

MUCH VALUABLE INFORMATION

BY A FEW WORDS REGARDING

COMMON CHRONIC COMPLAINTS.

The reader, by carefully perusing the following articles, will readily comprehend that the FOUR CARDINAL POINTS OF PERFECT HEALTH are the Stomach, the Bowels, the Liver and the Blood, whose all important functions, when properly attended to, will ward off disease, insure comfort and prolong life.

THE STOMACH is the first cardinal point, because we eat to live; it is the grand central receptacle of nature's fuel food, by which the body is built up, nourished and sustained. When impaired, the grand base of supplies is in a measure cut off.

THE BOWELS we consider the next cardinal point of health, by their free regular action, offending obstructions and waste matter are removed, which if retained would poison the blood and corrupt the fluids.

THE LIVER is the next cardinal point, as its proper functions regulate the bowels and cleanse the blood. Bile secreted by a healthy liver is nature's true cathartic, and through the liver the blood passes to be filtered or strained.

THE BLOOD, the vital fluid, is the grand ultimate principle of life, or, as it has been aptly called, is the "life of the flesh." Without it in purity, health is impossible; with pure blood properly circulating, there can be no serious illness.

To regulate and maintain a proper action of these important functions is the work of BURDOCK BLOOD BITTERS. It tones the stomach, aids digestion, gives healthy realish for food, and assimilates that food to make good blood.

BURDOCK BLOOD BITTERS arouses the Liver to a healthy action, causing it to secrete pure bile. The Liver not only becomes torpid or inactive, but also an

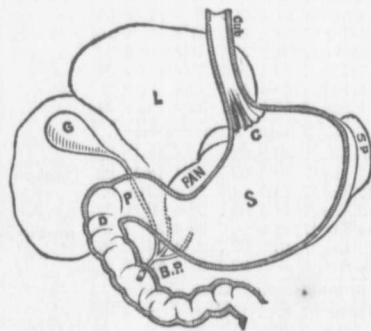
excess of bile overflows, passing into the blood, causing Yellow Skin or Jaundice and other bilious troubles. Burdock Blood Bitters carries off this superabundance, and causes the organs of secretion to take up the proper nourishment due them, and the organs of excretion, such as the Bowels, the Skin, Kidneys, etc., to carry off all that is not essential to health.

BURDOCK BLOOD BITTERS promptly regulate the Bowels, that important channel or sluice way by which foul obstructions and unhealthy gases are removed, thus causing that great evil and source of ill health, *Constipation*. Burdock Blood Bitters purifies the Blood, and if this remedy only did that and nothing more, its value would be incalculable; but its office does not cease here: it acts in perfect harmony with nature to renovate and regulate all the organic functions of the system by its specific action upon the FOUR CARDINAL POINTS OF HEALTH.

HOW OUR BODIES ARE NOURISHED.

THE STOMACH.

THE PROCESS OF DIGESTION AND THE ASSIMILATION OF FOOD.



EXPLANATION OF THE DIAGRAM.

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| S. Stomach. | Gb. Gall Bladder. |
| Gul. Gullet. | D. Duodenum. |
| C. Cardiac Opening. | B.P. Bile and pancreatic juice entering the same duct. |
| P. Pylorus. | |
| Pan. Pancreas. | |
| L. Liver. | Sp. Spleen. |

In order that the waste which is constantly going on may be repaired, and that the body may be nourished and increased in size, it is necessary that we should take food. This food goes through various changes, until at last it is turned into a liquid which mixes with the blood: and as the blood travels all through the body, the