

AILING WOMEN OF MIDDLE AGE

Mrs. Doucette Tells of her Distressing Symptoms During Change of Life and How She Found Relief.

Belleville, Nova Scotia, Can.—“Three years ago I was suffering badly with what the doctors called Change of Life. I was so bad that I had to stay in bed. Some friends told me to take Lydia E. Pinkham's Vegetable Compound and it helped me from the first. It is the only medicine I took that did help me and I recommend it. You don't know how thankful and grateful I am. I give you permission to publish what your good medicine has done for me.”—Mrs. SIMON DOUCETTE, Belleville, Yarmouth Co., Nova Scotia, Canada.

Such warning symptoms as sense of suffocation, hot flashes, headaches, back-aches, dread of impending evil, timidity, sounds in the ears, palpitation of the heart, sparks before the eyes, irregularities, constipation, variable appetite, weakness and inquietude, and dizziness, are promptly heeded by intelligent women who are approaching the period in life when woman's great change may be expected.

Lydia E. Pinkham's Vegetable Compound invigorates and strengthens the female organism and builds up the weakened nervous system. It has carried many women safely through this crisis.

If you want special advice write to Lydia E. Pinkham Medicine Co. (confidential) Lynn, Mass. Your letter will be opened, read and answered by a woman, and held in strict confidence.

PRIVATE OFFICE

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Back in
ten minutes*

Cramming down ill-chosen food, and rushing back to work, leads straight to dyspepsia, with all it means in misery.

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148

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and now I feel convinced that if it were not for my daily bath, I couldn't live in this climate.

I knew three doctors who went from Mobile, Ala., to Colorado with consumption; two of them came back eight months later corpses; the other is still there enjoying a healthy life, due, so he claims, to outdoor exercise; the other two men lay in their hammocks smoking, reading, and waiting for the climate to cure them, while he cured himself by the aid of the climate. I might also quote my father's experience. He was in such an advanced stage of consumption that the doctor ordered medicine only to ease his last days. He threw this medicine out of the window and asked to be taken to his uncle's farm, a distance of thirty miles from the city in which he lived. Every day he was taken out to the field where his uncle was ploughing. At first he was able to walk only ten feet or so, and then rest, taking deep breaths of the pure country air; each day he would endeavor to walk farther, until he was able to follow the plough the whole length of the field, and, after four months, to handle the plough by himself. Forty-four years later he died from pneumonia; he was cured thirty miles from the spot at which he was given up to die. So much for climate.

Concentration

Health and power are largely dependent upon concentration. A fainting person can often be restored by a slap in the face which establishes concentration. By concentration man becomes master of his physical being, and by concentration he overcomes obstacles from without. Nine per cent of thought energy is wasted in the ordinary human being through lack of concentration. Power is not focused. It is allowed to dribble away in useless thoughts and idle dreamings. Without concentration one is led into all kinds of mistakes. The alert, concentrated mind sees the path ahead. Without concentration a man goes through life like a sleep walker, never more than one-fourth alive to what is going on about him. Concentration is the essence of all knowledge. Without concentration man is controlled by outward things. He drifts, a prey to every wind of suggestion that blows. By concentration he becomes, in great degree, master of his fate, captain of his soul. There is only one way to acquire concentration, and that is by practising it in connection with your work each day. Practise it in all the common acts of your daily life. Put your mind into the acts of your hands.—Health.

Back to Earth

Every man and every woman, too, would find fuller vigor through direct contact with the land. Every normal man has an instinct to own and work a strip of mother earth. Even the man who was born and has always lived in the city feels all the instincts and delights of the pioneer when he acquires possession of a little plot of earth and a few trees. He grubs and digs and cuts and prunes with ecstasy and his face gets tanned and his muscles swell and harden, and his pepsin and charcoal tablets are no longer needed for his digestion is perfect.

It is related of a good-humored celebrity that when a man once stood before him and his friend at the theatre, completely shutting out all view of the stage, instead of asking him to sit down, or in any way giving offence, he simply said, “I beg your pardon, sir; but when you see or hear anything particular interesting on the stage, will you please let us know, as we are entirely dependent on your kindness?”

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