

BEST IN THE LONG RUN"

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Start Tomorrow and Keep It Up Every Morning


We're not here long. no tet's make
out ray agreeable. Let us live well eat well. digent well, work well, sleep
well, and look well. What a sloriop condition to attaln, and yot, how yery easy it is if one will only adopt the morning inside bath.
Folks who are accustomed to teel dull and heavy when they arise, aplittongue, nazy breath, acid stomach can, instead, feel as fresh as a daisy each morning and fushing out the whole of the
nant matter.
nant matter.
Everyone,
Everyone, whether alling, ark or bell, should, esch morning, before water with a teaspoonful of limestone phosphate in it to wash from the tomach, liver and bowels the previous day's indigestibie waste, sour bile
and poisonous toxins: thus cloansing. swentening and purifying the entire alimentary canal before putting more food into the stomach. The action of hot water and limestone phosphate on an empty stomach is wonderfuily In-
vigorating. It cleans out all the vigorating. It cleans out all the sour
fermentations, gasey, waste and acidity and gives one a splendid appetite for breakfast. While you are enjoying your breakfaat the water and phosphato is quietly extracting a largo
volume of water from the blood and volume of water from the blood and
getting ready for a thorough fushing of all the inside organa,
The millionn of people who are bothered with constipation, billous apells, stomach trouble; others who have sallow sking, blood disorders an
sickly complexions are urged to got a quarter pound of limentone phosphate from the rhug store. This will cost very little, but is suffcient to mako anyone a ropaounced craank on the sublect of inside bathing before

