



Would you attain a happy, healthy
old age?

Then be kind to your stomach.

Stuart's Dyspepsia Tablets

Greatly help overworked
stomachs and correct all
troubles due to indigestion.

A LAW UNTO HIMSELF

Every Man Must be That to Retain His Health and Digestion

THERE are thousands of people in this world who eat no meat from one year's end to another, and certain savage tribes in Africa and Polynesia are almost exclusively meat eaters; but while there are thousands of these, there are millions who live upon a mixed diet of meat, vegetables and grains, and if numbers is a criterion it would seem that a mixed diet is the best for the human family.

The fact that you will find many vegetarians who appear healthy and vigorous and meat eaters equally so, and any number of robust specimens who eat both meat and vegetables and anything else that comes their way, all goes to show that the old saw is the true one, that every man must be a law to himself as to what he shall eat and drink.

To repair the waste of tissue in brain workers, as well as to replace the muscle and sinew of the laborer, can only be done through the process of digestion.

Every nerve, muscle, sinew, every drop of blood is extracted from the food we eat and digest.

In these days of hustle and worry and artificial habits of life, scarcely one person in a thousand can lay claim to a perfect digestion. Dyspepsia is a national affliction, and Stuart's Dyspepsia Tablets a national blessing.

Most cases of poor digestion are caused by failure of the stomach to secrete sufficient gastric

juice, or too little Hydrochloric acid and lack of peptones, and all of these important essentials to perfect digestion are found in Stuart's Dyspepsia Tablets in convenient palatable form.

One or two of these tablets taken after meals insure perfect digestion and assimilation of the food.

Cathartic pills and laxative medicines have no effect whatever in digesting food, and to call such remedies a cure for dyspepsia is far fetched and absurd.

Stuart's Dyspepsia Tablets contain pepsin, free from animal matter, diastase and other digestives, and not only digest all wholesome food but tend to increase the flow of gastric juices, and by giving the weak stomach a much needed rest bring about a healthy condition of the digestive organs and a normal appetite.

Nervous, thin-blooded, run-down people should bear in mind that drugs and stimulants cannot furnish good blood, strong muscles and steady nerves; these come only from wholesome food, thoroughly digested. A fifty cent box of Stuart's Tablets taken after meals for a few weeks will do you more real good than drugs, stimulants and dieting combined.

Stuart's Dyspepsia Tablets is probably the safest, most popular and successful digestive on the market, and sold by druggists everywhere in the United States, Canada and Great Britain.