

about it—it lies in your stomach and creates poisonous gases which pollute your blood, lower your vitality, and create disease.

These facts are so simple that a child could understand them; but even grown up people do not always realize that faulty digestion is the real cause of all such troubles as pains after eating, a sense of fulness in the chest, wind in the stomach, lost appetite, furred tongue, headaches, bilious attacks, constipation, loss of vigour, sleeplessness, anæmia, languor and low spirits, and often the indirect cause of rheumatism, gout, sciatica, and many skin troubles.

"But," you ask, "what is the cause of faulty digestion?" And the answer is, the failure of your digestive organs—your stomach, liver and bowels—to do their duty. Overwork, anxiety, bolting your food, or taking food that is not suited to your constitution, aye, even a change in the weather, may cause your stomach to lose tone and strength, your liver to be sluggish, or your bowels to be costive. Then some of the ailments we have mentioned are likely to seize upon you, unless you quickly assist your stomach, liver and bowels to regain their natural healthful working condition, with the aid of Mother Seigel's Syrup.

We have shown you why and how Mother Seigel's Syrup restores these organs to working order more surely than any other medicine in the world. It rid^s you of all digestive troubles and, better still, it makes food nourish you, purifies your blood, increases your vitality and ensures you health and strength. If you suffer from faulty digestion, sluggish liver, or any kindred disorder, take a course of Mother Seigel's Syrup, daily, after meals, and put our statements to the test. It always does good! It cannot do any harm, whatever. Try it!

NOW A STRONG, HEALTHY GIRL.

WM. S. Whidden, Archihald, Colchester Co., N. S., under date of January 21, 1911, writes on behalf of his daughter, who is now seventeen years of age. He tells us that when she was four years old, she had a severe attack of stomach trouble with great distress after eating. She could not sleep at night, and would get up in the morning with a nasty taste in her mouth. She also lost weight. The doctor attended her, but his medicine did not help her. Mr. Whidden then tried Mother Seigel's Syrup and after giving her about half a hottle he noticed a change for the better. He continued the treatment for about four months. She is now a strong, healthy young girl, and has had no return of her old complaint.