

## A Friendly Word to Mothers.

LOTS of people write to tell us that the best reading in the newspapers is (and has long been) the series of articles of which this is one. We appreciate the compliment, and try to deserve it. It is not that we are wise above all the rest of mankind; but because we say our say in plain English and in a friendly, helpful spirit towards everybody. And it is in this spirit that we now say to all the women in England who are mothers of growing children, that they ought to be more watchful of those children, especially in all matters that concern their health. Too many of the young people of this country are ill—quite too many. And death is too busy among them. There are too many *short* graves in the churchyards. Come, come now, let's have a bit of a talk about it. And let one good mother speak first.

"In November, 1893," she writes, "one of my daughters took cold, which threw her into a low, weak state of health. She grew to be very despondent, listless, and altogether out of sorts. She refused her food, saying she didn't want it, that she had no appetite. Still she ate something, as of necessity, but did not relish it, and it gave her no strength. Then she would be troubled with giddiness and a rush of blood to the head. At times her head was so bad she was not able to move about, and took no interest in anything. We were in hopes that the ailment would wear off, seeing that she was young, and that she would soon be herself again.

"Instead of that, she seemed to get worse, and complained of great weakness. In this strait we consulted a doctor, who treated her for a time, yet none of his medicines appeared to reach the source of her disease. For six months she remained in this condition. We knew not what further to do, and waited with a natural anxiety for any turn for the better or worse.

"It was in May, 1894, that I read in a little book or pamphlet that had been left at our house about Mother Seigel's Curative Syrup, and how many cases with the same symptoms as my daughter's, had been cured by it. What impressed me was the plain, straightforward speech of the letters of people printed in the book. They sounded honest and true, and I made up my mind that the medicine that had been a blessing to other families might prove so to mine.

"Well, I got a supply of the Syrup from Mr. J. V. Lewis's Stores, Blackwood, and after having taken it for only a few days, my daughter experienced great relief; and, by the continued use of it for a few weeks, she fully regained her health. Since then she has been as strong and well as before the illness came upon her. Seeing what Mother Seigel's Syrup had done in this case, I used it for another daughter who suffered from indigestion and rheumatism—with the best results.

"Out of my knowledge of the merits of this remedy I would strongly recommend it to all women, especially to those who are at a critical age, and liable to illnesses which may so easily prove more serious than at first feared. In hope my words may reach and be of use to others, you have my consent to the publication of this hasty letter. (Signed) M. E. Davies, Blackwood, Newport, Monmouthshire, November 28th, 1894."

It is not really needful to add anything to what Mrs. Davies has said. We may, perhaps, venture to say that, in all probability, her daughter's complaint—indigestion and dyspepsia, with resulting nervous prostration—actually set in *before* she took the cold to which Mrs. Davies attributes the attack. At least in the great majority of such cases that is the order of events. Let mothers look more closely into the subject and then say what they think. One thing nevertheless is clear, and can be acted upon now. Parents can place a bottle of Mother Seigel's Syrup in the house, whether they need it to-day or not. Then give the young people a dose on the *first signs* of anything wrong. Simple carelessness and slack attention. Dear Mercy, how many vacant places they make in our homes.