

A LETTER TO THE GRAND ARMY.

"The efficiency of an army," said Napoleon, "depends more on good food and digestion than on any other one thing." Precisely. Men can neither fight on empty stomachs, nor on sick stomachs.

And what is life, anyhow, but one long campaign? We have got to fight, most of us, whether we feel like it or not. Yes; and we must fight to-day for the bread and meat which is to strengthen us to fight again to-morrow. Men, women, and (Heaven forgive us!) lots of children; too—we are all in the army; fighting for money, place, and power; but the majority for the mere chance to live our days out.

Seeing that this is so, doesn't it seem as though everyone ought to have at least a fair start? I mean a good digestion and rations to match. But do they? Let this woman help you to answer that question.

"From childhood," she says. "I suffered from indigestion, but got along fairly well up to my fifteenth year. At this time I began to feel low and weak, and was exhausted with the least exertion. I had no relish for food, and after eating I had so much pain and tightness around the chest and sides that I had to unloose my clothing."

"A hacking cough fixed upon me and I was much troubled with night sweats, my linen being damp with perspiration. I passed terrible nights, frequently awaking as if suffocating. I had so much pain that I was afraid to eat, the food making me sick."

[Now, if women fought in the ranks, as the Amazons did, what sort of a recruit would this one have made? Yet whose fault was it? Not hers, surely.] "I soon got extremely weak," she goes on to tell us, "as if wasting away, and was thin as a rake. I became so nervous that I was afraid to walk out alone, and I had no strength to walk more than a short distance."

"Year after year I suffered like this, and gave up all hopes of ever getting better. Indeed I was in such misery I had no wish to live."

"I consulted three doctors, and also saw a physician at Clifton; but I got no benefit from their medicines."

"Everyone thought I was in a consumption, and I had got as low as one could be, when, in November, 1889, a friend urged me to try Mother Seigel's Curative Syrup. I got a bottle of this medicine, and after taking it a few days I felt that it was doing me good. I continued taking it, and by degrees I gained strength. My food agreed with me, and the cough and night sweats gradually wore away. When I had taken three bottles I was cured, and have since had good health. You can make any use you like of this statement, and refer any one to me. (Signed) (Mrs.) E. E. Ottery, 5 Maidstone Street, Redminster, Bristol, November 20th, 1895."

"All's well that ends well," says the adage. Not so; not by a wide margin. An innocent man returns to society after ten years of wrongful imprisonment. We know *now* that he was never guilty, and he is released on the strength of the new evidence. But does *that* make all right with him?

This lady is well *now*, thanks to the medicine that cured her, but think of the many weary years she was beaten and knocked about by disease—chronic indigestion or dyspepsia, with its horrors and pains. Think of the years in which she had to struggle and fight while hindered and handicapped with weakness, suffering, and fear! What is going to compensate her for that? Nothing, man, nothing. It is so much *gone*—gone beyond recall or redemption. What a pity!

Had she known, or had her friends known, of Mother Seigel's Syrup when she was a girl!—ah, matters would have been very different then. We can't act on knowledge we don't possess. But in order that you (the reader) may possess it, that everybody may possess it, Mrs. Ottery writes her letter, and I send it out to the world. May it reach and cheer the Grand Army.

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