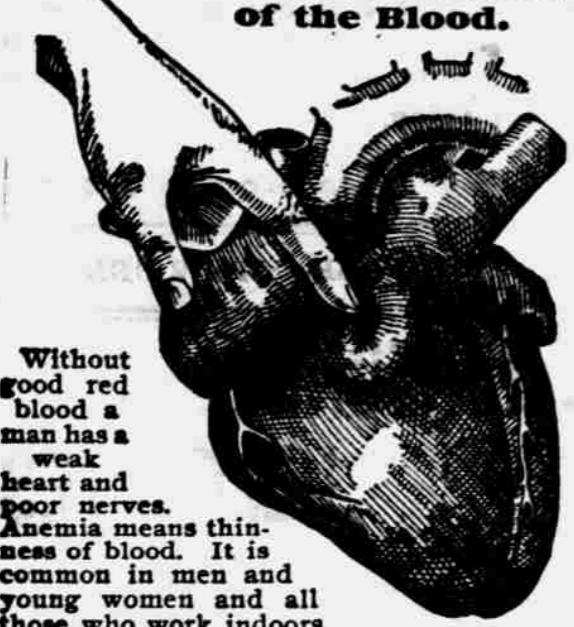


Courage is a Matter of the Blood.

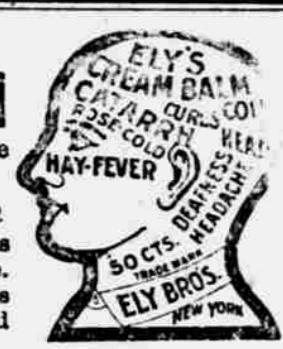


Without good red blood a man has a weak heart and poor nerves. Anemia means thinness of blood. It is common in men and young women and all those who work indoors, who do not get enough outdoor air and good oxygen in their lungs. There are too many white blood corpuscles in such cases, and there is often a peculiar sound in the heart called a murmur, in cases of anemia. This heart murmur is caused by thinness of the blood passing through the heart. The murmur of anemia disappears when the blood regains its natural consistency and richness. It is not heart disease. Sometimes people suffer intense pain over the heart, which is not heart disease, but caused by the stomach. It is the occasion of much anxiety, alarm and suffering, for which its victim is dependent upon reflex disturbances from the stomach caused by indigestion. In the same way many bad coughs are dependent upon these reflex disturbances of what is called the pneumo-gastric nerve. To enrich the blood and increase the red blood corpuscles, thereby feeding the nerves on rich blood, thereby doing away with nervous irritability, take Dr. Pierce's Golden Medical Discovery, which promotes digestion and assimilation of food so that the blood gets its proper supply of nourishment from the stomach. Get as near to nature's way as you can. A medicine made entirely of botanical extracts and which does not contain alcohol is the safest. Dr. Pierce's Golden Medical Discovery contains no alcohol or narcotics. Dr. Pierce's Pleasant Pellets are the best liver pills.

Nasal CATARRH

In all its stages there should be cleanliness.

Ely's Cream Balm cleanses, soothes and heals the diseased membranes. It cures catarrh and drives away a cold in the head quickly.



Cream Balm is placed into the nostrils, spread over the membrane and is absorbed. Relief is immediate and a cure follows. It is not drying—does not produce sneezing. Large Size, 55 cents at Drugists or by mail; Trial Size, 10 cents by mail.

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