

**Retaliation.**

BY JOHN IMRIE, TORONTO.

Oh, Canada! arise in thy young strength,  
And prove thyself a nation of the earth,  
Whose veins are filled with blood of noble birth  
That shall be honored, known and felt at  
length!  
Think not of war!—but all that makes for  
peace  
Be thine; thy aim—advancement and increase  
In all that tends to make a nation great,  
And thus be trained to cope with any fate!  
Oh, may thy brother "cross the lines" be  
such  
As brother ought to be to sister fair—  
Two of one family—ask we thus too much  
That God's free gifts they each alike may  
share!  
Then should a foe our continent invade,  
Brother and sister join in mutual aid!

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**Three Fortunate Women.**

We will introduce you to the oldest one first. Her name is Mrs. Jessie Russell, and she lives near the city of New York, in America. She was born in London in 1787, and is therefore 105 years old. She remembers many incidents of her childhood, and still has traces of former beauty. Her eyes are bright, and become animated when she talks. She retains her mental faculties completely. She descends two flights of stairs to every meal, and returns without assistance. Up to three years ago she was a regular attendant at the Greenwood Baptist Church. Her sight is excellent, and she reads the newspapers every day, and takes great interest in the news from England. She has never had any severe illness in her life, and her appetite and digestion are almost as good as they were fifty years ago.

The second woman says: "Ever since I was a child I have suffered from illness. Thirteen years ago a tired, languid, and heavy feeling came over me. The whites of my eyes became tinged with yellow, my skin was mallow, and my hands and feet were cold and clammy. My mouth tasted badly, especially in the morning, and I was often sick, vomiting a sour, frothy fluid. I had a pain in the chest and sides, heartburn, and flatulency. For four years I suffered like this, and I shall be glad to recommend the medicine that finally cured me." (Signed) (Mrs.) FRANCES EMILT SMITH, 49A, Woodhouse Street, Leeds, January 25th, 1892.

The third woman says: "I have been delicate all my life. For the past six years I have always felt tired, languid, and weak. I had a poor appetite, a bad taste in my mouth, and pain after every morsel I ate. I was dizzy, and often felt as if I was going to fall. I always felt sick, and would retch and strain, but could bring nothing up. There was a dull pain at the right side and a dreadful pain between the shoulders. I never knew what it was to be well. After being on my feet for a time my legs would swell very much. No doctor was able to help me, nor any medicine, that is, up to the time I took the one which gave me my health back. I never felt so well in my life as I do now." (Signed) (Mrs.) SARAH SHALMAN, Winton, near Market Deerpeng, February 19th, 1892.

Why do we put these three women in a group—the one venerable woman in America and the two others here in England? They are perfect strangers to one another and all ways will be. We do it to show how long and happily a woman may live if she only happens to escape the malady that everywhere threatens her sex, and also to show that those who have been burdened and cursed with it may be cured and once more taste the joys of health.

Mrs. Smith concludes her letter in these words: "After taking three bottles of Mother Seigel's Curative Syrup all pain and sickness left me, and I knew no more of the ailment that had troubled me so long, indigestion and dyspepsia. I know others who have been



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benefited by the Syrup. All sufferers should use it."

Mrs. Sharman adds that after she had doctor and taken everything, almost without getting any good from it, Mr. Webster, a grocer of Grinton, said, "Why don't you use Mother Seigel's Curative Syrup?" She acted on his suggestion, and health wasn't long in coming. "I cannot speak too highly of Seigel's Syrup," she says. We should agree with her in that opinion, for a remedy that will in a few weeks put an end to a case of chronic indigestion and dyspepsia is certainly worth a good word or two.

Now here you have these three English-women—one so fortunate as to have lived more than a century without illness; the others (still more fortunate) have known the sadness of suffering and the pleasure of recovery.

Oh, my! oh, my! how hard it is to tell who is best off in this queer world

Wear woollen clothing the year round.

Keep the feet comfortable and well protected.

Exercise in open air whenever the weather permits.

In malarious districts do your walking in the middle of the day.

See that your sleeping rooms and living rooms are well ventilated, and that sewer gas does not enter them.—Er.

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**LIFE WAS A BURDEN.**

"Life seemed a burden, the simplest food disagreed with me, and I was in misery from Dyspepsia, but two bottles of B.B.B. entirely freed me from it," says Miss L. A. Kuhn, Hamilton, Ont.

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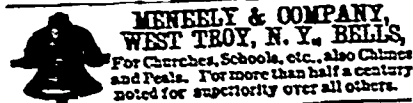
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