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### Profuse Menstruation.

Every woman knows by previous experience about the amount she should lose at her periods; when this usual quantity is considerably increased the menstruation may be said to be excessive.

Congestion is one of the most common causes of excessive menstruation, and is due in most cases to imprudence in the care of one's general health or exposure to cold during menstruation. It is especially apt to occur in full-blooded women, and is accompanied by a throbbing headache, backache and fever.

Women of this type, when sufferers from excessive bleeding, should be careful to regulate their diet and to avoid red meats—as beef, and other foods which tend to form blood. They should remain absolutely quiet in bed during their periods, and should assist Nature meanwhile by systematic treatment with *LYDIA E. PINKHAM'S VEGETABLE COMPOUND* in dry form; that is, in Pills or Lozenges. If the instructions accompanying every box of this dry-form Compound are not entirely clear, write without delay to Mrs. Pinkham, Lynn, Mass., for further instructions.

On the contrary, in the case of women who are very much run down, the diet should consist of the most nourishing foods, such as meat, eggs, milk, etc., as this condition frequently results from a poor condition of the blood.

Very excessive bleeding may be lessened or checked by removing the pillow or bolster from under the patient's head and by placing heavy books or blocks of wood under the

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*Dear Mrs. Pinkham:—*

My troubles began with a miscarriage and I flowed for four months. The doctors said an operation was necessary. Then I wrote you and followed your directions, taking *LYDIA E. PINKHAM'S VEGETABLE COMPOUND TABLETS*. The medicine has made me a well woman and I feel strong and do my own work.

MRS. J. R. PICKING,  
1260 Sargeant St., Baltimore, Md.