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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  
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# YOU can't go places...



You can't "go places and do things" when you have Headache, Neuralgia, Muscular or Periodic Pains.

TRY DR. MILES' ANTI-PAIN PILLS.

*Quicker Relief*  
**FOR EVERYDAY PAIN**

A package of Dr. Miles' Anti-Pain Pills in your pocket, handbag, or medicine cabinet may save you hours of suffering.

They take effect in about half the time required by many other pain-relieving medicines.

Dr. Miles' Anti-Pain Pills are absorbed in the stomach. Most other similar preparations are not absorbed until after they have passed through the stomach. *Why suffer an extra half hour?*

**DR. MILES'**  
**— ANTI-PAIN PILLS —**





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made worse by too much acid in your system.

A diet that gives you more of the alkali-producing foods, together with alkaline medication, may be just what you need to clear up your condition and restore you to your normal good health. Alka-Seltzer will do you no harm and may do you much good. You may

reasonably expect it to relieve your pain because it contains Acetyl-Salicylate in readily assimilable form. If your trouble is due to excess acid, the vegetable and mineral alkalizers in Alka-Seltzer will help to restore a normal alkaline balance. Thus, this pleasant modern tablet may serve the double purpose of relieving the pain and removing the cause.

## Alkali and Acid Producing Foods

The matter of selecting a diet that is high in alkaline ash and low in acid ash is not at all complicated. No need to abstain from all the foods that you really enjoy in order to go on a diet in which the alkali producing foods predominate.

On the following page we list

the principal alkaline and acid ash foods with their relative degrees of acidity or alkalinity.

On page 25 you will find a menu made up almost entirely of alkali producing foods. Following this menu for even a few days will do wonders for you in reducing hyper-acidity.

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I have taken your Anti-Pain pills for nearly two years. They are the best I have ever found for Headache and Toothache. I will gladly recommend them.

Mrs.  
Lucille Koshinski  
Decatur, Ill.

I have used Anti-Pain Pills and know they are all you claim them to be.

V. R. Salsbury  
Coxsackie, N. Y.



## They Have Used Them **THEY KNOW**



Mrs. Cleminson

"For years I have used Dr. Miles medicines, especially the Anti-Pain Pills with good results."

Mrs. Alta E. Cleminson,  
Waterloo, N. Y.

I have been using your Anti-Pain Pills for a good many years. Keep some on hand all the time. Couldn't be without them as they are wonderful.

Sarah Weatherly, Baraga, Mich.

I have used your Anti-Pain Pills, Little Pills, also your Nervine and have derived wonderful results from them all. I would not be without them in the house. Mrs. Wallace Chappell, Cohasset, Mass.

Your Anti-Pain Pills are all you say they are. I use them myself and have told my girl friends, that are long sufferers from headache, and they surely find relief. Jessie McCabe, Sabbath Day Point, N. Y.



Mrs. Chappell



Mrs. Weatherly



Jessie McCabe

## For Quicker Relief

# Dr. Miles Anti-Pain Pills



## ALKALINE FOODS

Per 100 Grams

Beans, dried lima	41.65
Beans, dried	23.87
Raisins	23.68
Almonds	12.38
Beets	10.86
Carrots	7.78
Muskmelon	7.47
Chestnuts	7.42
Lettuce	7.37
Potatoes	7.19
Peas, dried	7.07
Currants, dried	5.97
Oranges	5.61
Bananas	5.56
Lemons	5.45
Peaches	5.04
Raspberry juice	4.91
Cherry juice	4.40
Cabbage	4.34
Apples	3.76
Turnips	2.68
Milk, cows	2.37

## ACID FOODS

Per 100 Grams

Oysters	30.00
Egg yolk	26.69
Meat, chicken	17.01
Fish, haddock	16.07
Meat, rabbit	14.80
Meat, lean beef	13.91
Meat, veal	13.52
Oatmeal	12.93
Meat, lean pork	11.87
Wheat flour	11.61
Eggs	11.10
Meat, frog	10.36
Wheat, whole	9.66
Rice	8.1
Crackers	7.81
Corn, dried sweet	5.95
Egg, white	5.24
Peanuts	3.9

## NEUTRAL FOODS

Lard	Sugar
Butter	Tapioca
Cream	Cornstarch



My daughter thinks she can not do without your Anti-Pain Pills. She keeps them on hand and her friends do not hesitate to ask for one when they need it. Our family always is sure of the results from taking Dr. Miles remedies.

Mrs.  
M. E. Bowyer  
Los Angeles,  
Calif.



# Eyes Bright... Step Light..

You share Bad Breath, Muddy Complexion, Dull Eyes caused by sluggish bowels with everyone you meet. You enjoy (?) the Tired Feeling, Brackish Taste, Sense of Fullness after Eating, due to this same cause, all by yourself.

You are sometimes constipated when your bowels move regularly because part of the waste products are retained in the body.

## DR. MILES LITTLE PILLS

*A Mild Laxative      Easy to Take*

Dr. Miles Little Pills move the bowels with little griping. Do not expect them to cure Constipation. No laxative will do that. They will move the bowels and make you feel—and look—better.

## Dr. Miles Laxative Tablets

Especially recommended as a laxative for children because of their pleasant taste and gentle action. Equally effective for adults.





## ALKALINE DIET--For Those Who Have Hyper-Acidity

## GENERAL MENU

## Breakfast

Fruit juice  
Fruit  
Fat  
Bread  
Preserves  
Drink

## Lunch

Fruit or vegetable juice  
Soup  
Potatoes  
Vegetable  
Salad  
Bread  
Dessert  
Drink

## Dinner

Fruit or vegetable juice  
Soup  
Potato  
Vegetable  
Bread  
Dessert  
Drink

## ACTUAL MENU

Glass of orange juice  
Banana with cream  
2 slices of bacon  
 $\frac{1}{2}$  slice toasted wheat bread  
Honey  
Milk or cocoa

Chilled tomato juice cocktail  
Bean soup  
Candied sweet potato  
Beet greens  
Cottage cheese  
 $\frac{1}{2}$  slice whole wheat bread  
Orange or grapefruit  
Glass of milk

Grape juice  
Cream of spinach soup  
Potatoes  
Lima Beans  
 $\frac{1}{2}$  slice whole wheat bread  
Baked apple with cream  
Glass of milk



I have used your Alka-Seltzer for Headache and found it very effective to relieve and very pleasant to take.

F. P. Siwiec  
Perth Amboy,  
N. J.

Alka-Seltzer is the best tablets I have ever taken not only for sour stomach, gas on stomach, but for headache, colds.

Renona B. Evans