

back of his health are regular habits—proper elimination. Yes, it's largely this habit of regular bowel evacuation that keeps "old man Gregory" young. The poisons of constipation effect more distinctive changes in the body than perhaps any other cause. Keep your system free of these poisons by habitual, daily movements.

If you have difficulty in cultivating this habit, remember that by an *entirely new principle* Nujol will keep the poisonous waste moving out of the body. Every other form of treatment either irritates or forces the system. Nujol works on the waste matter instead of on the system.

Nujol *prevents* constipation by keeping the food waste soft, thus helping nature establish easy, thorough bowel evacuation at regular intervals—the healthiest habit in the world. It is absolutely harmless and pleasant to take—try it.

Nujol is sold by all druggists in sealed bottles only, bearing Nujol trade-mark. Write Nujol Laboratories, Standard Oil Co. (New Jersey), 50 Broadway, New York, for booklet "Thirty Feet of Danger."

*A New Method of Treating an Old Complaint*