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OLD CHUM
The Tobacco of Quality

YOUR HEALTH

One of the most common of human complaints is neuralgia. Hardly a day passes but some friend says he is suffering from pain of this sort.

The word "neuralgia" means pain in a nerve. Since all pain is made manifest to us by the nerves, we might, with propriety, describe any pain we have as neuralgia.

As a matter of fact, we never give this name to an ache or pain when the cause for the misery is perfectly plain. For instance, if we have an abscessed tooth, we describe the pain as "tooth ache." If we have an ill-defined pain in the face, with no definite cause, we call that "neuralgia."

A diseased kidney may be responsible for pain in the back, which will be called a kidney ache. Pain in the same region without a known cause is called "lumbago," a name for a definitely located neuralgia. Neuralgic pain in the hip and leg is called "sciatica."

Sometimes there are pains which really indicate nerve trouble. Inflammation of the substance of a nerve is of this nature. It is called "neuritis." The pain of a localized neuralgia and of a neuritis in the same region may be exactly the same. In one case, there is a real disturbance in the nerve; in the other, there is a reflex pain which may come from trouble away off somewhere.

Perhaps I can make the character of neuralgia a little clearer. If you hit your "crazy bone" you feel a peculiar tingling in the fingers of the

hand and not in the elbow where the hurt was. The pain is referred to the end of the nerve. The fingers feel as if something terrible had happened to them, when, as a matter of fact, nothing has touched them.

If you have neuralgia somewhere, its location gives you little if any idea where the actual cause for it really is. Most neuralgic pains are reflex pains.

If you have neuralgia you must be suspicious that somewhere in your body is pus accumulation, or a centre of infection of some sort. Infected gums, abscesses at the roots of the teeth, pus-filled tonsils or nasal sinuses, an infected intestinal canal, diseased kidneys or spleen, ulcerated stomach, or even a pus-filled pimple—among this list may be found the cause for the reflex pain.

Localized or wandering pain mysterious in origin and rather indefinite as to exact area, may be caused by one of the disabilities. Pain in the joints, "rheumatic pains," "growing pains," all the pains called by the generic name "neuralgia," are of this nature. The cause must be sought after, and it may be found in a part of the body remote from the pain itself.

Rest, more sleep, sunlight, fresh air, simple food and freedom from work and worry will help, because the power of resistance will be elevated. But to bring about a real cure the centre of trouble must be found and removed.

STILL LOWER

Prices On Firestone Tires

30 x 31-2 Oldfield Cord	7.25
30 x 31-2 Cross & Square Cord	10.40
31 x 4 " " " "	16.50
32 x 4 " " " "	18.00
33 x 4 " " " "	18.50
34 x 4 " " " "	19.00

Will These Prices Hold?

They are not justified by the cost of Raw Materials, so it seems only reasonable to suggest that To-Day is a favorable time to buy.

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WANT LIQUOR TAKEN OUT OF DRUG STORES

The New Brunswick Pharmaceutical Association, in convention at Woodstock passed the following resolution, moved by George Spencer, Moncton, seconded by J. Herbert Crockett, Saint John calling for the stopping of the sale of liquor in drug stores:

"Whereas the sale of liquors in drug stores, under the New Brunswick Prohibition Act, has attracted an element that has caused a degradation of the profession of pharmacy in the eyes of the public and

"Whereas neither can the proper aims of the New Brunswick Prohibition Act be attained, nor can pharmacy regain its proper place in the community under the present system of vendors' licenses in drug stores therefore.

"Resolved that the New Brunswick Pharmaceutical Association in annual meeting assembled, do request the Government to take the sale of liquors out of the drug stores and erase the stipulation of the prohibition act that druggists are entitled to vendors' licenses."

THOUGHT CANADA A LAND OF SNOW

Banff, Alta., June 8—"Outlandish, is what I expected to find Canada.

We in Australia have had the impression that Canada is the backyard to the North Pole, and after coming here with all the rugs and blankets we could gather, my wife and I find a most delightful climate and cities which are more modern than our own." Frank W. Ashby, Secretary of the Manufacturers Association of Australia, thus expressed his surprise as he stepped off the Trans Canada here Thursday afternoon.

Mr. Ashby, who is being sent around the world by the Australian manufacturers' exposition, believes that Canada's greatness is obscured in a tradition of ice and snow, which makes it an ideal home for Eskimos, missionaries and Polar bears. "Many people in other parts of the Empire have the impression that Herschell Island and Baffin Land are linked up municipally with Montreal and Winnipeg," he said. "The best way to dissipate these geographical misconceptions is to encourage more tourist travel from other parts of the Empire. Talking is the best advertisement. It was the talking and advice of those ignorant of Canada which influenced me to bring along a lot of useless paraphernalia which is now stuffing our hotel rooms." Mr. Ashby observed.

NERVOUS BREAK-DOWN

Pains in Back and Legs Relieved by Lydia E. Pinkham's Vegetable Compound

Ford, Ontario.—"I had a nervous break-down, as it is called, with severe pains in my back and legs, and with fainting spells which left me very weak. I was nervous and could not sleep nor eat as I should and spent much time in bed. I was in this state, more or less, for over two years before Lydia E. Pinkham's Vegetable Compound was recommended to me by my neighbor. Before I had taken five doses I was sitting up in bed, and when the first bottle was taken I was out of bed and able to walk around the house. During my sickness I had been obliged to get some one to look after my home for me, but thanks to the Vegetable Compound I am now able to look after it myself. I have taken Lydia E. Pinkham's Blood Medicine in turn with the Vegetable Compound, and I certainly recommend these medicines to any one who is not enjoying good health. I am quite willing for you to use these facts as a testimonial."—Mrs. J. SHEPHERD, 130 Joe. Janisse Avenue, Ford, Ontario.

Nervousness, irritability, painful times, run-down feelings and weakness are symptoms to be noted. Women suffering from these troubles, which they so often have, should give Lydia E. Pinkham's Vegetable Compound a fair trial. All druggists sell this medicine.

RESOURCES OF BRITISH GUIANA

Great Opportunities of Trade With Canada

That British Guiana was rich in all tropical fruit but lacked proper transportation facilities for export trade and that in future all steamship lines to enjoy the benefit of subsidy would have to provide adequate cold storage accommodation, was the statement made by Hon. E. C. Woolford, K. C., of the British Guiana delegation.

The great forest and mining resources of this country were dwelt upon, and he pointed out that British Guiana was a large user of fish exported from the Maritime Provinces and that a local dealer had an agency for one of the valuable commercial woods of the colony.

The main object of the present visit to Canada of the British West Indian and British Guiana delegates, His Honor said, was of course the renewal of the trade agreement hitherto existing between these countries and the Dominion of Canada. Also to make possible an improved passenger mail and freight service between the Dominion and these places. The subsidizing of steamship lines, would be made in proportion to the size and population of the colonies. The principal staple industry of British Guiana was sugar of all varieties but chiefly of yellow crystals. A preference was granted by the Canadian government on sugar exported from British Guiana.

Almost all the flour used in British Guiana came from Canada, and the former country was looking forward to an extension of fruit cultivation in order to supply Canada with the fruits which reaches this country almost entirely through the United States. In order to bring this about it would be a condition of proposed contracts with any steamship companies that they provide ample cold storage facilities which is not the case at the present time.

British Guiana grew every variety of tropical fruit and had both the soil and climate to do it in. The only British possession on the mainland of South America it has an area of 90,000 square miles with only 300,000 inhabitants of which number 60,000 live in the capital of Georgetown on the coast.

Although fish of all kinds were imported to British Guiana from the Maritime Provinces, the importation consisted principally of dry cod, which is largely consumed by all classes of the community.

There are many opportunities for the investment of capital in British Guiana, Hon. Mr. Woolford said, in agriculture, cattle raising and in surrounding districts.

Diamonds are found in large quantities and are of the finest quality and purity. At the present time there was not the necessary capital in the country to attempt deep level mining and production is confined entirely to working alluvial areas.

The country exports bauxite ore from which aluminum is manufactured. The supply in the Colony is believed to be very abundant.

In British Guiana are also great opportunities for quartz mining and at the present moment the country was suffering from lack of means of transportation to the districts where gold can be mined. The Colony proposes to expedite the establishment of the necessary transportation means, either by railway or motor road.

British Guiana is very rich in timber, Mr. Woolford pointed out, principally in Greenheart, largely used in the construction of walls. It is an extremely hard wood and bears exposure to both wind and water.

Another variety, known as Mora timber, is very valuable for sleepers and is being used largely in Canada and in South Africa. Another variety of wood, crabwood, is like mahogany and suitable for the manufacture of furniture.



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Return—Leave Boston Monday and Friday at 10 A. M.
(Daylight Saving Time)
On Saturdays, passengers may leave Eastport for Boston via St. John.
For additional information apply to agents at above ports.



Monster Tuna Taken in Canadian Waters

As a writer of stirring tales of the Border and the mid-western states in the early days, Zane Grey made an enviable record for himself, but now along he comes with another—a fish story—and better still, presents the proof in photograph, so that his yarn does not take on the semblance of a dream or a good bit of story-telling.

Tuna, weighing nearly half a ton, are the reward of ambitious anglers who fish in Nova Scotian waters, particularly in St. Ann's Bay, off Cape Breton. Three mammoth tuna have been taken from this locality, each holding the world's record in weight. Captain Laurie D. Mitchell's 10 pound tuna held a record for a number of years, till along came I. K. L. Ross of Montreal, well known as an owner of racing horses, director of the Canadian Pacific Railway and his skill as a fisherman. He landed a tuna after a 3 1/2 hours' fight, that measured 9 ft. and 2 in. in length, and 2 ft. in girth, and tipped the scales at 712 lbs., thus winning the honour of record tuna fishing from Captain Mitchell by 2 lbs.

His record seemed secure, when along in August, 1924, came Zane Grey and his brother, R. C. Grey, eager to catch big tuna. They used a Nova Scotian-built schooner, a staunch little craft admirably adapted to their plans and needs. They got

three tuna, weighing respectively 638, 684, and then as a climax, the biggest tuna ever landed, weighing 768 pounds. Had they gone in for anything larger, it would have required a C. P. R. freight car to haul it to the cannery at St. Andrews. The time taken to land the first was 6 hours and 10 minutes, for the second, 38 min. which was caught by R. C. Grey, and 3 hours and 10 min. were spent to conquer the record breaker with which Zane Grey is said to have wrested the palm from the C. P. R. director and won the title of champion tuna fisherman.

Other big fish of various species taken in various Canadian waters, include a record pike caught in Big Lac Nominique in the Laurentians of Quebec, weighing 56 lbs.; a 38 1/2 lb. muskellunge caught in 1924 in French River, Ontario, by Samuel W. Franklin of New York City; the world's record speckled trout, weighing 14 1/2 lbs., taken from Nipigon River by Dr. J. W. Cook of Fort William; and a great Northern pike, 4 ft. long with a weight of 21 lbs., which gave Harold Sweester of New York a 45 minute fight on the Nipigon.

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