

CONSUMPTION

There is ease for those far
consumption—not recovery—

"When past cure, there is strength and comfort, ease and prolonging of life, in

Scott's Emulsion."—*From CAREFUL LIVING.*

There is cure for those not far gone.

"Consider again what consumption is. It is the growth and reproduction of this germ in the lung, when the lung is too weak to conquer it. The remedy is strength.

The adjustment of lung-strength to overcome lung-strength is going on all the time in us. Health for the lungs is fighting this germ with the odds in our favor. Consumption is fighting this germ with the odds against us.

What will cure consumption after you now you have got it?

You do not know you have got it until the gut has been going on against you for some time. It is serious now.

Before it began you were in poor health, and your health has been getting poorer all the time ever since. The germs have got a

good start, and your germ-fighting strength is a good way behind. The question is: Can you now, with the added burden of this disease, recover strength enough to conquer it?

You may or may not. The only way to find out is by trying. Whether you will succeed or not depends on how far along you are in consumption, and how carefully you can live.

Careful living has different meanings for different persons. Your doctor is the one to find out its meaning for you, and to point out the way to health for you. He will tell you that the food to fight consumption with is fat; and that the easiest food-fat is cod-liver oil when partly digested, broken up into tiny drops, as in Scott's Emulsion.—*From CAREFUL LIVING.*

There is prevention—better than
cure—for those who are threatened.
Who are threatened?

Every one recognizes the change from being plump to being less plump as a sign of getting down of health.

Whoever is in a low state of health, inherited or acquired, whether he has ever sus-

pected a tendency toward consumption or not, inherited or acquired, may well take thought to fortify himself against it.—*From CAREFUL LIVING.*

The remedy—careful living.

This careful living is nothing more than practice of being comfortable. It be-

longs more and more to modern life. It is civilized life.—*From CAREFUL LIVING.*

"CAREFUL LIVING, a small book on the relation of fat to health in the light of medical science of today, will be sent free to those who write for it to Scott & Bowne, 132 South Fifth Avenue, New York.