"The biggest thing in the world is humanity and to chart the tides that play thru the human heart is to understand your own nature," and others too.

February is the month of hearts, the month to go over your wardrobe and prepare for a new deal.

Here are new lines for men's and younger men's wear.

Gilmour's, 68 King St.

Ten per cent. discount off soldier's first outfit.

THE WEATHER.

Toronto, Jan. 31.—Conditions have changed completely over the western part of the continent, and the outlook now appears favorable for more normal weather. The temperature is fairly low in Manitoba, and is falling in Ontario and Quebec.

	Min.	Max.
Dawson	*48	*28
Prince Rupert	26	34
Vancouver	28	40
Victoria	34	40
Calgary	24	30
Moose Jaw	7	24
Battleford	2	18
Prince Albert	*4	10
The Pas	*22	0

Forecasts—Maritime—Strong winds and moderate gales, west and northwest, fair, becoming colder.

Northern New England—Fair and colder Saturday; Sunday fair; strong west to northwest winds.

bowlers invented another scheme when, instead of the usual six men team, picked from among the number of star bowlers of the City League teams, they decided to roll in pairs of two men each, and selected their partners by drawing from the hat. Twelve players made six teams, and the scores of each team follow in order, according to standing, showing that team No. 1 proved victorious:

No. 1 Team.			
Lunney	85	104	112—301
Sullivan	102	120	116—338
Total			639
Team No. 2.			
Belyea	90	96	101—287
Copp	109	97	87—293
Total			580
Team No. 3.			
Wilson	90	100	104—294
Rockwell	84	103	82—269
Total			553
Team No. 4.			
Beatteay	81	94	103—278
Gamblin	97	94	89—280
Total			558
Team No. 5.			
Lemmon	98	93	82—273
McIlveen	85	105	92—282
Total			555
Team No. 6.			
Bailey	84	97	100—281
Ward	84	84	105—273
Total			554

DIED.

BARNES—At Vancouver, B. C., Jan. 29th, Elizabeth M. Barnes, aged 91 years, widow of the late William Barnes, of Hampton, Kings County, and eldest daughter of the late Captain Allan McLean of St. John. Notice of funeral later.

FLOOD—At St. John County Hospital, East St. John, on January 30, Mrs. Elizabeth Evening (Eva), beloved wife of John James Flood, daughter of John W. Jamieson and adopted daughter of Morton L. Harrison, leaving her husband and two children.

Funeral from residence of Morton L. Harrison, 57 Celebration street, Saturday, February 1, at 2.30 p.m.

CRAFT—At Millidgeville, on January 31st, Margaret, wife of Geo. W. Craft. Funeral Sunday afternoon, February 2, at 2.30 o'clock. Coaches leave Scott's Corner at 2 p.m.

NOTICE

The annual meeting of the corporation of the Women's Christian Temperance Union of the North End will be held on Tuesday, the 4th February, at 2 p.m. in the library room, Union Hall, to hear reports read and transact any other business that may come before the meeting.

By order,
A. B. FARMER,
Secretary-Treasurer.

NOTICE

The Owners and Agents of the Royal Mail Steam Packet Company "Chignecto" hereby give notice that they will not be responsible for debts incurred by any of the crew of this steamer.

Wm. Thomson & Co., Ltd.,
Agents Royal Mail Steam Packet Company.

FOR SALE

At once 100 tons No. 1 Oat Feed at $1.50 per bag, some slightly damaged by water at $1.25 per bag. Call, wire, or 'phone to A. Garson & Co., 103 Union street, West St. John. 'Phone W. 435.

HALL'S DAUGHTER ON THE STAND GIVES DAMAGING EVIDENCE

Testimony Tending to Show Quarrels Between the Accused and His Wife, Due to His Alleged Attentions to Other Women, Given at Thursday's Session — Traynor Declares All Injuries Found on Body Were Not Caused by the Fall.

Saco, Me., Jan. 30.—Testimony tending to show frequent quarrels between Henry H. Hall and his wife on the subject of his alleged attentions to other women was given today by Hall's Daughter and by Mrs. Hall's mother at the trial of Hall for the murder of his wife. They were the only witnesses called after the state had completed its preliminary introduction of medical evidence as to the condition of Mrs. Hall's body. Cross-examination of the daughter, Frances Hall, fourteen years old, will be resumed tomorrow.

Before the state took up this line of evidence, Medical Examiner Chas. F. Traynor was recalled. In answer to a 1200 word hypothetical question as to whether under the circumstances as previously brought out, Mrs. Hall could have sustained all her injuries in a fall from a bridge, Dr. Traynor answered:

"No."

"Which of the injuries could she not have received?"

"Those about the throat."

Mrs. Frances Stevens, mother of Mrs. Hall, then took the stand. She testified that her daughter was married to Hall to September, 1903. At that time Hall was employed as a cook on various coastwise sailing vessels. Hall and his wife made their home with her at Columbia for a time. She said Hall studied the Bible for some years and became a lay preacher at Pubnico, N.B., in 1910. After a year Hall and his wife lived at Harrington, near Columbia.

After their return Mrs. Stevens said Mrs. Hall had told her that while they were at Pubnico she had said to her husband that he ought not to be so familiar with women and that this made him 'cross." The witness said that so far as she knew Hall and his wife had no actual quarrels before 1914. In that year Hall, who had resumed his seafaring life, returned from a voyage to Florida and went to a hospital in Portland for treatment. Mrs. Hall visited him there and immediately afterward became ill and went to a hospital in Bangor. She underwent an operation and for some time after her return home she was practically helpless.

At this time Mrs. Stevens said she heard Hall and his wife quarrel about other women. Hall's face would get purple with anger and he would sulk for two or three days.

In August, 1916, the two went to Princeton, returning to Harrington in March, 1917. Before they went she heard Hall exclaim to his wife:

"Sick, sick; something is the matter with you all the time."

Mrs. Hall retorted that all the trouble she had was due to her husband. Hall then declared: "I am through with you and Frances (his daughter.)

Mrs. Stevens testified that Hall said he would not "lug a sick wife through life." Mrs. Hall answered:

Mrs. Stevens said she did not see her daughter alive after she and Hall moved to Wells Depot, where he was in charge of a church. She told of Mrs. Hall's body being brought to her home last June and said she noticed a spot near one eye and bruises on one hand. Hall, who was there at the time, said to her regarding these injuries:

"Oh, it is the hand she had the berry cup in."

Hall told the witness that he and his wife had gone out to gather berries. As they were crossing the bridge near the railroad station at Wells Depot he said he called Mrs. Hall's attention to the fish in the brook below, and she became dizzy and fell, just missing an iron bolt. Hall told Mrs. Stevens that he climbed down and jumped into the water five feet deep, lifted his wife out and carried her over to a fence. Then he hailed a section foreman on an approaching motor car.

Mrs. Stevens said that Hall gave up preaching for five years after leaving Pubnico, because his wife had told him he was not successful at it. He went to sea spring and fall. Mrs. Hall seemed pleased when he received the call to the church at Wells Depot and said she would be glad to go there "if he would behave himself." Mrs. Hall never made any accusations against her husband in letters to her mother.

Hall's daughter, Frances, testified that while the family lived at Princeton her father and mother quarrelled about twice a week regarding women and regarding the housework her father did. At Wells Depot she heard them quarrel and heard her father deny that he was intimate with other women. He went out every night, but seldom went anywhere with her mother. Rest Gerow came to the house frequently and helped wash floors.

Frances said the last quarrel she heard between her father and mother was on the morning of the day before she received the fatal injuries. She did not remember what it was about. She said Rest Gerow sat down beside her in church one day, but moved when Frances told her the seat was reserved. Her father hit her on the head with a hymn book for saying this.

On the day her mother was injured Hall told his daughter that he and her mother were going to get strawberries. He said he would do the dishes when he got back and that she need not do them. The girl testified that this was an unusual thing for him to say. She did not see her mother alive again. The next day her father told her that her mother was dead and that she had fallen from the bridge and struck on some iron. He told her he had gone to the hospital with her mother in the ambulance.

MONTREAL LOSES CENTENARIAN

Capt. Felgate, Prominent in the History of the City, Passed Out This Week.

Montreal, Jan. 31.—The death of Capt. Samuel Filgate, ex-navigator and ex-soldier, which occurred this week, revives some early history in Montreal, of which there are few living who retain but a blurred memory, for the late Capt. Filgate lived to the age of 101 years, and until a few days ago, might have been seen sweeping the snow from his door step; hale and hearty and cheery, despite his great age.

Capt. Filgate was an interesting link between the pioneer days of this city and its modern status as Canada's metropolis, and he passed through stirring scenes, being a prominent actor in many of them. Born in 1818 in the garrison city of York, now Toronto, the son of a soldier, when seven years of age he was brought by his parents to Montreal, coming down the St. Lawrence in those pre-railway days in a "bateau" or rowboat, piloted by Indians, and carrying British redcoats as passengers.

In 1837, the year Queen Victoria ascended the throne of England, he joined the army. In the same year the Papineau-Mackenzie rebellion broke out and the young Filgate had his first taste of war. Eleven years later, Lord Elgin, who was then Governor, was stoned in the streets of Montreal because he gave his assent to the Rebellion Losses Bill to which many loyalists objected. The same day the parliament building, then located in this city, was burned down, and the young Filgate who was in the Governor's escort when Lord Elgin was stoned, was struck in the head with a stone intended for the Governor. The mark of that wound Capt. Filgate carried with him until death.

From soldiering Filgate eventually transferred to navigation. He bought a ferry and laid the foundation of an extensive cross-river shipping service in conjunction with the New York Railway Company, there being no bridges across the river in those times. Then a more ambitious project engaged his attention and he built the "Filgate," the first iron ship constructed in Montreal, for a time the object of curiosity to all and to sceptics who pinned their faith in wooden ships an object of derision.

BEFORE COURTS 21 YEARS

Law Suit Against City of Montreal Finally Dismissed.

Montreal, Jan. 31.—A law suit against the City of Montreal attained its majority this week—for twenty-one years it has been before the courts, only to be dismissed at the end of a long drawn-out battle.

Entered in the courts in the year 1898 by Auguste Dufresne, and fourteen co-heirs to a property valued at $32,327, the action, aimed to force the city to pay $8,753.66 as part value of a strip of land which the city was alleged to have taken from the complainants' estate, without proceeding to appropriation, and to have utilized for the purpose of opening streets. On its side the city contested the plaintiffs' title to the land and submitted that in any event the present procedure was irregular and contrary to the city charter.

In the first instance the case was tried by Justice Choquette, who resigned from the bench to take a seat in the Senate. Next it went before Mr. Justice Beaudin, but he died before the case was completed. Mr. Justice St. Pierre was the next to hear the case, but he, too, passed to the Great Beyond before judgment was rendered. For a fourth time the case was taken into court, this time with Justice Charbonneau as trial judge. But, like his two predecessors, he likewise died before he had completed his delibere. But the case had better luck with the fifth judge, Mr. Justice Lane, to whom it was submitted on a factum prepared by J. L. Archambault, K.C. Unlike the various trial judges to whom the case was submitted, Mr. Archambault lived to see the termination of the litigation, having conducted the case as attorney for the city since its inscription in 1918. The battle was a long one, but Mr. Archambault's fight was crowned with success, as Mr. Justice Lane decided in the city's favor by dismissing the case, and in his judgment declared that the city had been in public uninterrupted possession of the disputed strip of land for a period considerably over ten years, immediately preceding the plaintiffs' action; the public had enjoyed the same without let or hindrance for about twenty years, and the plaintiffs had failed to establish that they were entitled to their claim or any part thereof. Moreover in addition to losing out after twenty-one years of litigation the plaintiffs were also condemned to pay the costs.

BROKE A SHAFT.

A horse took fright on Waterloo Street last night, and ran away, throwing the driver out on the street. It had not run very far before it was brought to a stop, and the only damage caused was a broken shaft.

TERRIBLE CONDITIONS EXISTING AMONG PRISONERS IN SIBERIA

Allies Appealed to for Relief—British Red Cross Making Plans to Send Supply Trains With Foodstuffs Which Are Most Needed Now—A Train of Fifty Cars Would go Long Way to Providing Relief in the Prison Camps—Menus Being Served.

(By W. E. Playfair, official correspondent with the Canadian Forces in Siberia.)

Vladivostok, Dec. 12.—So terrible are the conditions existing among the many thousands of German and Austrian prisoners in Western Siberia, due in large measure to the general dislocation caused by the Bolsheviki regime, that the Allies here have been appealed to to bring relief. Representations have been made to General Sir Robert Powell, British Red Cross Commissioner, and machinery has been put on foot to send supply trains up the line to relieve the situation.

In this direction, as well as that of civilian relief, the lack of adequate rail transportation facilities is the chief difficulty. It is estimated that a train of fifty cars would go a long way towards improving matters in the prison camps, yet such is the dearth of rolling stock, due to military necessities, the number of cars used for housing refugees, and the unsettled condition of the railways that to procure this number of wagons is a tremendous task.

The story of the desperate straits of the prisoners in Western Siberia was told here today by Cosha Cedergren, Swedish Red Cross delegate, who has been in the interior working among the prison camps for two years. Since early in the war American, Swedish and Danish Red Cross societies have undertaken the care of the war prisoners in Russia.

Cedergren tells a pitiful tale of the conditions that now exist through lack of proper housing, adequate clothing, and food, predicting a catastrophe epidemic of typhus if something is not done at a very early date.

Owing to the difficulty of procuring provisions in European Russia, a great number of enemy prisoners of war were removed from Russia to the camps in Western Siberia in the Spring of 1918. The total number in that section now is about 250,000, of whom some 20,000 are Germans and Turks and the remainder Austrians and Hungarians. The result of this exodus has been that camps already densely populated have been filled to overflowing.

The barracks, which are built of wood in the main, but some of which are merely dugouts, are supposed to house some 300 men on the average. In these same buildings 500 men are now quartered. Owing to the difficulty in procuring materials and sufficient funds for the purpose no repairs have been undertaken during the past year, and the barracks, at the best of a temporary character, do not afford sufficient protection against the ravages of the Siberian winter.

All the stoves are in bad condition. With the scarcity of fuel added to this fact, the temperature in the barracks rarely goes above 6 degrees centigrade. Water frequently freezes in the wash basins. Coal oil and candles are hard to obtain, and command exorbitant prices. Thus the barracks remain unlighted as well as without heat.

The Russian government is supposed to pay every officer prisoner 50 rubles ($.25) per month, while each private is entitled to food to the value of 30 to 65 kopecks (3¾ to 8 cents) per day, according to location and cost of living. During the reign of the Bolsheviki no money whatever was paid the officers.

During the troubled period in Russia and Siberia the Swedish and Danish Red Cross delegations have supplied the prisoner officers with a monthly allowance of 50 roubles, and the men with a monthly allowance of from 10 to 20 roubles. But the delegations are now without funds, owing to the troubles in European Russia, unable to communicate with the head offices. The appeal to the Allies is the result.

In any case, the allowance paid by the Russian government is a mere pittance, now that the prices of commodities have gone to such a soaring height. It has been estimated that a man who lives in the simplest way, does not smoke, denies himself a servant, and does his own washing, requires at least from 100 to 200 roubles a month to cover his expenses.

During the war clothing has been supplied in large quantities, partly through the American and Swedish Red Cross societies, and partly through the Danish legation. But transportation difficulties have been such that little of this has been delivered during the past two years. Towards the end of 1917 some supplies got through to various points in Western Siberia, but these were in large part requisitioned by the Russian and Czech authorities, which were at the time in dire need of the goods. Among other items these supplies included 50,000 pairs of boots shipped by the American Red Cross, medical supplies to the value of 500,000 roubles, 100,000 tons of conserves, and the like.

The irony of fate decreed that the Brest-Litovsk treaty should serve to aggravate the woes of the German and Austrian prisoners in Russia. These men, expecting to be sent home at once after the treaty was signed, sold what clothing they thought they could spare. They did not get home in the summer of 1918 as they had earnestly hoped, and now the dearth of warm clothing, is worse than before. When, too, the starvation policy of the Bolsheviki in respect to the enemy prisoners made matters decidedly more miserable for the latter. In their anxiety to obtain recruits for their forces the Red Guards starved and maltreated their prisoners, hoping to compel them to enlist. Those who took the bait were accorded the most handsome treatment.

After a long course of such living conditions, it is not to be wondered that poor food, scanty clothing, inadequate housing and in general a disgusting form of life have had their effect upon the health of the prisoners. One day's provisions was from a half a pound to a pound of black bread. The average menu would read something like this:

Breakfast.
Hot water, with bread.
Dinner.
Weak soup made of water with potatoes or flour, and about twice a week a small piece of meat.
Supper.
Hot water and savings from dinner.

Sugar, tea and other luxuries, such as soap, have not been among the supplies furnished the prisoners for years. In former days one might see dogs and other animals wandering about at the various camps, pets of the prisoners. But now these pets have all disappeared—into the kettles of the cooks.

One feature of the situation is that there is a considerable supply of clothing and other commodities in Vladivostok, with no way of getting them through to the camps. It is estimated that there is stored at the Swedish consulates here clothing and medical supplies sufficient for at least 15,000 men, or some 40 car loads. Steps are being taken to ship this amount west, and without doubt further shipments will follow rapidly.

THE SAD ACCIDENT.

Regarding the accident on Broad Street Wednesday, when Private Arsenault was run over by a heavy army truck and fatally injured, his comrades who were with him at the time were unaware of the sad affair until they saw the unfortunate young man lying on the street. They say young Arsenault had been seated on the loaded truck with them, and when the funeral of Capt. Kee passed, the truck was started. They felt a jolt, and then saw their comrade lying on the ground. They don't know what caused him to fall off, and did not see him when he fell. The soldiers are deeply grieved over the sad affair as the deceased was extremely popular with all who knew him.

PASSENGER FARES TO BE INCREASED

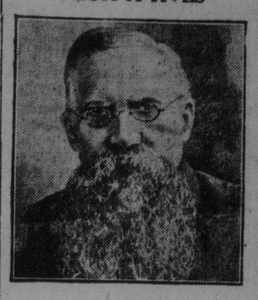
Rumored That Canadian Railways Will Advance Rates, Effective February 1st.

Toronto, Jan. 31—The Canadian railways, will, it is understood spring a surprise on the public on February first, and, according to gossip overheard in the Toronto terminals, it will not be a reduction in passenger rates, but rather an increase that the travelling public will be asked to pay, says the Telegram. Local railway passenger men declare that they have no official notice of the increase, but have heard there was something doing. At present return fares are reckoned on the basis of two one-way tickets, less 16 2-3 per cent., and the present return fare between Ottawa and Toronto is $14.75.

New rates will be based on 10 per cent. less than two one-way tickets. The present return fare between Montreal and Toronto is $19.20, and the expected increase will make it $20.70. The increase on tickets to Winnipeg, Vancouver, and other western points will be still larger.

A CRIPPLE FOR THREE YEARS

Helpless in Bed With Rheumatism Until He Took "FRUIT-A-TIVES"



MR. ALEXANDER MUNRO

R. R. No. 1, Lorne, Ont.

"For over three years; I was confined to bed with Rheumatism. During that time, I had treatment from a number of doctors, and tried nearly everything I saw advertised to cure Rheumatism, without receiving any benefit.

"Finally I decided to try 'Fruit-a-tives.' Before I had used half a box, I noticed an improvement; the pain was not so severe, and the swellings started to go down.

"I continued taking this fruit medicine, improving all the time, and now I can walk about two miles and do light chores about the place."

ALEXANDER MUNRO.

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

THANKS BOYS SCOUTS.

A letter was received at the headquarters of the Boy Scouts from Rev. E. P. Loose thanking the Boy Scouts for the great assistance rendered by them to the Salvation Army drive and particularly mentioning the way fifty of the boys stuck at the collecting on Saturday through the cold of that day. They delivered some 25,000 envelopes.

BEGIN HOT WATER DRINKING IF YOU DON'T FEEL RIGHT

Says glass of hot water with phosphate before breakfast washes out poisons.

If you wake up with a bad taste, bad breath and tongue is coated; if your head is dull or aching; if what you eat sours and forms gas and acid in stomach, or you are bilious, constipated, nervous, sallow and can't get feeling just right, begin inside bathing. Drink before breakfast, a glass of real hot water with a teaspoonful of limestone phosphate in it. This will flush the poisons and toxins from stomach, liver, kidneys and bowels and cleanse, sweeten and purify the entire alimentary tract. Do your inside bathing immediately upon arising in the morning to wash out of the system all the previous day's poisonous waste, gases and sour bile before putting more food into the stomach.

To feel like young folks feel; like you felt before your blood, nerves and muscles became loaded with body impurities, get from your pharmacist a quarter pound of limestone phosphate which is inexpensive and almost tasteless, except for a sourish twinge which is not unpleasant.

Men and women who are usually constipated, bilious, headachy or have any stomach disorder should begin this inside bathing before breakfast.

THE TREASURE OF GOOD HEALTH

Easily Maintained Through the Use of Dr. Williams' Pink Pills.

There is not a nook or corner in Canada, in the cities, the towns, the villages, on the farms and in the mines and lumber camps, where Dr. Williams' Pink Pills have not been used, and from one end of the country to the other they have brought back to bread-winners, their wives and families the splendid treasure of new health and strength.

You have only to ask your neighbors, and they can tell you of some rheumatic or nerve-shattered man, some suffering woman, ailing youth or anaemic girl who owes present health and strength to Dr. Williams' Pink Pills. For more than a quarter of a century these pills have been known not only in Canada, but throughout all the world, as a reliable tonic, blood-making medicine.

The wonderful success of Dr. Williams' Pink Pills is due to the fact that they go right to the root of the disease in the blood, and by making the vital fluid rich and red strengthen every organ and every nerve, thus driving out disease and pain, and making weak, despondent people bright, active and strong. Mr. W. T. Johnson, one of the best known and most highly esteemed men in Lunenburg county, N. S., says:—"I am a Provincial Land Surveyor, and am exposed for the greater part of the year to very hard work travelling through the forests by day and camping out by night, and I find the only thing that will keep me up to the mark is Dr. Williams' Pink Pills. When I leave home for a trip in the woods I am as interested in having my supply of pills as provisions, and on such occasions, I take them regularly. The result is I am always fit. I never take cold, and can digest all kinds of food such as we have to put up with hastily cooked in the woods. Having proved the value of Dr. Williams' Pink Pills, as a tonic and health builder, I am never without them, and I lose no opportunity in recommending them to weak people whom I meet."

Dr. Williams' Pink Pills should be kept in every home, and their occasional use will keep the blood pure and ward off illness. You can get these pills through any medicine dealer, or by mail at 50 cents a box or six boxes for $2.50 from The Dr. Williams Medicine Co., Brockville, Ont.

SOLID AS THE CONTINENT.

Taking as we may the Annual Report of an institution as large and important as the North American Life as a gauge of financial conditions we have reason to view with optimism the outlook for the immediate future. In every important feature of the business marked increases were made. After pointing out the great strides in business written, the president, Mr. L. Goldman, at the recent annual meeting of directors and policyholders referred with just pride to the company's assets now amounting to $18,185,610.75.

Policies issued and revived during the year amounted to $13,552,161.00 which sum is over $1,000,000 in excess of the previous year's business. The total assurance now in force amounts to $70,950,316.00, the highest mark reached in the company's history.

GETTING READY FOR DRY SPELL

Montreal Preparing to Have a More Copious Supply of Nature's Brew, Pure Water.

Montreal, Jan. 31.—The chief city engineer announces that he is about to call for tenders for the construction of a suction conduit which will, when completed, supply the city with 20,000,000 additional gallons of water.

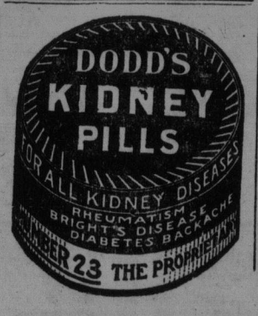
The announcement is pregnant with significance, coming as it does when those who have been accustomed to their daily potations of beers, wines and liquors are beginning to realize that in a few more months they will be reduced to the less appetizing if more healthful libations of Nature's own brew, pure water. Whether or not the city engineer anticipates a run on the water system in view of the abolition of the sale of other liquids, the announcement serves to aggravate the depression of those who will be affected by the prohibition.

Anent the coming of prohibition there seems now, no doubt, that it is coming. A strong delegation waited on the government of the province the other day and complimented the premier, Sir Lomer Gouin, on the passage of the act, asking at the same time that prohibition be strictly enforced.

Sir Lomer's reply contained little in the way of encouragement for those who had hoped something would turn up to ward off the putting into effect of the dry law. He stated that as it was evidently the wish of the people of the province to give total prohibition a trial, the law had been passed to that effect last session, and legislation would be passed this session to complete the law. So it looks as if Quebec will have to fall in line on May first and be content with two and a half per cent. or such other substitutes as may be devised.

Winnipeg, Man., Jan. 31.—The Winnipeg Electric Railway earnings last year showed an increase of $174,633, according to the report submitted to the city finance committee today. The company's gross revenue for the year 1918 was $2,163,389, as compared with $1,988,756 for 1917.

As its share of last year's revenue the city will receive $114,509.



Is Your Blood Starving for Want of Iron?

Modern Methods of Cooking and Living Have Made an Alarming Increase in Iron Deficiency in Blood of American Men and Women

Why Nuxated Iron so Quickly Builds Up Weak, Nervous, Run-Down Folks—Over 3,000,000 People Annually Taking It in This Country Alone to Increase Their Strength, Power, Energy and Endurance.

"Is your blood starving for want of iron? If you were to go without eating until you became weak, thin and emaciated, you could not do a more serious harm to yourself than when you let your blood literally starve for want of iron—iron that gives it strength and power to change food into living tissue," says Dr. James Francis Sullivan, formerly physician of Bellevue Hospital (Outdoor Dept.), New York, and the Westchester County Hospital.

"Modern methods of cooking and the rapid pace at which people of this country live has made such an alarming increase in iron deficiency in the blood of American men and women that I have often marvelled at the large number of people who lack iron in the blood and who never suspect the cause of their weak, nervous, run-down state. Lack of iron in the blood not only makes a man a physical and mental weakling, nervous irritable, easily fatigued, but it utterly robs him of that virile force, that stamina and strength of will which are so necessary to success and power in every walk of life. It may also transform a beautiful, sweet-tempered woman into one who is cross, nervous and irritable.

"I have strongly emphasized the great necessity of physicians making blood examinations of their weak, anaemic, run-down patients. Thousands of persons go on year after year suffering from physical weakness and a highly nervous condition due to lack of sufficient iron in their red blood corpuscles without ever realizing the real and true cause of their trouble. Without iron in your blood your food merely passes through the body, something like corn through an old mill with rollers so wide apart that the mill can't grind.

"For want of iron you may be an old man at thirty, dull of intellect, poor in memory, nervous, irritable and all rundown, while at 50 or 60 with plenty of iron in your blood you may still be young in feeling, full of life, your whole being brimming over with vim and energy.

"As proof of this take the case of Former United States Senator and Vice-Presidential nominee Charles A. Towne, who at past 58 is still a veritable mountain of tireless energy. Senator Towne says: 'I have found Nuxated Iron of the greatest benefit as a tonic and regulative. Henceforth I shall not be without it. I am in a position to testify for the benefit of others to the remarkable and immediate helpfulness of this remedy, and I unhesitatingly recommend Nuxated Iron to those who feel the need of renewed energy and the regularity of bodily functions.'

"But in my opinion you can't make strong, keen, forceful men and healthy rosy-cheeked women by feeding them on metallic iron. The old forms of metallic iron must go through a digestive process to transform them into organic iron—Nuxated Iron—before they are ready to be taken up and assimilated by the human system. Notwithstanding all that has been said and written on this subject by well-known physicians, thousands of people still insist in dosing themselves with metallic iron simply, I suppose, because it costs a few cents less. I strongly advise readers in all cases to get a physician's prescription for organic iron—Nuxated Iron—or if you don't want to go to this trouble, then purchase only Nuxated Iron in its original packages and see that this particular name (Nuxated Iron) appears on the package. If you have taken preparations such as Nux and Iron and other similar iron products and failed to get results, remember that such products are an entirely different thing from Nuxated Iron."

In commenting upon the value of Nuxated Iron as a means for creating red blood, strength and endurance, Dr. Ferdinand King, a New York Physician and Medical Author says:

"Scarcely a day goes by but that I see women whose careworn faces, dragging steps and generally weak, tired appearance show unmistakable signs of that anaemic, run-down condition usually brought on by lack of iron in the blood.

"There can be no strong, healthy, beautiful, women without iron and inasmuch as refining processes and modern cooking methods remove the iron of Mother Earth from so many of our most common foods this iron deficiency should be supplied by using some form of organic iron just as we use salt when our food has not enough salt.

"Iron is absolutely necessary to enable your blood to change food into living tissue. Without it no matter how much or what you eat your food merely passes through you without doing you good, and as a consequence you become weak, pale and sickly-looking just like a plant trying to grow in a soil deficient in iron. Pallor means anaemia. The skin of an anaemic woman is pale, the flesh flabby. The memory fails, and often they become weak, nervous, irritable, despondent and melancholy. Give such a woman a short course of Nuxated Iron and she often quickly becomes an entirely different individual—strong, healthy and rosy-cheeked. I have used Nuxated Iron widely in my own practice in most severe aggravated conditions with unfailing results. I have induced many other physicians to give it a trial, all of whome have given me most surprising reports in regard to its great power as a health and strength giver."

Manufacturers' Note: Nuxated Iron which is used by Dr. Sullivan and others with such surprising results, and which is prescribed and recommended above by physicians is not a secret remedy, but one which is well known to druggists everywhere. Unlike the older inorganic iron products it is easily assimilated, does not injure the teeth, make them black, nor upset the stomach. The manufacturers guarantee successful and entirely satisfactory results to every purchaser or they will refund your money. It is dispensed in this city by Wasson's Drug Store, and by all other druggists.

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