OF OF

## ARE NUMEROUS.

In the higher ranks of society it is a common result of over-indulgence in the luxuries of the table, or of the want of proper exercise, both bodily and mental. In the studious, and those who lead a sedentary life, it is usually caused by excessive mental exertion or anxiety, or by the fatigues of business and the want of sufficient bodily exercise and pure air. In the lower order of society, it generally results from inebriety, or a deficiency of proper food and clothing.

## REATMENT

of this disease it is not advisable to use powerful purgative medicines, which usually leave the patient in a worse condition than previous to their use, but the adoption of regular habits, moderation in eating and drinking and the indulgence of passions, early rising, due exercise, and retiring to rest at an early hour, the avoidance of excessive study and mental exertion, and recourse frequently to society and amusements of a lively and interesting character. HANING-TON'S TONIC DINNER PILLS, which are especially prepared for the cure of Indigestion, and do not purge, weaken, or distress the invalid, should be taken regularly (so long as required) in connection with Hanington's Quinine Wine AND IRON to regulate the bowels, strengthen the stomach, and impart tone and vigor to the system. If the above suggestions are carefully and persistently followed, a positive cure in the majority of cases will be the result. Since we originated "Quinine Wine and Iron," other persons have tried to imitate it. Be sure that "HANINGTON'S" name is on both bottle and wrapper, and you can feel satisfied that you have the original and genuine.

HANINGTON'S ESSENCE OF JAMAICA GINGER