

WM. K. BENSON. Business Representative Detroit Steam and Hot Water Fitters, and Member of Executive Board Building Trades Council.

Gentlemen : For four years I suffered with dyspepsia and indigestion. About six months ago several of my friends recommended your Dyspepsia Tablets. I gave them a trial and can truthfully say they have helped me wonderfully. I will cheerfully recommend them to anyone suffering from similar ailments.

Yours truly,

Wm. K. Benson, 271 Sixteenth St., Detroit.

yopopola, and bundard with Indigestion and Gatarrh of The Stomagh.

JAMES WALSH,

Business Representative Plumbers' Union. Detroit, Mich., Jan. 18, 1904. Gentlemen: I beg to say that I have used

your Dyspepsia Tablets for some time and fin1 them almost indispensable. Since I have been compelled to take all my meals in restaurants I am never without a

box. I may add that several of my fellow workmen have used them with equally beneficial results. Very respectfully,

James Walsh. 54 State St., Detroit.

STUART'S DYSPEPSIA TABLETS.

A HEARTY MEAL.

Opinions And Arguments of Professional Men and Others.

DIETING A THING OF THE PAST.

An advertising agent, representing a because he could eat what he pleased prominent New York magazine, while h a recent western trip, was dining me evening in a Pittsburg restaurant. While waiting for his order he slanced over his newspaper and noticed the advertisement of a well known dyspepsia preparation, Stuart's Dyspepsia Tablets: as he himself was a regular user of the tablets, he began speculating as to how many of the other traveling men in the dining room were also friends of the popular rem-

tdy for indigestion. He says: I counted twenty-three men at the tables and in the hotel office. I took the trouble to interview them and was surprised to learn that hine of the twenty-three made a practhe of taking one or two of Stuart's Dyspepsia Tablets after each meal. One of them told me he had suffered

so much from stomach trouble that at one time he had been obliged to quit the road, but since using Stuart's Dys. pepsia Tablets had been entirely free m indigestion, but he continued their use, especially when traveling, on ecount of irregularity in meals and because like all traveling men he was often obliged to eat what he could get and not always what he wanted.

Another, who looked the picture beith, said he never ate a meal with-out taking a Stuart Tablet afterward, difficult matter as at first appears,

because he could eat what he pleased and when he pleased without fear of a sleepless night or any other trouble. Still another used them because he was subject to gas on the stomach, causing pressure on heart and lungs, shortness of breath and distress in chest, which he no tonger experienced uses when the tablets regularly since using the tablets regularly. Another claimed that Stuart's Dys. pepsia Tablets was the only safe remedy he had ever found for sour stom-ach and addity. He had formerly used common soda to relieve the trouble, but the tablets were much bet-

After smoking, drinking or other ex. cesses which weaken the digestive or-gans, nothing restores the stomach to a healthy, wholesome condition so ef. fectually as Stuart's Dyspepsia Tab-

Stuart's Dyspepsia Tablets contain the natural digestive, pepsin diastase, which every weak stomach lacks, as well as nux, hydrastin and yellow par. illa, and can be safely relied on as a radical cure for every form of poor digestion.

PUTTING IT STRONG.

But Doesn't It Look Reasonable?

This may read as though we were utting it a little strong, because it is generally thought by the majority of people that Dyspepsia in its chronic form is incurable or practically so. But we have long since shown that

stomach simply makes matters worse. What the stomach wants is a REST. Now how can the stomach become rested, recuperated and at the same time the body nourished and sustained. This is a great secret and this is also the secret of the uniform success of Stuart's Dyspepsia Tablets. This is

> a comparatively new remedy but its success and popularity leave no doubt as to its merit. The Tablets will digest the food any. way, regardless of condition of stom-

> > ach. The sufferer from Dyspepsia, accord. ing to directions, is to eat an abundance of good, wholesome food and use the tablets before and after each meal, and the result will be that the food will be digested, no matter how bad your dyspepsia may be, because, as before stated, the tablets will digest the food, even if the stomach is wholly inactive. To illustrate our meaning plainly, if you take 1,800 grains of meat, aggs, or ordinary food and place it in a temperature of \$8 degrees, and put with it one of Stuart's Dyspepsia Tablets it will digest the meat or eggs

tremes or else deluging the already

over-burdened stomach with "bitters,"

'after dinner pills," etc., which invari.

ably increase the difficulty even if in

some cases they do give a slight tem-

porary relief. Such treatment of the

almost as perfectly as if the meat was enclosed within the stomach. The stomach may be ever so weak, yet these tablets will perform the work of digestion and the body and brain will be properly nourished, and at the same time a radical, lasting cure of Dyspepsia will be made, because the much abused stomach will be given, to

some extent, a much needed rest. Your some extent, a much needed rest, some druggist will tell you that of all the many remedies advertised to cure Dys. pepsia none of them has given so complete and general satisfaction as Stuart's Dyspepsia Tablets, and not least in importance in these hard times is the fact that they are also the is the fact that they are also the cheapest and give the most good for the least money.

The trouble with Dyspeptics is that COING TO BED HUNCRY. they are continually dieting, starving themselves, or going to opposite ex.

It is All Wrong and Man Is the Only Creature That Does It.

The complete emptiness of the stomach during sleep adds greatly to the amount of emaciation, sleeplessness and general weakness so often met with. There is a perpetual change of tissues in the body, sleeping or waktissues in the body, sleeping or wak-ing, and the supply of nourishment ought to be somewhat continuous, and food taken just befre retiring adds more tissue than is destroyed, and in-creased weight and vigor is the result. Dr. W. T. Cathell says. "All animals except man eat before sleep, and there is no researche. Nature why man should except man cat before sleep, and there is no reason in Nature why man should form the exception to the rule." If people who are thin, nervous and sleepless would take a light lunch of bread and milk or oatmeal and cream and at the same time take a safe, harmless stomach remedy like Stuart's Dyspensia Tablets in order to aid the stomach in digesting it, the re-sult will be a surprising increase in sult will be a surprising increase in weight, strength and general vigor. The only drawback has been that thin nervous dyspeptic people cannot digest and assimilate wholesome food at night or any other time. For such it is absolutely necessary to use Stuart's Dys-

pensia Tablets, because they will di-gest the food, no matter how weak the stomach may be, nourishing the body and resting the stomach at the same

Dr. Stevenson says: "I depend al-Dr. Stevenson says: "I depend al-most entirely upon Stuart's Dyspepsia Tablets in treating indigestion, be-cause it is not a quack nostrum, and I know just what they contain, a combination of vegetable essences, pure pepsin, and they cure Dyspepsia and stomach troubles, because they cas't help but cure." can't help but cure."



It is easy to keep well if we would only observe each day a few simple rules of health. The all important thing is to keep the

stomach right and to do this it is not necessary to diet or to follow a set rule or bill of fare. Such pamperset rule or bill of fare. Such pamper-ing simply makes a capricious appe-tite and a feeling that certain favorite articles of food must be avoided.

Prof. Weishold gives pretty good advice on this subject. He says: "I am 68 years old and have never had a serious illness and at the same time my life has been largely an indoor one, but I early discovered that the way to keep healthy was to keep a healthy stomach, not by eating bran crackers or dieting of any sort; on the contrary I always eat what my appetite craves, but daily for the past eight years I have made it a practise to take one or two of Stuart's Dys-popsia Tablets after each meal and I attribute my robust health for a man of my age to the regular daily use of Stuart's Tablets.

Stuart's Tablets. "My physician first advised me to use them because he said they were perfectly harmless and were not a secret patent medicine, but contained only the natural digestives, peptones and diastase, and after using them a few weeks I have never ceased to thank him for his advice. "I honestly believe the habit of tak-ing Stuart's Dyspepsia Tablets after meals is the real health habit, be-cause their use brings health to the slok and alting and preserves health to the well and strong."

sick and ailing and preserves health to the well and strong." Men and women past fifty years of age need a safe digestive after meals to insure a perfect digestion and to ward off disease, and the safest, best known and most widely used is Stuart's Dyspepsia Tablets. They are found in every well regu-lated household from Maine to Cali-fornia and in great Britain and Aus-

fornia and in great Britain and Aus-tralia are rapidly pushing their way into popular favor.



A CURE FOR ALL.

Not a Patent Cure All, Nor a Modern Miracle, But Simply a Rational Cure For Dyspepsia.

In these days of humbuggery and deception, the manufacturers of patent medicines, as a rule, seem to think their medicines will not sell unless they claim that it will cure every disease under the sun. And they never think of leaving out dyspepsia and stomach troubles. They are sure to

In the face of these absurd claims it , of the heart, headache, sleeplessness is refreshing to note that the proprie-tors of Stuart's Dyspepsia Tablets have carefully refrained from making undue claims or false representations regarding the merits of this most excellent remedy for dyspepsia and stom-ach troubles. They make but one ach troubles. They make but one claim for it, and that is, that for indi-geation and various stomach troubles Stuart's Dyspepsia Tablets is a rad-ical cure. They go no farther than this and any man or woman suffering from indigestion, chronic or nervous dyspepsia, who will give the remedy a trial will find that nothing is claimed for it that the facts will not fully sus-tain. tain

It is a modern discovery, composed of harmless vegetable ingredients ac-ceptable to the weakest or most dell-cate stomach. Ifs great success in curing stomach troubles is due to the fact that the medical properties are is such that it will digest whatever wholesome food is taken into the stomach, no mater whether the stomach is in good working order or not. It rests the overworked organ and re-plenishes the body, the blood, the nerves, creating a healthy appetite, gives refreshing sleep and the bless-ing which slows accompany a good ings which always accompany a good digestion and proper assimilation of

In using Stuart's Dyspepsia 'Tableta no dieting is required. Simply cat plenty of wholesome food and take these Tablets at each meal, thus as sisting and resting the stomach, which rapidly regains its proper digestive power, when the Tablets will be no longer required.

Nervous Dyspepsia is simply a con-dition in which some portion or por-tions of the nervous system are not properly nourished. Good digestion invigorates the nervous system and ev-ery organ in the body.



Indigestion.

Very few people are free from some form of indigestion, but scarcely two will have the same symptoms.

Some suffer most directly after eating, bloating from gas in stomach and bowels; others have heartburn or sour risings; still others have palpitation organ.

pains in chest and under shoulder blades, some have extreme nervousness, as in nervous dyspepsia.

But whatever the symptoms may be the cause in all cases of indigestion is the same; that is, the stomach for some reason fails to properly and promptly digest what is eaten.

This is the whole story of stomach troubles in a nutshell. The stomach must have rest and assistance, and Siuart's Dyspepsia Tablets give it both by supplying those natural digestive

by supplying those natural digestive which every syeak stomach lacks, owing to the failure of the peptic glands in the stomach to secrete sufficient acid and pepsin to throughly digest and as-similate the food eaten. One grain of the active principle in Stuart's Dyspepsia Tablets will digest 3,000 grains of meat leggs or other wholesome food, and this claim has been proven by actual experiment, which anyone can perform for himself in the following manner: Cut a hard boiled egg into very little pieces, as it would be if masticated; place the egg and two or three of the tablets in a bottle or jar containing warm water heated to 98 degrees (the temperature of the body) and keen it at this tem-perature for three and one-half hours, at the end of which time the egg will be completely digested as it would have been in the healthy stomach of a bunce who? have been in the healthy stomach of

have been in the healthy stomach of a hungry boy. The point of this experiment is that what Stuart's Dyspepsia Tablets will do to the egg in the bottle it will do to the egg or meat in the stomach and nothing else will rest and invigorate the stomach so safely and effectually. Even a little child can take Stuart's Tablets with safety and benefit if its digestion is weak, and the thousands digestion is weak, and the thousands of cures accomplished by their regular daily use are easily explained when it is understood that they are composed of vegetable essences, aseptic, pepsin, diastase and Golden Seal, which mingle with the food and digest it thoroughly, giving the overworked stomach a chance to recuperate.

Dieting never cures dyspepsia, neith-r do pills and cathartic medicines, which simply irritate and inflame the atestines.

When enough food is eaten and promptly digested there will be no constipation, nor in fact will there be disease of any kind, because good digestion means good health in every

AN EASY WAY

