

# 3 PRACTICAL POINTS

One of the most successful German physicians gave as the secret of his wonderful success these three important points:—



1. Keep the Head Cool.
2. Keep the Bowels Open.
3. Keep the Feet Warm.

These conditions are not so easily obtained as one would think. Why? Because without pure and healthy blood a vigorous circulation cannot be kept up, and because the food and occupation of most people tends to clog up the bowels and produce constipation. The success of B. B. B., like that of the German physician, lies in so purifying the blood and regulating the bowels, liver and stomach, that these three conditions are fulfilled easily, and disease can find no lodgment in the body.

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