

HOW TO DRINK STAFFORD WATER



The Stafford Springs Co.,^{INC.}

VOSSBURG, MISS.

LOOK FOR THE

"RED HEART"

TRADE MARK

Stafford Water

IT must be remembered that Stafford Water is not just an ordinary drinking water to be drunk as freely or as little as a person likes. It contains positive medicinal properties and can be depended on as certainly for stimulating the action of the kidneys as calomel can be depended on for stimulating the action of the liver. In fact, it is calomel for the kidneys.

For twenty-five years it has been used by the leading physicians of the country in obtaining certain results in the treatment of kidney trouble. Those doctors who are thoroughly acquainted with the action of the water know what to expect when they prescribe it. There may be casts, there may be albumen, or there may be poisons in the system which can be

eliminated only by the kidneys, and the physician feels as certain of results when he prescribes Stafford Water as he does when he prescribes quinine for malaria.

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Kidney trouble is no different from all other diseases, in that there are conditions and complications over which no known remedy has any effect. Stafford Water is not infallible, neither is it an absolute cure in every instance, but it approaches this point as nearly as anything yet known to physical or medical science.

For these reasons, it should be used with as much faithfulness and as systematically as any other drug which the physician may prescribe. If a person has malaria and the doctor prescribes quinine, with the first dose to begin at 4 o'clock in the morning, the alarm clock calls at that hour and the first capsule is taken. It does not even occur to the patient that another can be taken in thirty minutes and wait five hours before taking another. The label on the box says: "Take one every three hours

until four are taken," and that is exactly what he does. Kidney trouble is far more serious than malaria, and the administering of the greatest known remedy should be attended with just as much thoughtfulness and carefulness as the administering of quinine in the latter case. It is known absolutely what Stafford Water has done in the past, and this gives every reason to believe that what it will do in the future can be predicted with an excellent degree of certainty.

For the ordinary individual, where the symptoms do not indicate advanced stages, the best results have been obtained by taking an average glass every hour, beginning two hours before breakfast and continuing until three or four o'clock in the afternoon. After that hour, it may be drunk only when thirsty, as drinking freely in the late afternoon causes free action of the kidneys at night. This, of course, breaks into one's sleep which is so often badly needed. THIS SHOULD BE CONTINUED EACH DAY WITHOUT INTERRUPTION until the

albumen, casts, or whatever the test may show, has disappeared.

If only a glass or two is taken in the morning, one or two in the afternoon and possibly one at bedtime—if the patient happens to think of it—do not expect any noticeable improvement. The water does its work by filtering through the kidney structure, and it is reasonable to suppose that no filtering or cleansing can be done if the water is withheld.

Where the patient is confined to bed and digestion is poor and disturbed, the utmost care should be exercised. The drinking should begin by giving very small quantities—about a wine glass full—every fifteen to thirty minutes. This should continue throughout the waking hours, and should the patient awake through the night, this opportunity should not be overlooked. For the first two or three days the patient should not take more than a half gallon daily. After that time, the amount may be increased until from three quarts to one

gallon daily are consumed. This increase, though, should be gradual and systematic. This, of course, applies to the average size person. A small person or a child should not take as much as a large person who has been in the habit of consuming large quantities of fluids.

The main object in treating the critically ill is to keep the kidneys flushed. This keeps the poisons moving and relieves the body of deadly poisons. If the water supply runs short, the kidneys become inactive, which is temporary congestion, and even a few hours of this condition may undo all the good which has been accomplished.

A few people have been known to drink as much as five gallons daily, but this is not recommended, as it would not be beneficial to the average person.

One general rule to observe is, never drink too much the first few days. It usually causes a disagreeable feeling in the head, ranging

from a slight fulness to a severe headache. This is ordinarily avoided though by beginning moderately and reaching the maximum on the fourth or fifth day. If the headache should become annoying, a purgative in the form of salts will give almost instant relief.

STAFFORD WATER IS IN NO WAY A LAXATIVE. It does not act upon the liver and if it affects the bowels at all the tendency is towards constipation. This can be easily overcome by taking some mild laxative or dieting in such manner that peristaltic movement of the intestines will be stimulated. If the patient is under the care of a physician, which is always desirable and is usually the case, a mild purgative may be prescribed which will answer every purpose. If a physician is not convenient, salts or most any of the purgative waters will give the desired results.

Let it be repeated that Stafford Water is not just an ordinary drinking water. It has taken its place beside many of the great discoveries

of the age for the treatment of non-curable diseases. The most skilled physicians have stepped back from the bedside of a dying comrade and said they could do no more. Those same physicians have been known to throw up their hands in wonderment to see the patient brought back to health through the wonderful and unexplained healing powers of Stafford Water. It is one of Nature's greatest gifts and today is the star of hope for thousands.

We have many letters on file in our office from people who, during a period of twenty years, have told what Stafford Water has done for them. These are very interesting and encouraging to those people who have seen the touch of sadness come into the eye of the physician as he watched the little white ring form in his test tube. We will gladly mail copies of these to you or as many of your friends as you like, if you will send us their names. We are

always glad to take a personal interest in people who are in need of Stafford Water, and any communication with reference to your condition or circumstances will receive cheerful attention.

Address,

THE STAFFORD SPRINGS
COMPANY, Inc.,

Vossburg, Mississippi.



