

ST. JOHN, N. B., SATURDAY, NOVEMBER 20, 1897.

THE FOUNDATION OF HEALTH.

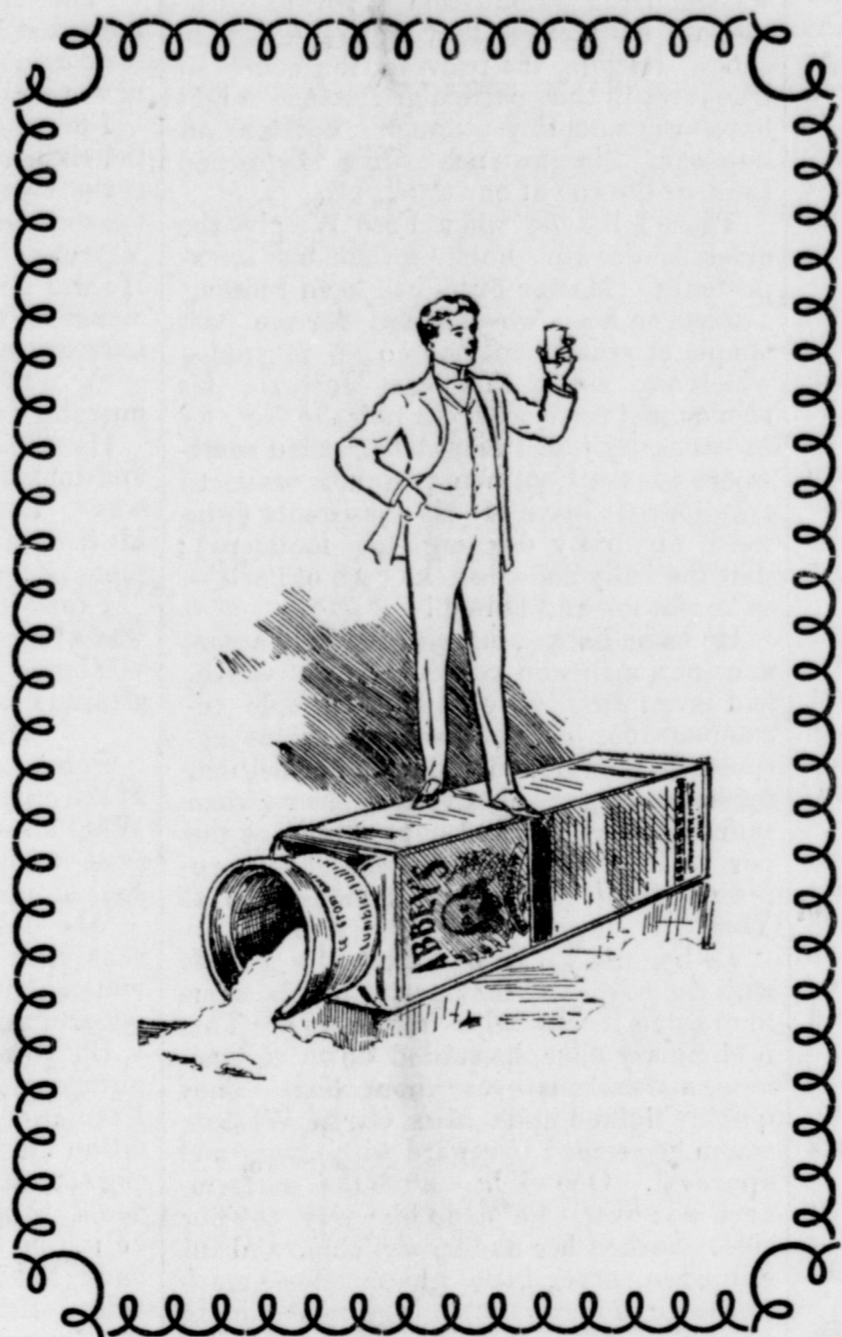
Everyone wants health.

Its possession means so much—
happiness—success—long life.

The lack of health means misery
—pain—failure.

Health is ready and willing to
be yours and give you all the pleas-
ure and enjoyment the healthful find
in this world.

But the average person, in the
busy round of daily duties, often
overlooks the consideration due to
health, until she, offended at the
oversight, leaves the body to the
ravages of pain and disease.



Your health should be your first
consideration.

In justice to yourself, and in con-
sideration of your health you
should avoid the disagreeable or
doubtful nostrums that either have
no effect at all or leave you worse
than they found you.

Most of these quack cure-alls are
simply stimulants that temporarily
raise the hopes of those who use
them only to dash them down deep-
er into the depths of despair.

What you want is a regulator of
health.

Abbey's Effervescent Salt.

You can have health—natu-
ral every day, all-the-year-'round
health.

The health that nature gave you
and meant that you should keep.

That's the kind of health Abbey's
Effervescent Salt will give you.
Its use brings roses to the cheeks
and the clear light of health to the
eyes.

It casts the bright sunlight of
health into the dark alleyways of
disease.

Abbey's Effervescent Salt is per-
manently beneficial. There is no
reactionary or depressing after
effect from its use.

Abbey's Effervescent Salt which
has recently been introduced into
Canada, is an English preparation
which has been recognized, for
years, in England and the old
world, as the most wonderful regu-
lator of health, the greatest preven-
tative of disease, and the most effi-
cacious tonic known.

It is Nature's own remedy and is
fully worth its weight in gold.
Taken daily it brings health to the
system in a pleasant natural way.

Gold can buy no greater gift than
perfect health.

A teaspoonful of Abbey's Effer-
vescent Salt, taken every morning
before breakfast, keeps you in ex-
cellent health and spirits—fits you
for the day's household or business
battles.

It purifies and cools the blood,
keeping the body in a comfortable
and healthful state.

It is unequalled as a beverage,
quenching the thirst and invigorat-
ing the system. BBLE

It is essentially a household
remedy. Once introduced into the
home it becomes a household neces-
sity.

It could have no greater recom-
mendation.

For Sale by all Druggists at

60 Cents a Large Bottle. Trial Size 25 cents.

THE ABBEY EFFERVESCENT SALT CO., LIMITED, Montreal, Can.