

How to Treat Constipation

A great London physician once said "More than half the sickness, especially of women, is caused by constipation."

The waste matter from the food if not discarded, ferments in the bowels, is carried back through the blood, and poisons the system.

Avoid Purgatives

You must avoid strong purgatives like pills, salts and powerful physic. The symptoms produced by violent cathartics, with pain and griping, show that their effect is similar to that of poisons. Moreover, purgatives relax and weaken, and the more you take, the less effect they will have upon you. After the violent movement and pain, the bowels are left exhausted and weak. This is no cure, for the bowels become more sluggish and the trouble is thus aggravated.

Vinlax for Constipation

There is no medicine made, one dose of which will cure constipation. The bowels must have a regular tonic treatment, and the liver stirred out of its lazy, inactive condition.

This requires a little time and systematic attention. One dose of Vinlax may not move your bowels next morning, but its persistent use night and morning for a while will strengthen the impoverished nerves of the intestines, and increase the activity of the liver—and thus overcome constipation.

For Children

Vinlax is especially good for children. It is gentle and cannot hurt them. You should not give to children cathartics, strong laxatives or poisonous pills which do mischief even to older people. Many deaths have been caused by giving children purgatives too violent for their tender, young bowels. It is absolutely impossible for Vinlax to harm a child—it always does good.

The testimonials from notable people published in this book show that the fame of Vinol has spread far and wide, having completely outgrown this limited locality. This is additional evidence that Vinol is immensely superior to any other tonic or cod liver oil preparation in the world.