A School Girl's Nerves.

## This record is of especial value to parents. It's a message from a loving mother dedicated to the mothers

 of growing girls. A truth ful narrative of the utmost| It is important that the nerves are carefully guarded. Mothers who have young daughters of school age should watch theis health more carefully than their studies. <br> The proper development of their bodies is of first importance. <br> After the confinement of the school room, plenty of out-door exercise should be taken. It is betler that children never learn their $a, b, c$, than that by overstudy they lose their health. <br> mits it this is self-evident. Everyone admits it-everyone knows it, but everyone does not know how to build the health up when once broken down, even the best physicians failing at times. <br> The following method of Mrs. Stephen Barnes, whose post office address is Bur- ney, Ind., if rightly applied, may save your daughter. <br> When her daughter Lucy was at that critical girlhood age of twelve years she grew weak and nervouts grew weak and nervous <br> healthy young girl," says Mrs bright. "She was diligent and progressive in her studies. <br> "It became necessary, however, for her <br> to leave school. "She was <br> physically. <br> Her nerves were at such a tension that the least noise irritated her. <br> She had continual twitching in the arms and lower limbs and symptoms of "Her blood wance thin and pale, almost lifeless. In three |
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## Patins

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## Now Buifl

demands of Nature. Every spring
the aystem is thoroughly over-
hauled-there is a general house-
cleaning going on within. The impurities that have been accumu-
lating for a year must be gotvated and prepared for the siege
of summer. Unless Nature is as-
tisted in this task, the strain on breakdown is the result. Some se
people neglect to supply this as-
S.S.S. The Blood


| J. H. Nellon, dentist. | neat Extgen Transtere. |
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| Lords's day at 11 a . m. on "Eternal Pleas. uree, in the evening the congregation | WS seec 3ot 3 r 3 |
| will join in the union Bible service at the | 1 C |
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