


St. Jacobs Oil
LUMBAGO
RHEUMATISM SPRAIN STIFF' NECK


How to Exercise the Bowels





## Mon?

Nemencon
 Nos. wis wom
 atmin misat icuatruat ? Wheroly fluthes our the Bowlol with a
wasto of Digositvo Julce, Bet flowing into

 Thar's why Casoarets are
medicte for the bowelia.



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CAN NOT BE RUBBED AWAY
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 aliected parts with liniments, oils, ete. This treatment does good in a way,
by temporarily relieving the pain and reducing the inflammation, but has no eifect on the disense itseff, because Rheumatisim is more than skin deep; it
is in the blood and cannot te rabled away. Rheumatism is brought on by is in the blood and cannot be rabied away, Rheumatism is brought on by
Indigestion, weak kidneys, poor bowel action, stomach troubles and a gen.
eral sluggish condition of the system. The refuse aud waste matters, which

 eorbed by the blood, making it thin
weak and acrid, Then instead. cles, joints and tissues it fils, them
with poison to produce the aches, with poison to produce the aches,
pains and other disagreeable symp.-
toms of the disease. Rheumatism toms of the disease. Rieumatisus
is usaally worse in Winter for the
reason that cold and and dampness are exciting causes. The nerves becouse
excited and sting with pain, the mus-
cles are sore and drawn, the joints swollen and stiff and the sumferer
live in intense agoyy; and if the
disease is not checked it often leaves itsease is not checked it ofen leaves
Rheumatima helpess cripples for ilfe.
Runuot be rubbed away
$\qquad$
purifier this great remedy soon pro-
duces a complete change in the en-




