

**DYSPEPSIA.****SYMPTOMS.**

Variable Appetite,  
Faint Knawing at  
Pit of Stomach.  
Rising and Souring  
of Food.  
Heartburn.  
Wind in Stomach.  
Headache.  
Constipation.

The principal common diseases of the stomach are Indigestion, Dyspepsia, Gastric Irritation and Canker.

**INDIGESTION.**

Although Indigestion and Dyspepsia are used commonly as meaning the same thing, yet there is this difference:

Indigestion may exist from various causes without Dyspepsia, but Dyspepsia can not exist without Indigestion; it is, therefore, the primary condition of all dyspeptics, and has symptoms in common with many cases of the chronic form of Dyspepsia, and requires similar care and treatment. Gastric Irritation and Canker of the Stomach are the results of Indigestion, and may be either acute or chronic.

**CAUSE.**—Too hearty eating; eating too rapidly; too free use of stimulants; too much greasy and animal food—gravy, pastry, cheese, pickles, etc.; neglected constipation; bad air; lack of exercise; hurrying to hard work—either physical or mental—immediately after eating, is the source of many stomach troubles.

**CURE.**—Regulate the diet and mode of living; take active exercise, but not too soon after eating; shun stimulants; avoid late hours, rapid eating, and overtaxing the stomach; regulate the bowels; avoid drinking at meals; abandon all narcotics, such as tea, coffee, tobacco, liquors, etc., as far as possible. Eat only plain nourishing food. Milk or pure water is the best drink. Take Burdock Blood Bitters, which regulates the bowels, promotes perfect digestion, makes pure blood, tones the stomach, regulates the liver and kidneys, and thus restores perfect health and strength to the debilitated system.

**Burdock Blood Bitters****CURES DYSPEPSIA**

in its worst form, having cured cases that had lingered for 15 years, resisting all other treatment. Read the remarkable cure of Mrs. Halwig, whose statement is given.

I have had an awful cough for about three years, and have had a bad stomach. I have taken three bottles and a half of Burdock Blood Bitters, and now my cough is all gone and my stomach is in good condition. I doctored with a physician here about a year and he did not do me as much good as one bottle of Burdock Blood Bitters.

Jan. 17, '86.

HARVEY SEEMON,  
Zanesville P.O., Ont.

**TESTIMONIALS.**

I am very happy to express my joy. For fifteen years I have suffered with Dyspepsia, and latterly my food did not digest. I grew weaker every day, and was hardly able to do an hour's work. After a while I lost my appetite and lived in very little hope of ever being cured. I tried many different remedies, but all in vain. In spring of '84 my daughter induced me to try Burdock Blood Bitters, and from the first bottle my appetite improved. I then got more, and, after taking four bottles, I felt like myself again, and I thank God that I to-day enjoy good health. I advise all who are afflicted with Dyspepsia to receive a cure by using this medicine.

*Mrs. M. Halwig*

Jan. 25, 1886. 149 Lansing Street, Utica, N.Y.

(The above engraving is an excellent likeness of Mrs. Halwig, taken from her photograph after she had been restored to health by Burdock Blood Bitters.)

I have much pleasure in stating my case. I was taken very bad with Dyspepsia, unable to work, tried the doctor's medicine, but did not derive any benefit from it. I procured a bottle of Burdock Blood Bitters. The first bottle had but little effect, but by the time I had the second one taken I was like a new man.

March 5th, 1886.

HENRY BROOKS,  
North Bruce, Ont.

I was a great sufferer from Dyspepsia for several years, and after several physicians and a host of remedies had failed to relieve me, I was recommended by my druggist to try Burdock Blood Bitters. I did so with grand results, and do not hesitate to give it the highest recommendation to any suffering from Dyspepsia.

August 27th, 1886.

R. H. BROWN,  
Kincardine, Ont.