

**EXCESS ACIDITY**

**VERSUS  
HEALTH**





# ALKA SELTZER

Read what Edward Prior says about Alka-Seltzer.

Mr. Prior is one of thousands who has found Alka-Seltzer extremely effective for Acid Indigestion.

Others are equally enthusiastic over the relief they have enjoyed by taking this new, different, better Effervescent Tablet for Headache, Colds, Stomach Gas, Neuralgia, Rheumatic, Sciatic, Neuritic and Muscular Pains.

Alka-Seltzer makes a sparkling alkaline drink. As it contains an analgesic (acetyl-salicylate) it first relieves the pain of everyday ailments then, by restoring the alkaline balance, removes the cause when due to excess acid.

At Soda Fountains  
And in 30c and 60c packages



AT ALL  
DRUG  
STORES



"My work takes me to construction camps where we get "grub" instead of food.

I suffered incessantly from heartburn and various stomach disorders. I could neither digest or assimilate my "grub" and became so weak I could hardly get about. I had taken red pills, blue pills, green pills and yellow pills.

I tried Alka-Seltzer. That was last summer. I am now a devotee of Alka-Seltzer—I have thrown away my rainbow of pills and now enjoy camp "grub" with the appetite of any husky on the job." Edward Prior  
York, Pa.





# EXCESS ACIDITY VS HEALTH



**Y**OU HAVE read and heard a great deal about Proteins, Carbohydrates and Fats and their proper places and proportions in our daily diet. You have probably studied tables of Vitamins and Calories so that you have a considerable knowledge of the functions of the Vitamins and the amount of Calories necessary to keep you in health. If you have put your knowledge to use, you are healthier and happier for it.

This little book treats of a subject less known but quite as vital to health—the necessity of a proper balance between alkalies and acids in the human body and methods by which this bal-

ance can be maintained. This is also a nutritional subject because the food we eat is the main factor in regulating this balance.

Other causes that lead to a lowering of the Alkaline Balance are over-exertion, lack of sufficient sleep and rest, over-indulgence in alcoholic beverages and lack of exercise.

The necessity of keeping the body slightly alkaline was discovered more than twenty years ago but its practical application is of more recent date and comparatively little has been written about it.

When the normal alkalinity of our bodies is reduced, we become ill—the





Words cannot express my thanks to you. It is useless to write pages of good results gotten from your Nervine. It can only be described in three small words—"cheapest, best and quickest."

Julius Schmidt  
Moon Run, Pa.

I have used your Nervine for years and think there is nothing better.

Mrs. C. P. Kight

greater the variation toward acidity, the sicker we are. If our blood and tissues become acid, we die.

A great amount of acids are produced in the normal pro-

cesses of living.

That Nature considers the elimination of acids of the utmost importance is shown by the elaborate system She has for getting rid of them.

## How Nature Gets Rid of Acid

First;—She combines the Acid in neat little packages with Alkalies which are always in the blood stream for just that purpose. Then she floats these packages down the blood stream to the lungs where they are broken open and the Carbon Dioxide or Carbonic Acid Gas is separated and dumped into the outer atmosphere with each exhalation of breath. The Alkalies are then floated back for another load.

Normally we dump eighteen loads of Carbonic Acid Gas into the atmosphere every minute.

Second;—Nature gets rid of Excess Acid by neutralizing it with Ammonia. The body manufactures a supply of Ammonia by chemically breaking down the proteins in our food. When the Ammonia, which is strongly alkaline, and the Acids unite, they form Ammonia Salts. These Salts are hurried to the kidneys and dumped

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# NERVES NERVES NERVES

Do they torture you by day and keep you awake at night? Do they make you Restless, Irritable, Blue? Do they ruin your digestion, make your head ache, interfere with your work?

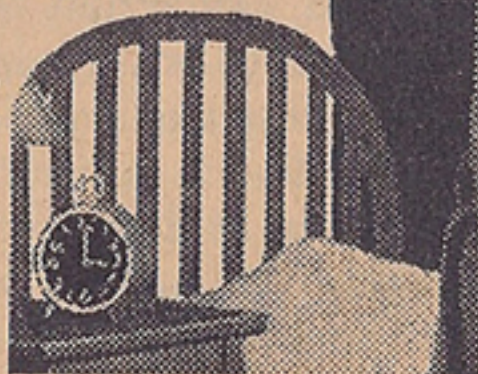
Over-taxed Nerves do all these things—and more. Because the nerves control all functions of the body, they can, and often do, give all the symptoms of serious organic trouble.

Worry, uncertainty, fear, working under high pressure, noise, lack of proper rest and relaxation—all tend to over-tax the nervous system.

In times like these, when few of us can avoid uncertainty as to the future with the worry and fear that are bound to follow; when we feel that we

must work under high pressure to hold our job or our business, Nerve Strain takes an increasingly heavy toll.

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## DR. MILES' NERVINE

*(Liquid or Effervescent Tablets)*





I have taken Dr. Miles Nervine and I sure know it is what it's recommended to be. I can praise it for it has settled my nerves when they get so unstrung.

Mrs. Klinglsmith  
Cecilia, Ky.

I have used Nervine off and on for years and I find it the best thing for the Nerves.

G. W. Clark

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from our bodies in the urine.

Third;—The body gets rid of unwanted acids by passing them out through the kidneys unchanged.

Fourth;—A considerable amount of acids are combined with alkalies, other than Ammonia, and passed from the body.

Nature can adapt Herself to a considerable variation from the normal, but when we throw too many acid-producing foods into the chemical pot that is our body, She is unable to take care of them and an excess acid condition, or rather a lowering of the alkaline balance, results. This excess acid condition makes us ill. It may result in a general feeling of unease or discomfort, a Headache, a

feeling of Fatigue, Vague Pains in different parts of the body.

Many disorders cause an excess of acid in the body and this excess acid in turn aggravates the trouble that causes it.

Moderation or temperance in eating, drinking and working is essential to health, but there are ways by which we may escape some of the penalties of carelessness or recklessness in our habits of living.

If you suffer from hyperacidity, it may be that the medication and diets suggested in this little book will be of real help to you—a factor that will change you from half-efficiency to full efficiency; that will greatly benefit you in Health, Enjoyment and Accomplishment.

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If you suffer from *Sleeplessness, Nervousness, Irritability, Nervous Indigestion, Nervous Headache, Travel Sickness*—why don't you give DR. MILES NERVINE a fair trial. Get a package at any drug

store. If it doesn't give you the results you expect, take the package to the druggist and he will cheerfully refund your money. This applies to the first bottle only. We do not want your money unless we can help you.

Perhaps You Need  
**A Reliable Nerve Sedative**

Dr. Miles Nervine was first offered only in Liquid form. No pains were spared to make it as palatable as possible. It has stood the test of time.

Dr. Miles Effervescent Nervine Tablets were developed in response to a demand for this same formula, put up in a form that could be carried in the pocket and taken

regularly when away from home; that could be packed when traveling without danger of spilling.

They have the same soothing effect on the Nerves as Dr. Miles Liquid Nervine. Being alkaline in reaction, they tend to correct the over-acid condition that frequently causes Nervousness.



Dr. Miles Nervine  
(Liquid)

**DR. MILES' NERVINE**



Dr. Miles Nervine  
(Effervescent Tablets)





I couldn't sleep nights. I could not sit still or lie still; would walk the yard and even cry sometimes until midnight. Nothing seemed to do me any good. One day a friend induced me to try Dr. Miles Nervine. It helped me from the first dose.

Julia Cheshire  
Joaquin, Texas

## Oxidation Supplies Our Bodies With Heat

Oxidation goes on throughout all Nature. But inflammable substances, when a fire or heat has been applied to them, burn with a glow or flame and develop great heat. We can readily see and feel them. This burning leaves ashes as we all know.

What many of us do not know, is that wood, iron, steel and almost all other substances oxidize whether or not heat or fire is applied to them. Iron, exposed to the air, oxidizes—slowly to be sure, but given time, becomes merely a pile of rust. Rust is the ashes of oxidized iron. Wood, exposed to the air, also oxidizes. The crumbling, "punky" log or sticks of timber that we see in

our swamps and even on higher ground, is merely wood partly oxidized.

Our food is oxidized, not rapidly, but sufficiently fast to keep our bodies at a temperature of nearly a hundred degrees Fahrenheit.

Carbohydrates (sugars and starches) which we eat, are the oxidizable substances that sustain this source of heat. Our bodies are equipped with very accurate thermostatic control which keeps them, normally, always at the same temperature. The weather may go from 20 below zero to a hundred above, yet the body is always at practically the same temperature. Variations of

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# Do You Ever Read

## Other Folks Letters



I am a user of Nervine and think it a life saver. When I am very nervous and can't sleep, I take a dose of Nervine and get a good night's rest. I think anyone who is nervous should keep a bottle in the house all the time. Mrs. Oliver

I have been a user of Dr. Miles Nervine for years and it has done wonders for me. Every time my nerves get unstrung and I can't sleep, I get a bottle of Dr. Miles Nervine, and after a few doses, it does the trick. Harry Hansen

I have been a constant user of Dr. Miles Nervine and it helped me very much when I was run down and nervous. I have told many of my friends about your medicine and most of them have become regular users. Mrs. Gilmour

I suffered from Nervous Headache and could not sleep at night. I had a Nervous Breakdown and in spite of treatments, grew worse. I decided to try Nervine. Now I feel well and sleep soundly. Mrs. Logwood

Read the letters on this page, from people who are enthusiastic about the results they have obtained by using

### DR. MILES NERVINE

You don't believe all you read? Get a package of Dr. Miles Nervine on our *satisfaction or money back guarantee*—page 31.







I am taking your Nervine Tablets for Headache and think they are fine.

Mrs. Eliza Ward  
Charlottesville,  
Virginia

I have used your Nervine for eight years and find it one of the best nerve medicines I ever used.

Mrs.  
Estes Armstrong  
Readyville,  
Tenn.

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only a few degrees in bodily temperature mean Death.

When food oxidizes, it leaves a product which is neutral, alkaline or acid. The taste of a food is no indication of the sort of product it leaves, and should never be used as a guide in selecting acid or alkaline diet. Lemons have an acid or sour taste, yet are valuable in the treatment of Acidosis. Bread,

which does not taste acid at all, is strongly acid producing because, after it has been oxidized in the body, it leaves an acid product as do Meats, Fish and Oysters.

Because many of us prefer the foods that leave an acid product, most of us sooner or later suffer from the discomforts or disorders that come from an over-acid system.

## More Causes of Over-Acidity

Over-eating, by giving the organs of digestion and assimilation more than they can do, often results in fermentation and acid products from the undigested food.

Lack of exercise causes excess acidity, partly because we do not breathe deeply enough

or often enough to throw off all the carbonic acid gas, also for the reason that our digestive organs do not function so well when we do not take some physical exercise.

Alcohol is strongly acid producing and over-indulgence in

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## Let These Users Tell You About **Dr. Miles Nervine**

Thousands of satisfied users of Dr. Miles Nervine write us that this preparation has given them unusual relief. We believe that anyone who suffers from *Nervousness, Sleeplessness due to Nervousness, Nervous Irritability, Nervous*

*Headache, Nervous Indigestion*, will make no mistake in giving this time-tested Nerve Sedative a thorough trial.

I have been a user of Dr. Miles Nervine and Dr. Miles Anti-Pain Pills for a decade or more, and do hereby highly recommend them.

Rev. Wm. H. Swope, Mt. Upton, N. Y.

I always suffered severe nervous headache going out in crowds or car riding. I was told to try Dr. Miles Nervine Tablets. I found them to be of great benefit.

Mrs. E. W. Sopher, Jersey City, N. J.

I want to tell you I have taken your Nerve medicine and wouldn't be without it in my house. My nerves were nearly shattered. Thanks to your medicine, they are better now.

Mrs. Donald D. Fisher  
Traverse City, Michigan

I began using Dr. Miles Liquid Nervine when I recognized the dangers facing me daily from the effects of frequent attacks of nervous indigestion and accompanying headaches. Dr. Miles Liquid Nervine gave me the necessary relief and protection.

Lee Prior, York, Pa.



Rev. Swope



Mrs. Fisher



Mrs. Sopher



Lee Prior