

The Ideal Food For Blood and Nerves

Sir Henry Thompson writes that it is difficult, perhaps impossible, for the present generation to realize the contrast presented in respect of the demand now made on man's activity, especially that of the brain, during the last few years.

The wear and tear of existence has enormously increased and the demand for rapid action and intense exertion by the nervous system is certainly tenfold greater now than it was then.

The necessary result of this extreme demand for brain activity, since that organ is the sole source of energy on which all the functions of the body, including that of digestion, depend, is an insufficient supply for this important process.

Under these circumstances nothing can be more important than to provide food of a kind and in a form which will economize the work of the stomach.

The most successful means of feeding the brain and nerves is by the use of Dr. Chase's Nerve Food. The discovery of this great food cure marked an era in the treatment of nervous diseases and rendered it possible to cure many forms of nervous exhaustion and prostration which were formerly incurable.

The old system of deadening the nerves with opiates and sedatives has given way to the rational method of feeding them and so restoring their wasted tissues and Dr. Chase's Nerve Food is the ideal treatment

for all diseases which arise from an impoverished and enfeebled condition of the blood and nerves.

In this class can be mentioned not only nervous prostration, nervous exhaustion, partial paralysis and locomotor ataxia, but also a host of ailments such as nervous dyspepsia, nervous headache, sleeplessness, dizziness, and general bodily weakness as well as the ailments peculiar to women.

Symptoms of Nervous Exhaustion

Headache.
Neuralgic pains.
Sparks before the eyes.
Buzzing in the ears.
Vertigo, faintness and dizziness.
Blunted intellect.
Inability to concentrate the mind.
Irritable temper.
Tendency to fear and anxiety.
Sleeplessness.
Jerkings of the limbs.
Grinding of the teeth during sleep.
Absentmindedness.
Despondency and gloom.
Impairment of memory.
Hesitating speech.
Muscular weakness and trembling.
Twitching of the muscles and nerves.
Flushing and pallor of the face.
Inability to stand exertion.
Easily fatigued by mental work.
Coldness in the limbs and body.
Weak heart action.
Palpitation of the heart.



MR. R. B. POPHAM.

Left Run Down by La Grippe

Digestion bad, nerves unstrung, frequent spells of dizziness and nervous headache.

Hosts of people date their physical break down from the time they had la grippe. There are few, if any, ailments which leave the human system in such a weak and exhausted condition. It is useless to delay treatment thinking that you will get better after a while. The daily waste is greater than the income of strength and without the assistance of a restorative you must gradually grow weaker. Dr. Chase's Nerve Food so fills the blood and nerves with vigor as to overcome the waste and gradually build up the system.

Mr. R. B. POPHAM, 29 Edward street, Toronto, states:—"As a result of a severe attack of la grippe I was left in a weak and run-down condition. My digestion was bad, my nerves were all unstrung, and I had frequent spells of dizziness and nervous headache. By using Dr. Chase's Nerve Food regularly for some time I have succeeded in building up my system, and can now say that my digestion is good, the headaches and dizzy spells do not trouble me any more, and my nerves are steadied and restored. I consider this medicine a splendid blood and nerve tonic."