



My husband has used your Nervine Tablets—has had very good results. He was terribly nervous when he started taking them, but now he is very much better.

Mrs. F. W. Verch

I was troubled with severe headache and neuralgia. After taking your Nervine Tablets was greatly relieved.

R. O. Hughes

(Continued from Page 8)

alcoholic liquors often leads to Headache, Nausea, and that "Morning After" feeling.

Fatigue causes excess acid because exertion changes the sugar in the blood to lactic acid. One way to overcome this is to do as was done in the war—give out rations of candy, sugar or

chocolate to replenish the sugar in the blood stream. Another way is to take something that will neutralize the acid in the blood.

On the other hand, we tire much more easily when the normal alkaline balance of our bodies is lowered.

Alkaline Athletes Have More Endurance

The sports world was amazed when the Oregon State Football Eleven played a gruelling game against Southern California without making a single substitution.

The unusual endurance of the Oregon team was no surprise to Dr. R. L. Bosworth who had complete charge of their training during the week preceding the game.

For twenty-two years Dr. Bosworth has been working with Varsity athletes, but until just before the Oregon State-California game, he never had an opportunity to condition his athletes exactly as he wanted to. According to the good Doctor's theory, two things are necessary for real success in athletics.

(Continued on Page 12)

LIE awake nights ???

From the letters that grateful users write us, we believe that Dr. Miles Nervine—you can get it in both Liquid and Effervescent Tablets—is an exceptionally effective medicine for Sleeplessness, as well as for Restlessness, Irritability, Nervous Headache, Nervous Indigestion, and other disorders caused by Over-Taxed Nerves.

I have recommended Dr. Miles Nervine to a number of my friends suffering from business worries and who find it hard to get any rest at night, and also my daughter who has suffered a nervous breakdown—and they report real sleep after taking Dr. Miles Nervine. My husband used Dr. Miles Nervine many years ago and I can truthfully say I am never without it in my medicine cabinet and prefer the tablets since they are on the market and produce the same results as the Liquid, as they are easier carried when traveling.

Mrs. Mary A Gray,
Minneapolis, Minnesota

I was unable to sleep at night. I retired seemingly sleepy but as soon as I lay down I became wide awake. I listened for various noises and heard every noise the baby would make as she turned over in her bed. Several times a night I tip-toed to her bed only to find her well covered and sleeping soundly.

I sent for a free sample of Dr. Miles Nervine. It helped me so much that I then purchased a package. Now I go to bed and sleep normally.

Mrs. Alice Green, Ashkum, Illinois

NOT
When She Can Get

DR. MILES
N **ERVINE**





I have been using your Aspir-Mint for my rheumatic pains. It has done me a lot of good. I have recommended it to several of my friends and it has helped them. I don't think I can recommend them highly enough. I surely am thankful I bought them.

B. A. Somers
Pleasant Valley,
Ohio

(Continued from Page 10)

FIRST:—to have the contestants physically fresh and mentally alert.

SECOND:—to have their blood and bodies sufficiently alkaline.

Dr. Bosworth says: "The trick is to keep the blood reaction slightly alkaline and the very process of getting ready for such a heavy output of physical energy as playing in a football game, has a tendency to acidize the blood.

"First—the heavy exercise itself—this will acidize the blood. Second—the protein diet with its preponderance of meat such as steaks, to give the athlete muscle energy. Third—the heat, especially if it is a very hot day."

Here we have the theory. We already know how it worked.

Now let us glance at the methods used: First:—a light workout instead of the usual hard scrimmage before the game. Second:—Plenty of tomato juice, orange juice and lemon juice as alkalizers beginning about two days before the game. Third:—An alkalinizing medicine to those whose blood test does not show sufficient alkalinity.

To be sure, few of you who read this little book want to train for athletic contests. All of you are, or should be, interested to know that a normal alkalinity of the blood means greater endurance, more pep, less fatigue.

(Continued on Page 14)

DR. MILES
Aspir-Mint

Better Taste - Better Results

Here is a modern, scientifically compounded tablet that gives prompt relief for *Headache, Neuralgia, Muscular Pains*—a tablet that relieves the stuffed-up feeling of the *Cold in the Head* and at the same time, tends to break up the accompanying *Congestion*. The formula was used extensively in the Epidemic of 1918 and 1919.

The Dr. Miles Chemists have combined its ingredients into a tablet of well-balanced dosage, pleasantly flavored with mint.

You will find Dr. Miles Aspir-Mint pleasant to take and effective in action.

A great many users write us that Aspir-Mint is the pleasantest and most effective non-effervescent medicine that they have ever used for Colds. Why don't you try it?

If you have Influenza or Pneumonia, don't attempt to treat yourself. Consult your physician and be guided by his advice.



Disorders and Diseases Caused or Made Worse by EXCESS ACID

COLDS

An eminent physician writes: "I wish I could tell you what causes the Common Cold, but I can't, for we Doctors must confess that so far, the Common Cold has us baffled. Nor can I tell you anything that will cure the Cold like magic.

"There are simple remedies that the medical world recognize. They help to shorten the course of your Cold and to make it less virulent, especially if you use them during the early symptoms. You may be able to 'abort' the Cold entirely, as physicians say, when they mean prohibit a Cold from developing."



Mrs. Miller

I have used Dr. Miles Little Pills and found they helped me very much.

Mrs. Steve Miller
Jump River, Wis.

Dr. Miles Little Pills aid in elimination in a very pleasant, natural way, the best laxative I have found, and I have tried many.
Mrs. F. W. Falk
Canton, Ohio

This physician then goes on to tell of the necessity of alkaline medication to offset the systemic acidity caused by the Cold, and the relief from the feeling of illness and headache to be obtained by taking Acetyl-Salicylates.

The same physician says: "A superior remedy for the common cold, consistent with the principle of alkaline medication is ALKA-SELTZER. It is an exceedingly pleasant way to take Acetyl-salicylic acid and an especially desirable feature is the fact that it contains, in addition, the preferable alkaline salts by which the acidotic tendencies of the infection are

(Continued on Page 18)

Dr. Miles Cactus Compound

EMINENT medical authorities say that Cactus in combination with Digitalis is useful in irregular heart action when due to Fatigue, Emotions, Nervousness and Indigestion.

It is also recommended as being of special value in Irritable Heart, caused by over-indulgence in tobacco.

Cactus has no toxic effect and may be given in doses larger than regular doses and over a long period of time if needed.

Dr. Miles Cactus Compound is a combination of Cactus, Digitalis and other vegetable extracts. Cactus Compound is made by a special process which uses only the green Cactus (considered much more effective than dried Cactus.)

Fill out and return one or both coupons.

Dr. Miles Laboratories, Inc., Elkhart, Ind.

I would like to try **Nervine**. (State if **Tablets** or **Liquid** is desired). Also **Alka-Seltzer**. I am enclosing 6 cents for samples.

Name.....

St. or R. F. D.

Town..... State.....

(292)

Dr. Miles Laboratories, Inc., Elkhart, Ind.

I would like to try your **Anti-Pain Pills**, **Little Pills**, **Laxative Tablets** and **Aspir-Mint**. I am enclosing 4 cents for samples.

Name.....

St. or R. F. D.

Town..... State.....

(292)

Take Care of Yourself

Tense nerves make you cranky and keep you awake, give you Nervous tension. Tense nerves can ruin you men.

Dr. Miles Nervine relaxes tense nerves, cures Indigestion and Nervous Headache, permits you to sleep. Get Dr. Miles Nervine at any drug store in box.

Dr. Miles Liquid

Although the formula from which Dr. Miles Liquid is made was originated more than 50 years ago, it is still up to date. Dr. Miles Liquid is the most soothing the nerves of America for 50 years.

Dr. Miles Effervescent

The same formula as Dr. Miles Nervine with the addition of vegetable and mineral acids to overcome the acid condition that often causes nervousness.

You can get your money back if you are not entirely satisfied with results from Dr. Miles Nervine, either Liquid or Effervescent.

BOTH ARE



MRS. MARY ELLIS

Large
Package \$1.00
Small
Package 25c

Mrs. Mary Ellis, 748 Villa Street, Racine, Wisconsin

I have used Dr. Miles Nervine Tablets for several years. I find that nothing else has ever done me so much good in quieting my nerves.

Archie V. Robinson, Denver, Colorado

Some time ago I was troubled with a nervous ailment which had kept me in a bad condition for more than three months. I tried Dr. Miles Nervine and believe me, it did the work. It is, indeed, a pleasure to recommend it.

Miss Mary Glivar,
Route 1, Box 83, Salida, Colo.

Effervescent
DR. MILES' NERVINE
TABLETS



of Your Nerves

rankly and irritable, fretful and blue,
Nervous Headache, Nervous Indiges-
tion mentally and physically.

Stimulates tense nerves, relieves Nervous Indi-
gestion, permits refreshing sleep. You can get
it in both liquid and effervescent form.

Liquid Nervine

From which Dr. Miles Liquid Nervine
was made more than fifty years ago, it is
the same. Liquid Nervine has been literally
in use in America for more than fifty years.

Effervescent Nervine Tablets

Dr. Miles Liquid Nervine, with the
mineral alkalizers which tend to
relieve that often causes nervousness.

Go back for the first bottle of Dr.
Miles Liquid or Effervescent Tablets, if you
want results after you have used it.



MRS. C. HAMMACKER



MR. RALPH BAILEY



MR. TIMOTHY A. NASH

I have used Dr. Miles
Nervine with splendid
results and would not
be without it in the
house.

Mrs. Crist Hammacker, New Buffalo, Pennsylvania

I had a nervous breakdown and couldn't sleep nights. I got
very little relief until I used Dr. Miles Nervine.

Ralph Bailey,
134 Richardson Street, Staunton, Virginia

I have had to use a nerve medicine a
great deal in the past two or three years
because of a severe accident which seemed
to shatter my whole nervous system. I
found great relief in the use of Dr. Miles
Nervine. I have used the liquid and effe-
rescent tablet and both give the same re-
sults.

Timothy A. Nash, Seattle, Wash.

Large
Bottle \$1.00
Small
Bottle 25c



GUARANTEED

DR. MILES' **NERVINE**
LIQUID

(Continued from Page 14)

over-come.

"Alka-Seltzer furnishes, in one pleasant, effervescent tablet, the medicaments that modern science recommends for the treatment of colds."

Our Grandmothers' treatment is still good. Go to bed, take plenty of hot drinks, cover up and sweat it out. Add to this, alkaline-salicylate medication and you have as nearly an effective cold treatment as modern science has been able to devise.

ACID INDIGESTION

The most common cause of stomach disturbances is too free secretion of acid juices during the digestion of a meal. Stomach Hyper-acidity causes Heartburn, Sour Stomach, Gas

on Stomach, sense of fullness after eating—even Nausea and Vomiting.

An Alkaline diet together with harmless alkaline medication such as may be found in Alka-Seltzer, is the logical and effective treatment for this kind of Hyper-Acidity.

FATIGUE

As we have already stated, Fatigue is both a cause and an effect of an over-acid condition of the blood. A sparkling glass of Alka-Seltzer will pep you up when you are tired.

HEADACHE

An over acid system often results in Headache. The first thought of the sufferer from Headache is to get relief. Alka-Seltzer, because of its Acetyl-



I have used your Nervine Tablets and must say they are fine. I have been troubled with nervous indigestion, but after taking your Nervine Tablets, have had no more trouble.

Dr. Miles Nervine sure does the work.

W. O. Fetterhoff
Sparrows Point,
Maryland



Have suffered for a good many years from excessive acidity which caused an excruciating pain through my eyes. I purchased a package of Alka-Seltzer. This, with the help derived from the information on balancing diet which accompanied it, have made me feel like living again.
A. R. Hummel

Salicylate content, relieves the pain of almost any ordinary headache. At the same time, it helps to remove the Cause of that vast number of headaches due to excess acid.

Those who cannot take certain headache remedies because they cause a burning in the stomach are especially urged to try Alka-Seltzer. Many headache remedies reach the stomach as acids. Alka-Seltzer reaches the stomach as an Alkali.

More than this, the pain relieving element, (Acetyl-Salicylate), when used in Alka-Seltzer, is completely dissolved. Acetyl-Salicylate is not dissolved when taken alone or taken in water. Therefore, it always reaches the stomach in lumps or flakes and may cause

stomach distress.

The passage of anything through the stomach is always slowed up when the stomach content is over-acid. Because Alka-Seltzer tends to reduce rather than increase the acidity of the stomach, it gives quicker relief than any medicine that contains Acetyl-Salicylate without alkalizing agents.

MUSCULAR, RHEUMATIC, SCIATIC, and NEURAL- GIC PAINS

When you begin to have pains in your muscles, legs, back or face, it is time to give thought to your diet. Are you eating too many of the acid forming foods? It is probable that you are, because these disorders are either caused or
(Continued on Page 21)