

I Will End CONSTIPATION

NO MATTER HOW CHRONIC

WITHOUT DRUGS or APPLIANCES

Amazing new Treatment brings Complete Internal Cleanliness — strengthens Essential Bowel and Colon Muscles and Nerves — restores vigour to life — makes you feel younger!



STOP DOSING YOUR STOMACH WITH PILLS AND CATHARTICS.

Save the Money You Are Now Wasting! For how long have you been taking pills and drugs? How much good have they done you? Ask yourself these questions frankly. And how much money have you wasted on them? It is easy to rush to drugs in the hope that you will find some magical relief, only to discover that your condition becomes worse. You are wasting money and getting NO-WHERE.

Drugs will never cure Constipation. They scour the stomach and the whole twenty-four feet of the intestines, whereas in most cases, constipation is local to the colon. Dosing with drugs is like trying to cover pimples with powder. Remove the cause—repair the damage and prevent it from happening again. That's the same way to fight Constipation. That's the way the Spedding Treatment works.

Study These Diagrams



After lunch, 1 p.m.: Showing food in stomach.



After dinner, 8 p.m.: Lunch residue entering colon.



After breakfast (next morning): Lunch and dinner residue in colon.



10 a.m.: Previous lunch residue discharged clearing the way for next lunch.



On left: Delayed elimination causing congestion, pressure and putrefaction. Result of weakened intestinal nerves and muscles. The famous Spedding Treatment rejuvenates the nerves and muscles so they perform natural complete action.

Modern science has at last discovered a drugless, dietless Treatment for Constipation.

It brings new health and hope to thousands—for this treatment, the triumph of painstaking research, is the discovery of a Natural Method of strengthening the essential bowel muscles and nerves instead of scouring the stomach and intestinal tract with drugs, pills, salts and cathartics which weaken and depress you.

This remarkable new Treatment gets at the very source of the trouble . . . and as if in gratitude Nature responds with alacrity.

AN ENTIRELY DIFFERENT TREATMENT

Amazing Results Secured by Thousands of Sufferers!

Both the large and the small intestines have nervous systems of their own in the form of a network of nerve cells and fibres lying in between the muscular layers. The movements of the intestines ARE PRIMARILY DEPENDENT ON THE HEALTH AND EFFICIENCY OF THESE CELLS. Purgatives and cathartics may produce elimination but they cannot contribute to the growth of strength and tone in the cells.

The Spedding Treatment applies the latest development of Modern Health Culture. A simple, easy, natural way of strengthening the essential bowel muscles and nerves. This treatment comes to you complete, simple and easy to follow—right in your own home, and

RESULTS ARE PERMANENT
No Medicines — No Drugs —
No Appliances!

A FAIR AND HONEST OFFER

If, within three days of receipt of the Spedding Treatment, you are not absolutely satisfied that it will fulfil every claim I make for it, return the treatment to me and I will refund every penny—without question or delay. Could I make a more fair and honest offer? It's no use just HOPING for miracles to happen. ACTION is the prayer that's ALWAYS answered. Clip out this coupon now—while the decision is made—and within one week you'll experience the joy of returning health.

Here is your Golden Key to permanent health—your opportunity knocking at your door. Will you turn away, procrastinate, until your condition becomes so chronic that you are FORCED to do something about it, or will you open that door to permanent health and happiness? Now! Immediately!

BREAK THE "VICIOUS CIRCLE" AND END IT FOR ALL TIME.

Our bodies are amazingly complex, and every part affects other parts. If constipation affected only the bowels, it would be serious enough, but with constipation there is always poison in the system and this leads to a whole circle of related disorders: Bad Complexion, Skin Disorders, Unpleasant Breath, Headaches, Irritability, Neuritis, Sapped Will-power, Digestive Disorders, Head Noises, Nausea, Mental Dullness, Exhaustion, Nervous Dyspepsia, Intestinal Paralysis and even Insanity are too often the results of body poisons STARTED BY CONSTIPATION.



Harley Street Results Right In Your Own Home!

"I suffered so badly with chronic Constipation which was causing terrific headaches and stomach disorders that several months ago I decided to travel to London to consult a Harley Street Specialist. Shortly before I was to sail, a friend urged me first to try the Spedding Treatment. I was very dubious, but my friend prevailed and I gave it a trial. To my amazement the results were so outstanding that I cancelled my ticket. To-day I enjoy perfect health—my rheumatism has gone—I can eat almost anything. For £1/1/- I got results even better than I had hoped for from a Harley Street Specialist which would have cost me over £30. Written words cannot do justice to my appreciation."

Signed, G.F., Wellington.

Now Read What Others Say:



"I have suffered terribly from Constipation for many years and have at last obtained an absolute cure. Carrying out the Spedding Treatment has given me permanent

relief. It is a boon to mankind." Signed, Miss L.M.L., Kaiwarra.

"Your system has given me 100 per cent. relief. It is simple and easy and amazingly effective." Signed, Miss D.B., Whangarei.



"I have followed your instructions and results have been exceedingly satisfactory. My health is greatly improved." Signed, G.P., Rotorua.

"Your treatment has relieved the pressure of my whole nervous system. I recommend the Spedding Treatment to anyone who suffers from this complaint." Sgd. A.T., Newtown.

HOW TO SAVE 11/-

SPECIAL OFFER TO "LISTENER" READERS

Complete £1/1/- Treatment for only 10/-!

For this month only, to bring permanent relief within the reach of EVERY "LISTENER" reader, the Spedding Treatment, regularly sold for £1/1/-, is being offered to you at only 10/-! Pin 10/- to this coupon now and you will receive a full £1/1/- treatment. No further payment—you save 11/- in cash. And you will not spend another penny on medicines. Do it NOW!

TAKE ADVANTAGE NOW

ERIC J. SPEDDING,
HEALTH INSTITUTE,
P.O. Box 1029, Wellington.

Please send me under plain wrapper your complete Spedding Treatment for Constipation. I enclose 10/-, the specially reduced complete price for this month.

NAME.....

ADDRESS.....

.....R.L.

