

THE FOUR CARDINAL POINTS OF HEALTH.

THE STOMACH, THE BOWELS, THE LIVER, AND THE BLOOD.

HOW TO REGULATE THEIR WRONG ACTION INTO RIGHT ACTION WHEN IMPAIRED BY DISEASE.

THE STOMACH.

ARE YOU TROUBLED WITH DYSPEPSIA?

How to Know It and How to Cure It.

If you have a variable appetite,
A faint gnawing feeling at the pit of the stomach,
Unsatisfied hunger at times,
A loathing of food at other times,
Rising and souring of food,
Wind in the stomach and distress around the heart,
A painful load at the pit of the stomach,
Choking sensations in the throat,
Headache and dullness of spirits,
Constipated bowels with alternate diarrhoea,
Are you gloomy and miserable?
Then you are a confirmed dyspeptic.

The cure is careful diet, slow eating, thoroughly chewing the food; avoid drinking at meals. Keep regular habits, shun stimulants, take pleasurable exercise and tone the digestive powers and regulate the stomach and bowels with Burdock Blood Bitters, nature's grand specific for dyspepsia. Burdock Blood Bitters have cured the worst forms of dyspepsia even of twenty-five years duration, as in the cases of Alexander Burns, of Cobourg, Ont., and many others whose lives were despaired of.

Reader, if you are afflicted and take it in time, this remedy is guaranteed to cure you.

THE BOWELS.

A NEGLECTED EVIL!
And Its Dire Results.

A regular action of the bowels is an absolute requirement for general health, and the least irregularity should never be neglected, for there is no more prolific source of disease than neglected constipation, by which the worn out and refuse accumulations are retained to poison the system with their foul gases and irritating effects. Constipation is a stoppage of one of nature's most important channels for the outlet of disease. Like the stoppage of a drain in sewerage the waste matter is thrown back to often do irreparable damage. Besides the baneful effect of constipation upon the blood and general organism, it induces piles, proflus and various painful and dangerous complaints in both sexes. With a regular action of the bowels, the blood would be purer, healthier and better, and the body more perfectly nourished and sustained. Continued use of harsh purgatives work much harm; the habit of regularity should be promoted and encouraged. Proper diet, ripe fruits, vegetables, and mild regulating medicines of a laxative nature. Such a remedy is best found in Burdock Blood Bitters, which promptly regulates all the secretions, acts upon the liver to purify the system and induces a natural regularity of the bowels, while giving health and strength in the most natural manner.

THE LIVER.

STARTLING SIGNS!

READER, when you have an exhausted, tired feeling,
Especially in the spring,
Depression of spirits,
Great irregularity of mind,
Foul coated tongue,
Bad tasting mouth,
Disagreeable breath,
Frequent sick headaches,
Tired aching shoulders,
Irregular bowels,
Variable appetite,
Sallow complexion and yellow eyes,
Poor circulation of blood,
Dryness of the skin,
Bloches and eruptions,
Faintness and heart-flutterings,
Blurred vision and dizziness,
Weary days and restless nights.

*With any majority of these signs existing
You have what is commonly called Liver Complaint.*

And should resort to that unfailing remedy

BURDOCK BLOOD BITTERS,

which is warranted to relieve any and all of the above named symptoms, effecting a speedy cure in all bilious troubles and every form of liver complaint, if the medicine is taken in time and the directions are faithfully followed.

THE BLOOD.

A QUESTION OF VITAL IMPORTANCE.

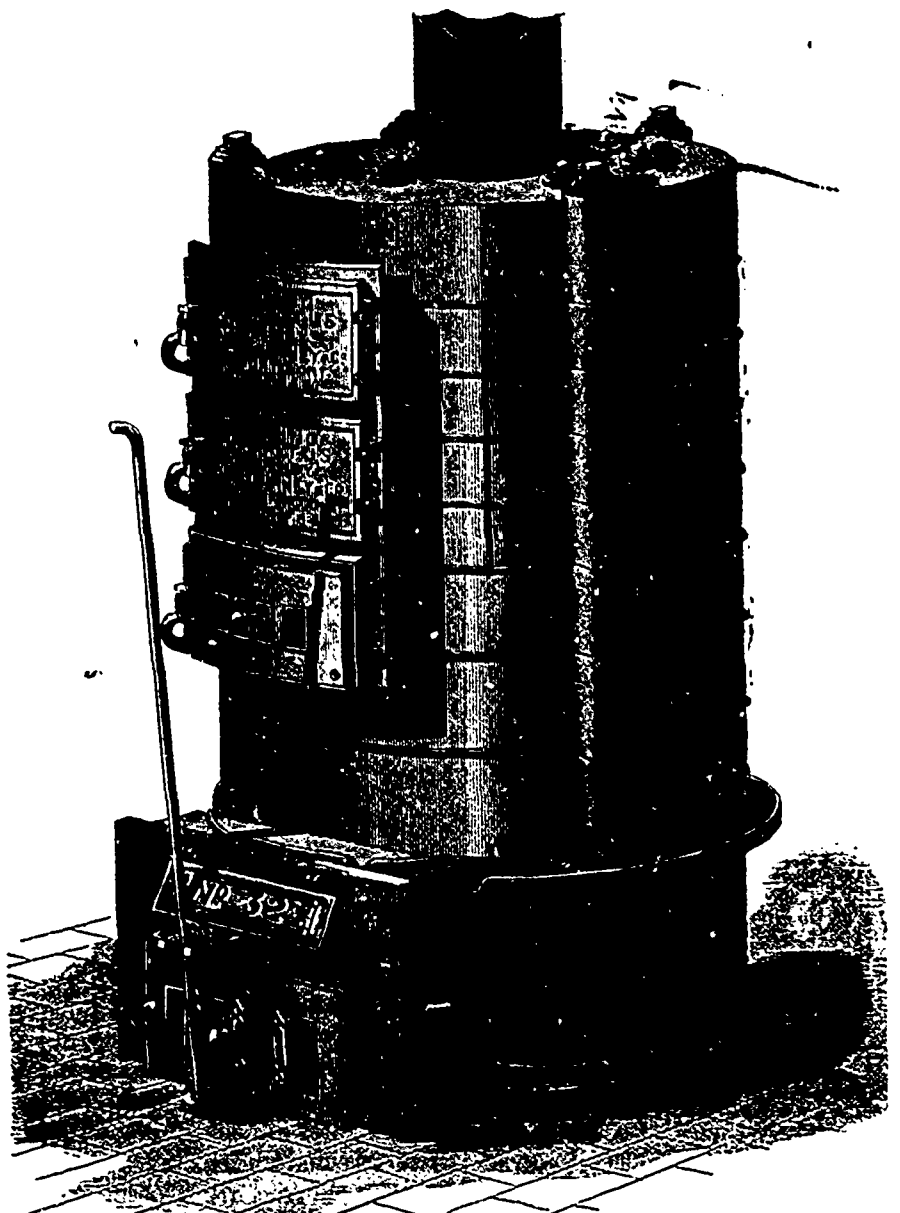
Is Your Blood Pure?

If not, and you have any obstruction to its free circulation, there can be no perfect health. But with pure blood freely circulating you have a good insurance policy against disease. The blood is made impure by many causes: bad air, improper food, poor water, want of cleanliness, neglected constipation, hereditary taint or scrofula, etc. Many diseases come from bad blood, scrofula, rheumatism, fevers, eruptions, sores, dropsy, kidney, heart and lung troubles, and many complicated complaints. Consumption is scrofula in the lungs, from impoverished blood. Whenever your complexion is unnatural, your skin in an unhealthy condition, your face covered with blotches and pimples, when boils and festering sores abound, when there is a disturbed circulation, when you are pale or sallow, and your eyes appear unnatural, or when your head aches and you have unnatural heat, then your blood is bad, and especially in the spring after a hearty winter your blood needs cleansing. You can best cleanse it with that purely vegetable compound Burdock Blood Bitters, which safely and promptly renovates the blood, and invigorates the entire system. Curing all humours, from a pimple to the worst scrofulous sore. Remember there is none of the evils of harsh physic, mercury or iodide of potassium in the working of Burdock Blood Bitters. It is guaranteed strictly vegetable and always reliable.

**HOT
WATER
BOILER
FOR
HEATING
HOUSES.**

FOR

THE
E. & C. GURNEY
COMPANY,
TORONTO, HAMILTON,
MONTREAL, WINNIPEG.



*1/5 of the great boiler in June
& then found in Sept*

THESE HEATERS

Are not only the CHEAPEST MANUFACTURED, they are also the simplest, being easily operated by any one competent to care for a Hall Stove.

We Solicit Examination

BY THE TRADE.

It will be noted that the proceeds of combustion, after passing through the first row of tubes, pass into a combustion chamber, when, after expanding, they pass through a second set of tubes, and so on to the exit to chimney flue.

