

MY LITTLE BO-PEEP.

My little Bo-Peep is fast asleep,
 And her head on my heart is lying;
 Gently rock, and the old hall clock
 Strikes a knell of the day that's dying;
 But what care I how the hours go by,
 Whether swiftly they go or creeping?
 Not an hour could be but dear to me
 When my babe on my arm is sleeping.
 Her little bare feet, with dimples sweet,
 From folds of her gown are peeping,
 And each wee toe, like a daisy in blow,
 I caress as she lies a-sleeping;
 Her golden hair falls over the chair,
 Its treasures of beauty unfolding;
 I press my lips to her finger tips
 That my hands are so tightly holding.
 Tick, tock, tick, tock, you may wait, old clock,
 It was foolish what I was saying;
 Let your seconds stay, your minutes play,
 And bid your days go all a-Maying.
 O, Time! stand still—let me drink my fill
 Of content while my babe is sleeping;
 As I smooth her hair my life looks fair,
 And to-morrow—I may be weeping.

The Wastes of the Body.

A man takes into his body, daily, several pounds of foods of various kinds, as meats, bread, vegetables, and water, yet he grows no heavier. It is, therefore, clear that his body must in every twenty-four hours return, on the average, to the outside world, about as great a weight of matter as it receives from it. Even in childhood, while growth is taking place, and the body becoming heavier, the amount is only equal to the weight of the foods swallowed.

The matters given off daily from the body to the external universe, and compensating more or less accurately for the receipts from the outside world, are thus wastes, and are chiefly things which cannot be burned.

Much of the food taken in can be, and is oxidized, to enable us to move and keep warm. When burned it is of no further use to us, and would only clog up the various organs, as the ashes and smoke of an engine would soon put its fire out if they were allowed to accumulate in the furnace. This shows the necessity of keeping the digestive organs in a natural and active condition, which is best accomplished by using Mother Seigel's Syrup whenever any occasion for it arises.

The Tiger's Rough Tongue.

Tame tigers have been known to draw blood by licking the hand of their master. This indicates how rough and strong the surface of that animal's tongue is. In all animals, whether human beings or quadrupeds, the surface of the tongue indicates the condition of the health.

In children, the tongue is usually of a red color. In adult life, the natural color of the tongue is less red except around the edges and tip; a bright red glistering tongue is then usually a symptom of disease.

When the digestive organs are deranged, the tongue is commonly covered with a thick yellowish coat and there is frequently a bad taste in the mouth. The whole mucous membrane of the alimentary canal is in close connection, and anything disordering the stomach is likely to produce a furred tongue, which in most cases may be taken as meaning something wrong with the deeper parts of the digestive tract.

Therefore it is a good idea when feeling out of sorts to examine the tongue one's self, or have it done by another, and to resort to Mother Seigel's Syrup before worse happens. Commonly a few doses will remove the indigestion and clear the tongue.

Worms.

These pests are bred by the corrupt matter in the system. They often induce an unnatural appetite, and, again, destroy the appetite altogether. Mother Seigel's Curative Syrup will quickly drive them from the stomach and bowels, and expel and destroy the decaying substances on which they feed and grow.

Mothers should give their children occasional doses of the Syrup in order to keep the stomach in order and thus prevent worms being engendered there. This is true of all the parasites that infest the bowels and skin. It starves and cleanses them away.

OX!

PILLS.

These pills
 you feel
 ghly and
 r nausea.
 rous dis-
 sense of
 ng, dizzi-
 alternate
 te, short-
 tions on
 , acute or
 s which
 d limbs,
 etc., they

will find
 y would
 erience
 ed them.
 , remove
 rual and
 ular to
 use, as
 of June.

often re-
 uence of
 dabove,
 s single
 purities
 d by the
 bowels
 ly is im-
 nd Dys-
 to the
 plaints,
 AS WITH
 them to
 giving

boxes,
 obtained
 by mail

P. Q.