

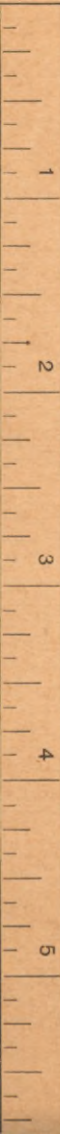
REGULATOR DIARY



J.H. ZEILIN & CO.
Sole Proprietors
PHILADELPHIA.

Erasedable Memorandum

ERASE WITH A CLEAN DRY RUBBER.



THE REGULATOR DIARY

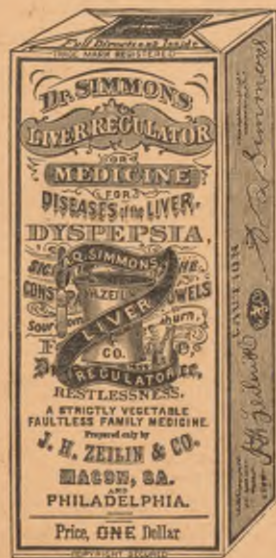
is designed as a convenient and useful book for our friends to carry in their pockets, having blank pages for memoranda and erasable pages for temporary notes. A book interesting to every one in their daily lives, containing valuable information on the subjects of to-day, the Klondike, Photography, Emergencies, etc. Read carefully the Instructive Journey and carry out the old adage, "know thyself," and learn further of the greatest boon given to man wherewith to overcome the many ills to which the flesh is heir—Simmons Liver Regulator.

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WARNING.

Regulator! Regulator! Regulator!

If this word is not on the package it is not
Simmons Liver Regulator. When you ask



for an article and the druggist tries to sell you something else, you may depend upon it the article you asked for is what you want, and he is trying to sell you something inferior on which he can make more profit. A reliable druggist cannot but tell you this, he does not practice it and will be anxious to warn his customers and friends, appreciating the importance of their health more than a few cents. Don't be imposed upon.

Insist upon having what you ask for. When you ask for Simmons Liver Regulator see that the package, like the fac-simile on this page, has that identical name on it. If the word Regulator is not on the package it is not Simmons Liver Regulator.

In the above picture our trade-mark, the red Z, is printed in black instead of red as it appears on the package.

J. H. ZEILIN & CO.

DIARY

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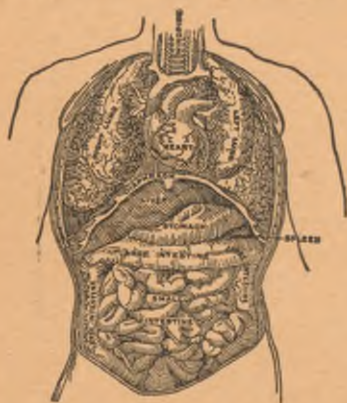
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An Instructive Journey.

Few persons really know much about themselves—how they are built and the relation of

one part to another. Few understand the various processes our food undergoes from the time it is taken into the mouth until it accomplishes the object of giving sustenance and life to the human body, or the wonders



that nature performs for us each day by the action of the various organs of the human body from which we gain our strength and muscle, and upon which depend our health, happiness and life, even our temperament and disposition.

Before we start on this journey, however, permit us at this time to give a word of caution. Very few, if any, persons go through life entirely healthy and free from all disease or sickness. Certain organs may be weak from birth, or more frequently through the careless or ignorant neglect of the laws of nature, they become weak, health is ruined, and thus the ability to enjoy happiness and the good things of this life is lost.

Follow the interesting details of this instructive journey and learn to avoid the shoals upon which so many valuable lives are wrecked.

Course of the Food.

As the food is taken into the mouth and chewed, a liquid called saliva, or spittle, comes out from six small glands situated on each side of and below the mouth. This saliva not only moistens the food so that it can be easily swallowed, but it also acts upon the starchy parts turning them into sugar. This part of our food can then be melted in the stomach. The food is now ready to be swallowed, and is passed by the tongue and muscles of the mouth to the top of the gullet or food pipe, from whence it is carried downward a distance of about nine inches to the stomach.

The stomach is situated across the upper part of the abdomen, slightly to the left, pear-shaped in form, and holds about two quarts when full. The food reaches the stomach a partially digested mass.

The walls of the stomach are covered with three separate coats or linings. A tough outer coat of fibres which strengthen and protect it; next a coat of muscles which roll the food around with a kind of wave-like motion which aids the process of digestion; then the inner coat or lining which contains the nerves and blood vessels.

This inner coat is filled with hundreds of little holes or pits. In the bottom of each of these little pits is a number of minute tubes through which there is poured the gastric juice. This juice has a sharp acid taste and is almost colorless, containing a peculiar substance called pepsin, and also an acid. There is comparatively little of the gastric juice present in the stomach at any one time, for it is rapidly re-absorbed by the blood.

The Churning Process.

The moment the food reaches the stomach it causes the gastric juice to flow, and the whole



stomach commences to go through a churning motion by which the food is rolled and turned in every direction and thoroughly mixed with this juice. The gastric juice now acts on the albumens contained in the meat, eggs, cheese, etc., dissolving them. This, together with the starchy matter already dissolved by the saliva, is at once sucked up by the little blood vessels

in the walls of the stomach, and carried to the liver. What is now left in the stomach looks like a thick soupy-like mass, called chyme, so called on account of its sour taste and smell. The stomach now opens, and as the partially digested food passes into the small intestines it is first acted upon by a liquid called the bile, which is stored up by the liver.

The Important Organ.

The liver, a large reddish-brown organ situated just under the diaphragm on the right and upper side of the abdomen, is the largest organ in the human body, weighing about five pounds. It secretes from the blood a greenish-yellow very bitter fluid called the bile, which acts upon the fatty parts of the food upon which the gastric does not act. This bile

is stored up by the liver in a little pear-shaped bag attached to the liver itself, and called the gall-bladder. Another fluid is poured upon the



The Liver and Gall Bladder.

food at the same time and place as the bile, called the pancreatic juice. This acts upon the starchy parts of the food

not previously acted upon by the saliva, turning them into sugar, and also helping the gastric juice to dissolve the albumens. In addition to the bile and pancreatic juice there is still another fluid poured upon the food from the inner lining of the intestines, called intestinal juice. This also acts upon the starchy matter and at the same time helps to dissolve the fats and any other matter not yet digested. What is now left in the intestines has a thick creamy look and is called chyle. Like the stomach, the muscles of the intestines have been at work all the time rolling and turning the food and forcing it forward. From the heart through the arteries to the stomach and digestive organs comes the blood that is to gain life from the food we have eaten, it sucks up what has been dissolved by the digestive organs and with it passes into the liver, where the good and health-giving portions are extracted and sent on with the blood to be circulated throughout the entire system.

The Last Station.

What is now left of our food passes into the large intestine, a tube about six feet long. By this time all the nourishment has been taken from it, and what is now left is held in the large intestine, really a temporary storehouse, ready to be thrown off. Thus we see an all-wise Creator has provided us with a machine of wonderful mechanism that should always have our watchful care and attention if we would enjoy health, strength and happiness.

The Price of Good Health.

From what has been said you see how delicately all these parts are adjusted, and can readily understand how easily they may be thrown out of order. Every day we must eat food to sustain life, and we have seen how the sustenance is taken from the food by the digestive organs and transmitted through the liver to the heart, the circulation and the entire system. How very important then that we always have at hand a safe, natural and absolutely reliable remedy to keep the liver in good order that it may do its work. This remedy is Simmons Liver Regulator.

Everybody at times feels run down; they have a sense of dragginess or fatigue, not sick enough for a doctor, but just feel mean and miserable. What's the trouble? The liver is torpid and consequently the blood becomes sluggish and impure, and the stomach out of order. The liver must be acted upon by Simmons Liver Regulator which will stimulate its action and supply what is needed to restore its strength and vitality.

Danger Signals.

If we neglect ailments that at first seem slight they grow worse, cause sickness and even develop into chronic diseases. You may have a headache, a bad taste in the mouth, bad breath or coated tongue, or feel pain in the side or back or shoulders often mistaken for rheumatism, or are troubled with boils or carbuncles, dizziness in the head or a burning sensation in the pit of the stomach, or the bowels are constipated sometimes alternately with looseness, or you suffer from loss of appetite, or from fullness of the stomach after eating, or from irritability or sleeplessness or nervousness or despondency. These symptoms indicate that your liver is out of order and not working properly. They may appear at first trifling, and a local application may temporarily relieve, but to cure, you must go at once to the seat of the trouble, the liver—the purifier and guardian of the human system and health. Get that right by taking Simmons Liver Regulator promptly when you feel any of these symptoms and remove the trouble before it develops into some serious and chronic disease. The Regulator, the natural remedy, purely vegetable, perfectly harmless, acts directly upon the liver as an invigorant and purifier, supplying to the liver what is needed by it for its vigorous action. In the annual report of the Board of Physicians of a celebrated Hospital they gave out the statement that nine-tenths of all chronic diseases had their origin in a disordered liver.

It does the Work.

“I have been troubled with Torpid and Sluggish Liver and Constipation for years, and nothing I ever tried gave relief as quick as Simmons Liver Regulator.”—
R. R. Strange, Lake City, Fla.

Indigestion and Dyspepsia.

These most common complaints, especially among Americans, due to their mode of life or traceable to birth or weakness or to carelessness, must have attention. The liver is torpid and not able to perfectly perform its functions, resulting in the sufferings and misery attendant upon Indigestion or Dyspepsia, the blood becoming thin, nerves weak, muscles feeble, mind dull and life worthless. Indigestion and Dyspepsia do not get well of themselves, they require a remedy to correct acidity, allay irritation, assist the digestive organs and start the liver to working. Simmons Liver Regulator which goes directly to the seat of the trouble does this, and cures the disease.

Better than Three Doctors.

"I have used Simmons Liver Regulator and think it one of the best medicines known. I had Dyspepsia, Indigestion, and other liver trouble for years, and about twelve years ago I commenced the use of Simmons Liver Regulator, and it has done me more good than any medicine I ever used. I had tried three different doctors but to no avail. I can safely recommend it to all suffering people to be the best medicine known. I have used it in my family with great success. I always keep it in the house and cheerfully recommend it to all my neighbors as the best stomach and liver medicine known."—E. G. Talton, Pikeville, N. C.

A Grateful Merchant.

"Seven years ago I was down two months with fever, when I recovered I had Dyspepsia, and for three years I was nothing but skin and bone. A friend told me to use Simmons Liver Regulator, I took their advice and to-day I am as strong as any man in this town. The three years before I commenced to use your medicine I spent hundreds of dollars with doctors and their medicine, but none did me any good. I use one box every week in my family now, and for the last four years have not spent a cent for any other kind of medicine for myself. If I feel bad I take a dose of the Red Z and I soon feel all right."—W. P. Holly, Greenville, Ala.

It Cured Him.

I can truthfully say that I have used Simmons Liver Regulator in my family six years, and have yet to find a preparation that will compare with it. It is the best remedy for Dyspepsia I ever used, and I very seldom use it now as I am not bothered with Dyspepsia."—N. F. McEachen, Laurinburg, N. C.

Constipation, "the father of all diseases," is one of the most common disorders to which mankind is subject, and is the primary source of much ill health. It should not be regarded as a trifling ailment. Nature demands the utmost regularity of the bowels and if neglected serious trouble follows. Take Simmons Liver Regulator to regulate the bowels.

Sick Headache. The disturbance of the stomach arising from the imperfectly digested contents may cause pain in the head accompanied with nausea—what is known as Sick Headache. Take Simmons Liver Regulator until relieved, and regularly afterward to prevent a return.

Read Every Word of this Wonderful Letter.

"For two years or more I was unable to eat anything but very light food, and even with this sort of diet I was bound to have a Sick Headache every other day, which invariably put me in bed, and I was reduced in flesh so much that my friends and indeed I myself felt that I should not live another year. I consulted the best physicians and took their prescriptions regularly, but no relief came, in fact I grew worse; and all this cost me hundreds of dollars. One day I saw your advertisement of Simmons Liver Regulator, and I determined to try it, but before I did I named it to my physician, he at once hooted the idea and pronounced it some quack nostrum, but unknown to him I obtained a bottle for which I paid one dollar; the first dose seemed to go right to the spot, it was the day I looked for my sick stomach, but it did not come. I continued its use until I had taken six bottles, when I felt I was a well man again. I gained in flesh right along, could eat heartily of everything my appetite craved, with its use nothing I ate harmed me. I always keep it in my family since, and use it on all occasions for disordered stomach and with good results. I am now fifty-seven years old and weigh one hundred and seventy pounds, in robust health, and can eat almost anything, and I owe it all to your excellent Regulator."—Chas. W. Miller, Washington, D. C.

Best on Earth.

"I suffered from Sick Headache for eight years, and could find nothing that would help me until about two years ago when I tried Simmons Liver Regulator, since that time I have been perfectly free from Sick Headache. I think it one of the very best medicines on earth. I heartily recommend it to all sufferers from Sick Headache."—Carl L. Steed, Asbury, N. C.

Klondike.

The very name causes a thrill of excitement to pass through us. Like the great California



gold fever in 1849, all will not get rich, but some will make fortunes, and many will wreck their health and leave their bodies there forever. Situated in British America, east of Alaska, just under the Arctic Circle, is a strip about 400

miles long and 100 miles wide in which the great gold discoveries have been made. Most of the rich "finds" have been made near Dawson City, and many are also being made near Circle City, Alaska. Only the hardy can make the long and difficult journey, and must take a year's supply of provisions. A telegraph line is now in process of construction, and the building of a suspended railway is being planned, and American enterprise will soon overcome even the difficulties of the terrible Chilkoot Pass. We recommend our friends not to undertake the journey and sacrifice home, health and perhaps life itself for a few ounces of gold. But whether you stay or go it is the part of wisdom to have close at hand a bottle of Simmons Liver Regulator to keep your health good and enjoy life.

Biliousness, simply another name for torpid liver, is where the liver fails to do its work of secreting the bile and throwing it off in the proper channels. It is scattered through the system which becomes upset thereby and may be followed by Bilious Fever, Jaundice or any ailments due to a disordered liver. Simmons Liver Regulator is needed.

Jaundice is chronic biliousness, the bile continued in the circulation permeates the whole system, the eyes and skin become yellow or jaundiced, and if not attended to promptly serious results will follow. Take Simmons Liver Regulator regularly until the eyes and skin become clear and natural.

Worked Quickly and Surely.

"I have been using Simmons Liver Regulator in my family for the past two years or more and must say it does the work laid out for it to do with dispatch. I have cured one case of Jaundice, and many of Headache and Indigestion."—Mrs. W. P. Carpenter, Blockville, N. Y.

Saved Doctor's Bills.

"I have tried Simmons Liver Regulator and received a great deal of benefit from using it for Biliousness, Constipation, Colds and Liver Complaint; it has prolonged my life. I thought for a long time I had Consumption, I was spitting blood, had several hemorrhages, and this medicine gave me great relief. Now I keep it in my house and use it in my family, it has saved me many a doctor's bill. It's the best medicine I ever tried."—A. W. S. Mozo, Eastman, Ga.

The Blood.

If the liver does not perform its functions and vigorously throw off the impurities that are continually forming in the system, these impurities work into the blood producing Pimples, Boils, Eczema, Carbuncles, Erysipelas, and other annoying and painful eruptions; to prevent these go to the source, the liver. Simmons Liver Regulator purifies the system and cures these diseases.

A False Impression

has been created in the mind of any one who thinks that Simmons Liver Regulator is put up by any one named Simmons. This is not true. Simmons Liver Regulator is owned exclusively by J. H. Zeilin & Co., no one else knows how to make it nor can openly claim to make it. Look! If the word Regulator is not on the package, it is not Simmons Liver Regulator.

Beware of imitations bearing parts of the name of Simmons Liver Regulator or resembling it in taste, smell or appearance, or in shape, size or style of package, for some parties use these deceptive means to try and associate themselves with this popular remedy, or even by mentioning the name of J. H. Zeilin & Co. in advertisements, attempting to deceive the public into classing their stuff with Simmons Liver Regulator. No medicine made by any one else is the same. As you value your health you cannot be too careful.

Every
package bears
the Red Z



and
the signature
of

J. H. ZEILIN & CO.

Note.

We are compelled to issue this information and warning to our friends, because when they go to buy Simmons Liver Regulator they may get something else that they are told is the same thing. Nothing else is the same. Some druggists stoop to sell you something else that they buy cheaper, and caring more for the additional profit than for your health, try to persuade you that it is the same or just as good. You want Simmons Liver Regulator, and should insist that this name in full is on the package, and take nothing else.

Amateur Photography.

The most popular fad of the day, is taking pictures. Until very recently photography



was surrounded with mystery and we looked on the mysterious workings of the camera with awe and wonder. Now any one can get a

camera and take pictures of whatever is of interest, thus preserving the familiar scenes around the old home, the faces of friends, even the household pets are kept in fond remembrance, and the traveler is enabled to reproduce for those at home pictures of the scenes he has enjoyed. After taking the pictures you can yourself develop them, using as a dark-room a closet lighted by a ruby lamp; you can mix your own solutions, print your own pictures and finish them at small expense, and will surely grow interested in this fascinating and useful pastime. A book of full instructions how to do everything connected with taking and making pictures is given with each Simmons Liver Regulator Camera, making photography clear and easy to all. This camera, simple in its working, takes pictures $3\frac{1}{4} \times 4\frac{1}{4}$ inches, and may be conveniently carried about, containing plates for taking a dozen pictures. These Simmons Liver Regulator Cameras are carried in stock by druggists and may be procured of them, as may also all the chemicals, fittings and supplies for taking, developing, printing and toning or finishing the photographs.

Malaria and Malarial Fever.

The combination of heat, moisture and decomposition of vegetable matter that is universally going on frequently throws off a poisonous vapor or miasm, which being absorbed into the system produces Malaria. This existing in marshy districts, in cities and towns where sewerage is bad, in stagnant pools and ponds not properly drained, in fact in all impure air, is liable to be absorbed into a system disordered by a torpid liver that is not sufficiently active to ward off impurities.

The presence of Malaria in the system is indicated by headache, loss of appetite, chilly sensations, aching limbs, sallow and lifeless appearance of the skin, yellowish eyeballs, coated tongue or depressed and weary feeling. Take Simmons Liver Regulator promptly to arouse the liver to healthy action and expel the malarial poison from the system. If Malaria is allowed to continue it will develop into Malarial Fever, in which case it may be necessary to take Simmons Ague Pills to break up the fever, continuing with Simmons Liver Regulator to perfect the cure.

Less Than One Bottle.

"Simmons Liver Regulator broke a case of Malarial Fever of three years standing for me, and less than one bottle did the business. I still use Simmons Liver Regulator when in need of any medicine, and recommend it."—C. Himrod, Lancaster, O.

Malaria Abundant.

"For a number of years I resided in a very sickly neighborhood in the South where I had a large practice. Malaria was abundant, and consequently cases of disorders of the liver, dyspepsia and kindred diseases were as plentiful as they were unyielding to the routine method of treatment. Scarcely a house but what in early Autumn held from two to five cases of malarial poisoning. It was among this clientele I first observed the good results of Simmons Liver Regulator. I think I recommended it scores of times and always with favorable results. It is now as staple as coffee all over the South."
—F. Anson Evans, Troy, Ind.

Simmons Ague Pills.

While Fever and Ague or Intermittent Fever is most common in the warm climates, yet it exists everywhere that Malaria does. Simmons Ague Pills taken previous to the period for the chill to come on will break it up, and Simmons Liver Regulator taken regularly afterwards as a tonic will build up the system and prevent a return of the disease.

Simmons Renovator Pills.

In cases where the sluggish condition of the bowels has produced stubborn constipation, where the torpid liver is to be aroused quickly to vigorous action, or the bowels speedily cleansed from irritating substance, Simmons Renovator Pill is a most effective and searching cathartic, and followed by Simmons Liver Regulator will effect a permanent cure.

Glycerole of Hypophosphites.

Any cough or cold produces weakness of the pulmonary organs, and unless arrested general debility follows, and consumption may result. For these, use Parrishs Glycerole of the Hypophosphites, an expectorant and tonic, which supplies to the system the nutritive and curative principles of fat, the elements which form blood, bone and tissue, and restore strength and tone to the pulmonary organs.

Compound Syrup of Phosphates.

Parrishs Compound Syrup of Phosphates (Chemical Food) a nutritive blood, brain and nerve tonic, containing Iron, Lime, Soda and Potassa, all essential for a run down or debilitated system suffering from impure blood, overworked brain or nervous prostration.

MEMORANDA

Take Simmons Liver Regulator for Flatulency.

DARBYS PROPHYLACTIC FLUID

The Great Disinfectant and Germ Destroyer.

Science shows that every contagious or infectious disease has its peculiar germ, these cannot be driven away, the only safety lies in destroying them. Darbys Prophylactic Fluid, a solution of Permanganic acid, Boracic acid and chlorine gas held in suspension, effectually destroys any germs, thus preventing all danger to health and life, a perfect disinfectant and deodorizer, entirely harmless in its use. It will speedily purify the most offensive and unhealthy atmosphere, liberating ozone, which is nature's purifier. It will destroy the poisonous gas, or floating malaria arising from Sewer Gas, Water Closets, Urinals, Drains, Sinks, Gutters, Stables, etc. It is not a mere deodorizer, it destroys the miasm or poison of which the odor is but an indication. Sprinkled wherever there is decaying animal or vegetable matter it not only destroys the odor but kills the germs of all poisons arising therefrom. For safety, for cleanliness, for comfort in the sick room it has no equal. It will purify the air and render it wholesome, will arrest Scarlet, Typhoid and Yellow Fevers, Measels, Cholera, Diphtheria, Smallpox, etc., preventing the spread of any contagion or infection. A second case of Scarlet Fever cannot occur where the Fluid is used freely, and its use in Smallpox will soothe the eruption and prevent pitting. Physicians and persons waiting on the sick should use Darbys Prophylactic Fluid freely in the water with which they bathe to avoid danger of contagion.

A Disinfecting Cure and Antiseptic.

In cases of accident the use of Darbys Prophylactic Fluid is wonderful, applied to Burns it gives instant relief and keeps down the inflammation. In cases of Cuts, Bruises or Wounds of any kind Darbys Fluid removes all soreness, cleanses and causes them to heal rapidly. It prevents the forming of Proud Flesh or the setting in of Gangrene and removes all danger of Erysipelas or Blood Poisoning. It cleanses and cures obstinate Ulcers, Boils, Carbuncles and running sores of every kind. Darbys Prophylactic Fluid diluted with water makes a most efficient wash, cleansing and healing in its effects.

A weak solution of Darbys Fluid used as a gargle night and morning will cure ulcerated or sore throat, it will also strengthen a weak throat and give it a sense of clearness and strength. Snuffed up the nose or used with a nasal douche will give relief in cases of Catarrh, and its continued use will ultimately cure the disease. To Bites or Stings of Insects, Poison of Ivy Oak, etc., apply Darbys Fluid freely, it will relieve the pain and destroy the poison. It is a healing wash for all eruptions of the skin, Scald Head, Eczema, Piles, etc. The feet bathed in water into which the Fluid has been poured will relieve Chilblains, Corns, Bunions, etc. Darbys Prophylactic Fluid is used successfully in the diseases of Horses, Dogs, Cattle, Sheep and other domestic animals; it heals Wounds, Cuts, Scratches, Enlargement of Joints, Sores, etc.; it cures canker in the ear; infallible as a wash for Scurvy, Mange and all kinds of skin diseases.

TAKE SIMMONS LIVER REGULATOR

FOR

**BILIOUSNESS, CONSTIPATION, DYSPEPSIA,
INDIGESTION, DIZZINESS,
SOUR STOMACH, SICK HEADACHE,
LOSS OF APPETITE,
AND ALL DISORDERS OF THE LIVER.**

Simmons Liver Regulator is well known to all. It is the best medicine in the world, and has gained a reputation greater than any other remedy. It is made only by J. H. Zeilin & Co. No medicine made by any one else is the same, nor is as good. No one else knows how to make it. It is a never failing remedy for diseases of the liver and stomach, purely vegetable, perfectly free from all injurious substances, a mild tonic, gentle laxative, and harmless invigorant, and infinitely superior to any known remedy for grown people, children and babies.

Simmons Liver Regulator,
Simmons Ague Pills,
Simmons Renovator Pills,
Darbys Prophylactic Fluid,

Disinfectant and Antiseptic.

Parrishs Glycerole of the Hypophosphites,
For Coughs, Colds and Consumption.

Parrishs Compound Syrup of Phosphates,
(Chemical Food,)
Blood, Brain and Nerve Tonic.

J. H. ZEILIN & CO.,
Manufacturing Chemists, PHILADELPHIA, PA.

Erasable Memorandum.

ERASE WITH A CLEAN DRY RUBBER.

NATIONAL LIBRARY OF MEDICINE
Bethesda, Maryland



SIMMONS LIVER REGULATOR

A FAULTLESS FAMILY REMEDY

For all Diseases of the Liver

IN POWDER FORM, 25 CTS. A PACKAGE.

PREPARED READY FOR USE

50 cts. and \$1.00 a Bottle
