

steady nerves and are blest with good appetites and digestion, and enjoy sound, refreshing sleep. If we could always maintain the purity of the wealth, but it becomes infected and poisoned and most of the ills that afflict umanity and undermine the constitution are caused by an impoverished or polluted condition of this vital fluid.

When the blood is diseased the skin loses its healthy appearance, and the complexion, its freshness and beauty and becomes red and rough and full of pimples and splotches. Itching, scaly eruptions, blackheads, boils and rashes break out upon the body when the blood is too poor or too thin and acid, and is not supplying proper nourishment to the system. Debility, poor appetite, bad digestion, restless sleep and nervousness more often come from sluggish, impure blood than any other

cause. To build up the blood, restore its lost properties and make it rich and nutritious again is the only rational treatment, and the proper way to get rid of skin troubles. There is no remedy like S. S. S. to accomplish this

vigorates and tones up the general health. When rich, red blood is again flowing through your veins all skin eruptions

disappear, the appetite improves, the complexion clears and you get rid of those miserable depressing feelings and nervousness, and enjoy once more the blessings of good health. S. S. S. is nature's remedy for all blood and skin diseases. It contains no minerals whatever, but is guaranteed purely vegetable. Write for free book. No charge for medical advice or other information desired

THE SWIFT SPECIFIC CO., ATLANTA, GA.

of S. S. S., and in a remarkably short time was sound and well. My appetite increased wonderfully and food agreed with me. I think it is a fine family medicine. MRS. M. R. DAVIDSON.

Bookmart, Ga.

way back to New York from Easton, For three years I had Tetter on my Pa. The mean chap had simply gone There is only one newspaper which hands. Part of the time the discase into the shed and given him imitation is published in the arctic circle, and was in the form of running sores, very painful and causing me much mfort. Four doctors said the Herald. Tetter had progressed too far to be cured, and they could do nothing for me. I took only three bottles of S.S.S. and was completely cured. This was fifteen years ago, and I have never since seen any sign of my old trouble. MRS. L. B. JACKSON. \$37 St. Paul St., Kansas City, Kas.

show worse teeth to the examining medical officers every year. It has just been found necessary to lower the and it does it promptly and thoroughly. standard of height, weight and chest S. S. S. antidotes and removes from the measurement to a degree which is The popularity of Germany's rallway blood all poisons and humors, and restores mite indefinite. With all modern ath- minister (Herr Budde) is illustrated by it to a normal, healthy condition, and ineticism there is still a definite tend- the fact that nearly 20,000 laboring

> cal degeneration in Great Britain at graph costing 15 cents. the present day A man who works usually pays his The enting of snakes, lizards, scor-

Reptile Diet Prohibited.

Herr Budde Popular.

Among horses, Shetland ponies are

Newspaper in the Far North.

Star, which is issued once a week at

debts, as he has money. But the lost plons, centipedes, tarantulas and other er is nearly always a dead beat, be reptiles is prohibited by statute in Kan cause he has no money. 1.000

The meal was eaten and the tramp of a "well bred" deer.

Shortly after Sanderson went out to the pygmles. The ordinary musk of

the shed and was surprised to find Central Africa is a pigmy, or dwarf,

every stick of wood intact. Upon in- of only about twenty inches in height

he had been entertaining a stranded at the shoulder and three feet in

of sawing wood,-Rochester (N. Y.) that is the Nourlanaste, or Eastern

expressed his thanks and departed.

ventriloguist, who was working his

Pauper Lunatics in Britain.

Steadily for the last ten years the

until I tried Ayer's Cherry Pecto-ral. Only one-fourth of the bottle Sigerfjord, in the extreme north of Norway. It is written in the Lap lancured me L. Hawn, Newington, Ont. Steadily for the last ten years the guage and is a very small paper, con number of certified pauper lunatics in sisting of only four pages. Its con the British isles has been rising. Sim- tents are chiefly short articles on re-Neglected colds always liarly, suicide is increasing all over the ligious subjects and items of local lead to something serious. country. Turn to the physical form news. The peculiarity of the little and the tale is the same. Army recruits paper is that it has no advertisements They run into chronic bronchitis, pneumonia, asthma, or consumption. Don't wait, but take Ayer's Cherry Pectoral just as soon as your cough begins. A few doses will ency to increased insanity and to phys- men bought his latest portrait-a litho cure you then.

Kitty-Oh, she's one of the naughts.

Bad Coughs

"I had a bad cough for sin

weeks and could find no relief

-Baltimore American.

Three sizes : 25c., 56c., \$1. All druggists.

Commult your doctor. If he says take it, hen do as he says. If he tells you not to take it, then don't take it. He knows. Leave it with him. We are willing. J. C. AYER CO., Lowell, Mass.



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