

action of breathing, if so, *tighten*; if such is not the cause of the pain take it off and replace it with a *hot* one; study to understand the treatment intelligently and *on principle*. You will then experience no trouble in treating any case, as the varying circumstances or necessity may require. As soon as practicable, in all cases, begin the RESPIRATION CURE, and also as soon as practicable, after inflammations and pains, apply *specific flushing of the kidneys* to carry off poison.

WHATEVER YOU DO—DO WITH A WILL—put lots of *volitional* force into it, it's *half the battle*. You will succeed if you only *go about it* on the principle of the Apostolic injunction, "Whatsoever thy hand findeth to do, do it with thy might," remembering, also, that the highest of all authority has said that, "according to your faith it shall be done." If you have no faith, *you're a gonner—no use*. Just as true here as in the realm of morals and religion—TRUE EVERYWHERE, BECAUSE TRUTH IS TRUE.

FINALLY. Remember that you have been slowly running down for years, little by little, day by day, and therefore, do not expect that any treatment, save a miracle, will restore you wholly and immediately. If yours is a curable case you now have the knowledge and the ample means whereby to become a most useful helpmate to NATURE, the ONLY doctor that ever really earned or was ever really worthy of a diploma; all others are quacks beside. Wait on her, we say, in the *diligent, intelligent* and *persistent* use of the ways and means herein and hereby placed within your knowledge and power and NATURE will give you the victory—if victory be possible.

WE DO NOT SOLICIT TESTIMONIALS, but at the same time are always glad, *very glad*, to hear from you as to how you progress, and will cheerfully assist you in the management of your case by the aid of any advice or direction in our power to give. We will give our time and advice FREE—*free to you as the air*—and will only ask that you enclose the return postage, which to you is