UNARD
ANCHOR
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nger and Cargo Services
EAL, HALIFAX, NEW YORK
BOSTON to
ON LIVERPOOL
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sent by MAIL or CABLE to
ritain, Ireland, Scandinavia,
ance, Portugal, Spain, Switzer
rther information apply to Local
nts or
BERT REFORD CO., Limited,
al Agents, Canadian Service,
ce William St., St. John, N. B.

TEAM BOILERS
offer "Matheson" steam boilers
r immediate shipment from
as follows:
NEW
Vertical 60 H.P. 54" dia.
" high.
-Vertical 35 H.P. 48" dia.
" high, 125 pounds working
ssure.
USED
Horizontal Return Tubular, 60
, 54" dia. 14'0" long. Com-
e with all fittings. 100 lbs.
king pressure.
-Vertical 12 H.P. 34" dia.
" high, 125 lbs. working pres-
e.
Loco. Type 40 H.P. on wheels.
MATHESON & CO., LTD.
Boilermakers,
GLASGOW, NOVA SCOTIA.

Maritime Steamship Co.
Limited.
TIME TABLE
nd after June 1st, 1918, a steamer
this company leaves St. John
Saturday, 7.30 a. m., for Black's
r, calling at Dipper Harbor and
Harbor.
ves Black's Harbor Monday, two
of high water, for St. Andrews,
; at Lord's Cove, Richardson,
e or Back Bay.
ves St. Andrews Monday evening
esday morning, according to the
for St. George, Back Bay and
s Harbor.
ves Black's Harbor Wednesday
tide for Dipper Harbor, calling
ver Harbor.
ves Dipper Harbor for St. John
., Thursday.
nt—Thorne Wharf and Ware-
g Co., Ltd., 'Phone 2581. Mana-
ewis Connors.
s company will not be responsible
y debts contracted after this date
ut a written order from the com-
or captain of the steamer.

RAND MANAN S.S. CO.
CHANGE OF TIME.
mmencing October 1st and until
er notice, steamer will sail as
rs:
ave Grand Manan Mondays, 7.30
for St. John via Eastport, Cam-
lo and Wilson's Beach.
turning, leave Turnbull's Wharf,
ohn, Wednesdays, 7.30 a.m., for
d Manan via Wilson's Beach,
pobello and Eastport.
ave Grand Manan Thursdays at
a.m., for St. Stephen, via Campo-
, Eastport, Cumming's Cove and
Andrews.
turning leave St. Stephen Fridays
00 a.m. (tide and ice permitting),
Grand Manan, via St. Andrews,
ming's Cove, Eastport and Campo-
.
ave Grand Manan Saturdays at
a.m. for St. Andrews, via Campo-
, Eastport and Cumming's Cove.
rning same day at 1.00 p.m. for
d Manan via same ports.
SCOTT D. GUPTILL,
Manager.

DOMINION
COAL COMPANY
Limited
"DOMINION" and "SPRINGHILL"
BITUMINOUS STEAM and GAS COALS
GENERAL SALES OFFICE
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P. & W. F. STARR, LIMITED
Agents At St. John.

COAL
BEST QUALITY
REASONABLE PRICE
Wholesale and Retail.
P. & W. F. STARR, LTD.
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JAMES S. McGIVERN
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TRAVELLING?
Passage Tickets By All
Ocean Steamship Lines.
WM. THOMSON & CO.
LIMITED
Royal Bank Bldg., St. John.

HUNS TURN BELGIANS OUT OF BED TO PLUNDER THE HOMES

Blow up Electric Power Plants and Destroy Water Supplies—Turned the People Out and Stole Everything in Sight—Exploded Mines Which Destroyed Churches—Shot Four Belgians at One Place for Not Stopping When Challenged by the Patrol—Industrial Plants Stripped of Machinery, Farms Laid Waste and Stock Carried Off.

"The German marines were the first to leave Zandvoorde, after having blown up the electric power plant and the coke ovens and destroyed the water supply pipes. In Thourout the Germans took a last chance to exercise their instincts for thieving and destruction; during the night they awoke many of the inhabitants and made them leave their homes, for fear they said, of accidents, since they were about to set off a mine. When they had got the dwellers out of their houses, they stole everything they wished before exploding the mine, which destroyed the church. Many posters left behind in villages by the Germans bear witness to the severity of their treatment of the civil population of Belgium; fines and imprisonment were threatened for failure to hand over grain, cattle, tobacco, etc.

"One of these posters at the entrance to a moving picture house, run by the Germans, narrates as a warning, the shooting of four Belgians, whose names are furnished, for not having halted when challenged by the patrol."

The above is a dispatch from an official eye witness with the Belgian armies in the field, and is but one instance of the wanton destruction carried out by the Germans before they were forced to quit each town and village before the oncoming Allied armies. In almost every village and town in Belgium the same story can be told. Homes, factories, public buildings, workshops and municipal plants have been stripped of their machinery and senselessly ruined, fields have been laid in waste, farm stock has been carried off, agricultural machinery broken and rendered useless, in short everything the Germans could do to cripple Belgium for years to come has been done. Belgium today must begin all over again to build up her industrial and agricultural life, the homes of her people have been levelled to the ground and the furniture carried off, all these, too, must be replaced, and Belgium cannot help herself, and cannot help her people. She has been left destitute, torn and suffering, and it is to outside countries that she today turns for help.

Food and clothing and building material is being sent into Belgium from the countries allied with her, but not yet in sufficient quantities to relieve the great tension under which her people are straining. More help is needed to give these people back what they have lost.

Petain Makes Triumphant Entry Into Reconquered German Fortress of Metz

(Continued from Page 1.)

On the other hand flags were flying from the statues of French heroes still standing in Metz.

These preparations were made last night after the departure of the Germans, and today every inhabitant of the city, with the exception of those of German origin, was out early in readiness to receive Marshal Petain. The marshal made his triumphal entry together with a staff of Allied officers at the head of the famous Iron Division, the 39th Division of the 20th Army Corps. Following was a long procession of Lorraine societies and other groups, including a great number of girls in the national costume of Lorraine. This procession met the marshal at the Port De France, and conducted him in triumph to the esplanade where, surrounded by a remarkable group of generals and other high officers he received the troops that had earned the honor of contributing to the victories of the Allies on almost every battle field of France.

The day was one of notable enthusiasm throughout, which dusk failed to diminish. Bands with torches appeared as soon as the light began to fade, and jubilant processions continued gaily to circulate through the town, until a late hour. Meanwhile, from the French lines all around the fortress there was a brilliant display of fireworks, which brightly lighted the sky, signal fuses and star shells serving as sky rockets.

It would be untrue to say that all Metz was gay today. A certain number of Germans still remain here. Some of these tried to put a good countenance on the situation and join in the throngs out of doors, but their glum faces were mostly seen from open windows, peering out with curiosity mingled with interest. These Germans that were met within the crowds were treated with a consideration that prevented incidents.

While the crowds were waiting the arrival of the marshal, the citizens gave free voice to their sentiments in their newly-recovered freedom, and practiced their newlyacquired French in vociferous acclamation of the French army and the Allies. Signalling the approach of the marshal and his accompanying cavalcade, airplanes began flying over the town about one o'clock, and the air was soon full of miniature tri-color flags which the airmen dropped. A little later the cannon of the forts round about the city, which had just been taken over by the French artillery, began firing a salute of three hundred rounds. The famous cathedral bell, the motto on which reads "I announce justice," gave the signal for the other bells in the city to peal forth a welcome to "our liberators," as the people of Metz, with one accord call the French and the Allied armies today.

When Marshal Petain appeared on the esplanade, mounted on a fine white charger, and followed by the entire general staff, with American and British officers attached, a shout went up that drowned the whirr of the dozen or more airplanes flying overhead, and the crowd surged forward, breaking the line of guards in places, to get a glimpse of the victorious commander of the French armies.

Still mounted, Marshal Petain, surrounded by a most brilliant group of generals and superior officers, took up his position in front of the statue of Marshal Ney to review the troops comprising the 39th Division of Infantry, with its artillery under General Pougin; a detachment of the First Corps of Cavalry under General Feraud; other mounted troops under General De Boissieu; two escorting squadrons from the First Moroccan Division and a detachment of tanks.

The staff of the Tenth Army, which General Mangin was prevented from heading because of the accident he had met with, was lined up directly in front of the marshal, while General Fayolle, commanding the central group of armies stood near the commander-in-chief just in front of the Ney statue, which the various superior officers saluted in passing.

Enthusiastic cheers of "long live France" greeted every flag as it appeared. The dignity of the reviewing ceremony, however, prevented the people from giving free play to their joy. The case was different in their contact with the troops in the streets after the column had left the esplanade. Then there were three columns, two of which were of citizens marching on either side, hand-in-hand with the soldiers, in the centre. Pretty Lorraine girls brought a blush to the cheek of many a poilu with unexpected embraces. Aged women, who had known Metz when it once before was French, threw kisses and cried out thanks to their liberators from open windows along the line of march.

The ambition of every child in Metz appeared to be to shake hands with every man in a French or Allied uniform and to give him a cordial greeting in French which, though often deficient, was never misunderstood.

The people of Metz, the majority being Roman Catholic, know latin if they are not strong on French. They crowded around the cathedral all morning to witness the transformation of the statues. Meanwhile the statues of the French heroes Ney and Fabert (Abraham De Fabert, Marshal of France in 1658) were decorated with flowers and bunting. French military engravings appeared as if by magic in the windows of art stores and an oil painting of Napoleon was hung out from a conspicuous window, where it would be in full view of the incoming heroes.

Preparations for the reception of Marshal Petain were made Sunday evening at the first public meeting in forty-eight years at which the people of Lorraine could meet freely and converse in French without running the risk of being sent to prison. All classes of citizens participated, including newly returned exiles, and excluding only that element of the population descending from immigrants. All were out early this morning in long processions along the line of entry of the French troops which were approaching the town in three columns along the Moselle to units at Montigny.

Paris, Nov. 20.—It was General Leconte who headed the Tenth Army on the occasion of the entry into Metz.

It was probable that there will be no occasion for a solemn entry into Strassbourg net Sunday.

Another French general is to be promoted to the rank of Marshal. It is rumored that before long the baton of marshal will be conferred upon other generals, perhaps three of them.

Paris, Nov. 20.—General Mangin was injured by being thrown under his horse while reviewing a brigade of French troops on Monday, the day before the French army entered Mtze.

The general's horse, a thoroughbred and unused to noise, was frightened by a band of trumpets. The animal reared and fell on its rider. General Mangin was unconscious when picked up, having been injured about the head and legs.

The Interansigeant, says the officer after being taken to a hospital remained in a state of coma for twelve hours but news from the institution this morning is to the effect that no more uneasiness need be felt. It is said the general is making excellent progress and that no after effects are feared.

WRONG BOTTLE AGAIN!

Mr. Thomas Wade, of Alma, N.B., accidentally applied some acid to a sore leg, thinking the bottle contained liniment. Writing of the effect, he says:

"The acid burned deep into my flesh and set up poisoning, causing me intense pain. I really thought I should lose my leg, but a friend advised me to try Zam-Buk. I did so, and the effect was marvellous! Zam-Buk very quickly ended the pain and drew out the poison. Eventually it completely healed the sore place."

Zam-Buk is best for all skin injuries and diseases. All dealers, 50c. box, 3 for $1.25.

Zam-Buk

WHOLE FAMILY DOWN WITH INFLUENZA

Grand Falls, Nov. 20.—Mrs. Archie Cote died at the emergency hospital tonight after a short illness from influenza. She is survived by her husband and eleven children. A particularly sad feature of the case is that every member of the family is down with the prevailing epidemic.

Thomas Mulhern is confined to his home suffering from an attack of the "flu." His many friends hope for a speedy recovery.

Magistrate James T. Kelley, who has been ill with influenza, is recovering and is expected to be able to resume his duties in a few weeks.

In the town itself the epidemic is pretty well wiped out but in some of the outlying districts is still quite bad, but on the whole there is a decided improvement in conditions.

The After Effects of Spanish Influenza

This terrible scourge leaves in its wake weak hearts, shattered nerves, impoverished blood, and a general run-down, debilitated condition of the system.

Thousands of people throughout Canada are just now needing the timely use of

Milburn's Heart and Nerve Pills

They will stimulate and strengthen the weak heart, bring back the shattered nervous system to a perfect condition, renew the lost vitality, build up the strength, and enrich the blood.

Price 50c. a box, at all Dealers, or mailed direct on receipt of price by

The T. Milburn Co., Limited, — — Toronto, Ont.

WILL CARRY ONLY NEUTRALS

Holland-American Line, Notwithstanding Armistice, Adheres to Policy Which Has Prevailed for Four Years.

New York, Nov. 20.—The Holland American Line announced today with the departure of its steamship Nieuw Amsterdam for Holland that the company still adhered to its rule of carrying only passengers from neutral countries, notwithstanding the signing of the armistice. This policy was adopted during hostilities at the suggestion of the German government, which promised immunity from submarine attack if the rule was followed.

The Nieuw Amsterdam, bound for Amsterdam, carried 165 passengers, most of whom were Dutch government employees returning to the Netherlands from Dutch possessions in the Far East.

Premiers Consider Plans For Providing New Land on Easy Terms To Settlers

(Continued from Page 1.)

the conference, provide that the land is to be sold to the returned soldier on a payment of ten per cent. and that if necessary partly in cash and other assets. In addition, it is proposed that the federal government shall advance to the returned soldier on loan, at an ordinary rate of interest for a short time, if by reason of the development of his property he is in a position to offer security for it. The general aim of the scheme is to assist the returned soldier to purchase a farm and to set up in business.

Plans were also outlined for giving training to returned soldiers. In development of the general scheme of land settlement it was suggested that a federal board should be created, comprising the minister of immigration and representatives from each province. The further suggestion was made that a social welfare bureau should be established in connection with the department of immigration and colonization.

It is expected that the conference will continue its work tomorrow afternoon. Hon. Frank Carvell, minister of public works, is presiding.

Ottawa, Nov. 20.—The conference of dominion and provincial ministers was resumed this morning in the senate chambers with a large attendance of representatives of the federal and provincial governments. When the conference adjourned yesterday the request of the western provinces that the natural resources, including lands, should be placed under their control, was the subject under discussion and, it is understood, some natural differences of opinion had developed which it was thought better for the delegates of the provinces to discuss amongst themselves. As a consequence of this yesterday afternoon's gathering was attended by representatives of the provinces only.

Apparently there is little doubt of the intention of the dominion government to give the western provinces their natural resources, but the proposal has resulted in a suggestion from the representatives of the eastern provinces that in the event of this being done the older provinces should receive something additional in the way of subsidies.

When the ministers resumed their sittings this morning, Hon. J. A. Calder, minister of immigration and colonization, submitted a land colonization scheme, which is distinct from soldiers' settlement. Its chief object is the development of undeveloped land now held for speculative purposes. Mr. Calder proposes that the dominion should lend money to the provinces for the purchase of privately-owned land, which would be sold to intending settlers. The purchasers will be expected to put up in cash, or in personal value, security amounting to twenty per cent. of the value of the land bought. The settler would then get easy terms of payment.

It is proposed that the land will be sold to the settler at a slight advance over the purchase price in order to insure against possible loss. In the case of loss, it is proposed that it be equally divided between the dominion and the province. According to a calculation submitted to the conference by Mr. Calder, there are from fifteen to twenty million acres of undeveloped land near the railways in the western provinces. The question of assisting men who desire to settle on farm lands in the eastern provinces was also before the conference this morning, the discussion not being concluded. The conference adjourned at one o'clock, the premiers of the various provinces remaining in session for the purpose of drafting a proposal covering the handing over to the western provinces of their natural resources.

OBITUARY.

Frederic Hewey. — Mrs. Geo. Oickle.

Bear River, Nov. 20.—Mr. Frederick Hewey, aged 27 years, and Mrs. George Oickle, aged 25 years, died at their homes in Victory, N.S. very recently, the result of Spanish "flu" and pneumonia combined. Mr. Hewey leaves a mother and several brothers. Mrs. Oickle was a sister to Mr. Hewey, and leaves a husband and three children, a fourth being born while she was sick, and dying with her. Great sympathy is extended to the sorrowing relatives by their many friends.

William Russell.

Newcastle, Nov. 20.—Mr. and Mrs. George Russell, of Nordin, who lost their eldest son, Howard, aged 21, from pneumonia, November 2nd, heard from Ottawa yesterday of the death from the same disease of their second son, Private William Russell, of the Canadian Engineers overseas. Deceased was about 19 years of age. He was a young man beloved of all, and the bereaved family have the sympathy of the community in their great loss. Deceased is survived by his parents, three sisters, Mary, Muriel and Adelaide, and one brother, Norman, all at home.

Thomas Peters.

Rexton, N.B., Nov. 20.—Thomas Peters, eldest son of Mr. and Mrs. F. S. Peters, of Peters' Mills, passed away at his home there on Monday evening of epilepsy. He had spent several years in Western Canada, and returned home after the death of his brother Stanley, who died in France about two years ago. He is survived by his parents, one brother, Roy, of Cape Tormentine, and one sister, Mrs. Richard Macbeath, of Peters' Mills. The funeral will take place this afternoon to the Methodist Cemetery at Richibucto.

A. H. Fearon.

Rexton, Nov. 20.—The death occurred Saturday night at his home at Main River, of Albert Havelock Fearon, son of Joseph Fearon, at the age of 22 years. Death was due to tuberculosis. He is survived by his parents, six brothers and three sisters. The funeral took place yesterday. Interment was made in the C. of E. Cemetery at Brown's Yard.

Mrs. John LeBlanc.

Rexton, Nov. 20.—Mrs. John LeBlanc died at her home at Chockfish Bay on Sunday, of influenza and pneumonia. She is survived by her husband, who is at present in the lumber woods, and who could not be communicated with before the funeral, which took place at Ste. Anne.

Mrs. Cyrille Richard.

Rexton, Nov. 20.—Mrs. Cyrille Richard, of Ste. Anne, died at her home there on Friday at the age of 67 years. She leaves her husband, three daughters and one son. Mrs. Richard was formerly Miss Maria Blanche Allain, of Black River (Buctouche). The funeral took place at Ste. Anne de Kent. Rev. Father Joseph officiated.

Miss Kathleen Mooney.

The death of Miss Kathleen Mooney, who was severely burned on Monday evening in her home on Orange St., took place at an early hour yesterday morning. It was feared from the first that a fatal result might follow the accident, for Miss Mooney's injuries were very serious, and death during the night was not unexpected. Miss Mooney had been a proofreader on the Globe for several years, and was highly esteemed by all the staff and her co-workers. She was a very active member of the Young Women's Patriotic Association, and was always ready to share in that organization's work, and she had a host of young friends who will be pained to hear of her death. Miss Mooney is survived by her father, P. J. Mooney, the well known contractor, and her stepmother; by one sister, Miss Beatrice Mooney, and by four brothers, Capt. Edward J., who was overseas for some time and is now provost marshal at Halifax; Bernard, in the Royal Flying Force, London, Thomas and John P., at home.

CONSTANT PAIN AFTER EATING

The Tortures of Dyspepsia Corrected by "Fruit-a-tives"

St. Martins, N. B.

"For two years, I suffered tortures from Severe Dyspepsia. I had constant pains after eating; pains down the sides and back; and horrible bitter stuff often came up in my mouth.

"I tried doctors, but they did not help me. But as soon as I started taking 'Fruit-a-tives,' I began to improve and this medicine, made of fruit juices, relieved me when everything else failed."

MRS. HUDSON MARSHBANK.

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

ONE HUNDRED THOUSAND WANT TO GO ABROAD

Great Rush for Permission to go Overseas by Curiosity Seekers—No Passports for Foreign Travel Will be Issued.

New York, Nov. 20.—More than 100,000 persons have applied since the armistice was signed for permission to go abroad, according to custom officials here, who announced that no passports for foreign travel would be issued except in cases of necessity. Applicants who can show that their proposed trips are to visit dying relatives or friends, to conduct business which cannot be handled except by personal contact, or who have missions for the American or Allied governments would be permitted to sail, it was stated.

CASUALTIES.

Ottawa, Nov. 20.—Casualties:

Infantry.

Cancel Report Missing—
B Graham, Upton, Que.
Died—
J. Samson, Sherbrooke, Que.
F. Cleveland, Port Hill, P.E.I.
C. A. Windsor, Miscou Harbor, N.B
Wounded—
Lieut Malcolm Amos, Lower Derby, North. Co., N.B.
Lieut. Fred Lawrence, Economy, N.S.
Lieut. A. S. Creighton, Dartmouth, N.S.
F. Smith, Springhill, N.S.
H LeBlanc, Poulamon, N.S.
J. Pinaude, Sydney, N.S.
B. Redden, Kentville, N.S.
C. Ward, Halifax.
William Harris, Yarmouth, N.S.
R. Fulton, Great Village, N.S.
W. Gavel, Brazil Lake, N.S.
C. Giles, not stated.
E. Deal, Halifax.
A. David, Bois France, Que.
David Dent, Amherst, N.S.
J. Canaven, Sackville, N.B.
W. Morrison, Boulardarie, N.S.
Carl Baker, Barrowsfield, N.S.
A. Arsenault, Abranis, P.E.I
F. Worthylake, Pictou, N.S.
W. Wrathall, Middleboro, N.S.
John Garrick, Charlottetown, P.E.I.
J. McLeod, St. Rose, N.S.
V. McQuaid, Kelly's Cross, P.E.I.
J. Sarty, Barker's Cove, N.S
W. Sampson, Lardois, N.S.
A. C. Ferguson, Florence, N.S.
D. Fater, Parrsboro, N.S.
A. Lamey, Glenora, N.S.
B. Johnson, Truro, N.S.
A. McDonald, Albany, P.E.I.
Prisoner of War—
J. McPherson, Glace Bay, N.S.
Gassed—
Harold Horne, Pleasantville, N.S.
Ill—
H. Taylor, Grand Falls, N.B.
H. McCluskey, St. John, N B

Artillery.

Died of Wounds.—
B. Price, Moncton, N.B.
Fred Layconk North Sydney, N.S.
James Harris, Moncton, N.B.
Arthur Youell, not stated.
C. Cleland, McAdam Jct., N.B.
Died—
H. Armstrong, St. John, N. B
Ill—
Alex. Henderson, St. John, West.
J. MacDonald, Charlottetown, P.E.I.
E. Hendry, Brookfield, N.S.
Gassed—
W. Colwell, Upper Jemseg, N.B.
B. Voinet, Lunenburg, N.S.
A. Tuluppe, Lower Weguac, North. Co., N.B.

Mounted Rifles

Wounded—
E. Baker, Moncton, N.B.
Ill—
Charles Johnston, Charlottetown, P.E.I.
Wounded—
J. Arceneau, Bathurst, N.B.
E. McLeod, Newcastle, N.B.

Cavalry.

Died of Wounds—
H. Newton, Truro, N.B.
Ill—
Captain W. MacDonnell, Sydney, N.S.

Forestry Corps.

Died—
Wounded—
R. Rushton, Truro, N.S.

Washington, Nov. 20.—General increases in express rates were announced today by Director General McAdoo, of the railroad administration.

70,000 PEOPLE

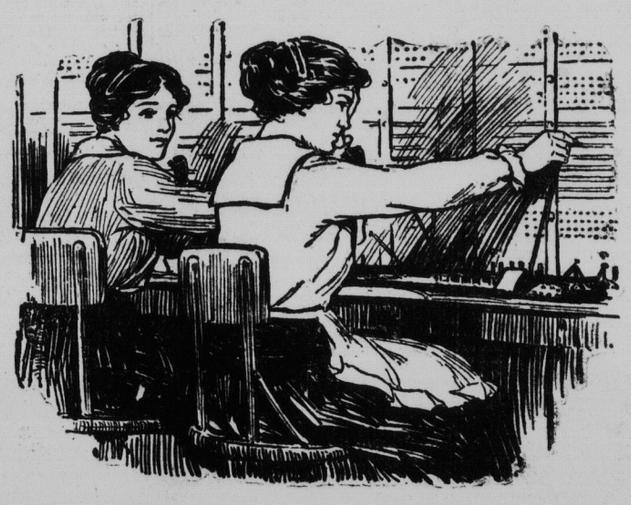
die every year from bronchitis! A large proportion of these could be saved by direct treatment, but in order to heal the bronchial tubes a remedy must be taken which will get there direct. Peps can. Peps is a breatheable remedy which goes right to the seat of the trouble—hence its wonderful success in cases of bronchitis.

Dissolve a Pep in your mouth. The medicine contained is turned into vapor and carried by the breath to the bronchial tubes and the minute air passages. The inflamed lining is healed, the pain ended and the cough stopped.

Miss Mary Weston, a graduate nurse living at 457 Victor Ave., Winnipeg, says she owes her health to Peps. She writes: "When I finished my hospital training I was suffering with chronic bronchial trouble, and I was told I would not be able to continue nursing. I used Peps so perseveringly, however, that I was finally entirely cured. I am quite sure that I would not be following my profession to-day if it had not been for Peps."

For asthma, laryngitis, sore throat, coughs, colds and hoarseness Peps are equally invaluable. All dealers, 50c. box.

PEPS



High Tension Work

TO understand the work of the girl at central is to sympathize with her—for hers is a continuous high nervous tension.

At these critical times, when help is so scarce and the wires so busy, the task of the telephone operator is made doubly trying on her nerves.

How like her own nervous system is the complicated electrical equipment which she manipulates.

The central station may be likened to the brain, and the cables and wires, which go out from it, correspond to the spinal cord and intricate nerve fibres which branch off to the members and organs of the body.

The electric current is similar to the nerve force in the human system, for without this nervous energy the human mind and body would be just as dead as a telephone system without electricity.

The continuous strain to which the brain and nerves of the operator are subjected exhausts the nervous energy at an enormous rate, and starved nerves cry out for nourishment with headaches, neuralgic and sciatic pains, nervous indigestion and sleeplessness.

The functions of the vital organs become weak and irregular, as is shown by the feeble action of the heart and the tardiness of the liver and bowels.

It is comparatively easy to restore exhausted nerves if Dr. Chase's Nerve Food is used regularly when these early indications of trouble are apparent.

This food cure is also effective in the treatment of nervous prostration, and even in many cases of locomotor ataxia and partial paralysis, but when these ailments develop it is usually necessary that considerable patience and persistence be applied, as recovery must necessarily be a tedious process.

On this account we always like to look on Dr. Chase's Nerve Food as primarily a preventive treatment—a means of restoring feeble, wasted nerves while there is yet a foundation to build on.

Rest, gentle exercise out of doors, cheerful companions help the sufferer from nervous exhaustion, but there must be additional nourishment supplied to the nervous system, and the ideal way to supply the essential elements is by the use of Dr. Chase's Nerve Food, 50 cents a box, all dealers, or Edmanson, Bates & Co., Limited, Toronto. Look for the portrait and signature of A. W. Chase, M.D., on the box you buy.