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List of Lydia E. Pinkham's Remedies.



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CHAPTER I.

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A WOMAN BEST UNDERSTANDS A WOMAN.

Experience a Perfect Teacher.—Do you know what it is to suffer pain? Have you had your body racked and torn with intense suffering? Have you ever experienced that indescribable agony which comes from overworked nerves?

Have you ever felt the sharp, stinging pain, the dull, heavy pain, the throbbing, jumping pain, the cramping, tearing pain, the sickening, nauseating pain? Then you know all about them. Nobody can tell you anything more. Experience is a perfect teacher.

Book-Learning Alone Not Sufficient.—Suppose you had never experienced pain, but had just read about it in a book, do you think you would have any kind of an idea of what genuine suffering was? Most certainly not.

Book knowledge is valuable. It teaches the location of countries, the use of figures, and the history of nations; but there are some things books cannot do, and the greatest of these is, they cannot describe physical and mental suffering. These are things that must be experienced.

Personal Experience Necessary.—After you have once suffered, how ready you are to sympathize with those who are going through the same severe trials. If a member of your own home or a friend is passing through the trying ordeal of motherhood, and you have suffered the same, how you can advise, suggest, comfort, guide! If you have had a personal experience of intense agony once every month, do you not think you are in a far better position to talk with one who is suffering in the same way than you would be if you had never gone through all this?

You Best Understand Yourself.—But let us go a little farther in this study. When you listen to an eminent orator, you have but little idea whether he is nervous or not, but little idea whether he is undergoing a severe strain or not; for you have never been in his place, cannot understand just that condition.

Men become greatly interested in political matters; perhaps it often seems to you that they become too much disturbed; and yet how can you judge, for you have never been in their place? And so we might go on, giving illustration after illustration as additional proof to this one great fact.

IT TAKES A WOMAN TO UNDERSTAND A WOMAN.

Man Cannot Know Woman's Suffering.—What does a man know about the thousand and one aches and pains peculiar to a woman? He may have seen manifestations of suffering, he may have read something about these things in books, but that is all. Even though he might be exceedingly

learned in the medical profession, yet what more can he know aside from that which the books teach? Did a man ever have a backache like the dragging, pulling, tearing ache of a woman? No. It is impossible.

Even Medical Men Cannot Understand These Things.—To a man, all pain must be of his kind; it must be a man-pain, not a woman-pain. Take, for instance, the long list of diseases and discomforts which come directly from some derangement of the female generative organs; as, for instance, the bearing-down pains, excessive flowing, uterine cramps, and leucorrhœa. Do you think it possible for a man to understand these things? Granting that he may be the most learned man in the medical profession, how can he know anything about them only in a general way? You know, we know, everybody knows that he cannot.

A WOMAN CAN BEST PRESCRIBE FOR A WOMAN.

Relief First Offered in 1873.—Away back in '73 these thoughts came to Lydia E. Pinkham. She saw the most intense suffering about her on every hand, and yet no one seemed able to give relief. Her thorough education enabled her to understand that nearly all the suffering of womankind was due to diseases and affections peculiar to her sex.

The whole question resolved itself into just this: If a remedy could be made that would relieve all inflammations and congestions of the ovaries, Fallopiian tubes, uterus, and other female organs, the days of suffering for women would be largely over.

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First Made on a Kitchen Stove.—Could this be done? Mrs. Pinkham believed with all her heart that it was possible. So on a kitchen stove she began the great work which has made her name a household word wherever civilization exists. Without money, but with a hopeful heart, she made up little batches of this remedy to give to neighbors and friends whom she felt could be relieved by it.

The story soon spread from house to house, from village to village, from city to city. Now it looked as if a business might be established upon a permanent basis, a basis resting upon the wonderful curative properties of the medicine itself.

"We Can Trust Her."—By judicious advertising the merits of this remarkable remedy were set forth; and before she was hardly aware of it, she found herself at the head of one of the largest enterprises ever established in this country.

That face so full of character and sympathy, soon after it was first published, years ago, began to attract marked attention wherever it was seen. Women said, "Here is one to whom we can tell our misery, one who will listen to our story of pain, one whom we can fully trust." And so the letters began to arrive from every quarter. Now hundreds of these letters are received every day. More than a hundred thousand were written in a single year. Everyone is opened by a woman, read by a woman, sacredly regarded as written strictly in confidence by one woman to another. Men do not see these letters.

Men Never See Your Letters.—Do you want a strange man to hear all about your particular disease? Would you feel like sitting down by the side of a stranger and telling him all those sacred things which should be known only by women? It isn't natural for a woman to do this; it isn't like her, isn't in keeping with her finer sense of refinement.

No Boys Around.—And then, how would it be when some boy opens the letters, steals time to read a few before they are handed to some other boy clerk to distribute (and probably read) around the office to the various departments? It makes one almost indignant to think how light and trivial these serious matters are so often regarded.

You Write to a Woman.—But when you know your letter is going to be seen only by a woman, one who sympathizes with you, feels sorry for you, knows all about you, how different all this seems.

Confidence Never Violated.—Although there are preserved in the secret files of Lydia E. Pinkham's laboratory many hundreds of thousands of letters from women from all parts of the world, yet in not a single instance has the writer accused Mrs. Pinkham of violating her confidence.

The Largest Experience in the World.—The one thing that qualifies a person to give advice on any subject is experience—experience creates knowledge. No person can speak from a greater experience with female ills nor a greater record of success than Mrs. Pinkham. Thousands of cases come each month, some personally, others by mail; and this has been going on thirty years, day after day, and day after day, thirty years of constant success—think of the knowledge thus gained. Surely women are wise in seeking advice from a woman with such an experience—especially when it is free. If you are ill get a bottle of Lydia E. Pinkham's Vegetable Compound at once—then write Mrs. Pinkham, Lynn, Mass.

What medical man has ever lived who has prescribed for so many women? What whole corps of physicians in any hospital or medical college has answered so many letters, or treated in any way so many patients?

She Helps Everyone.—No woman ever writes to her for advice without getting help. No matter how rare you think your case may be, she is almost certain to find letters on file asking advice for other cases of the same kind. By special permission of the writers I print a few of the letters showing what cures have been effected. But if the reader could go through these secret files which are never shown, she might hour after hour, day after day, week after week, spend her whole time reading letters, each one telling some special story of rescue from serious illness, intense suffering, or impending death.

The Largest Record of Cures.—The writers of these letters are found in every clime and there is

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hardly a country in the world without its multitude of grateful women cured by Lydia E. Pinkham's medicines. They have the largest record of absolute cures from female ills known to have been effected by any physician or his medicines.

CHAPTER II.

WHAT SHALL THE FUTURE GENERATION BE?

Important to the Nation.—It is impossible to fully comprehend how important to us as a nation is the health of the young women of to-day. We fail to realize that these women are to be the mothers of the next generation, and that in their hands will lie, in large measure, the power to form the characters and direct the destinies of the boys and girls of the future.

Woman Must Be Strong.—We may educate our young men all we wish, yet we cannot have national power through their strength alone. The women of the country must have this physical education if we are to have a people that is strong and hearty.

Upon the sound health and vigor of the young women of to-day will depend, to a large extent, the health and capacity of the future generations.

What are Girls Worth?—It is estimated that there are about twelve million young women in the United States between fourteen and twenty-eight years of age. What are these young women worth to the home, to the State, to the nation, to the human race? This is largely a question of physical health.

It is the stern duty of the mother to make this clear to her daughter, and it is the solemn duty of every young woman to thoroughly study the subject herself.

Not Prepared for Motherhood.—But largely through ignorance, often through indifference, these young girls become mothers when little prepared to do so, and they find not only their own health shattered thereby, but also that they are the mothers of weak, delicate, and perhaps deformed children.

Women Desire Children.—We read a great deal in the newspapers about how American women are doing everything they possibly can to prevent having children. This is not in accord with our experience. It is a slander on American womanhood,—it is an outrageous falsehood.

In not one letter in a thousand which we receive do wives ask how childbearing may be prevented, while every day brings us many, many letters asking if something cannot be done in order that there may be a baby in the house.

A Healthy Mother and Child.—If you desire a child, you wish a healthy child; and you certainly desire to be a strong mother, one capable of caring for her infant in every way, and able to direct it all through its young life. Then let us give you some advice.

Why Some Women Do Not Have Children.—The reason why some wives do not have children may be entirely the fault of the husband; but if this is not the case, then in all probability there is some inflammation of the generative organs. This may be of recent or of old standing. It must be thoroughly removed before the impregnated egg from the ovary can become attached.

The Cure for this Condition.—That these changes can be brought about in a vast number of cases I have the most positive testimony. I have advised such wives to continually use Lydia E. Pinkham's Vegetable Compound; and, with this treatment alone, such a healthy condition of the generative organs has been brought about that pregnancy has very soon followed. This is precisely according to nature's laws, as I have indicated before.

Therefore, I say to every wife who desires a child, "Give Lydia E. Pinkham's Vegetable Compound a thorough trial. If the fault is yours, the Compound will surely remove it, and the longing of your heart will be satisfied."

CHAPTER III.

REPRODUCTION.

The Reproductive Instinct Strong.—The reproductive instinct is very strong in the human race, as is indicated by the large amount of energy the woman expends in the bearing of children, and by both sexes in the care and education of their young. As we know, it is only by the production of new individuals that the continuance of the race is assured.

Problems of Reproduction.—The problems of reproduction are extremely broad, involving not only the immediate questions of individual reproduction, but also those broader and deeper ones which relate to heredity.

A New Life, By Chance.—It is a most astonishing fact that nearly all persons born into the world are given life as the result of chance rather than by careful design. "If my parents had only known!" is the frightful wail of many a wretched life.

To Create is Divine.—At no time does man come so near being omnipotent as when, by the tremendous powers given him, a new life is called into existence. And yet, whether strong or weak, refreshed or exhausted, healthy or diseased, sober or intoxicated, sweet or ill-tempered, yielding or resisting, a new life is begun which may be either of two extremes. How great are such questions! The human mind seems appalled when asked to consider them.

Education on These Subjects Necessary.—It is not the purpose of this book to moralize upon these themes, or to say what should and should not be done; but knowing something of the wretchedness of womankind, and the fearful slavery she often has to endure, I can only hope, with all my heart, that the coming generation may be better educated on these most important topics. It is with a thought or two of this kind in mind that I append the following brief outline of this subject:

Two Sexes Necessary.—In the higher animals two sexes are necessary for the reproduction of the race, the male and the female. Each contributes some particular element toward the beginning of a new life; this is known as the germ-cell.

The Germ-Cells.—The germ-cells of the male are called spermatozoa, and those of the female, ova. The reproductive process is simply a fusion, or union of these male and female germ-cells.

The Male Elements.—The spermatozoa are exceedingly delicate and minute; they constitute the greatest part of the semen, or sperm. They are peculiar shaped bodies, having a head, body, and tail, as illustrated in the accompanying figure, and they can only be seen by powerful magnifying glasses. (Fig. 1.)

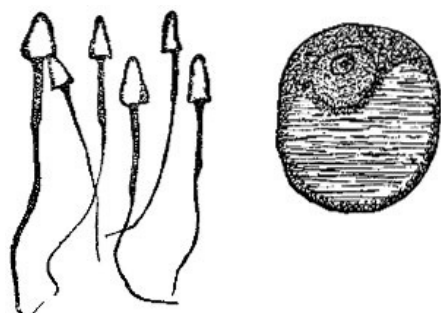


FIG. 1. At the left are six spermatozoa, or male-elements, male germ-cells. At the right is an ovum, egg, female germ-cell. All highly magnified.

They have the remarkable property of moving about with considerable activity, and their number is almost beyond computation.

Only One Male Element Necessary.—Although this number is so vast, yet only a single one is required to endow the female cell, or egg, with life. It is another illustration of how nature does everything possible to increase the chances of

perpetuating the race, for without such immense numbers, the chances of the female egg being fertilized would be much less.

May Live for Days.—Although these male elements can live but a few hours outside of the body, even when especial precautions are taken to make every thing favorable to their existence, yet they have been known to maintain their full life in the vaginal canal for more than eight days after their discharge; another remarkable provision of nature, for the prolonged existence of these cells increases the probability of the fertilization of an egg, and thus increases the chances of producing a new life.

The Female Element.—As I have already said, the female germ-cell is also known as the ovum, or egg. A single ovum is shown in Fig. 1.

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If not fertilized by the male elements, the egg passes off into the outside world; if fertilized, it stops in the cavity of the uterus, where it forms an attachment. Here it remains until perfectly developed, when, at the end of nine months, it is brought forth to the outside world as a perfect infant.

One Female Element; Many Male Elements.—The human ovum is often said to be a miniature of the egg of the common fowl, although there are some quite marked differences between the two. It is a very interesting fact to note that there is only one egg given off at a time; while there are many thousands of the male elements. This is in harmony with the larger size of the egg, and the fact that while this egg awaits fertilization it is most carefully protected within the body of the mother.

Where is Life First Made?—Where the wonderful union of the male and female elements takes place is not definitely known, although it is generally believed that it is upon the surface of the ovary, itself.

If this be true, then it is necessary for the male element to traverse the whole length of the uterine cavity, out along the course of the Fallopian tube, and there be deposited on the surface of the ovary.

The Fertilized Egg.—When a fertilized or impregnated egg is set free from the surface of the ovary, it follows the same course that the unimpregnated egg does until it reaches the uterus. Here some most remarkable changes immediately take place whereby the egg is held firmly to the inner wall of the uterine cavity; while the unimpregnated egg, as I have said, passes down the uterine cavity into the vagina, and thus out of the body. In other words, the fertilized egg is retained within the body, while the unfertilized one is cast off.

One Egg Discharged Each Month.—An ovum, or egg, is discharged during each menstrual period. It cannot be seen because of its minute size, a magnifying glass being necessary to detect it, even under favorable conditions. At just what time during this period the ovum is cast from the body is not definitely known, but it is generally thought to be toward the latter part.

Time When Fertilization is Most Probable.—From this it is seen that but one egg fully develops and ripens ready to be fertilized each month. As it is the ripened egg which is thrown off at each menstrual period, therefore it follows that the fertilization of this egg would be most probable at about the time of menstruation.

Times When Ova Do Not Ripen.—As a rule, these ova do not ripen, or develop, either during pregnancy, or during the nursing of the child, although there are certain exceptions to this rule; for menstruation occasionally takes place during lactation and pregnancy, and pregnancy itself may occur while the mother is nursing her child.

CHAPTER IV.

THE REMEDY THAT CURES.

A Vegetable Compound.—I hardly think it necessary to mention in detail the separate ingredients of Lydia E. Pinkham's Vegetable Compound. We wish to call your attention, however, to that word "Vegetable."

I do not believe in mercury, arsenic, and the host of mineral poisons which are found in so many remedies. When taken into the system they disturb every function, interfere with the most vital processes, and produce the most disastrous consequences.

The Purest and Best.—Knowing these things, Mrs. Pinkham was exceedingly careful to put only the purest and choicest of products of the vegetable kingdom into her Compound. Each of the roots and herbs is selected with the most extreme care, and all are prepared under the personal supervision of the most thoroughly trained specialists.

One Secret.—One great secret of the success of Lydia E. Pinkham's Vegetable Compound is that each vegetable is so treated that all useful elements are retained, and all useless discarded.

Highly Concentrated.—For instance, it is possible for the expert workmen in our laboratory to condense all the medicinal power that exists in a pound of the coarse root into a mass no larger than could be held on the point of a knife. In this way it is possible for a teaspoonful of the Vegetable Compound to represent all the curative properties usually found in eight or ten times that quantity; in other words, it is highly concentrated.

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Acts Upon Female Organs.—Mrs. Pinkham knew from the very first that she was on the right track. She knew that her Vegetable Compound contained medicines which act directly and naturally upon the female organs.

She knew that one ingredient produced certain effects on the uterus, while other ingredients tended to relieve pain in the ovaries. She knew that one remedy would heal an inflamed uterine cavity, while another ingredient would cause better circulation in the blood-vessels of this part of the body. Having the theory all worked out most carefully, she awaited the practical test, feeling confident as to the result.

Success Was Immediate.—But she did not have to wait long. Immediately the cures began, and her neighbors and friends told each other what had been done for them. Soon letters came by the hundreds from all parts of the world. Thousands upon thousands have written to Mrs. Pinkham telling her their story, and giving to her, also, full permission to use their testimonials.

It Bridges the Gulf.—I am sure you would be delighted, as well as surprised, if you could see the immense difference between the first and last letters received from women. The first is the story of suffering, of extreme agony with prolonged misery and abandoned hope. The last is a song of gratitude, of great love, of joy and peace. The first tells of disease, the last of health. But what an immense gulf between these two!—a gulf, however, I am glad to say, that can be bridged with Lydia E. Pinkham's Vegetable Compound.

You Cannot Possibly Doubt.—I do not believe you can possibly doubt for one moment the power of this marvelous remedy to cure the diseases of women. How can you doubt it? For a quarter of a century it has gone into every city, village, and hamlet in our land, and into almost every country home.

Across the water it is finding its way among the rich and the poor. No remedy was ever known that was so generally used. Wherever there are women, there are suffering women; and wherever there are suffering women you are sure to find Lydia E. Pinkham's Vegetable Compound.

The Testimonials Are True.—Do you think there are hundreds of thousands of your own sex who would wilfully falsify? Do you think that any could be found who would deliberately do this, and without hope of gain or reward? Yet I could point you to hundreds of thousands of letters received from women who write from the fulness of the heart to thank us for what we have done for them.

We Speak Strongly.—Then am I not justified in speaking strongly to you? Don't you think we feel sure of our position? I certainly know what we have done for others, and that makes us feel sure we can do the same for you.

We Can Cure You.—I believe our Vegetable Compound will cure you. I believe it will cure every case where a cure is among the possibilities. You need not be particular whether the soreness in the lower part of your body is in the right side or the left side; whether the pain is sharp, or dull and heavy; whether you suffer terrible agony each month with local pain, or whether it is mental

depression; whether the flow is too scant or too profuse.

It Corrects the Wrong.—You need not be particular about these things, for they all show that something is wrong, and Lydia E. Pinkham's Vegetable Compound corrects this wrong. That is what it was made for; that is precisely the work it does.

Have Faith in Us.—Don't purchase a bottle thinking you will "see what it will do," having made up your mind that you will "try the experiment." Don't come in this spirit, for there is no need of it. Come with the feeling that has inspired so many thousands of your sisters,—come believing that you have at last found a remedy that will relieve you from this terrible slavery to suffering.

I am anxious to have you enjoy all the robust health that is your right. I am anxious to make you happy, hopeful, healthy. Put your confidence in Lydia E. Pinkham's Vegetable Compound. You will never be disappointed.

CHAPTER V.

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THE FEMALE PELVIS AND ITS CONTENTS.

The Pelvis.—The pelvis is the bony framework which forms the lower part of the body. On each side it forms a union with the hip bone to make the hip joint.

The female pelvis contains the reproductive organs (uterus, vagina, and ovaries), and also the bladder and lower bowel.

Fig. 2 gives a very good idea of the shape and general structure of this bony framework; while a careful study of Fig. 3 will enable one to form a very correct idea of the relative size and position of the various parts contained in this framework.

The Vagina.—The vagina is a membranous canal extending from the surface of the body to the uterus, or womb. Its posterior wall is about 3½ inches long, and its anterior about 3 inches. A careful study should be made of our illustration, in order that the relation of the vagina and uterus to the rectum behind and the bladder in front may be thoroughly understood; also the angle which is formed by the vagina and the uterus.

Notice should be taken, also, of the opening of the uterus into the upper part of the vagina; as inflammation of the uterus often causes a discharge which passes into the upper part of the vagina and finally out of the body. This gives rise to the belief that the only trouble is in the vagina itself, whereas the real seat of the disease may be high up in the uterus.

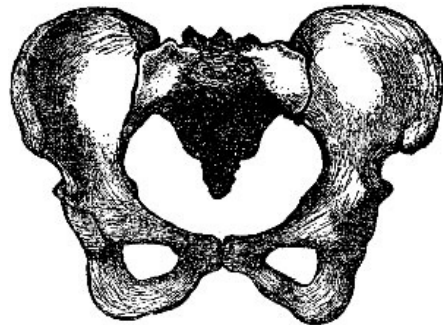


FIG. 2. The female pelvis. The flanging sides form the hips. The union of the bones in front forms the pubic arch which is felt at the front of the lower part of the body. The lower end of the spinal column, or backbone, is seen at the back of the figure.

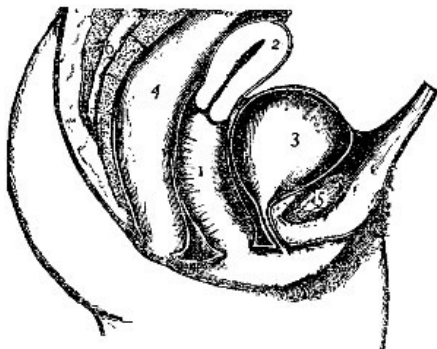


FIG. 3. A lateral view of the contents of the female pelvis. 1. the vagina; 2. uterus; 3. bladder; 4. lower bowel; 5. bone forming the pubic arch; 6. the spinal cord, with bone in front and back of it.

The Uterus.—The uterus, or womb, is a hollow organ formed of muscular tissue, and lined with a delicate mucous membrane. The bladder is in front, the rectum behind, and the vagina below.

Three Parts.—Physicians divide this important organ into three parts,—the fundus, body, and neck. The fundus is all the upper rounded portion; the body all that portion between the fundus and the neck; and the neck all the rounded lower part.

The Cavity of the Uterus.—This is divided into the cavity of the body and the cavity of the neck. By consulting our illustration it is seen that these cavities

differ greatly in shape; that of the body being triangular, while that of the neck is barrel-shaped.

By referring again to Fig. 4 it will be seen that the cavity of the body has three openings, one on either side at the top going to the Fallopian tubes, and an opening at the bottom passing into the cavity of the neck. A constriction exists between these two cavities; but after childbirth this is largely done away with, and there is not that marked difference which existed formerly.

Glands in Uterus.—In the mucous membrane lining the uterus are vast numbers of minute glands which secrete mucus. It has been asserted that in the cavity of the neck alone there are from ten to twelve thousand of these glands. It is in this mucous membrane that such remarkable changes occur

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each month during menstruation, and still more wonderful changes during pregnancy.

The Ligaments of the Uterus.—By referring to Fig. 5 it will be seen that there are on each side of the uterus flat bands of tissue known as "broad ligaments." These ligaments are attached to the sides of the pelvic cavity, and aid greatly in holding the uterus firmly in place. There are also other ligaments concerned in this same work, although the broad ligaments are most important. The illustration also shows the walls of the vagina cut open, in order that the position of the mouth of the uterus may be easily seen.

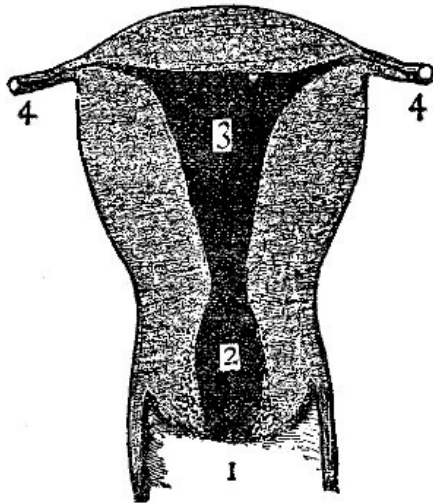


FIG. 4. This illustration shows the cavities in a uterus which has been pregnant. 1, the vagina; 2, cavity of the neck of the uterus; 3, cavity of the body, above which is the fundus of the uterus; 4, Fallopian tubes, extending to the ovaries.

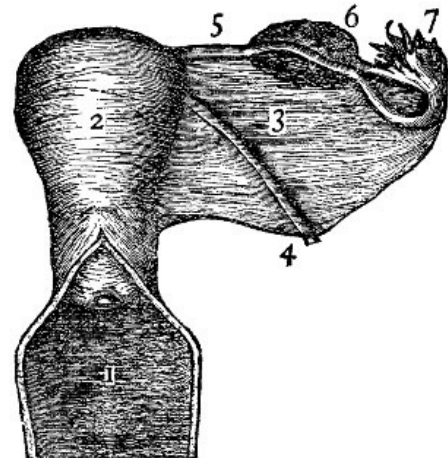


FIG. 5. The female generative organs. 1, the vagina; 2, uterus; 3, broad ligament of left side; 4, a smaller ligament; 5, Fallopian tube; 6, ovary; 7, fringed end of Fallopian tube.

Blood-Vessels Surrounding Uterus.—The uterus is well supplied with blood-vessels, as Fig. 6 shows. Indeed, there is all over the walls of the uterus and through its tissue a vast network of these vessels. Whenever, for any reason, the circulation of the blood through the pelvis is disturbed, these blood-vessels are likely to become engorged, over-filled, producing congestion and inflammation.

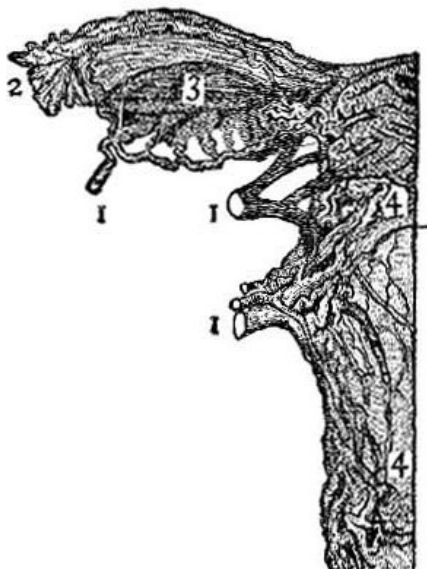


FIG. 6. The blood-vessels of the right side of the uterus. 1, blood vessels; 2, end of the Fallopian tube; 3, ovary; 4, right edge of uterus.

All Parts Closely Related.—The close relation of these blood-vessels to the blood-supply of the bowels, liver, etc., makes it possible for most serious disturbances to take place even from slight causes.

Study the Illustrations.—By studying these illustrations it can be readily seen how an over-distended rectum may produce such an impediment to the circulation that there will be congestion of all the neighboring parts. Or, the intestines themselves may become over-distended with fæcal matter, or gas, from dyspepsia, and the pressure induced thereby may be sufficient to interfere with the free circulation of these parts, and thus uterine congestion produced.

It is also seen how improper dress may compress the organs about these parts, and thus interfere with the circulation. Again, it is easily understood, simply from studying the illustrations alone, how any of these causes might produce dislocation of the uterus itself.

Object of Uterus.—The uterus is the source of the menstrual discharge, a place for the foetus during its development, and the source of the nutritive supply of this foetus. It is the uterus which contracts at full

term and expels the child.

Uterus Not Rigidly Fixed.—In a perfectly normal condition there is considerable mobility to the uterus; in other words, it is not fixed firmly by the ligaments already mentioned. It is rather simply suspended, or hung in the pelvic cavity, by these broad flat bands of tissue.

A full bladder will push it backward, while a distended rectum will move it forward; as the body changes its posture, so will the uterus change its

position by force of gravity.

Cannot Be Bent Upon Itself.—The uterus cannot be bent upon itself without producing injury; neither can it be pushed too far forward or backward, nor crowded down too far without causing great distress and actual disease.

Fallopian Tube.—Figs. 4 and 5 show that there is given off from each side of the upper part of the uterus a tube. This is called the Fallopian tube.

Each tube is about four inches long. Near the uterus its cavity will just admit an ordinary bristle; but near its free end, at the ovary, it is as large as a goose-quill.

It is a peculiar tube in that it terminates in a number of fringe-like processes, one of which is always attached to the ovary itself.

Object of This Tube.—The Fallopian tube conveys the sperm of the male from the uterus to the ovary, and also takes the germ-cell (or ovule, or egg) from the ovary to the uterus.

When a ripe egg is about to be discharged from the ovary, one of these fringe-like processes of the Fallopian tube grasps it and receives it into the mouth of the tube, whence it is conveyed directly into the uterine canal.

Ovary.—On each side of the uterus and in each side of the pelvic cavity is an ovary. It is about one and a half inches in length, three-fourths of an inch in width, and one-third of an inch in thickness. It weighs from one to two drachms, and is an elongated, oval-shaped body.

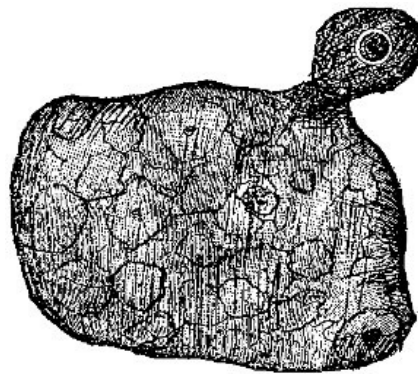


FIG. 7. Part of an ovary, showing a ripe ovum, or egg, about to be cast off, as occurs at each menstrual period. It is here this egg may be fertilized or impregnated by the male elements.

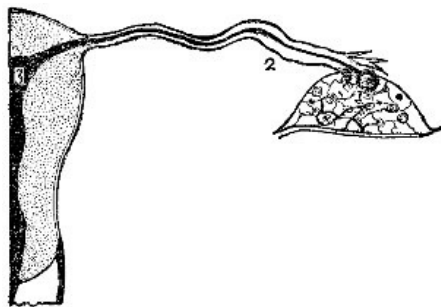


FIG. 8. This figure illustrates the course followed by an ovum. The ripened egg leaves the ovary (1), passes down the Fallopian tube (2), and thence into the uterine cavity (3).

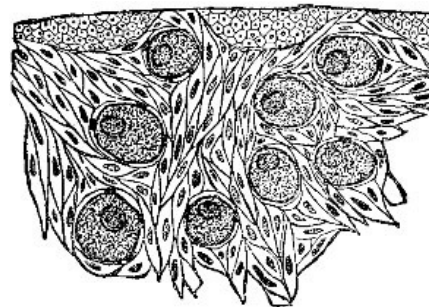


FIG. 9. An exceedingly minute piece of an ovary, highly magnified. It shows eight ova or eggs.

Object of Ovaries.—The ovaries are the essential organs of generation in the female. In each ovary are large numbers of cells, ovules, or eggs, one of which, at least, is supposed to pass into the uterine cavity with each menstruation. Anatomists tell us that each human ovary contains as many as 30,000 of these ovules, or eggs.

LOCAL TREATMENT.—FAST PASSING AWAY.

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It Makes One Indignant.—When I recall the terrible and almost horrible treatment which women have had to undergo in the past, I cannot help but become deeply indignant. It seems as if all medical study had gone for naught, as if the teachings of nature had been forgotten, and most of all, as if no such thing as delicacy and modesty existed.

This Makes Confirmed Invalids.—It is only necessary for a woman to complain of discomfort in the back, a bearing-down pain, or some unnatural discharge, when some physician says that local treatment, and local treatment only, must be taken.

Women so thoroughly understand what their physician is going to say that they do not consult him, but go on suffering more and more until they become almost confirmed invalids. Others, after they are told what must be done, return home and become gloomy and melancholy over the outlook.

Specialists Are Crazy for Work.—The specialists are so crazy for this kind of work that it seems as though they would gladly scrape and burn the inside of the stomach for dyspepsia, if they could do so! Or, they would take a long probe and go down into the interior of the lungs and apply strong caustics, if such a thing were possible!

The Patient Is Deceived.—If the ache, or the pain, or the discharge was on the back of the hand where it could be seen, and where these "treatments" could be watched, the specialists would have a hard showing indeed, for the patient herself would then see that little good came from these local applications.

But being situated within the body, so that only the physician himself can examine the parts, the

patient has to rest content, not knowing whether a little pure water is applied (and the fee collected), or whether the strongest acids which burn deep into the tissues are used (and the fee collected).

Local Treatment Unnecessary.—Now all of this is almost invariably unnecessary. It is not showing ordinary common-sense, not in accord with nature, and not in keeping with the best medical science of to-day.

Yet thousands upon thousands of women are undergoing the worst kind of mental and physical torture in taking these local treatments, while all the savings of the household have to go toward paying the enormous bills of the specialist.

The True Doctor Not Blamed.—*Do not misunderstand me, please. I am not talking against doctors, not against the real, true, genuine, noble physicians and surgeons.*

There is no nobler profession than that of the physician, none practiced more faithfully than the good old family physician of this country practice theirs. The best of them are glad to help their patients in any way they can, and in spite of professional prejudice, many have tried Lydia E. Pinkham's Vegetable Compound upon their patients and have been delighted at the wonderful success of the trial.

Nature the Best Teacher.—The trouble with so many of these physicians who call themselves "Specialists on Diseases of Women" is that they get it into their head that they know more than nature. They map out a course of their own, and pay no attention whatever to the laws of health. Just as if a dog barking at the moon would make it shine less brightly!

Now any one who has given any thought to the preservation of the health can readily understand how impossible it would be to cure an inflammation of the uterus or ovaries, or check an unnatural discharge from the vagina, by applying strong acids, nitrate of silver, pure carbolic acid, strong tincture of iodine, or other destroying, caustic, irritating, and dangerous drugs.

All of these must be injurious, must postpone recovery, and if their use be continued for any great length of time must make a cure quite impossible.

A Good Medicine Needed.—Of course what is needed in these cases is something that will restore the natural circulation of the blood through the tissues of the uterus, something that will relieve congestion and cure inflammation. When the swelling and irritation have subsided, then the nerves are no longer irritated, and all pain disappears.

What This Will Do.—Then all these parts become better nourished, the weakened and diseased tissues take on new strength, and all unnatural discharges cease.

When the relaxed ligaments are properly fed and toned up, then they hold the uterus in its natural position, and all bearing-down pains and other symptoms of displacement quickly disappear. Of course this constitutional treatment with Lydia E. Pinkham's Vegetable Compound is hastened by keeping the parts perfectly clean, which can be easily done with Lydia E. Pinkham's Sanative Wash.

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A Hearty Welcome to the Perfect Cure.—A hearty welcome to the most scientific treatment; a hearty welcome to the most natural, the most easy, and the most perfect method of cure; a hearty welcome to Lydia E. Pinkham's Vegetable Compound; a hearty welcome to the remedy that never fails to restore the uterus to perfect health and natural position.

CHAPTER VI.

MENSTRUATION.

Occurs Monthly.—Once every twenty-eight days very remarkable changes occur in the uterus, giving rise to that peculiar monthly periodicity called menstruation, monthly sickness, monthlies, or being unwell. Although this usually occurs once in about four weeks, yet it may be a week less or a week longer; or, indeed, the variation may be even greater than this.

Symptoms of its Approach.—As a perfectly natural menstrual period approaches, there is a certain degree of discomfort and lassitude, a sense of weight in the lower part of the body, and more or less disinclination to enter society. These symptoms may be slightly pronounced or very prominent, for it is quite unusual to find a person who does not have at least some general discomfort at this time.

Its Appearance.—First there is a slight discharge of mucus which soon becomes of a rusty brown or yellow color from the mixture of a small quantity of blood. By the second or third day the discharge has the appearance of pure blood. The unpleasant sensations which were so marked at first now gradually subside, and the discharge, after continuing for a certain number of days, grows more and more scanty. The color changes from a pure red to a rusty tinge, and finally disappears altogether. Then the ordinary duties are resumed.

The Age of Puberty.—Menstruation begins at about fourteen or fifteen years of age, this period being known as "the age of puberty." It is preceded and attended by peculiar signs. The whole figure becomes more plump and round, the hips increase in breadth, and the breasts rapidly develop. The more striking changes, however, occur in the inclinations and emotional susceptibilities.

Age Modified.—A great many circumstances modify the age at which the first menstruation takes

place. In hot climates this takes place earlier, the difference between hot and cold countries being as great as three years; yet heredity has more to do with this than anything else. "As was the mother so is the child" is a common saying among women.

Continues About Thirty Years.—The menstrual function continues active from this age until about the forty-fifth year, although this may be extended even ten years later. During all these years the woman is capable of bearing children, because at each month there has been a fully developed ovum, or egg, ready to be fertilized.

The Change of Life.—When the menstrual function ceases, then the period of childbearing is over. The time of its disappearance is known as "the change of life, or menopause."

Amount of Monthly Loss.—The amount of blood lost during menstruation varies greatly with different individuals, and it would be quite impossible to give anything like an accurate rule. It varies, normally, from one to eight ounces, the average being probably about five ounces.

Duration of Period.—The duration of the period is from one to eight days, the average being five days. Hence it will be seen that the average loss of fluid per day would be about one ounce.

Loss Should Be Small.—It should be stated here that, as a rule, those enjoy the best health who lose but a small quantity of blood at this time. Some persons seem to think that a very free discharge is necessary, and that they feel better at such times; but there is no possible reason why this should be the case.

The First Menstruation.—The appearance of the first menstruation is a most critical time in the life of every young girl, and the mother should be prepared to give her daughter the best of advice. Some slight inattention, some undue exposure, some thoughtlessness due entirely to ignorance on these great subjects, may change the whole future from a life of comfort and good health to prolonged days of misery and intense suffering.

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Menstruation and Childbearing.—It is the belief at the present time, among all who have studied this subject, that menstruation is closely connected with the function of childbearing. The changes which take place each month within the uterine cavity are of precisely the proper character to prepare this tissue for the reception of the fertilized egg.

Rules to be Observed.—A few rules should be carefully followed during each menstruation, in order that future trouble may be prevented. First of all, it is necessary to avoid taking cold; yet a person should not stay in the house by the side of a fire, or in a warm room all the time, for this would increase the susceptibility to cold.

Care should be taken to avoid undue exposure, for nothing will disturb the menstrual process quicker than the sudden chilling of the body, especially when moist with perspiration.

Intense mental excitement should be avoided, also. If the young girl is at school, she should be told to study more lightly at this time; while any great excitement of any kind, as giving way to anger, or extreme merriment, should be avoided.

The feeling of debility and depression which usually accompanies this time is a gentle warning by nature that the body should remain quiet and at rest.

It is natural for many persons to be especially depressed at this time; an effort should be made by those who understand the situation to make everything as agreeable and pleasant as possible to the sufferer.

Danger to School Girls.—Without the slightest doubt, many women are suffering intensely to-day who might be enjoying the best of health had they not been obliged to study so intensely while in school. A moderate amount of study does no harm at this time, but the dread of examinations, with our modern system of cramming at certain times of the school year, has, without doubt, so worked upon the nervous system that many a life has been made miserable as a result.

Danger to Office Girls.—It is astonishing, when one fully understands the processes of menstruation, how so many girls and young women can remain all day behind the counter in the store, or at the work-table, during these few trying days, and even escape without serious illness. Employers never think of the subject, and there is a natural delicacy on the part of those most concerned to mention the subject.

There should be in all such establishments some woman to whom these girls could confide their condition. This woman, or overseer, could easily be made responsible for the apparent neglect of duties by these girls at such times.

Criminal Carelessness.—How often is it true that young ladies attend balls, skate, and otherwise recklessly expose themselves at this most critical time. One is almost inclined to call such exposures really criminal, because of the terrible consequences so sure to follow.

A simple wetting of the feet, or resting quietly in a draught after exercise, during menstruation may impose upon the person a life-long injury. How carefully, then, should mothers watch their daughters at these periods, and how strongly should they impress upon them the necessity of special care.

Condition of Bowels Important.—The condition of the bowels should also be carefully looked after at these times. Indeed, this is so important that it should never be neglected. There should be at least one good movement of the bowels each day. Nothing can more certainly derange the menstrual function than persistent constipation.

Regularity Important.—Every mother should make careful inquiry into the exact frequency of the

menstrual period with her young daughter, at least during the first two years of the menstrual function.

If there is pain at this time, then something is certainly wrong, and treatment should be taken at once. If there is irregularity, this also requires most prompt attention, as it will surely develop into something serious sooner or later. If the flow is too free, or not free enough, or if there is any deviation from the standard of health, the mother should be acquainted with it, and should proceed at once to correct the difficulty.

First Two Years Very Important.—If a girl can get through the first two years of her menstrual life without serious disease, she stands a very good chance of enjoying good health during the rest of her life; while a slight mistake at this time may produce the most serious disease in later life. If you do not understand your ailments write to Mrs. Pinkham, Lynn, Mass. Her advice is free and always helpful.

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CHAPTER VII.

DISORDERS OF MENSTRUATION.

Amenorrhœa.—This is a condition in which the monthly flow is suspended. It can hardly be called a disease, as it is rather a symptom of some disorder of the uterus, or of some constitutional defect. This may occur at the time when menstruation should normally appear, namely, from fourteen to fifteen years of age.

Danger of a Decline.—If the young girl does not menstruate at sixteen, seventeen, or eighteen, something is certainly wrong, and treatment should be taken at once in order to correct the difficulty before the girl goes into a decline. It is not wise to trust too much to nature in these cases.

Such girls are generally thin and pale, with a peculiar sallow, or yellowish-green color to the skin which has given rise to the term "green-sickness," or "Chlorosis." They fall easy victims to scrofula, consumption, nervous prostration, insomnia, and other diseases.

Treatment.—When the time for menstruation arrives, and the flow does not appear, the mother should give her daughter regular doses of Lydia E. Pinkham's Vegetable Compound. This remedy acts strictly according to the laws of nature, and simply brings about natural conditions.

For some reason nature may not succeed in beginning this important change in the girl's life, but with the help that comes from the Vegetable Compound, this is sure to come to pass.

How Lydia E. Pinkham's Vegetable Compound Acts.—A better circulation is established, the condition of the blood is improved, the nervous system is greatly invigorated, and, as a result, the menstrual flow is established.

This should set at rest a great deal of worry on the part of the mother, and it means a great deal to the daughter, as well. Now, the mother can be assured that one great danger is passed, and, with proper care and attention, there need be no more trouble.

Lydia E. Pinkham's Vegetable Compound, however, should be taken for some weeks or months until the habit is well established and menstruation appears regularly every twenty-eight days.

Delicate Girls.—If the young girl menstruates, and yet is not in good health, then she should certainly take the Vegetable Compound for a week before the time when menstruation is expected; the great object being to establish regularity in the menstrual function.

Keep the Bowels Regular.—In all these cases attention should be given to the condition of the bowels, which are usually constipated. To correct this, the girl should take laxative doses of Lydia E. Pinkham's Liver Pills, just enough each night so that there may be one good, natural movement the day following.

Look Well to the Diet.—A great deal can be done, also, in the way of diet. Girls, especially at this time, have a most perverted appetite, preferring pickles, olives, rich pies and cakes, and other indigestible foods. These are all bad, of course, as they disturb the digestion and keep the blood thin.

Let the diet consist principally of rich milk, eggs, lamb chops, beefsteak, chicken, and good bread and butter. If the milk rests heavy on the stomach, then add a tablespoonful of lime water to each glass of milk.

Daily exercise in the open air is also of value, and the sleeping-room should be well ventilated, especially at night.

Menstruation Suspended During Pregnancy.—During pregnancy menstruation is usually suspended, although the regular monthly flow may continue for two or three months. Of course, suspension at this time is natural, and nothing should be done to bring on the flow.

If menstruation appears when there is a strong probability that pregnancy exists, then the person should remain quietly in bed and eat only light food, and every precaution should be taken lest a miscarriage be brought on.

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Should a Mother Nurse Her Child While Menstruating?—Menstruation is also usually suspended during nursing, although not infrequently this function is resumed again three or four

months after childbirth. The question here arises whether the mother should continue to nurse her child while menstruating.

If the child remains healthy, keeps steadily gaining in weight, and seems to be well nourished, and if the mother is not losing ground in any way, then there is no reason why the mother should not keep on nursing her child. If, however, the mother's health fails, or if there is evidence that the child is not prospering, then weaning should take place.

As a rule, a menstruating mother does not have good milk for her child; it is usually thin and watery; although, as I have said, under certain conditions nursing may continue.

Sudden Suppression.—Sudden suppression of menstruation is most generally due to a cold, mental shock, or undue exposure of some kind. It is always accompanied with pain in the back, headache, more or less fever, and other unpleasant symptoms. It should generally be considered as a dangerous condition, and every effort should be made to restore the menstrual function. Sometimes when menstruation is suddenly suppressed in this way, a so-called "vicarious" menstruation occurs, and there is hemorrhage from the lungs, the nose, the gums, the bowels, or from some other source.

Treatment of Suppression.—The treatment of sudden suppression consists of a hot foot-bath, or sitting in a tub of hot water. At the same time the person should drink a bowl of hot ginger tea, or hot lemonade, be covered well with blankets, and every effort be made to bring about a profuse sweating. Then have the person go to bed, and apply hot cloths across the lower part of the bowels. Place at the feet bottles of hot water, or hot bricks, and keep up the perspiration in this way for an hour or two. This is all that need be done in the great majority of cases.

Only One Medicine to be Taken.—As the shock to the system tends to disturb the menstrual function for some time to come, the person should begin at once with Lydia E. Pinkham's Vegetable Compound, and should continue it through the coming month, in order to insure that the next menstruation may be normal in every way.

Scanty Menstruation.—Often menstruation appears with perfect regularity and yet is greatly deficient in amount. As we have stated elsewhere, there is no rule about this, and yet when the menstrual function is scanty, it is almost invariably a symptom of anæmia, or poverty of the blood.

Anæmic Girls.—Such girls are listless, easily tired, nervous, with little appetite, poor digestion, and with no resistive power.

By taking Lydia E. Pinkham's Blood Purifier regularly a most remarkable change is brought about; and by the use of an easily digested and very nourishing diet, as just given in this chapter, together with plenty of outdoor exercise, this condition can be corrected before serious trouble ensues.

Dysmenorrhœa.—This is better known as "painful menstruation." It is due to a large number of causes, and yet can almost invariably be relieved by proper treatment.

Two Great Causes.—In the great majority of cases the cause is two-fold: Weakness of the nerves and congestion of the uterus. These are so closely allied that it is often quite impossible to tell which is the ruling factor; indeed, one seems to be largely dependent upon the other.

It is certainly true that congestion of the uterus almost invariably produces neuralgia of different parts of the body; while nervous exhaustion, nervous prostration, neuralgia, and general nervousness often show themselves by this increased pain at the menstrual period.

Symptoms of Dysmenorrhœa.—Usually the most marked pain is before the flow is well established. The person has a heavy pain in the lower part of the bowels, with sharp, darting pains extending down the back of the limbs. Then the pain becomes more concentrated in the uterus itself, or sometimes in an ovary at the side.

The pain may begin as a dull, heavy ache, which gradually changes into a sharp, darting pain, and which culminates at last in distinct and positive attacks of uterine colic, or cramps.

The person suffers such intense pain that a chill may be produced which is followed by a high fever. Often the pains are of a bearing-down character, and are not unlike those in the last stages of ordinary labor.

Often Make a Complete Wreck.—These attacks of uterine cramps tell severely on the general health of the person, and if they are allowed to continue without treatment, they almost invariably make a complete wreck of the constitution.

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Can Be Cured.—This most distressing and most agonizing complaint may be quickly and entirely cured by a thorough course of treatment with Lydia E. Pinkham's Vegetable Compound. This remedy should be taken continuously; not a day should pass without the regular dose.

Old Cases Cured.—If the disease has existed for some time, it must not be expected that it can be cured in a month, but by perseverance the cure will certainly come and will be perfectly satisfactory.

A Valuable Aid.—In the meantime, the person who suffers from painful menstruation, a day or two before menstruation is expected, should take Lydia E. Pinkham's Vegetable Compound, being careful to keep the bowels in good condition.

Additional Treatment.—If possible, the person had better remain in bed, or recline upon a sofa, for at least a day before the expected menstruation, certainly as soon as the first uncomfortable symptoms appear. Then have her take a hot foot-bath, get into bed and cover with warm blankets, with bags or bottles of hot water, or hot bricks at the feet and back, and with warm cloths over the

lower part of the abdomen.

Temporary Relief.—If the pain is exceedingly severe, and is not relieved by these simple measures, then wring out flannel cloths from as hot water as can be borne and place these over the lower part of the bowels, directly over the uterus, covering them with dry flannels. As soon as these become cool, change for hot cloths again, using care, of course, that the cloths be not hot enough to burn. It is often surprising what instant relief from pain this simple procedure will produce.

Do Not Take Opium.—No one should think for a moment of taking opium in any form at these times, as the opium habit is very easily contracted and is almost impossible to break up. This is also true of other anodyne remedies. By carrying out the suggestions given above, it will be found that their use will not be necessary.

Thousands of Grateful Letters.—If the readers of this book could only see the thousands of letters from grateful women the world over telling how this Vegetable Compound relieved them from the fearful torture which they had been enduring for years once a month, they would use every endeavor possible to spread the good news to every suffering friend that at last there is a perfect and absolute cure for this most distressing and most frightful complaint.

Reasons for these Startling Cures.—The reason why Lydia E. Pinkham's Vegetable Compound works so admirably in these cases is easily understood when we call to mind the fact that some of its ingredients are the strongest of nerve tonics, building up, strengthening, and giving tone to the whole nervous system; while other ingredients have the remarkable property of relieving congestion of all the female generative organs.

To Illustrate "Congestion."—If a string be tied around the base of the finger snugly, but not too tightly, the finger soon becomes darkened from the obstructed circulation. We say the finger is "congested." All that has to be done, in this case, is to cut the string and the congestion is promptly relieved.

Cures Congestion.—In cases of congestion of the uterus, Lydia E. Pinkham's Vegetable Compound removes obstruction to the circulation as effectually as cutting the string relieves the congestion of the finger. When the circulation is perfectly natural through these parts, then the congestion and inflammation must disappear and the uterus itself must again resume its natural position.

Menorrhagia.—This is better known as "profuse menstruation." Just what constitutes an unnatural loss of blood cannot be stated, as each woman is a rule to herself. From experience she knows just about what is the normal amount she should lose each month and retain her health and strength.

When this amount is more than natural, especially when sufficient to produce weakness and prostration, then it becomes "profuse."

Occurs in the Full-Blooded.—Profuse menstruation may occur in those who are very full-blooded, or in those who are extremely weak and pale. When occurring in the former, the person usually complains of a dull, heavy, throbbing headache, pain in the back, and other symptoms of fever. Such persons recover from an excessive flow of blood quite promptly, and do not suffer severely from it.

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Occurs in the Pale.—On the other hand, when this condition occurs in those who are very weak, pale, and thin, there is usually great prostration, which may even become most alarming.

Treatment for the Former.—When profuse menstruation occurs in those who are full-blooded, the diet should be quite simple and plain. Indeed, it would be better if the person should take but two meals a day and should eat but little or no meat. Immediately upon the appearance of menstruation she should go to bed and remain there as quiet as possible, for in this way the pain and fever will be less and the amount of the flow greatly diminished.

Treatment When Pale and Debilitated.—It is a much more serious matter when this excessive loss occurs in those who are pale and debilitated. Often the most energetic measures are necessary even to preserve life itself. The following rule should be observed when possible:—Just as soon as menstruation appears, the person should go to bed and remain there quietly until the flow is nearly over.

Of course it is an easy matter to give these directions, and exceedingly hard, often quite impossible, for them to be carried out. Many women have work that must be done, or children who must be cared for during these days just as well as any other time, and it is almost out of the question for them to remain quiet.

Yet the question seems to be whether they will remain in bed two or three days at this time, and then have far better health for the rest of the month, or whether they will drag along through all the month. We would certainly urge that this suggestion be carried out as often as possible, and that for one or two days the person keep as quietly in bed as possible.

When Very Excessive.—If the flow is very free, then the foot of the bed may be raised three or four inches by placing blocks of wood under each lower corner. This will tend to check the flow.

Wonderful Cures Possible.—Lydia E. Pinkham's Vegetable Compound has made some most startling and almost miraculous cures in just these conditions. An immense number of letters are on file from women who have despaired of relief, given up all hope, and who were confirmed invalids until after taking this famous remedy. Its continued use heals the inflammation in the cavity of the uterus, causes a better circulation through that organ, makes the blood richer, strengthens the digestion, and thus greatly improves the general health.

Relief is Prompt.—The very next month after beginning its use the flow is diminished, the next month it is still less, and so on, until soon there is only a regular, natural menstruation.

A Happy Change.—And what a change this means to suffering women! It means new life, new hope, new ambition, new courage. It means work better done, children better cared for, and all social and domestic duties better performed. I am indeed most happy in being able to tell suffering women what prompt relief Lydia E. Pinkham's Vegetable Compound is sure to bring them.

In these cases I always recommend the use of the Vegetable Compound in the form of Lozenges, or Pills.

Metrorrhagia.—When there is great loss of blood at other times than during the menstrual period, it is given the technical name of metrorrhagia. It means "uterine hemorrhage."

Keep the person quietly in bed, and have the foot of the bed raised as suggested above. If the hemorrhage is at all severe, a physician should be summoned in order that a careful examination may be made and the cause of this unusual occurrence thoroughly understood. **If you do not understand your ailments write to Mrs. Pinkham, Lynn, Mass. Her advice is free and always helpful.** All such letters are strictly confidential; only women assist her in answering them.

CHAPTER VIII.

DISEASES OF THE UTERUS AND OVARIES.

Inflammation of the Uterus.—Inflammation of the uterus may be either acute or chronic. When acute, as following an abortion, taking cold during menstruation, etc., there is considerable fever, pain in the lower part of the bowels, nausea, and sometimes vomiting, tenderness on pressure over the uterus, pain when passing the urine and general discomfort.

Treatment of the Acute Form.—The treatment consists in having the person remain quietly in bed, applying bottles of hot water to the feet, if they are cold, and keeping cool cloths over the head if hot from the fever. In this way the circulation may be better balanced, and the tendency to congestion relieved.

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Then take a flannel cloth about six inches square, dip it in hot water, and wring as dry as possible with the hands; now sprinkle ordinary spirits of turpentine freely over one side, and place this side directly over the centre of the lower part of the bowels, that is, just over the uterus. Cover this flannel with another warm, dry flannel, and allow it to remain on until the smarting is quite pronounced, or the skin red. Then remove this, and apply hot cloths wrung from hot water. Use the turpentine cloth again in four or six hours, if the tenderness and pain still persist.

Only One Medicine Needed.—Begin at once with Lydia E. Pinkham's Vegetable Compound, in order that the attack may be cut short. This the Compound will certainly do if taken faithfully according to directions.

After the acute attack is over, if there is any constipation, this should be relieved by Lydia E. Pinkham's Liver Pills; and if there is any discharge from the uterus, Lydia E. Pinkham's Sanative Wash should be used once or twice each day, in order to hasten recovery all that is possible.

Chronic Inflammation.—It is not exaggerating in the least to say that probably 75 out of every 100 women in the world have more or less chronic inflammation of the uterus.

Causes.—The causes of this are many, as improper dress, which constricts the waist, and presses down upon the delicate organs in the pelvis; improper attention to the health at each menstruation; over-work; anxiety; miscarriages; unskillful treatment at childbirth, etc.

Lives of Suffering and Sorrow.—What miserable lives women have to endure who go about from day to day with a chronic inflammation of the uterus. Each hour there is that dragging, pulling, bearing-down pain; that heavy weight; that terrible depression; and that feeling of abandoned hope. Yet hundreds of thousands, I might say millions of women have had all this suffering and sadness turned to joy and comfort, simply by taking Lydia E. Pinkham's Vegetable Compound.

Stories Almost Beyond Belief.—The stories received from our friends seem almost beyond belief. The most striking of them cannot be printed because I fear my readers would think such cures were quite impossible. The letters tell as terrible stories, as frightful conditions as could possibly exist, and yet all this has quickly and promptly changed to robust health by the use of Lydia E. Pinkham's Vegetable Compound. So often has this been reported that there is not the least room for doubt.

I Speak Positively.—I am not guessing in this matter; it is altogether too serious; there is too much at stake. So I urge upon you to give Lydia E. Pinkham's Vegetable Compound a thorough trial, feeling positive, without the slightest question of a doubt, that you will be quickly and permanently cured.

Leucorrhœa.—This is also known as "the whites, or the female weakness." It is a symptom of inflammation of the uterus; and that this disease is so prevalent is again proved by this almost universal ailment among women.

It is characterized by a white discharge from the vagina which often becomes very irritating, and is especially bad just before or after menstruation. It is a symptom that should not be allowed to go untreated, for it shows that there is serious trouble which may bring about an incurable condition. Yet when properly treated, it may be quickly remedied, and all danger removed.

Treatment.—First of all, it is necessary to remove the inflammation that exists in the uterus itself.

This is done by the persistent use of Lydia E. Pinkham's Vegetable Compound. As I have described elsewhere, this will remove all congestion, heal the inflammation, and bring about a healthy circulation. For this I strongly recommend that Lydia E. Pinkham's Sanative Wash be also used with a syringe for local treatment.[1]

This should be used each night as a vaginal injection, according to directions, thus thoroughly cleansing the parts, and entirely relieving all irritation which these acrid secretions are sure to set up.

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If this discharge has been irritating enough to cause any chafing, eruption, itching, or uncomfortable sensation of any kind about the external parts, then the Sanative Wash should be used for bathing the parts; the relief will be immediate, and the cure very prompt.

May Be Quickly Cured.—I speak with great positiveness here, because of vast experience and because of the universal success of this treatment. I do not believe there is a case of leucorrhœa which cannot be relieved and soon permanently cured by this treatment. There is no delay; relief comes at once. A great improvement in all the symptoms is very marked, even after the second or third day of treatment.

Neglect Causes Ulceration.—I would add a word of caution here to women who are afflicted in this way, as the retention of these discharges is likely to produce an irritation about the mouth of the uterus which will result in serious ulceration, and even be the means of producing the most serious and most incurable diseases.

Ulcers on the Uterus.—Because of the low condition of the system, thin blood, and the local inflammation in the uterus itself, ulcers may form about the mouth of the uterus. These are accompanied by more or less pain, a sense of heaviness and weight in the lower part of the bowels, and a whitish discharge similar to that of leucorrhœa only frequently streaked, or tinted, with blood. The discharge continues about the same all through the month between the days of menstruation. This condition should have the same treatment as that mentioned above for leucorrhœa, and the recovery will be equally prompt.

Early Treatment Necessary.—If women only understood better how easy a matter it is for these ulcerations to widen and deepen until some incurable and terrible disease results, they would be more prompt in taking treatment, especially when this is sure to be followed by a perfect cure.

When the blood is thin and poor, and when the weight is reduced, Lydia E. Pinkham's Blood Purifier should be used regularly.

The Blood Purifier, the Vegetable Compound, and the Sanative Wash, have done as great work in preventing serious disease as in curing it.

Displacement of the Uterus Forward.—The uterus may be displaced either forward, backward, or downward. By referring to the illustration in the first part of this book, it will be noticed that the uterus naturally tips slightly forward, so that when it is displaced forward, the condition is simply an exaggeration of its natural state.

Causes Bladder Trouble.—By referring to this illustration again, it is at once apparent that this tipping forward must bring about some difficulty with the bladder, and such is the case. The most marked symptom is painful and frequent passing of the urine, with a dull and heavy pain across the lower part of the bowels. Often this weight is so increased by walking that the person can be upon the feet only a short time without causing discomfort and pain.

This condition may be brought about by some unusual effort at lifting, jumping, or straining, or especially by wearing too tight clothing about the waist, tight lacing being probably the most frequent cause of all.

The Cure.—The general treatment here consists in taking a thorough course of treatment with Lydia E. Pinkham's Vegetable Compound, in order to strengthen the ligaments of the uterus which hold this organ in place. When the condition of the system is improved, the nerves strengthened, and the blood made more rich by the use of this Compound, then these ligaments partake of this general improvement, and by becoming more tense, bring the uterus back into position.

Displacement Backwards.—The uterus may be tipped backward, in which case it will rest against the lower bowel. The principal symptom here is pain in the lower part of the back, as if a movement of the bowels were necessary. There is great discomfort in walking, because of this sense of pressure. The pain is always increased when the bowels move, and is associated with a sense of obstruction, and painful menstruation is very common.

The Treatment.—Here the same treatment should be followed as mentioned for the opposite condition above. In the first place, the bowels should be kept in good condition by the use of Lydia E. Pinkham's Liver Pills, taking these in just sufficient amount to cause a free movement of the bowels daily. Then thorough and prolonged treatment with Mrs. Pinkham's Vegetable Compound will give such strength and tone to the ligaments about the uterus that they will again bring back this organ to its proper position.

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Falling of the Womb.—The most distressing of all these displacements is that known as "prolapsus, or falling of the womb."

The most frequent cause of this condition is complete relaxation of the ligaments which naturally support this organ. When the ligaments become weak, they easily stretch, and thus allow the uterus to fall down into the vaginal canal, even nearly to the surface of the body.

Symptoms.—This displacement causes irritation of the bladder and lower bowel, discomfort in

walking, painful menstruation, leucorrhœa, a dragging pain in the back, and most marked bearing-down pain in the lower part of the body.

The Cure Is Certain.—The treatment of this most distressing affection is usually followed by prompt and permanent results. Lydia E. Pinkham's Vegetable Compound should always be taken, because of its great power to relieve all inflammation and give strength and tone to the ligaments which hold up the uterus. Lydia E. Pinkham's Sanative Wash should be used, also, for its cleansing and strengthening properties, on the local parts. If a sitz bath-tub is in the house it may be used to great advantage in these cases. A single pail of water will be sufficient, and should be as hot as can be comfortably borne. If a tub of this kind is not at hand, then an ordinary bath-tub may be used, having in it sufficient water to come well over the hips when the person sits in it.

The One Permanent Cure.—By taking Lydia E. Pinkham's Vegetable Compound, these relaxed ligaments are given strength and tone so that they assume their former power. As they gain strength they contract, pulling the uterus up into its natural position, and holding it there permanently.

I can most positively assure every woman who is suffering from all the discomfort and terrible distress which always accompany falling of the womb, that she may be promptly and most perfectly cured if she will only follow my advice.

An Abundance of Proof.—So many letters have come from women who have suffered and have been cured that it is not possible for a reasonable person to doubt what they say. I can only urge all affected with these complaints to give Lydia F. Pinkham's Vegetable Compound a good trial, feeling perfectly assured that they will be abundantly satisfied in every way. If you do not understand your ailments write to Mrs. Pinkham, Lynn, Mass. Her advice is free and always helpful. Such letters are strictly confidential communications from one woman to another who will never betray the confidence.

[1] Every woman suffering from uterine or vaginal troubles should own and use a syringe. I would recommend the use of Ruth Paxton's Improved Fountain Syringe. I believe it is the only one that will convey the solution to every part of the vaginal cavity. The ordinary syringe is inadequate. It can be obtained by sending to The R. Paxton Company, 221 Columbus Ave., Boston, Mass. Price \$1.75, postpaid—registered letter or postal note. It will repay you a thousand times to take the trouble to send for it, as the recoveries from disease are quicker when it is used. Anyway, send two-cent stamp for her little book of information. You will see by the letters it contains how the syringe is regarded by those who are using it.

CHAPTER IX.

DISEASES OF UTERUS AND OVARIES (Continued).

Ovaries, Congestion of.—This disease usually comes from taking cold during menstruation, from some injury, extra strain during lifting, or from some slow inflammatory process.

The symptoms are pain and tenderness in one or both sides of the lower part of the body. There is more or less continuous pain, which is always worse in standing or walking. The tenderness in the sides is increased during menstruation, especially if pressure be made over the part. Sometimes the pain is quite severe when the bowels move. There is always a feeling of distress, frequently associated with nausea, and often more or less fever.

Treatment.—For treatment the person should have as good surroundings as possible, and should take complete rest during menstruation.

In order to relieve the congestion in these parts and thoroughly control the pain, Lydia E. Pinkham's Vegetable Compound should be taken at once.

Removal of Ovaries.—This condition of the ovaries gave rise to the practice of removing these organs. Just as soon as a woman consulted a physician and complained of tenderness over the ovaries, he was sure to advise her to have these organs removed.

Less Operating Than Formerly.—But this practice is rapidly passing away, and the very surgeons who were so anxious to operate a few years ago are now found advising against it. This is because of the serious results which follow this operation. While the pain and tenderness in these parts would be relieved, yet the profound and overwhelming impression made upon the nervous system, by producing such a remarkable change in the life of the woman, was even worse than the disease itself.

Results of Removal of Ovaries.—Women who have had their ovaries removed are frequently the victims of hysteria, melancholia, extreme nervous prostration, insomnia, and other distressing and dangerous complaints.

Surgical Operations Unnecessary.—Then, again, it is becoming well known over the whole

country that Lydia E. Pinkham's Vegetable Compound can relieve congestion and pain so thoroughly that the surgeon's knife is unnecessary. I am so confident in this belief that it hardly seems possible that any woman would continue to suffer in this way, when it is so useless. I know we can make every woman perfectly comfortable and at rest, no matter how long she may have suffered, if she will only follow our simple directions.

The One Certain Cure.—All she has to do is to keep her bowels in good condition by taking Lydia E. Pinkham's Liver Pills, and at the same time take a thorough course of treatment with the Vegetable Compound. If you have any friends or neighbors who are suffering from this disease, and who fear that it will lead to ovarian tumors, which must ultimately necessitate a dangerous surgical operation, I urge upon you to tell them the story of this Vegetable Compound.

Always Brings Good Cheer.—It has brought happiness to so many homes, has relieved so much suffering, and has cheered and comforted so many thousands of women, that I am sure you will be doing a great deed of charity if you will only aid in spreading this glad news.

Tumors of the Uterus.—The uterus is subject to tumors, or growths, the symptoms of which are much like those of chronic inflammation. As a rule, the person suffering from these tumors knows nothing whatever of their existence until some competent physician has told her such is the case.

Fibroid Tumors.—The most common tumors are known as fibroids. They are often small, and yet sometimes attain a considerable size.

Until within a few years surgeons were always anxious to operate upon these tumors; but this is now largely done away with, for they are not fatal in themselves, and only become serious when they attain an exceedingly large size, or, what is more frequently the case, cause excessive flowing during or between the menstrual periods.

Tumors Cured Without the Knife.—In these cases Lydia E. Pinkham's Vegetable Compound shows its remarkable power to great advantage. By establishing a better circulation through the uterus, and relieving the congestion in the surrounding parts, and by giving strength and tone to the smaller blood-vessels, the hemorrhage is controlled and the inflammation is reduced. The tumors cease to grow, diminish in size, and disappear altogether under its influence.

Vagina, Inflammation of.—Occasionally there is an acute and most intense inflammation of the vagina caused by exposure to cold, irritating discharges from the womb, the use of pessaries, supporters, or some contagious disease.

Many women suffer from this complaint towards the close of menstruation, when the discharges are acrid and most irritating.

Promptly Cured.—This inflammation can be promptly cured by the frequent use of Lydia E. Pinkham's Sanative Wash. Prepare this strictly according to the directions on each package, and use it as a vaginal injection two or three times a day. The cure will be hastened by employing a sitz-bath (sitting in a tub of hot water, or in a bath-tub).

To Prevent Extension of Disease.—In order to prevent the inflammation from extending into the uterus, it is always wise to take Lydia E. Pinkham's Vegetable Compound for a few days after an attack of this kind.

Pruritus, Itching.—Pruritus, or itching of the external parts, is a most annoying affection, which often renders life itself almost unendurable. Its most frequent cause is due to irritating discharges from the uterus or vagina. Quite a large per cent of the women who are passing through the "change of life" are troubled in this way.

It is also a marked symptom of diabetes, or "sugar in the urine;" and if the itching is associated with an unusually large flow of urine, together with dryness of the mouth and extreme thirst, there is a probability that the person is suffering from diabetes. In such a case a specimen of the urine should be taken to a competent physician, and he should be asked to make a thorough examination of it in order to definitely determine this point.

Treatment.—The treatment of pruritus consists in keeping the parts thoroughly cleansed by frequent vaginal injections of Lydia E. Pinkham's Sanative Wash, even three or four injections daily; and also bathing the external parts with the same solution.

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Can Be Promptly Controlled.—Although medical writers so generally claim that this disease is almost impossible to relieve, and although they recommend the application of severe caustics, yet I have never found any difficulty in promptly controlling and curing this affection by the faithful and persistent use of Lydia E. Pinkham's Sanative Wash as a local application and the Vegetable Compound for its constitutional effects.

Constitutional Treatment Necessary.—Although this disease shows itself in only one place, yet the difficulty is in the whole system, and can only be thoroughly removed by the internal use of Lydia E. Pinkham's Vegetable Compound. Thousands of letters from women tell that their life of agony, distress, and sleeplessness was changed to one of perfect comfort almost immediately upon the use of these remedies.

Bladder, Inflammation of.—Sometimes the inflammation of the vagina and uterus is so severe that it involves the bladder; or an irritable condition of the bladder may be produced by a pregnant uterus pressing forward against it; or the uterus may be tipped forward a trifle more than natural, and thus press against the bladder sufficient to cause irritation.

Symptoms.—The principal symptom of congestion or inflammation of the bladder is a frequent desire to pass the urine. This act is almost always painful, and is sometimes accompanied with

spasmodic contractions of the walls of the bladder, causing severe straining.

May Become Chronic.—If treatment be neglected, this condition easily becomes chronic, when it is very difficult to cure. Prompt treatment in these cases is strongly urged because it can be cured in every instance, and thus an immense amount of suffering avoided.

Treatment.—If possible, the person should remain in bed or recline on a couch. The diet should consist largely of liquids, nothing being better than good milk. Meats, rich soups, and all pastries should be avoided.

Mrs. Pinkham's Vegetable Compound should be taken at once, because of its most happy effect in relieving congestion and inflammation of all the pelvic organs. Indeed, here is one instance where the Vegetable Compound is alike useful to both sexes. The most flattering testimonials have come from men who have tried this remedy "because it was in the house," and who were most happily surprised to find that the relief was prompt and the cure speedy. For all irritable conditions of the bladder, whether of recent or old standing, I do not believe there is a remedy in the world that holds out such great promises of complete relief equal to Lydia E. Pinkham's Vegetable Compound.

The Menopause, or "Change of Life."—This is a cessation of menstruation. It usually occurs between the ages of forty and fifty years, although frequently before and even after this time.

Symptoms.—The person first notices that although menstruation had previously been regular, yet now it has become irregular, not appearing more frequently than once every six weeks or two months; or possibly passing over a month, and then appearing regularly again for the following two or three months; or the flow may be less and less month after month, until gradually it disappears altogether; or, not infrequently, menstruation ceases abruptly, without any warning whatever.

A Natural Condition.—The change of life should be a perfectly natural condition, not associated with any unpleasant symptom whatever. Yet this is rarely the case, while often the suffering at this time is most intense in every way.

Affects Nervous System.—The most severe effects are frequently produced on the nervous system. These are known as "heat flashes." It is a marked symptom with a great many women, and is described as a sensation of waves of heat passing over the body. Sometimes these are very severe, causing the face to become very red, producing dizziness and intense headache.

Often there is melancholia, great depression, and not infrequently complete prostration of the nervous system. The digestion may be disturbed, producing constipation, diarrhoea, dyspepsia, loss of appetite, offensive breath, biliousness, etc. Most marked changes are certainly taking place in the whole system, and it is but natural that every part of the body should be profoundly impressed.

Not Expensive Treatment.—I cannot urge too strongly upon my readers the necessity of their taking Lydia E. Pinkham's Vegetable Compound all through these remarkable changes. It is not a great expense to take this Vegetable Compound in moderate doses four times a day for weeks, or even months, during these changes.

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A Critical Time.—If this period of life be passed over in safety, then there may be years and years of robust health remaining; while if it be not attended to properly, the remainder of the life may be one prolonged day of agony. Even when persons have suffered during all their menstrual life, they can now have perhaps a score or more of years of complete relief if they properly care for themselves during this change.

Keep Under Its Influence.—Lydia E. Pinkham's Vegetable Compound is a great tonic in itself, bracing up the whole nervous system, aiding digestion, and causing all the forces of the body to act more in accord with nature.

Then it has a special influence over the uterus and ovaries; indeed, so marked is its power to correct disease that all the trying days of the "change of life" may be passed over in perfect safety, if only the system be continuously kept under its influence.

May Be Made Easy and Natural.—Women who have been dreading this change, and who have been made to look upon it as something horrible to pass through, may now lay all such anxiety aside, for Mrs. Pinkham long ago solved the problem of making this time of life as healthy and natural as any other.

It is not claiming too much to say that if women everywhere will only take Lydia E. Pinkham's Vegetable Compound through this trying time, they will come out of it feeling better in every way than they have felt for many years. **If you do not understand your ailments, write to Mrs. Pinkham, Lynn, Mass. Her advice is free and always helpful. Such letters are strictly confidential and answered with the help of women only.**

CHAPTER X.

PREGNANCY, ITS SYMPTOMS, DISEASES, ETC.

Sometimes Difficult to Tell.—Even the most skilled physicians sometimes make mistakes in stating that pregnancy exists when it does not.

The First Sign.—The most valuable and striking sign of pregnancy is the cessation of the monthly periods; yet even this is not always reliable. Sometimes menstruation continues for three or four

months, especially during the first pregnancy, although this is exceedingly rare. As a rule, to which there is hardly an exception, if menstruation ceases in a married woman who has previously been regular, she is, in all probability, pregnant.

Other Signs.—Another important sign is the enlargement of the abdomen, although this cannot be detected much before the fourth month. A valuable sign, also, is the enlargement of the breasts, with a widening and browning of the pink ring around the nipples. Enlargement of the breasts often begins as early as the second month, and is quite marked by the fourth or fifth month.

Morning Sickness.—Morning sickness is a symptom present in the majority of cases. It usually consists of a marked nausea upon rising, and perhaps vomiting. This may last only a few hours in the early morning, or continue through the greater part of the day. It generally appears in the second month and lasts only through the third month, although, in bad cases, it may continue through the whole period, and very seriously affect the health.

Treatment.—There are any number of remedies recommended for the treatment of this morning sickness. What will cure one case seems to be perfectly useless in another.

It has been my experience that the best way to manage these cases is as follows: Have the person take a slice of toasted bread, or a toasted cracker, with a little coffee if desired, while in bed, remaining there at least half an hour after eating. Or, the person may take a glass of milk to which two tablespoonfuls of lime water have been added. Then, by rising slowly and moving about carefully, it is often possible to go through the day without any sickness whatever. I have known many cases to be entirely relieved by eating a little ordinary pop-corn.

The Morning Meal.—The morning meal may consist of milk to which a little lime water has been added; or a poached or soft-boiled egg. Sometimes scarped beef, lean and rare, salted and spread on very thin bread, quiets the stomach at once, while it is highly nourishing.

Only One Medicine Needed.—It is surprising what happy changes Lydia E. Pinkham's Vegetable Compound brings about in this condition. The irritability subsides, the digestion is greatly improved, the nervous system is strengthened, and all these uncomfortable and disagreeable symptoms pass away. The Compound should be taken in small doses three times a day, after meals.

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A Bandage May Relieve Nausea.—An abdominal bandage will sometimes relieve the morning sickness, if placed snugly, but not too tightly, about the body. It need be worn only a week or two, for a trial, and should always be taken off at night. If the nausea persists during the day, then let the food be light and taken in small amounts, at frequent intervals.

"Quickening."—This is another sign of pregnancy. The word refers to the detection by the mother of the movements of the child. Although, without doubt, the child moves within the mother at a much earlier period, yet these movements are too feeble to be noticed until pregnancy has advanced four or four and a half months.

Other Symptoms of Pregnancy.—Other symptoms are morbid longings for unusual articles of food, as sour apples, vinegar, charcoal, clay, slate pencils, etc. These longings, however, should not be satisfied, as they do not represent the demand of nature for these substances. They belong to the same class of changes which are shown by a marked difference in the disposition of a person whereby the lively and cheerful woman becomes melancholy, gloomy, and irritable.

Diet During Pregnancy.—The diet during the whole of pregnancy should be generous, yet easily digestible. A great many women do not change their diet at all, and if the person is in good health and does not suffer in any way, there is no reason whatever why the diet should be changed, unless the evening meal be made somewhat lighter.

Eat Sparingly of Meat.—It is always wise not to eat meat more than once a day. This is because a meat diet throws more work upon the kidneys, and any failure of the kidneys increases the probability of serious trouble at childbirth.

So far as is known, there is no foundation for the belief that any special article of diet has any particular effect upon the development of the child.

Care of the Breasts.—The care of the breasts during pregnancy must be commenced early. All pressure of the clothing should be removed, in order to give them full opportunity to develop. They should be kept warm, however, and well supported, if the size renders them uncomfortable.

Mothers Should Nurse Their Children.—Statistics show that the summer diarrhœas and dysenteries, which carry off such immense numbers of children each year, are almost unknown among babies that nurse. It is the artificially fed child which suffers from wasting diseases and disturbances of the digestion which are so fatal to life. Therefore, every prospective mother should do everything in her power to prepare for the proper nursing of her child.

Care of the Nipples.—If the nipples are flat, they can be pulled out gently each day with the fingers, and thus the difficulty entirely remedied. At the beginning of the last month of pregnancy, the nipples should be hardened in order that nursing may be painless, and that all fissures, or cracks, may be avoided.

Every morning and night apply the following solution to the nipples with a piece of absorbent cotton:—

Glycerite of Tannin, 1 fluid ounce.
Water, 1 fluid ounce.

Allow this to remain on the nipple. This cannot be used after confinement, for the bitter taste would

be objectionable to the child.

Can Sex Be Foretold?—Mothers often wish to know if it is possible to determine the sex of the child before it is born. Although a great deal has been written on this subject, and a number of so-called rules have been made, yet it is absolutely impossible to tell whether the child will be a boy or a girl; and it is also equally impossible to do anything that could in any way exert an influence in producing a child of the desired sex.

To Tell Time of Confinement.—For two hundred and eighty days, or forty weeks, the prospective mother has been conducting herself in the best way she thought possible, that all good might be exerted upon the new life. The question now comes, When may the day of confinement be expected? I give here a table for calculating this day, which I am sure will be found very convenient.

OBSTETRICAL TABLE.

January	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	
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March	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	
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Feb'y	5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28	1 2 3 4 5 6 7 Mar.
June	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	
March	8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	1 2 3 4 5 6 April.
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Sept'r	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	
June	8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	1 2 3 4 5 6 7 July.
October	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	
July	8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	1 2 3 4 5 6 7 Aug.
Nov'r	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	
Aug.	8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	1 2 3 4 5 6 Sept.
Dec'r	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	
Sept'r	7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	1 2 3 4 5 6 7 Oct.

As labor occurs in the larger proportion of cases between 270 and 290 days from the first day of the last menstruation, 280 days is the average. The table presents at a glance the beginning and end of 280 days for every day in the year. Find the date of menstruation in the upper line of the horizontal column, and the figure below, with the corresponding month, will indicate 280 days.

To Avoid Miscarriage.—The pregnant woman must be very careful as the usual time for menstruation approaches. It is then that any undue effort, unusual lifting, excessive grief, or shock to the system, may bring on a miscarriage. This is especially true if such a misfortune has previously occurred.

A Great Preventive.—The most abundant testimony shows that Lydia E. Pinkham's Vegetable Compound is an almost certain preventive to miscarriage or abortion. It gives strength to the uterine walls, quiets the first approach of pain, controls any spasmodic contractions, and brings about such a healthy condition that all danger is averted. I cannot speak too strongly of this Vegetable Compound for these cases. So many mothers have written us that they are now happy in the possession of a child, when, for time and time again, they would have a miscarriage at the third or fourth month.

Keep it in the House.—Every pregnant woman should always keep in the house a bottle of Lydia E. Pinkham's Vegetable Compound. She does not know the day when she will need it, and when that day comes she will require it promptly.

At any time when there is soreness, tenderness, unusual pain, any unnatural discharge, or any symptom whatever that shows pregnancy is not pursuing a perfectly natural course, she should begin to use the Vegetable Compound at once. It should be taken in small doses two or three times a day, just enough to produce its strengthening, quieting, and healing effects.

If she finds she has been overdoing, has strained herself in any way, or fears that some unfortunate result will follow an extra hard day's labor, let her take a few doses of Lydia E. Pinkham's Vegetable Compound as a certain preventive to future trouble.

The One Universal Cure.—In other words, I repeat what I have already said so many times, that whenever there is trouble of any kind with any part of the female generative organs, whenever these do not act in a perfectly natural manner, then the Lydia E. Pinkham Vegetable Compound is indicated; for it is the one great, universal and never-failing cure for all the affections which fall to

the lot of womankind.

Makes Mother and Child Strong.—Many thousands of wives owe the fact that they are mothers to-day to this grand remedy, and thousands upon thousands of children are happy, strong and robust because their mothers were wise enough to use it. Keep it in the house. Do not be a day without it. Have it where you can reach it at any time. Put your confidence in it. 'Twill prove a never-failing friend to you in time of need.

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Mothers' Marks.—There is a wide belief among women that any strong impression made at a certain time during pregnancy will exert a powerful influence in producing some defect or deformity in the child. The opposite is also held, to the effect that beautiful objects, delightful music, and everything elevating and ennobling will have a favorable effect upon the body or mind of the child.

An immense amount of testimony can be produced on both sides of this question. The weight of evidence, however, is rather in favor of these so-called "maternal impressions." In other words, it seems possible that under very unusual conditions the mother may affect her unborn child because of some powerful impression made upon the system.

Yet hundreds of thousands of mothers become frightened and undergo the most terrible experiences without having the slightest unfavorable effect upon the child; while other mothers give birth to deformed children when they have been surrounded with every comfort and have not been disturbed in any way. No one understands this subject, and but little can truly be said about it.

Hereditary Influences Are Strong.—On the other hand, we all know how strong is heredity. Therefore it is only acting the part of ordinary wisdom for every pregnant woman to avoid all disagreeable things possible and cultivate everything that is good and true.

Early Training Necessary.—When we come to study the theory of heredity, we see that it is impossible for any mother to completely change her course of life simply during pregnancy and have a corresponding effect upon her child. To produce the best results on the offspring it is necessary that the mother should have cultivated her own mind and body through many years of training.

Were Cured Early in Life.—Lydia E. Pinkham's Vegetable Compound has done untold good to the present generation. There are hundreds of thousands of children living to-day who are healthy and happy because years before they were born their mothers, when young girls, took this grand household medicine. They were restored to health, a great load was lifted, and things again looked cheerful and bright, and in this condition a happy baby was born into the world. **If you do not understand your ailments write to Mrs. Pinkham, Lynn, Mass. Her advice is free and always helpful. Such letters are strictly confidential and answered with the help of women only.**

CHAPTER XI.

PROBLEMS IN NURSING.

Diet During Nursing.—Many mothers believe that it is necessary to eat only certain articles of diet while nursing their baby, for fear the child may be given the colic. While this may be true in certain cases, yet it is the exception. As a rule, mothers may eat nearly everything digestible without fear of affecting the baby.

Exceptions.—Sometimes raw fruits or acid substances may change the milk in some way so that it will disagree with the baby, but as I have said, this is not the rule. Occasionally, however, when such articles of diet as onions, cauliflower, and cabbage have been eaten, these will impart such an odor and taste to the milk that the child will refuse to nurse.

Must Be Guided By Experience.—The only precaution the mother need take is that if she finds some article of diet disagrees with her, or if she knows a certain article always causes pain or discomfort in the child, then these should be avoided.

It is true that certain medicines, especially purgatives, may be taken by the mother which will affect the child very quickly. Here the same rule should be the guide as should always govern one, namely, no article of diet should be used which is known to disturb the digestion.

Insufficient Supply of Milk.—When a mother knows that the chances of her child's life are greatly increased if it has its natural food, she will certainly make unusual efforts to supply all the food necessary.

Mothers are too likely to think that an increase in the quantity of the milk answers every purpose; but this is of no use unless the quality is increased as well. The free use of soups and some malt extracts may increase the quantity, but this does the child no good. It too much resembles the example of the milk-man who uses the well-pump to increase his supply of milk.

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How Increased.—However, the supply of milk can easily be increased in quantity and correspondingly improved in quality if the mother will drink freely of cow's milk, and use other substantial foods at the same time. If the milk is constipating, or rests heavy on the stomach, then a little lime water may be added to it in the proportion of one or two tablespoonfuls to a glass of milk. Regular exercise in the open air is also necessary in order that the general health may be kept in the best possible condition.

Anger May Poison Milk.—It is a fact that if the child nurses after the mother has had a severe fright, or has become violently angry, the milk will sometimes act as an intense poison. In such cases the mother had better empty the breasts with a breast-pump, and not nurse the child for ten or twelve hours afterward, substituting some artificially prepared food.

Extra Supply of Milk.—Sometimes the secretion of milk is so great that even a strong child cannot take it all. This produces a distention of the breasts, causing what is known as "caked breasts," or "milk cake." This should be promptly attended to, as there is great danger of an abscess forming.

To Prevent Caked Breasts.—The way to relieve this condition is to gently but firmly rub the breasts with warm sweet-oil, continuing this for fifteen or twenty minutes at a time. An occasional use of the breast-pump is necessary also.

How to Diminish Supply.—When weaning-time comes, the question arises how the secretion of milk may be diminished. This is best done by having the mother take as little liquid as possible, whether of water, tea, milk, soup, or anything of this kind. She should also take a gentle laxative each day, as a little Hunyadi Water, or laxative mineral water of any kind.

Then support the breasts by passing a broad band beneath them, and carrying it over the shoulders, compressing the breasts slightly, but not too greatly.

The breast-pump should be used as soon as any distention becomes painful, and the breasts should be diligently rubbed with warm sweet-oil. **If you do not understand your ailments write to Mrs. Pinkham, Lynn, Mass. Her advice is free and always helpful. Such letters are strictly confidential and answered with the help of women only.**

CHAPTER XII.

TO PREVENT CONVULSIONS AT CHILDBIRTH.

Work of the Kidneys Most Important.—The kidneys are constantly engaged in removing from the body certain poisonous substances which are held in solution in the urine. If they should fail to do this work, or if no urine should be secreted for even a few hours, most serious consequences would follow.

Cause of Convulsions.—When these poisons are retained in the system to a sufficient degree they cause convulsions and unconsciousness, and are frequently fatal. The convulsions which some women have at childbirth are caused by this imperfect action of the kidneys.

To Tell If Danger Is Present.—An examination of the urine at any time will tell whether the kidneys are acting well or not, and thus it is possible to determine whether there is danger of having these convulsions during confinement. Therefore I urge upon all pregnant women the necessity of having their urine examined once or twice during the course of pregnancy, and certainly during the eighth or ninth month.

Albumen in the Urine.—Imperfect action of the kidneys is shown by the appearance of albumen in the urine. Any competent physician can easily determine whether this albumen is in the urine or not, and if present he can take such prompt measures as to remedy the evil before any serious danger occurs. Of course I know that hundreds of thousands of women pass safely through childbirth and have no unfavorable symptom at all; yet I also know that now and then a most valuable life is lost when it might just as well have been spared as not, if these simple suggestions had been carried out.

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It is the teaching of all the best medical authorities in the world that this precaution should be taken by every expectant mother.

Symptoms of Kidney Trouble.—When the kidneys are not performing their work properly, the mother may know it, herself. If she finds her feet and ankles swelling at night, if she has a puffy look under the eyes, and especially if the amount of urine passed in twenty-four hours is not so great as formerly, then there is probably albumen in the urine. In this case she should stop eating meat of all kinds, and live largely upon milk, keeping the bowels in laxative condition by using Lydia E. Pinkham's Liver Pills, and bathing the skin well once or twice a day. She should also begin at once the use of Lydia E. Pinkham's Vegetable Compound, resting assured that this will remove the congestion in the kidneys, and will cause a more free secretion of the urine.

Self-abuse (Masturbation).—This is a cause of many of the diseases of women, also men. Small girls learn the practice from larger ones, and through ignorance continue it often to maturity without knowing that it is bringing upon them a physical and moral injury.

If mothers instructed their daughters on this subject there would be fewer broken lives.

SYMPTOMS.—The main symptoms are wakefulness, restless nights, headache, indolence, melancholy, indisposition to study, forgetfulness, despondency, weakness in the back and private organs, no confidence in one's own abilities, a desire for seclusion from society; whites, hysterics, and inability to look any one in the face. Sometimes the muscles are relaxed, limbs tremble, the skin is sallow and dry, with pain in the womb.

REMARKS. Write to Mrs. Pinkham in perfect confidence, and she will tell you exactly what to do. Delay is dangerous in this matter.

CHAPTER XIII.

DYSPEPSIA, CONSTIPATION, GENERAL DEBILITY, SLEEPLESSNESS.

Dyspepsia, Acute.—Acute dyspepsia is usually caused by some improper diet, as the eating of an unusual article of food or of a larger amount than necessary. Such articles of diet as cucumbers, unripe or overripe fruit, an excessive amount of sweets, rich salads, heavy puddings, etc., may so irritate the stomach that an acute attack of dyspepsia follows.

Nature Often Cures.—Nature often makes a prompt cure in these cases by causing a sharp attack of vomiting or diarrhœa. If a cure is not made in this way, then we can imitate nature by giving an emetic, or by taking a laxative, in order to rid the body of the indigestible material as soon as possible.

Treatment.—If there is much pain in the stomach, a mustard plaster should be placed directly over the pit of the stomach, or cloths wrung out in hot water. For the next day following the attack the diet should be restricted to milk, or poached eggs on toast, or something of this kind.

Chronic Dyspepsia.—It is chronic dyspepsia, however, which is so annoying because of its persistence. It has been called "The American Disease" because so many people are troubled with it.

Symptoms.—Persons suffering from chronic dyspepsia complain of a bad taste in the mouth, dry throat, nausea, and a feeling of great weight in the stomach for an hour or two after each meal.

Frequently there is no appetite whatever, or it may be even more ravenous than natural because of the irritation and inflammation in the stomach. When the latter is the case, food does not satisfy, and it becomes necessary to eat every two or three hours in order to quiet the gnawing and empty feeling in the stomach. The chronic dyspeptic suffers greatly from nervousness and depression of spirits; indeed, it seems almost impossible to maintain the usual cheerfulness.

Thought to be the Heart.—Many persons go to their family physician thinking they have a serious form of heart disease, when the whole trouble is with the stomach, the violent beating of the heart being simply a nervous manifestation caused by the irritable condition of the stomach.

Two Diseases Closely Associated.—Chronic dyspepsia is almost invariably associated with the diseases of women. Indeed, the two seem almost inseparable, for whenever you find a woman complaining of soreness across the lower part of the bowels, irregular menstruation, ovarian irritation, inflammation of the bladder, leucorrhœa, etc., you will find a confirmed dyspeptic. The blood is thin and watery, the bowels are constipated, and the whole nervous system seems to be upset.

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Which Disease Is the Cause?—The question comes whether the disease in the pelvis causes the difficulty with the stomach, or whether the stomach produces the inflammation in the uterus and surrounding parts. Probably one is true at one time and another at another time. The fact is that both conditions need correcting, and there is one remedy which answers perfectly in each case.

Both Must Be Cured.—The digestion certainly cannot be perfect while there is this inflammation in the pelvic organs; while the latter can hardly maintain a healthy condition if the stomach fails to do its work.

Both May Be Cured.—By paying attention to a few rules of diet, and by taking Lydia E. Pinkham's Vegetable Compound for a short time, I believe every case will promptly yield to treatment.

Cures Dyspepsia of Men.—Indeed, strange as it may seem, a great many men who have taken Lydia E. Pinkham's Compound because they have seen its good action on the stomach in cases of other members of the family have written reporting good results. It certainly has a most soothing and strengthening power on this organ, while its gently stimulating effect on the whole alimentary canal brings about the most desirable changes.

Regular Action of the Bowels.—I would recommend that Lydia E. Pinkham's Liver Pills be taken each night in just sufficient doses to cause a regular action of the bowels each day. Then if Lydia E. Pinkham's Vegetable Compound be taken, it will not only allay all inflammation in the stomach and impart great strength, but it will at the same time remove the soreness and pain in the pelvic organs.

A Simple but Valuable Aid.—All such persons will obtain relief by drinking a cupful of hot water at least half an hour before breakfast each morning; and if the case is very bad, then the hot water may be repeated before each meal. The water should be as hot as can be comfortably taken.

Useful Hints.—I would strongly urge the necessity of thoroughly chewing the food and eating slowly. If this rule alone were observed there would be far less dyspeptics in the country. Drink should be used sparingly at meal-time, also, for while the body requires a great deal of liquid during the day, yet this should be taken between meals rather than during meals.

The stomach should certainly have time to rest from its work of digesting the food, hence nothing should be eaten between meals. The habit so many girls have of eating before retiring is very injurious to the health, and should be corrected at once. Meals should be taken at regular intervals and not at any time when most convenient.

Diet for Dyspeptics.—The chronic dyspeptic should use soups sparingly, for, as a rule, they are quite difficult of digestion, while they do not contain much nourishment. Plain mutton and beef soup

without much fat are the least harmful. Such fish as pickerel, trout, shad, and white fish may be used moderately; while oysters, especially when raw, are easily digested. The best kinds of meat are roasted or broiled beef, lamb chops, and some fowl, as chicken.

Eggs are easily digested, and are exceedingly valuable as an article of diet for the dyspeptic. They may be cooked in almost any form except hard-boiled. They are highly nourishing, can be prepared in many delicate ways, and are, as I have said, as valuable an article of diet as the dyspeptic can have.

Persons with chronic dyspepsia do not digest vegetables well, as a rule, although such green vegetables as lettuce, green peas, asparagus, celery, and spinach may be used. Potatoes often ferment in the stomach, producing gases, and should be used sparingly.

Toast is always well borne, but should never be buttered while hot. Bread should not be used until it is at least a day old. Rolled oats, cracked wheat, etc., may be taken, although with many they cause fermentation. Nearly all cooked fruits are well borne by the stomach, and so are nearly all ripe fruits. Puddings made from rice and custard are easily digested.

Milk is valuable at all times, and if the chronic dyspeptic bears it well, this diet alone will frequently make a marked cure. If it rests heavy on the stomach, a little lime water may be added to it in the proportion of a tablespoonful of lime water to a cupful of milk.

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Forbidden Diet.—There are certain articles of diet which the dyspeptic should not use under any circumstances. Among such are fried foods of all kinds, pork, liver, veal, rich soups, turkey, goose, duck, mackerel, lobster, cucumbers, cabbage, turnips, parsnips, string beans, pies and cakes, cheese and nuts.

Constipation.—As we have already stated, constipation is productive of the most serious evils. When the lower bowel is distended, pressure is made upon the surrounding blood-vessels, and thus the circulation seriously interfered with.

Causes Inflammation of Uterus.—As a result, there is congestion in the blood-vessels of the ovaries and uterus, and inflammation of these organs is likely to follow with its long train of ailments.

Constipation also seriously interferes with the general health, producing nausea, indigestion, headache, backache, nervousness, general debility, etc.

Daily Movements Necessary.—Nature intended that the alimentary canal should be relieved of its contents at least once every twenty-four hours, and if this is not done, then certain poisons are absorbed into the blood which produce the most undesirable effects.

To Cure Constipation.—For constipation I strongly recommend Lydia E. Pinkham's Liver Pills. I know they give the most prompt and satisfactory relief. I have received letters from hundreds of women who have been cured of the most distressing ailments of the uterus and bladder simply by using these Liver Pills, and all because constipation was cured and in this way the cause of the suffering removed.

Diarrhoea.—Diarrhoea, as a rule, is an effort of nature to get rid of some offensive material. While this may be the first reason for its existence, yet if it is allowed to go on, it produces such an irritation in the bowels that serious results may easily follow.

Treatment.—If the person is conscious of having eaten something indigestible, as unripe or overripe fruit, then it is best to aid nature by taking some gentle laxative, as a laxative dose of Lydia E. Pinkham's Liver Pills, thus hastening the removal of the indigestible substance. If, however, there have been a number of movements of the bowels, until the offending material is probably all removed, then the following plan is all that will be necessary to make a cure:

Let the person rest at full length upon a couch or bed, remaining as quiet as possible. For the diet nothing should be taken but hot milk. A glass of hot milk can be slowly sipped once every three hours, and nothing else whatever should be taken into the stomach for a day, at least, or until the diarrhoea is checked.

If the pain is quite severe in the stomach or bowels, then a mustard plaster may be placed over the most painful part, or cloths wrung from hot water; or a poultice of linseed meal or slippery elm may be applied. I have seen the good results of this treatment of "rest and hot milk" in so many cases, and it is so exceedingly simple, that I earnestly recommend its trial.

General Debility, Exhaustion, Anæmia.—Many women go about suffering from great debility, being hardly able to drag themselves through the day. When night comes they are too tired to sleep, and when morning comes it seems they are more tired than they were at night. All parts of the body partake of this general weakness.

There are great discomfort and suffering through the lower part of the body, difficulty in passing the urine, constipation of the bowels, leucorrhœa, and all other affections which naturally come from an impoverished condition of the blood.

May Be Promptly Cured.—To all women who are suffering from this general debility, exhaustion, and nervous prostration I earnestly recommend Lydia E. Pinkham's Blood Purifier. If the inflammation in the uterus and surrounding organs is quite marked at the same time, then the Blood Purifier may be taken before meals and the Vegetable Compound after. If the female generative organs are not much involved, then the Blood Purifier may be used alone.

A Grand Medicine.—This grand medicine has done great good, and I am confident it will build up the system, purify the blood, and greatly improve the general health.

Persons suffering from general debility of this kind do not prosper well on a milk diet alone. They need more hearty food, such as rare beefsteak, rare roast beef, lamb chops, and eggs.

Sleeplessness.—Sleeplessness is frequently the result of a too liberal use of tea or coffee. Many persons cannot take a cup of coffee at any time during the evening without lying awake many hours to pay for it. It is a strong stimulant to those who have a sensitive nervous system, and should be used only sparingly at all times and never after the midday meal.

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Strong tea acts in this way upon a great many, and if any of my readers are troubled with sleeplessness, and yet at the same time use tea and coffee freely, I would suggest that they try, first of all, to do without these drinks and note the effect.

Treatment.—A warm (not hot) foot-bath taken just before retiring will often cause a good night's rest, as it draws the blood from the head, makes the circulation more evenly distributed, and in this way induces sleep. Frequently a baby or young child may be made to sleep all through the night if a warm bath be given just before retiring.

When the sleeplessness is due to nerve exhaustion, as is frequently the case, the very best results will follow the use of Lydia E. Pinkham's Vegetable Compound, because of its great nerve tonic properties.

A Hard Cold.—Whenever any one has taken a hard cold, it can often be speedily and completely broken up in the following manner: Take a hot foot-bath for at least half an hour. While the feet are still in the hot water throw a blanket completely about the limbs and body, in order to retain all the heat possible. At the same time drink one or two cupfuls of hot lemonade, or hot ginger tea. Then retire to bed, having the bed previously well warmed, if during the wintertime. Put on plenty of covering, keeping a hot flat-iron or a hot water-bottle at the feet, and in every way try to induce free perspiration.

After an hour or two, gradually remove the extra clothing. Be careful about going out the next morning, for the body will be especially susceptible to the cold. In this way it is possible to break up a hard cold at once. If there is any tendency to cough, or any tightness or soreness in the chest, place a mustard plaster directly over the chest, and allow it to remain on until the skin is quite red.

Sore Throat.—An old-fashioned remedy for sore throat, and a very good one, too, is to bind on each side of the throat a piece of salt pork. The surface of the pork may be slightly covered with black pepper, in order to increase its drawing power. This is allowed to remain on all night, but should be taken off in the morning. During the day a flannel is worn about the neck.

A gargle for sore throat may be made by dissolving half a teaspoonful of chlorate of potash in a cupful of warm water. Gargle the throat with this every hour or two during the day, but do not swallow the mixture. After this has been used for a day or two, then a solution may be made by adding a teaspoonful of pulverized alum to a cupful of warm water; this is applied to the inflamed sides of the throat by means of a swab. Gargling the throat with a solution of ordinary extract of witch hazel, one part, and water two parts, also very useful.

Croup.—As a rule, croup may be quickly cured by the use of either hot or cold water. Immediately the child begins to breathe hard and cough with a dry, hollow, barking cough, wring out a towel from cold water and apply around the throat, covering this with a dry towel. The wet towel should be changed in a few minutes, just as soon as it becomes a little warm. Often before the second cloth is removed the spasm will be broken, and the danger passed. *Cool* water will not answer; it must be *cold*. If the spasm does not break, and the breathing does not become easy within fifteen or twenty minutes, then change to hot water. Wring out the cloth from water as hot as can be borne and apply about the neck, changing in a few moments, and so on.

How to Lose Flesh.—I have often been asked whether it were possible to have the flesh reduced without in any way affecting the general health. If the person be only slightly heavier than usual, and is in the best of health, it certainly seems wrong to experiment in any way to reduce the weight, especially when this is done only to better follow the dictates of fashion.

If, however, the excess of flesh is becoming so great as to be uncomfortable, to interfere with the regular work, or to cause weak action of the heart, etc., then something should be done. There are a few rules which a person may follow to advantage in such cases, although the change should be made gradually.

So long as a person continues to gain in flesh, it is positive evidence that more food is being taken than necessary. Therefore the first rule is that the quantity of food should be gradually diminished.

The second rule is that exercise should be taken regularly. This will keep up the general health, while it will cause the fat to be more evenly distributed over the body. Another rule is to keep the bowels well open, so that there may be at least two movements daily. For this special purpose the mineral laxative waters are best.

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Diet for Reducing the Flesh.—Fatty foods should be avoided, and so should all drinks in excess. Foods containing sugar or starch should be taken sparingly, as oatmeal, potatoes, rice, cakes, sweetened tea and coffee. Milk is very fattening to many, hence should not be used. The eminent Dr. Mitchell, of Philadelphia, instituted a course of treatment for reducing the weight, which is quite rigid, but nevertheless effective. The regular diet should be changed gradually until it meets Dr. Mitchell's demands.

He prescribes outdoor exercise, and a diet of one cupful of milk and one egg every three hours when awake. No other food or drink is allowed for twenty days, when the list of foods is gradually extended. There are a number of anti-fat remedies upon the market, but many of them depend for a cure upon their power to disturb digestion, and thus interfere with the general health.

How to Gain Flesh.—When it is natural for persons to be thin, it is quite impossible for them to gain in weight under any kind of diet or treatment. Many persons, however, are thin simply because some of the digestive organs do not perform their work properly; or because the diet is not the right kind.

Thin persons need good meats and some vegetables. If the digestion is all right, then such meats as mutton, chicken, broiled bacon, broiled ham, etc., may be used; also rare broiled steak, rare roast beef, etc. Eggs may be used in any way except hard-boiled. Good bread, oatmeal, cracked wheat, hominy, etc., are good.

Such indigestible foods as pork and veal, thin soups, cabbage, turnips, pickles, pies, and pastries of all kinds should not be used.

Often a good preparation of cod-liver oil will increase the weight; and this is also true of many of the extracts of malt. It is useless, however, to try to increase the weight by using a generous diet, unless the digestion is in good order. When the digestion is weak, the person should take Lydia E. Pinkham's Vegetable Compound because of its power to strengthen the digestion and enable the system to obtain all the good possible from the food.

Pimples, Rashes, Eruptions.—Many persons, especially young girls, are afflicted with pimples on the face, rashes, blackheads, etc. To cure this condition it is necessary that the bowels be made to act regularly each day, which is easily done by the use of Lydia E. Pinkham's Liver Pills.

Then a good course of treatment should be taken with Lydia E. Pinkham's Blood Purifier in order to make the blood perfectly pure in every way. Attention should also be paid to the diet, and such indigestible articles as pork, pickles, rich pies and cakes, and rich sauces, sweetmeats and nuts should be avoided.

For local treatment, the face should be washed each day in warm, soapy water, using the best Castile soap. Then with a sponge or wash cloth wash off this water with as hot water as can be borne. It is best to keep up this sponging with the hot water for at least five minutes in order that the face may become thoroughly steamed.

The face should then be wiped dry and rubbed briskly for a few minutes.

Burns.—Burns are likely to occur at any time in the household, and one should always know what to do promptly. The best treatment is to add a teaspoonful of ordinary baking-soda to a cupful of water. Saturate some cloths in this solution and lay them over or loosely bind them about the burned part. This will take out the pain and sting at once. As the cloths become dry, more of the solution should be poured over them, and they should not be removed from the burned parts. After a few hours, these wet cloths may be replaced by cloths well covered with vaseline. **If you do not understand your ailments write to Mrs Pinkham. Her advice is free and always helpful. Such letters are strictly confidential; they are never shown without the writer's express permission; women only assist in answering them.**

Free Medical Advice to Women

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ALL CORRESPONDENCE STRICTLY CONFIDENTIAL



In addressing Mrs. Pinkham you are confiding your private ills to a woman—a woman who speaks from a greater experience in treating women's diseases than can any living physician—male or female.

You can talk freely to a woman when it is revolting to relate your private troubles to a man—besides, a man does not understand—simply because he is a man.

Many women suffer in silence and drift along from bad to worse, knowing full well that they ought to have immediate assistance, but a natural modesty impels them to shrink from exposing themselves to the questions and probably examinations of even their family physician. It is unnecessary. Without money or price you can consult a woman, who can speak from a greater actual experience than can any local physician in the world.

Every one will agree that there are the strongest of all reasons why, if we are ill, we should appeal to the person who knows the most about the kind of illness with which we are afflicted—one who has had the greatest experience in treating just such cases and meeting just the symptoms that are manifest in our particular case.

What confidence does one gain by consulting one who has occasionally met a case just like ours, but has had no great experience? None whatever. All treatment under such a person must of necessity be experimental. But in writing Mrs. Pinkham you consult one who has, actually filed in her office for ready reference, an immense correspondence with patients suffering from female ills which has been constantly going on for more than twenty-five years; and it is safe to say there is not a case or complication of female derangements with which she is not familiar. It is a positive fact, easily verified, that within the last few months she, with her corps of trained women assistants, has

advised in over one hundred thousand cases, and that a vast number of the women of this country owe the restoration of their health to her advice and Lydia E. Pinkham's Vegetable Compound.

Now, if a woman is ill and miserable, it seems to us only simple justice to herself that she should avail herself of the help of a woman of such enormous experience.

MRS. PINKHAM'S STANDING INVITATION.

Women suffering from any form of female weakness are invited to promptly communicate with Mrs. Pinkham, at Lynn, Mass. She asks nothing in return, except their good will, and her advice has relieved thousands. Surely any woman, rich or poor, is very foolish if she does not take advantage of this generous offer of assistance.

Address simply Mrs. Pinkham, Lynn, Mass., U. S. A.

El Compuesto Vegetal de Lydia E. Pinkham es un remedio seguro para todas las enfermedades de las mujeres, incluyendo la caída del útero, leucorrea, menstruaciones irregulares y dolorosas, inflamaciones y ulceraciones de la matriz y del ovario, para toda clase de afecciones de los órganos de la generación, así como también para las enfermedades de los riñones de ambos sexos. Este remedio está compuesto de las raíces y yerbas mas puras y escogidas, que se encuentran en la naturaleza para las enfermedades de las mujeres.

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Menstruación.—Las menstruaciones tempranas no son deseables, aunque muchas menstruaciones aparecen de los trece á los quince años; sin embargo mucho depende de la constitución de la muchacha. Si habiendo llegado á esta edad no ha menstruado todavía, la madre deberá prestar singular cuidado á la hija; esta probablemente crecerá delgada y pálida con una complexión lívida, que hará de ella una víctima fácil y segura de la tisis y de la nevrastenia. Nada hay comparable para estos casos al Compuesto Vegetal de Lydia E. Pinkham. Ayuda y promueve los cambios importantes que han de verificarse en la vida de la muchacha en esa edad previniendo largos años de padecimientos los cuales son resaltados seguros de la negligencia. El Compuesto deberá tomarse siguiendo estrictamente las direcciones hasta que la menstruación ocurra regularmente cada veinte y ocho días. Si hay propensión á estreñimiento, las Píldoras de Hígado de Lydia E. Pinkham deberán tomarse juntamente con el Compuesto Vegetal. Estas píldoras han sido hechas especialmente para mujeres y obran en perfecta armonía con el Compuesto Vegetal.

Supresión de las Reglas es la suspensión de la menstruación.

Si la supresión de las reglas ocurriese, excepto en los casos de preñez ó de amamantamiento, el Compuesto Vegetal de Lydia E. Pinkham deberá tomarse hasta que la menstruación vuelva á producirse regularmente. Curará todas las irregularidades.

Menstruaciones dolorosas.—Muchas mujeres sufren dolores terribles durante la menstruación. El Compuesto Vegetal de Lydia E. Pinkham curará esos martirizantes dolores. Nada importa que el caso sea reciente ó que haya existido durante muchos meses, si el Compuesto Vegetal se toma regularmente y siguiendo las instrucciones, la cura será un hecho cierto.

Menstruaciones abundantes ocurren á menudo en las personas sanguíneas y en las pálidas y linfáticas. El Compuesto Vegetal de Lydia Pinkham ha hecho algunas de las curas más asombrosas precisamente en esas condiciones. Para las menstruaciones abundantes avisamos que se tome el Compuesto Vegetal de Lydia E. Pinkham en forma seca, es decir en píldoras ó pastillas.

La inflamación y la ulceración del útero es la causa de casi todas las enfermedades de las mujeres. El Compuesto Vegetal de Lydia E. Pinkham ha curado más de un millón de casos de enfermedades uterinas. El número de relaciones recibidos de mujeres que han estado enfermas á punto de morir y han sido curadas por este remedio es casi increíble. Una mujer puede conocer perfectamente si padece de alguna enfermedad del útero, porque estas enfermedades vienen acompañadas de terribles dolores en el abdomen, espalda etc., desmayos, pesadez en las extremidades, y de toda clase de otros dolores. Una cura segura se encuentra en el Compuesto Vegetal de Lydia E. Pinkham.

Leucorrea (ó Flores Blancos).—Uno de los primeros síntomas de la inflamación del útero es la leucorrea, familiarmente conocida bajo el nombre de Flores Blancos, la cual consiste en una secreción blancusca de la vagina la cual debilita muchísimo el sistema y produce una irritación de la membrana mucosa que reviste el canal vaginal. El uso regular del Compuesto Vegetal, por sus efectos en la constitución, y la Loción Sanativa de Lydia E. Pinkham usada en inyecciones curará positivamente los casos más graves de leucorrea. La negligencia de esta dolorosa enfermedad originará úlceras, flujos excesivos, estableciendo los cimientos para la más terrible de todas las enfermedades—el Cancer.

Caída del Utero.—Existen muchos desplazamientos del útero, pero el más principal es él conocido generalmente con el nombre de la Caída del Utero. Esto es debido muchas veces á la flojedad de los ligamentos que soportan este órgano. El Compuesto Vegetal de Lydia E. Pinkham fortalece lás ligamentos, alivia todas las inflamaciones y gradualmente restaura los órganos á su propia condición. El Compuesto Vegetal de Lydia E. Pinkham removerá los tumores del útero en su temprano desenvolvimiento tan seguro como el sol brilla.

La Inflamación de los ovarios es una de las enfermedades más desesperantes que atacan á las

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mujeres de 20 á 40 años. Esta enfermedad va siempre acompañada de algunos dolores de la región de los ovarios y de una sensación de pesadez especialmente durante la menstruación. A menudo el dolor extiéndose por el costado y la espalda, especialmente en el lado izquierdo produciendo continuos deseos de orinar. A menos que esta enfermedad se ataque prontamente nada curará á la paciente que no sea la cuchilla del cirujano. El Compuesto Vegetal de Lydia E. Pinkham a curado miles de mujeres que sufrían enfermedades del ovario, salvándolas de los riesgos de una seria operación.

La Esterilidad es á menudo debida á la extrema debilidad e inflamación crónica del útero; frecuentemente el uso regular del compuesto Vegetal de Lydia E. Pinkham ha restaurado los órganos reproductivos de la mujer á sus condiciones normales quitándolas la idea de que su esterilidad era imposible de curarse.

Cambio de Vida es el período peligroso por el cual pasan todas las mujeres que han cumplido 45 años; durante este período las mujeres sufren toda clase de dolores y enfermedades, pero si el Compuesto Vegetal de Lydia E. Pinkham se toma regularmente este cambio importante puede ser pasado sin peligro de enfermedades ó muerte.

Las Enfermedades de los Riñones y de la Vejiga son comunes en ambos sexos, generalmente de difícil curación, pero pueden curarse si se atienden á tiempo; nada sin embargo es tan fatal como el no atenderlos debidamente á su tiempo, siendo la muerte el resultado inevitable. El Compuesto Vegetal de Lydia E. Pinkham no reconoce rival entre los remedios que para estas enfermedades han sido descubiertos. Es digno de absoluta confianza tanto por hombre como por mujer.

Los Dolores de la Espalda no son una enfermedad pero son uno de los principales síntomas; cuando existe una enfermedad de los órganos de la generación, ésta es telegrafiada, como si dijéramos, al gran nervio simpático que tiene uno de sus principales centros en la parte mas baja de la espalda. El Compuesto Vegetal de Lydia E. Pinkham curando las enfermedades del útero y de los riñones hará desaparecer los dolores de la espalda.

Dispepsia é Indigestión.—Nada en el mundo será descubierto que pueda compararse al Compuesto Vegetal de Lydia E. Pinkham, para las enfermedades del estómago.

Preñez.—Muchos dolores y sufrimientos que ocurren al dar á luz á un niño podrían evitarse enteramente, si la madre fortificase su sistema durante dos meses antes del nacimiento con el Compuesto Vegetal de Lydia E. Pinkham.

DIRECCIONES GENERALES.

Una cucharada del Compuesto Vegetal de Lydia E. Pinkham deberá tomarse cada 4 horas al día para cualquiera de las enfermedades arriba mencionadas.

Empátese un cuarto del paquete de la Loción Sanativa de Lydia E. Pinkham en cantidad suficiente de agua para hacer una pinta después de haberse filtrado; cuando los flujos son profusos, úsese la mitad de esta cantidad, añadiendo una pinta de agua caliente.

Para estreñimiento, dolores de cabeza, biliosidades tómense tres Píldoras de Hígado de Lydia E. Pinkham la primera noche, dos la segunda y una la tercera, y á menos que se obtenga una saludable flojedad de los intestinos deberá seguirse tomando una cada noche, hasta concluir la caja.

Cuando la sangre es pobre y el paciente se sienta débil y cansado, y desganado, nada en el mundo es tan bueno como el "Purificador de la Sangre" de Lydia E. Pinkham. Una cucharada tres veces al día curará el reumatismo, scrófula, erupciones de la piel, etc. etc.

De venta por todos los farmaceuticos y droguistas.

Preparado por The Lydia E. Pinkham Medicine Company,

Lynn, Mass., E. U. de A.

LYDIA E. PINKHAM'S ÖRT-MEDICIN

är ett säkert botemedel för alla qvinnosjukdomar, såsom lifmoderns nedfallande, hvitsot, oregelbunden och smärtsam rening, inflammation och sårnad på lifmodern och äggstockarne, samt alla andra svagheter uti de kvinliga skaporganen, äfvensom njurlidande hos båda könen. Det är sammansatt af utvalda och renaste slag af rötter och örter, såsom naturen sjelf främställt dem för botandet af qvinnans lidanden.

Reining.—För tidig rening är icke önskvärd, ehuru densamma vanligen börjar vid omkring tretton intill femton års ålder; emellertid beror dervid mycket på flickans kroppsbyggnad. Om hon nått denna ålder och ännu icke haft rening, bör modren fästa särskild uppmärksamhet dervid; hennes dotter blir antagligen mager och blek, med en egendomlig gulblek hy och hon blir ett säkert och lätt offer för lungdot och nervös nedslagenhet. Ingenting i världen när upp till Lydia E. Pinkhams Vegetable Compound i dylika fall.

Det bidragat att åstadkomma den viktiga förändring uti en flickas lif, som bör ega rum vid omkring denna ålder och förebygger sålunda åratals af elände, som är en säker följd af uraktlåtenhet. Medicinen måste tagas bestämdt enligt föreskrift, intill reningen inträffar regelbundet hvarje tjuguaåttonde dag. Om inelfvorna äro benägna att hoptränga sig, borde Lefver-Piller (Lydia E. Pinkhams Liver-Pills) begagnas, hvilka blifvit särskildt sammansatta för kvinnans bruk och verka i fullkomlig harmoni med Vegetable Compound.

Förhindrande af Flytningen är ett upphärande sedan reningen vederbörligen börjat. Om ett upphörande eger rum, så fram det icke är en följd af hafvandeskap eller gifvande af di, är det ett allvarligt fall och Lydia E. Pinkhams Vegetable Compound bör tagas tills reningen åter blir regelbunden. Den förbättrar säkert alla oregelbundenheter.

Smärtsam Rening.—Många kvinnor lida marterande smärta under reningen. Lydia E. Pinkhams Vegetable Compound botar säkert denna smärtande känsla. Det inverkar ej om detta förhållande nyligen inträdt eller om det egt rum under många månader; om Lydia E. Pinkhams Vegetable Compound tagas regelbundet och enligt föreskrift är ett botande säkert.

För Ymnig Rening förekommer ofta hos dem, som äro blodfulla, liksom hos dem som äro bleka och svaga. Lydia E. Pinkhams Vegetable Compound har åstadkommit åtskilliga af de mest förvånansvärda botaden i just dylika fall. För för ymnig rening eller flytning rekommendera vi alltid Lydia E. Pinkhams Vegetable Compound i torr form, antingen som piller eller kakor.

Inflammation och Sårnad på Lifmodern är orsaken till nästan alla kvinnosjukdomar. Lydia E. Pinkhams Vegetable Compound har botat mera än en million fall af Lifmoderfel. De skildringer, som erhållits från kvinnor, hvilka varit dödsjuka och som botats genom Lydia E. Pinkhams Vegetable Compound äro nästan otroliga. En kvinna vet säkerligen om hon har något slags lifmoderfel, enär dylikt nästan alltid åtföljes af en nedtyngande känsla uti underlifvet, ryggvärk, svimmingsanfall, styfhet i lederna och all annan tänkbar värk och smärta. Ett aldrig svikande botemedel är Lydia E. Pinkhams Vegetable Compound.

Leucorrhœa eller Hvitflytning.—En af de första symptomerna af lifmoderns inflammation är leucorrhœa, vanligen kallad "hvit," hvilken består af en vit flytning från moderslidan och som är mycket kraftnedsättande för systemet och retande för moderslidans känsliga slemhinna.

Ett regelbundet begagnande af Lydia E. Pinkhams Vegetable Compound på grund af dess inverkan på kroppsbeskaffenheten och Lydia E. Pinkhams Läkande Medel för insprutning uti moderslidan, botar säkert de allvarligaste fall af vitflytning. Försummande af denna ledsamma sjukdom förorsakar sårnader, öfverdrifven flytning och lägger grunde för den forskräckligaste af alla sjukdomar nemligen Kräfta.

Lifmoderns Nedfallande.—Det finnes många olika rubbningar hos lifmodern, den vanligaste känd under namn af lifmoderns nedfallande. Detta beror hufvudsakligast på förslappning af de band som uppbara detta organ eller hålla det på sin plats. Lydia E. Pinkhams Vegetable Compound stärker dessa band, lindrar inflammation och återställer så småningom delarne uti deras behöriga läge. Lydia E. Pinkhams Vegetable Compound borttager svullnad uti lifmodern i dess tidigare stadium lika säkert som solen skiner.

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Inflammation uti Äggstockarne är en särdeles allvarlig sjukdom, som angriper kvinnan mellan 20 och 40 års ålder. Den åtföljes alltid af ömhet och hårda smärtor i trakten af äggstockarne och en känsla af uppfyllnad isynnerhet under reningen. Ofta utstracka sig smärtorna till sidan och ryggen, isynnerhet till venstra sidan, med ett ständigt begär att urinera. Så fram icke denna sjukdom genast häfvas, kan ingenting rädda patienter från operationsknifven. Lydia E. Pinkhams Vegetable Compound har emellertid botat tusentals kvinnor för sjukdomar uti äggstockarne och räddat mångfaldiga från hospitalet och en allvarlig operation.

Ofruktbarhet har often sin orsak uti ytterlig svaghet och kroniskt inflammeradt tillstånd af lifmodern. Regelbundet begagnande af Lydia E. Pinkhams medicin har ofta återställt lifmoderns fruktbara organer till deras normala tillstånd och lindrat från den bekymrande tanken att ofruktbarheten var obotlig.

Förändring I Lifvet är en farlig period för alla kvinnor, som hunnit till 45 års ålder. Under denna tid har kvinnan all slags sjukdom och smärta, men om Lydia E. Pinkhams Vegetable Compound tagas regelbundet, kan denna viktiga förändring i en kvinnas lif passeras utan fara för sjukdom eller död.

Njurlidande och Blåskatarr hos båda könen äro vanliga och svåra sjukdomar, men de kunna botas om de tagas itu med i rätt tid. Ingenting är emellertid så olycksbringande som symptomerna till dessa sjukdomar om de ej gifvas akt på i tid och döden är oundviklig. Lydia E. Pinkhams Vegetable Compound öfverträffas ej af något annat botemedel, som någonsin uppstäckts för botande af alla sjukdomar i njurarne och blåsan. Det är fullt tillförlitligt både för män och kvinnor.

Ryggvärk är icke en sjukdom utan en tydlig symptom da sjukdom förefinnes uti skaporganen och ger sig tillkänna som om det vore uti den stora sympatiska nerv, som har ett af sina förnämsta lägen i lägre delen af ryggen. Lydia E. Pinkhams Vegetable Compound, som häfver lifmoderns-, äggstocks-, och njurlidanden, botar tryckande ryggvärk.

Magsyra och Dålig Matsmältning.—Ingenting verlden har någonsin uppstäckts, som uppnår Lydia E. Pinkhams Vegetable Compound for magsjukdomar.

Hafvande Tillstånd.—Vid barnsbörd intraffer mycken smärta och lidande, som kunde helt och hållet undvikas om den blifvande modern stärkte sitt system genom regelbunden behandling med Lydia E. Pinkhams Vegetable Compound under en period af två månader före barnsbörden.

ALLMÄN ORDINATION.

En matsked af Lydia E. Pinkhams Vegetable Compound hvarje fjerde timma under dagens lopp för hvilken som helst af förutnämde sjukdomar.

Lägg ett fjerdedels paket af Lydia E. Pinkhams Läkande Medel i tillräckligt med vatten för att utgöra en pint sedan det silats. Då flytningen är för riklig, tag hälften deraf och tillsätt en pint varmt vatten. Begagna dagligen för insprutning i moderslidan.

För föstoppning, hufvudvärk och gallsjukdom tages tre Lydia E. Pinkhams Lefverpiller första natten, två den andra och en den tredje och såvida ej en regelbunden och helsosäm förändring inträdt uti underlivvet, fortsätt att taga ett hvarje afton så länge de räcka.

När blodet är fattigt och patienten är svag samt alltid känner sig trött, är mager och ej har appetit, så är intet i verlden så välgörande som Lydia E. Pinkhams Blodrenare. En matsked tre gånger dagligen botar rheumatism, skrofler, hudsjukdomar m. m.

Säljes hos Apotekare, preparerad af Lydia E. Pinkham Medicine Company,

Lynn, Mass., Förenta Staterna.

LE REMÈDE VÉGÉTAL DE LYDIA E. PINKHAM.

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Le Remède Végétal de Lydia E. Pinkham est un remède absolument sûr pour toutes les maladies de femme telles que le prolapsus de la matrice, la leucorrhée, les menstrues irrégulières et douloureuses, l'inflammation et l'ulcération de la matrice et des ovaires, ainsi que pour toutes les autres affections des organes génitaux de la femme, et les maladies des reins et du foie des deux sexes.

Il se compose des herbes et racines les plus pures, telles que les pourvoit la nature elle même.

Menstrues.—Il n'est pas à désirer que les règles aient lieu a un âge trop jeune, quoiqu'en général les menstrues commencent entre la 13^e et la 15^e année, la constitution de la jeune fille y jouant un certain rôle. Si la fille a atteint cet âge et qu'elle n'ait pas encore ses règles, la mère ne saurait être trop soigneuse; il est probable que la fille est pâle et maigre, et que son teint montre cette couleur livide qui nous fait craindre qu'elle ne devienne sous peu la victime de la phthisie et qu'elle ne devienne fortement neurasthénique. Pour empêcher un tel malheur rien n'égalé "Lydia E. Pinkham's Vegetable Compound." Il produit d'une manière salubre et prompte le changement qui devrait alors avoir lieu, en prévenant ainsi de longues années de souffrances, résultat inévitable de tout manque de précaution. Lydia E. Pinkham's Vegetable Compound doit être pris strictement selon les instructions, jusqu'à ce que les règles aient lieu tous les 28 jours. Si, de plus, il y a de la constipation, on se servira des Pilules de Foie de Lydia E. Pinkham, faites exprès pour l'usage des femmes et opérant entièrement d'accord avec le remède.

L'Absence des Règles après qu'elles ont commencé une fois, à moins qu'elle ne soit due à la grossesse ou à l'allaitement, est une affaire de la plus grande importance et personne ne devrait manquer de se servir de Lydia E. Pinkham's Vegetable Compound jusqu'à ce que de nouveau les menstrues se montrent régulièrement.

Règles Douloureuses.—Il y a bien des femmes qui, pendant le temps de leurs règles, souffrent des douleurs tout à fait terribles. Notre remède guérira d'une manière sûre cette affection n'importe si c'est un cas récent ou vieux de plusieurs mois. On peut s'attendre à une guérison sûre et efficace pourvu que le remède soit pris régulièrement et suivant les instructions.

Les Règles Excessives se montrent d'abord chez des personnes sanguines et chez les personnes affaiblies et pales. Notre remède, Lydia E. Pinkham's Vegetable Compound, a obtenu des résultats tout à fait merveilleux dans ces cas. Pour guérir l'excès ou l'hémorrhagie des règles nous conseillons l'emploi du remède dans sa forme sèche, c'est à dire en pilules ou en pastilles.

L'Inflammation ainsi que L'Ulcération de la Matrice peuvent être regardées comme cause de presque toutes les maladies de la femme. Cependant Lydia E. Pinkham's Vegetable Compound a guéri plus d'un million de maladies de la matrice. Les rapports que nous recevons des femmes qui ont failli en mourir et qui ensuite ont été guéries, sont presque incroyables. La femme peut s'assurer assez facilement, si elle est atteinte ou non d'une affection de la matrice, vu le fait qu'ordinairement elle est sujette à des tiraillements d'estomac, à des peines dans les reins, à des évanouissements, à l'engourdissement des membres et à une foule d'autres douleurs. Le seul remède infaillible pour guérir toutes ces affections est Lydia E. Pinkham's Vegetable Compound.

La Leucorrhée que nous connaissons plus familièrement sous le nom de "Fleurs Blanches," représente un des premiers symptômes de l'inflammation de la matrice. Le mal se montre sous la forme d'une sécrétion blanchâtre du vagin, enfaiblissant le système et exerçant un irritation très sérieuse sur la muqueuse du vagin. L'emploi régulier de Lydia E. Pinkham's Vegetable Compound,

grâce à son effet sur le système, ainsi que de la Lotion Sanitaire de Lydia E. Pinkham (Lydia E. Pinkham's Sanative Wash) appliquée sous forme d'injections dans le vagin, ne tardera guère de guérir les cas les plus obstinés de leucorrhée. En négligeant cette maladie désastreuse on est sûr de donner lieu à des sécrétions excessives, à des ulcères ainsi qu'à la plus dangereuse de toutes les maladies—le Cancer.

Prolapsus de la Matrice.—Il y a un grand nombre de déplacements dont le plus important est appelé "le prolapsus de la matrice." Celui-ci est produit d'abord par une relaxation des ligaments qui, dans leur état normal, maintiennent cet organe à sa place. Lydia E. Pinkham's Vegetable Compound fortifiera ces ligaments, l'inflammation disparaîtra et peu à peu l'organe sera remis dans sa condition normale. Notre remède aura de plus un succès indiscutable pour guérir toutes les tumeurs de la matrice pourvu qu'on commence à s'en servir dès leurs premières phases.

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L'Inflammation des Ovaires est une des maladies les plus désastreuses atteignant les femmes entre la vingtième et la quarantième année. Les personnes qui en souffrent s'apercevront vite d'une sensibilité extraordinaire dans la région des ovaires, de plus des sensations d'enfléments désagréables, surtout dans la période des règles. Souvent la douleur s'étend aux flancs et au dos, surtout au flanc gauche, et il se fait sentir un désir incessant d'uriner. A moins que cette affection ne soit arrêtée promptement rien ne pourra sauver la malade d'une opération. Lydia E. Pinkham's Vegetable Compound, cependant, a guéri les maladies d'ovaires de milliers de femmes et bien de femmes ont été assez heureuses, par conséquent, pour échapper à un long traitement à l'hôpital ainsi qu'à une opération des plus sérieuses.

La Stérilité est très souvent une conséquence directe d'une inflammation chronique de la matrice et d'une faiblesse extrême. L'emploi régulier de Lydia E. Pinkham's Vegetable Compound a souvent rétabli les fonctions normales de l'organe générateur, et a ainsi détruit cette idée fatale que la stérilité était incurable.

La Période Climatérique ou Changement de Vie est une période très importante et assez dangereuse pour toute femme qui a passé l'âge de 45 ans. Pendant cette période les femmes sont atteintes de toute espèce de maladies et de peines; l'emploi régulier de Lydia E. Pinkham's Vegetable Compound cependant va leur garantir une immunité parfaite contre tout accident dangereux qui pourrait leur survenir dans cette période.

Les Maladies des Reins et de la Vessie, chez les deux sexes, sont très fréquentes et très obstinées. Aussi peuvent-elles devenir très dangereuses et même fatales, si l'on manque de s'en occuper dès l'apparence des premiers symptômes. Lydia E. Pinkham's Vegetable Compound, que nous conseillons d'employer le plus tôt possible, est la **médecine par excellence** qui dans tous les cas de maladies du foie et de la vessie produira un résultat simplement merveilleux chez l'homme et chez la femme, et qui ne manquera guère de sauver une vie trop souvent menacée fatalement.

Le Mal de Dos, quelque fréquent qu'il soit, n'est guère une maladie proprement dite, mais plutôt un symptôme de la plus haute importance, comme il l'indique par le centre dorsal du grand nerf sympathique, qu'il y a une affection des organes générateurs qu'on fera bien de ne point négliger. Aussitôt que ces affections ou utérines, ou ovariennes ou rénales sont guéries par l'emploi de Lydia Pinkham's Vegetable Compound, ce mal de dos tourmentant va cesser tout seul.

Dyspepsie et Indigestion.—Rien au monde n'égale la force guérissante de notre remède pour toutes les maladies de l'estomac.

Grossesse.—Une grande partie des douleurs et des souffrances qu'en général les femmes doivent endurer en accouchant pourraient être évitées, si elles se préparaient convenablement en fortifiant leur système par l'emploi de Lydia E. Pinkham's Vegetable Compound, à peu près deux mois avant l'accouchement.

MODE D'EMPLOI.

Prenez une cuillerée de Lydia E. Pinkham's Vegetable Compound toutes les 4 heures pendant la journée pour guérir chacune des maladies décrites ci-dessus.

Trempez le quart d'un paquet de Lydia E. Pinkham's Sanative Wash (Lotion Sanitaire) dans assez d'eau pour obtenir une pinte après la filtration; la sécrétion étant très forte on doit employer la moitié de cette quantité à laquelle on ajoutera une pinte d'eau chaude. Employez la lotion chaque jour en l'injectant dans le vagin.

Pour guérir la constipation, la migraine, les attaques bilieuses, prenez trois pilules la première nuit, deux la suivante et une la troisième et continuez jusqu'à ce que la boîte soit vide, à moins qu'il n'y ait pas une évacuation régulière plus tôt.

Quand le sang est appauvri et que le malade est toujours fatigué, bien amaigri et sans appétit, rien au monde ne lui fera autant de bien que le remède purificateur Lydia E. Pinkham's Blood Purifier. Une cuillerée trois fois par jour guérira les rhumatismes, la scrofule et toutes sortes d'éruptions de la peau.

Vendu chez tous les pharmaciens.

Préparé par Lydia E. Pinkham Medicine Company,

Lynn, Mass., E. U.

Lydia E. Pinkham's Kräutermittel, unter dem Namen "Vegetable Compound" auf den Markt gebracht, ist ein absolut zuverlässiges Heilmittel für sämtliche Frauenkrankheiten, einschließlich Vorfal der Gebärmutter, Leukorrhoe, unregelmäßige und schmerzhaft Menstruation, Entzündung und Geschwürbildung in der Gebärmutter und den Eierstöcken, ferner für alle sonstigen Schwächezustände in den weiblichen Geschlechtsorganen und für Nierenkrankheiten bei beiden Geschlechtern. Das Mittel ist aus den reinsten und erlesensten Wurzeln und Kräutern, wie sie Mutter Natur zur Heilung aller Frauenleiden selbst geschaffen hat, zusammengestellt.

Menstruation. Eine übermäßig frühe Menstruation ist keineswegs wünschenswerth; obwohl die Monatsregel oder Menstruation im Allgemeinen in der Zeit vom dreizehnten bis zum fünfzehnten Jahre aufzutreten pflegt, wobei jedoch viel von der Constitution des betreffenden Mädchens abhängt. Hat sie jedoch dieses Alter erreicht, und sollte sich die Menstruation noch nicht eingestellt haben, so muß die Mutter sich um die Sache bekümmern. Wahrscheinlich ist das junge Mädchen mager und blaß, wobei der Teint ein besonders, gelbliches Aussehen hat, so daß es nur zu leicht ein Opfer der Auszehrung und allgemeiner Nervenschwäche wird. Für solche Fälle ist Lydia E. Pinkham's Vegetable Compound geradezu unvergleichlich. Es trägt vor allem dazu bei, daß der Wechsel im Mädchenleben, der um diese Zeit eintreten sollte, auch richtig stattfindet, und es verhindert somit jahrelanges Leiden, das in der Regel eine sichere Folge einer Vernachlässigung in diesem Sinne bildet. Lydia E. Pinkham's Vegetable Compound sollte genau nach Vorschrift eingenommen werden, bis die Regeln regelmäßig sich alle 28 Tage einstellen. Zeigt sich Anlage zu Verstopfung, so muß man auch Lydia E. Pinkham's Leberpillen brauchen, die speciell für den Gebrauch von Frauen zusammengestellt worden sind und in jeder Beziehung harmonisch mit dem "Compound" zusammenwirken.

Ausbleiben der Regeln. Mit diesem Ausdruck bezeichnet man das Nichterscheinen der Menstruation, nachdem dieselbe einmal zu erscheinen angefangen hat. Ein derartiges Ausbleiben, sofern es nicht der Schwangerschaft oder dem Stillen zuzuschreiben ist, ist eine ernsthafte Angelegenheit, und Lydia E. Pinkham's Vegetable Compound muß eingenommen werden, bis die Menstruation wieder regelmäßig eintritt. Durch den Gebrauch dieses Mittels kann man zuverlässig alle Unregelmäßigkeiten beseitigen.

Schmerzhafter Monatsfluß. Bei vielen Frauen verursacht der Monatsfluß überaus große Schmerzen, und alle, die daran leiden, sollten ja nicht verfehlen, sich durch den Gebrauch von Lydia E. Pinkham's Vegetable Compound von dieser wahrhaften Geißel zu retten. Dabei ist es gleichgültig, ob der Fall ein akuter ist oder ob er schon viele Monate gedauert hat. Vorausgesetzt, daß das Vegetable Compound regelmäßig und genau nach Vorschrift genommen wird, darf man zuverlässig eine Heilung erwarten.

Zu starker Monatsfluß. Sowohl vollblütige als auch besonders bleichsüchtige und schwächliche Personen leiden häufig unter zu starker Menstruation. Gerade mit Bezug auf derartige Zustände vermag Lydia E. Pinkham's Vegetable Compound außerordentlich günstige Resultate aufzuweisen. Doch empfehlen wir bei zu reichlich auftretender Blutung Lydia E. Pinkham's Vegetable Compound in seiner trockenen Form, d. h. in der Form von Pillen oder Pastillen einzunehmen.

Beinahe alle Frauenkrankheiten haben ihren Ursprung in **Entzündung und Geschwürbildung in der Gebärmutter**, und es ist daher nicht genug hervorzuheben, daß Lydia E. Pinkham's Vegetable Compound schon mehr als eine Million Fälle von Gebärmutteraffektionen glücklich geheilt hat. Fast unglaublich klingen die Berichte vieler Frauen, die todkrank waren, und die dem Vegetable Compound ihre Rettung verdanken. Es ist nicht schwer für eine Frau zu erkennen, ob sie an einer Affektion der Gebärmutter leidet, da eine derartige Erkrankung fast stets von ziehenden, äußerst empfindlichen Schmerzen im Unterleib, Rückenschmerzen, Ohnmachtsanfällen, Erstarrung »Einschlafen« der Gliedmaßen, sowie von einer Reihe anderer Schmerzen begleitet ist. Lydia E. Pinkham's Vegetable Compound ist ein unfehlbares Mittel gegen alle derartigen Erkrankungen.

Die Leukorrhoe oder der weiße Fluß. Eines der allerersten Symptome, die eine Entzündung der Gebärmutter anzeigen, ist die Leukorrhoe, oder wie man sich gewöhnlich ausdrückt: Der weiße Fluß. Derselbe zeigt sich als eine weißliche Absonderung aus der Vagina oder Mutterscheide, die den Körper auffallend angreift und schwächt und besonders die empfindliche Schleimhaut des Scheidekanals irritiert. Aber selbst die hartnäckigsten Fälle von weißem Fluß lassen sich positiv kurieren durch den Gebrauch von Lydia E. Pinkham's Vegetable Compound in Verbindung mit Lydia E. Pinkham's "Sanative Wash" oder »hygienischem Waschwasser.« Das erstere stärkt das System und das zweite heilt die lokalen Erscheinungen, da es direct in die Scheide eingespritzt wird. Man hüte sich ja, diese Art von Krankheit zu vernachlässigen, da sich sonst leicht Geschwüre und übermäßige Absonderung einstellen können, die oftmals den ersten Grund zu der schrecklichsten aller Krankheiten — dem Krebs legen.

Gebärmuttervorfal. Es giebt eine Reihe von Fällen, wo die Gebärmutter eine Veränderung ihrer normalen Lage erleidet; von diesen ist der wichtigste der sogenannte Gebärmuttervorfal. Derselbe kommt hauptsächlich von einer Erschlaffung der Bänder her, die dieses Organ stützen und in seiner richtigen Lage erhalten sollen. Lydia E. Pinkham's Vegetable Compound stärkt diese Bänder, vermindert die Entzündung und verleiht nach und nach den erkrankten Theilen ihren früheren, normalen Zustand wieder.

Die **Entzündung der Eierstöcke** ist eine äußerst schwere Erkrankung, die Frauen im Alter von 20 bis 40 Jahren befällt. Sie ist stets von großer Empfindlichkeit und scharfen Schmerzen in der Gegend der Eierstöcke begleitet, wozu sich ein Gefühl der Völle, besonders zur Zeit der Menstruation, gesellt. Die Schmerzen erstrecken sich auch häufig auf die Seite und den Rücken, mit Vorliebe aber auf die linke Seite, in Verbindung mit fortwährendem Verlangen das Wasser abzuschlagen. Wird nicht prompt gegen diese Erkrankung eingeschritten, so vermag nichts den Kranken vom Messer des Chirurgen zu retten. Lydia E. Pinkham's Vegetable Compound hat aber tausende von Fällen von Eierstockerkrankungen geheilt und hat viele Frauen der Nothwendigkeit

enthoben, sich im Hospital einer gefährlichen Operation auszusetzen.

Unfruchtbarkeit ist oft weiter nichts als der Folgezustand ausnehmender Schwäche, sowie einer chronischen Entzündung der Gebärmutter.

Der regelmäßige Gebrauch von Lydia E. Pinkham's Vegetable Compound hat schon in vielen Fällen die weiblichen Zeugungsorgane wiederum ihrer normalen Thätigkeit zurückgegeben und eine anscheinend gänzliche Unfruchtbarkeit glücklich gehoben.

Die sogenannten **Wechseljahre** oder die **Menopause** sind eine Zeit wirklicher Gefahr für alle diejenigen Frauen, die das 45. Jahr überschritten haben. Während dieser Zeit sind die Frauen allen möglichen Beschwerden und Erkrankungen ausgesetzt, die sich aber alle vermeiden lassen, ohne ernstliche Krankheit oder sogar den Tod fürchten zu müssen, wenn man während dieser sehr wichtigen Periode des Frauenlebens regelmäßig Lydia E. Pinkham's Vegetable Compound einnimmt.

Nieren- und Blasenbeschwerden sind häufige und hartnäckige Leiden beider Geschlechter. Sie sind alle heilbar, vorausgesetzt, daß man sich bei Zeiten um sie kümmert; werden sie aber vernachlässigt, so können sie leicht verhängnisvoll werden und sogar den Tod nach sich ziehen. Sicher ist aber, daß Lydia E. Pinkham's Vegetable Compound als ausgezeichnetes Mittel zur Heilung aller Nieren- und Blasenkrankheiten von keinem anderen bisher erfundenen Mittel übertroffen wird. Männer und Frauen können volles Vertrauen in dasselbe setzen.

Rückenschmerzen sind nicht eine Krankheit, sondern sind vielmehr nur ein, gewisse Krankheiten anzeigendes, Symptom. Bei Krankheiten der Geschlechtsorgane wird der große sympathische Nerv, dessen Hauptcentrum im unteren Theil des Rückens liegt, in Mitleidenschaft gezogen und verkündet sozusagen das Vorhandensein einer derartigen Krankheit. Dadurch, daß Lydia E. Pinkham's Vegetable Compound alle Affektionen der Gebärmutter, der Eierstöcke und der Nieren heilt, heilt es auch das so sehr peinigende Rückenweh.

Verdauungsbeschwerden. Es giebt in der ganzen Welt kein besseres Mittel gegen alle Störungen der Magenthätigkeit als gerade Lydia E. Pinkham's Vegetable Compound.

Schwangerschaft. Oftmals ist die Geburt eines Kindes mit vielen Schmerzen und Beschwerden für die Mutter verbunden, und doch könnten alle diese zum großen Theil vermieden werden, wollte nur die Mutter ungefähr zwei Monate vor der Entbindung anfangen, ihren Körper durch den regelmäßigen Gebrauch von Lydia E. Pinkham's Vegetable Compound zu kräftigen.

Gebrauchsanweisung.

Für sämtliche oben erwähnte Beschwerden nehme man alle vier Stunden während des Tages je einen Eßlöffel voll von Lydia E. Pinkham's Vegetable Compound ein.

Man weiche ein Viertel Packet von Lydia E. Pinkham's Sanative Wash in genügend Wasser, um nach dem Durchsiehen ein Pint zu haben. Ist die Absonderung sehr bedeutend, so brauche man die Hälfte der so erhaltenen Flüssigkeit, füge noch ein Pint warmen Wassers dazu und benütze diese Flüssigkeit, um täglich Einspritzungen in die Scheide zu machen.

Gegen Verstopfung, Migräne, sowie Gallendrang nehme man drei von Lydia E. Pinkham's Leberpillen die erste Nacht, zwei die zweite Nacht und eine die dritte Nacht; tritt auch dann noch kein regelmäßiger Stuhlgang ein, so nehme man eine Pille jede Nacht soweit der Vorrath reicht.

Befindet sich das Blut in schlechtem Zustande und ist der Patient immer müde, abgemagert und angegriffen, und leidet er dazu noch an Appetitmangel, so benütze er Lydia E. Pinkham's Blood Purifier (Blut-Reiniger), das beste Mittel auf der Welt für diesen Zweck. Dreimal im Tage ein Eßlöffel voll heilt zuverlässig alle Fälle von Rheumatismus, Skropheln, Hautausschläge, &c. &c.

In allen Apotheken zu haben.

Hergestellt von der

LYDIA E. PINKHAM MEDICINE COMPANY,

Lynn, Mass., V. S. von A.

TESTIMONIALS.

Dear Mrs. Pinkham:

I wish all women suffering from female troubles might know what you have done for me. A year ago last June I was very sick, and on examination my physician said I had Polypus of the womb and that I would not stop flowing until I had an operation. I always had a horror of operations and could not bear the thoughts of having one, as I am a nervous person. I wrote to you and followed all your directions faithfully, and all the while I prayed that I might not have to have one. At that time I could hardly walk across the floor and I was pale and thin. Now I weigh one hundred and thirty-five pounds, do all my work, and my husband and children say that I am growing young. I am still taking your medicine and will do so until after the turn of life.

MRS. NELSON BAVIER,
West Hartford, Conn.

Dear Mrs. Pinkham:

I suffered for over three years with female weakness brought on by falling on an icy pavement. I had frequent backache and fearful headaches, blinding me with pain. I also had intense pains at the menstrual period. My family physician prescribed several remedies, but although he was considered an excellent physician, he was unable to relieve me. A cousin who visited me had a bottle of Lydia E. Pinkham's Vegetable Compound with her and spoke so highly of its efficacy that I took a few doses of it. I was pleased and surprised to find that it seemed to relieve my pains in twenty-four hours. I took it regularly, and within twenty-four hours more I felt like a different woman, and two weeks continued use of it restored me to health and strength such as I had not known in years. I consider Lydia E. Pinkham's Vegetable Compound the only medicine on the market which is reliable for the ills of the sex.

MISS MAUD BELL,
408 Lanwee West, Lansing, Mich.

Grand Recorder, Daughters of
American Independence.

September 22, 1902.

I would like to have your advice as I am a married woman and would be pleased to have children. I cannot tell what is the trouble, but I lose them and I am as careful as I can be. It happens just when I am on the fourth month. I have just had my third miscarriage and been flowing over two weeks and have much pain in back and womb. My menstruation is very painful and some months I have it twice. My stomach bothers me. I suffer with indigestion and dyspepsia.

MRS. FRANK WILCOX.

August 25, 1903.

I will let you know that I have a son, and if it had not been for Lydia E. Pinkham's Vegetable Compound I would not have my baby. Your medicine kept me well until the last minute. I did not know what an ache was. I used fourteen bottles of the Compound and three boxes of your Liver Pills. I cannot thank your medicine too much as it has done me more good than the doctors.

MRS. FRANK WILCOX.
43 Orange St., Bloomfield, N. J.

I have been a sufferer for seven years with womb trouble, ever since my child was born. My doctor says my ovaries are affected also and will have to be taken out. I suffer with pains in my back and left side and at times cannot rest day or night. I have leucorrhoea and menstruation is very irregular and very free with a good deal of pain. I was told to write you for advice.

MRS. J. D. CURTIS.

September 25, 1903.

I am still taking Lydia E. Pinkham's Vegetable Compound and have improved wonderfully, have gained ten pounds and feel like a new woman. I will recommend your medicine to all women suffering from female trouble for it has done me more good than the doctors have for three years. You are perfectly welcome to use my name and statement for the good of others for everyone ought to know of your wonderful medicine.

MRS. J. D. CURTIS,
Box 262, Monaca, Pa.

January 15, 1901.

I was reading to-day in a paper of the recovery of a lady after writing to you and as her case seemed to be very much the same as mine, I was impressed with the desire to write to you to see if I could not get relief. I am the mother of two children and have never had any weakness of any kind until the past year. I am pregnant at present, my back pains me nearly all the time and left side of abdomen. My back pains so sometimes I cannot stand on my feet or straighten up. My appetite is poor and my friends tell me I look badly. I hope that you will be able to give me some advice.

MRS. D. D. EDDY.

June 27, 1903.

About one year and a half ago, I wrote you in regard to my taking your medicine. I was pregnant at the time and in perfect misery. I suffered everything. You very kindly wrote to me advising your Lydia E. Pinkham's Vegetable Compound which I began to take at once and when my baby was born, I was sick only half an hour and the sixth day I was upon my feet and felt as well and strong as I ever felt in my life. My baby is a strong healthy boy.

I wish to thank you from the bottom of my heart for your kind letter to me. Lydia E. Pinkham's Vegetable Compound is the grandest medicine in the world for women. I shall recommend it as long as I live.

MRS. D. D. EDDY,
243 East Ave., Saratoga Springs, N.Y.

Dear Mrs. Pinkham:

I am very grateful for the good Lydia Pinkham's Vegetable Compound did for me. I began using it when I thought there was no help for me and that I would be an invalid for life. The doctor said that I would not get well unless I underwent an operation for ovarian and female difficulties. I was afraid that my health would not stand the strain and so when a friend who was similarly afflicted told me of the good Lydia Pinkham's Vegetable Compound did her, I immediately began to use it and I am glad that I did so, for in less than four months I could report as she did a perfect cure. Words fail to express my thankfulness.

Very truly yours,
MARGRITE RYAN,
Hotel English, Indianapolis, Ind.

Treasurer
St. Andrews Society.

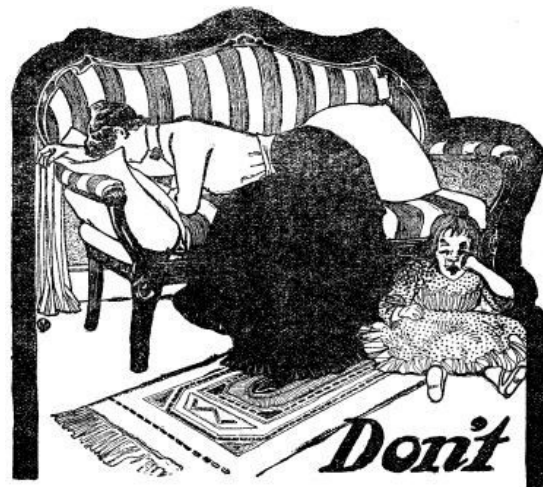
Dear Mrs. Pinkham:

Last Spring my health seemed gradually to decline, until I finally felt so weak I thought I would have to give up entirely. I lost my appetite, had headaches, and bearing down pains with cramps so that I was in perfect misery. I became wakeful and extremely nervous.

Reading of the value of Lydia E. Pinkham's Vegetable Compound in our paper here, I decided to try it, and am pleased to state that I derived immediate benefit, and soon enjoyed permanent relief. Within eight weeks I was restored to normal health, and felt refreshed and strengthened as though I had enjoyed a lengthy vacation. Since that time I have recommended your Compound to a number of my lady friends suffering with female irregularities, and those who have used it report great benefit from its use.

MRS. E. E. VAN DINTER,
965 College Ave., Appleton, Wis.

Vice-President
Social Economic Club.



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Don't wait until your suffering have driven you to despair, with your nerves all shattered and your courage gone.

Help and happiness surely await you if you accept Mrs. Pinkham's advice. Disease makes women nervous, irritable, and easily annoyed by children and household duties; such women need the counsel and help of a woman who understands the peculiar troubles of her sex; that woman is Mrs. Pinkham, who with that famous medicine, **Lydia E. Pinkham's Vegetable Compound**, has restored thousands upon thousands of sick and discouraged women to health and happiness. Her address is Lynn, Mass., and her advice is free. Write to-day, do not wait.

Will not the volumes of letters from women who have been made strong by Lydia E. Pinkham's Vegetable Compound convince others of the virtues of this great medicine?

When a medicine has been successful in more than a million cases, is it justice to yourself to say, without trying it, "I do not believe it would help me?"

Surely you cannot wish to remain weak and sick and discouraged, exhausted with each day's work. If you have some derangement of the feminine organism try Lydia E. Pinkham's Vegetable Compound. It will surely help you.

I am firmly persuaded after eight years experience with

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Lydia E. Pinkham's Vegetable Compound that it is the safest and best medicine for any suffering woman to use.

Immediately after my marriage I found that my health began to fail me. I became weak and pale with severe bearing down pains, fearful headaches and frequent dizzy spells. The doctors prescribed for me and yet I did not improve. I would at times bloat after eating and have frequent vomiting. I had acrid discharge and pains down through my limbs so I could hardly walk. It was as bad a case of female trouble as I have ever known. Lydia E. Pinkham's Vegetable Compound cured me within four months and since that time I have had occasion to recommend it to a number of patients suffering with all forms of female difficulties and I found that while it is considered unprofessional to recommend patent medicines, I could honestly recommend your Vegetable Compound for I have found it cures where other medicines fail. My mother and two sisters have used it also and their health has been restored and their strength renewed. It is a grand medicine for sick women.

MRS. MARTHA POHLMAN,
55 Chester Ave., Newark, N. J.

Graduate nurse from Blockley Training School at Philadelphia and for 6½ years the chief clinic nurse at the Philadelphia Hospital.

March 31, 1902.

Lydia E. Pinkham's Vegetable Compound has done me a great deal of good. When I first had my monthly period I suffered very much. I would have such headaches, also pain in abdomen and side. Was not able to go to school.

After taking several bottles of your medicine I was relieved of my trouble and I am now well and enjoying good health.

MISS MARY E. ROGERS,
Kipton, Ohio.

October 8, 1901.

It gives me great pleasure to tell what your Vegetable Compound has done for me for the benefit of other suffering women. I would have been a total wreck and probably not living to-day had I not taken your medicine. My legs were so stiff and my back so sore that I could not be on my feet and at times I would have the sick headache so bad that I did not know what I was doing. I also had leucorrhoea all the time which caused me to feel very weak. I lost in flesh until I weighed only ninety-eight pounds.

I was unable to carry babe to maturity. My first child being born in seven months. Since taking your medicine I have had two little girls which are pictures of health and which I owe to Lydia E. Pinkham's Vegetable Compound. I have taken twelve bottles of the Vegetable Compound, used one box of Liver Pills which I found excellent to regulate the bowels. I am now in good health and weigh one hundred and twenty-five pounds.

I cannot praise your medicine enough for the benefit I have derived from its use. What a blessing it is that women can consult with a lady and if every woman feels as I do, they would all consult you far and near.

MRS. NELSON F. SPANGLER,
Center Oak, Pa.

April 18, 1901.

I will now write you a letter of gratitude for what your medicine has done for me. I suffered with very painful

menstruation and could not become pregnant which was my great desire. I began the use of your medicine and after taking sixteen bottles I found myself pregnant. I continued the use of your Vegetable Compound and felt well all the time. Last October my baby was born, it was a girl and weighed eleven and one-half pounds. It is my belief that I would never have had my baby if I had not used your medicine.

I recommend Lydia E. Pinkham's Vegetable Compound to all, believing there is no better medicine for women.

MRS. CHAS. ROHDE,
621 Vine Street, Peoria, Ill.

I have intended for some time to write to you and tell you what Lydia E. Pinkham's Vegetable Compound has done for me. I had been feeling weak and nervous, very easily tired and had much backache.

I took two bottles of your Compound and felt so much better that I enjoyed, instead of dreading my household duties.

I can and do gladly recommend your medicines to anyone suffering from female troubles.

MRS. M. E. SHEPLER,
17 Amesbury Place, Cleveland, Ohio.

Household Cares

A Sick Woman's Devotion to Duty is a Heroism which a Well Person Cannot Understand.

How distressing to see a woman struggling with her daily round of household duties, when her back and head are aching, and every movement brings out a new pain.

One day the poor woman is wretched and utterly miserable; in a day or two she is better, and laughs at her fears, thinking there is nothing much the matter after all; but before night the deadly backache reappears, the limbs tremble, the lips twitch—it seems as though all the imps of Satan were clutching her vitals; she "goes to pieces" and is flat on her back.

No woman ought to arrive at this terrible state of misery, because these symptoms are a sure forerunner of womb troubles. She must remember that **Lydia E. Pinkham's Vegetable Compound** is almost an infallible cure for all female ills, such as irregularity of periods, which cause weak stomach, sick headache, etc., displacements and inflammation of the womb, or any of the multitude of illnesses which beset the female organism. Read how Mrs. Frake writes to Mrs. Pinkham when she was in great trouble. Her letter tells the result, and how a cure was effected by the use of

Lydia E. Pinkham's Vegetable Compound.

READ THESE LETTERS FROM MRS. FRAKE.

"DEAR MRS. PINKHAM:—I have read of your medicine making me very brave, and have been advised by some to try it, but I had said it is all so new. The doctor says that I have weak nerves, but he has not seen to help me a great deal. I have seen a newspaper notice the case of the—Mrs. Frake—and am very nervous, and am treated with injections. I am very weak, cannot walk, and my nerves are so bad that I ache all over. I would like to know if you think your medicine could do me any good."

"—MRS. SARAH FRAKE, Prospect Plains, N. J."

"DEAR MRS. PINKHAM:—I cannot thank you enough for what Lydia E. Pinkham's Vegetable Compound has done for me. When I first wrote to you I had suffered for years. The doctor said I had congestion of the womb, and treated with my husband and doctor, my legs felt stiff all the time, and I suffered with swollen feet, itching, and excruciating pain to do for my household. I stopped darning with my fingers and took your medicine, and am able to do my own work, has no backache or weak nerves, and can do all my own work, and I feel so much better, and would advise all suffering women to try it."

"—MRS. MARGIE FRAKE, Prospect Plains, N. J."

The Medicine that has Restored a Million Women to Health is **Lydia E. Pinkham's Vegetable Compound.**

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**Lydia E.
Pinkham's
Vegetable
Compound.**

READ THESE LETTERS FROM MRS. FRAKE.

"DEAR MRS. PINKHAM:—I have read of your medicine making so many cures, and have been advised to write to you, but I feel that it is of no use. The doctor says that I have womb trouble, but he does not seem to help me a great deal. I have such a weakness across me most of the time—have backache, am very nervous, and am troubled with leucorrhœa. I am very weak, cannot walk any distance or stand long unless I ache all over. I would like to know if you think your medicine would do me any good."—MRS. SAMUEL FRAKE, Prospect Plains, N.J.

"DEAR MRS. PINKHAM:—I cannot thank you enough for what **Lydia E. Pinkham's Vegetable Compound** has done for me. When I first wrote to you I had suffered for years. The doctor said I had congestion of the womb, was troubled with my kidneys and bladder, my back ached dreadfully all the time, and I suffered with bearing-down feeling, could scarcely walk about to do my own housework. I stopped doctoring with the physician and took your medicine, and am now able to do my own work, have no more backache or weakness across me, and can do all my own work. I cannot praise your medicine enough, and would advise all suffering women to try it."—MRS. SAMUEL FRAKE, Prospect Plains, N.J.

The Medicine that has Restored a Million Women to Health is Lydia E. Pinkham's Vegetable Compound.
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June 10, 1901.

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My daughter sixteen years old, has been in very poor health ever since the change to womanhood a year ago. She had the best of doctors but they did her little good. She complained of feeling tired all the time, did not care for anything, pain in her back, very nervous, poor in flesh and so pale. It made her tired to ride or walk any distance, could not go to school. Some thought she could not live long. Through the use of Lydia E. Pinkham's Vegetable Compound she is now in the best of health. I feel that your medicine saved her life.

MRS. ANNA HUGHES,
Altmar, N. Y.

December 12, 1902.

About a month ago I took a very bad cold and it was at time of menstruation and it stopped my menses. I began to have pains in my ovaries and at last I had inflammation of the ovaries and pain in my kidneys and bladder. I got over that but did not flow hardly any. The last time I came around I began to have that pain in my right ovary and it lasted a week and I have been flowing for a week. I would like some advice as I do not know what to think of my case.

MISS RUBY MUSHRUSH.

July 22, 1903.

About three months ago the doctor turned the X-ray on me to see what was the matter and found that I had an abscess near my ovary and in a place that if it had broken would have killed me right away.

The doctor's medicine did me no good, so Mama went to the store and got me a bottle of Lydia E. Pinkham's Vegetable Compound. I am now so well that I can work, thanks to your medicine. It has saved me from an operation.

MISS RUBY MUSHRUSH,
East Chicago, Ind.

February 10, 1902.

As I have heard and read so much about your medicine, I have decided to write you and tell you my trouble and ask your advice. I am completely run down, am a widow, twenty-five years old, and have one boy five years old. I have never been strong since the birth of my child. Menstruation is irregular and scanty and am always in such distress, pain in lower abdomen and limbs, pain and dizziness in head, cold hands and feet, poor appetite, sick headache, nervous, have leucorrhoea badly, bearing down pains in small of back, pain in both sides, also have catarrh of head and throat. I have had different doctors but they do not help me and I am discouraged. I will be glad to hear from you. Would like to feel well once more.

MRS. ANNIE M. WAHL.

June 1, 1902.

I think it is my duty to let everyone know what Lydia E. Pinkham's Vegetable Compound has done for me. It has made me well and happy. Five months ago I could hardly walk across the room, I was so full of pain. I could scarcely step. I now feel like a new woman. I sleep well and have a good appetite. I used to get such awful sick headache spells, but now I have them no more. Also would be troubled with awful bearing down pain at time of menstruation but have also been relieved of this. I cannot praise your medicine enough. I think it is the best thing made for women. I advise, everyone who suffers with female trouble to try Lydia E. Pinkham's Vegetable Compound.

MRS. ANNIE M. WAHL,
Bellwood, Blair Co., Pa.

October 10, 1901.

I think it is my duty to let you know the good that Lydia E. Pinkham's Vegetable Compound has done for me. I think it is the best medicine in the world. I was well until I weaned my baby and then I began to bloat and had bearing down pains. I took to filling up with water in my abdomen. I had the doctor and he said it was abdominal dropsy and that not having menstruation was the cause of it. He said I would have to be tapped. He tapped me once and took eleven quarts of water from me and in a week I began to fill up again and he was waiting to tap me again. I wrote to Mrs. Pinkham and began to take the Vegetable Compound and the water began to leave me. When I had taken two bottles it had all left me and menses appeared. I now feel as well as I ever did and am able to do all my work. I feel very thankful to you.

MRS. HATTIE RILEY,
Waterford, Ohio.

Backache

The ordinary every-day life of most of our women is a ceaseless treadmill of work. How much harder the daily tasks become when some derangement of the female organs makes every movement painful and keeps the nervous system all unstrung. One day she is wretched and utterly miserable; in a day or two she is better and laughs at her fears, thinking there is nothing much the matter after all; but before night the deadly backache reappears, the limbs tremble, the lips twitch—it seems as though all the imps of Satan were clutching her vitals, she "goes to pieces" and is flat on her back.

No woman ought to arrive at this terrible state of misery, because these symptoms are a sure indication of womb diseases, and backache is merely a symptom of more serious trouble. Women should remember that an almost infallible cure for all female ills, such as irregularity of periods, which cause weak stomach, sick headache, etc., displacements and inflammation of the womb, or any of the multitudes of illnesses which beset the female organism may be found in

Lydia E. Pinkham's Vegetable Compound

When a medicine has been successful in more than a million cases, why should you say, "I do not believe it will help me?" If you have some derangement of the feminine organism try Lydia E. Pinkham's Vegetable Compound. It will surely help you. If there is anything in your case about which you would like special advice, write freely to Mrs. Pinkham, Lynn, Mass.; her advice is given free and will greatly help you.

DEAR MRS. PINKHAM:—About two years ago I consulted a physician about my health, which had become so wretched that I was no longer able to be about. I had severe backache, bearing-down pains, pains across the abdomen, was very nervous and irritable, and this trouble grew worse each month.

The physician prescribed for me, but I soon discovered he was unable to help me, and I then decided to try **Lydia E. Pinkham's Vegetable Compound**, and soon found that it was doing me good. My appetite was returning, the pains disappearing, and the general benefits were well marked.

You cannot realize how pleased I was, and after taking the medicine for only three months, I found I was completely cured of my trouble, and have been well and hearty ever since and no more fear of the monthly period, as it now passes without pain to me. Yours very truly, MISS PEARL ACKERS, 327 North Summer St., Nashville, Tenn.

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March 10, 1902.

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I now write to tell you what your medicine has done for me. After my first child was born, my womb came down so far that the doctor had to replace it and it was always weak and would never stay in place.

A friend told me about Lydia E. Pinkham's Vegetable Compound. I got one bottle of it without any faith at all for I was so bad, I did not think it would do as much good as she said. Well, I took seven bottles and now I am entirely well.

I have used the Vegetable Compound right along when pregnant and found it a great help, child-birth being almost painless. I have had four children and have always been able to do my work even the washing until the child was born. It certainly is a wonderful medicine for pregnant women and I would not be without it at that time.

MRS. GEORGE GOODCHILD,
Port Kennedy, Pa.

June 9, 1901.

I had falling of the womb and such an aching across my pelvis bone could hardly walk as the least jar hurt so. I was better before I had finished the second bottle and after taking six bottles was entirely cured.

I can recommend Lydia E. Pinkham's Vegetable Compound to any one.

MRS. ROSA G. BURTON,
1006 Brandywine St., Phila., Pa.

August 19, 1902.

I take great pleasure in writing to thank you for what Lydia E. Pinkham's Vegetable Compound has done for me.

I suffered for years with painful menstruation, pains in the back, leucorrhoea, dizziness and nervous prostration.

Since taking your medicine, I feel like a new woman. I never will be without your Vegetable Compound and will recommend it as long as I live.

Hoping my testimonial may be of benefit to others, I remain, Yours truly,

MRS. MARY BRADY,
1929 Dumaine St., nr. Prieur,
New Orleans, La.

July 16, 1901.

I have been taking Lydia E. Pinkham's Vegetable Compound for the past eight months and it has done me a great deal of good.

Before taking it, I suffered with my head and pains in my back and when I had my changes I suffered agony, could hardly stand on my feet. I have taken twelve bottles of the Compound and to-day I am a well woman. I weighed one hundred and twenty pounds before taking it and now I weigh one hundred and forty-five. I keep a laundry and recommend your medicine to my customers.

AUGUSTA BLISS,
530 E. 84th St., New York, N. Y.

April 29, 1902.

I write this letter so that all suffering women may know what your wonderful medicine has done for me.

Before I began taking your medicine I was very weak and not able to do anything. I had had a miscarriage and a bad flooding spell and my husband had given up all hopes of my ever getting strong again.

Some of my friends told me to try Lydia E. Pinkham's

Vegetable Compound. I was in bed at the time. After taking a few doses I began to feel better. I have taken now three bottles and am telling my friends what it has done for me.

My husband would not have me do without the medicine.

MRS. GEORGE PERRY,
Box 52, Fort Gibson, Ind. Ter.

June 14, 1901.

When I wrote to you for advice a year and a half ago, I was confined to my bed and had just about given up hopes of ever being well again. I had heard so much about Lydia E. Pinkham's Vegetable Compound I told my husband I would like to try it. He got me a bottle and after taking two bottles I was able to get up and walk a little.

My trouble was enlargement of the womb, also had ovarian trouble. I had spells of flooding nearly losing my life at monthly periods. Altogether I was sick and discouraged. The pains and aches I suffered I cannot explain. I took seventeen bottles of your Vegetable Compound and was cured. In due time I gave birth to a nice baby girl. My baby is now six months old and so fat and healthy and I am so well, no more female trouble or pain in back.

MRS. MAY M. MORGAREIDGE,
Mayoworth, Wyo.

[Pg 51]



A distressing case of Fibroid Tumor, which baffled the skill of Boston doctors. Mrs. Hayes, of Boston, Mass., in the following letter tells how she was cured, after everything else failed, by **Lydia E. Pinkham's Vegetable Compound**.

Mrs. Hayes' First Letter Appealing to Mrs. Pinkham for Help:

"DEAR MRS. PINKHAM:—I have been under Boston doctors' treatment for a long time without any relief. They tell me I have a fibroid tumor. I cannot sit down without great pain, and the soreness extends up my spine. I have bearing-down pains both back and front. My abdomen is swollen, and I have had flowing spells for three years. My appetite is not good. I cannot walk or be on my feet for any length of time.

"The symptoms of Fibroid Tumor given in your little book accurately describe my case, so I write to you for advice."—(Signed) MRS. E. F. HAYES, 22 Ruggles St., (Roxbury) Boston, Mass.

Note the result of Mrs. Pinkham's advice—although she advised Mrs. Hayes, of Boston, to take her medicine—which she knew would help her—her letter contained a mass of additional instructions as to treatment, all of which helped to bring about the happy result.

"DEAR MRS. PINKHAM:—Sometime ago I wrote to you describing my symptoms and asked your advice. You replied, and I followed all your directions carefully, and to-day I am a well woman.

"The use of **Lydia E. Pinkham's Vegetable Compound** entirely expelled the tumor and strengthened my whole system. I can walk miles now.

"**Lydia E. Pinkham's Vegetable Compound** is worth five dollars a drop. I advise all women who are afflicted with tumors or female trouble of any kind to give it a faithful trial."—(Signed) MRS. E. F. HAYES, 99 Ziegler St., (Roxbury) Boston, Mass.

Mountains of gold could not purchase such testimony—or take the place of the health and happiness which Lydia E. Pinkham's Vegetable Compound brought to Mrs. Hayes.

[Pg 52]

Woman's Kidney Troubles.

Lydia E. Pinkham's Vegetable Compound is Especially Successful in Curing this Fatal Woman's Disease.

Of all the diseases known with which the female organism is afflicted, kidney disease is the most fatal. In fact, unless early and correct treatment is applied, the weary patient seldom survives.

Being fully aware of this, Mrs. Pinkham, early in her career, gave exhaustive study to the subject, and in producing her great remedy for woman's ills—Lydia E. Pinkham's Vegetable Compound—was careful to see that it contained the correct combination of herbs which was sure to control that fatal disease, woman's kidney troubles. The Vegetable Compound acts in harmony with the laws that govern the entire female system, and while there are many so-called remedies for kidney troubles, Lydia E. Pinkham's Vegetable Compound is the only one especially prepared for women.

The following letters will show how marvellously successful it is.

Oct. 17, 1901.

I have noticed your advertisement in the papers of your wonderful medicine, and I wish to consult you in regard to my sickness.

I have been a sufferer of female weakness for the past six months; have doctored a great deal, but it has done me no good. I have *kidney* and *bladder* trouble, backache, constipation, headache, terrible pains in my left side, have leucorrhoea, painful menstruation, which compels me to take my bed for two and three days; also have falling of the womb. Blood is very thin. I hope to hear from you soon.

MRS. W. N. MATTHEWS,
548 W. Jefferson St., Springfield, Ill.

April 15, 1902.

I am almost ashamed to acknowledge the receipt of your letter received last Fall. After I had doctored for a year without receiving any relief, I then wrote you for advice in regard to my sickness and began the use of your medicine.

I am happy to say that I never felt better in my life than I do now. I can eat hearty, sleep well, and feel like a new woman.

Many thanks for your kind and highly appreciated letter. I wish every suffering woman would try Lydia E. Pinkham's Vegetable Compound.

MRS. W. N. MATTHEWS,
548 W. Jefferson St., Springfield, Ill.

June 15, 1901.

It affords me great pleasure to give you my testimony in regard to the value of Lydia E. Pinkham's valuable remedies. I suffered for some time with internal trouble, being at times unable to walk across the floor. I had weakness of the bladder and was very nervous.

After taking one bottle Vegetable Compound I felt better. I continued its use, and after taking five bottles could walk two miles without difficulty. My health is now good and I am sixty years old.

I think your Vegetable Compound the best medicine I have ever taken.

MRS. HENRY GITTELMAN,
1004 N. 6th St., Reading, Pa.

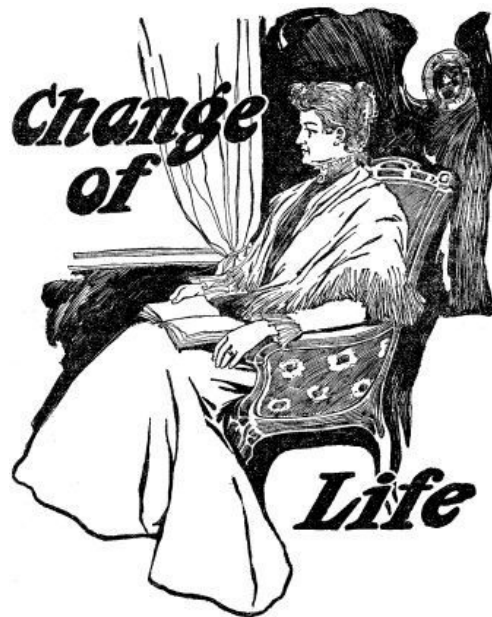
June 26, 1901.

I will write and let you know how much good Lydia E. Pinkham's Vegetable Compound has done me.

I cannot express the terrible suffering I have had to endure. I was taken last May with nervous prostration; also had female trouble, liver, stomach, *kidney* and *bladder* trouble. I was in a terrible condition. The doctor attended me for a year, but I kept getting worse. I got so I was not able to do any work. Was confined to my bed most of the time, and thought I would never be able to do anything. People thought I would not live.

I decided to try your medicine. I have taken twelve bottles Vegetable Compound and cannot praise it too highly, for I know it will do all and even more than it is recommended to do. I tell every suffering woman about your medicine and urge them to try it.

MRS. EMMA SAWYER,
Conyers, Ga.



[Pg 53]

A Danger Period Through Which Every Woman Must Pass.

Owing to modern methods of living, not one woman in a thousand approaches this perfectly natural change without experiencing a train of very annoying and sometimes painful symptoms. At this period a woman indicates a tendency towards obesity or tumorous growths.

Those dreadful hot flashes, sending the blood surging to the heart until it seems ready to burst, and the faint feeling that follows, sometimes with chills, as if the heart were going to stop forever, are only a few of the symptoms of a dangerous nervous trouble. The nerves are crying out for assistance. The cry should be heeded in time. **Lydia E. Pinkham's Vegetable Compound** was prepared to meet the needs of woman's system at this trying period of her life, and all women who use it pass through this trying period with comfort and safety.

August 6, 1902.

[Pg 54]

My trouble was Change of Life and cramping. No human tongue can describe what I suffered with the cramp. I dreaded from one time to another so much that I almost wanted to die.

Our family physician did everything he could for me, but I

got no relief. He said if I lived to get through with the other trouble it would wear away after a time, but I had it six years, and could not walk or exercise in any way without bringing on an attack of the cramp, and I would suffer untold misery until I would be perfectly exhausted and helpless.

I read in one of your little books about Lydia E. Pinkham's Vegetable Compound being good for female trouble and Change of Life, and thought there was no harm in trying it. So I did, and it helped me, and I was able to take walks and work some.

I am very thankful for the relief your medicine has been to me.

MRS. V. M. BLAKE,
Deep Water, W. Va.

Dear Mrs. Pinkham:

I began to dread the approach of Change of Life some years ago, as so many of my friends had been miserable for five or six years during that period and as I was not very strong and being subject to headaches and weakness, I felt that I did not have the strength to carry me through this dangerous period and had it not been for Lydia E. Pinkham's Vegetable Compound, I feel that I would not have been alive to-day.

I began to take it about three years ago when I felt the change coming on and continued taking it for three months, then I did not take any for a couple of months, and began to feel so badly that I started to use it again, and then continued to take it for about six months out of every year for three years and am pleased to state that it has kept me free from sickness.

Very truly yours,
MRS. GEORGE SHEPHERD,
Berlin, Wis.

Vice-President Mothers' Club.

June 28, 1902.

I thought I would write and state my condition to you and ask if you think you can do me any good. I am fifty-five years old, never had any children. I came here from Brooklyn for my husband's health, he having consumption. I have always had good health, never any trouble with my menses, always regular until two or three months before my husband died, which was March 25, 1901. As soon as he died, I commenced and flowed constantly ever since. I know it must be the Change of Life. I did not worry about it for four or five months, then I had a doctor but he did me no good. I had another with the same result. Last May I had to go to New York and traveling I think was too much for me as I have been worse. I saw a doctor there and he wanted me to go to the hospital and have my womb curetted, but I did not feel like having that done. I never have any pain only once in a while a little backache. Please let me know if you think you can do me any good.

MRS. J. J. REARDON.

January 18, 1903.

I feel that I must write and thank you for the good you have done me. I wrote to you my case last summer. I flowed constantly for sixteen months so badly that I dared not go any where and the doctors all said an operation. Nothing did me any good. As a last resort I appealed to you. I had no faith in your medicine, but thought I would try it and if it did me no good I would go to the hospital. I took two boxes of the Lydia E. Pinkham's Compound Pills and started on the third and now I am all right. I was run down, nervous,

could not sleep, no appetite, but Lydia E. Pinkham's Compound has cured me entirely. I am very grateful to you and wish that everyone afflicted as I was would try it.

MRS. J. J. REARDON,
Milford, Pa.

November 20, 1901.

Lydia E. Pinkham's Vegetable Compound did wonders for me during the *Change of Life*.

I was troubled with backache and headache, hot flashes and cold chills, pains in my hips, and at times would have such pains under my shoulder blades that I could hardly move for a while. I hope that other suffering women will take your medicine.

Many thanks for what you have done for me.

MRS. SARAH DERFER,
Dundee, Ohio.

[Pg 55]



TIRED MOTHERS

A nervous, irritable mother, often on the verge of hysterics, is unfit to care for children; it ruins a child's disposition and reacts upon herself. The trouble between children and their mothers too often is due to the fact that the mother has some female weakness, and she is entirely unfit to bear the strain upon her nerves that governing a child involves; it is impossible for her to do anything calmly. She cannot help it, as her condition is due to suffering and shattered nerves caused by some derangement of the uterine system with backache, headache, and all kinds of pain, and she is on the verge of nervous prostration. When a mother finds that she cannot be calm and quiet with her children, she may be sure that her condition needs attention, and she cannot do better than to take

**Lydia E. Pinkham's
Vegetable Compound.**

It builds up her system, strengthens her nerves, and enables her to calmly handle a disobedient child without a scene. The children will soon realize the difference, and seeing their mother quiet, will themselves become quiet.

Read what the Vice-Pres. of the Mothers' Club, at Hot Springs, Ark., says:

"DEAR MRS. PINKHAM:—**Lydia E. Pinkham's Vegetable Compound** will make every mother well, strong, healthy and happy. I dragged through nine years of miserable existence, worn out with pain and weariness. I then noticed a statement of a woman troubled as I was, and the wonderful results she had obtained from your Compound, and decided to try what it would do for me, and used it for three months. At the end

of that time I was a different woman, and the neighbors remarked it, and my husband fell in love with me all over again. It seemed like a new existence. I had been suffering with inflammation and falling of the womb, but your medicine cured that, and built up my entire system, till I was indeed like a new woman."—Sincerely yours, MRS. CHAS. F. BROWN, Vice-Pres. Mothers' Club, Hot Springs, Ark.

FREE MEDICAL ADVICE TO WOMEN.

From a vast experience in treating female ills, extending over 20 years, Mrs. Pinkham has gained a knowledge which is of untold value.

If there is anything in your case about which you would like special advice, write freely to Mrs. Pinkham. Address is Lynn, Mass. Her advice is free, always confidential and helpful.



**LYDIA E. PINKHAM'S
VEGETABLE COMPOUND**

Has
Cured More
Women Than
Any Other
Medicine in the
World.

Its annual sales are greater than those of any other medicine exclusively for women. It holds the record for the greatest number of actual cures of woman's ills. This fact is attested by hundreds of thousands of letters from grateful women which are on file in the Pinkham laboratory, and which are constantly being published. Merit alone can produce such results. Good advertising serves to call attention for a time, but merit alone can stand the test of time.

The ablest specialists now agree that Lydia E. Pinkham's Vegetable Compound is the most universally successful remedy for woman's ills known to medicine.

All sick women should note these facts, and placing all possible prejudices aside, should realize the truthfulness of these statements, and that a cure for their troubles actually exists.

Wise is the woman who has faith in Lydia E. Pinkham's Vegetable Compound, for health and happiness is sure to follow its use.

YOU CAN GET HELPFUL ADVICE FREE.—If there is anything about your illness you do not understand, Mrs. Pinkham, at Lynn, Mass., will be glad to receive a letter from you telling her all the details. She will send you promptly a reply which may save you years of suffering and pain. She has helped thousands of women. For all this she will not charge you a cent; besides, she will keep your letter strictly confidential. Write her to-day.

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October 14, 1902.

[Pg 57]

I suffer something terrible with flooding every month and pass large clots of blood. The pains are excruciating. I can hardly stand them. The doctor says my ovaries are decayed and my womb needs to be scraped. I do not wish to go under the operation if I can possibly avoid it. I hope you can relieve me.

MRS. MARY DIMMICK.

September 16, 1903.

After giving Lydia E. Pinkham's wonderful remedies a thorough trial, I am very anxious to send in my testimonial that others may learn of their great value. I have been a great sufferer for the last eight years, the trouble first originating from painful menstruation, and I also had inflammation and ulceration of the womb. The doctor told me I must have an operation or I could not live. I then wrote you telling all my ailments. I followed your advice very carefully and am now entirely well. I can walk miles without an ache or pain and can safely say I owe my life and health to Lydia E. Pinkham's Vegetable Compound. I cannot speak too highly of its merits. My friends all look at me in astonishment, for my case was very serious and it seems almost a miracle that I am cured. I wish suffering women could read this testimonial and realize the value of your remedy. I shall take much pleasure in recommending it to all.

MRS. MARY DIMMICK,
59th and E. Capitol St., Benning P. O.,
Washington, D. C.

July 14, 1901.

Words cannot express the gratitude I feel towards you for what Lydia E. Pinkham's Vegetable Compound has done for me.

My trouble was misplacement of the womb, also womb was lacerated, and had inflammation of the ovaries. I went away for treatment to a specialist on female diseases and passed through twelve operations. Was gone from home eight weeks and gradually grew worse and returned home to die, having given up all hope of ever getting well. My heart would stop beating at times and I became very weak, could not sit up in bed.

A friend of mine brought me a bottle of the Vegetable Compound and I began its use and by the time I had taken half a bottle I could see that I had improved. I used in all twelve bottles of the Compound and am now able to do all my house work and enjoy better health than I have in six years. I owe my life to you, for I believe I would have been in my grave to-day had it not been for the Vegetable Compound. Your medicine is a God-send to suffering women.

MRS. J. A. JORDAN,
Canoe Station, Ga.

March 3, 1901.

Dear Mrs. Pinkham:

I would like some advice from you as I have such very bad pains in ovaries, falling of the womb, and every time I have my monthlys I have the cramps very bad, and seem to be getting worse. I always have it a week and I am so very nervous. I don't want an operation.

Every time I become pregnant I carry the child only seven months, and then it is born and lives only a week or two. I have lost four children this way and hope you will tell me what to take as I know you have helped others.

MRS. FRED SEYDEL.

August 26, 1902.

Dear Mrs. Pinkham:

Over a year ago I wrote you a letter asking for advice how to carry my babes to full time as I had lost four children between five and seven months.

I took Lydia E. Pinkham's Vegetable Compound and did as you instructed me, and now I have a beautiful baby girl about six months old and we are both healthy.

I advise all suffering women to call on you for help and I tell every one of the good you have done me.

MRS. FRED SEYDEL,
412 N. 54th St., West Phila., Pa.

June 13, 1901.

Last summer I had terrible pains in my back and head. I went to the doctor and he told me I had a touch of Bright's disease and gave me some medicine but it did me no good. My mother advised me to take some of your medicine, and after taking eight bottles of Lydia E. Pinkham's Vegetable Compound I can say that I am feeling well.

MRS. ANNIE DAMBACK.
263 Grand Street, Rahway, N. J.



[Pg 58]

DYSPEPSIA OF WOMEN

Requires Treatment which acts in Harmony with the Female System.

A great many women suffer with a form of indigestion or dyspepsia which does not seem to yield to ordinary medical treatment. While the symptoms seem to be similar to those of ordinary indigestion, yet the medicines universally prescribed do not seem to restore the patient's normal condition. **Mrs. Pinkham** claims that there is a kind of dyspepsia that is caused by derangement of the female organism, and which while it causes disturbance similar to ordinary indigestion cannot be relieved without a medicine which not only acts as a stomach tonic, but has peculiar utero-tonic effects as well; in other words, a derangement of the female organs may have such a disturbing effect upon a woman's whole system as to cause serious indigestion and dyspepsia, and it cannot be relieved without curing the original cause of the trouble, which seems to find its source in the pelvic organs. As proof of this theory, we call attention to the letter from Mrs. Maggie Wright, who was completely cured by the use of

Lydia E. Pinkham's Vegetable Compound.

"MY DEAR MRS. PINKHAM:—For two years I suffered more or less with dyspepsia, which so degenerated my entire system that I was unfit to properly attend to my daily duties. I felt weak and nervous, and nothing I ate tasted good or felt comfortable in my stomach. I tried several dyspeptic cures, but nothing seemed to help me permanently. I decided to give **Lydia E. Pinkham's Vegetable Compound** a trial, and was happily surprised to find that it acted like a fine tonic, and in a few days I began to enjoy and properly digest my food. My recovery was rapid, and in five weeks I was a different woman. Seven bottles completely cured me, and a dozen or

more of my friends have used it since."—MRS. MAGGIE WRIGHT, 12 Van Voorhis St., Brooklyn, New York.

Many women were utterly discouraged, and life lacked all joy to them when they wrote Mrs. Pinkham, Lynn, Mass. They received advice which made them strong women again.

THE BLUES

Don't Wait Until Your Sufferings Have Driven You To Despair, With Your Nerves All Shattered and Your Courage Gone.

When a cheerful, brave, light-hearted woman is suddenly plunged into that perfection of misery, the BLUES, it is a sad picture. It is usually this way:

She has been feeling "out of sorts" for some time; head has ached, and back also; has slept poorly, been quite nervous, and nearly fainted once or twice; head dizzy, and heart beats very fast; then that bearing-down feeling. Her doctor says: "Cheer up; you have dyspepsia; you will be all right soon." But she does not get "all right." She grows worse day by day, till all at once she realizes that a distressing female complaint is established. Her doctor has made a mistake. She has lost faith in him; hope vanishes; then comes the brooding, morbid, melancholy, everlasting BLUES. Lydia E. Pinkham's Vegetable Compound instantly asserts its curative powers in all those peculiar ailments of women, and the story recited above is the true experience of hundreds of American women, whose letters of gratitude we constantly publish.

Lydia E. Pinkham's Vegetable Compound.

DEAR MRS. PINKHAM:—I cheerfully recommend Lydia E. Pinkham's Vegetable Compound to my suffering sisters as a perfect medicine for all female derangements. I was troubled with displacement of the womb and other female weakness. Had headache, backache, and such bearing-down pains I could hardly walk across the floor, and was very nervous. A friend advised me to try your medicine, which I did, and after using the first bottle I began to improve. I took in all twelve bottles of Vegetable Compound, one box of Liver Pills, also used the Sanative Wash and was cured, and have no return of my troubles. I am as well now as I ever was. I am more thankful every day for my cure. I know that your medicine will do everything that it is recommended to do for suffering women."—MRS. DORA ANDERSON, North Muskegon, Mich.

DEAR MRS. PINKHAM:—I want to tell you what your remedies have done for me. Before taking them I used to have a continuous headache, would be very dizzy, would have spells when everything seemed strange, and I would not know where I was. I went to our local doctor. He gave me some medicine, but it did not seem to do me any good, but after taking Lydia E. Pinkham's Vegetable Compound, I began to improve at once. I can honestly recommend your remedies to all suffering women and advise all to give it a trial."—MRS. HENRY SELL, Van Wyck, Wash.

THE BLUES

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Surely you cannot wish to remain weak, and sick and discouraged, exhausted with each day's work. If you have some derangement of the female organism try the remedy that has restored a million women to health,

Lydia E. Pinkham's Vegetable Compound.

"DEAR MRS. PINKHAM:—I cheerfully recommended **Lydia E. Pinkham's Vegetable Compound** to my suffering sisters as a perfect medicine for all female derangements. I was troubled with displacement of the womb and other female weakness. Had headache, backache, and such bearing-down pains I could hardly walk across the floor, and was very nervous. A friend advised me to try your medicine, which I did, and after using the first bottle I began to improve. I took in all twelve bottles of Vegetable Compound, one box of Liver Pills, also used the Sanative Wash and was cured, and have no return of my troubles. I am as well now as I ever was. I am more thankful every day for my cure. I know that your medicine will do everything that it is recommended to do for suffering women."—MRS. DORA ANDERSON, North Muskegon, Mich.

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FREE MEDICAL ADVICE TO WOMEN.

IN THE TREATMENT OF

FEMALE TROUBLES

Such as Leucorrhoea, and all Inflammation of the Vaginal Passage by local application, experience has proven that nothing excels

LYDIA E. PINKHAM'S

SANATIVE WASH

FOR VAGINAL INJECTIONS.

Every woman will find this a most valuable assistant whenever a **Vaginal Injection** is desirable. It is soothing, cleansing and healing. In connection with the **VEGETABLE COMPOUND** it hastens the cure.

We are permitted to publish on this page several testimonials which demonstrate the virtue of the **SANATIVE WASH**, and should convince every woman that she should place complete reliance on any statement made by Mrs. Pinkham in regard to the virtue and reliability of any of these medicines.

DIRECTIONS FOR USING THE SANATIVE WASH.

Steep one-fourth of the package in sufficient water to make one pint after it is strained. When the discharge is very profuse, use one-half of this, adding to it one pint of warm water, daily, as a **VAGINAL INJECTION**.

25 Cents per Package. Sold by Druggists Everywhere.

Sanative Wash.

I feel that I neglect a duty in not writing you that others may know what your Vegetable Compound has done for me.

Before taking it I was almost an invalid, could not walk any distance and suffered pain all the time. After taking nine bottles I was very much better, and can now do my house work and ride a wheel. It would take too much space to tell you all of its merits but I must not forget to speak of the Sanative Wash for it simply acts like magic.

Trusting that this may help some other sufferer, I remain.

Yours truly,
MRS. A. C. SAXTON,
Port Jefferson, N. Y.

Sanative Wash.

It affords me great pleasure to tell you of the benefit I have derived from taking your Vegetable Compound and Sanative Wash. I can hardly find words to express my gratitude to you for the boon which you have offered suffering women in your excellent remedies. Before taking your Compound I was thin, sallow and nervous. I was troubled with leucorrhœa, and my menstrual periods were very irregular. I tried three physicians and gradually grew worse. About a year ago I was advised by a friend to try your Sanative Wash and Vegetable Compound, which I did. After using your Vegetable Compound and Sanative Wash I am now enjoying better health than I ever did, and attribute the same to your wonderful remedies. I cannot find words to express What a godsend your remedies have been to me.

Whenever I begin to feel nervous and ill, I know I have a never failing physician at hand. It would afford me pleasure to know that my words have directed my suffering sisters to the road to health and strength through your most excellent remedies. I thank you again for what your remedies have done for me.

MISS MARY SACHNER,
205 E. Town St., Columbus, Ohio.

Sanative Wash.

I am glad to state that through the use of your Vegetable Compound and Sanative Wash, etc., I am cured from the worst form of female weakness. I was troubled very much with leucorrhœa, bearingdown pains and backache. It seemed that I had no strength at all. I was in pain all over. I began to feel better after taking the first dose of Vegetable Compound, and am now like a new woman. I know if other suffering women would only try it, it would help them.

MRS. GEORGE. W. SHEPARD,
Box 127, Boonville, N. Y.

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LYDIA E. PINKHAM'S

BLOOD PURIFIER

Is far superior to any other known Remedy for the Cure of all Diseases arising from Impurities of the Blood, such as

Scrofula, Cancerous Humor, Erysipelas, Rheumatism, Canker, Salt Rheum and Skin Diseases.

IMPURE BLOOD CAN BE MADE RICH AND PURE.

There is no condition of the human system so uncertain or so deceptive as the condition of the blood. Other disease makes itself known by aches or appearance, but the blood courses on with no sign of vitiation, carrying its poison to every nerve and fibre of the body. Suddenly comes the awakening; pains that were never thought of before, ulcers or eruptions where never a pimple existed, make you ask in wonder, if not in agony, the cause. This effect may come in various ways, but the cause is always impure blood. This impurity or blood poisoning produces *Rheumatism, Debility, Neuralgia, Scrofula, Mercurial or Syphilitic Ulcers, Fistula, Eruptions, Consumption, Scurvy, &c.*

INDIGESTION AND BILIOUSNESS.

These two complaints are closely akin and generally exist together. *Dyspepsia, or Chronic Indigestion*, is more prevalent in this country than anywhere else on the face of the earth, the chief reason being that we eat with intemperate haste, and consequently do not, as a rule, properly masticate our food. The work that should be done by the dental mill we remit to the stomach; and, as it cannot accomplish the task, the *food-grist* is not properly ground up and applied, and the whole body—aye, every fibre and tissue of it—suffers. We need not here describe the pains and penalties of *Dyspepsia*. They are within the personal experience of two-thirds of the adult population of the United States. *Biliousness* is a somewhat indefinite term, but it means, in its common acceptance, an *unnatural determination of bile to the channels of circulation*. The yellow tinge of the skin and of the white of the eyes in bilious cases is caused by the undue presence of bile in the superficial blood-vessels.

A proper course of Lydia E. Pinkham's Blood Purifier, together with her celebrated Liver Pills, will purify the blood and drive off the bile, making you happy and pleasant, instead of grouchy and disagreeable.

LYDIA E. PINKHAM'S BLOOD PURIFIER

Is as great a success as her celebrated Vegetable Compound, and may be used with great benefit in all diseases caused by impurities of the blood. Do not class it with bitters of any kind. It is not a drink or an appetizer, but a *strictly medicinal preparation*. It is a powerful alternative, but a purely vegetable preparation, and may be taken without fear by any invalid. The dose is

small and with good nutritious diet of any kind, avoiding highly seasoned or greasy food, you will be free from the tortures of rheumatism, clear of scrofulous sores or ulcers, and eradicate every taint, whether inherited or contracted. You will have a beautiful complexion and a soft, smooth skin, and rejoice in a healthy body and pure blood.

For Sale by your Druggist, \$1.00 per bottle.

Sept. 15, 1902.

I feel it my duty to send you a testimonial and tell you how much good Lydia E. Pinkham's Vegetable Compound and Blood Purifier has done my daughter. She feels like a different person. Her menstruation was irregular; did not come around for two months. She took some medicine from the doctor which did not help her, and he thought she would have to take treatments. She took some of your Vegetable Compound and now her menses are regular again and she rests well nights, which she had not been able to do for about a year. Her friends all wonder at her improved looks as well as health.

I never fail to recommend your medicine when I know of any woman who has female troubles.

MRS. MAGDALENA SCHICK,
Washington, Ill.

Jan. 21, 1902.

I will tell you what your remedy has done for me. I was in a very bad condition with scrofula swellings around my neck. It started with a bunch on the side of my neck, and it kept growing until the whole side of my face was swollen.

I had tried everything in the shape of patent medicines for five years. I had gone under an operation in one of the hospitals in Boston and had them cut out. I had thirty little tubular glands taken from back of my ear down my shoulder. They looked like a bunch of grapes, and about the same size. After the cuts healed over they started to come again worse than before.

After suffering so much I thought I would try Lydia E. Pinkham's Blood Purifier, and before I had taken two bottles there was a great change in the swellings. I continued its use and to-day I am a well woman. Every word of this is true.

I cannot speak too highly in praise of your Blood Purifier.

MRS. W. H. HAYNES,
38 Adams Ave., Everett, Mass.

Lydia E. Pinkham's Liver Pills

[Pg 62]

Are especially adapted to the needs of the stomach and liver, the derangement of which they prevent and cure. They are purely vegetable and perfectly harmless. They do not purge, gripe or weaken, but are a gentle effective laxative which stimulates the natural action of the bowels. They are excellent in conjunction with the Vegetable Compound; especially in those cases when the complaints that are peculiar to women are attended with constipation and sluggishness of the liver. In such cases these Pills enable the Vegetable Compound to do its work more speedily and effectively. The enormous sale of Lydia E. Pinkham's Liver Pills has been attained purely on their merit. During the last 25 years, we have found nothing to excel them. One box contains more than three times the number of pills ordinarily sold for 25 cents and we therefor justly claim superiority both in quantity and quality.

January 12, 1901.

I write you these few lines to see if you can suggest some means to cure me. A little more than a year ago, I was sick

with menstruation for the first time and since then I am sick all the time in some way or other. I have painful and irregular menstruation. I went to summer resorts for my health and was doctored all summer, but to no effect. I have not flowed for two months and thought I would see if you could do me any good.

MARION BARBER.

May 25, 1903.

About two years ago I wrote to you for advice, being troubled with irregular menstruation and womb disease. I began taking Lydia E. Pinkham's Vegetable Compound and Liver Pills and using the Sanative Wash and I am glad to say I am completely cured and have not had any sickness since.

I wish to thank you for your kind advice and shall recommend your medicine to my lady friends.

MARION BARBER,
101 Bracewell Ave., North Adams, Mass.

I am passing through the Change of Life, am suffering from extreme nervousness and depression of spirits, am very constipated and blood impoverished. I have heard so much about Lydia E. Pinkham's Medicine I wish to give it a trial. Please advise me.

MRS. ALICE PICKERING,
14 George Street, Providence, R. I.

June 29, 1900.

Six months ago I wrote to you stating my case. You advised me to take Lydia E. Pinkham's Vegetable Compound, Blood Purifier and Liver Pills. I followed your instructions.

I never used anything in my life that benefited me so much. They are wonderful medicines. I cannot say enough in their praise. I know I should have been insane if I had not taken them.

MRS. ALICE PICKERING,
14 George Street, Providence, R. I.

IMPORTANT

When writing to Mrs. Pinkham for advice and counsel, it is highly important that you should answer the following questions:

Is your menstruation regular?

Is your menstruation profuse?

Is your menstruation scanty?

Is your menstruation painful?

Are you married or single?

If married, have you borne children?

Have you any discharge from the vagina other than the courses?

Have you a free movement of the bowels daily?

Are you constipated?

Is your blood in good condition?

Write out plainly all symptoms you do not understand.

Be sure of the strictest confidence. Mrs. Pinkham never betrays a trust. You can rely on her help implicitly. Address your letters to "Mrs. Pinkham, Lynn, Mass."

A Word of Warning.

No other medicine in the world has received such widespread and unqualified endorsement as has Lydia E. Pinkham's Vegetable Compound.

No other medicine has such a record of cures of female troubles or such hosts of grateful friends.

Do not be persuaded that any other medicine is just as good. Any dealer who asks you to buy something else when you go into his store purposely to buy Lydia E. Pinkham's Vegetable Compound, has no interest in your case. He is merely trying to sell you something on which he can make a larger profit. He does not care whether you get well or not, so long as he can make a little more money out of your sickness. If he wished you well he would, without hesitation, hand you the medicine you ask for, and which he knows is the best woman's medicine in the world.

Follow the record of this medicine, and remember that these thousands of cures of women whose letters are constantly printed in this paper were not brought about by "something else," but by

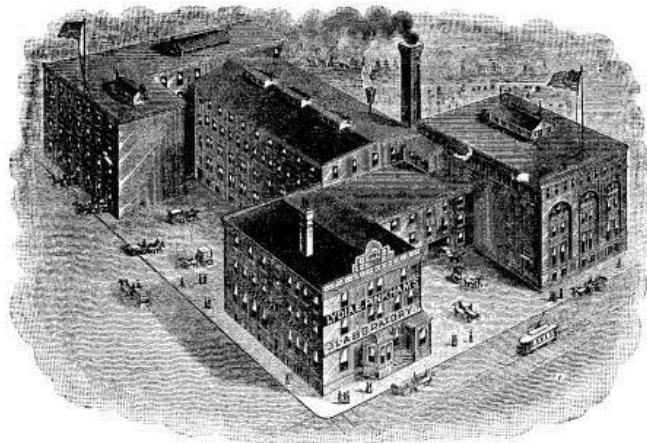
Lydia E. Pinkham's Vegetable Compound,

The Great Woman's Remedy for Woman's Ills.

Those women who refuse to accept anything else are rewarded a hundred thousand times, for they get what they want—a cure. Moral—Stick to the medicine that you **know** is Best.

When a medicine has been successful in restoring to health more than a million women, you cannot well say without trying it, "I do not believe it will help me." If you are ill, do not hesitate to get a bottle of Lydia E. Pinkham's Vegetable Compound at once, and write Mrs. Pinkham, Lynn, Mass, U. S. A., for special advice. It is free and helpful, and will cost you nothing.

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THE HOME OF LYDIA E. PINKHAM'S REMEDIES

LYNN, MASS., U. S. A.

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Complete transcriptions of the full page advertisements (pages 47, 49, 55, 56, 58, 59) are included in the text of this document.

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