

# THE DONKEY PUZZLE



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## How to Grow Fleshy.

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If you are getting thin, you are sick, though you may not know it.

If you are losing weight steadily, there is something wrong about you that needs looking after.

It all means that you are not eating proper and sufficient food, or that you are not digesting what you do eat. Unless the daily wastes of the system are replaced with food, you cannot expect to be either strong or well.

If you want to know whether your stomach is tired or not, study your feelings after a hearty meal. You may experience a sense of distress. You may be drowsy, headaches may make your life a burden. Eructations of gas may prove that your food is fermenting instead of being absorbed. There are a thousand and one ways to tell, and of this you may rest assured, that if you are conscious that you possess a stomach it is tired and needs help.

Any derangement of the digestive organs is sooner or later followed by serious diseases; they may assert themselves in rheumatism, in gout, in fevers, or in that most dreaded of all diseases, consumption.

Correct the digestion by the use of the Shaker Digestive Cordial, and an increase of weight will at once follow.

*If your food does you no good*—if it fails to nourish and strengthen you, it is because it is not digested. If not digested, it does you more harm than good. If you cannot digest food, you had better not eat it. The Shaker Digestive Cordial will cause the food eaten to be digested, when it will make you strong and fleshy. Just try a bottle—you will feel its good effects at once.



# Life Among the Shakers.

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The following letter is from the graceful pen of the talented MARY FRANCES CARR, of Mount Holly City, N. J.:

“Last, but not least, comes up the remembrance of my visit to the Shaker Settlement. That is a leaf in memory to which I shall often turn. I have it all before me now. Its broad acres of rich land; the trees laden with ripe, golden fruit—everything growing in rich profusion that heart could wish for; the substantial pleasant built houses; the cheerful ways of the well-ordered families; the great broad-backed, soft-eyed cows, themselves partaking of the quiet gentle ways of their keepers—the rich, pure milk drawn from their udders by the pretty young Shakeresses; the young brother who passed on before us, showing us his stock (and with an air of pride pointing out his best), with his broad brimmed hat, fat, rosy cheeks, and bright black eyes—all these things make a bright picture that will never fade.

“As I passed from one to another and saw the calm, happy look on each, I could not but wonder of their inner lives—what of their hopes and fears, etc.

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“As these things crowd my mind, the tall, slender figure of SISTER SARAH comes up before me. Her kind, motherly ways gave me the confidence to ask what I would. She told how, at seven years of age, her mother had brought her from the far-off hills of Vermont, and laid her an offering on God's altar, consecrating her to His service. Fifty years have

passed since then, and her testimony now is, 'I am happy.' What a lesson for the worldling! I scanned that placid face—no mark of discontent was there—no hard drawn lines had settled round any of the features, but a peaceful, happy expression, telling of the beauty of her life. As I looked at her, I wondered if, when fifty-three years of my life had passed, I should be able to bear the same testimony. And then I said to her, 'Have you never, in all these long years, longed for the pleasures of the world?' With an eye beaming with truthfulness and a voice full of sweetness, she said: 'Nay, Sister, never.' With this testimony I was led to believe what I had never thought before, that the Shakers are a happy people. All that I saw led me to think it. It is surely no convent life with its rigid laws and penances; no dark vaults or gloomy cells; no high walls or grated windows. Strong, willing hearts are there, bearing a firm but gentle rule. A ready obedience from all gives birth to the good order and happiness that are so plainly visible. As I passed through the cool, pleasant rooms, seeing the happy faces and hearing the cheerful voices of old and young, and seeing the well-filled larders, I thought, 'O, what a home for the hungry, what a rest for the weary!' I know it is very unromantic to talk of being hungry; but as I am of the earth, earthy, I confess I was able to do justice to the sweet Graham bread and golden butter, the fresh milk, cakes, pies, and fruit that were set before us. And then there was such a delicate politeness in the offering of the lunch, almost making us feel that it was by accident, while we knew it was placed there especially for us. After feasting on these good things, we were led back to the reception room by gentle Sister Sarah. I could not but express my thankfulness for the kindness she had manifested and the pleasure I had realized, and looking into her clear, calm eyes, I longed for a place in

her love and memory; and when I asked her to grant me this boon, bright tears gathered in those soft eyes, and she bent over and imprinted a fervent kiss on my face. I shall never forget the pleasure of those sweet lips; and, like the child whom the great Napoleon kissed, must ever keep that spot sacred. I do not know that it was so, but I shall ever cherish the idea that when the dewy tears gathered in those soft eyes, and that warm kiss was given, there went up a prayer for my eternal welfare. Be that as it may, I shall ever pray for one who was to me so kind, and I look forward to the time when I shall rest beside the River of Life and hold sweet converse with the gentle spirit of Sister Sarah."

MARY FRANCES CARR.

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### A Grateful Patient.

21 NORTH WOLF ST., BALTIMORE, Md., March 29th, 1895.

It is with a heart full of gratitude that I write this letter. After suffering so much with that dreadful disease Dyspepsia, and the worryment it caused me, I thought I should go into an early grave.

I began to improve immediately from the first dose of your Shaker remedy, and never for a moment was there a doubt in my mind as to the ultimate result.

I shall never let pass an opportunity to praise your wonderful remedy.

I was a sufferer from vertigo for a long time, which I have never had since I commenced taking your medicine.

Hoping others who read this may give your medicine a trial, and assuring you I will give them all the information I can, I remain,

Your grateful patient, WILLIAM AULD, SR.

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### Our Family Medicine.

107 RICE ST., CHICAGO, Ill., Jan. 28th, 1895.

The Shaker remedies have been our family medicinae for (5) five years. Find them very good indeed.

MRS. JOHN LEVEY.

## Few Know About the Shakers at Mt. Lebanon.

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We may not accept their peculiar religious views. We cannot enter into the spirit of their sacrifices, and therefore we do not study their habits of life.

It is not necessary to believe as they do, but we can and do respect their sincerity of purpose and the honor and uprightness which mark all their business dealings.

In one particular the Shakers excel all other men or classes of men. This is in the cultivation of medicinal herbs and plants. They have made it a study for more than one hundred years. They are also expert in extracting from them their characteristic essences and medicinal virtues.

This is their peculiar industry. Their lives have been devoted to it. By it they are supported. They excel in this branch as do the Monks of the order of St. Benedict with their famous liqueur called "Benedictine."

Now, this lifelong study on the part of the Shakers has not been in vain. They have accomplished much good. Their medicinal extracts and cordials are known throughout the world.

THE SHAKER DIGESTIVE CORDIAL is probably the most useful medicine ever given to the public. It is not a cure for all diseases; it doesn't pretend to be; but one disease it will cure, and that is indigestion. It is not pretended that it will cure anything else, and a sufferer has not long to wait to see the result.

Almost the first dose will give relief, and if continued, a permanent cure will follow. The Shaker motto is:—"Prove all things and hold fast that which is good." For this reason

the Shakers put into the hands of the retail druggists who sell their remedy, small bottles, which can be had for 25 cents each, so that for this small sum the reader can ascertain whether it is adapted to his case.

Its good effects will be felt at once. The reader should examine the following pages and learn about this terrible complaint, dyspepsia, for it is the disease of a large class of suffering humanity.

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### Glad to Give His Statement.

LEGRANGE, Me., March 13th, 1895.

I am glad to give my statement for those who may suffer as I did. I was taken sick in 1879. I employed my resident doctor who treated me for a year and I got worse all the time, then I employed a doctor of the town. He attended me for six months and I got no better, when he told me I would never be any better. Then my friends wanted me to consult a doctor in Boston, which I did, and he said he could help me. I took his medicine over a year, but with very little benefit, and became discouraged and stopped taking medicine. At that time I had been sick seven years and had been unable to do but little work; for the last two years I had been unable to do any work at all. I had no appetite, and what little food I eat distressed me very badly. I had vomiting spells and was continually belching up wind, with pain and much soreness in my right side, was a mere skeleton and completely discouraged.

About that time my attention was called to your Shaker remedy; a druggist gave me one of your books, which I read, and I made up my mind to try the Shaker medicine. I got a bottle and took it and received much benefit from the first bottle. I bought more, and continued to improve right along, and got so I could eat a good meal without its distressing me. The pain and soreness left my side and I gained in flesh until I was heavier than ever in my life. I took in all 15 bottles of the medicine and took no other medicine while using yours. I am now 68 years old; I work my farm summers and lumber winters.

I can truly say your Shaker remedies saved my life and shall recommend them to others as long as I live.

WM. H. BRYER.

## What is this Disease called Dyspepsia?

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Like a thief at night, it steals in upon us unawares. The patients have pains about the chest and sides, and sometimes in the back. They feel dull and sleepy; the mouth has a bad taste, especially in the morning. A sort of sticky slime collects about the teeth. The appetite is poor. There is a feeling like a heavy load on the stomach; sometimes a faint, all-gone sensation at the pit of the stomach which food does not satisfy. Eyes are sunken, the hands and feet become cold and feel clammy. After a while a cough sets in, at first dry, but after a few months it is attended with a greenish-colored expectoration. The patient feels tired all the while, and sleep does not seem to afford any rest. After a time he becomes nervous, irritable and gloomy, and has evil forebodings. There is a giddiness, a sort of whirling sensation in the head when rising up suddenly. The bowels become costive; the skin is dry and hot at times; the blood becomes thick and stagnant; the whites of the eyes become tinged with yellow; the urine is scanty and high-colored, depositing a sediment after standing.

There is frequently a spitting-up of the food, sometimes with a sour taste and sometimes with a sweetish taste; this is frequently attended with palpitation of the heart; the vision becomes impaired with spots before the eyes; there is a feeling of great prostration and weakness. All of these symptoms are in turn present. It is thought that nearly one-third of our population has this disease in some of its varied forms. It has been found that medical men have mistaken the nature of this disease. Some have treated it for a Liver Complaint, some for Dyspepsia, others for Kidney Disease, etc., etc., but none of the various kinds of treatment have been attended with success.



Now, the Cordial causes the food eaten to be digested. It contains a digested food and is a food digester as well. This will cause an appetite for more food, which being digested will result in an increase of strength, an increase of flesh, and an increase of nerve power.

The tired weary feeling will give way to vigor and courage. The pale, thin and emaciated will recover their color and plumpness, because red blood and fat are the result of properly digested food.

A small bottle will produce a result. Its good effects will be realized at once. You will not have to take a dozen bottles to find out if it is doing you any good. Try it, and then give praise to the Shakers of Mount Lebanon, New York, for the relief that you obtain.

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## IMPORTANT NOTICE.

In many cases of indigestion there is a complication of diseases, so that the Digestive Cordial will not always afford relief unless these complications are removed. When the blood has been poisoned by the putrefaction of undigested food in the stomach and intestines, the Liver, Kidneys and Skin will not carry off the impurities of the poisoned blood without an alterative remedy to stimulate into action these important organs. When this shall have been done, then the Cordial will have a most happy effect. In such cases there are frequent attacks of Biliousness and "Sick Headache."

To stimulate the Liver, Kidneys and Skin, a remedy made by the Mount Lebanon Shakers should be used, say from one-third to one-half a teaspoonful for a few nights at bedtime. This remedy is a most excellent one, and is called "The Shaker Extract of Roots." It can be obtained from nearly all druggists. Small bottles, 10 cents; large bottles, 50 cents.

## A Physician Endorses the Shaker Remedies.

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MILFORD, Del., Dec. 7th, 1895.

*Gentlemen:*—During an experience of over 34 years of actual practice, I have found no remedy equal to the Shaker Digestive Cordial in the treatment of dyspepsia, whether acute or chronic. In the interest of the sick and afflicted, I am therefore constrained to give you the following history of two recent cases :

Mrs. M——, age 55, living in Milford, Del., had been a sufferer from dyspepsia, characterized by nausea and loss of appetite, for over ten years. She had had the best medical skill, and had tried many remedies, but all without success.

Becoming a patient of mine, I treated her by the most approved methods, but still her troubles increased—sour eructations of gas, palpitation of the heart, constipation, giddiness, nausea after eating—she really seemed to vomit more than she had taken and wasted away to a mere skeleton. She finally gave up in despair and fully expected to die. At this time, when both she and her friends had lost all hope, she was induced to try the Shaker Digestive Cordial, as prepared by the Shaker community at Mt. Lebanon. She began to mend after the very first bottle, and at this time, under the preparation's continued use, she has entirely recovered.

Last spring I was called in to see Mr. R——, age 38, living a few miles from Milford, Del. I found him greatly emaciated and weak—in fact, so nervous that he could not work. As soon as he swallowed food or drink, even water, he was thrown into violent pains, and in a little while would vomit up what he

had taken. At the same time he had a severe headache, total loss of appetite, was irritable, and could not sleep.

The doctors whom he had previously employed had not helped him, and after several months of treatment I myself gave the case up in despair. *I would not have given a snap of the finger for his chances to live.*

As in the previous case, he finally decided to try the Shaker Digestive Cordial. The very first dose afforded him relief, and to-day he is a well man.

I attribute the recovery of both these cases entirely to the Shaker Digestive Cordial.

R. FRAME, M. D.

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The Digestive Cordial will increase the appetite. It does this by causing the food eaten to be digested, when the empty stomach will call for more food. This is appetite.

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The Shaker Cordial will prevent Sick Headache, one of the most distressing symptoms of Indigestion. If the food is not digested in the stomach, it ferments and putrefies, causing the development of poisons. These poisons cause Sick Headache. Remove the cause and the disease is cured—Sick Headache is but a symptom of Indigestion.

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The fullness after eating is another symptom of Indigestion, and it is wonderful how soon this disagreeable feeling will pass away when the food is made to digest in a natural manner. This is all that the Shaker Cordial does. It appears simple—it is simple, but it is effective.

# A New and Successful Treatment of Indigestion or Dyspepsia.

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“One of the commonest and least suspected causes of ill health,” says a famous London physician, “is slow starvation. It is constantly evident in those who are too poor to obtain a sufficient supply of food, and it is even more common among those who live in plenty or in luxury. The first alarming symptom is a wasting of the tissues—losing flesh.

“In the latter cases the slow starvation is due to weakness of the stomach and the resulting impurity of the blood. Sometimes the body is starved so slowly as to induce only *chronic debility*; and again (especially in young people) it is often the cause of some rapid disease, particularly *Consumption*; which ends life without exciting any suspicion as to the real source which gave rise to it—the imperfect digestion and assimilation of food. If, therefore, instead of saying that so-and-so died of fever, pneumonia, consumption, etc., we were to say he or she was *starved to death*, we should hit the nail more squarely on the head.”

What then does this mean, in the plainest of plain English? It means that prolonged indigestion, chronic dyspepsia, gastric catarrh (all the same thing) is the true and actual cause of the great majority of cases of sickness, and of the deaths resulting therefrom—no matter what hard words the doctors use when talking about them.

No man ever dug a well without shoveling dirt, or made an omelette without breaking eggs. Let us hew down to the line, leaving the chips to fly where they may. Is a person ill? The

chances are that the trouble is a decrepit stomach, interrupted nutrition, slow starvation. Cure *that* if you can, and the consequential aches and pains fly away like clouds before the wind.

Advanced medical men are now beginning to adopt this theory, but the Shakers of Mt. Lebanon adopted it many years ago; and then commenced to search among the curative plants and herbs, which they had long cultivated, for a combination of principles that would absolutely cure indigestion or dyspepsia in all its forms and stages. What they finally discovered is to-day in the hands of the public under the name of the Shaker Digestive Cordial. We need only say that it does what these good and wise people expected of it:—it cures dyspepsia, and so stops the deadly advance of slow starvation.

A lady writes:—"From my girlhood I suffered from digestive weakness. My food did me little or no good. I always felt tired, weary and languid. I was much afflicted with pain in the chest and back, and a gnawing, sinking feeling at the pit of the stomach. I had frequent spells of palpitation of the heart, and my sleep was broken and vexed with bad dreams. Year after year I dragged along in this miserable way, no treatment of the physicians giving me any lasting relief. One doctor said my heart was diseased. A few months ago I first heard of and began to use the Shaker Digestive Cordial. Perhaps my faith in it was founded on the character of the Shakers themselves, but be that as it may, the Cordial gave me almost immediate relief, and at this date, Feb. 28th, 1895, I am fast attaining better health than I ever before enjoyed. My appetite is natural, and what I eat causes me no distress. During the past month I have gained ten pounds. There are hosts of women in this country who ought to use this effective Shaker remedy."

## Do You Want an Appetite?

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Of course you do. Without it there is no pleasure in eating. Yet what *is* an appetite? It is the sensation or feeling by which nature notifies you that your body is in immediate need of food. Hunger is the same thing. Without this we should all starve to death—not knowing how to prevent it.

When a man obeys his appetite and fills his stomach with food, nature is satisfied; the body is refreshed, and there is no more appetite until that meal is digested. We never complain of a want of appetite on a full stomach—do we? No. It is only when our regular eating time comes round, and we have no appetite. *Then* we complain. We have a vague sense of *needing* food—common sense tells us we need it. Yet we *do not hunger for it*. Do you see the difference?

Now, how shall we explain this condition? It may be that your mind is worried or preoccupied, which always destroys the appetite, or—what is more likely—the previous meal has not been disposed of. It still lies in your stomach undigested. If all had been right with you this lot of food would have been mixed, dissolved into a kind of broth, and passed into the blood hours ago. You have an attack of what is called indigestion; and while that lasts the stomach can take nothing more. Hence, nature does not demand it. That is, she spoils your appetite. Out of this state of things come a group of unpleasant symptoms.

Now, don't fret, and above all, don't fall to taking stimulants and so-called "tonics." They are only whips and spurs—as bad for the stomach as they are for the brain and nerves. Refrain from eating for the present, and take a dose of Shaker Digestive Cordial. It will immediately mingle with the food.

in the stomach, and promote a free flow of the gastric juice, and also set the stomach to churning up the whole mass. Thus you will get from it what nourishment there may be in it, and send the rest on out of the body through the bowels.

When this easy and painless operation is over, you will begin to feel an appetite again. Then take Shaker Digestive Cordial *immediately after* your meal, and it will be digested without trouble.

Chronic dyspeptics—whether they suffer from the atonic or the inflammatory variety of the disease—should use the Cordial regularly until they are perfectly cured.

People who rely on this remedy, and don't abuse their digestions, will never lack the sense of hunger when the body requires food. And so will "good digestion wait on appetite, and health on both."

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*The Shaker Remedies are not secret compounds.* The correct formulæ are printed in English on the respective preparations. All persons wish to know the composition of the medicines they are taking.

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### Could Not Do Without the Shaker Remedies.

TAYLORVILLE, Ill., Jan. 22d, 1895.

*Dear Sir* :—I have used your medicine for years, and for the last fourteen (14) years I have not had a doctor in my house but twice, once for measles and once to lance a tooth. The Shaker remedies have been our doctor, and I have known a case of chills of six months' standing cured sound and well; and will say that if a person feels badly, if they will take the Shaker remedies there would be little use for doctors.

My wife thinks she could not be without the Shaker medicines.

Very truly yours,

J. W. MARSHALL.

Box 282.

## English and American Stomachs.

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"I'll tell you what, Mr. Secretary of Legation, take half the time to eat that you do to drawl out your words, chew your food half as much as you do your tobacco, and you'll be well in a month. I never saw a Yankee yet that didn't bolt his food whole, like a boa-constrictor."

An American official, suffering from dyspepsia, consulted the great Dr. Abernethy on the subject, and that's what the doctor said to him. Many years ago that was. But there was some truth in it then; and our English critics say there is truth in it now. Still, we can hit back; for the leading English physicians of to-day, from Dr. Fothergill to Dr. Nathaniel Edward Yorke-Davies, are writing books to teach the English people how to cure dyspepsia and to keep from dying of the gout—one of its consequences. Now, dyspepsia has two chief forms. Let's talk of them straight and short.

First, the atonic; that is weak digestion. In this the stomach lacks blood. Why? Because the blood (in plenty) can't be in two places at once. We Americans retain it in the brain. For we will work with our heads and nerves, you know, whether our stomachs like it or not. This makes the dyspepsia of the student, the business and professional man, the worried man and the majority of women.

But we must eat. Ah, yes! So we throw food, often unsorted and in excess, into this weak, pale, flaccid, unwarmed stomach, and presently bring on the second stage of the trouble—acute, inflammatory dyspepsia, or gastric catarrh, with symptoms and results which make life a terror. Ask anybody who has it.



Even moderate eating and much chewing won't answer now. The mischief is done. The stomach must have the distinct and direct help that lies only in the use of the Shaker Digestive Cordial, prepared by the Mt. Lebanon (N. Y.) Shakers to meet this precise condition. In the way of a remedy it is a marvel. Containing the medicinal principles of rare mountain herbs, cultivated by these good people, it allays pain, promotes a free flow of the gastric secretion, gives immediate relief and works a radical cure. It is new in theory and in its mode of action.

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CONSUMPTIVE PEOPLE all have indigestion. If they could digest their food they would grow fleshy and strong and so be able to resist the disease. No consumptive will die if he can maintain good digestion. Many cases of so-called consumption are nothing but indigestion. Such cases will be cured by the Shaker Cordial—make use of a small bottle and see if it does not agree with you.

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### **How to Live Long.**

Man's natural term of life is 120 years. Why doesn't he live that long? Because he eats, drinks, works and worries himself to death. Would you stay here as long as you can? To be sure. Then obey Nature's laws, and when you need a medicine at all take something mild, gentle and effective, such as the remedy the Shakers here offer you under the name of the Shaker Digestive Cordial.

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### **An Effective Remedy.**

1557 CLASSON AVE., BROOKLYN, N. Y.

*Dear Sir:*—I have used the Shaker Digestive Cordial and found it very effective in my case, having suffered quite a while with dyspepsia.

MISS ANNA COMPTON.

## **"I Felt as Though Rats Were Gnawing at the Coats of My Stomach."**

Thomas D. Quincey, the author; Mr. Addington, an English Under-Secretary of State, and the Dean of Carlisle have all left this expression on record in their writings. They were all sufferers from chronic indigestion or dyspepsia, of which the horrible sensation they thus describe is a symptom.

It is caused by the action on the coats of the stomach of poisonous principles set free by the decomposition of food. The same poisons enter the blood, and in time produce gout, rheumatism, asthma, bronchitis, sick headache, nervous prostration and many other local and organic troubles—generally wrongly treated as separate and distinct diseases.

Other signs of indigestion and dyspepsia are a heaviness and distress after eating, bad taste in the mouth, dryness of the skin, variable appetite, flatulency, broken sleep, bad dreams and nightmares, biliousness, fatigue and weariness without labor, etc., etc. The body is like a sepulchre, and the food lies putrid and rotten within it. Hence the deadly poisons that bite and gnaw like hungry rats.

The best of all remedies is the Shaker Digestive Cordial, discovered and prepared by that honest people, whom we all have heard of and respect. It contains the healing virtues of mountain herbs, extracted by the Shakers. Taken as directed by them, the Cordial expels the poisons from the blood, and by toning and righting the stomach prevents the formation of more. It will drive out these "gnawing rats," and scatter all the other miserable effects of that one disease—indigestion or dyspepsia.

To make sure whether this remedy suits your case, try a small bottle, sold by almost all druggists.

# A FAT CONSUMPTIVE.

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**Why real Consumptives are never fat.—Feed a Consumptive properly and strengthen his stomach and he will soon gain weight. This is the first step to recovery.**

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The common idea about consumption is that it is entirely a lung trouble, but if that were all it would not be nearly so bad as it is.

How is it that consumptives get thinner every day, and waste away to a skeleton? Because their food doesn't nourish them. Their stomachs cannot digest it.

Very few people know it, but it is a fact, that in consumption the *stomach* needs looking to, quite as much as the *lungs*.

If you can give any consumptive food that will *nourish* him and therefore prevent him from losing weight, you will have taken one great step in the right direction. A consumptive who is gaining weight, cannot die. If he ever gets fat, he is a consumptive no more.

In food lies the only real hope for consumptives. Drugs can never make flesh. Want of flesh, starvation, is what the consumptive really dies of.

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## No Relief Until Shaker Remedies Were Used.

2137 LOMBARD ST., PHILADELPHIA, Pa.

*Dear Sir:*—I have used your Shaker remedies for indigestion, and I can cheerfully recommend them.

I have invested over \$50.00 in medicine, and until I used your remedies I obtained no relief. I remain, very truly yours,

HENRY DAY.

## A Cheap Experiment.

The large bottles of Cordial which sell for one dollar each contain 42 doses, sufficient to last 14 days. But we recommend a *small bottle* to be first used, for the Shaker motto is "*Try all things and hold fast to that which is good.*"

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### Constipation.

This trouble is the result of overwork on the part of the intestines in being made to carry off not only the excrement, but a lot of undigested food as well. Digest the food eaten and the bowels will become healthy in their movements. At first this Costiveness had better be removed with a dose of the Shaker Extract of Roots at bedtime; in a little while, as the digestion is improved, this Costiveness will cease.

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### The Diet.

This is a most difficult question, because the food that will agree with one person will prove harmful to another. The rule is to eat that which *agrees* with you. No one can tell better than each individual. It is a good rule to eat what the palate *craves*. Sometimes a food supposed to be objectionable will be found just adapted to some particular case. But in a short time after the use of the Shaker Digestive Cordial the sufferer will be able to digest anything the stomach craves and the appetite will increase with astonishing rapidity.

The Shaker Digestive Cordial acts directly on the gastric glands. It is pleasant to the palate and imparts immediate relief.

## **Sick Headache.**

This racking ailment hails from the stomach. This is a sign of indigestion—nothing else. The undigested food lying in the stomach turns sour, putrefies and creates poisons which act on the nervous system, of which the head is the centre. Hence the pain, dizziness and sickness. Don't use stimulants or narcotics—they will dull the pain for an hour or two, but the next attack will be all the worse for it. The Shaker Digestive Cordial will remove the cause and then the result or symptoms will cease.

## **To Regain Your Appetite.**

Don't fret over a loss of appetite. Ask the reason of it. Loss of appetite means that you are not digesting the food you have already eaten. You have temporary indigestion or—worse still—chronic dyspepsia. Let the Shaker Digestive Cordial help the stomach to do the work already on hand. Then it will ask for more. Learn to take these great health facts by the proper handle.

It is not so much the lack of work as the inability to work that causes poverty and suffering. In England and Wales every workingman averages ten days of sickness every year, with a total loss of wages for all of about \$80,000,000 per year. In this country the loss is much greater. In all countries the prevailing disease is indigestion and dyspepsia and its consequences—such as rheumatism and other ailments resulting from impure blood—a result of dyspepsia.

If you have a loathing for food there is no use of forcing it down, for it will not be digested. You must restore the digestive organs to their natural strength and cause the food to be digested, when an appetite will come, and with it a relish for food.

### Best Remedy Ever Used.

117 CENTRAL AVE., BROOKLYN, N. Y., April 2d, 1895.

*Dear Sir:*—I have been using the Shaker Digestive Cordial of late, and find it a very good remedy. I cannot do without it. It is the best I ever used.

Very respectfully,  
W. KIEY.

### After La Grippe.

AUGUSTA, Me., May 19th, 1895.

*Dear Sir:*—We have used your valuable Shaker remedies in our family for several years. I was taken a few weeks ago with La Grippe, and a severe cough accompanied it. I tried several kinds of cough syrups and got little relief; I then tried the Shaker remedies which gave almost instant relief. I consider them very good medicine. Please send me ½ doz. bottles.

Very respectfully,

J. W. MITCHELL.

### Severe Indigestion.

202 BEAVER AVE., ALLEGHENY, Pa., Feb. 18th, 1895.

*Dear Sir:*—I have been using your medicine for the last few months and I am glad to say that it has done me much good.

My trouble was cramps in the stomach and severe indigestion.

Very truly yours,

WM. BOVEIS.

### It Cured the Whole Family.

GARFIELD, Md., Feb. 15th, 1895.

*Dear Sir:*—I have been using the Shaker remedies for dyspepsia; they cured my wife when no doctor could, and now my daughter is using them.

Very truly yours,

DAN'L ZELLIS.

### Severe Constipation.

619 JEFFERSON ST., BALTIMORE, Md., Feb. 6th, 1895.

*Gentlemen:*—I will take advantage of this opportunity to say that I have been a great sufferer from constipation. I used a number of cathartics, licorice powder and syrup of figs, and finally tried Extract of Roots. Accept my thanks for the relief your remedy has afforded me.

Trusting you will enjoy prosperity and long life, I am,

Very truly yours,  
J. MELVIN WILLIAMS.

## Important Suggestion.

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Probably it is not the rule, yet many persons who have suffered long with dyspepsia are also troubled with costiveness. One may have indigestion without habitual constipation. The conditions are different. But where it does exist, and the bowels and lymphatics are clogged with waste matters, they must be removed out of the way. Now, the Cordial is not intended to act as a mere cathartic (in which case it would do little or no good to the majority of dyspeptics), and therefore we must relieve the constipated by the use of some mild, painless and thorough laxative. The best is the well-known SHAKER EXTRACT OF ROOTS, an article especially prepared by the Shakers for this purpose. Taken in 30 to 60 drop doses for a night or two at bedtime, it will clear the system and leave the Cordial free to deal with the stomach, the real seat and source of disease.

The SHAKER EXTRACT OF ROOTS should be *taken* at bedtime when used in conjunction with the Cordial. The Cordial should always be taken while or instantly after eating, so that it may become mixed with the food in the stomach and prevent fermentation and decomposition.

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**Directions** for using Shaker Digestive Cordial: Take three teaspoonfuls *with* or immediately following each meal three times a day. Never take the Cordial on an empty stomach, but with the meal or immediately after eating, so that it will become mixed with the food in the stomach.

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If for any cause the Cordial should not give relief, we would like to be advised by letter addressed: THE SHAKER'S, P. O. Box 1503, New York.

# The Shaker Remedies

Have become so celebrated that their sale exceeds any other medicine in the world. Wherever the Shakers are known the sale is enormous. The reason of this is because they have merit—that they do what is claimed for them. This is due, perhaps, to the modest claims made for them, for the reader will notice they do not pretend to be “*cure-alls*.” But what is claimed for them they will perform. The evidence in their favor is overwhelming. There never was such abundant proof of excellence as the Shaker Remedies possess. Thousands of testimonials in our possession demonstrate this fact, for people do not volunteer their evidence in favor of a remedy to deceive their fellow men. They do it with a view to assist and help others to regain health as they have been enabled to do.

This is a natural feeling of mankind—to help one another. The first question of greeting among friends is, “*How is your health?*” “Are you well?” or “Are you better?” On account of this feeling men who receive benefit from the use of a remedy make it known to others.

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## PRICES :

### Shaker Digestive Cordial.

Large Bottles,	-	-	-	-	\$1.00
Medium Bottles,	-	-	-	-	.50
Small Bottles,	-	-	-	-	.25
Sample Bottles,	-	-	-	-	.10

### Shaker Extract of Roots.

Large Bottles,	-	-	-	-	.30
Small Bottles,	-	-	-	-	.10





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**The New Laxative for Both Children and  
Adults—Effective as Castor Oil  
and Pleasant as Honey.**

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What elderly person of to-day doesn't remember the fearful and sickening doses of medicine he was compelled to take in childhood. Sensitive and nervous children have often been driven half crazy in this way. Yet the process was as unpleasant to the parents as to the children. They gave what the doctors prescribed, and the doctors prescribed the only drugs they had for the purpose.

Now there is no reason why medicine should be offensive to the senses. That many drugs *are* so is a curious accident. Indeed, a medicine which outrages the smell and taste is likely to be less effective on account of the shock to the nerves involved in taking it. I shall never forget what a determined opposition I, the writer, made to taking castor oil. I mean, of course, when I was a child. The disgust it set up in me was so strong and abiding that I have never swallowed a drop of it since. The same is true of several other common drugs. The children call them nasty, and they are nasty.

We are sure, therefore, that all the mothers, and all the children, in the land will welcome the new prepara-

tion called Laxol. It is a gentle cathartic that does not sicken or gripe. Any child who loves honey will take Laxol willingly and freely. Yet it is not honey—it is merely as acceptable to the palate as honey. Babies will lick it off the back of the hand without a suspicion that they are taking a dose of medicine.

What a blessing such an article is in the household and in the nursery is plain on the face of it. The child needs a dose of physic, let us imagine. To administer the old-fashioned teaspoonful of castor oil—well, every nurse and every mother knows what a struggle that involves. But as to Laxol!—why, it is all over in a minute—no fuss, no loss of half the medicine in the effort to force it down—no vomiting up of the remainder through sheer disgust and nausea.

And yet the medicinal qualities of Laxol are practically identical with those of castor oil. It has no equal in curing constipation, inflammation of the bowels, diarrhœa, dysentery, colic, cholera infantum, feverish conditions, and the like ailments of children. Probably no remedy so useful, and all the more useful because it is pleasant, has been discovered of late years.

In most cases it does away with the necessity of giving the so-called “soothing” mixtures, so widely and so unfortunately employed to quiet fretful, peevish children. Bad, even for adults, these narcotics are still worse for children. They dull pain temporarily, but never remove the cause of it. A thousand times better is a dose of Laxol, which quickly and painlessly cures the stomach or bowel trouble, and the child sleeps naturally and lets the mother sleep also.

We need only add that Laxol contains nothing harmful to the most delicate infant. Mothers, nurses and physicians who have used Laxol sing its praises in grateful chorus. Once it gets into a family it stays there, and the rough and rasping old drugs of other days are laid aside. Laxol is an up-to-date medicine. It is in line with the modern attempts to cure disease without half killing the patient in the operation.

And Laxol is not a boon for babies alone. Taken in corresponding doses, it is just as good for grown people. We *can*, of course, cram the most offensive stuffs down our reluctant throats, but we don't like them and we hate to take them. But, as to a dose of Laxol!—it is nothing. You swallow it as you would a spoonful of honey, and think nor feel anything more of it until the good effect appears.

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*LAXOL is endorsed by hundreds of noted physicians, and is used in the foremost hospitals, among which may be mentioned:*

ASYLUM ST. VINCENT DE PAUL, New York City.

We have given your Laxol a thorough trial in our different departments, and we wish to express our great satisfaction with its most excellent properties—very pleasant to take, and thorough in its action—as a laxative or cathartic—our children are much pleased with its taste.

We can cheerfully recommend it to all mothers and children. It is an article long needed in every household.

Respectfully,

SR. MARY OF ARCHANGELS, m. de n. c.

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NEW ENGLAND HOSPITAL FOR WOMEN AND CHILDREN, Boston.

We find Laxol equivalent in laxative power to castor oil and free from the disagreeable taste, filling a very long-felt want.

MARY J. BREWSTER, House Surgeon.

WASHINGTON, Cal.

Have used Laxol, and am much pleased with same. I had the curiosity to make a chemical examination of your product and find it to be a pure castor oil. On the whole, believe you deserve congratulations on the beauty and palatability of your product.

EDWARD H. SAMUELS, M. D.,  
Late Assist. Police Surgeon, San Francisco, and Instructor in Chemistry, University of Cal., Dept. of Pharmacy.

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HOUSE OF THE ANGEL GUARDIAN, Boston, Mass.

We have given Laxol a most thorough trial in our institution, and can cheerfully say we have never found any laxative and cathartic so effective and so pleasant to take.

Children readily take it, and we find it leaves the bowels and stomach in perfect condition.

We cheerfully recommend it to all as a very useful article for every household.

Respectfully,

BROTHER BELLARMINUS.

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CENTRAL HOMŒOPATHIC DISPENSARY, New York.

Laxol has been used in this Dispensary, and found to be a pleasant laxative to take and producing easy, painless evacuation of the bowels. Children and adults readily take it.

WM. D. YOUNG, M. D., Resident Physician.

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HAHNEMANN HOSPITAL, New York.

We find that Laxol is the finest laxative that we have ever used, safe and agreeable and without any after effects whatever.

DR. R. J. FLINT, House Physician.

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ST. VINCENT'S ORPHAN ASYLUM, New York.

Having used Laxol at the Asylum, I find it a pleasant, safe and agreeable laxative or purgative, according to dose administered.

DAVID L. REDMOND, M. D.

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BELLEVUE HOSPITAL, New York.

I have used Laxol personally, and find it pleasant to take and quite effective.

ROYAL P. WATKINS, House Physician, 4th Med. Div.

OFFICE OF BOARD OF HEALTH, Lyons, N. Y.

Laxol appears to be all right. The disagreeable taste of castor oil is destroyed. Castor oil Laxol is the best laxative. I will advise its use.

J. S. READ, Health Officer.

NEW YORK FOUNDLING HOSPITAL, New York.

Have found Laxol to be an agreeable and efficient laxative.

DRS. SWEET & SCHULTZE, House Physicians.

ST. MARK'S HOSPITAL, New York.

We have used your preparation, Laxol, and can certify to its agreeable taste and thorough action.

F. CONGER SMITH, Senior Assistant.

METROPOLITAN THROAT HOSPITAL, New York.

We find Laxol a very thorough and pleasant laxative; an article of great importance in the treatment of children, perfectly harmless and safe in its action.

METROPOLITAN THROAT HOSPITAL.

ST. MARY'S HOSPITAL FOR CHILDREN, New York City.

Have used Laxol, and find children take it without trouble, and that it is thorough in its action.

V. B. HAMLIN, M. D.

MANHATTAN DISPENSARY (AND HOSPITAL), New York.

I find Laxol to be an effective laxative and cathartic, very pleasant to the taste, without any of the disagreeable after-effects of castor oil.

PAUL H. GRAY, M. D., House Surgeon.

ST. JOSEPH'S HOSPITAL, Syracuse, N. Y.

Laxol gives entire satisfaction.

M. S. FULLER, House Surgeon.

JEWISH ORPHAN ASYLUM, Rochester, N. Y.

We have tried Laxol in this institution, and have always found it thorough in effect and pleasant to take.

DR. S. HARDLER, Supt.

COLORED HOME AND HOSPITAL, N. Y. City.

We have used Laxol in this institution and found it to be a very efficient laxative, pleasant to take, and producing no griping whatever.

DAVID FREDERICK KELLY, House Physician and Surgeon.

ROCHESTER CITY HOSPITAL, Rochester, N. Y.

This certifies that the House Staff of this hospital have given Laxol a fair trial in the wards of this institution in both adult and children's cases, and have found it to possess a pleasant taste and all the medicinal properties claimed for it.

EDMOND F. CODY, M. D., House Physician.

N. Y. HOMEOPATHIC MEDICAL COLLEGE, New York.

Laxol proves all you claim for it. A pleasant and safe laxative.

M. B. BEALS, Res. Physician.

PRESBYTERIAN HOSPITAL, Cincinnati, Ohio.

I have used Laxol in the Presbyterian Hospital of this city and find it pleasant to take and effective.

S. E. ALLEN, M. D.

BUFFALO, N. Y.

I have used Laxol at the Fitch Medical Dispensary and Fitch Creche, of Buffalo, quite extensively and have found it agreeable to taste, easily retained and thorough in action. It is surely a most useful preparation of castor oil.

DEWITT H. SHERMAN, M. D., Phys. in Charge.

UTICA, N. Y.

Several samples of Laxol left in my office were tested by me, and I find that it is easily taken by children; having the effect as the same dose as castor oil, without the nauseating effect the castor oil generally has when taken. I believe wherever castor oil is indicated the Laxol should be substituted.

MATTHIAS COOK, M. D.

364 W. 117TH STREET, New York.

I have been prejudiced against castor oil since a child and in consequence have always refused to prescribe it, but having been persuaded to give Laxol a trial I must say to you that it is all that you recommend it to be. I think no one can be more nauseated by the smell and taste of castor oil than myself, but I took a dose of Laxol, and really it tasted good. The profession should unitedly thank you for so admirable a preparation. I shall certainly often prescribe it, and a knowledge of its merit will surely lead all physicians to do the same.

WM. M. BAYRD, M. D.

SUFFOLK DISPENSARY, Boston, Mass.

We have used Laxol thoroughly in our institution and find it the very best laxative and cathartic—safe, speedy and most pleasant to take. For children it is an important improvement on general laxatives.

MRS. B. E. BENSON.

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A. KREINBERG'S TRAINED NURSES REGISTRY,  
New York, Sept.

Having examined and thoroughly tried Laxol, we find it to be thorough in action as a laxative and cathartic, producing a free and natural evacuation, very pleasant to taste, and we consider it one of the best laxatives for general family use.

This can be substantiated by a great number of our nurses that have used the above preparation by order of the doctors by whom they were employed.

ARTHUR KREINBERG, Agent.

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INVALIDS' HOTEL AND SURGICAL INSTITUTE,  
Buffalo, N. Y.

Allow me to express my entire satisfaction in the results obtained after prescribing your Laxol in cases of enteric disease, especially in those associated with irritable stomach or colicky tendencies. It relieves nausea, moves the bowels easily and without pain, and seldom does the patient suspect its composition so perfect is the disguise. We highly recommend Laxol in any case where castor oil is indicated.

W. A. SACKETT, M. D. ]

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ROCHESTER, N. Y.

I have thoroughly tested the efficacy of Laxol as a cathartic since it was brought to my notice and I find it to be a most reliable adjunct in dispensary to use where Castor Oil is indicated. It supplies a long felt want to administer to children.

EDGAR H. EARL, M. D.

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HOFFMAN HOUSE, Boston, Mass.

Have given your excellent preparation, Laxol, a thorough trial, and find it to be safe, sure and speedy in its action as a laxative and cathartic. For children's troubles this laxative should command general attention of mothers and nurses; it leaves the bowels in a natural healthy state and causes no after injurious effects, so common to general cathartics.

A. M. DAM, M. D.

## GENERAL DIRECTIONS.

**Adults:** 1 to 3 tablespoonfuls.

**Children, as follows:**

For children 8 to 15 years of age, 1 to 2 tablespoonfuls.

For children 4 to 8 years of age, 2 to 4 teaspoonfuls.

For children 1 to 4 years of age, 1 to 3 teaspoonfuls.

For children 6 months to 1 year old,  $\frac{1}{2}$  to 2 teaspoonfuls.

For infants up to 6 months old,  $\frac{1}{2}$  to 1 teaspoonful.

The full purgative or laxative dose is as above. The alterative or gently and slowly acting dose is somewhat less than half; always in proportion for children.

LAXOL does not gripe, repeat, nauseate or offend in any way. It is "As Pleasant as Honey," and reaches a wider range of application than any other known remedy. Laxol is not a secret medicine; not a quack nostrum. It has received the endorsements of the foremost hospitals and most eminent physicians, and is daily prescribed and used by them.

It can truthfully be said that Laxol has no equal in curing all cases of Constipation, Inflammation of the Bowels, Diarrhoea, Dysentery, Colic, Cholera Infantum, etc.

It is safe to use in all cases and for all ages—for the tender babe and the delicate invalid.

Moreover, its use is never accompanied by the injurious after-effects resulting from all other cathartics.

Laxol is particularly useful for children; they take it readily and ask for more. It does them good.

Laxol is the only substance that can be used in every instance where Castor Oil is prescribed or indicated.

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If your druggist doesn't happen to have Laxol in stock, he will be glad to get it for you through his wholesale house.

**Price, 25 Cents per Bottle.**



## Our National Disease.

We would like to look into the pleasant face of someone who has never had any derangement of the digestive organs. We see the drawn and unhappy faces of dyspeptics in every walk of life. It is our national disease, and nearly all complaints spring from this source. Remove the stomach difficulty and the work is done.

Dyspeptics and pale thin people are literally starving, because they don't digest their food. Consumption never develops in people of robust and normal digestion. Correct the wasting and loss of flesh and we cure the disease.

The Shaker Digestive Cordial contains already digested food and is a digester of food at the same time. Its effects are felt at once.

**Shaker Digestive Cordial**

CURES INDIGESTION.  
EFFECTS PERMANENT.  
ACTION PROMPT.

### Pale, Thin People

Suffer from some form of indigestion though they may not know it.

### The Shaker Digestive Cordial

Increases the weight and improves the color by

### Aiding Digestion.

### That Tired Feeling

Can never be relieved in those people who were *born* with it.

### Protruding Bones

Are also sometimes an inheritance.

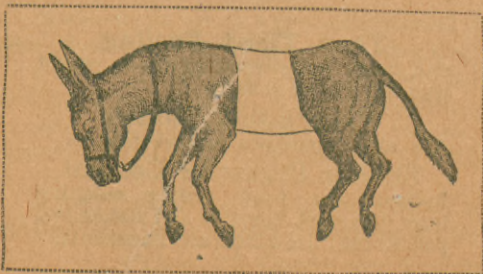
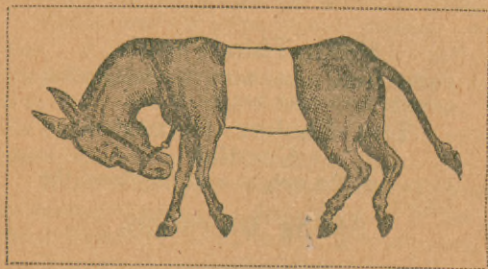
### Shaker Digestive Cordial

Relieves the tired feeling resulting from deranged digestion and makes dyspeptics fat. Its effects are immediate.

## THE DONKEY PUZZLE.

Cut out the donkeys and riders on the dotted lines and arrange the *three* pieces so that there shall appear to be two running donkeys properly mounted.

A solution of this puzzle, as also of the "A. & B. Puzzle," on the back cover page, will be found wrapped with every 25 cent bottle of the Shaker Digestive Cordial.



# Are You Growing Thin ?

When a person begins to grow thin there is something wrong. The waste is greater than the supply, and it is only a question of time when the end must come.

In nine cases out of ten the trouble is with the digestive organs. If you can restore them to a healthy condition you will stop the waste, put on new flesh and cause them to feel better in every way. The food they eat will be digested and appropriated to the needs of the system, and a normal appetite will appear.

Palpitation of the heart and shortness of breath are frequently traceable to indigestion. Spots before the eyes, eructations of gas, a sense of fullness or pain after eating are well-known symptoms of this prevalent disease.

A great many people have indigestion without being aware of that fact, and among this number are those pale, thin sufferers who gradually waste away. The mere fact that they are losing weight proves of itself that they do not digest and absorb enough nourishment.

Nothing is more effectual for the relief of just such cases than the Shaker Digestive Cordial. It not only contains food already digested, but it is a digester of foods. An increase of appetite and general sense of well-being immediately follows its use.

**FOR SALE BY ALL DRUGGISTS**

**And by A. J. WHITE, General Agent,**

**30 READE STREET,**

**NEW YORK.**

● B

● A

LENGTH OF A DAYS JOURNEY'S

MAKE THE JOURNEY FROM "A" TO "B" IN FIFTEEN DAYS. - SEE PAGE 82