

What Sulphur Does

For the Human Body in Health and Disease

The mention of sulphur will recall to many of us the early days when our mothers and grandmothers gave us our daily dose of sulphur and molasses every spring and fall.

It was the universal spring and-fall "blood purifier," tonic and cure-all, and mind you, this old-fashioned remedy was not without merit.

The idea was good, but the remedy was crude and unpalatable, and a large quantity had to be taken to get any effect.

Nowadays we get all the beneficial effects of sulphur in a palatable, concentrated form so that a single grain is far more effective than a table-spoonful of the crude sulphur.

In recent years, research and experiment have proven that the best sulphur for medicinal use is that obtained from Calcium (Calcium Sulphide) and sold in drug stores under the name of Stuart's Calcium Wafers. They are small chocolate coated pellets and contain the active medicinal principle of sulphur in a highly concentrated, effective form.

Few people are aware of the value of this form of sulphur in restoring and maintaining bodily vigor and health; sulphur acts directly on the liver, and excretory organs and purifies and enriches the blood by the prompt elimination of waste material.

Our grandmothers knew this when they dosed us with sulphur and molasses every spring and fall, but the crudity and impurity of ordinary flowers of sulphur were often worse than the disease, and can not compare with the modern concentrated preparations of sulphur, of which Stuart's Calcium Wafers is undoubtedly the best and most widely used.

They are the natural antidote for liver and kidney troubles and cure constipation and purify the blood in a way that often surprises patient and physician alike.

Dr. R. M. Wilkins while experimenting with sulphur remedies soon found that the sulphur from Calcium was superior to any other form. He says: "For liver, kidney and blood troubles, especially when resulting from constipation or malaria, I have been surprised at the results obtained from Stuart's Calcium Wafers. In patients suffering from boils and pimples and even deep-seated carbuncles, I have repeatedly seen them dry up and disappear in four or five days, leaving the skin clear and smooth. Although Stuart's Calcium Wafers is a proprietary article, and sold by druggists, and for that reason tabooed by many physicians, yet I know of nothing so safe and reliable for constipation, liver and kidney troubles and especially in all forms of skin disease as this remedy."

At any rate people who are tired of pills, cathartics and so-called blood "purifiers," will find in Stuart's Calcium Wafers, a far safer, more palatable and effective preparation.

been discreditable to the great military powers of the world and unfortunate to the inhabitants of peaceful and defenseless countries.

A marked illustration of this is the recent action of one of the great powers that has burdened its people with the one billion two hundred and fifty million dollars of debt under which they are now groaning. It has crushed out of existence two republics in as many years, and the very men who for selfish purposes insti-

gated that cruel war are now scheming to introduce cheap Chinese labor to replace the honest toilers in the mines of South Africa. Do the industrious citizen laborers of this country wish their government to follow that example?

When we espoused the cause of the one and a half millions of Cuban patriots struggling against two hundred thousand of the best trained troops of Spain we assumed morally the same sentiment and responsibility toward the nine millions of people who had been struggling with equal success against less than fifteen thousand troops in the Philippine islands. To say that circumstances, either divine or human, made us responsible for the condition of these people is untenable, unless we are governed by the same moral obligations and high sense of justice that have marked our course with the people of Cuba. The theory that we must hold in absolute subjection for an indefinite term of years the millions of people on the other side of the globe until they are prepared for self-government appears to be utterly unwarranted. What guarantee can we give that the sentiment of our people twenty-five, fifty or one hundred years hence will be as humane and just as that of our people today? We tried the experiment of provisional and military governments in the South after the Civil war, and it was repudiated in the thundering voice of the people at the polls, and was soon abandoned for the better and wiser course of granting justice and citizenship to the people of the conquered territory. How long has been the schooling for the people of the republics of the Western hemisphere who threw off the yoke of oppression and then immediately adopted a system of constitutional government? Not a day, not an hour, and their experience shows that all those countries which have suffered most under despotic rule appreciate best and cherish with the strongest devotion the advantages of liberal government.

It was recently proclaimed by the highest official in the Philippine islands that the people of that country should not contemplate free government, and the principal reason given was that revolutions had constantly occurred in the South American republics. This appears to come with bad grace, when the very man who uttered that statement had been engaged in a revolution which had caused more blood letting and wasted more American lives than all the revolutions in the republics of South America in the last one hundred years. Should we adopt the same measures toward the people of the Philippine islands that we have found so successful with the people of Cuba, their gratitude would be unbounded, ninety-nine per cent of the American people would be satisfied with the result, and ours would be the glory of establishing the first republic in the Orient, where now its hundreds of millions of people are watching with intense anxiety the action of this great American republic.

Our first responsibility is to do unto others as we would have others do unto us. The hundreds of millions of dollars that have been expended in the Philippine islands, to say nothing of the thousands of lives that have been lost, would have put water upon every quarter section of our arid land available for that purpose, thus benefiting the home builders of our own country. It would have given us a magnificent system of good roads over our entire country, or have built two canals across the Isthmus. In fact, instead of seeking to subjugate the people of far distant countries, it would, in my judgment, be much wiser to endeavor to benefit our people at home. There is more material wealth within our own borders than is avail-

able for the people of any other country on earth. One-half of it still remains practically unoccupied. The western half of the United States is occupied today by scarcely more people than are crowded in the Philippine islands—an area less in extent than that of New York and the New England states or the territory of New Mexico.

The territory to the north and south of us, with our own, contains more undeveloped wealth and natural resources than are to be found in all

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