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If you are sick with any disease of the Circulation, the Stomach, Liver, Kidneys, Bladder or Throat, **VITÆ-ORE WILL CURE YOU!**

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NOEL SAYS he doesn't want your money unless Vitæ-Ore benefits you, and NOEL is old enough to know what he wants.

NOEL SAYS that his superintendents and clerks in his office and laboratory at Toronto have instructions to send a full sized \$1.00 package of Vitæ-Ore on thirty days' trial to every sick and ailing reader of this paper who requests it, the receiver to **BE THE JUDGE**, and not to pay **ONE CENT** unless fully satisfied with the results obtained, and NOEL is the kind of a man whose orders are carried out. Read his special offer. Here is his **SIGNATURE ON IT!**



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WE WILL SEND to every subscriber or reader of THE NORTHERN MESSENGER, or worthy person recommended by a subscriber or reader, a full-sized One Dollar package of **VITÆ-ORE**, by mail, Postpaid sufficient for one month's treatment, to be paid for in one month's time after receipt, if the receiver can truthfully say that its use has done him or her more good than all the drugs or dopes of quacks or good doctors or patent medicines he or she has ever used. Read this over again carefully, and understand that we ask our pay only when it has done you good, and not before. We take all the risk; you have nothing to lose. If it does not benefit you, you pay us nothing. Vitæ-Ore is a natural, hard, adamantine, rock-like substance—mineral—Ore—mined from the ground like gold and silver, and requires about twenty years for oxidation. It contains free iron, free sulphur and magnesium, and one package will equal in medicinal strength and curative value 800 gallons of the most powerful, efficacious mineral water drunk fresh at the springs. It is a geological discovery to which there is nothing added or taken from. It is the marvel of the century for curing such diseases as Rheumatism, Bright's Disease, Blood Poisoning, Heart Trouble, Dropsy, Catarrh and Throat Affections, Liver, Kidney and Bladder Ailments, Stomach and Female Disorders, La Grippe, Malarial Fever, Nervous Prostration, and General Debility, as thousands testify, and as no one, answering this, writing for a package, will deny after using. Vitæ Ore has cured more chronic, obstinate, pronounced incurable cases, than any other known medicine and will reach such cases with a more rapid and powerful curative action than any medicine, combination of medicines, or doctor's prescription which it is possible to procure.



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A geological wonder, discovered by Theo. Noel, Geologist, and mined from the ground like GOLD AND SILVER.

Vitæ-Ore will do the same for you as it has for hundreds of readers of this paper, if you will give it a trial. Send for a \$1.00 package at our risk. You have nothing to lose but the stamp to answer this announcement. We want no one's money whom Vitæ-Ore cannot benefit. You are to be the judge! Can anything be more fair? What sensible person, no matter how prejudiced he or she may be, who desires a cure and is willing to pay for it, would hesitate to try Vitæ-Ore on this liberal offer? One package is usually sufficient to cure ordinary cases; two or three for chronic, obstinate cases. We mean just what we say in this announcement, and will do just as we agree. Write to-day for a package at our risk and expense, giving your age and ailments, and mention this paper, so we may know that you are entitled to this liberal offer. This offer will challenge the attention and consideration, and afterward the gratitude of every living person who desires better health or who suffers pains, ills and diseases which have defied the medical world and grown worse with age. We care not for your skepticism, but ask only your investigation, and at our expense, regardless of what ills you have, by sending to us for a package. **ADDRESS**

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Water Drinking and Health.

The human body contains a complete sewerage system in which poisonous and disease producing refuse is constantly gathering and jeopardizing the health. The same rule which applies to municipal sanitation will also apply to personal sanitation, and the danger of disease may be forestalled by flushing out this sewerage system with an excess of water. Just as truly as the gathering of filth from the city in the 'sewerage veins' endangers the lives of the inhabitants, so the poisons generated by the bodily metabolism, collected in the excretory organs, will jeopardize the lives of the millions of inhabitants of the body, the living cells. Every action of muscle or of nerve accompanied by the destruction of cells which, if not

eliminated, will accumulate like clinkers.

Aside from the mere 'choking of the flues,' we must bear in mind that the body is constantly generating poisons, which, if eliminated freely, will do no harm; but which, if retained, will be productive of disease. Such a poison is uric acid, which is charged justly with causing rheumatism, gout, constant headaches, dizziness and a train of other symptoms, and it must be seen that if the accumulation of refuse is the cause of such conditions, the logical means of cure is its elimination. Other 'products of metabolism' create their own types of disease and all may be prevented by the free use of water.

A beginning of kidney trouble lies in the fact that people, especially women, do not drink enough water. They pour down tumblers of ice water as an accompani-

ment to a meal, but that is worse than no water, the chill preventing digestion, and indigestion being an indirect promoter of disease. A tumbler of water sipped in the morning immediately on rising, another at night, are recommended by physicians. Try to drink as little water as possible, with meals, but take a glassful half an hour to an hour before eating. This rule persisted in day after day, month after month, the complexion will improve, and the general health likewise. Water drunk with meals should be sipped, as well as taken sparingly.—'Good Housekeeping.'

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