

and spend their winters in Florida and Southern California, while the poor deplore their inability to bear the heavy expense, and believe their want of means all that lies between them and health. This is a cruel delusion. There is no climate on the face of the earth which alone would cure them: or where consumption is not common among the native population; or where people do not contract consumption, and die of it just as they do here. There are many places where the air is warmer in winter, and more enjoyable during the broken months of spring. But as the summer warmth did not prevent you from getting consumption in the North, and did not cure it, why upon it the winter warmth of a Southern climate will not do so either. The chief gain by going to a warm climate for the winter is that invalids can take more regular outdoor exercise. This does not cure any disease of the lungs, but it is a help to proper treatment. If you go to Florida or California you will be no better off when you get there than Florida and California people who have lung disease, and, as they contracted it in that climate and die of it there, it is folly for you to believe that you will be cured by that climate.

What is needed, in all Northern countries, for the proper treatment of weak and diseased lungs, is a *Winter Home*, constructed with a large court in the centre, roofed over with glass, thoroughly ventilated, and kept at an even temperature throughout the winter. The court should be large enough to afford an abundance of pure air, with room for exercise. In such a Home, protected from cold, and in an equable temperature, all cases could be treated with greater success. Connected with it there should be rooms for medicated air adapted to the requirements of particular classes of cases, in which patients could spend a certain part of each day. In such a climate as this the air would always bear a heating bath to the lungs, and all the surroundings be conducive to health, while the diet, exercise and habits of patients would be under the immediate eye of the physician, and made to minister to their recovery.

By medicating the air of the patient's sleeping room I am able to keep up during the night a constant healing action on the lungs which is better than any climate in the world.

ROBERT HUNTER, M.D., Bay Street, Toronto  
November 14.

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### Chronic

Catarrh destroys the sense of smell and taste, consumes the cartilages of the nose, and, unless properly treated, hastens its victim into Consumption. It usually indicates a scrofulous condition of the system, and should be treated, like chronic ulcers and eruptions, through the blood. The most obstinate and dangerous forms of this disagreeable disease

Can be cured by taking Ayer's Sarsaparilla. I have always been more or less troubled with Scrofula, but never seriously until the spring of 1882. At that time I took a severe cold in my head, which, notwithstanding all efforts to cure grew worse, and finally became a chronic Catarrh. It was accompanied with terrible headaches, deafness, a continual coughing, and with great soreness of the lungs. My throat and stomach were so polluted with the mass of corruption from my head that Loss of Appetite, Dyspepsia, and Emaciation totally unitted me for business. I tried many of the so-called specifics for this disease, but obtained no relief until I commenced taking Ayer's Sarsaparilla. After using two bottles of this medicine, I noticed an improvement in my condition. When I had taken six bottles all traces of Catarrh disappeared, and my health was completely restored.—A. B. Cornell, Fairfield, Iowa.

For thoroughly eradicating the poisons of Catarrh from the blood, take

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saparilla. It will restore health and vigor to decaying and diseased tissues, when everything else fails.

Prepared by Dr. J. C. Ayer & Co., Lowell, Mass.

### Catarrh

Is usually the result of a neglected "cold in the head," which causes an inflammation of the mucous membrane of the nose. Unless arrested, this inflammation produces Catarrh which, when chronic, becomes very offensive. It is impossible to be otherwise healthy, and, at the same time, afflicted with Catarrh. When promptly treated, this disease may be

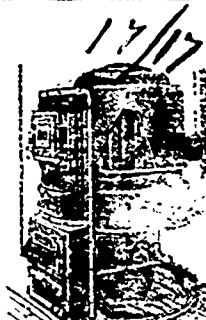
Cured by the use of Ayer's Sarsaparilla. I suffered, for years, from chronic Catarrh. My appetite was very poor, and I felt miserably. None of the remedies I took afforded me any relief, until I commenced using Ayer's Sarsaparilla, of which I have now taken five bottles. The Catarrh has disappeared, and I am growing strong and stout again; my appetite has returned, and my health is fully restored.—Susan L. W. Cook, 909 Albany street, Boston Highlands, Mass.

I was troubled with Catarrh, and all its attendant evils, for several years. I tried various remedies, and was treated by a number of physicians, but received no benefit until I commenced taking Ayer's Sarsaparilla. A few bottles of this medicine cured me of this troublesome complaint, and completely restored my health and strength.—Jesse Boggs, Holman's Mills, Albermarle, N. C.

If you would strengthen and invigorate your system more rapidly and surely than by any other medicine, use Ayer's Sar-

saparilla. It is the safest and most reliable of all blood purifiers. No other remedy is so effective in cases of chronic Catarrh.

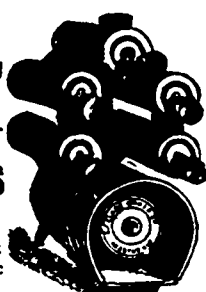
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