

female disorder usually has her vital forces, her power of resistance, greatly reduced, and falls a victim to the ravages of dyspepsia in a way that she would not if she were in normal condition. Experience in many thousands of cases has shown that if the female organs are restored to a healthy condition the dyspepsia disappears.

A short course of treatment with **LYDIA E. PINKHAM'S VEGETABLE COMPOUND** will usually relieve the suffering by removing the primary cause—the inflammation or congestion of the female organs. The period of treatment will be regulated by the extent to which the organs have become deranged.

Constipation is frequently caused or aggravated by an unsound digestive system, and is usually relieved when the original cause is cured.

Strong drugs and violent purges must be entirely avoided. While striking at the origin of the dyspepsia, however, by taking **LYDIA E. PINKHAM'S VEGETABLE COMPOUND** and observing care in diet, nature must be gently assisted for a short time and **LYDIA E. PINKHAM'S LIVER PILLS** may be taken with perfect safety and with no fear of bad after effects.

Nervous Prostration.

A frequent manifestation of uterine disorder is that complete breaking down of the mental and physical energies commonly known as "nervous prostration." After weeks or months of tension caused by almost constant pain or distress in the female organs, the nerves finally give way

Dear Mrs. Pinkham:—

When I started taking **LYDIA E. PINKHAM'S VEGETABLE COMPOUND** I was in a dreadfully rundown state of health, had inward troubles, and was so extremely nervous and prostrated that if I had given in to my feelings I would have been in bed. As it was I had hardly strength at times to be on my feet and what I did do was by a great effort. I could not sleep at night and of course felt very bad in the morning, and had a steady headache and could eat very little.

After taking the second bottle I noticed that the headache was not so bad, and I rested better in sleep and my nerves were stronger. I continued its use until it made a new woman of me, and now I can hardly realize that I am able to do so much as I do. Whenever I know anyone in need of a good medicine I highly praise **LYDIA E. PINKHAM'S VEGETABLE COMPOUND**.

MRS. FRANK CLARK,
2416 E. Allegheny Avenue, Philadelphia, Pa.