

"PUT OUT YOUR TONGUE!"

The doctor tells you this when you go to him for advice and help. Why? Because the looks of the tongue are a sign of the condition of matters inside. It is the one tale it can tell without talking. Very few have a really clean tongue anyway, because few are in perfect health. In disease there is always a coating of some kind on the tongue. It looks like fur,

order of the stomach is shown by the appearance of the tongue.

Now, we do not try to get rid of the snow on our door step by sweeping the dust out of the kitchen, because there is no connection between the two. But in order to get the filth (or fur) off the tongue we must clean the dirt out of the stomach; and very likely, out of the bowels, too.



PICTURE OF A GONDOLA—VENICE, ITALY.

and so it is called by that name. In health the tongue is of a pale red color, and in some diseases it becomes a bright red, and is spoken of as "a beefy tongue." Then, under other circumstances, it will be of a dull brown, or a white color.

Commonly, a furred tongue means that the stomach is out of order. The outside covering, or skin, of the tongue is of a piece with that of the stomach, and is called the mucous membrane; and so it comes to pass that any inflammation or other dis-

effect by any means. For, with a badly coated tongue, you usually have a bad taste in the mouth, headache, dry skin, and other symptoms which prove the same thing, namely: that your food is not being digested, but is rotting in your stomach and sending out poisons into the blood, and so all over the body.

Now, the right course of procedure is first to clean out the bowels with two or three successive doses of Mother Seigel's Operating Pills, and then to take Mother Seigel's Syrup

But let us think of these things in their proper order and relation. The *disease* is in the stomach, and the *sign* of it is on the tongue. The first is the *cause*, and the latter the *effect*.

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8th M

DAY	MONTH	DAY	WEEK
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1	FRI.
2	SAT.
3	SUN
4	MON
5	TUES
6	WED
7	THU
8	FRI.
9	SAT.
10	SUN
11	MON
12	TUES
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29	FRI.
30	SAT.

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