

## To our Readers.

The very low price at which the JOURNAL is issued renders a large subscription necessary to our financial success. We therefore ask every one who receives this number to send in his fifty cents; or, better still, show it to a neighbor, receive his subscription, and send us \$1 for the two. We offer very liberal club rates, and a little exertion on the part of our friends will thus receive, if not remuneration, at least acknowledgment. Anyone who has some spare time, and is willing to canvass for us as a regular agent, can learn our terms by writing.

As the first numbers of the JOURNAL will fall into the hands of many medical students, we offer an opportunity to increase their libraries at a very easy rate. As premiums for clubs we will give any of the publications of H. C. Lea, Philadelphia, on the following terms:

For	10	Subscribers and	\$5.00	Books to the value of	\$2
	25	" "	12.50	" "	5
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	200	" "	100.00	" "	50

When sending the club list and money, send also the names of the books you wish, selected from Lea's catalogue, which may be found in the possession of any physician.

DR. DIO LEWIS guarantees lean people their share of adipose blessings if they will seek jovial society, go to bed at eight or nine o'clock, and get up when they get ready, and eat freely of oat meal and graham mush, cracked wheat and stewed fruit. Fat folks, on the other hand, he warrants to bring down from 240 to 160 pounds in a year, if they will rise early, sleep little, walk an hour before breakfast, exercise into a profuse perspiration at least once a day, reduce the quantity of their food one-quarter—increasing their animal food—and at the end of three months reduce the quantity another quarter. There are some thin folks anxious for a more rotund and fleshy appearance, while many fat people are weary of the burden of adipose they are compelled to bear. These dissatisfied ones may follow the advice of Dr. Lewis, and if they succeed by these means in changing their physical appearance for what they consider the better, will not likely regret the trouble.