

# A Chapter on Colds

## SIMPLE PRECAUTIONS THAT MAY PREVENT SERIOUS CONSEQUENCES.

The Danger of Neglecting a "Common Cold."  
Serious and Often Fatal Maladies may  
Result from Carelessness.

*From the News, Harrisonburg, La.*

In most instances colds are the result of imprudence or a lack of forethought. Even in cases where a sudden change in the weather or an unavoidable exposure is responsible for the first slight cold, fresh and more severe colds may be avoided by observing a little care. But "a mere cold" is such a common thing and causes so little inconvenience that notwithstanding all previous experiences we neglect to take the most simple precautions, in the way of wearing suitable clothing, the avoidance of draughts, etc.

One should always bear in mind the necessity of exercising a constant vigilance to avoid catching cold. When the temperature in the house is higher than that out of doors, never go out without putting on an additional wrap. Never sit in a cold room even though you do not feel chilly. And it is better to suffer a little discomfort from wearing heavy underclothing than to run the risk of a chill.

The following letter from a lady in Sicily Island, La., graphically illustrates the distressing consequences that are liable to follow a simple cold.

"In February, 1896, I had a severe cold which settled on my lungs, resulting in a serious cough. My appetite failed, and I became so weak that I was scarcely able to walk across the room. I weighed only ninety-four pounds, and had given up all hope of recovery when I happened to read an article in a newspaper describing some

cures effected by Dr. Williams' Pink Pills, and concluded to try them.

"I commenced using them, and before I had taken half a box I felt like a new creature. My appetite was restored, my cough grew less, and I was able to sleep soundly at night, which I had been unable to do for months before.

"After taking two boxes of the pills I was weighed again and to my astonishment my weight was 113 pounds, a gain of 19 pounds. Previous to taking the pills I had suffered with cold hands and feet, but now have no trouble whatever from that source.

"I can truly say I am now in better health than I have been for years. The effect of the Pink Pills is wonderful, and I can recommend them in all cases of debility and weakness.

MRS. A. L. STAFFORD."

Dr. Williams' Pink Pills contain, in a condensed form, all the elements necessary to give new life and richness to the blood and restore shattered nerves. They are an unfailing specific for such diseases as locomotor ataxia, partial paralysis, St. Vitus' dance, sciatica, neuralgia, rheumatism, nervous headache, the after effect of la grippe, palpitation of the heart, pale and sallow complexions, all forms of weakness either in male or female. Pink Pills are sold by all dealers, or will be sent post paid on receipt of price, 50 cents a box, or six boxes for \$2.50 (they are never sold in bulk or by the 100), by addressing Dr. Williams' Medicine Company, Schenectady, N.Y.