

THEY NEED BUILDING UP.

We hear much nowadays of an ailment called by the learned name of *anæmia*. But words change no facts. The trouble with these girls is lack of nourishment. Not merely of enough *food*, understand, but of power to digest food, and to make it fill out and build up the body. They require more good, well-vitalized blood, and that can be had only from

plenty of good, well-digested food. They are growing, too, making sustenance doubly necessary. Such of these girls as stand on the doorsill of womanhood, and are passing through the mysterious changes incident to

that period, need especial watching and care. Generally, from various causes, the digestion becomes weak or disordered and the appetite fails with it.

Now is the time to guard them against excess in work, study or late hours. Give frequent, but moderate, doses of Mother Seigel's Syrup to keep the bowels open and the stomach vigorous, and the girls will safely cross this dangerous tract of country and grow to be strong and healthy women.

Constipation and Piles.

The bowels should be emptied at least once a day by a natural evacuation, yet some persons (usually females) often fail of such evacuation for several successive days. Consequently the bowels or intestines are filled with partially digested food, which ferments and sours and develops a foul gas that rises into the mouth with a belching sound and action. This nauseous mass presses



TAKING FRUIT TO MARKET—CUBA, WEST INDIES.

upon and congests the blood vessels, producing various forms of piles—bleeding piles, blind piles, itching piles, etc. What suffering is thus caused we need not describe. The only mode of relief and cure is to soften this disease-breeding accumulation, and expel it from the bowels by the natural passage, and then to tone up the intestines so that they may do their own work. Seigel's Curative Syrup does this by promoting the secretion of bile by the liver, and stimulating the nervous and muscular power of the bowels. A few doses give relief, and perseverance will effect a cure.