

## The "liquid test"

...it ENDS bowel worries for many people

This is a test that tells you whether the system needs a cathartic change. If you have constant sluggish spells or bilious attacks, and laxatives seem to make things worse, it would be wise to try this:

Stop all use of any laxative that does not encourage variation from a "fixed dose" (which may be entirely too large a dose for your individual need). Use instead, a liquid laxative that you can measure and regulate as to dose. As necessary to repeat, take smaller doses, less and less often, until the bowels are moving without any help at all.

Doctors use liquid laxatives, and a properly prepared liquid laxative, containing natural laxative agents like senna and cascara is a joy and a comfort; a real help in establishing regularity. Ask your doctor about this! (Doctors use liquid laxatives.) You can get Dr. Caldwell's Syrup Pepsin, which is a most dependable liquid laxative, at any drug store.

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