so weak and ill that I could hardly drag myself across the room. There were awful pains in my back, over the kidneys. I thought at times that they would drive me out of my mind. It was just as if someone was striking me with a knife. I often came over so dizzy that I could hardly stand. There was sediment in the water, and difficulty in relieving the bladder.



Mrs. E. Branson,
GRIMSBY.

"It made no difference whatever I tried; nothing did me any good, and I had almost given up, when fortunately I heard of Doan's Backache Kidney Pills, and started with them. They soon made a wonderful difference in me. They made the urinary system act naturally, cured the backache, and removed the dropsical swellings. I can truthfully say they have made a new woman of me. My friends have remarked on the wonderful improvement. (Signed) (Mrs.) E. BRANSON."

Motherhood brings life's sweetest joys—but great dangers, too, for it is a strain on the kidneys, and even with every care, few mothers entirely escape dropsy, rheumatic pains, a weak back, or some bladder weakness. It is neglect of these symptoms that leads to so much suffering in later years. Doan's Backache Kidney Pills are especially for weakness of the kidneys and bladder, and gently lead the kidneys back to health and activity. They should be used without delay on the appearance of any such clear signs of kidney weakness as backache, rheumatism, dropsy, sediment, gravel, and irregularities of the bladder.

FOUGHT AT SEBASTOPOL, ALMA, AND INKERMANN.

Crimean Veteran's Stirring Story.

Mr. J. Oxley, of 10, Essex Hall Road, Colchester, is one of those veterans of the Crimean War who have always something to say that is worth listening to. He fought with the 44th (now the 1st Essex) Regiment, and has two medals and three bars—Alma, Sebastopol, and Inkerman. Mr. Oxley is one of the few remaining links with the dark days when the horrors of the battlefield were unrelieved by women's gentle nursing, and he tells us how, after firing twenty shots at the storming of Sebastopol, he was himself twice wounded in the legs, and lay in great suffering on the field of battle from early morning till late at night.

"That was a war of hardships, and no mistake," says Mr. Oxley. "Often we were nearly starved, and on the Christmas Day we were without a mouthful to eat. Our clothes were worn almost to rags, and yet new apparel could not be got through to us.



Mr. J. Oxley,
COLCHESTER.

"I had always been pretty hardy, but this war took it out of me, and I have been subject to kidney trouble ever since. Only three years ago I had a sharp attack of bad pains in the loins and back, just over the kidneys. I could hardly drag myself about the house, and felt miserable and ill. The water was thick and highly coloured, and passed much too often, I always felt I wanted to empty the bladder, but it gave me great pain. Now and then I had pains just like a stab in my back, and I used to be very rheumatic.

"Since taking Doan's Backache Kidney Pills I have felt better in every way. I don't get troubled like I used to with the water, my back is better, and although I am 63 years old I am able to take a good walk every day. I had tried lots of things before I started with Doan's Pills, but could find nothing to do me any good. (Signed) J. OXLEY."

AVOID EXHAUSTING WEEK-ENDS.—Your recreation will do you incomparably more good if you get a little open-air exercise every day instead of saving it all up for the week-end.

DAMP HOUSES breed rheumatism, fever, and disease.

SMOKING.—You will enjoy your pipe all the more if you don't smoke to excess. Remember what you have read of "Smoker's Throat" and "Smoker's Heart."

THE WATERY SWELLINGS OF DROPSY.

The fluid you take with your food, in a single month weighs as much as your entire body.*

Most of this fluid has to pass out through the kidneys, bladder, and urinary system.

Imagine what would happen if the outlets for this water were stopped up!

In a few hours the limbs and body would swell to a great size with the collected water.

That is what actually takes place in dropsy.

Dropsy is the name given to the soft, watery swellings which appear in the ankles, limbs, and body, under the eyes or in the eyelids, or on the backs of the hands. If you press your finger into the swollen flesh the pitting slowly fills up with the water again.

DROPSY is not a disease in itself, but it is serious because it indicates serious disease.

It may show that the kidneys are failing to separate the urine from the blood, or that there is gravel obstructing the urinary canals and preventing the waste water passing out; or it may be



Watery Swellings under the Eyes and in the Ankles, Limbs, Hands, and Body indicate Dropsy.

caused by defective action of the heart.

Tapping takes away the watery waste from under the skin, but more water soon collects, because tapping cannot reach the cause of the dropsy, and as long as the cause remains the dropsy will continue.

Some bad cases of dropsy completely cured by Doan's Backache Kidney Pills

are given on this and the next page.

Doan's Pills have a quick and direct action on the kidneys and bladder. They promote a free flow from the urinary system, washing out clogging impurities from the passages, and draining out the

collected water through the natural channels. They gently lead the kidneys back to health and activity, and thus reach the cause of most cases of dropsy.

Doan's Backache Kidney Pills have no action on the heart, nor on the liver, stomach or bowels; they are solely for the kidneys and urinary system, and are, therefore, of the highest value in dropsy, gravel, stone, rheumatism, and all diseases arising from kidney and bladder trouble.

* i.e.—If you are of average weight.

A MOTHER'S DROPSY.

Cured Four Years Ago.—Still Well To-day

Over four years ago, Mrs. R. Lightbody, of 37, Rue End Street, Greenock, said: "Before my first baby was born—many years ago—



Mrs. Lightbody,
GREENOCK.

I passed a stone, and the doctor told me he was afraid my kidneys would always be a source of trouble to me. His words proved true, for as time went on I grew a chronic sufferer with stabbing pains in the back, which made house work doubly hard and the nights a misery. I used to come over so dizzy sometimes that I was afraid I should fall, and the least exertion would set my heart fluttering.

"Urinary trouble followed; the water was scanty and unnatural, and at times there was a partial stoppage; this led to dropsical swellings, and I became so swollen that I had to loosen all my clothes. My hands and feet were always cold, and my hands were so

bloated that I couldn't close my fingers. My eyelids were all puffed up, especially the first thing in the morning, and as a result my sight became affected.

"I began to think I should always suffer like this—or worse. Fortunately, I started with Doan's Backache Kidney Pills, and soon noticed an improvement. The pains grew easier, and the water that had collected began to drain out. Gradually the swellings went down; the water became clear and natural, and I felt a different woman. I can now do my housework with comfort, and I wake up in the morning feeling fit for the day's work. I shall be only too pleased if my experience helps other sufferers.

(Signed) (Mrs.) "R. LIGHTBODY."

OVER FOUR YEARS LATER, Mrs. Lightbody said: "I have never had any serious return of kidney complaint since Doan's Backache Kidney Pills did me so much good. I am convinced there is no finer kidney remedy than Doan's, and I know many who have tried them on my recommendation."

CURED TO STAY CURED.—Many medicines may relieve, but too many fail to give lasting results. As the system gets used to the effects, it takes a larger and larger dose until finally the remedy fails. Not so with Doan's Backache Kidney Pills. Cases are recorded and watched for years after the relief was first recorded. Note this feature of the cases described herein. They have been tested by time; the cures have proved permanent.

DROPSY FOLLOWS URINARY OBSTRUCTION.

"I little knew what it would lead to when a cold left me with a pain in my back," says Mrs. H. Woolman, of 60, Garden Street, South Wigston, near Leicester. "I thought the backache would soon pass off, but instead it grew worse and worse, and when I stooped I could not help crying out.

"Urinary troubles followed; the water became gravelly and unhealthy, and there was great difficulty in emptying the bladder. Dropsical swellings appeared in my ankles and legs, and my body swelled to a great size. My eyes were so puffy that at times I could scarcely see. My heart was affected.

"The doctor said I should probably be all right if I could get the water out of my system, but although I was under treatment for seven months there was no sign of my getting better.



Mrs. H. Woolman,
SOUTH WIGSTON.

"At last I started with Doan's Backache Kidney Pills, and soon I made wonderful progress. My back was less painful, the bladder acted more naturally, and the dropsical swellings began to go down. I now feel better than I have been for years. There is no sign of the kidney complaint, and I give all the credit to Doan's Pills, as my cure is due entirely to them.

(Signed) (Mrs.) "H. WOOLMAN."

OVER TWO YEARS LATER, Mrs. Woolman added: "The water has never returned since Doan's Backache Kidney Pills cured me. They were a boon to me, and no mistake. I was shockingly swollen all over before I had them, and nothing did me the least good but Doan's Pills."

"SWOLLEN BEYOND RECOGNITION."

Bad case of Dropsy. Heart and Sight affected.

"When out for a walk one day, some two or three years ago," says Mrs. E. Milner, of 9, Oates Place, St. Mark's Street, Woodhouse, Leeds, "I was suddenly taken with fearful pains in my back. I could hardly get my breath, and I came over so dizzy and ill that I could not get home without help. I was so bad that I quite thought I should never get over it.

"This attack was followed by great pain and difficulty in relieving the bladder. Once there was no relief for two days. The water began to collect in my limbs and body, and before long I was swollen beyond recognition, as any of my friends will tell you.

"My heart was affected, and my hands and face seemed full of water. My sight was so poor that I could scarcely see without wearing glasses. I could not wear any of my ordinary clothes.

"For three months I was under different doctors, and in the end I consulted a Specialist. I paid him a fee of two guineas, but all I learned was that my kidneys were in a very serious state. By this time, as you may imagine, I had run up a big doctor's bill.



Mrs. E. Milner,
LEEDS.

"It was then I thought to try Doan's Backache Kidney Pills, and they soon proved worth their weight in gold to me. They brought about a copious action of the urinary system, releasing the water, which drained away naturally. Day by day the dropsical swellings were reduced, and then the miserable aching in my back stopped. I am now in 'champion' health, and I owe it all to Doan's Pills. They did me more good than all the other treatment I had put together. I have just come home from a month in Bridlington, and now I feel right for the winter. (Signed) (Mrs.) E. MILNER."

"SEEMED FULL OF WATER."

Kidneys affected by a Cold—Dropsy follows.

"A severe cold left my kidneys affected," says Miss F. Thompson, of 32, Tasker Road, Crookes, Sheffield, "and I began to get sharp, stabbing pains in the back, as well as distressing bladder troubles. The excretions were scanty, and dropsy followed. I became swollen from head to foot; my body seemed full of water.

"I grew so weak and ill that I could scarcely walk across the room. My head was bad, my sight affected, and there were puffy rings under the eyes. My heart used to palpitate violently, and breathing was oppressed. My appetite was poor, and I could not sleep well at nights.

"I always felt tired, and grew irritable and depressed, for nothing seemed to do me any good. But before I had finished one box of Doan's Backache Kidney Pills the bladder began to act freely and regularly, the dropsical swellings went down, and my back was easier. Four boxes of the pills left me free from every sign of kidney and bladder trouble. I am now quite well, and feel I cannot speak too highly of Doan's Pills.

(Signed) (Miss) "F. THOMPSON."

A copy of a leading London Analyst's Signed Report that Doan's Backache Kidney Pills are free from any poisons or injurious drugs whatever, is wrapped around every genuine box. (See page 34.)

MARCH, 1914.

S	1	8	15	22	29
M	2	9	16	23	30
Tu	3	10	17	24	31
W	4	11	18	25	...
Th	5	12	19	26	...
F	6	13	20	27	...
S	7	14	21	28	...

Fst. Qtr. 5d. 5A. 3m. Morn.
Full Moon 12 4 19 Morn.
Lat. Qtr. 18 7 39 Aft.
New Moon 26 6 9 Aft.



Don't Lose your Temper.

APRIL, 1914.

S	...	5	12	19	26
M	...	6	13	20	27
Tu	...	7	14	21	28
W	1	8	15	22	29
Th	2	9	16	23	30
F	3	10	17	24	...
S	4	11	18	25	...

Fst. Qtr. 3d. 7A. 42m. Aft.
Full Moon 10 1 28 Aft.
Lat. Qtr. 17 7 52 Morn.
New Moon 25 11 22 Morn.

THE LONG LIFE LAWS.—II. Keep your Temper, Control your Passions, Be Cheerful.

No one who is bad-tempered can expect a long or healthful life.

You cannot lose your temper without losing in health through it. An outburst of temper not only sets the body all of a tremble and strains the nervous system almost to the point of breakdown, but upsets the digestion and affects the heart and brain. In hundreds of cases, paralysis, insanity, and even death, has followed a violent rage.

Mental attitude has far more influence on our health than most people imagine. Thought not only controls every *voluntary* action of the body, but many of those that are involuntary. The thought of a tempting dish makes the mouth water and gives an appetite; the thought of an unpleasant sight produces nausea. The thought of fear has been known to turn the hair white in a single night. Anger, it is well known, will turn a mother's milk poisonous and give her baby convulsions.

Controlling the mind, then, is a very important rule of health. Keep your temper, control your passions and do not let your mind dwell on anything morbid, gloomy, or depressing.

Never give way to jealousy, hate, or thoughts of revenge. Avoid worry and anxiety as much as you can; fretting and brooding won't help you to bear your troubles—but *cheerfulness will*. Take up some absorbing hobby, cultivate cheerful company, and get a good laugh whenever you can—it is the best tonic in the world.

Remember: Bad tempered, gloomy people always look and feel years older than they are. Good-tempered, cheerful people, who can see a silver lining to every cloud, always look and feel years younger—and live years longer.

DROPSY.

12 Years Ago.—No Return Since.

"When crossing to Ireland some years ago," says Mrs. M. King, of 26, Wolseley Road, Byker, Newcastle, "I caught a chill, which upset my kidneys and led to dropsy. In a short time I was swollen almost as big again as usual. My hands, wrists and ankles were a dreadful size, and my face was so bloated that I could hardly be recognised. If I pitted my fingers into the swollen parts the impression remained some time.

"The water was in a shocking state, thick with gravel, and so painful that it made me scream out. My back was bad, too.

"Kidney complaint runs in our family, and I thought I should never get over this attack, for I seemed to be getting worse and worse every day; the water nearly suffocated me. I felt cold and chilly all over.

"Although I had two doctors, they appeared to be doing me no good, and I grew depressed and hopeless. I then came to hear of Doan's Backache Kidney Pills, and decided to try them. At first they did not appear to be doing me any good, but I persevered with them, and at length they promoted a free flow from the urinary system, and the dropsical swellings quickly subsided. I grew stronger and better every day, and was well recompensed for my patience in persevering with the Pills.

"All this happened TWELVE YEARS AGO, and there has been no return of the dropsy since. Other members of our family who inherited the complaint have taken Doan's Pills since, for kidney trouble is a family complaint with us. I am sure it hastened my poor father's death.

(Signed) (Mrs.) "M. KING."

Even inherited kidney and bladder troubles are curable if Doan's Backache Kidney Pills are commenced with in time, as soon as any such clear symptoms appear as weak back, aching loins, dropsical swellings, palpitation of the heart, bladder disorders, gravel and rheumatic twinges.

A YORKSHIREMAN OF 76.

Interesting Chat.

Mr. William Walker resides at 8, Cobden Street, Listerhills Road, Bradford, and is now in the enjoyment of a well-earned retirement, having served forty years with the same firm, a well-known Bradford house. Interviewed recently, he said:—

"Although I'm 76 years old, I feel more like 56. My health is wonderful. My memory is good, my sight is good, and my hearing perfect; in fact, all my faculties are unimpaired, and there is nothing at all the matter with me. I cook my own meals, and look after my home all myself, except for a woman who comes in to give a hand with the cleaning for an hour or so in the mornings."



Mr. Walker (aged 76),
BRADFORD.

"Do you get about much, Mr. Walker?" enquired the interviewer.

"I don't go far afield," said Mr. Walker, "but I take care to have a good walk every day. I'm a great believer in exercise and fresh air. I certainly should not be in such health as I am but for my daily walk."

"And what about your diet?"

"I live very simply on the plainest of foods—generally a bowl of bread and milk for breakfast, a little meat and vegetables for dinner, a simple tea, and no supper except a glass of water. I avoid all excesses, with, perhaps, the exception of my pipe—I can't do without my pipe! It's such company to me when I am alone all day."

"You have not always enjoyed such good health, Mr. Walker?"

"No! Some time back I had an accident and broke four of my ribs, but I completely recovered from it, so I must have a good constitution. For years, too, I was bothered with a distressing weakness of the kidneys and bladder, especially after a cold or chill. I suffered badly with my back at the time. When I stooped I could hardly struggle upright. It spoilt my sleep, and often when out for a walk I used to come over dreadfully giddy. There was a heavy, gravelly sediment in the water, like brickdust."

"I was under medical treatment for this, off and on, for years together, but I have at last found just the right thing for me in Doan's Backache Kidney Pills. They did me good right from the start, and I've had fine health ever since I used them. I have a high opinion of the Pills. They are a real comfort to old people. (Signed) WILLIAM WALKER."

INCONTINENCE IN THE ADULT.—It is by no means uncommon for people between 50 and 60 years of age to find themselves gradually compelled to relieve the bladder with increasing frequency, until at length they are compelled to pass urine every hour or two, both by day and night, or they may even pass it without will or knowledge during sleep. This condition is often spoken of as incontinence of urine, but, as a matter of fact, the trouble lies in the weakness of the bladder; it has not the power to empty itself, consequently it is always partially or completely filled, and the surplus urine cannot be controlled. Many patients believe their trouble to be the natural result of age, and not amenable to treatment, but much may be achieved by strict attention to the laws of health, and a thorough course of Doan's Backache Kidney Pills, which have a marked strengthening and tonic action upon the weakened bladder.

A DAMP HOUSE CAUSES SCIATICA.

Patient Stricken Down Helpless with the Pain.

"Through living in a damp house I got sciatica," says Mr. R. S. Bowman, of 36, Tottenham Road, Kingston, Portsmouth. "It came on quite suddenly—I was seized with such a sharp pain in the hip that I fell to the ground."

"I was laid up for three weeks afterwards scarcely able to move. My right leg was useless; the whole of the sciatic nerve seemed affected. At times the pain was like a piece of red-hot metal going into me. It nearly drove me frantic."

"I had three doctors at one time and another, but I made no progress, and had come to think I should never be well again, when I happened to read about Doan's Backache Kidney Pills, and decided to try them. Within a week's time I was able to walk about in comfort; every twinge of pain had gone, and although that is OVER FOUR YEARS AGO now, I have been free from sciatica ever since. I hardly think anyone could have a higher opinion of Doan's Pills than I have. (Signed) R. S. BOWMAN."

SEDIMENT IN THE URINE, GRAVEL AND STONE.

Uric acid sand and gravel are the most common causes of urinary stoppage, too frequent urination, inflammation of the bladder, and stone.

Uric acid sand is the sediment seen in the urine after it has been standing for some hours. It is composed of solids which the urine has been unable to hold in solution.

This mischievous acid has different effects in different cases. It may keep the bladder in a constantly irritated state so that there is a desire to empty the bladder every half-hour or so day and night. In other patients the sediment collects in the urinary channels and clogs them up, so that there is great difficulty and pain in passing the urine, or there may be a total stoppage for many hours. Sediment often makes the urine acid and scalding, leaving a raw and burning sensation in the urinary canals.

STONE. A patient may suffer with gravel for years without a stone forming, but there is always that danger, and nothing is more agonising than the sharp, tearing pain of the stone passing from the kidney to the bladder (renal colic). The sufferer sweats with pain, trembles, vomits, and cries out with the acute pain in the back.

Doan's Backache Kidney Pills make the urinary system act freely, and this washes out the offending deposits and stones, leaving the kidneys and urinary system cleansed and active. An essential feature of the treatment is to keep the urine abundant by drinking plenty of water, soda water, or barley water. Some interesting cases of stones which have been removed through the natural channels by Doan's Backache Kidney Pills appear in these pages.

URINARY OBSTRUCTION.

Mr. J. Beale, of 5, Prospect Place, Weymouth, says:—

"I have been troubled for some time with a serious obstruction of the urinary system; the water was thick with sediment, and passed only in small quantities. It was not on account of this, but because I suffered so much with backache that I tried Doan's Backache Kidney Pills, but I found they not only did my back good, but cleared the urinary system and made the water natural. I have not been troubled with the water since, and I have been remarkably free from pains in my back. (Signed) JAMES BEALE."

OVER THREE YEARS LATER: "I still keep as well as can be, and feel confident that Doan's Pills have cured me permanently."

A RENAL STONE

Broken up into Small Pieces and Removed by Doan's Pills—After 12 Years—Patient Still Well.

"I must go back a good many years to the beginning of my illness with stone and bladder trouble," says Mr. J. Evans, of 21, Brook Street, Bridgend. "It was most likely caused by my having hard work to do in the open in all weathers. At first I began to get frightful pains in my back—they nearly took my breath away when I stooped.

"Shortly afterwards bladder trouble began; I had a sharp, burning pain in relieving the urinary system, and was obliged to empty the bladder every hour or so, day and night. I had to get up so many times in the night that I didn't know what it was to have a good sleep. My sight was badly affected, and there was a constant pain in the small of my back.



Mr. John Evans,
BRIDGEND.

"It was rarely that I could keep at work many days together,—once I was off work idle for three weeks. At last I could stand it no longer, and was obliged to take some lighter occupation. "I grew very depressed, for the doctor was doing me no good at all, and I had spent pounds on medicine which I could ill afford. Finally, after making several examinations of the water, the doctor said a stone had formed in the bladder, and I should have to go under an operation to have it removed. I would not listen to this, however, and it ended in my giving up his medicine altogether and starting with Doan's Backache Kidney Pills. This is what happened: The water began to pass in great quantities, and brought away a number of little pieces of stone. I had no doubt that this was the stone in the bladder which had been broken up by Doan's Pills, for soon afterwards the water was clear and normal, and passed without pain. I was no longer obliged to get up in the night, and my back was fine.

"As you will see from the date of my first letter, all this happened over TWELVE YEARS AGO, yet from that day to this I have never been laid up a day with the old trouble, although soon after I used Doan's Pills I was able to resume my hard open-air work. Without doubt, Doan's Pills not only saved me from an operation, but saved my life. (Signed) JOHN EVANS."

A LARGE STONE

Broken up and Disposed of by Doan's Pills.
30 Small Stones and a Quantity of Gravel Removed.

"When starting out on my rounds in my pony trap one day," says Mr. J. King, of Warwick Villa, 20, Durham Road, Dagenham, Essex, "I was suddenly taken with such



Some of the 30 stones removed by Doan's Pills. (Actual size—from a photo.)

acute pains in the region of the bladder that I had to go back.

"For three weeks afterwards I was laid up with a frightful pain in the loins and back. My doctor, after a careful examination, said he was afraid I had a stone in the bladder, and he suggested my removal to a London hospital to be operated upon. I could not, however, bring myself to face the operation, but thought

that at least I would first see whether Doan's Backache Kidney Pills would help me.

"To my great relief, a piece of stone and a quantity of gravel came away after I had taken two boxes of Doan's Pills. This gave me great relief; there was no longer that irritation of the bladder and pain in relieving the urinary system.

"Finding that the Pills were doing me so much good, I dropped the doctor's medicine altogether, and stuck to Doan's Pills. What I think eventually happened was that the big stone in the bladder was broken up into small pieces by Doan's Pills, for as I went on with the Pills I passed at least thirty stones, a few of which I am sending for you to see. When these stones had passed I cut down my doses of the Pills by half, and later by half again: all the time I carefully followed the diet directions given in the circular.

"After taking six boxes of Doan's Backache Kidney Pills I was as well as I had ever been in my life. They are indeed wonderful Pills for clearing stone and gravelly matter from the bladder.

"If this experience of mine is of any service to you for advertising purposes, you are at perfect liberty to publish it, with my name and address. Furthermore, you may rely upon me recommending Doan's Pills to all I come across who suffer as I did.

(Signed) "JAMES KING."



Mr. J. King,
DAGENHAM.

CATHETER NO LONGER NEEDED.

"Although a distasteful subject," says Mr. P. Dwyer, of 12, Church Lane, Driffield, "I feel that I should be failing in my duty if I did not give you my experience for the sake of others.

"For months on end I suffered misery with distress in relieving the urinary system. Sometimes it used to take me *three-quarters-of-an-hour to empty the bladder*. Often I used to say, 'This water trouble will kill me,' and I was so wretched that I felt it would be a happy release for me if it did.

"But worse was to follow: One day I found myself unable to pass water at all. I was literally doubled up with the agony. I was taken to a Hull hospital, where the catheter was passed. For seventeen days I was detained there, and after leaving I was obliged to use the instrument constantly to empty the bladder.

"This continued right up to the time I began using Doan's Backache Kidney Pills. But these pills cleared away a quantity of impurities from the urinary channels, restoring a natural action, and I have never had to use the catheter since, though that was *over six months ago*.

"I am sure no man living could be more grateful to Doan's Pills than myself. I am always recommending them, and I tell others that I will give them their money back myself if the pills do not do them good.

"Only an evening or two ago a local chemist remarked that I was looking twice the man I used to be since I had been taking Doan's Pills.

(Signed) "PATRICK DWYER."



Mr. Dwyer,
DRIFFIELD.

A SIMPLE TEST FOR KIDNEY and URINARY DISORDERS. Fill a bottle or glass with urine passed on rising in the morning. Let it stand 24 hours. If there is then a brickdust or white sediment, or if it has become cloudy or stringy, you have cause to suspect your kidneys, and should persevere with Doan's Backache Kidney Pills until the urine becomes clear and normal.

A Nurse's Sciatica.



Nurse Walter,
DURSLEY.

Nurse J. A. Walter, of 24, Parsonage Street, Dursley, says:—
“When I was a District Nurse in Salisbury I had a sudden attack of sciatica, and have had frequent attacks since. The pain in my thigh and leg, along the course of the sciatic nerve, was so acute that I couldn't walk—I had practically no use in my limb. The sharp, stinging pain would make me cry out.

“Upon coming to live in Dursley, these attacks troubled me so much that I had to give up nursing.

“I am grateful to tell you Doan's Backache Kidney Pills have completely stopped these attacks. The Pills did me good soon after I started to use them, and gradually took the pain right away. I shall always recommend them.

(Signed) Nurse “J. A. WALTER.”

A Nurse's Backache.



Nurse Howes,
BOLTON.

Nurse E. A. Howes, of 31, Osborne Grove, Chorley Old Road, Bolton, says:—“Through overwork I became subject to cruel pains in my back—the affected part was so tender that I couldn't bear anything touching me, and I hardly knew how to straighten myself after stooping. At the same time I got those drowsy, tired feelings usually associated with kidney complaint.

“Happening to read one of Doan's booklets, I was induced to try the Pills, and was soon astonished at their effectiveness. Less than half a box cured my backache, and left me feeling like a new woman.

“That was *eight years ago* now, and I have only once since had an attack of backache, when a few doses soon put me right. I have come across dozens of cases where the Pills have been equally successful.

(Signed) Nurse E. A. HOWES.”

A Nurse's Kidney Trouble.



Mrs. E. Peacock,
GILLINGHAM, Kent.

“In my profession, of course I am often called up in the night,” says Mrs. E. Peacock, Certificated Midwife, of 163, Gillingham Road, Gillingham, Kent, “and often I've been quite unable to rise, I have been in such misery with pain in my back. It was just as if someone had stabbed me with a knife. I couldn't turn over in bed at night, and it was impossible to cycle. The kidney excretions were disordered, and I grew very concerned.

“A chemist recommended me to try Doan's Backache Kidney Pills, and I found so much relief from the first box that I got another. This second box relieved me wonderfully; I could bend about with ease, and cycle without difficulty, and the water trouble was remedied. I have no hesitation in recommending the Pills to all who suffer as I did.

(Signed) (Mrs.) “E. PEACOCK.”

MAY, 1914.

S	...	3	10	17	24
M	...	4	11	18	25
Tu	...	5	12	19	26
W	...	6	13	20	27
Th	...	7	14	21	28
F	1	8	15	22	29
S	2	9	16	23	30

Fst. Qtr.	3d.	6A.	29m.	Morn.
Full Moon	9	9	31	Aft.
Lat. Qtr.	16	10	12	Aft.
New Moon	25	2	35	Morn.



"Early to Bed and Early to Rise."

JUNE, 1914.

S	...	7	14	21	28
M	1	8	15	22	29
Tu	2	9	16	23	30
W	3	10	17	24	...
Th	4	11	18	25	...
F	5	12	19	26	...
S	6	13	20	27	...

Fst. Qtr.	1d.	2A.	3m.	Aft.
Full Moon	8	5	18	Morn.
Lat. Qtr.	15	2	20	Aft.
New Moon	23	3	33	Aft.
Fst. Qtr.	30	7	25	Aft.

THE LONG LIFE LAWS.—III. Keep your Habits Regular.

1.—REGULARITY in your meals, your rest, and in the disposal of the body's waste, conduces to a regular and harmonious action of the digestive and eliminative systems, which may be tuned up to act with the precision and efficiency of a perfectly-adjusted piece of machinery.

2.—TAKE YOUR MEALS AT REGULAR HOURS, and especially avoid, if you can, taking drinks (except water), confectionery, pastries, or "snacks" of any kind whatever between meals; they disorganise the digestive system just as it would disorganise your work if extra duties were unexpectedly thrown upon you when your hands were already full. Water should, however, be taken in small quantities at frequent intervals, as it is so essential for the irrigation of the system and the free action of the kidneys and urinary organs.

3.—"EARLY TO BED AND EARLY TO RISE."—Nature does a great deal of her repair work while we sleep, and it is most important to give her a fair chance by keeping regular hours. When this is not possible, try to make up your loss of sleep one night on the night following. As a general rule, eight hours' sleep is the normal need of an adult.

Don't take your cares to bed with you; never retire in an irritated or excited frame of mind. If you are subject to restlessness or much dreaming; satisfy yourself with a very light supper. A glass of hot milk slowly sipped, is excellent for sleeplessness.

4.—REGULARITY IN RELIEVING THE BOWELS.—Get the habit of relieving the bowels at a fixed hour every day—after breakfast, for instance, or the evening meal. Even if you are a little constive, keep strictly to a fixed time every day and make an effort. There may be no success at first, but as the habit grows the system will respond more and more. Nature is fond of falling into habits,

and it is a well-known fact that people who observe this regularity rarely suffer from constipation.

Parents who encourage this habit in their children confer upon them a life-long blessing.

A PROFESSOR OF MUSIC.

High Tribute to Doan's Pills.

Mr. A. Hudson, Mus. Bac. (T.C.T.), Gold Medallist, L. Mus. L.C.M., Professor of Music, and Organist of East Compton Church, Shaw, of 119, Edge Lane Road, Oldham, says:—



Mr. A. Hudson,
OLDHAM.

"It is only right and fair that I should report to you what good Doan's Backache Kidney Pills have done me.

"For ten years I was a martyr to sciatica and kidney trouble. When I got up smartly from a chair the pain nearly brought me to the ground. I can only describe the sciatica as a kind of neuralgia in the hips.

"The bladder did not act as it should, and the excretions caused trouble. When I took a chill it would bring on violent pains like a stab in the loins.

"Before now I have been laid up with the sciatica and kidney trouble for days at a time, and have tried quite a dozen other things which were recommended to me, but until I used Doan's Backache Kidney Pills nothing did me any good. I was very ill just before trying them, and was beginning to get rheumatic, but the first three boxes took the pains right away. I have never been without the Pills in the house since, and must say they have been a blessing to me.

(Signed) "A. HUDSON."

A MODERN "CORNARO."

One might almost imagine oneself in the company of Lewis Cornaro himself, when chatting with Mr. C. Cream, of 25, Manor Road, Colchester, who is now in his seventy-ninth year. Mr. Cream is perhaps one of the best-known men in Colchester, having been a schoolmaster there for upwards of forty years.

Mr. Cream does not recall ever having read the wonderful story of Lewis Cornaro (see page 2), yet there is much in common in the lives of the two men: the sound principles of living which helped the sixteenth-century Venetian to attain so wonderful an age, have been little departed from by Mr. Cream. "A man is the best guide unto himself," Cornaro tells us, and declares that if a man will only study what foods suit him best, and how little he needs, he will seldom require the doctor.

"My 'doctor,' when I feel out of sorts," says Mr. Cream, "is bed and strict dieting. I haven't needed to consult a physician for over twelve years. What I contend is that as long as you take care to eat only what suits you and only what you need, and see that the body's waste is thrown off promptly, there isn't much to worry about. I should have been dead long ago if I hadn't taken care of myself. If I am tempted to eat a little too much one day I abstain the next accordingly. If people would only use a little more common sense—or, rather, *uncommon* sense—in their diet, there wouldn't be half the illness there is."

Like Cornaro himself, Mr. Cream is fully sensible of the importance of cultivating a cheerful and optimistic disposition: "My motto is to look on the bright side," he says. "I am nothing if not an optimist, but I do say that it is useless hoping and expecting for long life and health unless you practise those things conducive towards it." In this, Mr. Cream is at one with Lewis Cornaro, himself a most cheerful and even-tempered man, who impresses upon us that everyone is given the sense to look after himself. The human system is a delicate machine, and needs care and attention, just as other delicate machinery does—but how apt one is to forget it!

"I not only enjoy wonderful spirits," Mr. Cream adds, "but I have plenty of energy, and feel worth a good many dead men! I can get about splendidly, and would not miss my daily exercise for anything. But I feel that when my age is reached—I am close upon 79—nature needs a little assistance now and then, so I not only use a laxative occasionally, but I take Doan's Backache Kidney Pills to keep the kidneys and bladder active. Before using them the urinary system was irregular, and there was pain in emptying the bladder. This trouble was particularly aggravating after a slight chill, and at such times I used to get severe pains in my back,

just over the kidneys. I always find Doan's Pills give me quick relief when I have any trouble of this kind, and they are such a good remedy that I am sure they need no recommendation from me."

BLADDER ARTIFICIALLY RELIEVED.

"I consider Doan's Backache Kidney Pills are deserving of the highest praise," says Mr. H. J. Bunyard, of 86, Wincock Road, Colchester. "I have used them myself with excellent results."

"Some time ago I caught a severe chill which brought on serious bladder disorders, and ultimately caused urinary stoppage. I was laid up for a month, and the bladder had to be artificially relieved."

"After a while I was able to get back to work, but the difficulty in relieving the bladder continued. I could get no lasting relief from anything until I started with Doan's Backache Kidney Pills, but a thorough course of these put me right. I have now left off using them, as the bladder is acting quite naturally, thanks to them."

(Signed) "H. J. BUNYARD."

THREE STONES Removed by Doan's Pills.

"All our family seem to have kidney trouble," says Mr. C. T. Heyes, of 20, Viola Street, Ashworth Lane, Bolton, "but probably I have suffered the most of all. I have been in agony with stone and gravel, and I don't know what I should have done but for Doan's Backache Kidney Pills. I had tried all kinds of things before, yet nothing seemed to do me good. Doan's Pills not only cleared the water, but brought away three stones, one of them a very big one. The pains soon left me after these stones had been removed, and I felt a different man altogether; the water was natural, and there was not that cruel pain in emptying the bladder. I still keep the pills by me and take a dose now and then if I get a touch of backache. They never fail to do me good, and I am a firm believer in them."

(Signed) "CHARLES T. HEYES."

A MINISTER'S TRIBUTE.

The Reverend T. H. Jones, of Dee View, Holway, Holywell, North Wales, states:—

"I have used Doan's Backache Kidney Pills and have found them to be an excellent medicine for backache and kidney trouble. I can speak in the highest terms of their merit. (Signed) (Rev.) T. H. JONES."

ARE YOUR KIDNEYS WEAK?

The work the kidneys have to do is totally different from the work of the other organs of the body.

The heart pumps the blood. The lungs feed the system with air. The digestive system deals with the food we eat.

But the kidneys have to filter the blood, and drain out the liquid waste from our food and drink.

That is what the kidneys are for—to keep the blood pure. When they fail, the poisonous waste left in the blood makes you feel heavy, sleepy, and irritable; your back aches, you may get a touch of rheumatism, dropsical swellings appear under the eyes or in the ankles. The urinary system is affected, and you may suffer from gravel or stone.

Kidney and urinary disorders are a class of diseases by themselves, and treatment that is successful for other diseases may be *wrong* for the kidneys—only a kidney remedy can help them.

That is what Doan's Backache Kidney Pills are for. They are intended for the kidneys and urinary system and nothing else. If this remedy is started with in good time, before the kidneys are seriously diseased, the good results will be permanent. But do not neglect your kidneys too long.



"GIVEN 3 MONTHS TO LIVE."

Dropsy and a most Objectionable Weakness of the Bladder cured by Doan's Pills. Patient STILL WELL 3 YEARS LATER.

"I have thought for a long time that I ought to give Doan's Backache Kidney Pills a testimonial as some little return for the good they have done me," says Mrs. S. Harmston, of 115, Ellesmere Road, Sheffield. "They have saved my life—there is no doubt about it. Before I took the Pills the doctors gave me only three months to live unless I would consent to an operation, yet here I am today, *over three years later*, as well as ever I was, without the least sign of my old trouble.

"No one knows the misery I was in before I used Doan's Pills. I was laid up in bed nearly two months, almost crippled with pain in the region of the bladder.

"But it was not only the pain: there was one of the most objectionable complaints a woman could have to bear—I had no control over the urinary system. I was badly swollen all over with the water that had collected in the system.

An impression made with the fingers was some time in going away.

"I was warned that the bladder was seriously diseased; and although the suggested operation was a risky and costly one, I had almost made up my mind to undergo it, when a book about Doan's Pills was put in our door. I thought I might as well try the pills to see if they would do me any good. I started with them at once, and soon found they were just the very thing I needed. They brought away a quantity of impurities from the bladder and urinary system, and released the water that was making me so dropsical. To everyone's astonishment, I was soon up and about again, attending to my housework, the bladder trouble having

been completely cured by Doan's Pills, and for upwards of three years now there has been no sign of it.

(Signed) (Mrs.) "S. HARMSTON."



Mrs. S. Harmston,
SHEFFIELD.

JULY, 1914.

S	...	5	12	19	26
M	...	6	13	20	27
Tu	...	7	14	21	28
W	1	8	15	22	29
Th	2	9	16	23	30
F	3	10	17	24	31
S	4	11	18	25	...

Full Moon 7d. 2A. 0m. Aft.
 Let. Qtr. 15 7 32 Morn.
 New Moon 23 2 38 Morn.
 Est. Qtr. 29 11 51 Aft.



Take Regular Daily Exercise.

AUGUST, 1914.

S	2	9	16	23	30
M	3	10	17	24	31
Tu	4	11	18	25	...
W	5	12	19	26	...
Th	6	13	20	27	...
F	7	14	21	28	...
S	1/8	15	22	29	...

Full Moon 6d. 0A. 41m. Morn.
 Let. Qtr. 14 0 56 Morn.
 New Moon 21 0 27 Aft.
 Est. Qtr. 28 4 53 Morn.

THE LONG LIFE LAWS.—IV. Physical Exercise, Lung Exercise, Skin Exercise.

1.—PHYSICAL EXERCISE. — Most people either do no physical work at all, or do hard physical work that exercises *one particular set of muscles only*.

Both are unnatural ways to live.

Any part of the system not properly exercised — whether muscles, internal organs, brain, lungs, or skin—grows feeble and anæmic.

Exercise causes a ready flow of new blood to the organs, and this new blood replaces *old* cells and tissue by *new*. When any part is not sufficiently exercised, its supply of blood is cut short and it cannot thrive.

There are many good systems of physical culture; and a complete illustrated course of exercises, which will take you only 15 minutes a day, is given in "Doan's Daily Duty," a copy of which will be sent free of all charge on application. (For address see page 34.)

2.—LUNG EXERCISE.—Men have been known to live weeks without food, days without drink, but never an hour without air.

Breath is life. Fresh air purifies and enriches the blood. If you breathe imperfectly and never exercise your lungs, a considerable part of the lungs remains inactive, and these inactive cells provide an inviting field for the germs of consumption.

Strengthen and develop your lungs by exercising them whenever you are out in the fresh air. Make a practice of taking your lung exercise the first thing in the morning. Throw your bedroom windows wide open as soon as you rise, and, standing erect, take a series of *deep*, regular breaths *through the nostrils*.

Breathe deeply through the nostrils at all times, even when quietly seated. *Never sleep with your mouth open.*

3.—SKIN EXERCISE AND BATH.—The skin contains about 3,000 tiny canals to the square inch. These minute canals—the pores—are constantly draining out poisonous waste matter from the system in the form of perspiration. If you do not wash the entire body every day, these impurities collect on the surface of the skin, and are likely to stop up the pores. But Nature insists upon getting rid of her waste in some way or other, and the added work falls upon the kidneys, already so busy with their own great work of filtering the blood. Those who neglect their daily bath, therefore *overwork their kidneys*, and the price has to be paid sooner or later.

If you cannot conveniently get a bath every day, you can at least spare a moment or so to rub the entire body over briskly with a wet cloth. After drying with a rough towel, exercise the skin by rubbing the body all over *smartly* with the hands, always rubbing *towards the heart*. You will find this exercise will improve the circulation wonderfully, and make the skin smooth and clear.

CRIPPLING LUMBAGO.

Mr. P. Le Riche, of 7, Marrett Road, Havre des Pas, St. Helier, Jersey, says:—

"I used to be like a cripple with lumbago. The first attack came on quite suddenly one day while I was at work, and I had a great struggle to get home. The pains that shot through my back made me shout out. There were urinary troubles, too—the water contained a heavy sediment, which caused a burning pain in seeking relief.

"A friend recommended me to try Doan's Backache Kidney Pills, and they gave me so much relief that I continued with the medicine. Gradually the pains left my back, the water cleared, and every sign of lumbago had gone. I soon got back to work, after having been away a month, and I have never lost a day with illness since. I cannot say too much for Doan's Pills. (Signed) P. LE RICHE."

CURED 13 YEARS AGO— STILL WELL TO-DAY.

"I wonder how many men there are of my age—seventy-one—working all day in the open," says Mr. G. W. Wells, of Egstow Terrace, Market Street, Clay Cross, near Chesterfield. "And I shouldn't like to give it up, either. As long as I can earn my living I sha'n't worry about the Old Age Pension!"

"I have to be stooping about all day at my work, but it doesn't hurt me, and I know that if ever my back should ache I can always count upon Doan's Backache Kidney Pills. They have been a rare blessing to me. It was in April, 1900—thirteen years ago now—that I used them first, I wasn't half the man in those days that I am now; my back was so bad that I was bent nearly double. There was sediment and gravel in the water; my limbs were dropsical and my eyes puffy, and there were burning sciatic pains in my hips, as well as bad touches of rheumatism now and then. It was miserable trying to do anything.

"I did feel an old man then, and no mistake, and medical treatment seemed to do me no good at all. But as soon as I came to use Doan's Pills I was a different man. They cured the gravel, stopped the sciatica and rheumatic pains, and took away the dropsical swellings. Since then I seem to have been growing younger instead of older.

(Signed) "G. W. WELLS."



Mr. G. W. Wells,
AGED 71, AND STILL
A HARD WORKER.

MOTOR ENGINEER'S CRIPPLING RHEUMATISM.

Mr. James De Laney, of the Belfast School of Motoring, 66, Grosvenor Road, Belfast, says: "It is with great pleasure that I can speak of the value of Doan's Backache Kidney Pills in rheumatism. Some three years ago I was so helpless with this complaint that I could not raise my arms more than a few inches, and I had to be helped to do the least thing which necessitated lifting my arms.

"You will readily understand what a serious thing this was for me, being a locomotive engineer. The physicians repeatedly tested the urine, but they seemed unable to make up their minds about my case. I must have taken quarts of different medicines of theirs without receiving the slightest relief.

"A friend spoke of having derived benefit from Doan's Backache Kidney Pills, so I got half-a-dozen boxes from the chemist's. I never needed to finish them, however, for by the time I had taken the fifth box I was completely cured. As a matter of fact, I felt decidedly better within the first three days of taking the pills, and I never went back afterwards.

"It is quite THREE YEARS since I had the rheumatism, and there has not been the slightest return of it since, nor do I suffer as I formerly did with pains in the region of the kidneys.

(Signed) "J. DE LANEY."



Mr. J. De Laney,
BELFAST.

Skin Burst with Dropsy.

Mrs. M. Dean, of 27, Etwall Street, Uttoxeter Old Road, Derby, says:—

"After noticing for some time that the flow from the kidneys was irregular, I began to grow dropsical—my body filled with water, and my legs were so heavy that I couldn't raise them. For weeks and weeks I could not go up and down stairs. You can imagine how swollen my legs were when I tell you that the skin stretched until it burst, releasing a quantity of water, and leaving a wound that was a long time healing up.

"All through this illness I did not dare to lie down or the water would have reached my heart and killed me. As



Mrs. M. Dean,
DERBY.

it was, the heart was badly affected, and it was often a struggle to get my breath.

"As I was making no headway under the doctor's treatment, I resolved to try Doan's Backache Kidney Pills, and to my relief they soon did me good. They seemed to clear the urinary system, for great quantities of water passed freely until all the dropsical swellings had drained away. I no longer suffered as I did before with cruel pains in the back, I began to get sound and refreshing sleep, and could do my housework splendidly. I feel I cannot praise Doan's Pills enough

—they have saved my life.

(Signed) (Mrs.) "M. DEAN."

RHEUMATISM, LUMBAGO, AND SCIATICA.

RHEUMATISM is the name given to any stiffness and pain in the joints or muscles, which may be tender, sore, and swollen.

LUMBAGO is a rheumatic condition of the muscles of the loins and back. An attack of lumbago often comes on suddenly with sharp, stabbing pains in the back and loins, aggravated by any movement of the body.

SCIATICA is inflammation and burning pain extending along the course of the sciatic nerve, from the hips to the knee, and sometimes to the ankles. It is generally caused by a rheumatic state of the patient.

These complaints are generally caused by an excess of uric acid left in the blood by weak kidneys. Doan's Backache Kidney Pills help the kidneys to filter out this uric acid, and prevent the urine from depositing its

solid poisons. Thus Doan's Pills remove the cause of rheumatism, lumbago, and sciatica, as in the cases given on this and the following pages.

Patients should drink plenty of water to keep the uric acid in solution. Everything possible should be done to raise the general health of the body to a high standard by careful attention to diet, which should be nutritious and heat-producing, but digestible. Ale, stout, and spirits are not suitable. Wear flannel underclothing night and day, and sleep between the blankets. Turkish baths, hot baths, and massage are helpful. A change of air will often effect a cure, for some towns are more rheumatic than others, especially towns that lie low and get a lot of rain. Living in a damp house will make rheumatism much worse. Take every precaution against catching cold.



HAND DISTORTED BY URIC ACID DEPOSITS
(From a photo.)

HEREDITARY RHEUMATISM.

Mrs. A. Mason, of 16, Roselea Drive, Dennistoun, Glasgow, says: "Rheumatism is a family complaint of ours. One of my grandparents was practically paralysed for eight years with it, and several of us have been troubled with the complaint. I have been

laid up with it twice; the pain seemed to get all over my body. The joints were stiff and inflamed, and I could not clench my hands or put my feet to the ground. I have often awakened in the middle of the night in agony, afraid to move a limb.

"The excretions from the kidneys were in a disordered state, which showed me clearly that the kidneys were the source of my trouble



Mrs. A. Mason,
GLASGOW.

"After taking a course of Doan's Backache Kidney Pills, the water became clear and natural again, and gradually the rheumatism left my system; I could stoop with ease; I felt brighter altogether. Since then I have always taken care to keep a box of Doan's Pills in the house, and taken a dose or two when I felt I needed them. They are our family medicine, and I have the highest opinion of them. (Signed) (Mrs.) ANNIE MASON."

MORPHIA INJECTED to relieve SCIATIC PAINS.

"I have been in such agony with sciatica that on two occasions I have had to have morphia injected," says Mrs. Kate Shaw, of 99, Ashton Road, Blackpool. "There was a burning pain starting at the thigh and going right down the leg; sometimes it was like the stab of a dagger. At the best of times I could only get about by using two sticks. But in the end I couldn't get out of doors at all, and for one whole summer I only went out of the house twice, in a Bath chair, with my limbs wrapped in cotton-wool.

"It was on the advice of a relative that I came to take a thorough course of Doan's Backache Kidney Pills, and even early in the treatment I was so encouraged with the results that I persevered with the medicine. Day by day I grew better, and at the end of a month I was able to get about a little. Two months afterwards I began to feel more like my old self; I could get through my work with comfort and ease. Now, if I ever get a slight return of the complaint, a few doses of Doan's Backache Kidney Pills never fail to put me right. I shall never forget what good these pills have done me as long as I live. (Signed) (Mrs.) "KATE SHAW."



Mrs. K. Shaw,
BLACKPOOL.

ARM TWISTED OUT OF SHAPE with RHEUMATISM.

Serious Dropsy afterwards Sets In.

"I could not have stooped to pick up anything from the floor if you had given me a thousand pounds," says Mrs. L. Griffin, of 31, Waterworks Road, Trowbridge, in describing her suffering with rheumatism and dropsy. "I was little better than a cripple. I could not even get upstairs. I had no use in my right arm or leg; the arm was twisted out of shape with uric acid in the muscles and joints. I thought at times the pain would drive me mad—I could not turn in bed without screaming.

"I was laid up in bed four months, and it was during this time that dropsy set in. My body filled rapidly with water until I became a great size. My neck and chin were so full of water that my friends could hardly recognise me. These swellings badly affected my heart; my circulation was very poor, and I felt miserably cold all over.

"The doctors admitted that there was very little likelihood of my recovery, and nothing seemed of any use to me until I started with Doan's Backache Kidney Pills. I hadn't taken more than two boxes of these before the pills released the accumulated water, which passed in great quantities, and this seemed to take out the uric acid, for the rheumatism quickly got better. I was soon up and about again, and I have never been laid up with rheumatism or dropsy since—not a sign of it. Had it not been for Doan's Pills I am sure it would have been all up with me long ago. I am always speaking about the pills to people who have complained of rheumatism and backache. (Signed) (Mrs.) L. GRIFFIN."

OVER SIX MONTHS LATER, Mrs. Griffin said: "I am still enjoying splendid health, and can do my housework without trouble, but, of course, I take care of myself, and especially avoid colds and chills."

Knees Swollen with Rheumatism.

Mrs. F. Bassiere, of 29, Rathmines Road, Dublin, says:—"For quite ten months I was nearly crippled with rheumatism. My knees were swollen and tender, and my feet were so bad that I could not lift one foot over the other. All my joints seemed affected.

"I went to Harrogate to take the waters in the hope of shaking off the rheumatism, but I was obliged to go to the hospital at last. I never got rid of the rheumatism, however, until I started with Doan's Backache Kidney Pills. They proved the very thing for me, and soon took the pain right away, and although that was five years ago, I have never been laid up with rheumatism since. If I ever get a slight touch of it when the weather is bad, I at once turn to Doan's Pills, and they never fail me. (Signed) (Mrs.) F. BASSIERE."

Crippling Lumbago and Sciatica.

Patient no Longer Needs His Crutches.

"When I was working up at the hills some years ago I was suddenly struck with a violent attack of lumbago and sciatica," says Mr. C. Card, of 62, Plantagenet Street, Riverside, Cardiff. "The pain was just as if someone was stabbing me with a knife; I couldn't move a limb. I was much too ill to be taken home, and had to spend the night lying on a couch in a house on the hills.

"The following Saturday my wife and a friend helped me home, and for a fortnight afterwards I was laid up in bed, helpless.

When at last I was able to get about a little, I couldn't even walk about the house without crutches. After lying down on the sofa the pain when I came to rise fairly made me groan.

"The doctor found the water contained a large percentage of uric acid (there was a good deal of sediment). He recommended Turkish Baths, and these certainly eased me a little for a time, but it was purely temporary.



Mr. C. Card,
CARDIFF.

"I began to think I should never get over the illness, and I don't think I should have done had not my wife induced me to try Doan's Backache Kidney Pills. They helped me almost from the first; they cleared the water, and eased the lumbago and sciatica. In course of time I was able to lay aside the crutches for good, and return to work. I have never had to take up my crutches again since then, and it is only when I get wet at my work—for my employment exposes me to all kinds of weather—that I get the least sign of backache; then a timely dose of Doan's Pills always puts me right.

"My bad illness was FOUR YEARS AGO now, and I have never had a serious return of it since. Nothing can ever shake my faith in Doan's Pills. (Signed) CHARLES CARD."

DOAN'S Backache Kidney Pills are sold in one size only—2/9 a box, or 6 boxes 13/9. There is no smaller size, and they are never sold loose. They must not be confused with Doan's Dinner Pills (see page 31) which are 1/1½ a box, and which are for constipation, and liver and stomach troubles, not for the kidneys and bladder.

SEPTEMBER, 1914.

S	...	6	13	20	27
M	...	7	14	21	28
Tu	1	8	15	22	29
W	2	9	16	23	30
Th	3	10	17	24	...
F	4	11	18	25	...
S	5	12	19	26	...

Full Moon 4d. 2A. 1m. Aft.
 1st. Qtr. 12 5 48 Aft.
 New Moon 19 9 33 Aft.
 2nd. Qtr. 26 0 3 Aft.



Disinfect the Drains and Sinks every day.

OCTOBER, 1914.

S	...	4	11	18	25
M	...	5	12	19	26
Tu	...	6	13	20	27
W	...	7	14	21	28
Th	1	8	15	22	29
F	2	9	16	23	30
S	3	10	17	24	31

Full Moon 4d. 5A. 59m. Morn.
 1st. Qtr. 12 9 33 Morn.
 New Moon 19 6 34 Morn.
 2nd. Qtr. 25 10 44 Aft.

THE LAWS OF HEALTH.—V. Sanitation.

(A very inexpensive disinfectant may easily be made by dissolving enough Permanganate of Potash in a pail of water to turn the water a pale pink colour.)

1.—FLUSH OUT THE SINKS, LAVATORIES, etc., every morning with a disinfecting solution. This clears away decaying refuse, and prevents evil vapours arising.

Add a little disinfectant to the water used for scrubbing the floors; flies and vermin cannot endure the odour of disinfectants.

2.—ADMIT ALL THE SUNLIGHT AND FRESH AIR YOU CAN into the home. Plants grow and thrive only in sunlight, and the same is true of human beings. The consumption-germ doesn't relish the sun's rays.

Do not shut out the pure air from your bedrooms and dwelling-rooms. If the air is not constantly changed it becomes polluted with the poisonous gases expelled in breathing and thrown off by the skin, and the life-giving oxygen becomes deficient. That is why the occupants of a close stuffy room soon grow tired and drowsy, and get headaches.

3.—“KILL THAT FLY.”—The harm-



Webbed Foot of House-fly (greatly enlarged).

less looking house-fly is so formidable a foe to health that it has been described as “the most dangerous animal in the world.” Its webbed foot picks up hosts of disease germs from the vile refuse on which it pitches, and afterwards it enters the house and deposits these germs in the milk, upon the food, on the nipple of baby's bottle, or on the skin. So many mysterious infantile complaints and diseases—including consumption—are spread about in this

way that the cry in every household should be, “WAR ON FLIES!”

A spoonful of solution of formalin dissolved in $\frac{1}{2}$ -pint of water and exposed in the room will drive out flies.

4.—KEEP THE GUTTERS AND DRAINS outside the house clean and free from refuse. Flush out the drains with disinfectant at least once a week.

Have the yard swept clean each morning, especially on windy days, when germ-laden dust and litter are so likely to be borne indoors and to come in contact with the food.

Keep dust-bins and refuse heaps a safe distance from the house.

“After Baby was Born.”

Mrs. Elizabeth Kearney, of 18, Foster Terrace, Ballybough Road, Dublin, says:—“About three months before baby was born I was seized with violent pains in my back and loins. There were distressing urinary troubles as well; the water was bad and scarce, and my body swelled enormously. Baby was born a month premature, and I continued to have the miserable pains in the back, and dropsical swellings for months afterwards.

“Eventually, a relative, who was a great believer in Doan's Backache Kidney Pills, recommended me to try them. I took her advice; and not only did the pills do good from the first, but I never needed to finish my second box for I was completely cured.

“That was SIX MONTHS AGO now, yet I've never had any return of the complaint since. (Signed) (Mrs.) E. KEARNEY.”

The best way to take a pill is to place it under the tongue and then wash it down with a drink of water. The patient should drink a glass of water after every dose of Doan's Backache Kidney Pills. If you find any difficulty in swallowing the pills, they may be cut up or crushed into small pieces, when they can easily be taken in a little liquid.

A SAILOR'S WONDERFUL LIFE- STORY.

It would be hard to come across a more interesting personality than Mr. W. J. Hooper, of "Homestead House," 16, Lambhay Street, Plymouth, and his life-story is a striking example of what a man may accomplish by grit and perseverance.

When Mr. Hooper settled down in Plymouth he was practically penniless, and, in his own expressive language, he came into his house "without a spoon or dish to his name." By sheer hard work and thrift he accomplished what is, in its way, as worthy as any triumph of a millionaire—he saved enough to buy his own house and three other houses as well! Not only that—he has creditably brought up



Mr. W. J. Hooper,
PLYMOUTH.

fourteen children, some of whom are in excellent positions, and he has now retired on his savings! He has now been married forty-seven years, and no happier or more picturesque couple could be found than his wife and him. At a recent interview, Mr. Hooper said:—

"I was fishing with the North Sea fleet some forty-eight years ago, when I met with a nasty accident. I was struck down with a blow from the tiller, and lay unconscious for nearly half-an-hour. I managed to struggle about again, though there was a miserable pain in my back where I had been hit. I soon found that the blow had injured my kidneys. Three weeks later, when I was doing a lot of stooping about, I was suddenly taken with such an agonising pain in the back that I fell down on deck. I have had backache like this many times since, and have often fallen down in the house with the pain. It was a regular stabbing kind of pain which nearly took my breath away. Many a time I have had my back plastered until it has been nearly raw, and have had hot flannels on my back, yet I could hardly feel them, the pain was so bad.

"There were cruel sciatic pains in my thighs, too, and a miserable weakness of the bladder.

"Since using Doan's Backache Kidney Pills, however, I have enjoyed the best of health," Mr. Hooper goes on to say, "and I think this is especially wonderful, seeing that I am seventy years old. If the pills can do so much for anyone of my age, they must indeed be good. I only wish I had known of them years before—what suffering they would have saved me! It is now six or seven years since I first used them, and all those years I have not had more than one attack of backache. I can stand as upright as any man living!"

And Mr. Hooper straightened himself up as smartly as a man of thirty.

CHILD'S BLADDER WEAKNESS.

Mrs. C. Walford, of 11, Silver Street, Maldon, says:—"For a long time my son Walter seemed to have no control over the bladder. He was highly nervous and irritable, too, and complained of feeling weak and tired. He did not run about and play like the other boys.

"We gave him Doan's Backache Kidney Pills, and they proved just what he wanted. They corrected the bladder weakness, and Walter grew strong and active. He now runs about and enjoys himself with the other children, and is quite a different boy from what he used to be.



Walter Walford,
MALDON.

(Signed) (Mrs.) "C. WALFORD."

ANOTHER GRATEFUL MOTHER.

Mrs. E. Melhuish, of 50, Glamorgan Street, Canton, Cardiff, says:—"My little girl had measles when she was two, and they left her with a bad back and distressing bladder weakness. Not only was the water wrong, but there was great difficulty in controlling it.

"Nothing seemed to do her any good, and I grew worried and anxious. I then gave her Doan's Backache Kidney Pills, and it is wonderful how quickly she brightened up. The water was soon all right, and there was no longer that distressing weakness. I shall always feel grateful to Doan's Pills for the good they have done my little girl.



Jessie Melhuish,
CARDIFF.

(Signed) (Mrs.) "E. MELHUIH."

WETTING THE BED.—This distressing complaint generally arises from weak kidneys, but not always. When the Kidneys are the cause, a course of Doan's Backache Kidney Pills, in doses of half a pill after each meal and half a pill at bedtime, will quickly give relief.

Little patients with the annoying habit of bed-wetting should have nothing to drink for two hours before going to bed. Frequent warm baths are advisable, and excitement should be avoided.

WITH THE OLD FOLKS.

Aged 80.

Mrs. H. F. Bridges, of 49, Napier Street, Dereham Road, Norwich, says: "I have felt better and brighter in every way since I used Doan's Backache



Mrs. H. F. Bridges,
NORWICH.

Kidney Pills, but I was often poorly before, not only with sharp pains over the kidneys and loins, but with a certain other kidney weakness, which made me feel very miserable and out-of-sorts. The backache dragged me down, especially when I caught a cold.

(Signed) (Mrs.) "H. F. BRIDGES."

OVER A YEAR LATER, Mrs. Bridges said: "I still have pretty good health for one who is eighty years old, and you may be sure I am a great believer in Doan's Pills."

Aged 81.

Mr. R. Wilson, who looks more like sixty-one years old than eighty-one, lives at 5, Proctor's Row, High Street, Wigton.



Mr. R. Wilson,
WIGTON.

He says: "When you get to be eighty-one years old like I am, you soon get worried when anything goes wrong with the kidneys.

"I have suffered a lot with my back. It hurt me when I stooped, and every little chill told on me. I got a box of Doan's Backache Kidney Pills, and they soon

relieved me of the miserable backache, and toned me up wonderfully. I think a great deal of these Pills.

(Signed) "R. WILSON."

Aged 82.

Mrs. A. Chamberlain lives at "Church House," West Winch, near King's Lynn. She says: "I have felt like a different woman altogether since using Doan's



Mrs. A. Chamberlain,
KING'S LYNN.

Backache Kidney Pills. The relief these have given me is astonishing, especially seeing how I used to suffer with pains in the small of my back and in my right side.

"The pains were sharp and cutting, and upset me altogether, making me feel tired, languid, and out of sorts.

(Signed) (Mrs.) "A. CHAMBERLAIN."

OVER A YEAR LATER, Mrs. Chamberlain added: "I still keep wonderfully well for a woman of eighty-two."

Aged 85.

Mr. G. Hamlyn lives at 6, Oak Place, Newton Abbot. Six years ago, he said:—

"I think Doan's Backache Kidney Pills are capital for old people—they have done me a great deal of good at any rate. I used to be bothered a lot with the water, which was scalding and troublesome; my back was bad, too, and it came very hard getting about when I had one of these attacks.

"Doan's Pills put the urinary system right and eased my back. They have been a great comfort to me.

(Signed) "G. HAMLYN."

SIX YEARS LATER, Mr. Hamlyn said: "Although I am now eighty-five years old, I never suffer anything like I used to with kidney and bladder trouble. I always find a dose of Doan's Pills does me good."

LOST HER FIRST THREE BABIES

Through her Dropsical Condition. The Dropsy and Gravel cured by Doan's Backache Kidney Pills. Patient's Fourth Baby born healthy and sound, and now nearly 3 years old.

"What should I have done without Doan's Pills?" I often ask myself," says Mrs. L. Blee, of Barn Street, Liskeard. "I lost three babies in succession, still-born, through my dropsy and kidney disease, and I firmly believe that had I



Master Blee.

not taken Doan's Pills when I did I should never have saved my little boy.

"When I was first looking forward to motherhood, I found, to my alarm, that water was collecting in my body. What little I was able to pass was gravelly and bad. As the time drew nearer, I became more and more dropsical, until at last I was an enormous size. My limbs and body were fearfully swollen, and my eyes were all puffed up.

"My worst fears were only too well founded—baby was born dead, although I went my full time. "To my unspeakable disappointment, exactly the same thing happened with my second and third babies, both were still-born, though neither was premature.

"Only a woman can understand my wretchedness. It seemed as if I should

never be able to bring a baby alive into the world; in fact, the doctor told me frankly that there was no hope of my doing so. And I am sure his words would have proved true had it not been for Doan's Backache Kidney Pills.

"I happened to read of a woman who, after losing her first five babies through her dropsical condition, saved the sixth by taking Doan's Backache Kidney Pills, which cured her dropsy.* 'Why shouldn't I try Doan's Pills?' I thought, and when, upon expecting my fourth baby, I again noticed the first indications of dropsy, I took a course of Doan's Pills, and, surely enough, the kidneys and bladder began to act freely and naturally, the gravel disappeared, and the dropsical swellings diminished. There was no return whatever, and, to my unbounded joy, baby was born healthy and sound. He is now getting on for three years old. We speak of him as 'Doan's baby,' for I am sure I should have lost him but for Doan's Pills. How grateful I am I can never tell.

(Signed) (Mrs.) "L. BLEE."



Mrs. Blee,
LISKEARD.

* Mrs. Lee, of Portsmouth. Particulars of this case may be had on application.

Had to Empty the Bladder 30 Times a Day.

"It was a doctor who first spoke to me about Doan's Backache Kidney Pills," says Mr. J. Giles, of 29, Clowance Street, Devonport, "and within five days of starting with the Pills I was freer from backache and sciatica than I had been for years. It is wonderful how quickly Doan's Pills did me good, especially seeing that I am seventy years old. I cannot praise them enough.

"Before I knew of Doan's Pills I was often in agony with sharp, stabbing pains in my back, and twinges of sciatica. Every cold seemed to fly to my back and bring on the stabbing pains. As I lay in bed it was just as if I had the cramp—I could scarcely move, and

had to slide out of bed in the mornings as best I could.

"Sometimes an attack would come on when I was out on a walk, and I had to hurry home and get to bed at once. There were urinary troubles as well. I have had to empty the bladder as often as thirty or forty times a day, and the water was in a shocking state, but it has been as clear as crystal since I used Doan's Pills.

"Now I not only keep Doan's Backache Kidney Pills in the house myself, but I am always talking about them to my friends. I'd rather go without my food than without the Pills. Everybody ought to know about them.

(Signed) "J. GILES."



Mr. J. Giles,
DEVONPORT.

PILES, ECZEMA, AND ITCHING SKIN DISEASES.

Doan's Ointment a Permanent Cure.

Few maladies are more distasteful or harder to bear than piles, eczema, and any itching skin disease.

PILES may occasion little discomfort at first, but if not promptly treated they are liable to inflammation, bleeding and ulceration, when they become a serious drain on the vitality and cause no end of misery. They grow worse the longer they are neglected, until the patient cannot be seated in comfort, and dreads rising from a seat or stepping from a curb.

ECZEMA starts with an eruption of little blisters, which smart and itch intolerably, giving the patient little peace day or night. These blisters are crowded together on broad, irregular patches of bright red skin, and may spread with rapidity.

HERPES AND SHINGLES, although not so common as piles and eczema, are just as unbearable, and may disfigure the patient for life. Even when apparently cured, these diseases are apt to return again and again.

TREATMENT.—The treatment of piles, eczema, and other skin diseases often calls for much patience and perseverance. First of all, the bowels must be regulated by the use of a gentle laxative, for as

long as the bowels are costive a permanent cure is impossible. For this purpose Doan's Dinner Pills (see page 31) are recommended with confidence, being *purely vegetable* and entirely free from calomel, or other harmful mineral poisons which form the active agent of the majority of violent purgatives. Patients should diet strictly on plain, wholesome food, and should get as much fresh air, rest, and sleep as possible.



DOAN'S OINTMENT.—The Genuine Package.

The irritation and inflammation of piles, eczema, herpes, shingles, and all itching skin complaints readily yield to Doan's Ointment, which has a remarkable cooling and healing action on the diseased skin, leaving it clear, firm, and healthy. This Ointment is a good antiseptic; it is

perfectly safe to use, and does not dry up or rub off too easily. It has radically cured many cases of eczema of years' standing, and has saved thousands from operations for piles. It is equally successful in psoriasis, herpes, shingles, acne (black-heads), pimples, chilblains, and all itching diseases of the skin. Full particulars of diet and the laws of health accompany every tin, and these should be carefully followed, for no relief can be permanent if constipation or errors in diet continue.

DOAN'S OINTMENT 2s. 9d. a tin. (For address see page 34.)

"NO PEACE NIGHT OR DAY."

"I have been nearly driven out of my mind with piles," says Mr. W. H. Pill, of 9, Moresk Road, Truro. "At times the irritation and pain fairly wore me



Mr. W. H. Pill,
TRURO.

out. Sitting or standing I was in misery. I lost a lot of blood, and my weight dropped considerably. During a bad attack I could get no peace day or night.

"I was always trying one thing or another, but until I used Doan's Ointment nothing helped me. This Ointment, however, quickly soothed the irritation, and the piles gradually disappeared. There has been no sign of the complaint since then, although that was *two years ago*. (Signed) W. H. PILL."

OPERATION FOR PILES AVOIDED.

Mrs. M. Tabron, of 79, Hall Street, Southport, says: "For close upon ten years I hardly knew what it was to have a day's peace from piles. When I went to sit down the punishment was awful. Often I could not walk.

"The piles were both internal and protruding, and I lost a lot of blood. Although I was constantly trying one thing or another, I got no relief, and at last I had almost made up my mind to go under an operation, which the doctor said was my only hope of a cure. A neighbour, however, who was a great believer in Doan's Ointment, kept persuading me to try it, and in the end I got a tin. That gave me more relief than I had known for years before, and the second tin cured the piles completely. My gratitude can

better be understood than expressed.
(Signed) (Mrs.) "M. TABRON."

INTOLERABLE ECZEMA.

A Bad Case Cured to Stay Cured.

"I have suffered so long with eczema that until I used Doan's Ointment I had begun to think I should never get rid of the complaint," says Mrs. C. Sibbering, of 643, Manchester Road, Baxenden, near Accrington. "My neck and face were a mass of festering sores; I was ashamed to go out of the house. The itching was intolerable, and although I knew that it meant spreading the complaint, I could not resist scratching the affected parts.

"You can imagine what a miserable state I was in. I felt I would give every penny I possessed if only I could get relief. I had three doctors, and attended an infirmary, but I could not get any permanent benefit.

"It was when I had given up all hope of getting a cure that a friend brought Doan's Ointment to my notice. The very first tin relieved the eczema, and, to my delight, I was soon completely cured—the sores all disappeared, and the skin became beautifully healthy.

"No one would guess now that I ever had eczema. Everyone is surprised to see me well again, and you may be sure I have nothing but praise for Doan's Ointment. (Signed) (Mrs.) C. SIBBERING."

SIXTEEN MONTHS LATER, Mrs. Sibbering said: "There has never been any sign of the eczema returning. The good Doan's Ointment has done me is wonderful."

DOAN'S PILE PIPE provides a cleanly, convenient and hygienic method of applying the Ointment in cases of internal piles, so often difficult to reach. By its means the Ointment is applied *direct to the piles themselves*. Price 6d. each. (For address see page 34.)

DOAN'S DINNER PILLS.

Are You Habitually Costive?

Are You Subject to Indigestion? Biliousness? Liver Complaint?

Do You Get Attacks of Flatulence and Sick Headaches?

When the waste from your food stays too long in the system, it decomposes and gives rise to bad gases which swell the stomach, cause flatulence (wind), nausea, headache, and a miserable feeling of heaviness and lassitude.

Unless this refuse is promptly disposed of, it is likely to get back into the circulation and to poison the whole system. It is the cause of liver complaint, biliousness, indigestion, diseases of the stomach, inflammation of the bowels, piles, skin diseases, and of later complications which often end fatally.



DOAN'S DINNER PILLS.

The genuine package.

Unfortunately, many who are costive fly to violent purgatives containing mercury or other mineral drugs, which cause a great deal of mischief before they reach the bowels, and leave them in an exhausted state. Then the second state is worse than the first, for patient has to increase the dose repeatedly to get the same relief, until the medicine loses its effect altogether, and the bowels are permanently weakened. Doan's Dinner Pills may, however, be used with safety, even by the delicate, for the Pills are purely

vegetable; they contain no harmful mineral ingredients whatever, and are therefore the best medicine for:—

Constipation,
Indigestion,
Biliousness,
Sluggish Liver,
Distress after Eating,
Flatulence (Wind),
Pain in the Stomach,
Sick Headache,
Nausea,
Poor Appetite,
Heartburn or Sour Stomach,
Sleeplessness,
Coated Tongue,
Bad Breath.

Doan's Dinner Pills suit everybody; they are easy and pleasant to take, being small and sugar coated. They cause no griping pain or discomfort, and act promptly, just as if the movement were a natural one; a dose taken on retiring at night assures relief in the morning. Doan's Dinner Pills have a strengthening and tonic action on the muscular walls of the colon, helping the bowels to recover the power to act naturally, so that after a sufficient course, the use of the Pills may be discontinued.

A dose of Doan's Dinner Pills should always be taken at night if there has not been a free action of the bowels during the day. They are an old and valued family remedy, and should always be kept in the house.

Doan's Dinner Pills are 1/1½ per bottle, six bottles for 6/- (see page 34).

"JUST THE LAXATIVE TO SUIT ME."

Mr. F. G. Saxby, of 91, Northcote Road, West Croydon, says: "When a lad I strained myself lifting something heavy, and the digestive system has been weak ever since.



Mr. F. G. Saxby,
WEST CROYDON.

My stomach was very delicate, and I suffered badly with constipation. I had to be careful what laxative medicines I took, for some of them used to bring on piles badly.

"Doan's Dinner Pills, however, proved the very laxative to suit me. They gave me easy yet sufficient relief, without any distress, and never

caused piles. I know of no better medicine for keeping the bowels active, and would recommend Doan's Dinner Pills to anybody. (Signed) F. G. SAXBY."

IRREGULAR MEALS

Lead to Indigestion, Flatulence,
and Headaches.

"I used to get my meals at very irregular hours," says Mr. F. Hewitt, of 13, Nansen Road, Clapham, London, S.W., "and as a result I became a martyr to indigestion—I could not seem to digest anything, and I was badly troubled with flatulence (wind). There was a miserable dragging pain across the chest, and I was subject to nasty headaches.



Mr. F. Hewitt,
LONDON, S.W.

"When at last I came to try Doan's Dinner Pills they quickly did me good, and a course of them cured the indigestion. I can now enjoy my meals without any fear of bad after-effects. I found Doan's Pills an easy and reliable laxative.

"It is now two years since Doan's Dinner Pills cured me, yet I still keep quite free from indigestion. (Signed) F. HEWITT."

BILIOUSNESS AND INDIGESTION.

"After suffering from biliousness and indigestion for some time," says Mrs. S. A. Allen, of 13, Mill Lane, Oundle, "I have found great relief in Doan's Dinner Pills, and can recommend them with confidence.



Mrs. S. A. Allen,
OUNDLLE.

"I used to get wretched pains between my shoulders and a strained feeling across the chest. My head often ached badly. I was always trying different things, but nothing did me so much good as Doan's Dinner Pills. (Signed) (Mrs.) S. A. ALLEN."

FIVE YEARS LATER: "I still have excellent health, and shall always speak highly of Doan's Dinner Pills."

CURED TO STAY CURED.

Constipation, Indigestion, and
Headaches.

Mrs. B. Brown, of "Woodbine Cottage," Grove Road, Fishponds, Bristol, says: "I used to be in misery with indigestion. After my meals I would come over so giddy that I had to take hold of some support to save myself from falling. I was badly constipated, and suffered from sick headaches.



Mrs. B. Brown,
BRISTOL.

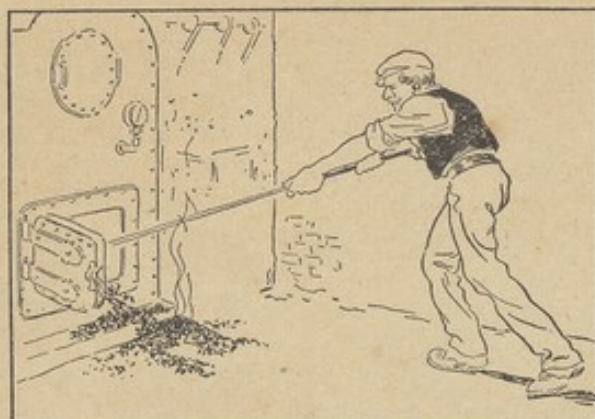
"I have been troubled in this way for as long as I can remember, and until I used Doan's Dinner Pills I could get no permanent relief. But they soon restored a natural action to the bowels, relieving the constipation and curing the indigestion and headaches. I know of nothing better than Doan's Dinner Pills. (Signed) (Mrs.) B. BROWN."

NEARLY THREE YEARS LATER: "I still keep free from the constipation and indigestion."

NOVEMBER, 1914.

S	1	8	15	22	29
M	2	9	16	23	30
Tu	3	10	17	24	...
W	4	11	18	25	...
Th	5	12	19	26	...
F	6	13	20	27	...
S	7	14	21	28	...

Full Moon 2d. 11A. 49m. Aft.
 1st. Qtr. 10 11 37 Aft.
 New Moon 17 4 2 Aft.
 1st. Qtr. 24 1 39 Aft.



Keep the Eliminative System Active.

DECEMBER, 1914.

S	...	6	13	20	27
M	...	7	14	21	28
Tu	1	8	15	22	29
W	2	9	16	23	30
Th	3	10	17	24	31
F	4	11	18	25	...
S	5	12	19	26	...

Full Moon 2d. 6A. 21m. Aft.
 1st. Qtr. 10 11 32 Morn.
 New Moon 17 2 35 Morn.
 1st. Qtr. 24 8 25 Morn.

THE LONG LIFE LAWS.—VI. Elimination.

The furnace fire would go out if the stoker failed to remove the ashes promptly.

The same law governs our bodies.

The waste from our food, and the worn-out cells and tissue of the body, are continually forming "ashes" and waste. This refuse *must be expelled promptly*, or it will get back into the circulation and become a source of poison to the whole system. All diseases are encouraged, and many actually caused, by one or other of the body's eliminative organs being unable to throw off its refuse before it can cause mischief.

Conditions of foulness and uncleanness that would not be tolerated for one moment *outside* the body often exist unsuspected *inside*, through inefficient elimination.

Nature realises how important it is to keep the eliminative channels free, and she provides four main outlets for the body's waste. These are:—

- 1.—THE KIDNEYS AND URINARY SYSTEM, which drain out the body's liquid refuse—waste water, uric acid poison, urea, and various minor solids in solution;
- 2.—THE BOWELS, the "sewers" of the system, which expel the solid waste from our food;
- 3.—THE LUNGS, which throw off bad gases and moisture;
- 4.—THE SKIN, a kind of supplementary organ of the kidneys, which disposes of liquid waste in the form of perspiration.

In our chapter on Exercises (page 21), we have touched upon the great value of regular daily exercise and daily baths for invigorating the bowels, lungs, and skin to activity, although in aggravated cases

of constipation, artificial aid becomes necessary (see page 31). But medicines should be employed only to *regain* natural action of the bowels—not to *maintain* it.

Defective elimination of the body's liquid waste (the cause of dropsy, gravel, stone, lumbago, rheumatism, etc.) is often a stubborn thing to treat, the more so because kidney and bladder weakness so often reaches a serious stage *unknown to the patient*. Permanent relief may, however, be hoped for if treatment is begun in time. (See page 6.)

Thousands have Kidney Disease and DON'T KNOW IT.

Often those in the greatest danger from kidney complaint do not know their kidneys are diseased, and so the trouble is neglected until it reaches an incurable stage. Cure your kidneys *while you can* by starting with Doan's Backache Kidney Pills at once if you have any such clear signs of kidney or bladder troubles as:—

Backache,
 Pains in the Loins,
 Gravel,
 Urinary Disorders,
 Distress in relieving the Bladder,
 Dropsy,
 Lumbago,
 Dizziness and Faintness,
 Unnatural Drowsiness,
 Rheumatism,
 Sciatica.

Doan's Backache Kidney Pills relieve the kidneys and bladder like ordinary medicines relieve the bowels. They dispose of the excess uric acid which causes rheumatism, backache, lumbago and stone, and they release the accumulated water in dropsy.



On every Package.

ANALYTICAL REPORT ON A SAMPLE OF DOAN'S BACKACHE KIDNEY PILLS.

I have examined a sample of Doan's Backache Kidney Pills, obtained by purchase from a retail chemist, and as a result of my analysis, I am able to state that they contain no trace of Mercury, Arsenic, Strychnine, Cocaine or its derivatives, Belladonna, Morphine or its derivatives, Opium or its constituents, Heroin, alpha- or beta-Eucaine, Cannabis Indica, Chloral hydrate or its derivatives, Acetanilide or its derivatives, and Bromides.

The pills are free from any poisons or narcotics, and contain no harmful or injurious drugs whatever.

(The above is a copy of the Analytical Report of one of the leading Analysts of London. A facsimile of the signed report is wrapped around every box of the pills.)

PRICES of DOAN'S MEDICINES

Doan's Backache Kidney Pills:	One Box 2/9	Six Boxes 13/9
Doan's Ointment:	... One Tin 2/9	Six Tins 13/9
Doan's Dinner Pills:	... One Bottle 1/1½	Six Bottles, 6/-
Doan's Pile Pipes (for use in Internal Piles):	...	Sixpence each.

The
Only
Size



Never
Sold
Loose.

IMPORTANT CAUTION.—Those who speak so gratefully in these pages were cured by the *genuine* DOAN'S Backache Kidney Pills. To derive the same benefit as they did, you must get the same kind of Pills as they had. Therefore be sure to ask *distinctly* for DOAN'S Backache Kidney Pills. "DOAN'S" means everything. That name on the box is a guarantee you have the genuine. It is your only protection against mistakes and disappointment.

If you cannot get the *genuine* Doan's Backache Kidney Pills from your chemist, they may be had, post free on receipt of price, direct from the proprietors:

Address:—**FOSTER-McCLELLAN CO.,**
8, Wells Street, Oxford Street, London, W.

IF MORE CONVENIENT, YOUR CARRIER WILL FETCH THE PILLS FOR YOU.

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DAYS, OLD
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T.B.