

## GENERAL and NERVOUS DEBILITY.

There is a class of diseases, where the physical and often the mental powers are exhausted, where no pain or irritation can be discovered, and yet the sufferer is slowly wearing out. This condition we call *General Debility*. When it proceeds from nervous irritation, or nervous exhaustion, it is called *Nervous Debility*. This is the growing malady of the times, owing to the fast age in which we live, and the various indiscretions and lack of observance of physical laws.

The more common manifestations of Nervous Debility are mental depression, love of solitude, defective memory, confused ideas, restlessness, sleeplessness, often dimness of vision, hurried and difficult breathing, emaciation, a general loss of vitality of body and brain. Any imprudence against the laws of our being, or any weakening drain upon the system, may cause this difficulty, with its long train of distressing symptoms.

There is a sense of indisposition to exertion, loss of strength, loss of memory, languor, weariness, faintness, dizziness, fluttering of the heart, an all-gone exhausted feeling and depression of spirits, with a wasting of flesh from lack of vitality in the blood. Whatever the cause, the remedy plainly indicated is met in Burdock Blood Bitters, which revitalizes the blood, invigorates the nervous system, and establishes perfect nutrition—gives strength to the exhausted and waning powers of life. Burdock Blood Bitters is the grand blood renovating tonic in all exhausting forms of disease. The cure must be accomplished by moral, mental and general hygienic means. Strive to cultivate the virtues, and guard well the general health. Sleeplessness is often caused by an undue pressure of blood upon the brain. This form may be best relieved by keeping the head cool, equalizing the circulation and keeping the bowels free. Opiates and narcotics do more harm than good. Always sleep with the head towards the north if possible; this is no whim, but a scientific electrical principle. Burdock Blood Bitters renovates and invigorates the entire system, allays all nervous irritation, and thus cures the worst forms of General or Nervous Debility.

Hysteria, the peculiar nervousness of females connected with Uterine troubles, Epilepsy or Fits, Palpitation of the Heart, Neuralgia, Nervous Headache, Palsy or Paralysis, and many other varieties of Nervous Affections, are dependent upon poor circulation of the nervous and vital fluids, which Burdock Blood Bitters might, by its early use, prevent or remedy.

Having used Burdock Blood Bitters for general debility and languidness, I have found a safe cure, for which I am very much indebted, having used only two bottles.

Jan. 31, 1885.

HENRY HOWARD,  
Brounsville, Ont.

## TESTIMONIALS.

I have used Burdock Blood Bitters and I think it is the best in use. I was feeling very sick with a pain in my bowels and headache, and was growing weaker every day. I procured a bottle of Burdock Blood Bitters, and as I used it I felt a great deal better. It is the best medicine in use. It set me right up: I have gained 10 lbs. since I have used it, and I have recommended it to others.

ANDREW FERGUSON,

Sept. 19, 1886.

Cardinal P.O., Ont.

### Low Spirits.

I have used Burdock Blood Bitters for general weakness and low spirits. I can assure you I can highly recommend it to all. It made me feel like new life again.

MRS. JANE LUCAS.

Sept. 3, 1886.

Enniskillen, Inwood P.O., Ont.

### Renewed his Youth.

I am now 65 years old, six years ago I felt depressed in spirits and losing strength, sometimes my hand shook so that I could not write. I commenced taking Burdock Blood Bitters; after the first bottle I felt better; I used from four to five bottles every year. I feel as lightsome as if I was only 20 years old and in very good health.

DONALD MUNRO.

Jan. 7, 1886.

Balsaver P.O., Ont.

### Debility.

Having been troubled for the last year with debility, and a breaking out of obstinate humor on the face, I was induced to try B. B. B., with the most satisfactory results.

C. SCOTT,

Aug. 27, 1886.

154 King St. West, Toronto.

Being completely broken down in health, I was induced to try your valuable remedy, Burdock Blood Bitters. One bottle made me feel like a new man, restoring me completely to health.

GEO. V. DETLOR,

Aug. 10, 1886.

Napanee, Ont.

My daughter, having had scarlet fever at the age of four, from that time her system was affected. I had tried everything I had heard of, and spent hundreds of dollars in doctor's bills, when Burdock Blood Bitters was recommended to me, and before I had given her one bottle there was a remarkable change, and now she is entirely cured.

MRS. HOPPERTON,

Feb. 17, 1886.

Watford, Ont.

Have used two bottles of B. B. B., and have received great benefit from it. I had no particular disease, only weakness and impure blood. Since using the medicine I find myself greatly improved and strengthened, and I have a good appetite ever since. I highly recommend it as a good medicine for building up the constitution.

MRS. THOMAS NEELANDS,

Feb. 15, 1886.

Owen Sound, Ont.

I am now using my third bottle of B. B. B. for a trouble peculiar to my sex. When I commenced its use I was suffering from what we term female weakness and its attendant irregularities. Your medicine has made me feel stronger and better than I have for years.

MRS. S. H. MANCHESTER,

April 12, '85.

175 Main St., Fall River, Mass.