ACUTE NERVOUS **EXHAUSTION**



MR. JAS. S. DELGATY.

BR. JAS. S. OELGATY. R.R. No. 4. Gilbert Plains, Man. "In the year 1910, I had Nerroks Prostration in its worst form ; was reduced in weight from 170 pounds to 115 pounds. The doctors had no hope of my recovery, and every medicine I tried proved useless until a *friend* induced me to take "*Freil a*-fried". The para to mend almost at once ; and after using this fright medicine for 8 or 4 months, I was back to my normal state of health. Inver had such good health for fuently years as I have enjoyed the past six years. We accurred villout

anize. Crystocza or Wolzwillze Ustow. Prosident-Mrs. B. O. Davidson. Ist Vice President-Mrs. G. W. Miller Jud Vice President-Mrs. McKenna Recording See y-Mrs. Errest Redden Cor. Secretary-Mrs. W. O. Taylor Treasurer-Mrs. H. Pineo.

2nd Vice Prendicut-Mrs. Michanna Recording See y-Mrs. Ernest iteddom Cor. Secretary-Mrs. W. O. Taylor Treasurer-Mrs. H. Pineo.
 Surgenstremensen Stabers.
 Karangeliaido-Mrs. George Bishlop Parlor Meetings-Mrs. Young Labrador Work-Mrs. Fielding.
 Wardson Sand Lambernen-Mrs. J. Press and Willard Hall-Mrs. M. P. Freeman.
 White Ribbon Bulletin-Mrs. Hutch inson.

Temperance in Sabbath-scohols-Mr. C. A. Patriquin.

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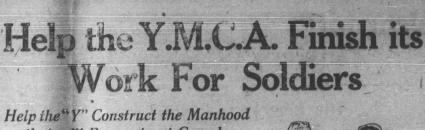
By Walt Mason. I have closed the formace door til King Winter has returned; and th-ashes on the floor represent the coir

B.R. No. 4. Gilbert Plains, Mar. "In the year 1910, I had Nervois Provisation in the works form ; was reduced in weight from 170 pounds. The dotors had no hope of my provery, and very melicine I tried to 115 pounds.
The dotors had no hope of my provery, and very melicine I tried to 16 pounds.
The dotors had no hope of my provery, and very melicine I tried to 16 "freed actions".
The provisation: I was back to my normal state of health.
There's a port of a column bilins where the trill tempests bias we shall show to 15 pounds.
There's a port of a column bilins where we have a port of the tried to my pounds.
There's a port of a column bilins where the trill tempests bias we shall show to a box of 'Fruit-a-tived'in the house'.
Mohe the provisation of the boy of the tried to a port of a column bilins where we need for flour, more y that we shall move a low of and gave my time of parks in 18".
Mohe the provisation of the boy of the tried to a column bilins where the tried extra active of a column bilins where we need for flour, money that we need to a the dots and the shaw. yo many floaders and the shaw. yo many floaders and house and har and half the night. It's a Moleck the tare and the show sing the shaw. yo many floaders and hard a banger ou of with decides graedy many dil hard we need for flour, money that we need to to the floaders or pot potigid on that our acced in dream date active the column of show only the base we hall a show that the fload more than the show is that our acced in dream and hard the the show is that our acced in dream and the the show is that our acced in the ream and the show is the show the base were provided in weight. The result is the 1 the show the potent active the show is the show the show is the shaw. yo my the devise hard the fload is accident the show is that core and differ the show the show is that acced and the show is the shaw. yo my the devise hard the the

Operation for Appendicitis A New Government Formed

CABINET MINISTERS ARE ALL NAMED. I may be somewh t of a surpris Union Government ha been this month, and every member of the Cabinet will undoubtediy be elected

What He Would Do.



that will Re-construct Canada

A LL the world now knows that the Red Triangle of the Y.M.C.A. was the "Sign of Friendship" to thousands of your brothers, sons, nephews, cousins and neighbours' boys in the last four and a half years. Wherever the Can-adian Soldiers went, the "Good old 'Y'" went too. And now it is coming back home with them!

For the support which has made possible the war work of the V.M.C.A, we thank you. Your money has been well expended. We have rendered full account.

We ask now your continued sympathy and support for Red Triangle Service for our Soldiers during demobilization, and for Y.M.C.A. work for Canada generally during the Re-construction period. The Annual Red Triangle campaign will be held throughout Canada May 5th to 9th, 1919. The objective is \$1,100,000.

For Our Men Returning

For the soldiers and their dependents, returning from Overseas, we have provided as f., lows:-I. A Red Triangle man on board every ship when it leaves Great Britain, with a full equipment of games, gramophones and records, magic lanters, litersture and writing materials. Where possible, also a plano or an organ. Lectures, concerts, sing songs, instruction re Government repatriation plans, and Sunday Services.

2. Red Triangle comforts and facilities for the men on ar-rival at Halifas, St. John, Quebec and Montreal, including cof-fee stalls, with free drinks, free catables, cigarettes, caudies, etc.

8. Red Triangle men on every troop train to provide regularly free drinks, estables and cigarettes, organize games and sing songs, and furnish information. 4. Red T

5. Red Tr principal cities of Canada in the shape of large Y.M.C.A. hostels to furnish bed and board at low rates and to be a rendezvous for soldiers

Secretaries to superintend Red Triangle 6. Seventy-five service in Military Canada.

7. Tickets cutiting soldiers to full Y.M.C.A. privileges for six months at any local Y.M.C.A. furnished. In addition to our work for the returning soldiers, we have to maintain the Red Triangle service to the full for the soldiers in Siberia, as well as the work of special secretaries in Northern Russia, Palestine and Poland.



The Y.M.C.A. will keep its chain of Service unbroken till the end.

For Canada's Manhood

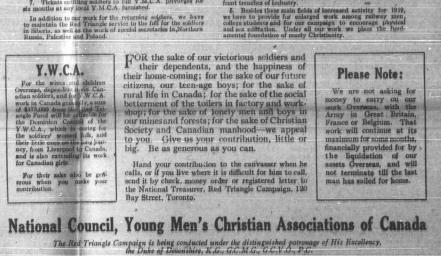
The Reconstruction program of the Y. M. C. A. celudes the following vitally important develop-

ed service to 300,000 teen-age boys in the levelopment of Canadian Standard Efficiency a common term according to a consider Standard Efficiency training: Hilds Study groups; summer campa; conferences service for High School boys, for working boys, in the towns and cities; for boys on the farm and for boys everywhere, who have tacked opportunity for mental, moral, physical or social

tion of V.M.C.A. work in the country, and the smaller towns and villages lacking Association buildings and equip-ment, on a plan of country organ-isations. This will include the establishment of Red Triangle-centres for social, recreational and diucational work among boys and men, in co-operation with the churches. Canadian .

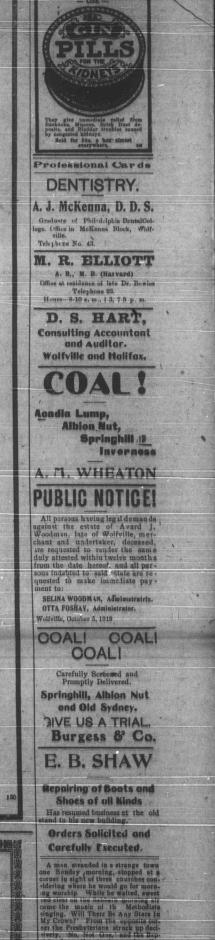
Y.M.C.A. Red Triangle Campaign men, in co The promotion of Y.M.C.A. work among Canada's army of workers in industrial plants, both in Y.M.C.A. buildings and in the factory buildings, organizing the dustrial workers of our cities by unes and sports.

social spirit among the The establishment of the Red Triangle in isolated dis-tricts where lumbermen, miners and other workers hold the front trenches of industry.



Compaign Chairman: Campaign Treasurer: G. HERBERT WOOD, Toronto THOMAS BRADSHAW, Toronto Campaign Director: CHAS. W. BISHOP, Toronto 150





DON'T COMPLAIN!

Temperance in Sabbath-scohols-Mr.
T. Martinger and the scohols of the scohols

Cannet will unnounced by the period by acclumation, their being so oppo-sition to their taking office from say quarter of the calumet is also unique insamuch as it now contains a lody who has taken an important portfolio by the taken an important portfolio