

## Are You

 Your healt is a citade The winter's the coming enemy. You know that this enemy will sit down for five long months outside this citadel, and do its best to break in and destroy. Is this citadel garrisoned and provisioned ? The garrison is your constitution. Is it vigorous or depleted? How long can it fight without help? Have you made provision for the garrison by furnishing a supply of SCOTT'S EMULSION of pure Norwegian Cod Liver Oil and Hypophosphites of Lime and Soda? It restores the flagging energies, increases the resisting powers against disease; cures Consumption, Scrof fula, General Debility, and all Anamic and Wasting Diseases (especially in Children), keeps coughs and colds out, and so enables the constitution to hold the fort of health. Palatable as Milk.


## DOCTOR WHITTIER

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## Dir.E.C.WEST'S

 NERVE AND BRAIN TREATMENTEMIL G.STUCKY, Druggist,
ELECTRIC BELT (in Man WEAKE;

DOCTORS LAKE

