

What I Have Learned in 47 Years Practice

I HAVE been watching the results of constipation for 47 years, since I began the practice of medicine back in 1875. I am now 83 years old, and though from time to time the medical profession makes some wonderfully interesting experiments and tests, the fundamentals of causes and relief in this particular ailment are unchanged.

But the people take greater interest today in their health, in diet, exercise and the drinking of water. Constipation, however, will occur from time to time no matter how one tries to avoid it. Of next importance, then, is how to treat it when it comes. I believe in getting as close to nature as possible, hence my remedy for constipation, known as Dr. Caldwell's Laxative Syrup Pepsin, is a mild vegetable compound. It is made of Egyptian senna and pepsin with agreeable aromatics. Children will not willingly take bitter things. Laxative Syrup Pepsin is pleasant-tasting, and youngsters love it. It does not grip. Thousands of mothers have written me to that effect.

Over 10 million bottles of Dr. Caldwell's Laxative Syrup Pepsin are now sold every year, and it is the most widely bought family laxative in the world. I say family laxative because all in the family can use it with safety. It is mild enough for the infant in arms, effective in the most chronic constipation of an adult. The formula is on every package.

Recently there has been a new wave of drastic physics. Calomel, a mercurial that salivates and loosens teeth, has been revived; salt waters and powders that draw needed constituents from the blood; coal tar dissolved in oily form that causes skin eruptions. In a practice of 47 years I have never seen any reason for their use when a medicine like Laxative Syrup Pepsin will empty the bowels just as promptly, more cleanly and gently, without griping, and without shock to the system.

Keep free from constipation! It lowers your strength 25 per cent, hardens the arteries and brings on premature old age. Do not let a day go by without a bowel movement. Do not sit and hope but go to a druggist and get a bottle of Dr. Caldwell's Laxative Syrup Pepsin. It is a generous-size bottle. Take a teaspoonful that night and by morning you will be well. The cost is only about a cent a dose. Use Laxative Syrup Pepsin for yourself and members of the family in constipation, biliousness, sour and crummy stomach, piles, indigestion, loss of appetite or sleep, and to break up fevers and colds. Always have a bottle in the house, and observe these three rules of health: Keep the bowels cool, the feet warm, the bowels open.

M. B. Caldwell M.D.



TAKE DR. CALDWELL'S SYRUP PEPSIN LAXATIVE The family remedy

ET ELEPHANT IN NEW YORK DEAD

Hattie" Succumbed Despite Efforts of Zoo Officials—News Kept Secret from Children.

(New York Times.) New York, Nov. 22.—Hattie is dead. Central Park's pet elephant succumbed on Saturday afternoon to the illness against which she had fought for more than a week. Unwilling that thousands of children who had loved the frolicsome pachyderm and joyed in her antics should see her lying cold and stiff in the elephant house, James Coyle, keeper of the Zoo, suppressed the news until last night. By tomorrow the body will have been sent to a museum to be mounted and there will remain in the elephant house only Hattie's sorrowing sister, Jewell.

Jewell saw her sister die. Keepers who were present when, in the midst of an attempt to raise her in a sling rigged about her middle, Hattie sagged and collapsed, said that Jewell, looking on over the barrier, showed her grief unmistakably. Dr. H. F. Nimplus, the veterinarian who had been dosing Hattie with whiskey and dieting her, was in charge of the effort to lift her, to take the weight of the great body off her hind legs, which were paralyzed. Suddenly a visible convulsive shudder started at the tip of the elephant's trunk and traveled over her body, she made one feeble effort to trumpet the death call, and was no more.

News of Hattie's passing will grieve grown-ups as well as children. Whether going through her paces in summer or dragging a snowplow in winter, she was one of the Park's favorites. She had been in the elephant house since 1903. Some said she was about twenty-three years old when she succumbed to what Dr. Nimplus diagnosed as paralysis—others estimated that she was forty. "Bill" Snyder, now retired as keeper of the Zoo, taught her and loved her, and she loved "Bill" so much so that once before when she was ill "Bill" had to be sent for to comfort her. This time he could not get back to

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The impulse that many people have, to take to come from the music of the burst into song when in a bath room.

Travelers carry their own blankets to that state for hundreds of years.

New York to see her. Hattie was wise, and she had a memory. Once she was hauled to Yonkers

In an animal wagon to participate in a Shriner's parade. She refused to enter the vehicle to come back. Examination showed that it was too weak to hold her and would have collapsed. Hattie walked all the way home. She became angry on another occasion at a man who tossed a lighted cigarette against her trunk. The man got away. Years afterward he came back. Hattie squinted at him through her little eyes, filled her trunk with muddy ooze and squirted it all over him.

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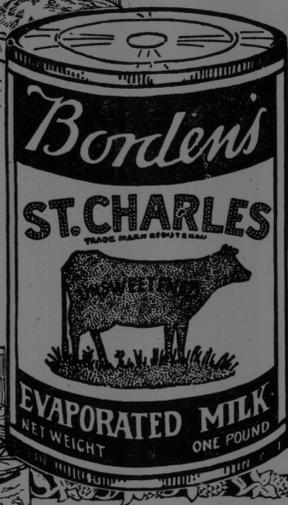
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Recipes worth saving

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