

Values It More Than A Fortune

Power Gains Eighteen Pounds—Rheumatism Disappears After Taking Tanlac

"I consider what Tanlac has done for me to be worth more than a fortune," said George Power, of Halifax, N. S., while talking to the Tanlac representative a few days ago. Mr. Power lives at 20-1/2 Rottenburg St., Halifax, has lived in Nova Scotia all his life and is a well known employe of the Nova Scotia Tram and Power Co.

"I've actually gained eighteen pounds since taking Tanlac, and I feel better in every way than I have in twenty-eight long years, and what's more I have spent hundreds and hundreds of dollars on medicines and never got a particle of good until I found Tanlac," continued Mr. Power.

"I had rheumatism in both my legs from the knees down, and in damp weather I just had to stay at home from work. My ankles bothered me too, and I don't believe anybody in the world ever suffered from rheumatism as bad as I did for it was just a sharp shooting pain that would go through my knees, down my legs and into my ankles like somebody was sticking a knife through me, and I would be in such agony that I would turn as white as a sheet. When these attacks came on me I wouldn't be able to sleep a wink but would roll and tumble all night long, and my joints would swell and my knees would be as stiff as a board and I couldn't walk a step for two or three days at a time and would be laid up at home flat on my back with my knees so stiff I couldn't bend them at all.

"I noticed where Tanlac was being highly recommended by people right here in Halifax, so I decided to try it. And I wouldn't take anything in the world for the good it has done me. If anybody don't believe that I am a well man, and that the rheumatism has left me entirely and that I never feel even a trace of it, just tell them to see me. My appetite has picked up and I have gained in weight, and feel better in every way and can sleep fine at night. Tanlac is the greatest thing I have ever seen, and I want you to publish this statement for I want everybody to know what this medicine will do."

Tanlac is sold in Newcastle by E. J. Morris and in Redbank by Wm. M. Sullivan.

SUNNY CORNER

Sunny Corner, Nov. 20—Mrs. James B. Johnston spent the latter part of the week in Sunny Corner.

Mr. Walter M. Matchett who has been in St. John for the past three months returned home Friday.

Mrs. Daniel Hubbard and two little children are visiting relatives at the Corner.

Mr. and Mrs. David Mullin are rejoicing over a new baby girl.

Miss Margaret Johnston was the guest of Mrs. Henry Matchett on the 15th inst.

Mr. John Jardine, Nappan spent the week end with Mr. Allan Tozer.

Mrs. William Nowlan who has been very ill for the past few days is slowly recovering.

The Angel of Death hovered over Sunny Corner on Tuesday morning Nov. 17th and carried away little Lawrence Tozer, son of Mr. Albert Tozer. Lawrence wasn't quite two years old and the same angel took his mamma last November, so baby has gone to loved ones too. The funeral took place on Wednesday in St. Stephen's Cemetery, Red Bank.

How to Cure Biliousness

Doctors warn against remedies containing powerful drugs and alcohol. "The Extract of Roots, long known as Mother Seigel's Curative Syrup, has no dope or strong ingredients; it cures indigestion, biliousness and constipation. Can be had at any drug store." Get the genuine. 50c. and \$1.00 bottles.

The Cinema And Public Health

At the recent annual conference of cinema proprietors in Great Britain, Dr. Chalmers, M. O. H., Glasgow, was invited to speak before what is recognized as an important factor in national life.

The large and ever-increasing number of persons who attend cinema theatres must not be lost sight of, and particularly is this true of the younger people in every city and town. It is important, therefore, that the buildings themselves should be suitable from a health standpoint and that the films should be of an educative character as well as for amusement.

Dr. Chalmers, in his address, endeavored to convince the proprietors of the absolute necessity of cleanliness and thorough ventilation of the halls or theatres, and suggested longer intervals between sessions during which there should be a complete flushing of the interior of the building with both fresh air and sunlight.

He strongly advocated the making of films which would visualize how infectious diseases may be spread. If people could see how the dispenser helped to discover early cases of tuberculosis among persons in contact with infectives, the work done by the sanatoria and various other agencies, such as the prevention and farm colony, and how effective preventive measures were, there would be far less prejudice against the work undertaken by health authorities. He stated that "as the essence of instruction lies in the power to present to the observer the operation of functions he is himself conscious of possessing or acquiring, for educational purposes the film should aim at more than depicting results. It should endeavour to show how the results are reached."

The use of the film for health education offers a great field which could very profitably be made use of in Canada.

A Plea For Clean Living

An item, quite applicable to Canada, and which contains much food for thought and wise counsel for action, is found in the presidential address of the Lady Mayoress of Newcastle, delivered before the section of the Royal Sanitary Institution on "Personal and Domestic Hygiene."

It was a deplorable fact that our slums were as grimy as ever, and notwithstanding the higher wages which had been paid to munition workers during the war and the consideration extended by way of unemployment donations, the condition of our poor did not seem to have improved. They had yet to find the large poverty-stricken women and neglected children, and the question arose, "Why should this thing be? Were we short of water and soap, or was it that the people did not care?" Military discipline had taught men of all classes the importance of cleanliness. In passing through the workshops of Tyneside at the present time it was usually an easy task to distinguish the demobilized soldier. Sound common-sense combined with knowledge and authority, must solve the problem. It was imperative that the teaching of personal cleanliness be thorough. Speaking, as she was, to her own sex, she said women and girls of all classes must be taught the necessity of personal cleanliness, sensible clothing and, as far as possible, open-air life. More washing, less powder and paint, more fresh air, but better protected bodies,

SAVED FROM LIFELONG MISERY

And a Dangerous Operation, by Taking "FRUIT-A-TIVES"



MRS. M. J. GORSE
8928 Union St., Vancouver, B.C.
"I suffered with all the symptoms of Female Trouble, with chronic Constipation and constant Headaches. I had pains low down in the back and sides of the body. I tried various remedies without relief, and then put myself under a doctor's care and he advised me to have an operation. I refused.
Then, I started taking 'Fruit-a-tives'; and from the outset, I felt better, and this medicine has completely relieved me of all my misery and suffering. My weight was only 143 pounds and now it is 168 pounds. I am free of pain and headaches and the terrible Constipation; and what saved me from misery is the splendid fruit medicine, 'Fruit-a-tives'."

MRS. M. J. GORSE.
50c. a box, 6 for \$2.50, trial size 25c.
At all dealers or sent postpaid by Fruit-a-tives Limited, Ottawa, Ont.

would do much to improve the stamina of the mothers, past and future. In the interest of coming generations, too, it was obvious that all possible teaching on the subject should be given in the schools. As a "home bird", she pleaded for the homes of England. There was the necessity for thoughtful reconstruction in housing, and more sunshine, better ventilation, labour-saving devices, and the simplest of up-to-date drains must tend towards healthier homes.

Not What He Thought.
Mortified Bridegroom: "You told me your father's wedding present would be a cheque for four figures."
Blushing Bride: "Well, isn't £10 10s four figures?"

PILES Do not suffer another day with itching, bleeding, or protruding Piles. No surgical operation required.
Dr. Chase's Ointment will relieve you at once and as a certain cure you see, a box, all dealers, or Edmondson, Hales & Co., Limited, Toronto. Sample box free if you mention this paper and enclose 2c. stamp to pay postage.

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Prince Talks with Wounded Hero in Walter Reed Hospital, Wash.

City Manager Best System For A Municipality

(Financial Post)

While the members of the Canadian Club of Montreal were applauding an address in favor of a Commission form of Government and a civic manager the city council was overhrowing a motion for the temporary suspension of the functions of the council, while the civic Administration still remained in office. Meanwhile the civic Commission will continue in office for two years more, sharing to some extent the powers of civic government with the City Council.

The address in support of the City Manager plan was delivered by Clinton Rogers Woodruff, secretary of the National Municipal League of Philadelphia, who declared that this form of municipal government was in force in 125 cities in the United States, and not one of those who had adopted it had given it up. He believed it was certain to spread to a large number of others. In association with the city manager would be an elective commission of five or seven men as legislators whose will would be carried out by an efficient manager. Germany had secured a certain efficiency in municipal government, but not democratic government of the municipality. The work of the city manager in association was a very remarkable contribution towards the development of municipal democracy. The managers were chosen because they had demonstrated their efficiency and ability to carry on municipal affairs. There had always been a recognition of specialization in the professions, why not in the highly important matter of governing the lives and welfare of the citizens? Now men were being developed who were as secure in their tenure of this municipal profession as a doctor or a lawyer in his profession. Such a system ensured permanency, and gave the manager a chance to work out the important social and other problems of the city's life.

"Municipal efficiency is not new, but municipal efficiency under a democracy is new. There is no reason why these should not be synonymous. There is a difference between the city running the citizens and the citizens running the city. This latter is the very essence of democracy. There is no doubt that the German results in municipal administration exceeded those in America. But who wants a good government imposed from above or from without? In that book of his on "What Happened in Europe," Frank Vanderlip, in dealing with America's opportunity—and he meant Canada's as well—declared that never before was there such a necessity for sound citizenship. If war demands self-sacrificing co-operation, peace demands it equally. It is not, what can the Government do for me, but what can I do for the Government?"

Thanks to the prompt action of the United States Government, Mr. Woodruff declared, in the recent Federal coal strike, the danger had been averted. But the feeling that gave rise to the strike still existed and unless the situations were met in a very different way the condition would be very serious. There must be a recognition of community life. There must be new standards created of comfort and general living. There must be a working co-operation of all parties; the people must be worked into the warp and wool of citizenship. There would be no satisfactory solution unless men, women and children were inspired with the feeling that they were all a part of the Government. "Speak not of your rights; think of your duties."

"When preparing to go anywhere I never ask my wife if she is ready."
"What's the idea?"
"A woman is never ready. I ask if she is nearly ready."—Louisville Courier-Journal.

SOUR, ACID STOMACHS, GASES OR INDIGESTION

"Pape's Diapepsin" neutralizes excessive acid in stomach, relieving dyspepsia, heartburn and distress at once.

Time it! In five minutes all stomach distress, due to acidity, will go. No indigestion, heartburn, sourness or belching of gas or eructations of undigested food, no dizziness, bloating, foul breath or headache.
Pape's Diapepsin is noted for its speed in regulating upset stomachs. It is the surest, quickest stomach sweetener in the whole world, and besides it is harmless. Put an end to stomach distress at once by getting a large fifty-cent case of Pape's Diapepsin from any drug store. You realize in five minutes how needless it is to suffer from indigestion, dyspepsia or any stomach disorder caused by fermentation due to excessive acids in stomach.

Relieve Your Rheumatism For 25c.

NR does it by improving digestion, assimilation and elimination—the logical way.

NR Today—Relief or No Pay

There are three vital processes of human existence—the digestion of food, the extraction of nourishment from it and the elimination of the waste.
Let anything interfere with these processes—let them be interrupted or improperly carried on, and sickness follows.
Poor digestion and assimilation means failure to derive full nourishment from food and that in turn often means impoverished blood, weakness, anemia, etc. Poor elimination means an accumulation of waste matter which poisons the body, lowers vitality, decreases the power of resistance to disease and leads to the development of many serious illnesses.
Rheumatism—due to some interference with the process of elimination, failure to get rid of certain body poisons—cannot be expected to yield to any medicine that fails to correct the condition responsible for it. Could any reasonable person expect to rid himself of rheumatic pain as long as

rheumatic poison is allowed to remain in the body.
Think of this. It explains the success of Nature's Remedy (NR Tablets) in so many cases where other medicines have failed. Thousands are using NR Tablets every day and getting relief. Why pay five or ten times as much for uncertain things? A 25c box of Nature's Remedy (NR Tablets), containing enough to last twenty-five days—must help you, must give you prompt relief and satisfactory benefit, or cost you nothing.
And Nature's Remedy is not only for the relief of rheumatism. It improves digestion, tones the liver, regulates kidney and bowel action, improves the blood and cleanses the whole system. You'll feel like a new person when you've taken NR Tablets a week. You've tried the expensive medicines and doctors, now make the real test. You'll get results this time. Nature's Remedy (NR Tablets) is sold, guaranteed and recommended by your druggist.

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