

# "BE MASTER OF YOUR HEALTH"

—DR. CHASE

Make your blood rich—strengthen your nerves, increase your vitality and build up your system generally by using

## Dr. Chase's Nerve Food

You may be skeptical of what any medicine will do for you. But you are human—your vitality depends on an abundance of rich, red blood. Dr. Chase's Nerve Food supplies the ingredients from which new blood is created, and is bound to help you in the same way that it helps many thousands of others.

### HERE IS THE PROOF

#### RICE POINT, P. E. I.

Miss Margaret MacDonald, Rice Point, Lot 65, P. E. I., writes:—"I feel it my duty to write you about the benefits I have received from Dr. Chase's Nerve Food. For five years I suffered terribly from pains in my head and eyes. They became so bad that at last I could bear no light. I tried several doctors without obtaining relief. I kept getting worse all the time, and finally had to have my eyes bandaged and stay in a dark room. One day a friend advised me to use Dr. Chase's Nerve Food, and I had only used three boxes when I found relief. I continued the treatment until I had used 20 boxes, when I was entirely freed from pain. After remaining ten months in a darkened room, I am able to be about again. My eyes are so much stronger and while I have to wear glasses, I am very thankful to have my sight. I trust that anyone suffering as I did will not neglect giving Dr. Chase's wonderful Nerve Food a trial, and I hope you will put my letter in print so that my experiences may be of value to some one else."

#### SIDEFORD, P. E. I.

Mrs. A. A. Currie, Sideford, P. E. I., writes:—"I had stomach trouble and fainting spells and the gas would form on my stomach so that I would feel like smothering. Often I could not sleep at nights without being propped up in bed as I couldn't get a breath. For about five years I was like that, and consulted four doctors without being benefited. By using Dr. Chase's Nerve Food and Kidney-Liver Pills I have obtained the greatest benefits imaginable. No medicine I ever took did me so much good and I want to recommend them."

#### TARBOT, N. S.

Mr. John A. Morrison, Tarbot, Victoria Co., N. S., writes:—"My system was so run down that I could not work; my nerves were so unstrung that I could not even write a letter, my hand would shake so badly I could not sleep soundly, and would start up so suddenly as to almost jump out of bed. My kidneys were bad too, and I had terrible pains in my back all day. I doctored with our family doctor, but he did not seem to know what I needed. Dr. Chase's Nerve Food was recommended to me, so I started using it in connection with Kidney-Liver Pills. Three nights after starting this treatment, I slept better than I had for a long time, and I kept steadily improving. I take great pleasure in recommending these medicines, as I have proved them to do all that is claimed for them."

#### BALMORAL, N. B.

Madame Joseph Le Belle, Balmoral, N. B., writes:—"I was paralyzed for five years and during that time was treated by two doctors without obtaining benefit. When I read in Dr. Chase's Almanac how people were being cured by the use of Dr. Chase's Nerve Food, I immediately sent for some and began its use. I can now say that I have been completely cured by using this treatment and many of my friends hearing of the remarkable results obtained in my case, have since begun the use of this medicine. I am so gratified at being cured after suffering so long that I never tire of telling people about my remarkable experience with Dr. Chase's Nerve Food."

#### SUNRISE, N. S.

Mrs. John T. MacLeod, Sunrise, Cape North, N. S., writes:—"I suffered for years with stomach trouble, and was so very discouraged with what the doctors had done for me, that when I read of Dr. Chase's Nerve Food I immediately gave them a trial. Previous to starting this treatment I was subject to headaches, nervous, depressed spirits, and bilious attacks with vomiting. I took twelve boxes of Dr. Chase's Nerve Food, and it helped me wonderfully. My stomach is now much stronger, and I am not troubled with the distressing symptoms I used to have. I would recommend this treatment to anyone suffering similarly to what I was. I was also bothered with weak back, and having used the Nerve Food with such success I tried Dr. Chase's Kidney-Liver Pills for this trouble. They helped me splendidly, and I am glad of an opportunity to express my appreciation of both these medicines."

#### L'ETETE, N. B.

Miss Viola M. Williamson, L'Etete, N. B., writes:—"I suffered much from nerve troubles—was all run down and had all the usual symptoms—loss of appetite, weak, sensitive to light and sound, stomach trouble, headaches, etc. After taking Dr. Chase's Nerve Food, along with the Kidney-Liver Pills, I am able to work with renewed strength and vigor, and feel that I should add my testimony as to its wonderful curative powers. I am not able to say enough in praise of these medicines and shall always recommend them to sick and suffering humanity. I have taken in all, about 15 boxes of Nerve Food, and am well satisfied with what it has done for me."

#### HALIFAX, N. S.

Mrs. Chas. Henry, 33-A Rhode Is. and Ave., Halifax, N. S., writes:—"It gives me great pleasure to recommend Dr. Chase's Nerve Food. I was all cut and bruised in the Halifax explosion of December, 1917, and for six months after was in such a nervous state that I could hardly move from my chair. My limbs seemed to become numb and I could not sleep at night. After a treatment of Dr. Chase's Nerve Food I can honestly say I feel like a new woman."

#### ST. JOHN, N. B.

Mrs. S. M. Barton, 34 Adelaide St., St. John, N. B., writes:—"For over fifteen years I was afflicted with spells which were of exactly the same nature as epileptic fits. My body would twitch all over, my hands would close, then I would get rigid and become unconscious. I used to have these spells as often as every two weeks, and they would leave me with terrible pains in my head, lasting two or three days. I would be so weak and melancholy that life was a drag to me. I suffered terribly, and although consulting several doctors, received no results from their treatment. I read in the newspapers of Dr. Chase's Nerve Food and noticed that it had cured cases similar to mine, so I commenced using it, along with an occasional Dr. Chase's Kidney-Liver Pills. I could see in a short time that this treatment was helping me, so I continued using it for some time. The result was a perfect cure, for I have had none of those spells for the last three years. I have five of a family, do all my own work, and feel real well. If this letter is of any use to you, you are at perfect liberty to use it for the benefit of others."



"Oh, You Do Look So Strong and Well!"

"All why shouldn't I? You always write about 'strong and well'—but you see, I'm not! I don't eat all the food I want to, and I don't sleep at all. I'm just a bundle of nerves and I don't know what to do."



Children's Diseases Are Not Necessary



"I Am So Short of Breath"

"I MUST be your best friend, Grand Dad. I suppose I'm a little out of breath. Oh, you are not so old. You have got to get over the old ways and get on with the new. You are all right now, aren't you? I never felt better in my life. Dr. Chase's Nerve Food is what you need. Do you think that the old ways are any good for all this time?"



"I Wonder If It Would Help Me"

"I EARLY every day I feel like I'm not getting on. I'm just a bundle of nerves and I don't know what to do. I'm just a bundle of nerves and I don't know what to do. I'm just a bundle of nerves and I don't know what to do."



"I Am So Afraid it is My Heart"

"VERY many people live in constant dread of heart trouble when it is in no way chronic. There is perhaps no organ in the human system which is worked so hard and so long as the heart. It is supplied with plenty of rich, red blood. As the heart requires its own vessels and its own blood, it is not surprising that the circulation and expansion of vessels and these organs are supplied by the nervous system. When the blood gets thin and watery and the nervous system that of the stomach, bowels and other organs, is closed down. As a result, you are easily tired and experience shortness of breath, palpitation of the heart and general bodily weakness. The quickest and most rational way to get over this is to use Dr. Chase's Nerve Food."



"You Will Have to be Careful, John, the Doctor Says Your Heart is Very Weak"

"I DON'T see how that is. I'm just a bundle of nerves and I don't know what to do. I'm just a bundle of nerves and I don't know what to do. I'm just a bundle of nerves and I don't know what to do."



"What is This Nerve Food You See Advertised in all the Papers, Some Kind of Patent Medicine?"



Workers in Chemicals and Metals Are Often Subject to Anæmia

"The breathing of poisonous chemical fumes or of the fumes which arise from the process of metal smelting is a most insidious cause of anæmia. As a result, the quality of the blood deteriorates and an anæmic condition is developed. Once the blood fails to supply an abundance of nourishment the nerves are affected and the result is a general weakness of the system, inability to do any amount of work, and a general feeling of depression. The symptoms are general weakness and general anæmia of the whole body. A complete change to open air, and a change to a diet of rich food, will do little good. The only way to get over this is to use Dr. Chase's Nerve Food as the best tonic and strengthener. It will rebuild the blood and give you the vitality and energy which you need. The appetite is improved, the vital organs are strengthened, and the system is restored to its normal condition."



A Mother's Tribute

"The value of the value of Dr. Chase's Nerve Food is without further comment. I received Dr. Chase's Nerve Food as a gift from a friend. I had been suffering from nerve troubles for some time, and I was very discouraged. I had been suffering from nerve troubles for some time, and I was very discouraged. I had been suffering from nerve troubles for some time, and I was very discouraged."



"I don't think I can go, Jessie, for I just feel wretched"

"Oh, I'm so sorry, for I did so want you to be there. I have to disappoint you, dear, but you know how wretched I have been lately. I'm just a bundle of nerves and I don't know what to do. I'm just a bundle of nerves and I don't know what to do. I'm just a bundle of nerves and I don't know what to do."



"Will Morning Never Come"

"I could only sleep I believe after some time. I'm just a bundle of nerves and I don't know what to do. I'm just a bundle of nerves and I don't know what to do. I'm just a bundle of nerves and I don't know what to do."



"I Shall Have to Quit, Principal, I Cannot Manage This Class"

"I would I could give you the same amount of energy and vitality that I have. I'm just a bundle of nerves and I don't know what to do. I'm just a bundle of nerves and I don't know what to do. I'm just a bundle of nerves and I don't know what to do."

At this season almost everybody is in need of restorative treatment to keep up energy and vigor and to maintain health, strength and vitality. Everywhere people are talking about Dr. Chase's Nerve Food, because it seems to be exactly what is required in the great majority of cases to restore the run-down human system. 50 cents a box, \$ for \$2.75, all dealers, or Edmondson, Bates & Co., Ltd., Toronto. The portrait and signature of A. W. Chase, M. D., are on every box.