

DR. ARNOLD'S TALK TO PALE WOMEN.

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Pale women are those who suffer from lack of blood. Doctors call it Anemia. They are weak, languid, listless, easily tired, short of breath, nervous and dejected. Their lips and skin are pale and bloodless—their faces an ashen hue. Young women are more subject to this condition of weakness than others. The causes are mostly from close confinement in shops, factories or offices—sometimes overwork, anxiety or fatigue. The right remedy for all these conditions is Dr. Arnold's English Tonic Pills for Pale People.

They are a natural tonic—perfectly harmless to the system, do not contain a single ingredient of a dangerous nature. They create new rich blood, increase the vitality, build up the body and act as a rampart against attacks of Terms. To keep strong and be able to resist disease, you should follow the advice given here by a sister who was once as pale, weak and nervous as you are.

A STORY FOR GIRLS.

How Miss Ida M. Horkirk of Toronto Overcame Her Difficulties.

The Dr. Arnold Chemical Co., Limited, Canada Life Building, 44 King-street west, Toronto.

Distressed with a persistent headache, alternating with dizziness, my tongue in the morning would be coated and sticky and I was unable to get up. I was very nervous, and took no pleasure in work or play. My mother, who had used Dr. Arnold's English Tonic Pills, advised me to try them, and I did so. I took them three times a day, after meals, and I can testify that I improved very rapidly. I had my first menstruation on the 15th of the month, and I feel better than I have for many years past. To Dr. Arnold's English Tonic Pills, and to them alone, the credit for this change is due.

(MISS) IDA M. HORKIRK, "314 Harbord-street, Toronto."

Dr. Arnold's English Tonic Pills are sold by all druggists; large box 75c, small box 25c, or sent postpaid on receipt of price by The Arnold Chemical Co., Limited, Canada Life Building, 44 King-street West, Toronto.

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