

3 PRACTICAL POINTS

One of the most successful German physicians gave as the secret of his wonderful success these three important points:—



1. Keep the Head Cool.
2. Keep the Bowels Open.
3. Keep the Feet Warm.

These conditions are not so easily obtained as one would think. Why? Because without pure and healthy blood a vigorous circulation cannot be kept up, and because the food and occupation of most people tends to clog up the bowels and produce constipation. The success of B. B. B., like that of the German physician, lies in so purifying the blood and regulating the bowels, liver and stomach, that these three conditions are fulfilled easily, and disease can find no lodgment in the body.

THE BEST SPRING MEDICINE.



This medicine does purify the blood and cure all diseases arising from impure or unhealthy blood. It does regulate the entire system and cure constipation, dyspepsia, biliousness, sick headache, scrofula, skin diseases, rheumatism, and all disorders of the stomach, liver and bowels. During the past ten years over one million bottles have been sold in Canada, and, although we guarantee every bottle to do all we claim, we have not received a single complaint.



D. L. DOWD'S HEALTH EXERCISER

For Brain Workers and Sedentary People.



Gentlemen, Ladies, Youths; Athlete or Invalid. A complete gymnasium. Takes up but 6 in. square floor room; new, scientific, durable, comprehensive, cheap. Indorsed by 50,000 physicians, lawyers, clergymen, editors and others now using it. Send for illustrated circular. (TRADE MARK.) 40 engravings, no charge.

PROF. D. L. DOWD,
Scientific, Physical and Vocal Culture,
9 EAST 14th ST., NEW YORK.