



All men acknowledge health to be the chief blessing of life. For what is wealth without health, or what enjoyment can we have with a broken down constitution. But essential as health is to our happiness, few show a proper concern for the preservation of it. There is hardly any pleasure or profit for which people will not hazard their health, and it is often bartered for the most sordid enjoyments. Frail and thoughtless mortals are surrounded by innumerable dangers, which make it much more strange that they escape so long, than that they almost all perish suddenly at last.

The seeds of disease are planted in our constitution by nature, death lurks in ambush along the path we tread, and at any moment we may be called away.

Diseases cannot at all times be avoided, but nothing is more certain than many valuable lives have been lost for want of due care. The most distressing causes when neglected often produce the greatest effects.

We shall now endeavour to point out the principal diseases to which all are liable and show how they may be cured. We shall commence with the vital fluid that flows through our veins.

THE BLOOD

In an average sized man is about 25 lbs., and by the action of the heart this is passed through the entire length and breadth of the body once in every two or three minutes. Out of this vital fluid every tissue in the body assimilates material for supplying the waste that is constantly going on. It is also the principal source of animal heat. To any intelligent person, with these facts before him, it can readily be understood that it is impossible to have health while the great River of Life is turbid, impure or impoverished. Let this fluid become turbid, and immediately the circulation is checked in the minute passages and capil-

lary network of the skin, and the part is diseased, and you have what is generally called

SKIN DISEASE,

such as. Ulcers, Barber's Itch, Rashes, Boils, Pimples, Eruptions, Erysipelas, Tetters, Ringworm, Itch, Salt Rheum, Scalp Eruptions, &c., &c.

If troubled with any of these painful and annoying diseases, do not think that you can be cured solely by outward applications. No eruption can form upon the surface without the co-existence of a certain morbid condition of the system; good ointments will assist but cannot cure until the cause of their appearance is removed. It is here where NORTHROP & LYMAN'S VEGETABLE DISCOVERY comes to the rescue, and by its searching and cleansing properties removes all obstructions and causes the unsightly eruptions to disappear. Give this medicine according to the directions, and continue the use of it for some time after the disease has disappeared. In cases of old sores or obstinate eruptions, the application of Dr. Thomas' Electric will hasten their removal. When the

Blood is Impoverished,

Several diseases follow, such as Nervous Prostration, Debility, Emaciation, Weakness, hands and feet cold, a susceptibility to colds, and a depressed, woe-begone feeling. The slightest exertion is followed by a sense of lassitude and weakness. What are these diseases but silent evidences that the blood has become thin and watery; get new blood into the body, and immediately the colour returns to the cheek and strength to the whole body.

For the restoration of this impaired state of things, nothing equals NORTHROP & LYMAN'S VEGETABLE DISCOVERY; being composed of the most efficacious alteratives known, it speedily restores, nourishes and enriches the blood, while its tonic properties brace the whole system in a manner surprising to the most sanguine. It has no equal in bringing out the latent vigour of the constitution, to develop its stamina and call its vitality into full play.

WHAT THEY SAY ABOUT IT.

Mr. John C. Fox, Olinda, writes, "Northrop & Lyman's Vegetable Discovery is selling well and giving good satisfaction. Those who have used it say it has done them more good than anything they have ever taken."

Mr. George Tolen, Druggist, Gravenhurst, Ont., writes: "My customers who have used Northrop & Lyman's Vegetable Discovery say that it has done them more good than anything they have ever used."

Mr. John Anderson, Grassmere, Ont., writes: "The Vegetable Discovery you sent me is all gone, and I am glad to say that it has greatly benefited

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