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OPINION is still divided as to how the ill-consequences of intestinal sluggishness are brought about. But as to the reality of these consequences there can be no doubt. Equally obvious is the almost magical clearing up of the physical apathy, psychic depression, and general feeling of malaise when effective steps are taken to remedy the constipation that caused them.

Although it is to exercise and to modifications of diet that we should look for a permanent cure, these commonly and almost invariably in the earliest stages of treatment—need to be supplemented by other means. Left to himself, the patient is apt to resort to drastic purgatives, which, in the long run, often do more harm than good. All that is necessary can be achieved, without any ill after-effect, by means of a spoonful of ENO's "Fruit Salt" taken each morning in a glass of water for as long as may be expedient. This preparation, which contains no mineral aperient, is agreeable and refreshing to the palate, occasions no pain or nausea, and is manufactured with every precaution to maintain absolute uniformity and purity.

THE Proprietors of ENO's "Fruit Salt" will deem it a privilege to send any member of the Medical Profession, for his personal use, a bottle (Handy or Household size, as desired) of their preparation, with a copy of "The Practitioner's Pocket Book." This book is uniform with "The Docket's Pocket Remembrancer," of which thousands of copies have been sent on request to medical men, many of whom have expressed their high appreciation of its utility. "THE PRACTITIONER'S POCKET BOOK" embodies in a concise form many practical axioms of interest and use to the practitioner, numerous legal points of great importance to every doctor, and the essentials of the chief procedures involved in general bractice pathology. J. C. ENO LIMITED, VICTORIA EMBANKMENT, E.C.4

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