

AMELIA BARR AT 87 WORKS A 9-HOUR DAY

Mentally Young and Physically
Alert She is Busy Planning
Books for the Future

No Interest in Suffrage -- Keely Opposed to Birth Control -- Finds Her Chief Pleasure in the Characters She Creates

Amelia E. Barr celebrated her eighty-seventh birthday recently at her home in Richmond Hill, New York. While Mrs. Barr has lived many years more than the average, she is mentally young and physically alert, and in appearance belies the age which the records show to be hers. Each working day finds her busy writing from nine to nine hours, and this year she has more than lived up to her record by producing two complete books, while another is well advanced. She is also busy planning books for the future.

"Hard work is life's greatest blessing," said Mrs. Barr, "and neither age nor infirmity should be permitted to interfere with as much work as one's physical equipment permits. I consider writing the art of creating, one of life's greatest blessings. I am a spiritual woman, and that keeps me young. The body decays but the spirit lives on."

"For nearly sixty years I have made my living out of an inkwell, and in that time I have written seventy-seven books. I have also written hundreds of short stories, editorial articles, and articles on various topics for the newspapers and magazines, and in this work I have used three names—'Mary Barr,' 'Lily Barr,' and 'Amelia Barr'—just so that the newspapers won't have so much of the same name in their columns."

Mrs. Barr gives very little thought to woman suffrage, and therefore did not care to comment on Lloyd George's statement in the House of Commons favoring votes for the women of England. Mrs. Barr's native country, she was, however, keenly interested in birth control, but not in favor of it. "It would put every married woman, good bad or indifferent, under suspicion," she said. Mrs. Barr was the mother of a large family and naturally spoke with conviction.

Mrs. Barr passed the early part of her life in comparative obscurity, and it was not until she was 50 years of age that her first novel made its appearance. She was born in Liverpool, Lancashire, England, and was named Amelia Huddleston. At the age of 19 she married Robert Barr, a young Scotch mill owner, and it was due to financial reverses that they decided to make America their home.

Mrs. Barr is a great dreamer and intends to write a book on dreams and dreamers. It was a dream that dissuaded her from going to India and to make America her home in 1883. She settled in Chicago at that time a little city. A boarding school was opened which proved successful, but Mrs. Barr had to leave the city because the climate did not agree with her. The family then moved to Memphis, and later to Galveston and Austin. After the civil war they returned to Galveston, and it was there in 1867, that a yellow fever epidemic separated Mrs. Barr from her life partner and also caused the death of three of four children.

It was not until 1870 that Mrs. Barr first seriously considered writing as a profession. A chance was offered on The Christian Union, published in New York by Henry Ward Beecher, and she hurried to New York with the remaining members of her family to accept it. Her work attracted attention, and an acquaintance with many prominent literary men of the day, and what was more important to her, such publications as Herbert Spencer, and the illness which confined her to her home caused her to elaborate a short story into a novel, and the result was her first book, "Jan Veder's Wife."

Most of her famous characters were created in her former home, Cherry Croft, at Cornwall, overlooking the Hudson. There she lived for more than thirty years. Her residence in Richmond Hill dates back two years. Mrs. Barr is a woman of many intellectual interests, and these she takes a keen delight in weaving into her books. In the year just passed she has worked on three books, and two of these have been published. The first, "Profit and Loss," was written primarily for young men, the authors brief preface stating "To the young men I know and to the young men I do not know."

Mrs. Barr went to the mining region of Yorkshire for her second story, published under the name of "Joan." Speaking of the miners, she called them the finest breed of men that exists. "When I was a girl of twenty," she said, "they had a union of 60,000 men, and now their union is one of the largest and strongest in the world. The men are all either great sports or Methodists."

SELF-DIAGNOSIS RARELY CORRECT

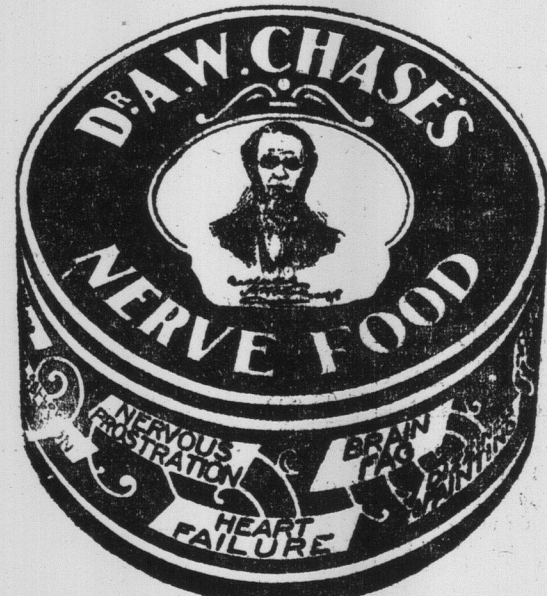
An inveterate truth teller who laid it down as a matter with a patient, one thing is certain—it is not what he thinks it is. "Patients come in," he says, "with the remark that they are suffering from this, and the other complaint. But they invariably misunderstand their own symptoms. For example, men come to me at the present time saying that they are on the verge of a mental breakdown. They cannot fix their minds on any subject. They are so nervous as to lose all self-control. They can't sleep. Their brains are giving way. They must have some medicine to save them from collapsing. All these symptoms are correctly described. But they don't mean what the patient thinks. They do not call for drugs. They call for food. They mean nerve starvation."

"Before the war I should have ordered the German Sanatogen. Now I am able to prescribe a British food. Sanatogen is fully as good, in fact, slightly richer in phosphorus. Proprietary articles purporting to replace Sanatogen have been offered me from time to time, but Sanatogen is the first to publish an analysis, thereby proving itself what it purports to be. If any one suffering from nervous exhaustion, dyspepsia, general weakness of brain and body, or needing a little extra food, will go to a druggist and ask for Sanatogen, they will get a most helpful agent in restoring normal health and strength to the body and mind."

Sanatogen is an ideal pure-free and sugar-free nitrogenous food, consisting of pure British milk casein, enriched with phosphorus in the form of glycerophosphates. It is manufactured in British factories in British labor, under the supervision of British chemists, with British capital.

Why is the Blood Impure in the Spring?

The artificial life of the winter—the artificial foods—the impure air of indoor life—the sedentary habits—the lack of outdoor exercise—all tend to make the blood thin, weak, watery and impure. The nerves are starved, exhausted and wasted—the nerve force required for the proper workings of the heart, the lungs, the stomach, the liver, the kidneys and other organs is not forthcoming and the whole system becomes weakened and run down.



When spring comes vitality is at low ebb, and nine persons out of ten require restorative treatment to form new, rich blood and revitalize the nervous system.

Disease lurks on every hand in the spring time, and finds lodgment in the weak, run-down and exhausted system

Dr. Chase's Nerve Food

The great nerve restorative, 50c a box, 6 for \$2.50, all dealers, or Edmanston, Bates & Co., Limited, Toronto.

preachers. Some of the finest sermons I have heard have been delivered by these preachers on the street corners, and the sporting miner will lose his money almost as cheerily as he wins it. She contracted the difference between the mines in her childhood days with the mines of the present. They were dark, dismal holes now they are all well lighted and you can drive through parts of them.

Despite her alertness Mrs. Barr rarely visits New York city, and this year has been here only once. She lives in a large, roomy cottage. She derives most of her pleasure from developing her characters.

City Men Should Aid Production

Trade Journal Urges Employers and Employees to Help the Farmers and Increase Food Supply

To most city and town people the agitation about the scarcity of food is a mere newspaper talk, but to those who are closer to the agricultural conditions in the country, it is a serious situation in the production of all kinds of farm products.

These are farmers who are unable through the impossibility of securing adequate help to put in certain kinds of crops at all, and most of them are putting in as little as they can of important food products.

The depletion of the country's supply of farm labor through the war is serious enough, although perhaps not sufficient to bring about a serious impasse. But wages for ordinary unskilled help in the cities and towns where munitions are being made have risen to such an extent that it is impossible to keep men on the farm. When they can get thirty to forty cents an hour for comparatively easy work they naturally turn their backs upon the more strenuous kinds.

There must be some way of helping the farmer out or we shall face the inevitable aftermath of war, if we do not seriously consider the results of the war by putting the men who fight for us on half allowance of food. In this greatest of all wars science has eliminated the usual concomitant of pestilence, it remains to be seen whether scientific management of agricultural production shall obviate the twin evil of famine.

The work of the "National Resources Committee" should be backed up by all who wish righteousness and truth to prevail in this great conflict. There are men who cannot take their places on the firing line who ought to do their part in providing those who fight with the necessities of life. There are few men, young or old, who cannot give a portion of their time to this serious matter of food production without even interfering with their ordinary work. The Toronto Board of Trade has inaugurated a scheme by which the usual vacation of office and warehouse employees will be extended a week without pay, so that those who desire may offer their services to farmers needing help. The plan calls for the payment of the same wages by the farmer as the soldiers receive on active service, namely, a dollar and ten cents a day and board. Rigidity held this scheme ought to afford a measure of relief, although it will not do but for the payment of the same wages by the farmer as the soldiers receive on active service, namely, a dollar and ten cents a day and board.

During the two months of summer

—you can protect yourself by using Dr. Chase's Nerve Food.

The spring air is often laden with disease germs. The waste and decayed matter of winter is thawed out, and forms a regular hotbed of disease, from which arise poisonous gases and germs of disease.

People with rich blood throbbing through their arteries need have little fear, for disease seeks out the weak and exhausted for its easy victims. For such there is no season more to be dreaded than spring.

Is this spring to be pleasant or disagreeable to you? Are you to feel invigorated by the fresh Spring air; to rejoice in the opening bud, the sprouting blade, and chirping of the birds? Or will you be overcome with languor and weakness, suffer from headaches and body pains, and drag yourself languidly about as though you had no interest in life and had lost all vigor and energy?

It is for you to decide this question, for the difference is in the state of your health, the richness and purity of your blood, and the vitality of your nervous system. After the debilitating influence of the artificial winter life, nine people out of ten require some restorative treatment to put their systems in order for the enjoyment of life.

As a means of enriching and purifying the blood, building up the system, and revitalizing the wasted nerves, there is yet to be discovered a preparation in any way equal to Dr. Chase's Nerve Food.

This great food cure is composed of the most powerful restoratives to be found in all Nature's realm. It actually forms new, red corpuscles in the blood, feeds and builds up the shrivelled nerve cells, and gives new vigor and activity to every organ of the body.

when there is very little business doing in retail stores, throughout the country, and when the pressure is at its greatest upon the farmer, no doubt a good many clerks as well as proprietors could be well spared from the stores to take a hand in the harvesting of the crops. It should be put in the strongest possible manner that this help is as much a matter of duty to the country as it is a matter of self-interest.

What Is An Internal Bath?

By R. W. Beal

Much has been said and volumes have been written describing at length the many kinds of baths civilized man has indulged in from time to time. Every possible resource of the human mind has been brought into play to fashion new methods of bathing, but strange as it may seem, the most important as well as the most beneficial of all baths, the "Internal Bath," has been given little thought. The reason for this is simple. The fact that few people seem to realize the tremendous part that internal bathing plays in the acquiring and maintaining of health.

If you were to ask a dozen people to define an internal bath, you would have as many different definitions, and the probability is that not more than one would be correct. To avoid any misconception as to what constitutes an internal bath, let it be said that a hot scale bath is a bill of fare is a dinner.

If it were possible and agreeable to take the great mass of thinking people to witness an average post-mortem, the sights they would see and the things they would learn would prove of such lasting benefit, and impress their so profoundly, that further argument in favor of internal bathing would be unnecessary to convince them. Unfortunately, however, it is not possible to do this, profitable as such an experience would doubtless prove to be. There is, then, only one other way to get this information into their minds with such knowledge as will enable them to appreciate the value of this long-sought-for health-producing necessity.

Few people realize what a very little thing is necessary sometimes to improve their physical condition. Also, they have almost no conception of how little carelessness, indifference or neglect can be the fundamental cause of the most virulent disease. For instance, that universal disorder from which almost all humanity is suffering, known as "constipation," "auto-intoxication," "auto-infection," and a multitude of other terms, is not only curable but preventable, through the consistent practice of internal bathing.

How many people realize that normal function of the bowels and a clean intestinal tract make it impossible to become sick? "Man of today is only fifty per cent efficient. Reduced to simple English this means that most men are trying to do a man's portion of work on half a man's power. This applies equally to women.

That it is infinitely more apparent to all. Nature never intended the delicate human organism to be operated in a hundred per cent. overload. A machine could not stand this and not break down, and the body certainly cannot do more than a machine. There is entirely too much unnecessary and avoidable sickness in the world.

How many people can you name, including yourself, who are physically fit, vigorous, healthy and strong? The number is appallingly small. It is not a complex matter to keep in condition, but it takes a little time, and in these strenuous days people have

try as taking up a gun and crossing to France.

One would go a step further and make the suggestion that stores in rural parts might close for certain days during the week to permit employees or proprietors, with their own experience in the field, to take hold of this pressing matter of getting everything possible out of the land. It would be no doubt appreciated fully by farmers, who would not only reserve their trade for such stores during the days set apart for business during the summer, but co-operate later by regular patronage.

We have now quite generally the Wednesday half holiday, why not make one or even two days a week this summer "Farm Day," when "all hands" could turn out to gather and house the crops. No doubt the shoe trade would join in a movement of this kind.

There were two hundred and thirty-six different classes, taught by one hundred and fifty teachers, of whom fifty were regular teachers, of day classes at the Central Technical School, Harbor Street.

Compensation Hearing
A hearing on the proposed Workmen's Compensation Act was held in the local government rooms last evening.

DRINK OR DRUG USERS

To cure alcoholism or the chronic poisoning of other drugs, the body must be brought back to normal. To evolve back to health takes time, patience and proper medication. Short time cures are like giving morphine to stop pain, and when the pain is relieved, declaring that the disease is cured. Proper treatment can be obtained in the Keeley Institute. We have no rivals or competitors, so far as successful treatment is concerned. Write for booklet. Correspondence confidential.

THE KEELEY INSTITUTE
523 Cumberland Avenue
Corner Mellen Street Telephone 5470
PORTLAND, ME.

precipitated fully by farmers, who would not only reserve their trade for such stores during the days set apart for business during the summer, but co-operate later by regular patronage.

We have now quite generally the Wednesday half holiday, why not make one or even two days a week this summer "Farm Day," when "all hands" could turn out to gather and house the crops. No doubt the shoe trade would join in a movement of this kind.

MORE THAN FIVE THOUSAND AT EVENING "TECH" CLASSES

(Toronto Globe.)

The evening sessions of the Technical Schools closed on March 31, the last week being occupied with examinations. The total registration of evening students for the year 1916-17 was 5,233, not including 722 adults who attended the special lectures in gardening.

The registrations were distributed as follows: Central School, Lippincott street, 4,783; Riverside Branch, 279; Oakwood Branch, 187; Humboldt Branch, 722.

Nearly 3,000 of these evening pupils wrote examinations at the close of the term, and on the results of these examinations and the record of work done during the term, prizes and diplomas have been awarded.

There were two hundred and thirty-six different classes, taught by one hundred and fifty teachers, of whom fifty were regular teachers, of day classes at the Central Technical School, Harbor Street.

Compensation Hearing
A hearing on the proposed Workmen's Compensation Act was held in the local government rooms last evening.

"Anaemia--Lack of Iron--Is Greatest Curse To Health and Beauty of American Women"

Says Dr. Ferdinand King, New York Physician and Medical Author

Any Woman Who Tires Easily, is Nervous or Irritable, or Looks Pale, Haggard and Worn, Should Have Her Blood Examined for Iron Deficiency

Administration of Nuxated Iron Will Increase the Strength and Endurance of Weak, Nervous, Careworn Women 100 Per Cent. in Two Weeks' Time in Many Instances

THE CHILD'S APPEAL



Mother, why don't you take NUXATED IRON and be strong and well and have nice rosy cheeks instead of being so nervous and irritable all the time and looking so haggard and old? The doctor gave me to Susie Smith's mother and she was worse off than you are and now she looks just fine

"There can be no healthy, beautiful, rosy cheeked women without iron," says Dr. Ferdinand King, a New York Physician and Medical Author. "In my recent talks to physicians on the grave and serious consequences of iron deficiency in the blood of American women, I have strongly emphasized the fact that doctors should prescribe more organic iron—Nuxated Iron—for their nervous, rundown, weak, haggard looking women patients. Pallor means anaemia, the skin of the anaemic woman is pale, the flesh flabby. The muscles lack tone, the brain fails and the memory fails, and often they become weak, nervous, irritable, despondent and melancholy. When the iron goes from the blood of women, the roses go from their cheeks."

"In the most common foods of America, the starches, sugars, table syrups, candies, polished rice, white bread, soda crackers, biscuits, macaroni, spaghetti, tapioca, sago, farina, degenerated cornmeal, no longer is iron to be found. Refining processes have removed the iron of Mother Earth from these impoverished foodstuffs. The methods of home cooking, by throwing down the waste pipe the water in which our vegetables are cooked, are responsible for another grave iron loss."

"Therefore, if you wish to preserve your youthful vim and vigor to a ripe old age, you must supply the iron deficiency in your food by using some form of organic iron, just as you would use salt, when your food has not enough salt."

"As I have said a hundred times over, organic iron is the greatest of all strength builders. If people would only take Nuxated Iron when they feel weak or rundown, instead of dosing themselves with habit-forming stimulants and alcoholic beverages I am convinced that in this way they could ward off disease, preventing it becoming organic in thousands of cases and thereby the lives of thousands might be saved who now die every year from pneumonia, grippe, kidney,

with F. J. G. Knowlton in the chair. James L. Sagure, J. B. Cudlip, W. L. Simms and F. Daley, other members of the commission, were also present. The hearing brought out a number of helpful and interesting suggestions including the statement of G. A. Scriver of the Bathurst Lumber Company, who told how the mills were pleased and safely devices installed for the protection of workmen, and of a voluntary fund to provide for the salary and hospital expenses of men who are injured at their work. W. Matheson of the Fraser Lumber Company said that his company makes it a practice to pay both the doctor's bill and the hospital bill in addition to compensation and no levy is made on the men. F. C. Beatty gave evidence and William E. Gunter of Murray & Gregory Limited, was present, but did not make any statement. Several of those who spoke agreed to furnish more details in writing during the next fortnight.

BABY'S OWN TABLETS CURE CONSTIPATION

Childhood constipation can be promptly cured by Baby's Own Tablets. The Tablets never fail to regulate the bowels and stomach thus curing constipation, colic, indigestion and the many other minor ills of little ones. Concerning the Tablets he is a fine healthy boy today. It gives me much pleasure in recommending the Tablets to other mothers. The Tablets are sold by medicine dealers or by mail at 20 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

nish more details in writing during the next fortnight.

Over 40,000 boxes sold each month

Be Warned in Time!

Constant Headaches Indicate Kidney Trouble

There is always a cause for a headache. Constant headache are often the result of Kidney or Bladder trouble—a warning, or worse, to come if the remedy is not found. Gin Pills have moved the cause in a great many cases of this kind by healing and soothing the Kidneys and restoring the normal function.

Gin Pills FOR THE KIDNEYS

Do not let your kidneys go from side, swollen joints or aches, urinary trouble, stone or gravel. It is time to take Gin Pills. Sold by all druggists at 50c a box, or 6 boxes for \$2.50. Sample free on request.

National Drug & Chemical Co. of Canada, Limited
Toronto, Ont.
U. S. Address—No-Dr-Co., 202 Main St., Buffalo, N.Y.

WRITE FOR FREE SAMPLE BOX

"Anaemia--Lack of Iron--Is Greatest Curse To Health and Beauty of American Women"

Says Dr. Ferdinand King, New York Physician and Medical Author

Any Woman Who Tires Easily, is Nervous or Irritable, or Looks Pale, Haggard and Worn, Should Have Her Blood Examined for Iron Deficiency

Administration of Nuxated Iron Will Increase the Strength and Endurance of Weak, Nervous, Careworn Women 100 Per Cent. in Two Weeks' Time in Many Instances

THE CHILD'S APPEAL



Mother, why don't you take NUXATED IRON and be strong and well and have nice rosy cheeks instead of being so nervous and irritable all the time and looking so haggard and old? The doctor gave me to Susie Smith's mother and she was worse off than you are and now she looks just fine

"There can be no healthy, beautiful, rosy cheeked women without iron," says Dr. Ferdinand King, a New York Physician and Medical Author. "In my recent talks to physicians on the grave and serious consequences of iron deficiency in the blood of American women, I have strongly emphasized the fact that doctors should prescribe more organic iron—Nuxated Iron—for their nervous, rundown, weak, haggard looking women patients. Pallor means anaemia, the skin of the anaemic woman is pale, the flesh flabby. The muscles lack tone, the brain fails and the memory fails, and often they become weak, nervous, irritable, despondent and melancholy. When the iron goes from the blood of women, the roses go from their cheeks."

"In the most common foods of America, the starches, sugars, table syrups, candies, polished rice, white bread, soda crackers, biscuits, macaroni, spaghetti, tapioca, sago, farina, degenerated cornmeal, no longer is iron to be found. Refining processes have removed the iron of Mother Earth from these impoverished foodstuffs. The methods of home cooking, by throwing down the waste pipe the water in which our vegetables are cooked, are responsible for another grave iron loss."

"Therefore, if you wish to preserve your youthful vim and vigor to a ripe old age, you must supply the iron deficiency in your food by using some form of organic iron, just as you would use salt, when your food has not enough salt."

"As I have said a hundred times over, organic iron is the greatest of all strength builders. If people would only take Nuxated Iron when they feel weak or rundown, instead of dosing themselves with habit-forming stimulants and alcoholic beverages I am convinced that in this way they could ward off disease, preventing it becoming organic in thousands of cases and thereby the lives of thousands might be saved who now die every year from pneumonia, grippe, kidney,

liver, heart trouble and other dangerous maladies. The real and true cause which started their disease was nothing more nor less than a weakened condition brought on by lack of iron in the blood.

On account of the peculiar nature of woman, and the great drain placed upon her system at certain periods, she requires iron much more than man to help make up for the loss.

Iron is absolutely necessary to enable your blood to change food into living tissue. Without it, no matter how much or what you eat, your food merely passes through you without doing you any good. You don't get the strength you need of it, and as a consequence you become weak, pale and sickly in a slow but sure way. If you are not strong or well you owe it to yourself to make the following test: See how long you can work or how far you can walk without becoming tired. Next take two five-grain tablets of ordinary nuxated iron three times per day after meals for two weeks. Then test your strength again and see how much you have gained. I have seen dozens of nervous, rundown people who were ailing all the while double their strength and endurance and entirely rid themselves of all symptoms of physical weakness, liver and other troubles, in from ten to fourteen days' time simply by taking iron in the proper form. And this, after they had in some cases been doctoring for months without obtaining any benefit. But don't take the old forms of reduced iron, iron acetate, or tincture of iron simply to save a few cents. The iron demanded by Mother Nature for

won the day simply because he knew the secret of great strength and endurance and filled his blood with iron. He went into the fray; while many another has gone down in ignominious defeat simply for the lack of iron.

Dr. Schuyler C. Jacques, Visiting Surgeon of St. Elizabeth's Hospital, New York City said, "I have never before given out any medical information or advice for publication as I ordinarily do not believe in it. But so many American women suffer from iron deficiency with its attendant ill—physical weakness, nervous irritability, melancholy, indigestion, flabby, sagging muscles, etc., and in consequence of their weakness, nervous, run down condition, they are liable to contract serious and even fatal diseases that I deem it my duty to advise such to take Nuxated Iron. I have taken it myself and given it to my patients with most surprising and satisfactory results. And those who wish quickly to increase their strength and endurance will find it wonderfully effective remedy."

NOTE—Nuxated Iron, which is prescribed and recommended above by physicians, contains a great variety of cases, is not a patent medicine or secret remedy, but one which is well known to druggists and whose iron constituents are widely prescribed by eminent physicians both in Europe and America. Unlike the older iron-ganic iron products it is easily assimilated, does not injure the teeth, does them black, nor upset the stomach; on the contrary, it is a most potent remedy in nearly all forms of indigestion as well as for nervous, run down conditions. The manufacturers have such great confidence in nuxated iron, that they offer to increase their strength 100 per cent or forfeit \$100.00 to any charitable institution if they cannot take any more nuxated iron in my own practice. I have induced have no serious organic trouble. It also offers to refund your money if it does not at least double your strength in reports in regard to its great power and endurance in ten days' time. It is dispensed in this city by Watson's Drug Store and all good druggists.

ing against use of metallic iron which may injure the teeth, corrode the stomach and do far more harm than good; advises use of only nuxated iron.

Dr. Ferdinand King, New York Physician and Medical Author, tells physicians that they should prescribe more organic iron—Nuxated Iron—for their patients—Says anaemia—iron deficiency—is the greatest curse to the health, strength, vitality and beauty of the modern American Woman.—Sounds warning against use of metallic iron which may injure the teeth, corrode the stomach and do far more harm than good; advises use of only nuxated iron.

the red coloring matter in the blood of man, is also not that kind of iron which can be easily absorbed and assimilated to do you any good, otherwise it may prove worse than useless. I have used Nuxated Iron widely in my own practice in most severe aggravated conditions over in four weeks' time, provided they have no serious organic trouble. It also offers to refund your money if it does not at least double your strength in reports in regard to its great power and endurance in ten days' time. It is dispensed in this city by Watson's Drug Store and all good druggists.