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No, this does not consist of some special or new form of drug, because drugs are not a permanent cure for Constipation. The REAL cure for Constipation is something that will appeal at once to your commonsense, because this cure consists simply of pure, sterilized water.

The sufferer from Constipation usually realizes the danger of his affliction because from Constipation arise the vast number of more serious diseases brought about by the retention and promulgation of germ life in the system, in turn caused by our failure to get rid of this waste.

Such a sufferer has probably tried all kinds of drugs and his experience is enough to prove that drugs form only a temporary relief and require constant use in constantly increasing doses to be at all efficacious. The sufferer greatly adds to his illness by becoming a slave to this drug habit.

How much simpler and saner is this method of Dr. Chas. A. Tyrrell, inventor of the J. B. L. Cascade—an appliance now endorsed by physicians everywhere and used by over 300,000 people. With this system of the internal bath, you dispense with drugs entirely and you secure a perfectly natural treatment that brings about immediate relief and gradually attains a sure and permanent cure.

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Write for Dr. Charles A. Tyrrell's book, "Why Man of Today is Only Fifty Per Cent. Efficient." We will gladly send you this free if you will address Charles A. Tyrrell, M.D., Room 741-6, 280 College Street, Toronto.

## United Farmers' Progress

Continued from Page 8

ing of competent legal advice for members in difficulty.

We have also been of assistance to many of the Unions in placing orders for binder twine, oil, lumber and fruit, while in one district, with the assistance of the Live Stock Commissioner, considerable help was rendered in the marketing of cattle last spring. Negotiations are now under way through which it is hoped that before next spring it will be possible to bring in some independent buyers who will materially relieve the cattle situation.

As usual, considerable assistance was given in the placing of farm help, and a conservative estimate would fix the number assisted by the central office at not less than 400. This work is done with the co-operation of the Alberta Government office at Winnipeg and without cost to the applicants.

This is only a partial list of the work done and is given to show in what manner the central office can help our members. Some are of the opinion that it is only the local union that can be benefited, but such is not the case, for, no matter whether it is an officer or an individual member, each inquiry receives careful attention and every effort is made to satisfy each individual case.

### Food Taxes Repudiated

In closing I would like to take the liberty of bringing to your attention for a few moments some of the questions which will affect us in the future. The first and foremost of these is no doubt that of our trade relations, and while we have always stood for freer trade, still, up to the present, we have not gained very much in this regard, although it has been said that our gain comes more from the fact that, as a result of our activities, the tariff at least has not been increased. The one question which appeals to me is that of freer trade with the Mother Country. We are told that it is a common saying there that if the Western Canada farmer is to remain loyal then he must be bribed by a preferential tax on the food of the British consumer. You and I know better than this and realize only too well what a tax on food really means, as can be evidenced from the fact that although our wheat is cheaper our finished product, the flour, sells at a higher price right here in our midst than it does in the Old Country. Let us, therefore, take a united front in this question, and repudiate the statements which have been made in this connection. We do not want our food taxed, neither do we want a tax on the other fellow's food. I know it is hardly right to draw attention to this question in this report, but I take the liberty of doing so and thereby bring this matter to your notice.

### Looking To Coming Year

Other questions which will affect us during the year 1913 are: That of the freight inquiry, the fire guard inquiry, uniform live stock regulations, opening of the Panama Canal, working out of a parcels post system, of a method whereby the settlers can secure cheaper money, of uniform machinery contracts, of efficient railway legislation, and co-operation. These are only a few of the big questions which are now under consideration and which must require a vast amount of work and consideration during the next few months.

It would not be proper for me to conclude this, my final report to you as secretary of the U.F.A., without once more thanking the officers and members for the courtesies and the kind assistance given me during my term of office, to the office staff for the loyal support given at all times in the carrying on of the work, and for the help rendered to the Association by our official organ, The Grain Growers' Guide. Without such help the work done would be small indeed, and it is to that assistance that our great measure of success is largely due. From the bottom of my heart I thank you, and bespeak for my successor in office, the same kindly assistance and co-operation that you have given me.

Again thanking you, gentlemen, and wishing you every success in the efforts for which we are all striving, I am,

Your obedient servant,

E. J. FREEM, Secretary.

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