

THE NIAGARA VAPOR BATH CABINET

CONSTRUCTED ON SCIENTIFIC PRINCIPLES

BY

JONES & CO., Niagara Falls, N.Y.

REMOVES POISON FROM THE BLOOD
RECOMMENDED BY LEADING PHYSICIANS

Cures Rheumatism, Lumbago, Sciatica, La Grippe, Asthma, Catarrh, Bronchial Troubles, Kidney and Liver and Stomach Complaints, Nervousness, Headache, etc.

A SANITARIUM IN YOUR OWN ROOM.

HOT SPRINGS, TURKISH, RUSSIAN, MEDICATED, DRY, STEAM, VAPOR, ALCOHOL, OXYGEN, PERFUMED, MINERAL, QUININE, AT ABOUT 3 CENTS A BATH.



EXTRACTS FROM LEADING AUTHORITIES!

RECOGNIZING the fact that the world is full of schemes and worthless devices that are without merit, we ask you to carefully investigate the principles involved in our Niagara Vapor Bath Cabinet, as we candidly believe it to be the greatest blessing ever given to the human family. The following is taken from a medical work called "Tokology," A. B. Stockham, M. D., Chicago, Ill., author.

No intelligent person can read this article without feeling the power of the Vapor Bath.

1. It cleanses and promotes the healthy action of the skin as no other bath can do, thus relieving the other excretory organs.

2. It equalizes the circulation of the blood, and removes all local congestions of any and every part, which is one of the most important things to be accomplished in the treatment of disease.

3. It is the quickest, easiest and most effectual means of purifying the blood known to man.

It literally washes the blood of its impurities.

The patient drinks pure water, it is absorbed, passes into and mingles with the blood, by which it is carried to the capillary net work of the skin and poured upon the surface in the form of perspiration; not pure as when taken into the stomach; but mingles with the humors and impurities of the blood. If this were its only use, the Vapor bath would be invaluable.

4. It soothes and tranquilizes the nervous system, sweeps the cobwebs of care from the brain, leaving it clear and refreshed, and equalizes the flow of the nervous fluids throughout the body.

For the above reasons the Vapor Bath is especially useful in the treatment of all diseases arising from impurity of the blood, inactivity of the skin, local congestions or inflammations or unbalanced nervous action, as Humors of every kind, Drug Poisoning, Scrofula, Consumption, Diseases of the Skin, Dropsy, Remittent and Intermittent Fevers, Coughs, Colds, Catarrh, Croup, Gout, Rheumatism, Neuralgia, Diseases of the Liver and Kidneys, Bronchitis, etc.

Most eruptive diseases are helped by it. A lady told me she had Salt Rheum all over her body; a ten-cent piece could not be laid on a spot free from eruption. She took these baths daily for three months without any other remedy, and cured herself. She gained in strength, flesh and appetite, and besides found herself free from many minor ailments.

FROM DR. FOWLER'S WORK.

Showing the efficiency of Vapor Baths:

"On the Continent, the vapor and hot air baths are had recourse to both as a means of health and in the cure of disease, to a vastly greater extent than they are in this country. Their use is attended by the very best effects, particularly in chronic ailments, and where the water bath is felt to be oppressive by its weight; and there can be no question that their action is chiefly on the skin, and through its medium on the nervous system. As a means of determining the blood to the surface, promoting cutaneous exhalation, and equalizing the circulation, they are second to no remedy now in use; and consequently, in a variety of affections which the encouragement of these processes is calculated to relieve, they may be employed with every prospect of advantage."

THE FEAR OF CATCHING COLD,

which deters many from using the vapor bath even more than from warm bathing, if founded on a false analogy between its effects and those of profuse perspiration from exercise of illness. The latter weakens the body, and by diminishing the power of reaction, renders it susceptible of injury from sudden changes of temperature. But the effects of the vapor bath properly administered is very different. When too warm or too long continued, it increases instead of exhausting the strength, and by exciting the vital action of the skin, gives rise to a power of reaction which enables it to resist cold better than before.

"The vapor bath is thus calculated to be extensively useful, both as a preservative and as a remedial agent."

TEMPERATURE IS EVERYTHING.

The thermometer is absolutely necessary in testing the temperature of all vapor and hot air baths. In Turkish Baths the rooms have to be kept to a certain degree of heat in order to obtain the best results. For infants and delicate people physicians recommend a certain temperature. The same applies to the use of the folding bath cabinet and we have added to our other improvements a thermometer which can be readily seen and thus inform the bather when the atmosphere has reached the proper degree of heat suitable for the constitution. A robust person can stand a greater and longer heat than an ordinary person and an ordinary person more than a delicate one, and the different ailments require different temperatures and baths of different durations. All of which instructions have been carefully supervised by our doctors and will be forwarded with directions when we send the



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NIAGARA VAPOR BATH CABINET,
Manufactured by JONES & CO.,
Niagara Falls, N.Y.

Common Sense Appeals Readily to People of Intellect.

What Steele's Hygienic Physiology and Popular Science Monthly say of the Vapor Bath:

"Its frequent use not only tends to keep the body in a state of perfect cleanliness, but it imparts a clear, fresh color to the complexion which is hardly attained by other means." "Its most important effect," says a writer in the "Popular Science Monthly," "is the stimulation of the emunctory, an organ of the body, which serves to carry off excrementous matter, an excretory duct." By this means we are able to wash, as it were, the solid and fluid tissues, and especially the blood and skin, by passing water through them, from within outwards to the surface of the body. Hence one of the most essential requisites in practice is a copious draught of water during sweating.

During the operation the novice is often astonished at the amount of effete matter eliminated from the pores of the skin. A surprising amount of scarf skin, which no washing could remove, peels off. Much more solid matter is contained in the perspiration of those who take the bath for the first time or after a long interval. Nothing escapes through the skin save what is noxious if retained. Its influence is directly curative in rheumatic, gouty and scrofulous affections, etc.

The Eminent Dr. Madden, of London, says:

"Wherever the Turkish Bath was a national institution, the hair of the women was peculiarly luxuriant and beautiful. I can vouch for it that the use of the bath rendered the complexion more delicate and brilliant, that the eyes become clearer and brighter, and all the personal charms were enhanced. I can recommend no hygienic measure more beneficial or effectual in preserving the health and an attractive appearance. Pimples, blotches, eruptions and other disfigurements of the skin are removed by the frequent use of the Turkish Bath, leaving the integument smooth and soft."

Dr. Brereton.

"It has become a question with me not what the Vapor Bath will cure but what it will not cure. Pains and aches vanish as if by magic in the bath. By placing the body in a better condition to use its own resources against disease, it is serviceable in any case."

G. F. Adams, M. D., Boston.

"The weak and debilitated grow strong, and the nervous and sleepless are quieted and made to sleep like a young child."

From the Toledo Commercial.

To one who has never tried a vapor or sweat bath the experience is a revelation and a surprise—we had almost said, a shock—for as the perspiration exudes from the pores of the skin, carrying with it the viscid secretion, humors and old epidermis in great rolls of effete matter, the bather begins to think himself or herself, a most disgustingly dirty creature, or realizes for the first time what it means to revel in a thorough purification; this is followed by a sensation that is exhilarating as well as refreshing, and new life and energy animate the frame and stir the sluggish blood which is no longer clogged with the impurities that have impeded the vital organs from fulfilling their proper functions.

Sir John Fyfe.

"Its effects are most remarkable in obviating disorders and palliating diseases of the Liver and Kidneys, the passing of Gall Stones and the sudden relief of Liver Obstructions, relief occurring immediately upon the use of the vapor bath."

S. E. Chailio, M. D., Says in N. O. Medical and Surgical Journal.

"The Turkish Bath is a boom to humanity, an important auxiliary to the cure of disease, and one of the best means of purifying the blood. It is firmly believed that the Turkish Bath is one of the most potent remedial agents known to the profession, and that, therefore, it should be introduced into every hospital, city, and village in the land."

Dr. Andrew Combe.

"It increases instead of exhausts the strength, and by exciting the vital action of the skin, gives rise to a powerful reaction, which enables it to resist colds much better than before."

Oliver Johnson.

"They are good, not for invalids alone, but for all who recognize the intimate relation between the cleanliness of body and purity of soul."

POISON is a short name for all Diseases. It is in the Blood. Drain it off at once by using THE NIAGARA VAPOR BATH.

From R. V. Pierce, M.D., President of the World's Dispensary Medical Association.

"The Turkish Bath not only combines a most agreeable luxury, with a decidedly invigorating tonic influence, but also by its eliminating power, induces proper glandular and cellular activity, producing a healthy condition. Sallowiness, tan and freckles, the result of local or general increase of the pigment granules of the skin, soon disappear under the stimulating influence and regular use of the Turkish Bath, which causes rapid development of new transparent cells. The colored granules are thus gradually replaced, and the skin assumes a beautiful clearness and purity of appearance."

From "Harper's Bazaar."

"The reason why so many young women have rough faces is, they wash their faces every day but neglect to clean their bodies. The pores are clogged by secretions, and morbid matters in the blood break out in the only free spot, the face. The ladies of King George's court were perfectly logical when they refused to wash their faces lest it should spoil their complexions.

"To lay the foundation of true beauty the system should be purified within as well as without. Nothing is of so much value in this respect as the Vapor Bath. In all our large cities establishments exist for taking these baths, and their virtues are well appreciated by those who once try them. At the largest bathing houses in New York ladies attend regularly for the sole object of improving their complexions. Perhaps the most successful form administered is the sulphur vapor bath, which works wonders for neuralgia. It purifies and searches the blood, and I have seen a patient who had lost one of the loveliest complexions in the world, as she thought forever, come out of her bath day after day visibly whitened at each trial. For ladies past youth nothing restores such softness and childlike freshness to the cheek or such suppleness to the figure.

"In the old time saints used to subdue the body by prayer and fasting. The modern way is by prayer and bathing.

"It is hard enough to keep a peaceable, firm and sweet habit of soul without letting loose on it the humors and insanities of the body. These are in no way so surely quieted as by vapor baths, and this is why they ought to be among the public buildings of every village, and made as cheap as possible. There the drunkard might find a stimulus which has no reaction; the emotionally insane a sedative that would clear his brain and steady his nerves. There the exhausted watcher by the sick might recruit, and the overwrought student, lawyer or physician, find support without recourse to perilous stimulants. The doors of such a place in a large city should stand open day and night, like those of churches.

"Women need the bath for all these purposes even more than men. The feeble mother will find no soothing for her jarred nerves nor lightener of her burdens like the well-applied bath. Strange as it seems the Vapor Bath does not weaken. It washes away the worse particles of the body that weigh it down, and leaves it as if winged. I have known an invalid of years take it twice and thrice a week, gaining strength every time."

TREATMENT OF INSANITY BY TURKISH BATHS.

DR. CHARLES H. SHEPHARD.

81 Columbia Heights, Brooklyn, N. Y.

We would say: If the blood is loaded with impurities, must it not necessarily affect the brain that is nourished thereby?

If we can call the blood in greater force to the extremities and surface of the body,

is it not reasonable to suppose that we would thereby relieve an overcrowded brain? How much more so when we can at the same time purify this circulating fluid?

Little has been done in this country to test the baths in insane asylums.

Dr. Power, superintendent of the lunatic asylum at Cork, reports that by the use of the Turkish Bath he has cured seventy-six per cent. of the patients. After a few applications they like the treatment and ask for it. The number of cures is double to the old system. The deaths have diminished one-half. Thirty idiots have been so improved as to enjoy their lives and be made useful. Many persons pronounced incurable before have recovered and been restored to their friends.

SKIN BREATHING.

The importance of Skin Breathing may be readily exemplified by the following incidents. Recently at a religious demonstration in Rome a child, representing an angel, covered with gold leaf suddenly dropped dead, owing to the pores being stopped. Another illustration may be had showing the importance of the action of the pores from the prescriptions of eminent physicians, who have prescribed baths of Milk, Beef Tea and Champagne in order that the patient would receive nourishment through the skin while being unable to take food in the usual way on account of the weakened condition of the stomach.

PERSPIRATION.

Healthy perspiration is composed chiefly of water, 9,956 parts of every 10,000, the remaining 44 parts are, 25 parts of salts and 18.8 parts of organic matter, scales from the skin, and the remaining part of urea (a nitrogenous body found in the urine), and fat people who are unhealthy will by the use of the bath perspire a greater percentage of poison out of the system than indicated by above figures. Sweat readily decomposes and soon becomes offensive. The most perfect way of cleansing the skin is to cause perspiration and flush out the innumerable pores with which it is studded. There can be no proper cleansing of the skin without a copious perspiration and this is one of the most cogent arguments in favor of the Niagara Vapor Bath. Manufactured by

JONES & CO.,
Niagara Falls, N. Y.

HEALTH AND BEAUTY.

To Ladies Only.

Every lady is or should be interested in developing and preserving a healthy constitution and beautiful complexion, and this can only be done by observing the laws of Physiology. Very few ladies realize the vital importance of giving careful study to the functions of the skin, and the thousands of ladies with broken-down constitutions, pale faces, sallow skins, hollow eyes, can attribute their pitiable condition to the want of knowledge concerning the functions of the skin and certain internal organs. Have you not noticed thousands of young ladies who had beautiful complexions until they arrived at the age of eighteen or twenty years, then their skin would gradually become dark and sallow? This is not nature and should be avoided; for the skin should be just as beautiful at the age of forty-five as at twenty-five, and if the laws of nature are carefully observed this will be the case. Ladies who have not already lost that freshness of youth can, by observing our rules, preserve their youthful looks for many years to come. Those who have allowed their skin to become clogged with effete matter, which causes sallow complexions may, by observing our rules, rid the skin of this sebaceous

matter, which consists of dry epidermic scales and poison which lodges in the glands. It is just as necessary to breathe through the skin as the lungs, for closing the skin entirely for a little while will produce death. While girls are young, healthy and active, taking a great deal of outdoor exercise, running, playing and perspiring, they throw off all this effete matter that gathers between the dermis and epidermis of the skin. As they mature into womanhood, they become more dignified and less active, and in a few years meet with remarkable change, the skin begins to lose its freshness and to assume the appearance of old age. This can all be avoided by using HOT AIR or VAPOR BATHS once a week. These baths go under the name of Turkish, Russian or Thermal Baths. We will give you a few extracts from some of the most noted authors concerning these baths.

Nervous Debility and Exhaustion.

That Tired Feeling.—No matter how tired you are after a hard day's work, take a HOT VAPOR BATH, and you will feel like a new being. The heat produced by this process accelerates the circulation, literally drives the poison out of the system, and makes disease fly like a bird "before the wind." The hot air produces a copious perspiration, which washes the impurities from the blood and skin, thereby cleansing, toning and soothing the entire nervous system.

Tired and Nervous People of Sedentary Habits,

who do not exercise sufficiently to throw off the impurities of the blood and skin by perspiration will find that HOT VAPOR BATHS are not only purifiers and invigorators, equalizing the circulation, cleansing and promoting a healthy action of the skin, but they are also resting and recuperating to the overtaxed brain and nervous system.

Pimples and Eruptions.

The cause is bad blood, and inactive liver, closed pores and a poor circulation. The impurities instead of being thrown off through the pores as they should be, are retained in the system, poisoning and weakening the internal organs.

LADIES in their determination to give the face a more attractive appearance, discard nature's laws, and cover the face with powders, creams, lotions and injurious cosmetics, which in time will destroy the fairest complexion ever seen, for they close the pores deadening the cuticle of the skin.

OUR HOT VAPOR BATH treatment at home causes the impurities in the blood and poisonous matter in the system to be washed out by perspiration through the pores of the entire body in place of the face alone. HOT VAPOR BATHS for their beautifying powers have become famous. They are known to be the only safe, sure remedy to remove wrinkles, eruptions, pimples, etc., and to change an oily or sallow complexion into a healthy, rosy tint.

THE MARVELOUS IMPROVEMENT will surprise and delight you, for the skin will become as nature intended, soft, smooth, clear, white, free from every blotch or blemish.

Bad Colds and Pneumonia.

The alcohol bath has for ages been recognized as the only sure and speedy way of breaking up a cold and preventing pneumonia. It matters not how severe the cold may be, if taken in time, it can be thoroughly driven from the lungs in a few hours.

Constipation

is produced by inactive liver. Use the Vapor Bath to stimulate healthy action.

Rheumatism.

HOT VAPOR BATHS have proved to be the only reliable remedy. Hundreds of the most aggravated cases have been permanently cured, and we have never as yet heard of a single patient but who has, after taking one or two baths, experienced wonderful relief with a permanent cure in time.

Our Vapor Baths produce a copious perspiration, which washes the impurities from the blood and skin, stimulating healthy action of the internal organs, thereby cleansing, toning, strengthening your entire system, and restoring you to perfect health.

Taken regularly once or twice a week they wash the blood of its impurities, thus preventing disease, and you will enjoy perfect health, as you possibly never have before.

Kidney Complaints.

Bright's Disease, Gravel, etc.—More people go to a premature grave from Bright's Disease and kidney complaints than any other disease. However, if people understand better the close relationship of the skin to the kidneys, such would not be the case. The skin and kidneys must work in harmony. Keep the skin in a healthy condition by taking HOT VAPOR BATHS regularly, and the kidneys will not be compelled to overwork; but clog the pores of the skin, and the kidneys have extra work to perform. Instead of the blood being cleansed of its impurities through the skin, it remains in the system, disordering the internal organs, and causing acute kidney disorders, Bright's disease, gravel, etc.

The kidneys are the most important organs, the chief organs of the excretion of nitrogen, and should they break down, the patient is thrown into a very dangerous condition, as they cease to eliminate urea or poison from the blood, but drain off pure albumen instead. HOT VAPOR BATHS create a healthy, normal action, expelling the impurities from the blood through the skin, thus relieving the kidneys of overwork and restoring them to health.

Cure a Cold in an Hour.

The old fashioned way of curing a cold was to put your feet in hot water and mustard, take hot drinks, cover up warmly in bed. This is dangerous, as the patient perspires freely and gets restless, throws off the bed clothes and while the skin is moist the cold becomes aggravated and gains a stronger foothold. Now, instead of perspiring all night and awaking in a weakened condition owing to unrefreshed sleep you can perspire fully for 20 minutes, thus removing the formation caused by the cold; jump into bed and sleep soundly and awake a new being.

The laborer cannot afford as nourishing food as you get, but he is healthier and stronger, he perspires what is most antagonistic to health by the sweat of his brow; you can do it with the Niagara Vapor Bath made by

JONES & CO.,
Niagara Falls, N. Y.

Liver Complaints.

CONSTIPATION.—The cure of the American people is caused by torpid liver. In nine-tenths of the American people digestion, and, therefore, nutrition is imperfect. Constipation, piles, and a whole train of evils result, rendering the victim more or less miserable and not half fit for the work, duties and pleasures of life.

A HOT VAPOR BATH purifies the blood, renews the liver and stimulates healthy action. If you take HOT VAPOR BATHS regularly you will feel like a new being.

HEALTH Is the Greatest Blessing we can obtain. If you are sick be cured. If you are well guard your treasure by using THE NIAGARA VAPOR BATH.

Nervous Troubles.

The alcohol bath is the greatest known remedy for soothing and strengthening the nerves, and greatly assists in the cure of nervous diseases.

Cover Your Body With Varnish

and you will live but a few hours. Every organ in the human body would become impaired. Allowing the pores of the skin to become clogged is like clogging a sewer, the poisonous gases are repelled back into the room, and will soon deaden the occupants. So with the skin, if it is not kept in a healthy condition it will derange the entire system and endanger every internal organ, and the result is disease and premature death.

What Do the Doctors Say?

Every physician who has used or examined our process has spoken of it in the very highest terms, and recommended the Cabinet to their patients.

Every doctor knows the value of an alcohol sweat, and the vital importance of keeping the skin in a healthy condition. Doctors would recommend the alcohol bath in hundreds of cases had the patient been provided with a suitable apparatus. The Niagara Vapor Bath is so cheap and convenient that no family can afford to be without it, and physicians appreciate the fact that the Cabinet is going to be a great aid in treating disease, therefore it is not strange that they fall into line and recommend its use.

TO LADIES.

Niagara Vapor Baths will give almost instant relief to ladies who never enjoy a single month free from severe pains. All irregularities and congestions are speedily removed, and nature has its sway, letting peace and comfort take the place of pain and misery.

Better than a Bath Room.

Our Cabinet is better than a bath room because you will enjoy the Vapor Bath more, it makes the skin fifty per cent. cleaner and the after effects are far better.

Country People

who have no bath room can get for a few dollars one of our Cabinets which will give better service for cleaning the skin than any water bath on earth. Compare the prices of water and vapor baths in large cities. You pay 25 cents for a water bath or \$1 for a vapor bath.

The Niagara Vapor Bath gives you a sanitarium and a bath room combined.

Health Insurance

is what this treatment may well be called. You better let your house go without insurance than go without this Cabinet, for it is a remedy for any ailment.

Who Should Have the Niagara Vapor Bath Cabinet?

Every family should have it. The well should take a good hot air bath or vapor bath once a week, in order to keep the skin in a healthy condition. The sick should use it every day until they get well.

Thermometer Attachment.

To diagnose a disease the profession adopt the use of various instruments, one of the most important being the thermometer to test the temperature of the body. If too high it denotes that fever is at work. If too low, it shows a serious condition, and circulation, which means heat, is necessary; and in case of too high a temperature profuse perspiration is desirable as a means of drawing off fever from the system. For want of a drop of oil on a bicycle bearing it will make enough difference to lose a race, and simple directions easily followed will cure if cure is possible. We have carefully prepared tabulated directions for the use of the thousands of users of the Niagara Vapor Bath, showing proper temperatures for treatment of various diseases. It is well that science has advanced so that we can exactly determine the temperature which is most

beneficial to our patients. Science has made rapid progress when for such a low figure as five dollars you can purchase a Vapor Bath complete in every respect, and so much more effective than the hot wet blankets that grandma used, which, while very good in its way, did not go far enough, and now we can bring out sufficient poison from the blood so as to cure the most obstinate cases. We send one of these handsome double cylinder thermometers with every bath. The thermometer alone is equal to what is being advertised at a dollar. We are bound to keep ahead of all competitors, even though our profits be small.

OBESITY.

There is nothing compared to the Hot Air and Vapor Bath for Obesity. The pores of the skin are the emanatories above all others that will relieve this unpleasant condition. In fact, these unfortunates—and it is a misfortune marring beauty and destroying health—nothing affording them so safe a way of relief. To this class of people this is one of the greatest boons vouchsafed to immortals, and should be taken advantage of at once, for it is easily used and at once speedy and safe.

You are Extravagant

to pay \$1.00 for a Turkish or Vapor Bath when you can get a better and safer bath in your own home with the Niagara Vapor Bath Cabinet for from 3 to 5 cents.

BEWARE

of the cabinets claiming to be made of the best antiseptic rubber. All we have seen were made of the cheapest material and in a shoddy manner. They all crack and become full of holes in a short while, besides they have a very unpleasant smell when heated.

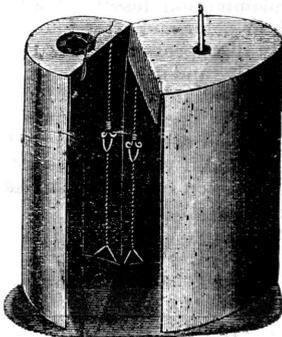
We guarantee our Cabinet to last five or ten times as long, and not have any smell whatever, and whenever necessary can be washed and disinfected about as easily as a towel.

WHAT THE NIAGARA VAPOR BATH CABINET WILL DO.

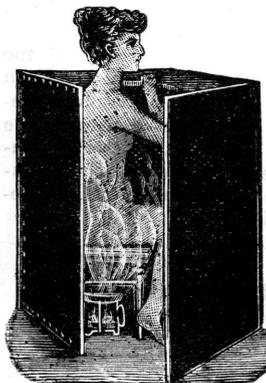
- It will appeal to your intelligence.
- It will clean all impurities from the skin.
- It will cure Pneumonia.
- It will cure Eczema.
- It will cure Gout.
- It will cure kidney and liver troubles.
- It will make beautiful complexions.
- It will cure Rheumatism.
- It will cure Neuralgia.
- It will cure Asthma and Catarrh.
- It will relieve ladies of irregularities.
- It will relieve ladies of monthly pains.
- It will cure Obesity.
- It will cure Constipation and Piles.
- It will free the system of Tobacco.
- It will give life to every organ.
- It will cure the worst colds.
- It will relieve the system of the effects of liquor, opium, or morphine.
- It will relieve all congestions.
- It will give you a better bath than any water on earth.
- It will cure Insomnia.
- It will be endorsed by every honest physician.



No. 42 Steel Frame Cabinet, price complete \$5.00.



No. 43 Steel Frame Cabinet with door. Price complete \$6.00.



No. 47 Wooden Frame Cabinet. Price Complete \$7.50.



No. 48 Wooden Frame, Double Walled Cabinet. Price Complete \$12.50.

Bath Cabinets ranging in price from \$2 to \$25.

Send for Catalogue giving full particulars, and Samples of Materials used in their construction.

Jones & Co.,
Niagara Falls, N.Y. Toronto, Ont.

The heaters are arranged so that the flames are steady and the heat generated in a regular manner. Directions accompany every cabinet.

Two or three cents worth of alcohol sufficient for one bath.

Female Complaints; Derangements of the Maternal Organs, Suppressed Menses, Leucorrhœa, Bearing-down Pains, Sallowness of Complexion.

Our Niagara Vapor Bath has proven itself to be one of the greatest boons to woman-kind ever devised, especially to those cases of irregularities to which the sex is prone, it is acknowledged to surpass all medicines.

Female troubles are most generally caused by retention of poisonous matter in the system.

The eliminative treatment, by means of the Niagara Bath, which promotes free action of the skin, freeing the system of this poison, induces health instead of misery.

Weakness of the maternal organs comes more often from a neglect of the skin than from any other cause. Prof. Stockham, M. D., in "Tokology," says of the Thermal Bath, in the disorders peculiar to women: "It cleanses and promotes a healthy action of the skin, equalizes the circulation of the blood, removes local congestions, is the most effective means known for purifying the blood soothes and tranquilizes the nervous system, equalizes the flow of nervous fluid throughout the body, as no other bath can do."

The "change of life" at the close of the child-bearing period is to a great extent, shorn of its terrors with the free use of the Thermal Bath. No woman approaching this period in her life can afford to be without a Niagara Bath Cabinet.

Many lives of young girls would be saved were Vapor Baths to be taken when the symptoms of impending womanhood make their first appearance. A cane seat chair should be used over which is placed two or three towels wrung out of hot water and doubled. The heat thus applied to the pelvis and sexual nerve ganglia causes a free and painless discharge without any very bad effects. Remain in the bath fifteen minutes. Repeat every day until relief is obtained. Try our Improved Bath Cabinet, mothers. You may save the life of a loving and loved daughter.

Painful and suppressed menses, bearing down pains, leucorrhœa, etc., are the most aggravating troubles known to the sex. There is nothing known to medical science or in the practice of hygiene that can compare with our Bath Cabinet, in removing the causes that bring about these troublesome conditions.

How many young and middle-aged ladies do we meet every day with hollow lusterless eyes, pale faces or sallow, unhealthy complexions. This is not natural and can be easily avoided. A lady who is in robust health should be as handsome at forty-five as at twenty-five years of age. Use our Improved Niagara Bath Cabinet ladies if you wish to retain the beauty and vigor of youth.

We would not advise married ladies to take Vapor Baths with our cabinet for the first three months after conception as they frequently cause abortion. If Vapor Baths are taken during this period, let them be of short duration and not oftener than once in two or three weeks.

GREATEST THING ON EARTH.

POPLAR PLAIN, MICH.

JONES & Co.,
Niagara Falls, N. Y.

GENTLEMEN,—Your Niagara Vapor Bath is undoubtedly the greatest thing on earth for Diabetes, Nephritis and all complaints of the Genito-urinary organs of both sexes.

Yours faithfully,
JNO. BODENE, M. D.

CATECHISM ON HEALTH.

DOCTOR.—What is the reason people get sick?

STUDENT.—By poison.

DOCTOR.—How?

STUDENT.—By breathing foul air, by the impurities of food by the constant uses of certain kinds of foods and insufficient use of other foods and hundreds of other ways which affects the different portions of the body according to which point is the weakest.

DOCTOR.—How would it effect the heart?

STUDENT.—The impurities or poison in the blood weakens the heart's action the blood becoming thick clogs the arteries and Heart Disease, Apoplexy Palpitation, and kindred troubles arise.

DOCTOR.—How does poison in the system affect the stomach?

STUDENT.—By causing the stomach to become impure and gases to generate; causing Dyspepsia, Indigestion and Headache, Nervousness, Constipation, Insomnia, Giddiness, Flatulence, and similar diseases.

DOCTOR.—How would poison in the system affect the Lungs, Bronchial Tubes, Respiratory Organs, etc.?

STUDENT.—The Blood being impure

causes the Lungs to be susceptible to Colds, La Grippe, Consumption, Hemorrhages, Asthma, Pneumonia, Catarrh, and is a hot-bed for germs which are breathed into the system and greatly multiply owing to the vitiated state of the blood.

DOCTOR.—How does poison in the system affect the skin?

STUDENT.—By eruptions of different natures such as Salt Rheum, Eczema, Scurvy, Acne, Pimples, Leprosy, Freckles, Scabies, Ring Worm, Grey Hair, Baldness, Sore Eyes, etc.

DOCTOR.—How does poison in the system affect the limbs and body generally?

STUDENT.—By causing waste of tissue which become weak and inflamed resulting in Rheumatism, Sciatica, Backache, Gout, Neuralgia, Cancers and Tumors. The system in an effort to free itself has its outlet in Typhoid, Scarlet Fever, Small-pox and diseases of similar natures.

DOCTORS.—You are perfectly right in regard to poison being the principal and primary causes of the ills of mankind, which develops in all the foregoing diseases and a multitude of others which you have omitted, and complications which sad to say baffle the skill of the best physicians and consigns millions of the human race to premature graves. How can the poison

which is a simple and unvarnished name for sickness be eradicated or be prevented by carrying out its disastrous effects?

STUDENT.—By various ways, for instance if a person swallows poison an emetic or stomach pump—or antidotes to counteract its influence, if by coal gas or illuminating gas, restoratives are applied and fresh air admitted. If the system has become impregnated and the blood improvised and the system generally run down plenty of fresh air, wholesome food and strict cleanliness of the body.

DOCTOR.—You are correct, and I may add in regard to cleanliness that where the organs of the body have failed to carry off the poisonous secretions, that by using the Niagara Vapor Bath nine-tenths of the sickness will be averted and the effete and tissue wasting substances will be carried off through the miles of nature's ducts, the pores, allowing the organs of the body that have been over-taxed to fulfil the duties for which they were intended, restore the body and mind to full healthy action, and for the persons who feel kind of well all the time it will make them feel a renewed life. Remove languor and awake them to more physical and mental power so that they will find what appeared to be obstacles in their

path brushed away without the fatigue and worry that was formerly felt. It will enable them to be clear minded and far seeing and decide on important matters without the procrastination and misjudgment often times so disastrous to the welfare of the business they are connected with, their family and themselves. Do not let the golden opportunity slip. Keep well which will add to your health, wealth and everlasting happiness. Cleanliness is next to Godliness and if you neglect the warning you are acting criminally to your own interests. The Niagara Vapor Bath will cure the sick and make the healthy healthier.

DEAR READER.—The foregoing is only a summing up of facts in order to put them in a clear and concise light and enable you to see clearly that you need not hesitate on the merits of the Niagara Vapor Bath Cabinet, of course our principal object is to make money but at the same time we want you to be satisfied and if you are not you will only have to ask and you will receive your money back.

JONES & CO.,

Niagara Falls, N. Y.

Manufacturers of The Niagara Vapor Bath Cabinet. Price complete \$5.

READ A FEW OF THE THOUSANDS OF TESTIMONIALS ON VAPOR BATHS.

RHEUMATISM.

Todmorden Ont., Mar. 10th 1898.

Messrs. Jones & Co.,
Niagara Falls, N. Y.

GENTLEMAN.—It is with very great pleasure I hasten to bear testimony to the great medicinal value of your Vapor Bath. For years I suffered excruciating agonies from Inflammatory Rheumatism obtaining only temporary relief from Physicians but now after only one month's use of your bath I am happy to say that I am almost entirely cured and am able to attend to my business.

You are quite at liberty to publish or otherwise make use of this as I think that in the interests of suffering humanity it is only right that others should know a cheap and good way out of their sufferings. I may add that I would be glad to answer any enquiries that any similarly affected person may make to me at above address.

I am Gentleman

Very faithfully yours,
F. DELAVIGNE.

KIDNEY TROUBLES.

Jones & Co., Niagara Falls, N. Y.

DEAR SIRs.—This is to inform you that your Vapor Baths are all right. I was suffering from Chronic Kidney troubles, Doctors did not do me much good, your bath is doing the trick all right, I would not be without one at any price.

Yours truly,

J. HUNTER.

PNEUMONIA.

The Russell,

New York, April 22nd, 1898.

Niagara Vapor Bath, Niagara Falls, N. Y.

SIRs.—Accept sincere thanks, your bath saved my life, everything you claim for it I believe is true, I will tell all I meet who are sick, send me some pamphlets to give away I don't want any commission I have more than got it already. It cured me in a week I could feel the Pneumonia gradually disappearing after first bath. Keep on in your good work you will sell thousands of them.

HENRY ROSAR.

ECZEMA.

April 16th 1898.

For nearly a year my little girl suffered terribly from eczema, her hands and head became a total mass of sores and I thought the poor child would go out of her mind, we gave her medicines to purify the blood and applied salves to alleviate the terrible itching, but without avail she kept getting worse and in her agony she would scratch the skin until it would become raw, we had to put gloves on her, we saw your notice in the paper and thought we would try a Niagara Vapor Bath. After first

bath she rested well that night and her appetite improved and she was more cheerful next day, after the second bath we noticed the inflammation lessening and assuming a lighter color and after four or five baths totally disappeared leaving the skin white but scaly, and in ten days after you could not tell that anything had been wrong with her, she is eleven years old next March. We feel very thankful that we got your bath, and if you want a testimonial we will send you one, or if this is any use, you may use it.

Yours truly,

Mrs. M. SWITZAR,
N. Tonawanda, N. Y.

ASTHMA.

Buffalo, N. Y.

Sycamore Ave. May 19th, 1898.

Jones & Co., Niagara Falls, N. Y.

Your Niagara Bath Cabinet cured me of Asthma of three years standing. I can fully recommend it, the principle of removing the poison by drainage through the pores appears fully satisfactory. Enclosed find 50 cents for another thermometer if it is more advise me and I will remit, I lost the first one.

Yours etc.

FRANK WARNER.

CATARRH AND GENERAL DEBILITY.

St. Catharines, Ont.

DEAR SIRs.—I had Catarrh and General Debility, and I tried almost everything, but no good until I tried your bath, I am feeling 20 years younger now, and intend to use your bath to keep well.

JAMES MORRISON.

BLOOD POISONING.

Jones & Co., Niagara Falls N. Y.

GENTLEMEN.—For several years I have not felt right I had Dyspepsia which deranged my stomach and caused pimples and eruptions all over my body and particularly on my face, my nose was a deep red I looked like a boozier, and I had symptoms of Blood Poisoning, I used your bath frequently and adopted your suggestion as to fresh air and light food and I am much pleased with the result my weight is being reduced and blood purified and the Dyspepsia is all gone I thought I would like to let others know and cheerfully consent to your use of this evidence.

ARTHUR WILSON

HEART DISEASE.

Detroit, Mich.,

Court House, Nov. 9th 1898.

Have used your Niagara Vapor Bath, for Heart Disease and feel much improved do not experience the palpitations now and can breathe freely. Your Bath is a

wonderful invention and I consider it a revolution in medical science.

THOS. LAYTON.

MEDICAL AUTHORITY.

Chicago, Ill., Jan. 30th 1898.

Messrs Jones & Co.

Have prescribed your bath for different diseases and have produced wonderful cures. Disease succumbs to it, with marvellous rapidity. It is a modern cure all.

Yours faithfully,

W. M. MORSE, M.D.

NERVOUSNESS, INSOMNIA.

Baptist Parsonage, St. Paul, Minn.

I suffered for years from Nervousness, Insomnia and preacher's sore throat and found immediate relief in your Vapor Bath. I will not forget to benefit others by my experience.

Yours truly,

F. BURWELL

SCIATICA.

Cleveland, Ohio, 3/3/98.

For several years suffered from Sciatica. could not rest with the pain and became thin and weak. Was advised by a friend who saw your advertisement in the Christian Worker to try it. I told him I could not afford me one just then and when Xmas came a Niagara Vapor Bath came too from my friend. Thank goodness I am completely cured. The poison which was in my blood was carried off instead of being aggravated by more poison (as nearly all medicine is poison) and my appetite increased from day to day and I gained strength rapidly and can now go to work again. I will never forget the kindness of my friend who on that blessed Xmas when all Christians have cause for rejoicing, sent me a remedy for my physical suffering.

Yours with heart felt thanks.

SIMON T. WENTWORTH.

TERRIBLE SORES.

St. Hyacinthe, Que.

Messrs. Jones & Co. Niagara Falls, N. Y.

Dear Sirs:—

I have been afflicted with running sore on my foot at ankle. The pain at times was intense and I was nearly driven to desperation. I went to Montreal to seek relief by consulting a prominent physician and he advised me to take copious sweat-

ings and I asked if The Niagara Bath that was advertised so much would do and he said he thought it was the best. I tried it and am now well. Local Doctors said it was change of life and I would not be better for several years, but I can laugh at them now.

(Mrs.) PIERRE LAPORT
LA GRIPPE.

Portland, Ohio.

Ship me at once per express a Niagara Vapor Bath. Enclosed find P. O. Order for \$5.00. I want it immediately for a case of stubborn La grippe.

LYMAN GRANT, M. D.

OBSIETY.

Buffalo, N. Y.

Your bath reduced me 40 pounds in six months, I can go upstairs without puffing and feel pretty good generally. I have told several friends who said they would get a Niagara Vapor Bath.

PETER KRANTZ.

BRONCHITIS.

La Salle, N. Y. Feb. 7th 1898.

Jones & Co., Niagara Falls, N. Y.

Dear Sir:—

I get Bronchitis every Spring and Fall and it nearly choked me, since using your Niagara Bath I have been free from all troubles and my health is greatly improved I don't get tired any more.

E. MEAKINS.



THE NIAGARA VAPOR BATH

MADE BY JONES & CO.

NIAGARA FALLS, N.Y.

For Sale by