

# DIETING TO KEEP WELL.

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Some people are born with a tendency to certain diseases. What they eat either aggravates this condition or tends to correct it.

Anyone can see the importance of a proper diet, but human beings, unlike the lower animals, lack the instinct that tells them what to eat and what to avoid.

It is a fact that proper diet and a good tonic will keep people well under most conditions, and restore ailing folk to health except in grievous diseases where the need of a physician is imperative.

Start to-day by writing to the Offer Dept., 46, Holborn-viaduct, London, for a free copy of the helpful book, "What to Eat and How to Eat." It contains most useful information on diet and describes the tonic treatment with Dr. Williams' Pink Pills for indigestion, nervous dyspepsia, troublesome conditions of flatulency or gas on the stomach, and discomfort after eating, caused by lack of tone in the digestive organs. Dr. Williams' Pink Pills for Pale People supply the stomach with well-oxygenated blood, without which good digestion is impossible.

So, besides dieting, begin a short treatment of Dr. Williams' Pink Pills to-day. Your dealer sells them, an improvement will soon show in increased appetite, better digestion, refreshing sleep and quiet nerves; but never waste time trying substitutes—always ask for Dr. Williams'.—[ADVT.]