

# THE KIDNEYS AND BLADDER.

How They Protect You, If You Protect Them.

The most eminent medical men declare that "the blood is the life," and if we are to enjoy healthy life, the natural impurities of our bodies must be daily removed from our blood by the help of the kidneys. So long as you are in health, your kidneys do this work easily; but when, in consequence of Indigestion, Constipation, or liver troubles, your blood becomes loaded with impurities, then the strain on the kidneys is too great, and they break down. The natural waste of the system, which should pass off freely in liquid form, becomes a sort of solid acid, and is



Going ashore to see the folks.

deposited like invisible sandy grit in your kidneys and bladder; sometimes it settles in your joints and muscles. This deposit is the cause of backache, of gravel, stone, and other kidney and bladder troubles which, alas, too often prove fatal; it is also the cause of many distressing skin affections, and of Rheumatism, Gout, Lumbago, and all the uric acid diseases.

But now that you know the cause, you can see how these miseries may be avoided, and that is—by keeping your kidneys as well as your stomach, liver, and bowels active, and as a natural consequence your blood pure and healthy. The means of doing this is ready

to your hand, in Mother Seigel's Syrup. It is a purely vegetable compound, having a specific action on the blood, through the stomach, liver and kidneys. By toning and strengthening these organs, it expels impurities from the system, enriches the blood, and thus insures health and vigour to every part of the body. Take it daily, after meals.

Mr. David Hickie, of Lorne, Restigouche Co., N.B., writes under date of January 16, 1910:—"For about five years I suffered continually from Liver Complaint. I used only one bottle of Seigel's Syrup and was entirely cured. It is now over a year since I took the medicine and I have not felt any return of the sickness."