

# Four-Year-Old "Polly," Young Columbus Girl's "Dual Self," Reappears



Bernice Reddick.

Columbus, O., March 9.—"The Case of Becky," famous play based on dual personality, has a parallel in the case of 20-year-old Bernice Reddick of this city whose "second self," has just returned.

Two years ago, overtaken by school-work, Bernice lapsed one day into the personality of a 4-year-old child. She knew no one, and her interests and vocabulary became childish. Even her

## IF RHEUMATIC BEGIN ON SALTS

Says We Must Keep Feet Dry, Avoid Exposure, Eat No Sweets.

Stay off the damp ground, avoid exposure, keep feet dry, eat no sweets of any kind for a while, drink lots of water and above all take a spoonful of Jad Salts occasionally to help keep down uric and toxic acids.

Rheumatism is caused by poison toxins, called acids, which are generated in the bowels and absorbed into the blood. It is the function of the kidneys to filter this acid from the blood and cast it out in the urine. The pores of the skin are also a means of freeing the blood of this impurity. In damp and chilly, cold weather the skin pores are closed, thus forcing the kidneys to do double work; they become weak and sluggish and fail to eliminate this poison, which keeps accumulating and circulating through the system, eventually settling in the joints and muscles, causing stiffness, soreness and pain, called rheumatism.

At the first twinge of rheumatism get from any pharmacy about four ounces of Jad Salts; put a tablespoonful in a glass of water and drink before breakfast each morning for a week. This is helpful to neutralize acidity, remove body waste, also to stimulate the kidneys, thus helping to rid the blood of these rheumatic poisons.

Jad Salts is inexpensive, and is made from the acid of grapes and lemon juice, combined with lithia, and is used with excellent results by thousands of folks who are subject to rheumatism.

## THIS PURE CREAM ENDS HEAD COLDS

Apply in Nostrils—It Opens Air Passages Instantly.

Colds and catarrh yield like magic to soothing, healing antiseptic cream that penetrates through every air passage and relieves swollen, inflamed membranes of nose and throat. Your clogged nostrils open right up and you can breathe freely. Hacking and snuffling stop. Don't stay stuffed up and miserable.

Get a small bottle of Ely's Cream Balm from your druggist. Apply a little in the nostrils and get instant relief. Millions endorse this remedy known for more than fifty years.

## How to Purify the Blood

"Fifteen to thirty drops of Extract of Root, commonly called Mother Seigel's Curative Syrup, may be taken in water with meals and at bedtime, for indigestion, constipation and bad blood. Persistence in this treatment will give permanent relief in nearly every case." Get the genuine at druggists, 50c. and \$1.00 bottles.



## MOTHER, MOVE CHILD'S BOWELS WITH "CALIFORNIA FIG SYRUP"

Even Cross, Feverish, Sick Children Love its Taste and it Never Fails to Empty Little Bowels

A teaspoonful of "California Fig Syrup" now will quickly start liver and bowel action and in a few hours you have a well, playful child again. Mothers can rest easy after giving "California Fig Syrup" because it never fails to work the sour bile and constipation poison right out of the little

## VERSATILITY MUST MARK HOUSEWIFE

Husbands Expect a Cook, Clothier, Nurse and Entertainer.

Domestic Efficiency—Narrowing Effect of House-keeping Duties—More Recreation and Change of Thought Advised.

(Montreal Gazette.)

Any young women contemplating matrimony who heard Dr. Lorne Gilday lecture on "Efficiency" in the Mechanics' Institute last evening must have been taken aback at the prospect before them. The lecturer drew an appalling picture of the housewife as she should be, and he did not hesitate to say that by no means could her job. The following were only a few of the things husbands expected their wives to be, he said—an expert cook, skilled in the lore surrounding vitamins, calories, proteins and other things of their ilk; a clothier capable of properly fortifying husband and children against the onslaughts of zero weather; a house furnisher and decorator; a nurse and doctor; an expert on sanitation; an expert in the care of

refractory furnaces, and an official entertainer.

The lecture, the seventh in a series of free public addresses on medical subjects by members of the staff of the Western Hospital, held the close attention of an audience which filled the hall, William Rutherford, a member of the Board of the Institute, presided.

The biggest business in the world, was that of housekeeping, Dr. Gilday stated in commencing. If the housekeeper was not efficient the nation could not be efficient. She must be an expert in many departments. There was, for instance, the need for care and discrimination in buying. The lecturer had undertaken a little tour of the city's bakeries to find out just how many varieties of bread the housewife had to choose from. The first firm he visited made sixty-nine different kinds, the second thirty-five, and the third twenty. Then he quit.

Dietetic Errors.

The housewife must be an expert in cooking, for she had in her care the most complicated mechanism known, the human body. Most people, said the doctor, ate from habit and desire, regardless of whether the food was what they required. The most up-to-date automobile made required gasoline, oil and a cooling apparatus to keep it going; but people expected the human body to do its work even when it was concerned with the drinking of tea and coffee. "I have," said Dr. Gilday, "known of so many men and women who have died in middle life simply because they did not eat properly."

In speaking of the housewife's responsibility in so far as suitable clothing for herself and her family were concerned, the speaker mentioned, incidentally, that he still wondered how women could stand the great changes in temperature they did when they wore so little clothing.

Turning directly to the housewife herself, Dr. Gilday declared that enough things had not been given her. As a general rule she did not get enough recreation or sufficient change of thought. Quoting Anne Shannon, a noted writer, he said, "The conscientious woman often becomes so obsessed with her responsibilities as never to lay the burden down or look beyond it. Like a machinist in a great factory, she spends his life making over and over again the same small cog, their minds become narrowed down to their little part in the scheme, and they know nothing of the great machine into which their work fits. Having no vision, they cannot comprehend the general scheme of things."

Before concluding, the work of the family physician was mentioned. The family physician of the future would not be only to treat people when they were sick, but to keep them well.

Try it right away if you suffer from such troubles should remember that Lydia E. Pinkham's Vegetable Compound is the tried and true medicine, now recognized everywhere as the standard remedy for female ills.

Among the passengers sailing today on the Montcalm was Senor C. L. de Sanjos, for two years a member of the Spanish embassy at Tokio, Japan, returning to his home in Madrid.

The regular fortnightly dance of the employees of the N. B. Telephone Company was held last evening in the Telephone building. E. Elliot was chairman of the committee in charge of arrangements. It is proposed to stage a theatrical entertainment in the near future.

Setting forth in an eloquent address his belief that unless each individual were given the opportunity to enjoy the fruits of the work which he had to do, civilization of today must fall, Henry S. Culver, the United States consul held the delighted attention of his large audience in the National History Society's rooms last night. Mr. Culver spoke before a meeting of the St. John Art Club which was presided over by T. H. Estabrooks and was tendered the very hearty thanks of the meeting.

Among the correspondence read at the monthly meeting of the Children's Aid Society last evening was a letter from Kings County regarding the condition of a number of children there and asking if they could be taken care of by the home here as they were neglected and dependent. The secretary made known that the society could not act outside the city and county of St. John. The secretary reported twenty-

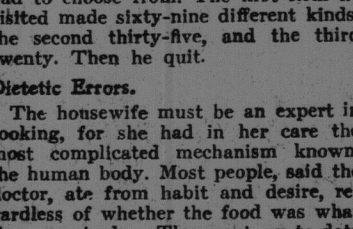
five children in the home at the present and his report contained strong evidence for the need of a home for feeble minded in the province. A. M. Belding presided.

Last evening was a very busy one at the Y. W. C. A. recreation centre. Fifty members of the Boosters Club held a social evening including gymnasium games under the leadership of Miss Leonora Belyea and Miss Florence Warwick and a talk by Mrs. Percival Foster. The senior gymnasium girls held a snowshoe tramp to Lily Lake and a supper on their return. The Byng Girls Basketball Team had a practice with some of the Y. M. C. A. players.

The recent gift of \$1,010, received from the Knights of Pythias in St. John district was gratefully acknowledged at the meeting of the board of directors of the New Brunswick Protestant Orphanage held yesterday afternoon in the Bible Society rooms with Hon. J. G. Forbes presiding. The gift is a substantial one and will aid the work of the Home to a considerable extent. The usual reports were submitted and all were highly satisfactory. The number of children in the three institutions was said to be

## ACID STOMACH!! MEALS SOUR OR FORM GAS, GAS

Chew a Few Pleasant Tablets  
Indigestion Gone!



Instant stomach relief! Harmless! The moment "Pape's Diaphepsin" reaches the stomach all distress from acid stomach or indigestion ends. Immediate relief from flatulence, gas, heartburn, palpitation, fullness or stomach pressure.

Correct your digestion for a few cents. Millions keep it handy. Druggists recommend it.

The New Brunswick and Prince Edward Island branch of the Methodist Women's Missionary Society will hold their annual meeting on May 30 in St. Stephen. A meeting of the executive was held yesterday afternoon at the residence of Mrs. C. F. Sanford, the president.

## Safe Fat Reduction

Reduce, reduce, reduce, is the slogan of all fat people. Get thin, be slim, is the cry of fashion and society. And the overfat write their hands in mortification and helplessness: revolting at nauseating drugs, afraid of violent exercise, dreading the unweildiness and satisfying diet, until they hit upon the harmless Marmola Prescription and learn through it that they may safely reduce steadily and easily without one drop of a support or truss or appliance in their mode of life, but, harmlessly, secretly, and quickly reaching their ideal figure, with a smoother skin, better appetite and health than they have ever known. And now comes Marmola Prescription Tablets from the same famous harmless formula as the Marmola Prescription.

It behooves you to learn the satisfactory, beneficial effects of this great, safe, fat reducer by giving to your druggist one dollar for a case, or sending a like amount to the Marmola Company, 4612 Woodward Avenue, Detroit, Mich., with a request that they mail to you a case of Marmola Prescription Tablets.

## LOCAL NEWS

Miss Mary A. Butterfield, the distinguished missionary from Jerusalem, will be the speaker in the Ludlow street Baptist church on Sunday morning.

At a tea recently given at the Kneisel home, New York, for Mr. and Mrs. Fritz Kreisler, Mrs. T. J. Gunn was a guest. Many of the most noted musicians were among those present.

The D. F. Brown Paper Box Company are vacating their present factory in Canterbury street and moving to Glen Falls, where they will take over the factory, which was purchased last year by Clark Bros., Ltd., of Bear River, N. S.

## Great For Bad Coughs and Colds

Make Your Own Medicine and Have the Best There is.

You'll Say It's Good When All Mucus Disappears and Clean Healthy Membrane is Your Reward.

Here is an inexpensive home-made remedy that you can't beat and one that will quickly bring up that phlegm, stop the snuffling, relieve the clogged nostrils, make breathing easy and cause stubborn colds and persistent coughs to vacate—many times over night.

Get from any druggist, one ounce of Peppermint (double strength) add to it a little sugar and enough water to make one half pint. You can make it in two minutes and when it is mixed you can pride yourself on having a medicine that acts directly on the membrane of the nose and throat and sets so effectively that all phlegm, all tickling and inflammation speedily disappears.

## RED PEPPER FOR RHEUMATIC PAIN

Red Pepper Rub takes the "ouch" from sore, stiff, aching joints. It cannot hurt you, and it certainly stops that old rheumatism torture at once.

When you are suffering so you can hardly get around, just try Red Pepper Rub and you will have the quickest relief known. Nothing has such concentrated, penetrating heat as red pepper. Just as soon as you apply Red Pepper Rub you will feel the tingling heat. In three minutes it warms the sore spot through and through. Pain and soreness are gone.

Ask any good druggist for a jar of Rowles Red Pepper Rub. Be sure to get the genuine, with the name Rowles on each package.

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## If Ruptured Try This Free

Apply it to Any Rupture, Old or Recent, Large or Small, and You are on the Road That Has Convinced Thousands.

## Sent Free to Prove This

Anyone ruptured, man, woman or child, should write at once to W. S. Rice, 183 B Main St., Adams, N.Y., for a free trial of his wonderful stimulating application. Just put it on the rupture and the muscles begin to tighten; they begin to bind together so that the opening closes naturally and the need of a support or truss or appliance is then done away with. Don't neglect to send for this free trial. Even if your rupture doesn't bother you all your life. Why suffer this nuisance? Why run the risk of gangrene and such dangers from a small and innocent little rupture, the kind that has thrown thousands on the operating table? A host of men and women are daily running such risk just because their ruptures do not hurt nor prevent them from getting around. Write at once for this free trial, as it is certainly a wonderful thing that has aided in the cure of ruptures that were as big as a man's two fists. Try and write at once, using the coupon below.

Free for Rupture  
W. S. Rice, Inc.,  
183 B Main St., Adams, N.Y.  
You may send me entirely free a Sample Treatment of your stimulating application for Rupture.

Name .....  
Address .....  
State .....

## Blackheads Go Quick By This Simple Method

Blackheads—big ones or little ones—soft ones or hard ones—on any part of the body go quick by a simple method that just dissolves them. To do this get about two ounces of peroxide powder from your druggist—sprinkle a little on a hot, wet cloth—rub over the blackheads briskly for a few seconds—and wash off. You'll wonder where the blackheads have gone. Picking and squeezing blackheads only open the pores of the skin and leave them large and unsightly—while the simple application of peroxide powder and the water dissolve them right out, leaving the skin soft and the pores in their natural condition.

WASONS LIMITED  
C. W. WALKER  
ROSS DRUG CO.  
GEO. K. BELL  
W. R. DUNLOP,  
West St. John

## LA GRIPPE CAN BE PREVENTED

Carelessness and Imprudence Often Prove Fatal

Many ailments and diseases could be spared and lives saved if due care and attention were given to the slightest cold.

Coughing is such a common occurrence that in most cases very little attention is paid to it, although prevalent in practically three seasons out of four. Many severe complications arise from the neglect to treat this slight ailment at the outset when it can so easily be circumscribed.

Bronchitis, broncho-pneumonia, La Grippe are traceable to the common cold and in many cases, unfortunately, these complications have a fatal ending. Children require most vigilant attention in this respect and

mothers and others in charge of families are in duty bound to protect their children from the various forms of throat or bronchial troubles.

For 32 years, Canada has had a specific specially adapted to give this protection in Dr. J. O. LAMBERT'S SYRUP. Millions of persons owe their lives to this specific now in daily use from ocean to ocean and abroad. Dr. J. O. Lambert's Syrup is the true family remedy and should be found in every home. A strong dose taken morning and evening will positively prevent La Grippe, cough, colds, etc. For sale everywhere and the Largest Sale without Exception.

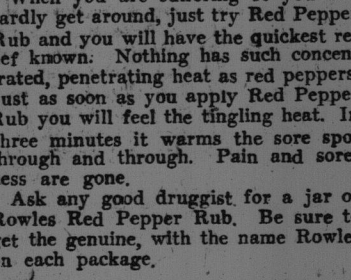
ity statistics was indicated by figures given by the speaker, showing that mortality from all diseases combined had greatly diminished during the last forty years, but, with respect to diabetes, the reverse was the case. The figures were not quite so appalling, however, when one considered that the number of cases handled by the insurance companies, by whom the statistics were arrived at, had greatly increased.

Diabetes might be defined as a condition which rendered the body unable to utilize sugar in the proper manner. Allen's treatment of starvation had been applied until it was discovered that persistent starvation had not the power to rid diabetes of sugar. Insulin treatment had proved successful in the treatment of this disease.

The young man who spends very many of his evenings looking for a flush isn't likely to find himself flush later in life.—Forbes Magazine (N. Y.).

## "My Hands Trembled and I Could Not Sleep"

Mr. Thomas Honey, Brantford, Ont., writes:—



DR. CHASE'S NERVE FOOD

50 cents a box, all dealers or Edmondson, Bates & Co., Ltd., Toronto.

## "I Was Run Down"

"Body was completely covered with Boils"

"If you have ever had boils, you know how painful and annoying they are. I was run down, my body was completely covered with them. I am a watchmaker by trade, making a specialty of repairing the highest grade movements. This is probably the most trying of any mechanical work, particularly for a nervous individual like me. Working under great strain both day and night for three months, I brought me almost to a state of collapse. I was so irritable and nervous that the slightest thing would 'send me up in the air.' If I managed to get a few hours of sleep at night I was lucky. I had no appetite for food. I certainly was miserable. During this time boils began to appear on different parts of my body and the pain from them made life a misery. My suffering was so great at times that I felt there was nothing left for me to do but to end it all. I consulted doctors but they all told me that if I didn't give up my work and live out of doors, I would go into a decline. As I had no money I couldn't do this. In fact paying doctors' bills and buying medicines

used up all the money I made. Finally in desperation, I decided that I would either kill or cure myself, so I began to study my case. I realized that I was completely run down as any one could possibly be with a bad case of nerves. What I needed was building up. After reading descriptions of different preparations, the one which appeared to be the best for me was Carnol. It has simply performed miracles for me. Four bottles have done more than months of travel abroad. I feel like a two-year old. I sleep eight hours every night and eat three good meals a day. My skin is like a baby's, free from blemishes of any kind and I have now almost forgotten that I have ever had such things as nerves. I want everybody who is ailing to know about Carnol, because I have such faith in it I believe it will cure any human ailment."

Mr. J. H. Mc.C. Carnol is sold by your druggist, and if you can conscientiously say, after you have tried it, that it has done you any good, return the empty bottle to him and he will refund your money.

For sale by

J. BENSON MAHONEY  
A. CHIPMAN SMITH CO.  
E. CLINTON BROWN  
W. J. McILLAN  
MOORES DRUG STORE  
F. W. MUNRO

WASONS LIMITED  
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