

WOMEN MAY AVOID OPERATIONS

By taking Lydia E. Pinkham's Vegetable Compound

The following letter from Mrs. Orville Rock will prove how unwise it is for women to submit to the dangers of a surgical operation when it may be avoided by taking Lydia E. Pinkham's Vegetable Compound. She was four weeks in the hospital and came home suffering worse than before her own statement.

Paw Paw, Mich.—"Two years ago I suffered very severely with a displacement of the uterus. I could not stand on my feet for a long time. My physician treated me for six months without success. I was then advised to take Lydia E. Pinkham's Vegetable Compound and I did. Today I am well and strong and do my own housework. I lost my health to Lydia E. Pinkham's Vegetable Compound and advise my friends who are afflicted with any female complaint to try it. Mrs. ORVILLE ROCK, R. R. No. 5, Paw Paw, Michigan.

If you are ill, do not delay until an operation is necessary, but at once take Lydia E. Pinkham's Vegetable Compound.

For thirty years it has been the standard remedy for women's ills, and has positively restored the health of thousands of women. Why don't you try it?

The Army of Constipation

Is Growing Smaller Every Day. CARTER'S LITTLE LIVER PILLS

responsibly relieve only a few cases. They are the only pills that can be taken with safety.

Small Pills. Small Dose. Small Price. Genuine. Signature.

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NEED OF MORE MONEY WORK IS KEPT BACK

(Continued from page 1)

To a Times reporter who called on Miss Rogers and asked about her work, she said that tuberculosis was a peculiar disease and if persons desire to take the necessary precautions they have the cure in their own hands. The cure consists of rest, fresh air, good food and no medicine except that prescribed by a physician. People are advised to come for treatment when they are in the early stages of the disease, and are just showing symptoms of tubercular trouble, as they are more easily treated. Advice is also given to try to prevent infection.

The symptoms of early consumption are set forth as follows:

Consumption is curable in the majority of cases if taken early. Although it may be arrested in the more advanced condition, the probability of improvement gets less as the disease progresses. Therefore take it in good time. The early symptoms are often indefinite and their true meaning can only be estimated by a doctor after examination of the chest. The following symptoms may point to the commencement of consumption:

1. Loss of energy—becoming tired of ordinary work.

2. Cough—without apparent cause. Cough—however slight, if persistent. Cough—spitting—whatever the amount or origin.

3. Shortness of breath—without unusual exertion.

4. Pain in the side or chest—if persistent. Bloodlessness—(anæmia).

5. Any one suffering from one or more of these symptoms should seek medical advice without delay, especially where there is consumption in the family or amongst fellow workers.

It is not enough to see the doctor, the chest must be carefully examined. Each patient calling for treatment is given a circular which reads as follows:

Advice for Tuberculous Patients

Be hopeful and cheerful; in most cases consumption is curable.

Do as you are told carefully, and remember that it will take a long time to get well.

You may improve steadily for months, and lose it all by carelessness.

Your expectation of spit contains germs, and is dangerous to yourself, your family, and your neighbors. It must always be collected in the pouches, as you have been taught, and burned.

Follow instructions carefully and exactly, and your chances of getting well will be increased ten times.

It will not do to be noted that the instructions given as to food would be difficult for a patient in poor circumstances to follow, and this the association is powerless to cope with at the present time.

There is need of a fund for tents, as many people live in tenements where it is almost impossible to provide the proper surroundings of light and fresh air so necessary for consumptives. In the absence of tents, the patients are recommended to take out their windows and all the air possible, but this is a poor substitute.

Outdoor schools need to be established. Miss Rogers thinks there should be at least two outdoor schools in St. John where delicate children could study just the same as indoors and under more favorable conditions. A day camp, it is contended, would also be a great benefit in St. John, and the association hopes soon to be able to raise funds to provide such an institution.

Medicine will help, but it is not so important. Therefore the cure is principally in your own hands.

1. Fresh Air. Stay in the open air as much as you can. Do not be afraid of cold weather. Remain indoors only on very windy or very damp days.

2. Rest. Never get over-tired. Never get chilly. Keep your feet warm and dry. Always wear rubbers in rainy weather. Bathe regularly. Sponge your chest with cold water every morning.

3. Food. Eat plenty of good wholesome food. Do not drink liquor, wine or beer. Do not smoke.

4. Medicine. Take no medicine without your physician's advice. Stop any medicine which upsets the stomach.

Report regularly to your physician at the dispensary.

Come immediately if you have indigestion, diarrhoea, constipation, pain, increased cough or hemorrhage.

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Never swallow your expectations. Do not kiss anyone upon the mouth. Always wash your hands before eating. The treatment of your disease consists principally in (1) Fresh Air, (2) Rest, (3) Food.

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