

IMPORTANT MEET OF MEDICAL SOCIETY

Members Guests of Staff of West
Side Hospital

Dr. Charles MacKay, Dr. W. W.
White and Dr. J. A. McCarthy
Tell of Work Being Done—
Visitors Impressed With Institution

The St. John Medical Society met last evening as the guests of the staff of the Department of Soldiers' Civil Re-establishment Hospital, Lancaster, with the president, Dr. A. E. Logie, in the chair. The meeting was addressed by Dr. Charles MacKay, unit medical director of the Department of Soldiers' Civil Re-establishment, who told of the work being done by his department and especially the work being done to establish returned men in civilian occupations.

A tour of the splendidly equipped hospital was made by the society and Dr. W. W. White, surgeon in charge, explained some of the interesting cases he had operated upon and others that he intended to operate upon in the near future. Many of the doctors expressed their surprise at the equipment of the hospital which is available in every respect. Fifty-seven surgical cases have undergone successful operation by Dr. White since July 1. Dr. S. C. R. and not one death has occurred, which speaks very highly for the staff.

After the business meeting and the tour of the building had been completed, an excellent supper, prepared under the direction of the dietitian (who, by the

Simple Way To Take Off Fat

There can be nothing simpler than taking a convenient little tablet four times each day until your weight is reduced to normal. That's all—just purchase a case of Marmola Prescription Tablets from your druggist (or if you prefer, send \$1. to Marmola Co., 864 Woodward Ave., Detroit, Mich.) and follow directions. No dieting, no exercise. Eat what you want—be as lazy as you like and keep on getting slimmer. And the best part of Marmola Prescription Tablets is their harmlessness. That is your absolute safeguard.

way, prepares meals that the men rave over at 20 cents per meal), was served. After the minutes of the last meeting had been read and several other minor business matters had been transacted, three new members were elected to the society, namely: Doctors A. F. L. Brown, B. F. Johnston and G. B. Peat. It was moved by Dr. Curran and seconded by Dr. White that a committee of two be appointed to look into the revision of the constitution and report at the next meeting. Dr. White and Dr. Barry were appointed by the chair.

Speaks of Work

Dr. Charles MacKay, unit medical director of the D.S.C.R., then delivered an address. He said that in 1918 the military hospital commission was established to look after the returned men. This went along until February 1918 when it was decided to create the department of soldiers' civil re-establishment. "A great many fall to grasp the significance of this department," said Dr. MacKay. "It deals only with men after their discharge and arrange for artificial limbs, etc., and for the vocational re-education of men who are unable to follow their previous occupation." He said that the department taught some 260 different trades and that there was also the information service branch which arranges the employment of returned men who have difficulty in securing work.

Dr. MacKay said he would answer any questions that were asked him and in answer to several he volunteered the information that free for a year after discharge irrespective of whether or not they had contracted their disability while in the service. He said that a man with a disability contracted on service would be treated for an unlimited period after discharge. Patients could also be treated by private physicians and the government would pay the bills but in cases where it was possible to do so the patient should have attendance by a doctor of the department. "The patient is always given the benefit of the doubt if the circumstances of the case warrant it," said the doctor, referring to cases where men had been discharged "A1" and had not reported any ailment for months afterwards. He said also that there should have been in all cases a long board when the men were discharged, instead of a short board as was the case, and that the forms should have been filled out as positive instead of negative and there would have been no question as to whether a man deserved treatment at the expense of the government or not.

A tour of the hospital was then made. The hospital contains three large surgical wards and four medical wards. The surgical wards were inspected first and Dr. White explained several interesting cases to the visiting doctors. The operating room which is a model one and fully equipped, was then visited. Dr. White explained that since the hospital had been taken over he had the windows all around the room put in and a very powerful electric light installed. The ward next visited and it is from here that the patients are really ruled for they eat only what the dietitian prescribes, but the men all claim that their diet is the very best.

The eye and ear ward was also inspected and the third floor which is al-

located to vocational training was inspected. It is here that the men make all the things which most people thought before the war it was impossible for a man to attempt. The diet kitchen in the basement which is not yet completed was also visited and dietitian explained that she supplied 130 meals a day at twenty cents a meal, which caused great amazement and shows that the H. C. L. can be reduced by care.

After this inspection the members of the society and guests adjourned to the dining hall where they had an opportunity of testing the dietitian's art. A triumph of the culinary art was served, consisting of a fruit punch, chicken, ham, vegetables, etc., pumpkin pie of the kind that mother used to make, cake and coffee. After the supper, a toast was drunk to the D. S. C. R. and Dr. MacKay responded briefly, voicing his appreciation of being present at the society's meeting and expressing the hope that he might soon again have the opportunity of meeting them.

Dr. MacKay, who has his headquarters

BITRO-PHOSPHATE IS GOOD FOR THIN NERVOUS PEOPLE

A PHYSICIAN'S ADVICE

Frederick S. Kelle, M.D., Editor of New York Physicians' "Who's Who" says that weak, nervous people who want increased weight, strength and nerve force, should take a 5-grain tablet of Bitro-Phosphate just before or during each meal.

This particular phosphate is the discovery of a famous French scientist, and reports of remarkable results from its use have recently appeared in many medical journals.

If you do not feel well; if you tire easily; do not sleep well, or are too thin; go to any good druggist and get enough Bitro-Phosphate for a two weeks' supply—it costs only fifty cents a week.

Eat less, chew your food thoroughly, and if at the end of a few weeks you do not feel stronger and better than you have for months; if your nerves are not steadier; if you do not sleep better and have more vim, endurance and vitality, your money will be returned, and the Bitro-Phosphate will cost you nothing.

It is sold by the Ross Drug Co., in St. John and all good druggists.



A Happy Family

BY DR. S. C. BOWERS

A happy family is one that can sit down to the table with keen appetite and good cheer. Plenty of the out-of-doors and cleanliness, inside and outside of the body, will make for health, wealth and happiness. Your doctor will tell you that anything from a headache to the most serious illness may result from allowing food to ferment in the intestines. The first thing to do in case you feel mean, lousy, dull, perhaps feverish, is to flush the liver and kidneys, drink plenty of water, and take a dose of castor oil, or, something better, made of May-apple, aloin and jalap, and long sold by almost every druggist as Dr. Pierce's Pleasant Pellets. This may save you from a fit of sickness, remove the poisons from the system and give the tissues of the body a chance to build up and resist disease.

People are realizing more and more that the kidneys, just as do the bowels, need to be flushed occasionally. The kidneys are an eliminative organ and are constantly working, separating the poisons from the blood. Uric acid backs up into the system, causing rheumatism, neuralgia, dropsy and many other serious disturbances.

This can be avoided by stimulating the kidneys to increased action, and because of its tonic effect on these organs I would advise any one to get Anuric (anti-uric-acid) which is to be had nowadays for fifty cents, at almost any drug store.

The Intelligent Way To End Corns



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Not by paring. That's a risky makeshift, and results are brief. Not by harsh, haphazard methods made by non-scientific men.

Not by padding. Pads are unsightly, and they simply coddle corns.

Expert Methods

Blue-jay was invented by a scientific expert. It is made by a house famed for its surgical dressings.

It embodies the up-to-date method, the right method of corn treatment.

Apply it and the pain stops instantly. Forget it for two days. Remove it, and the corn is gone for good. One corn in ten may need a second application, but that's all.

Millions of corns have been ended in this way. Aching corns are unknown to its users.

These are facts known to your own friends and neighbors. It is time that you knew them. Try Blue-jay tonight.

Stops Pain Instantly
Ends Corns Completely
25 Cents—At Druggists

BAUER & BLACK, LIMITED, Chicago, Toronto, New York

Makers of Sterile Surgical Dressings and Allied Products



One thing there's
no substitute for:

ENO'S FRUIT SALT

—the World's natural aperient

Sole Agents for North America:
HAROLD F. RITCHIE & Co., Limited, 10 McCaul Street, TORONTO
171 Madison Ave., New York City.

THIS world-famous natural aperient for over 60 years has been the standard remedy for constipation, biliousness, impure blood and indigestion. Its pleasant and convenient taste, gentle in action, positive in results. The safest and most reliable digestive regulator.

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PRENTICE BOYS' FAIR

There was an even larger attendance than usual, last night, at the Prentice Boys' Fair, in aid of the Protestant orphanage. The door prize, a load of coal was won by Miss Viola Howard.

The other prizes were won as follows: Excelsior, electric heater, by Miss E. Thompson; ten pins, toilet set, by H. Norris; devil-among-the-tailors, electric heater, E. Fuller; food grade, silver cup, T. H. Topley; bagatelle, umbrella stand, H. Rose; ladies' bean toss, cushion, Mrs. J. Donnan; hoop-la, silver pickle dish, Mrs. Maher; gent's air gun, umbrella, H. Robinson; ladies' air gun, fancy muffler, Mrs. W. Warlock.

NOT TEACHING THERE

Harold Drummie called at The Telegraph office last evening in reference to a paragraph in the report of the school board meeting on Tuesday. He wished to deny the statement that he was occu-

pying Miss Hay's position on the High school staff, saying that he had not taught in the High school at any time. The mistake occurred through a misunderstanding on account of it being brought out at the meeting that he had been offered the position by the superintendent, but had not taken over the duties.

PILES

Do not suffer another day with itching, bleeding, or painful piles. No surgical operation required. Dr. Chase's Ointment will relieve you at once and as certainly cure you, the next day. Dealers, or Education, Ross & Co., Limited, Toronto. Sample box free if you mention this paper and enclose a stamp to pay postage.

MEDIAEVAL LACES.

New York, Oct. 29.—Hundreds of patterns of laces, dating from mediæval times to the present, which is represented by a piece of war finery, are shown at an exhibition here in the Bush Terminal Building. The collection is one of the rarest ever gotten together.

Among the most interesting pieces are a lace gown worn by Empress Eugenie, a Chantilly scarf worn by the late Dowager Empress of Russia, and a white lace gown worn by the Princess Edaline at the ball given for her at the Waldorf-Astoria. An Irish crocheted coat, which took a woman seven years to make, represents the Creation of the World. There are a border of animals around the bottom,

the signs of the zodiac at the back and various birds on the front and sides.

NUXATED IRON

Increases strength of delicate, nervous, run-down people in two weeks' time in many instances. Used as highly as desired by former United States Senators and Members of Congress, well-known physicians and former Public Health officials. Ask your doctor or druggist about it.

Too Ill to Work

Scores of Women

in homes, stores, offices and factories are not fit to be at work. They toil on day after day and year after year suffering with distressing weaknesses and derangements, hoping against hope that they will soon feel better, but how can they hope to do good work or escape permanent invalidism?

Such women are in danger of derangement of women's functions. They owe it to themselves to try that good old fashioned root and herb remedy Lydia E. Pinkham's Vegetable Compound, which for more than forty years has been restoring Women to health and strength.

Here is a Notable Example

St. John, N.B.—"I have used Lydia E. Pinkham's Vegetable Compound for bladder and kidney troubles and backache and find it the best medicine I ever took. I used many other remedies with very little result. I had two miscarriages and would have been in my grave ere this if it had not been for your medicine. I always keep a bottle of Vegetable Compound in the house, and I feel fine to do my work for five in the family. I have recommended your Compound to many people, and you may use this testimonial if you like. It may help some other woman."

MRS. ALBERT S. GILL,
17 St. Andrew St.,
St. John, N.B.

And Another

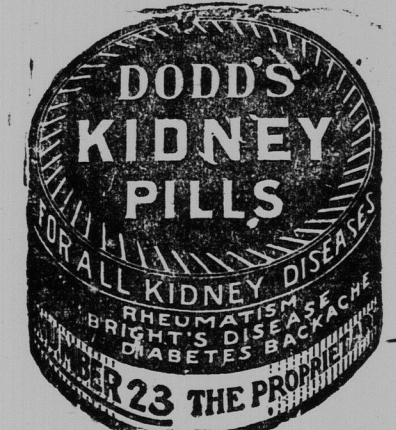
Regina, Sask.—"I was going through the Change of Life and suffered two years with headaches, nervousness, sleepless nights and general weakness. Some days I felt tired and unfit to do my work. I gave Lydia E. Pinkham's Vegetable Compound a trial and found good results. I also find it a very helpful spring tonic and useful for constipation from which I suffer much. I have recommended Vegetable Compound to several friends and am willing you should publish this."

MRS. MARTHA W. LINDSAY,
810 Robinson St., Regina, Sask.

Thousands of such Letters
Prove the Curative
Value of

Lydia E. Pinkham's Vegetable Compound

LYDIA E. PINKHAM MEDICINE CO., LYNN, MASS.



GET SLOAN'S FOR YOUR PAIN RELIEF

Just one trial convinces you Sloan's Liniment helps drive away rheumatic twinges

WHY endure pain when you know Sloan's Liniment will relieve it promptly? It couldn't remain the World's Liniment for 38 years if it wasn't highly beneficial in relieving rheumatic aches, stiff joints, sore muscles, lumbago, neuralgia, strains, bruises, exposure to weather results. Regretless without rubbing, leaving no stained skin, clogged pores, mussiness. A pain and ache liniment that stands alone in doing what it is meant to do. Get a bottle today and keep it handy. All druggists. Three sizes—35c, 70c, \$1.40.

(Made in Canada.)

Sloan's Liniment

Keep it handy

HEAD ACHES FLU NEURALGIA

WOMEN'S ACHES
ASK FOR AK TABLETS

When good Digestion
follows Appetite

you are at your best, mentally and physically.

A Torpid Liver or a Constipated or Dyspeptic condition leads to an entire derangement of the system—causing Headache, Bloating, Flatulence, Heartburn and an impure condition of the blood.

The use of Abbey's Effervescent Salt regulates the action of the Stomach and Bowels, insuring good digestion and good health.

Abbey's Salt is a reliable old English Salt—easy and pleasant to take.

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