

READY REMEDIES

for Common Complaints

INSTEAD OF ALCOHOL.

COLDS, INFLUENZA, FEVERISHNESS.—Camphor Pill or five drops of Camphor on sugar or menthol jujubes, repeated every twenty minutes when first catching cold. Hot mustard foot-bath, hot drink of gruel or ginger tea. Get into warm bed as quickly as possible.

FAINTING.—Lie flat, or if seated, put head between knees. Apply cloth wrung out of cold water to the face. Loosen clothing, use smelling salts, or half teaspoonful of sal-volatile in water. Give hot milk or hot water to sip. Even cold water sipped stimulates the heart.

PALPITATION, SHOCK, etc.—Lie down, apply hot flannels over heart, sip hot water. Chief remedy—**Rest.**

COLIC, CRAMP, SPASM.—Apply external heat. Repeated doses of Camphor or Ginger Tea. (One teaspoonful ground ginger to teacupful of boiling water sweetened).

Note.—Warm liquid soothes Spasm, but hot excites it.

FLATULENCE, INDIGESTION.—Pinch of Baking Soda first thing in morning, then drink cup of hot water. Sip hot water. Good dose of Castor Oil. **No tea.**

DIARRHŒA.—Castor Oil on hot milk. Teaspoonful raw cornflour moistened with cold milk, sweetened.

SICKNESS, SICK HEADACHE.—Take sal-volatile or spoonful baking soda in glass of hot water. Keep feet warm, lie flat.

Consult a Doctor in more serious cases.

NURSING.—Instead of stout, mothers should drink plenty of milk and one or two glasses of sweetened barley water daily.

Beware of MEDICATED WINES

They contain more Alcohol than Ordinary Beer, Claret, Hock, etc., and much less nourishment than good soup.

Alcohol is a Narcotic Drug.

ALCOHOL IN MEAT WINES.	Per Cent.	ALCOHOL IN ORDINARY WINES.	Per Cent.
Hall's Wine	17.85	Claret	9.0
Vibrona	19.30	Hock	10.0
Wincarnis	19.6	Champagne	10.15
Glendinning's	20.8	Port	20.0
Bivo	19.2	Sherry	20.0
Junora	15.02		
Hood's Sarsaparilla	19.6		

**“GOOD MEAT AND GOOD MILK ARE
THE BEST STIMULANTS.”**

To keep our young people physically fit, mentally fit, morally fit, they must not have alcohol. Not only is the taking of alcohol detrimental to the full development of the higher levels, but when developed, a little alcohol can injure them.

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