

WE VISIT YOU AGAIN.

FOR many years past Mother Seigel's Almanac has been a welcome annual visitor to the homes of the people of the Dominion. There is plenty of evidence to show that it has done a deal of good. It contains interesting reading for everybody, but is especially intended to help the sick and to show them how to get well.

Now the whole drift of modern thought and invention is to simplify things. What we are all trying to get at is first principles. There may be fifty results and only one cause. All the vegetation on the earth, almost infinite in variety, springs from a dozen elements, compounded under different conditions. Ages ago men used to think that when they came across something with a new shape, they had stumbled over a kind of creation unlike every-

thing else. But experience has taught us better.

Let us now see how this fits in with what we know of disease. Once upon a time students of medicine held the notion that there was a different sort of ailment for almost every square inch of the human body; and they called these by names enough to fill twenty pages of a big dictionary. And then, of course, on that theory they got up as many different kinds of treatment. They imagined that every organ and part of the body was subject to a lot of troubles and complaints of its own, which had little or nothing to do with any other organ or part.

So stupid a blunder as this could only lead to miserable failure. They didn't hit the mark one time in fifty. How on earth could a cabinet maker, for example, turn out

A Seigel's Pill at night will insure a clear head in the morning.