

**The Great White Death.**

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poverty, the daughter of ignorance, the offspring of drink, the product of carelessness. It can be fought by many forces in many ways, led by general well-being, higher wages, cheap and abundant food, better housing, increased sobriety. As pauperism diminishes consumption declines; as food cheapens tuberculosis disappears. The cost of food, its abundance and its variety, has great influence on the decline of consumption. Except where bad housing and drink counteract the effects of high wages and cheap food, tuberculosis recedes as the general standard of comfort advances.

Apropos of alcohol, I have this to say: It is a fact, as three celebrated doctors say, that alcohol predisposes the individual to tuberculosis by its paralyzing action and its asphyxiating influence on the cellular protoplasm, which is no longer in a condition to resist the invasion of a parasite. Professor Brouardel says the public-house is the purveyor of tuberculosis. In fact, alcoholism is the most potent factor in propagating

consumption; and a celebrated French doctor, Professor Baudron, says it is now generally admitted by those who know, that the most potent factor in the spread of consumption is the public-house. In all probability at least one-half of all cases of consumption are due to infection in the public-house. Where twelve litres of drink are consumed, there is 32 per thousand; where thirty-five litres per head are drunk, there it is 107 per thousand.

After those figures it is not necessary on the statement of authorities like these to dwell any further upon the evil that drinking habits have upon the predisposition of the people to consumption and tuberculosis.

Now I come to one or two more direct and practical proposals for combating consumption, and it is mainly by the common-sense of most, operating through immediate, personal, practical, and direct remedies, and often small things, that tuberculosis can be most effectively combated. Let me give one or two illustrations.

Infection of healthy people by the sputum from consumptive victims is one of the most prolific sources of this disease. Anyone who goes through the streets of London will see, and must

admit, that this is less so than formerly. It is less so than formerly, but it is even now very bad in certain districts. In London there is little, if any, excuse for this practice in the streets. There are over 100,000 public spittoons in the streets of London. Let me repeat: there are over 100,000 public spittoons in London that are very rarely used. There are fifty for every mile of street in the Metropolis of London. They consist in the ever-open, night and day, street gullies in the gutter. These should be increasingly used by asthmatic, bronchial, and consumptive people, and I hope the day is not very far distant when to this shall be added as an auxiliary what I saw with delight and pleasure, as an engineer, in Salt Lake City three years ago; that is, to dampen the dust, and dispose by water of the detritus that flies about everywhere—that is, the dust which increasingly is lifted off impermeable street pavements, more so than with the old granite or flint macadam, into the gutter, and through the absence of water to retain it in the gutter; it is blown about the pavement into the mouth, eyes, ears and nose. I hope the day is not far distant when the wealthiest city in the world, which is rapidly becoming the

healthiest city in the world, will be able to command such a generous water supply, as in Salt Lake City, as to have a continuous trickle of water running down every gutter, night and day. And I am convinced of this, that if that were done, not only consumption, but a number of other infectious diseases would be considerably diminished—many of them removed.

Now I come to a practical remedy; that is the abolition of the comforter and the soother. This is a very serious thing. The bomb, the pistol, and dynamite have killed their scores, but I believe the comforter has killed its tens of thousands of little children. What is more, doctors tell me that it subjects, apart from contagion, the baby's mouth and throat to malformations that disclose themselves in subsequent years. I am told this is—and I believe it is—a special cause of bad teeth. Later on it means impaired digestion, and the relationship of impaired digestion and consumption between 20 and 45 years of age is a very serious one. I express it as my opinion as a layman, that to a great extent the comforter or soother is responsible in many cases for adenoids, which we are told is an increasing complaint. I would endure the charge of

**Weak Stomachs Cause Indigestion.**

A little bit of thought should show people who suffer with Indigestion that there is only one way to correctly treat their complaint. Various treatments are offered to cure; but do they? The whole trouble in Indigestion is that the stomach has become too weak to digest the food the body requires to keep it in health. This sets up a heavy feeling and pain after eating, belchings of wind, headaches, dizziness, pains between the shoulders, and because of the lack of nourishment, Anæmia and a general run down condition often follow. The simple way to cure Indigestion is to make the stomach strong enough to perform its duties. As the process of digestion is controlled by the blood and nerves, the way to strengthen the stomach is to take a blood-making tonic. Nothing else adds to the blood supply as quickly as Dr. Williams' Pink Pills.

Don't let any dealer talk you into taking something which he says is "just as good." If you are pestered to take a substitute, send 3s. for one box, or 16s 6d for six boxes to the Dr. Williams' Medicine Co., of Australasia Ltd., Wellington.

**PAIN AFTER EVERY MEAL.**

EXPERIENCE OF A N.Z. MAN WITH INDIGESTION.

HE CURED HIMSELF BY THE TONIC TREATMENT WHICH IS GIVING SPLENDID RESULTS.

"I noticed my digestion some time back getting very poor, due mostly to eating my meals too hastily, and also to the dust in my former employment," said Mr J. S. Tonkin, Charles-st., West Shore, Napier, N.Z. "About three o'clock each day I'd get severe pains in the chest at the end of the breastbone, and they would last till bedtime. I always ate well, but I paid dearly for it. I did not sleep at all well. I might lie awake for hours. I was often attacked with dizzy turns in the day, as if objects near me were coming close up and then retreating, and there would be quite a haze before my eyes. I got very callow and went down in weight quite a couple of stone. I felt very depressed in spirits and quite done up, as if I had no energy or strength left. Vegetables especially disagreed with me, and I often could not keep them down. I took various tonics but I only seemed to get worse. At last I tried Dr. Williams' Pink Pills. The second box started to do me good. I found the pains in my chest and stomach gradually lessening. I began to sleep a lot better. When I was half through the third box I felt better still. My colour came back. I could eat a good meal with no after effects. I began to put flesh on. I did not need more than three boxes of Dr. Williams' Pink Pills, as every symptom of Indigestion had disappeared when I finished that number."

**INDIGESTION CAUSED BY THIN BLOOD.**

THE RIGHT WAY TO CURE THE COMPLAINT.

THIS WOMAN CURED BY THE TONIC TREATMENT WITH DR. WILLIAMS' PINK PILLS.

"I got run down in the first place, and then my digestion failed," said Miss May Tonkin, East Mounta N.A. "What ever I ate lay very heavy on my chest sometimes for hours, and caused a great deal of discomfort. My colour went, and I became very sallow. I was rarely free from headaches. A throbbing, splitting pain would set in in the top of my head. Nearly every morning I would wake up with one, and it would generally last all day, perhaps increasing as the day wore on, and I would often have to go and lie down, the pains were so acute. I would get buzzing

noises in my head and ears, and I could see bright flashes of light before my eyes, so that I couldn't read a couple of lines of print without their running into each other. During the day I would feel drowsy and heavy, and generally out of sorts. My heart would often flutter most strangely, and make me think it was affected, but I suppose it was the wind round it. Some days the pain in the chest would go right through, and my shoulder blades would ache very much, and I couldn't draw a full breath with any ease. I slept fairly well at night, but the rest didn't seem to do me much good, as I always woke up tired. What I did eat would often repeat on me, and I couldn't notice much taste in what I took. My appetite was always poor at the time, and some days I would be afraid to eat, but whatever I did eat it made no difference. Even light foods in small quantities wouldn't digest, and the lump in the chest would feel so heavy. I tried several things for it one way and another, and at last Dr. Williams' Pink Pills, and after a long course I got relief. After a while the pain after eating lessened a little, as I thought, so I decided to keep on with them. I got back my colour, and my appetite began to improve, till at last all the traces of indigestion vanished."

**CAUSE AND CURE OF INDIGESTION.**

THE TROUBLE BEGINS WITH WEAK THIN BLOOD.

A GREAT SUFFERER WITH THE COMPLAINT TELLS HOW SHE WAS CURED.

"I gradually became a sufferer from Indigestion," said Mrs Isabella Thomas, Millar-st., near Rose-rd., Grey Lynn, Auckland. "About an hour after each meal I'd get the most severe pains in the chest. I'd feel as if I were on fire inside, and yet there was always a cold feeling, as if I'd swallowed a stone. My tongue was always furred, especially in the mornings, I'd get faint turns just as if I were going to swoon, and sometimes I'd go quite dizzy and the room would seem to swim round me. I had to have light food only and especially cooked for me. I was thoroughly wretched in my spirits. I lost all my colour and got as sallow as possible and thin as well. My heart would palpitate alarmingly. I had severe headaches in the forehead and back of the head and I'd just have to go and lie down. As to strength, I had none. The doctor's treatment did me good only for a little time. I tried hosts of other things with the same result. Then I read in a pamphlet left at the house about Dr. Williams' Pink Pills. The first box eased me a little, and after I had taken five boxes I am able to say all those pains and aches went away. My digestion got stronger every day. My mother had spent quite a good sum of money in various medicines, but Dr Williams' Pink Pills set me on my feet."

**DR. WILLIAMS' PINK PILLS.**