

on the other, a watery or sloppy diet. Avoid soups, broths, pickles, new and warm bread, raw fruits, and an excess of tea or coffee. Keep the bowels regular with Pinkiets, the new laxative that harmonize with Dr. Williams' Pink Pills.

As an example of nutritious and wholesome diet may be named the following:—Fresh meats (except pork) fresh fish, fowls, eggs, vegetables (well cooked), bread and butter, milk, rice, cornflour and sago pudding.

BATHING.

Men and women, if you want to be well, nothing will help you so much as a bath every morning—cold for choice. Ladies if you want to be pretty, nothing will help you so much as a bath every day—cold for choice. If you cannot stand it quite cold, take it tepid. Use a sponge. Wet the head all over first if you are a man; wet the nape of the neck first if you are a woman. Then step in. Sponge the chest three times and the back three times. The shiver that this causes will do you good—it is *medicinal*. Don't linger. Rub yourself well with a towel, not too soft, and dress quickly. A lukewarm bath, taken quickly, with soap, once a week, instead of the sponge bath.

EXERCISE.

Everyone ought to take enough exercise to produce a mild fatigue every day. A fifteen minute brisk walk, well wrapped up, before breakfast, is one of the finest things possible for the health.

If your bowels are not acting regularly, drink slowly a full half-pint of cold water as soon as you rise. The morning walk will help you to overcome costiveness if you take a drink before it.

If the bowels act too freely drink very little tea or coffee at breakfast.

THE CONDITION OF THE BLOOD.

"If You Want to Be Well Take Care of the Blood."

All the things enumerated in the foregoing are desirable for those who would be well. But the health of the Blood is more; it is indispensable. One of the most indisputable of Dr. Williams' many claims to greatness is this; that above all other great physicians, he has taught people to look after their blood.

Blood is at once the cleanser and food-bearer of the body. If your blood is not rich and red, your body is poisoned and your nerves shattered. Dr. Williams' Pink Pills for Pale People enrich the blood and purify the blood. They are unlike any other medicine ever discovered, for this reason; that they purify without weakening. They do not purge; they do not affect the bowels; but they cast out unflinchingly all impurities, and at the same time, instead of leaving the blood thin and impoverished, as every other purifying medicine does, they build it up, make it rich, and warm, and red, carrying life and health to the remotest parts of the body. Use them if you have the least doubt that your blood is fully as rich and pure as it should be; but, because they are unlike any other medicine, be sure to use only the genuine pills. For your own protection you are earnestly entreated to see that the wrapper around the box bears the full name—"Dr. Williams' Pink Pills for Pale People."