

GOOD DIGESTION.

How Lost and How Gained by People Like Yourself.

IN every country under the Union Jack, you will find Mother Seigel's Syrup in the homes of the people! Throughout the Colonies, as well as in the Motherland, it would be difficult to find a village, or even a street of over twenty houses, in which there do not reside persons who frankly state that they owe their good health to this old and world-famous remedy.

Now, just as the reason for the success of our great Empire lies in the sterling merits of the British peoples, so the reason for the unequalled success of Mother Seigel's Syrup lies in the sterling merits of the medicine itself!

The popularity of Mother Seigel's Syrup, as a remedy for those troublesome ailments which arise from stomach or liver disorder, is due to the fact that it is really a cure—a sure cure—in thousands upon thousands of cases, a cure after other medicines have failed! Mother Seigel's Syrup, the best and surest of all remedies for stomach and liver troubles, is made of certain curative extracts of roots, barks and leaves which tone up and strengthen the stomach, and gently stimulate the action of the liver and bowels—more surely and naturally than any other medicine known. We make no claim for Mother Seigel's Syrup that cannot be absolutely proved. We have never claimed that it is a cure-all, but we do say that nine out of ten of all human ailments arise from some disorder of the stomach, liver or bowels, and that no other remedy has been so successful in curing these disorders as Mother Seigel's Syrup!

You know, of course, that food is the chief source of health and strength. An ordinary person cannot live, without food of some kind, for more than a few days!

Therefore you must eat to live; but you must also digest what you eat, or trouble will follow. The food you digest is turned into blood to repair the daily wastage of the body, and so wonderful is this process of nature, that, taking regular meals, a man with sound digestion will often go for years together without losing or increasing in weight. If you eat enough food to keep you in health, but digest only a part of it, you must lose weight, strength and vigour. If you digest it only with difficulty, you must, of course, have the pains of Indigestion. But there is a still more serious view of the case. When you do not digest your food easily—without knowing or thinking