Too Much Meat Bad For the Kidneys

Do you get enough exercise to need meat two or three times a day?

Probable not. The usual diet does not do to days when people live outdoors and have to have hearty food. Too much meat puts extra load on the blood, disorders the kidneys, causes backache, headaches and belly spells and puts you in danger of gravel, dropsy, heart trouble, and Bright's disease.

If your kidneys seem weak, lighten the diet and begin using Doan's Kidney Pills, the special kidney medicine so strongly recommended by your own townsmen.

Washington Testimony:

C. R. Magoffin, 45th Virginia Ave., Mary.

"My sister had kidney and bladder troubles and was in bad shape. My kidneys acted irregularly and caused me much distress. My back hurt me all the time, too. I used different remedies but none of them helped any until I used Doan's Kidney Pills and now I feel just as well as if there were no trouble at all!"

DOAN'S KIDNEY PILLS

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