

## • CONSTIPATION. •

### SYMPTOMS :

**Headache, Flatulence,  
Low Spirits,  
Eruptive Sores,  
Piles or Fistulae,  
Loss of Appetite,  
Sallow Complexion,  
Inactive or Irregular  
acting Bowels.**

**C**ONSTIPATION or costiveness consists in scanty or irregular action of the bowels, and may either be occasional or habitual. The effect of a constipated or clogged up condition of the bowels is to retain in the system poisonous effete matter, which poisons the blood and gives rise to dyspepsia, headaches, liver complaint, debility, piles, fistulae, etc. The bowels should move regularly at least once a day, and to neglect this simple, natural duty is to court disease and danger. Few persons realize this fact, and consequently constipation is one of the most common complaints.

**CURE.**—(1) Observe nature's laws. (2) Cultivate regularity in evacuating the bowels. (3) Avoid harsh purgatives. (4) Ripe fruit and cold water are useful as laxatives, especially if taken in the morning. (5) Avoid the excessive use of liquors, tobacco, tea and coffee. No two are exactly alike, and experience should guide each person in diet matters. In commencing the treatment of this disease, a few doses of Burdock Pills effectually prepares the system for the gentle, yet thorough effects of B. B. B., which, if faithfully used, never fails to effect a prompt and lasting cure, even in the worst cases. B. B. B. acts directly on the stomach, liver and bowels, and is a natural remedy for constipation. Its success is proved by the overwhelming evidence of thousands of reliable testimonials.

### A GRATIFYING EFFECT.

#### Three Bottles Cure Constipation.

**GENTLEMEN.**—My wife was ill for three years, suffering from constipation and general weakness. Being advised to try B. B. B. she did so, and after having used three bottles she finds herself completely cured, and feels compelled to recommend this wonderful remedy to all sufferers.

T. DURAND,  
193 St. Hypolite St., Montreal.

**Constipation poisons the Blood.  
B. B. B. cures Constipation.**



MRS. FISHER.

### A Splendid Remedy.

**SIRS.**—I think it my duty to make known the great benefit I received from B. B. B. I was troubled with constipation and debility, and used three bottles of B. B. B., which relieved me from suffering. I esteem this splendid remedy above all others and recommend it to all suffering from constipation.

MRS. E. FISHER, Brantford, Ont.

### The Most Excellent Remedy.

**DEAR SIRS.**—I have suffered greatly from constipation and indigestion, but by the use of B. B. B. I am now restored to health. I cannot praise Burdock Blood Bitters too highly; it is the most excellent remedy I ever used.

MISS AGNES J. LAFONN,  
Hagersville, Ont.

### Constipation Cured.

**GENTLEMEN.**—I suffered for a long time with constipation and tried many medicines without success. I then tried Burdock Blood Bitters and very soon had great relief, so I continued its use and am now completely cured.

JOSEPH PHILLION, Quebec, Que.

### Constipation and Weakness Cured.

**SIRS.**—I was afflicted with constipation and general weakness, and was advised to use B. B. B. I used three bottles and have received such relief and benefit that I feel it my duty to make it known to all sufferers from constipation.

EXILIA MANDAU,  
St. Francois du Lac, Que.

### A Prompt Cure.

**GENTLEMEN.**—Having suffered over two years with constipation, and the doctors not having helped me, I concluded to try B. B. B., and before I used one bottle I was cured. I can also recommend it for sick headache.

ETHEL D. HAINES, Lakeview, Ont.