

The cause of stomach troubles : being a treatise on the successful treatment of such disorders as: indigestion, dyspepsia, heartburn, acidity, flatulence, flushed face, waterbrash, wind, etc. by Bisurated Magnesia / Bismag Limited.

Contributors

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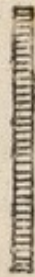
The Cause of Stomach Troubles.



Being a treatise on the
successful treatment of
such disorders as:—

Indigestion . . . Dyspepsia
Heartburn . . . Acidity
Flatulence . Flushed Face
Waterbrash . . Wind etc

by:



**BISURATED
MAGNESIA**

How you get Indigestion

There are scores of things which may, directly or indirectly, cause Indigestion and similar stomach troubles, but it is generally accepted that more than nine-tenths of all the cases of such disorders are due to, or accompanied by, hyper-acidity and food fermentation. Stomach troubles like indigestion are probably the most common disorders to which human beings are liable, and civilisation, by speeding up the lives of all of us, is mainly responsible. Most people start life with a strong, healthy stomach, and if we could confine ourselves to the use of scientifically suitable foods in moderate quantities—if we would eat slowly and avoid late hours, worry and overwork—we would go through life undisturbed by any form of digestive pain. Most of us, however, occasionally eat too much, stay up too late, or indulge in beverages which irritate the stomach lining, and this causes the trouble. The commission of any of the errors just mentioned (and some of them are almost unavoidable) will result in the accumulation of harmful acid in the stomach accompanied by fermentation. If this acidity and fermentation is prevented or overcome, then all is well, and the stomach can proceed with its work unhampered. The best and quickest way of accomplishing this is to take, immediately after meals, half-a-teaspoonful of Bisurated Magnesia in a quarter-tumbler of water (hot, cold or tepid), or to swallow two or three of the tablets. If desired this may be repeated in fifteen minutes, although in practically every case the first dose prevents all possibility of stomach disturbance or stops it instantly if it has started.

In other words Bisurated Magnesia removes the cause of the trouble and lets Nature do the rest.

The Folly of Neglect

It is a mistake to regard the early symptoms of digestive trouble with indifference for, if the acid causing the disturbance be allowed to accumulate, serious inflammation will almost inevitably follow in the course of time. Even chronic dyspepsia, gastritis and stomach ulceration may quite easily be the result of neglect. Bisurated Magnesia is of the greatest value at all stages of stomach trouble, but to take the preparation at the earliest possible moment is to adopt the wisest course available. Regularity in taking Bisurated Magnesia is highly advisable at the outset of the treatment and if the preparation is taken *immediately* after each of the three principal meals of the day, the troublesome acid will have no opportunity to collect and harm the stomach.

Helping the Stomach

There is no need to make your life miserable by following hard and fast dietetic rules or by fussing about with patent foods. Unless your case is of extraordinary severity you should soon regain stomach health with the aid of Bisurated Magnesia. Much can be done to hasten your recovery, however, by attention to the following points. Sip a glass of hot water on rising, with or without Bisurated Magnesia, according to which is most effectual in your own case. Let your breakfast be light, and eat your food slowly. Eat sparingly of rich meats, highly seasoned foods, pastries and excessively greasy foods of all kinds. Be moderate in the use of tea, coffee, alcohol and tobacco. Attend carefully to these little points and take half-a-teaspoonful of Bisurated Magnesia or two or three of the tablets in a quarter tumbler of water (preferably hot) directly after each principal meal, and stomach trouble will cease to worry you.

Bisurated Magnesia cannot harm the most delicate stomach, and it may safely be taken whenever distress is felt. Wise people do not wait until they are in pain before resorting to it, but take a little regularly after each meal. Good results are sometime achieved by taking a dose fifteen minutes before eating in order to neutralise undue acid accumulation before the food enters the

Stomach. That of Bisurated Magnesia is recommended for home use because it is a trifle quicker in its action. Business people, travellers and others who take their meals away from home will, however, find the tablets more convenient. The tablets may be taken whole, or chewed up with or without liquid, but the powder should be taken stirred up in a little water or milk.

TWO TYPICAL OPINIONS FROM PEOPLE WHO HAVE TRIED BISURATED MAGNESIA

West 9, Gretna.

For over fifteen years I suffered from a form of Indigestion which produced acute pain when the stomach was empty, so that my sufferings were worse during the night. I consulted several doctors and attended a Royal Infirmary, but got only temporary relief. About four months ago I decided to try Bisurated Magnesia; after the second dose I had not another pain.

(Signed) (Mr.) G. T. DIPPIE.

18, Raynham Road,
Upper Edmonton, N.18.

I cannot help writing to say that I feel quite a different woman to-day, after nine years of suffering. I tried everything I could think of and was told to get, and was under treatment at hospitals, but still got no benefit until I tried Bisurated Magnesia, from which I got instant relief; it is now a pleasure to eat and know that I am not going to suffer afterwards. Many thanks for your wonderful cure. I hope you will use this as a testimonial, for I recommend others who suffer as I did to get this sure cure.

(Signed) (Mrs.) JOHN KIMBER.

* * *

Always insist on having genuine

Bisurated Magnesia

which is sold by chemists everywhere in Powder Form at 3/- a Bottle, and in Tablet Form at 1/3 and 2/6 a Flask.

Prepared solely by—

BISMAG LIMITED

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