

HELPING NATURE IN ITS WORK.

THE old story! "At last!" So many things are done "at last" which would have come out more happily if they had been done *at first*! But then, it is not always possible to be right at the very beginning, and perhaps it is cause for greater rejoicing when one has finally escaped from long suffering and danger. Mr. Simeon T. Clannon, a fisherman, sends us a letter from Point Michaud, Richmond Co., Nova Scotia, which tells its own story, and the lesson it teaches applies especially to people who are in the early stages of suffering from constipation. If they read this letter, dated Jan. 17, 1911, they need not suffer for ten long years as Mr. Clannon did; they may profit by what he tells them and use the right medicine *first* and, as he says, have "no return of the trouble."



"For ten years or more," says Mr. Clannon, "I suffered from severe constipation. I had terrible pains after eating and always a nasty taste in my mouth. I lost flesh and my skin was very yellow. I had violent pains in my back and loins and my head would swim so badly that I could scarcely stand up. This went on for a long time and I tried various remedies to get relief, but nothing seemed to do me any good."

"At last I was advised to try Mother Seigel's Syrup and Pills, which I did. After the first few doses I felt relief. My food seemed to

agree with me, and I lost the dreadful pains in my back. I continued the medicine for about six months and am now completely cured, and have had no return of the old trouble."

In his case Mother Seigel's Syrup, through its special combination of herbal extracts, regulated the flow of bile fluid from his liver, toned up and strengthened the stomach and gently assisted the action of the bowels. In other words, the medicine assisted the organs of digestion, so that they could do their natural work. That is all that Mother Seigel's Syrup ever does—no forcing of Nature—simply *helping* Nature. It will help you!