

HEART OF SWIMMING.

Every Person Who Goes on the Water Should Know it.

THE POWER OF FLOATING.

What to Do in Emergencies—Practical Instructions for Saving Drowning Persons.

Boston Herald.

Of all the athletic exercises swimming is the most easily learned, says Cassin's, but learning to swim is not to be done at the wrong end, and with the erroneous notion that swimming (floating) is the natural buoyancy of the body.

Most has not, like the quadruped, the advantage of guiding himself in the water by his ordinary position, and his unadjusted reason becomes a worse guide than the unerring instinct of the brute.

The first rule in learning to swim is to gain confidence, and until one has that cannot swim. As a rule one should not employ artificial means, such as cork, life preservers, or any such contrivances, as more or less they are creating a tepid swimming habit.

Having selected the most suitable place for the purpose, enter the water gradually, until you have reached the waist, and let the water reach to your chest, turn toward the shore, draw your hands up to your chest, keeping the fingers close together, the palms of the hands must be downward. The lower part of the arm and elbow should be close to the body.

Next stretch out the arms to the full extent under the surface of the water; turn the palms of the hands out and take a circular stroke until the arms are square with the shoulders, then draw the hands back to the first position. These three movements in our new extension motions for learners of swimming should be repeated several times by word from the instructor, he should practice them himself.

Having a belt made at a saddler's of the webbing generally used for horse's girths, at such a size as will go round the body easily; eyelet holes must be punched into the ends instead of buckles and about two inches from the ends of the belt.

The teacher should then place the belt round the pupil's waist with the rope in front of the chest, and holding the other end in his hand, instruct him to enter the water to his middle, and then strike out; the teacher walking backward in his bath, or along the boards if in a bath, holding the end rather tight, so as to keep the learner in the most favorable position for swimming, and prevent his sinking.

The pupil must keep his legs wide apart on the shoulders, and the back hollowed, which tends to the inflation of the chest, and gives more buoyancy, and he must at the same time kick out his legs well. By repeating this exercise several times, he will get more confidence in the sustaining power of the water.

Sometimes the rope is passed over a pulley, at the end of a projecting beam or case working on a center, and giving way with the movements of the swimmer; the strong wire is stretched across a large bath, and kept tight with screws; on this a pulley is run, and to it is attached the wire belonging to the belt, buckled round the learner's waist, the cord in this case being attached at the back.

This contrivance (that which nothing can be more simple) will not only facilitate the acquisition of the art of swimming, but enable any one who may be an exceptionally good swimmer to instruct any number of pupils in the art by imitating the action of the frog. Repeated this practice several times and on each occasion you will get more confidence in the great sustaining power of the water, but if you cannot get any assistance in the manner above described, let one of your feet occasionally touch the bottom.

The manner of kicking out the legs should be precisely similar to that of the frog, as you draw your arms and legs into the first position you must at the same time draw up your feet and legs toward the body, and kick them out again at the same time as you strike out with your arms and hands. There is not so much importance attached to the stroke of the swimmer's legs as are sure to follow. A good swimmer very seldom swims with the head above the side stroke in swimming has been known to be popular, although a previous knowledge of the breast stroke is a condition when attempting the other.

After learning to swim a few strokes you should thoroughly acquire the power of floating, that being the easiest mode of supporting the body; indeed, when not able to swim, you can always learn to float in a single lesson, simply by placing yourself on your back, throwing your chest well out of the water, and the head well back.

Who begins to it is always very difficult to get them to keep their heads back; they generally lift their heads up, principally on account of the water entering their ears, the result being that the body is thrown into a position that entirely prevents them from floating, because it leaves the mouth under water. The arms can be placed in any position, but it is

preferable for them to be stretched right out, the palm of the hand just under the water. By this position the learner has a better mode of balancing himself, otherwise he is very liable to turn over.

After he has obtained sufficient confidence to be able to balance himself, he can place his arms in any position, either by the side, across the chest, or folded under the head; the latter position is best, as it throws the chest more forward, and naturally inflates the lungs. The lives of many persons have been saved by this simple plan, while thousands could have been saved had they merely remained quiet, with their heads thrown well back, instead of struggling and throwing their arms out of the water, which naturally causes the head to sink. Of course it is much easier to accomplish this in the sea than in fresh water. If in the latter, it would be better to just paddle the hands at your knees, which will prevent your feet from sinking.

To acquire the power of floating well is to possess the key to all kinds of swimming on scientific principles. It is also very useful in cases of that terrible disease, the cramp, whatever part of the body which is thus attacked being rendered temporarily powerless. All are affected alike, and perhaps more good swimmers have been drowned by cramp than from all other causes. Strong men and good swimmers, when seized with the cramp, have been known to sink instantly, overcome with the sudden pain, and nothing but the greatest presence of mind can save the victim.

The legs and arms are the parts of the body that are most frequently affected, by which means the difficulty of getting ashore is much increased, but there is no real danger so long as the swimmer serves his presence of mind. When accompanied by presence of mind, cramp is comparatively harmless, but when accompanied by fear, it is almost certain to be followed by drowning.

If both legs are disabled, try to paddle ashore with the arms; if, on the other hand, the arms are seized, the sufferer should lie on his back, and get to land by the use of his legs; if unable to do either he should throw himself on his back and endeavor to float until succor reaches him. Under such circumstances the following method has been recommended: Turn on the back at once, kick out the legs in the air, without minding the pain, and rub the part attacked with one hand smartly.

The causes of cramp are usually believed to be two: The first is from indigestion, for those in good health are seldom attacked by it; the second is the overexertion of muscles that have been but little used, and when a very strong stroke with the legs or arms is given, it usually comes on; therefore, easy swimming is to be preferred to that with sudden strokes or jerks.

Trading water is a mode of supporting the body without making any progress through the water, but of carrying the head well above the surface. By it, if a man is drowning, he may very possibly be saved if two people take him by the arms and keep his head above water till assistance arrives; but it must be borne in mind that it is a very dangerous experiment, unless the two rescuers are the drowning person with very great determination, so as to prevent him from grasping them. The treading of water can be done one leg at a time, or both together, but the latter is the better way, as a greater weight can be supported, when both legs raise the body at the same time. If one wishes to save anything above the water level, such as the gunwale of a boat, or a rope, the body is raised by this plan of treading water with great vigor; also it is sometimes done with the hands alone, or with both hands and feet together.

Swimming on the back, much the same as floating, is at once the easiest, pleasantest and most useful method of swimming; indeed, some learners can make very good progress in this way, even before they can swim on the breast.

Turn on the back by forcing the leg and arm of one side against the water, next place the hand on the side of the body, just inside the hip, by the groin. Take care to keep the head well thrown back and immersed except the actual face; hollow the back a little, and at the same time expand the chest as much as possible; the elbows and knees are to be turned out, so as to be kept under the surface of the water, the head and body being in a perfectly composed state.

The legs are next to be drawn up and thrust back, as in ordinary swimming, but the knees must not come out of the water; if the legs are not to be used, possibly owing to cramp, they must be kept in a horizontal position, with the toes and heels together. This method permits a great rate of speed being attained.

If a bather will only keep his lips tightly closed, and the body still, he will find that when he inflates the lungs by deep inspiration, his face will rise almost entirely out of the water, and at each expiration his face will sink as far as the eyebrows and lower lip, but not any lower, his nostrils being always free for the passage of the air required by the lungs.

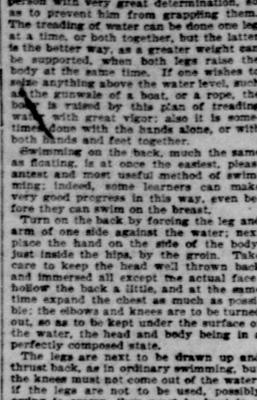
If any one will give this plan a fair trial he will learn more in an hour than in many days by other methods. Here he experiences the immensely powerful buoyancy of the water, which would certainly prevent any one from drowning, whether he could swim or not. If he would only lie in the position of swimming on his back without moving his body or limbs, as he would be unable to sink if he tried.

Another way of obtaining a position of total rest is to stretch out the arms as far as possible above the head, their weight acting as a counterpoise to that of the legs, the effect being that the toes are forced above the surface.

As before said, in the sea this plan of floating is very much easier than in fresh water, the face during expiration hardly ever sinking lower than the chin, while good full inspiration will raise the whole face out of the water.

Practical instructions for saving drowning persons by swimming to their relief are concisely given below:

CONSISTENT.



Bloomer Girl—Why don't you ride a wheel? You don't know what a pleasure it is.

Barbing Girl—Oh! I wouldn't dare to. I think bloomers are so immodest.

3. On swimming to a person in the sea, if he is struggling, do not seize him then, but keep clear for a few seconds; he will be quiet, for it is sheer madness to take hold of a man when he is struggling in the water, and if you do run a great risk.

4. When you get close to him, and get fast hold of the hair of his head, turn him as quickly as possible on his back, give him a sudden push and this will cause him to float, then throw yourself on your back also, and swim for the shore, both hands having hold of his hair, you can retain his back to you, and of course his back to the water, the head and body being in a perfectly composed state.

5. It is believed that there is no such thing as a death-grasp; at least it is very unusual to witness. After many experiments it is usually found preferable to all other methods. You can in this manner float nearly as long as you please, or until a boat or other help can be procured.

6. After a person has sunk to the bottom, if the water be smooth, the exact position where the body lies may be known by the air bubbles, which will occasionally rise to the surface, allowance being of course made for the motion of the water. If in a tide-way or stream, which will have carried the bubbles to some point, the body may be raised from the bottom, before too late for recovery, by diving for it in the direction indicated by these bubbles.

7. On rescuing a person by diving to the bottom, if the water be smooth, the exact position where the body lies may be known by the air bubbles, which will occasionally rise to the surface, allowance being of course made for the motion of the water. If in a tide-way or stream, which will have carried the bubbles to some point, the body may be raised from the bottom, before too late for recovery, by diving for it in the direction indicated by these bubbles.

8. If in the sea, it may sometimes be a great effort to try to get to land. If there be strong "outsetting" winds, and you are swimming either by yourself, or having hold of a person who cannot swim, then get on your back and float till help comes. Many a man who has been rescued by turning the billows for the shore on a backing tide, and sinks in the effort, when, if he had floated, a boat or other aid might have been obtained.

9. These instructions apply alike to all circumstances—whether as regards the roughest sea or smooth water, or whether the apparently drowned are taken, by permission, from M. J. Kline's "New Catastrophe," and cover fully this important subject.

Rule 1. Arouse the patient. Do not move the patient, but inspire him with a draught of a current of fresh air, wipe dry the mouth and nostrils, rip the clothing, so as to expose the chest and waist, and give two or three quick, smarting slaps on the stomach and chest, with the open hand. If the patient does not revive, then proceed thus:

Rule 2. To draw off water, etc., from the stomach and chest, if the jaws are clenched, separate them, remove the teeth, a cork or small bit of wood; turn the patient on the face, a large bundle of tightly rolled clothing being placed between the stomach, and press heavily over it for half a minute, or so long as fluids flow freely from the mouth.

Rule 3. To produce breathing. Clear the mouth and throat of mucus, by introducing into the throat the corner of a handkerchief wrapped close around the forefinger; turn the patient on the back, the roll of clothing being so placed beneath it as to raise the pit of the stomach above the level of any other part of the body. If there be another person present, let him, with a piece of dry cloth, hold the tip of the tongue out of the mouth, and keep the chest and arms forcibly stretched above the head, thereby increasing the prominence of the ribs, which tends to enlarge the chest. The two last-named positions are not, however, essential to success.

Kneel beside or astride the patient's hips, and with the balls of the thumbs resting on either side of the pit of the stomach, let the fingers fall into the grooves between the short ribs, so as to afford the best grasp of the water, or the patient's knees as a pivot, throw all your weight forward on your hands, and at the same time squeeze the chest, then as if you wish to force everything in the chest upward out of the mouth; deepen the pressure while you can count slowly one, two, three; then suddenly let go with a final push, which springs you back to your first kneeling position. Remain erect on your knees while you can count one, two, three; then repeat the same motions as before at a rate gradually increased from four or five to fifteen times a minute, and continue this till the bellows movement with the same regularity that is observable in the natural motions of breathing; you are now breathing, and if the patient is not restored, after a trial of the bellows movement for the space of three or four minutes, then, without interrupting the artificial respiration, turn the patient a second time on the stomach, as directed in rule 2, rolling the body in the opposite direction from that in which it was first turned, for the purpose of freeing the air passages from any remaining water. Continue the artificial respiration from one to four hours, or until the patient breathes; and for a while, after the appearance of returning life, carefully aid the first short gasps, until the patient has full breaths. Continue the drying and

rubbing, which should have been unconsciously practiced from the beginning, taking care not to interfere with the means employed to produce breathing. Thus the limbs of the patient should be rubbed, always in an upward direction, toward the body, with firm-grasping pressure and energy, using the bare hands, dry flannel or handkerchiefs, and continuing the friction under the blankets or over the dry clothing. The warmth of the body can also be promoted by the application of hot flannels to the stomach and armpits, bottles or bladders of hot water, heated bricks, etc., to the limbs and soles of the feet.

Rule 4. After treatment—Externally: As soon as breathing is established, let the patient be stripped of all wet clothing, wrapped in blankets only, put to bed comfortably warm, but with a free circulation of fresh air, and left to perfect rest. Internally: Give a little brandy and hot water, or other stimulant at hand, every ten or fifteen minutes for the first hour, and an often thereafter as may seem expedient. Late manifestations: After reaction is fully established, there is great danger of congestion of the lungs, and if perfect rest is not maintained for at least forty-eight hours it sometimes occurs that the patient is seized with great difficulty of breathing, and death is liable to follow unless immediate relief is afforded. In such cases, apply a large mustard plaster over the breast. If the patient gasps for breath before the mustard takes effect, assist the breathing by carefully repeating the artificial respiration.

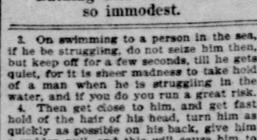
THE FOOLISH SCORCHERS.



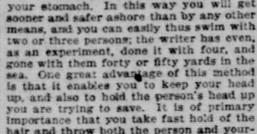
1—A scorcher and his bloomed mate. Each mounted on a "bike," Bore down upon an old toll gate.



2—As they swept on they gaily laughed, And thought by sudden sport, To clear the toll-gate like a shot, And do the keeper "dirt."



3—But like a hail-stone from on high, That seeks the mother earth, That gate descended from the sky, And caught them in the girth.



4—And when the gate arose again, Those scorchers had good luck; Though it becomes not tongue or pen To tell just how they struck. —G. A. B.

That Clutching Sensation



at the Heart

is almost instantly dispelled by a swallow of VINO-KOLAFRA, the African Tonic made from Sterculia Nuts. VINO-KOLAFRA governs heart action as the fly-wheel regulates machinery: it cures hysteria and nervousness.

Rule 1. Arouse the patient. Do not move the patient, but inspire him with a draught of a current of fresh air, wipe dry the mouth and nostrils, rip the clothing, so as to expose the chest and waist, and give two or three quick, smarting slaps on the stomach and chest, with the open hand. If the patient does not revive, then proceed thus:

Rule 2. To draw off water, etc., from the stomach and chest, if the jaws are clenched, separate them, remove the teeth, a cork or small bit of wood; turn the patient on the face, a large bundle of tightly rolled clothing being placed between the stomach, and press heavily over it for half a minute, or so long as fluids flow freely from the mouth.

Rule 3. To produce breathing. Clear the mouth and throat of mucus, by introducing into the throat the corner of a handkerchief wrapped close around the forefinger; turn the patient on the back, the roll of clothing being so placed beneath it as to raise the pit of the stomach above the level of any other part of the body. If there be another person present, let him, with a piece of dry cloth, hold the tip of the tongue out of the mouth, and keep the chest and arms forcibly stretched above the head, thereby increasing the prominence of the ribs, which tends to enlarge the chest. The two last-named positions are not, however, essential to success.

Kneel beside or astride the patient's hips, and with the balls of the thumbs resting on either side of the pit of the stomach, let the fingers fall into the grooves between the short ribs, so as to afford the best grasp of the water, or the patient's knees as a pivot, throw all your weight forward on your hands, and at the same time squeeze the chest, then as if you wish to force everything in the chest upward out of the mouth; deepen the pressure while you can count slowly one, two, three; then suddenly let go with a final push, which springs you back to your first kneeling position. Remain erect on your knees while you can count one, two, three; then repeat the same motions as before at a rate gradually increased from four or five to fifteen times a minute, and continue this till the bellows movement with the same regularity that is observable in the natural motions of breathing; you are now breathing, and if the patient is not restored, after a trial of the bellows movement for the space of three or four minutes, then, without interrupting the artificial respiration, turn the patient a second time on the stomach, as directed in rule 2, rolling the body in the opposite direction from that in which it was first turned, for the purpose of freeing the air passages from any remaining water. Continue the artificial respiration from one to four hours, or until the patient breathes; and for a while, after the appearance of returning life, carefully aid the first short gasps, until the patient has full breaths. Continue the drying and

rubbing, which should have been unconsciously practiced from the beginning, taking care not to interfere with the means employed to produce breathing. Thus the limbs of the patient should be rubbed, always in an upward direction, toward the body, with firm-grasping pressure and energy, using the bare hands, dry flannel or handkerchiefs, and continuing the friction under the blankets or over the dry clothing. The warmth of the body can also be promoted by the application of hot flannels to the stomach and armpits, bottles or bladders of hot water, heated bricks, etc., to the limbs and soles of the feet.

Rule 4. After treatment—Externally: As soon as breathing is established, let the patient be stripped of all wet clothing, wrapped in blankets only, put to bed comfortably warm, but with a free circulation of fresh air, and left to perfect rest. Internally: Give a little brandy and hot water, or other stimulant at hand, every ten or fifteen minutes for the first hour, and an often thereafter as may seem expedient. Late manifestations: After reaction is fully established, there is great danger of congestion of the lungs, and if perfect rest is not maintained for at least forty-eight hours it sometimes occurs that the patient is seized with great difficulty of breathing, and death is liable to follow unless immediate relief is afforded. In such cases, apply a large mustard plaster over the breast. If the patient gasps for breath before the mustard takes effect, assist the breathing by carefully repeating the artificial respiration.

An eminent authority, Dr. Laborde, the supervising surgeon of the Hospital of Lisieux, in France, appears to have established that the clinging of the jaws and the semi-contracture of the fingers, which have hitherto been considered signs of death, are, in fact, evidences of remaining vitality. After numerous experiments with apparently drowned persons, and also with animals, he concludes that there are only signs accompanying the first stage of moribundity, and that a temporary relaxation here referred to. This being so, the mere clenching of the jaws and semi-contraction of the hands must not be considered as reasons for the discontinuance of efforts to save life, but should serve as a stimulant to vigorous and prolonged relief is afforded. In such cases, apply a large mustard plaster over the breast. If the patient gasps for breath before the mustard takes effect, assist the breathing by carefully repeating the artificial respiration.

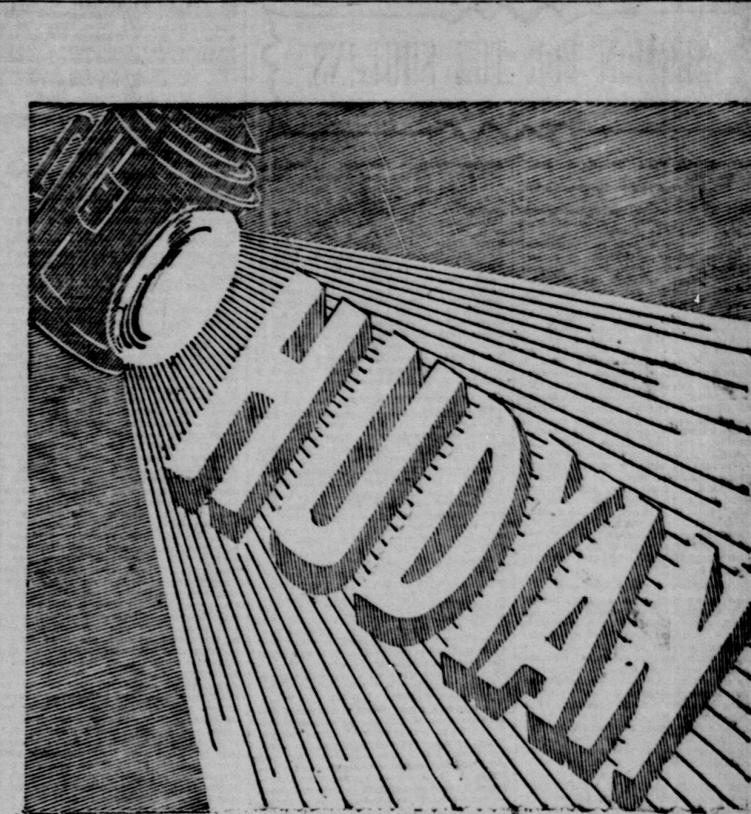
An eminent authority, Dr. Laborde, the supervising surgeon of the Hospital of Lisieux, in France, appears to have established that the clinging of the jaws and the semi-contracture of the fingers, which have hitherto been considered signs of death, are, in fact, evidences of remaining vitality. After numerous experiments with apparently drowned persons, and also with animals, he concludes that there are only signs accompanying the first stage of moribundity, and that a temporary relaxation here referred to. This being so, the mere clenching of the jaws and semi-contraction of the hands must not be considered as reasons for the discontinuance of efforts to save life, but should serve as a stimulant to vigorous and prolonged relief is afforded. In such cases, apply a large mustard plaster over the breast. If the patient gasps for breath before the mustard takes effect, assist the breathing by carefully repeating the artificial respiration.

An eminent authority, Dr. Laborde, the supervising surgeon of the Hospital of Lisieux, in France, appears to have established that the clinging of the jaws and the semi-contracture of the fingers, which have hitherto been considered signs of death, are, in fact, evidences of remaining vitality. After numerous experiments with apparently drowned persons, and also with animals, he concludes that there are only signs accompanying the first stage of moribundity, and that a temporary relaxation here referred to. This being so, the mere clenching of the jaws and semi-contraction of the hands must not be considered as reasons for the discontinuance of efforts to save life, but should serve as a stimulant to vigorous and prolonged relief is afforded. In such cases, apply a large mustard plaster over the breast. If the patient gasps for breath before the mustard takes effect, assist the breathing by carefully repeating the artificial respiration.

An eminent authority, Dr. Laborde, the supervising surgeon of the Hospital of Lisieux, in France, appears to have established that the clinging of the jaws and the semi-contracture of the fingers, which have hitherto been considered signs of death, are, in fact, evidences of remaining vitality. After numerous experiments with apparently drowned persons, and also with animals, he concludes that there are only signs accompanying the first stage of moribundity, and that a temporary relaxation here referred to. This being so, the mere clenching of the jaws and semi-contraction of the hands must not be considered as reasons for the discontinuance of efforts to save life, but should serve as a stimulant to vigorous and prolonged relief is afforded. In such cases, apply a large mustard plaster over the breast. If the patient gasps for breath before the mustard takes effect, assist the breathing by carefully repeating the artificial respiration.

An eminent authority, Dr. Laborde, the supervising surgeon of the Hospital of Lisieux, in France, appears to have established that the clinging of the jaws and the semi-contracture of the fingers, which have hitherto been considered signs of death, are, in fact, evidences of remaining vitality. After numerous experiments with apparently drowned persons, and also with animals, he concludes that there are only signs accompanying the first stage of moribundity, and that a temporary relaxation here referred to. This being so, the mere clenching of the jaws and semi-contraction of the hands must not be considered as reasons for the discontinuance of efforts to save life, but should serve as a stimulant to vigorous and prolonged relief is afforded. In such cases, apply a large mustard plaster over the breast. If the patient gasps for breath before the mustard takes effect, assist the breathing by carefully repeating the artificial respiration.

An eminent authority, Dr. Laborde, the supervising surgeon of the Hospital of Lisieux, in France, appears to have established that the clinging of the jaws and the semi-contracture of the fingers, which have hitherto been considered signs of death, are, in fact, evidences of remaining vitality. After numerous experiments with apparently drowned persons, and also with animals, he concludes that there are only signs accompanying the first stage of moribundity, and that a temporary relaxation here referred to. This being so, the mere clenching of the jaws and semi-contraction of the hands must not be considered as reasons for the discontinuance of efforts to save life, but should serve as a stimulant to vigorous and prolonged relief is afforded. In such cases, apply a large mustard plaster over the breast. If the patient gasps for breath before the mustard takes effect, assist the breathing by carefully repeating the artificial respiration.



is marvelous. It is indeed the marvel of the nineteenth century. This wonderful remedio-treatment has been indorsed by the leading scientific men of the world, and has cured hundreds and hundreds of unfortunates who have suffered years and years. This wonderful vegetable preparation, this remarkable remedio-treatment, this singular discovery cures prematureness of discharge in twenty days.

CURES

Lost Manhood—Nervous Debility—Blues—Melancholy—Constipation—Falling Sensations—Dizziness—Lack of Energy—Lack of Power—Lack of Capacity—Nervous Twitching of the Eyes and other parts, indeed the entire system is strengthened and invigorated by wonderful Hudyan. Hudyan cures Nervousness, Debility and stops emissions. Hudyan develops and restores weak organs. Pains in back, pains in loins, heavy, dull, blue feelings are cured by the Hudyan treatment. If you are suffering from bad dreams, if you always feel blue, tired and disconsolate, if you are looking into the depths of despair, if your eyes are bleared, your appetite gone and your ambition lost Hudyan will cure you. Hudyan will brace you up, Hudyan will give you back your youth. You will be enabled to work as you have worked. If you need the great Hudyan don't allow false pride and false modesty to keep you away from it. Hudyan cures bad blood and dries up ulcers.

You Can't Sleep.

If you can't sleep, if you stay awake all night and are unable to stop thinking, if when you get up in the morning you feel sore and emaciated, it is time for you to use the great Hudyan. Any way you ought to learn something about Hudyan. Circulars explain. Send for them.

Hudyan Circular Free

HUDSON MEDICAL INSTITUTE, Stockton, Market and Ellis Streets.

TAINED BLOOD

TAINTED BLOOD TAINTED BLOOD TAINTED BLOOD TAINTED BLOOD

HUDSON MEDICAL INSTITUTE, Stockton, Market and Ellis Streets.

Many men lead rapid lives and subject themselves to such baneful practices that their kidneys are almost used up. These are a few of the effects of wasted kidneys: Great Weakness—Thirst—Excessive quantity of water passed—Emaciation—Specific gravity high—Bilious attacks—Cramps—Neuralgic pains—Sudden sweats—Failure of vision—Catarrh—Loss of sexual power—Mouth dry—Tongue coated—Gums sore and bleed easily—Appetite variable—Flatulence—Constipation or diarrhoea—Skin dry and yellowish—Boils, carbuncles—Eczema and itching—Swelling of lower extremities—Loss of flesh.

HUDSON MEDICAL INSTITUTE, Stockton, Market and Ellis Streets.

When your liver is affected you may feel blue, melancholy, irritable and easily disconcerted. You will notice many symptoms that you really have, and many that you really do not have. You need a good liver regulator, and this you should take at once. You can get it from us. Write for book on liver troubles, "All About the Liver," sent free.

HUDSON MEDICAL INSTITUTE, Stockton, Market and Ellis Streets, SAN FRANCISCO, CAL.

LIVER LIVER LIVER LIVER

MANHOOD RESTORED—"CUPIDENE"

Address DAVOL MEDICINE CO., P. O. Box 2076, San Francisco, Cal. For sale at Lang's drug store, Front and Columbia streets, Seattle, Wash.