

# FREE TO MILLIONS

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## A Valuable Little Book Sent Free For The Asking.

Medical books are not always interesting reading, especially to people enjoying good health, but as a matter of fact scarcely one person in ten is perfectly healthy, and even with such, sooner or later sickness must come.

It is also a well established truth that nine-tenths of all diseases originate with a breaking down of the digestion, a weak stomach weakens and impoverishes the system, making it easy for disease to gain a foothold.

Nobody need fear consumption, kidney disease, liver trouble or a weak heart and nervous system as long as the digestion is good and the stomach able to assimilate plenty of wholesome food.

Stomach weakness shows itself in a score of ways and this little book describes the symptoms and causes and points the way to a cure so simple that anyone can understand and apply.

Thousands have some form of stomach trouble and do not know it. They ascribe the headaches, the languor, nervousness, insomnia, palpitation, constipation and similar symptoms to some other cause than the true one. Get your digestion on the right track and the heart trouble, lung trouble, liver disease and nervous debility will rapidly disappear.

This little book treats entirely on the cause and removal of indigestion and its accompanying annoyances.

It describes the symptoms of Acid Dyspepsia, Nervous Dyspepsia, Slow Dyspepsia, Amylaceous Dyspepsia, Catarrh of stomach and all affections of the digestive organs in plain language easily understood and the cause removed.

It gives valuable suggestions as to diet, and contains a table giving length of time required to digest various articles of food, something every person with weak digestion should know.

No price is asked, but simply send your name and address plainly written on a postal card to the F. A. Stuart Co., Marshall, Mich., requesting a little book on Stomach Diseases and it will be sent promptly by return mail.