

The Menstrual Flow

From the time that menstruation begins, at the age of twelve or fifteen, until it ceases at the age of forty-five or fifty, the monthly periods may be called the thermometer of woman's health. Just as soon as they are irregular or accompanied by pain or distress, she knows that her system is deranged and that serious trouble is threatening.

Whether painful, scanty, suppressed or diffuse, the cause is almost invariably in a weak and exhausted condition of the system, and serious complications can only be averted when the body is toned and invigorated by such a treatment as Dr. Chase's Nerve Food.

The important function of menstruation cannot long be suspended without upsetting the whole system. Women who are weak and subject to menstrual derangements should take great care to keep the body warmly clothed, as a chill may be enough to cause a suspension of menstruation, and bring on other ailments.

Since the common cause of irregularities and the suffering accompanying them is weakness of the nerves and muscles, the only care is in restoring the system, and invigorating the organs of the body. For this purpose Dr. Chase's Nerve Food has a reputation which is unrivalled by any treatment known.

Women Who Work

In the stores and factories, as well as in many homes, there are women suffering from female diseases and weaknesses who are compelled to be on their feet many hours each day. They have almost constant bearing-down or dragging pains in the abdomen, the small of the back and loins. These symptoms are usually accompanied by pains in the limbs, great fatigue, pain in walking, constipation and other irregularities.

The unusual strain to which some women are subject wears out the body at a tremendous rate, unless some restorative is used to reinvigorate the system. Dr. Chase's Nerve Food has established an enviable reputation as the most effective remedy ever prescribed for the ailments, weaknesses and irregularities of women.



MRS. HARRISON.

troubled with pains in my back which bothered me a great deal. At times I had dizzy feelings in my head and would suffer from severe headaches. I can heartily endorse Dr. Chase's Nerve Food because it has entirely freed me of these distressing symptoms and so built up my system that I now feel real well."

Female Weakness

The symptoms of "Female Weakness" are:—backache, dragging-down feeling, fatigue in walking, painful menstruation, uterine troubles, inability to stand long, and often ulcers and tumors.

To cure Female Weakness, or Falling of the Womb, the nerves and muscles must be toned and invigorated. Dr. Chase's Nerve Food is found to be particularly well suited as a remedy for this ailment so common to women. Through the circulation of the blood and the nervous system it finds its way to every organ of the body and builds up the system, restoring the full vigor and vitality of health.

No restorative was ever so successful in curing the ailments peculiar to women as Dr. Chase's Nerve Food. It brings back the color to the cheeks and the roundness to the form of pale, weak women. It frees them of backaches and the pains and aches caused by derangements of their systems, and fills them with the vim and energy of youth.

Epilepsy and Insanity

Among the most dreaded results of an exhausted nervous system are epileptic fits and insanity. The epileptic should have the most watchful care at all times, and immediate assistance when the fits come on. The constant and regular use of Dr. Chase's Nerve Food will ultimately so strengthen the nerves as to give them full control of the whole system, when the fits will entirely disappear. Much patience and perseverance is required in the treatment of epilepsy, but the use of Dr. Chase's Nerve Food is certain to prove beneficial, and will thoroughly cure this ailment.

It is not claimed that Dr. Chase's Nerve Food will cure insanity, but if used regularly it will restore the health of the patient, and by revitalizing the nerves do much towards giving back the proper workings of the brain. In all diseases of the nerves, prevention is a thousand times better than cure. When nervous exhaustion first shows itself in sleeplessness, headache, irritability, is the time to prevent these dreadful diseases by the prompt use of Dr. Chase's Nerve Food.

Suffered with Pains In the Back

Had severe attacks of nervous headaches and dizziness—Symptoms common to woman's ill.

Hosts of women who suffer from a run down system neglect to cure themselves, believing that they are only tired and not knowing that their vigor and strength is being depleted at an enormous rate. When the duties of the day become a burden and you feel like putting them off, you should suspect there is something wrong, and profit by the experience of Mrs. Harrison who restored her system by using Dr. Chase's Nerve Food.

MRS. T. HARRISON, 734 Victoria street, Kingston, Ont., and

whose husband is a fireman, states:—"For some time I have been