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## BOWEL BAYWINDOWS

When a man gets one, he becomes a slave to his bowels. Every person ought to have control over the different parts of the body, and it is the easiest thing in the world to educate the bowels, make them do their duty naturally and regularly, and keep them from becoming a source of misery and a deformity as well.

## Educate your bowels!

Don't neglect the slightest sign of irregularity but see that you have at least one natural easy movement a day. Pills, salts and black draughts are dangerous because they strain and weaken the bowels. What you want is a mild but sure laxative, that tones and
strengthens the bowels and stimulates their movements. Such a laxative is CASCARETS, and when you try them, you will find that it is the casiest thing in the world to make and keep your bowels clean and regular, strong and healthy. By keeping the bowels
clean, all serious disorders are

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