

• HEADACHE. •

SYMPTOMS :

**Dizziness, Biliousness,
Brow Ague,
Loss of Sleep,
Nervousness,
Constipation,
Sick Stomach,
Rush of Blood to the
Head.**

THIS complaint is usually not in itself a disease, but a symptom of other diseases, principally those of the liver, stomach and nerves. As varieties of headache commonly met with we may name sick or bilious headache, nervous headache, headache from constipation, debility or indigestion, periodical headache. Undoubtedly the cause must be removed before permanent relief can be had. For headache B.B.B. is almost a specific—a medicine that cures where others fail.

CURE.—(1) Warm or cold applications give temporary relief; (2) Warm foot baths to draw the blood from the head and equalize circulation; (3) Mild laxatives, such as Burdock Bills, to cause brisk action of the bowels; (4) Avoid over study, excesses, excitement and worry; (5) Avoid all stimulants and narcotics; (6) Keep the stomach, liver and bowels in perfect working order by the use of nature's regulator and tonic, Burdock Blood Bitters, which cures nearly all forms of headache by removing the cause. B. B. B. builds up the shattered nervous system, regulates the digestive and biliary organs, and is a never-failing friend to sufferers from any form of headache.

Headache, Dizziness and Weakness Cured by B. B. B.

GENTLEMEN.—Last summer my health failed, I had no appetite and suffered from headache, dizziness and weakness. A friend of mine induced me to get a bottle of Burdock Blood Bitters. After taking one bottle I felt better, and continued its use until completely cured from all disease. Therefore I take pleasure in recommending it to the public.

JOHN W. MACQUARRIE,
Port Hastings, C. B.

**Use B. B. B. and insure good
health and bodily vigor.**



MR. WM. T. CATTRAL.

Hope for Sufferers.

DEAR SIRS.—I find your B. B. B. an excellent remedy for headache and dizziness. I had tried several doctors, but their medicine did me no good. I have taken two bottles of B. B. B. and feel entirely cured and like a different man. I am certain that if other sufferers try it they will be sure to have satisfaction.

WM. T. CATTRAL,
Belleville, Ont.

Perfectly Cured.

SIRS.—I have been greatly troubled with headache and bad blood for ten or twelve years. I started to take Burdock Blood Bitters in July, 1892, and now (January, 1893), I am perfectly cured.

HUGH DRAIN, Norwood, Ont.

B. B. B. Cures Sick Headache.

GENTLEMEN.—Having suffered for a number of years with sick headache I concluded to try B. B. B., and by the time I had used two bottles I was cured, and have not had any symptoms of it since. I can safely recommend B. B. B. for sick headache.

MRS. A. A. GAMSBY,
Orono, Ont.

Altogether Disappeared.

GENTLEMEN.—About two months ago I was nearly wild with headaches. I started taking B. B. B., took two bottles and my headaches have now altogether disappeared. I think it is a grand medicine.

EVA FINN,
Massey Station, Ont.