

# Don't Let Yourself Get Thin

If you get hungry three times a day, enjoy your food, and enjoy the next two hours, you are happy enough.

If not, what you want is to get there.

A great deal of sickness begins with loss of fat. You know this. When your friend is in good flesh, you say, "How well you look!" and when he is thin you don't say what you think, but you worry about him.

Apply this to yourself. Don't let yourself get thin.

The diseases of thinness that we fear most are scrofula in the child and consumption in the adult. If you keep your child and yourself plump, you do not fear these diseases.

It will be useful to you to know the exact reason for this.

The germ of scrofula and consumption thrives on leanness. Fat keeps it down. Fat, then, is the food-means of getting the odds in our favor when contending against this germ.

Everybody knows that cod-liver oil is a fat producer.

## Scott's Emulsion

is cod-liver oil made easy. The taste is concealed; the oil half-digested; it is half-ready to make fat.

In health you get this fat from your ordinary food, and have no need of cod-liver oil. When you begin to lose flesh, you are not getting the fat that you must have out of your ordinary food, and you do need cod-liver oil. Take Scott's Emulsion.