

ON PURITY OF BLOOD.

It has been well said that as soon as a man begins to live he begins to die. In our every tissue there is continually going on a process of waste and re-construction, of building up and casting down. This is necessary for life itself. The amount of food, water and pure air converted into healthy blood for the nutriment of our bodies must be equal to the amount of material lost in living. It is said that in the course of one year a man receives into his body over one ton of material for the support thereof, and, through expiration, evaporation from the skin and the discharges from the various secreting and other organs, he loses just as much.

The central force in all these changes is the blood, and the maintenance of life is only to be secured by pure arterial blood. The blood is supplied with matter from three distinct sources—the atmosphere, the proceeds of the digestion of food and the absorption of that portion of the tissues which has already served its purpose and become effete. This latter is got rid of, burnt off, in fact, in the lungs.

An eminent family doctor in an article on this subject in *Cassell's Magazine* says: "No injurious matter must float in our veins if we would enjoy good health and the prospect of a reasonably long life. I believe that from the want of knowing how properly to retain the blood in a state of life-giving purity thousands die annually, and tens of thousands do not enjoy their existences as they otherwise might. Their names are legion who pass their lives, if living it may be called, in a condition very far indeed from that of health. They never have much to complain of, probably, while, on the other hand they never can boast. Their state is perhaps best summed up in the simple, but expressive word 'middling' which we hear scores of times, every day. Such people are very easily affected by the state of the atmosphere and by the weather, and in nine cases out of ten they are rendered constitutionally weak, from the fact that the blood in their systems is not so pure as it ought to be. They easily catch colds and other ailments, because their bodies have no resisting power, being either insufficiently nourished or partly poisoned by the blood that circulates through them."

The writer then goes on to say that "any organ and every organ in the body will be rendered weak, inactive and probably unhealthy, if it be for a time supplied with blood of insufficient strength

and purity; but even a weakly and unhealthy organ will begin to regain its strength and vigor, from the very hour the blood-making process has been placed upon a purer and more healthy footing. This should give hope to many who have been suffering long from chronic derangement of some internal organ."

WILSON'S ANTI-BILIOUS AND PRESERVING PILLS.

With the facts just rendered before us it is not necessary to apologize for the introduction of DR. WILSON'S ANTI-BILIOUS AND PRESERVING PILLS which have proved themselves by years of trial to be not only a safe, mild and certain vegetable Cathartic and blood purifier and cleanser, but, in addition, that they have wonderful powers of building up and restoring the system to full health and vigor. In their composition every element not of positive value is discarded and only the active medicine used. As a result the greatest possible amount of curative material is made to occupy the smallest possible compass, and every atom has its special work to do in the cure of deep seated diseases whose symptoms are: CONSTIPATION, COSTIVENESS, INDIGESTION, HEADACHE, SICK HEADACHE, DYSPEPSIA, LOSS OF APPETITE, FOUL STOMACH AND BREATH, BILIOUSNESS, HEARTBURN, DIZZINESS, LIVER COMPLAINT, PILES, JAUNDICE, and all diseases having their origin in impure blood or a disordered liver or stomach.

To cure these diseases it is first necessary to cleanse and purify the blood, liver and stomach and thus take away the causes of them. This duty is well performed by the concentrated juices of extracts of five different medicinal roots of which Dr. Wilson's Anti-Bilious and Preserving Pills are composed.

The first is a safe and certain Cathartic which, while not acting so powerfully upon the coats of the stomach and bowels as to produce irritation or inflammation, as is the case with so many Cathartics, causes a flow of the natural purgative, and thus, by assisting and not forcing nature, its good action is rendered permanent.

The second is a sudorific which stimulates the glands of the skin, through the agency of perspiration, to get rid of the too large quantity of water and effete matter held in solution by the blood.

The third acts chiefly on the kidneys, causing a free flow of urine or water impregnated with certain salts produced in