

ST. JOHN SOLDIER WRITES OF YPRES

(Continued from page 1.)

peasant family conducts a small store for the benefit of the struggling "Tommy" and, incidentally, their own purse.

Just on the corner where the road turns to the right to Ypres stand two

pillars of what was once a very pretty church. A few headstones still remain intact, to show that here at one time lay peacefully the remains of good citizens of Belgium. At present the graves yawn wide open, the result of German "crumps."

Standing beside one of these craters, the writer saw several objects which held his eye. First, a tiny shoe—nothing

more. Imagine the picture, a large shell hole, and a tiny shoe resting on one side of the crater. Personally, my thoughts went back to Canada, and in my mind's eye I saw my own little sister, whose foot would just about fit that shoe.

I picked up the shoe and then reverently replaced it and turned away.

The next thing to greet my gaze was a round object, resembling somewhat a coconut shell. On picking it up it crumbled to bits in my fingers, and I then discovered I was holding the remains of a human skull.

From here you will not find a house that has escaped destruction.

When you arrive in Ypres the first thing to attract your attention is the old asylum. The inmates were removed, I believe, without loss of life.

On entering by the main entrance you can walk along what was once the main corridor. It would take an artist to describe the ruins of this once mighty structure. Of the chapel nothing remains but the walls. The altar was boarded over at one time, but proved no match for "crumps."

Just outside, sheltered a bit by the wall, lie our honored dead. Row upon row, they rest, and the shells sing their requiem every day. Each grave has its white cross, and some special mark given

in tribute by their comrades. The wild flowers bloom on all. Very few are buried there now. The majority of those graves were filled in the spring of 1915.

On passing the asylum the next main point of interest is the "water tower." It would its proud place till May, 1916, when our own men brought it down. It was evidently a nice aiming post for "Fritz."

Just beyond is the old Belgium prison. The bombardment of the town brought freedom to the inmates. They probably proved good soldiers. Here the walls are well knocked about, and although it was a very strong building at one time, it shows very little now. The enemy knew it would be made use of, and he subjected it to a particularly heavy fire. Shells drop there daily even now, and on one little trip it nearly had several more applicants for ground space.

Here, too, is another little cemetery. Mostly all were members of Imperial regiments, and it is well cared for by whatever troops are guarding that part of our line.

Following this main road, one next comes to the square. Standing here you can see the remains of the Cathedral and Cloth Hall. One pillar only remains in the front of the Cathedral, and one in the rear. The heaps of crumpled masonry are piled half way up the remaining pillars. It is still possible to climb over the debris and go into what was once the priests' room or room. Here, evidently, were stored the church valuables. Statues are scattered about in pieces all over the floor, and not one remains whole. Souvenirs still remain, for those so inclined, but several pieces of stained glass composed our sole prize in that line.

The Cloth Hall is practically level now. Of course the ruins are piled high above the level of even an ordinary house. Several times, early in the year, I crawled in and around, scouting for souvenirs. Again glass was my only reward.

There is a story to the effect that two companies of British soldiers were buried under the ruins when the roof collapsed. If it is true, they are very effectively buried.

Possibly the next point of interest would be St. Margaret's Church, or rather the ruins of it. This church was begun for a long time, but from the beginning of the war, it began to receive its daily ration of steel.

One very remarkable thing about this church was the Crucifix on the southern side. All around it were shell holes and shrapnel marks. The cross itself was scarred with shrapnel, but the figure of the Christ was not even touched.

Continuing on the same road one next comes to the Lille Gate. There are two companies of British soldiers buried in the town proper, the Lille Gate, facing St. Elloi, and the Menin Gate, facing Hooge. This side of Ypres is surrounded by a low wall, and then has the old moat. Water still flows, but not in great quantities. There are several "sally ports" with small bridges over the moat. One can easily imagine the old days when the siege was laid to a town and the people defended themselves behind the wall and even our modern gun-fire has little effect. The wall is broken and scarred in places, but is still safe shelter from the storm.

Over the bridge at Lille Gate is a small foot bridge, and strange to say, it has not yet suffered from a direct hit. In peace times, we are told, this was well known

Tuberculosis Rapidly Increasing Among Children of Belgium and Northern France.

More Food Urgently Needed to Keep up Their Strength

An interview with Mr. W. L. Honnold, American Director of the Belgian Relief Commission, brings to light a new danger threatening the population of the territory occupied by Germany.

Mr. Honnold reports that about 5,000,000 wholly or partially destitute people, who have been dependent on the commission, generally show diminished vitality. The effects are most apparent among the older children, particularly those in the adolescent stage. Among these there is an alarming increase of tuberculosis, due to the lower power of resistance consequent on an inadequate diet.

To overcome this serious danger, the Commission appeals for extra contributions so that a special meal can be served every day in the schools. Effects are also being made to provide as far as possible for children outside the schools.

This can only be done—Belgium's children can only be saved—if every one of us who can possibly do so will give something toward the fund. Whatever you can afford, send your subscription weekly, monthly or in one lump sum to Local or Provincial Committees, or

Send Cheques Payable to Treasurer

Belgian Relief Fund

25 ST. PETER STREET, MONTREAL.

\$2.50 FEEDS A BELGIAN FAMILY ONE MONTH.



JAS. H. FRINK, TREASURER OF PROVINCIAL BELGIAN RELIEF COMMITTEE, ST. JOHN (N.B.)

Doctor Says Nuxated Iron Will Increase Strength of Delicate People 200% in Ten Days

In many instances—Persons have suffered untold agony for years doctoring for nervous weakness, stomach, liver or kidney disease or some other ailment when their real trouble was lack of iron in the blood—How to tell.

New York, N. Y.—In a recent discourse Dr. E. Sauer, a well known specialist who has studied widely both in this country and Europe, said: If you were to make an actual blood test on all people who are ill you would probably be greatly astonished at the exceedingly large number who lack iron and who are ill for no other reason than the lack of iron. The moment iron is supplied all their multitude of dangerous symptoms disappear. Without iron the blood at once loses the power to change food into living tissue and therefore nothing you eat does you any good; you don't get the strength out of it. Your food merely passes through your system like corn through a mill with the rollers so wide apart that the mill can't grind. As a result of this continuous blood and nerve starvation, people become generally weakened, nervous and all run down and frequently develop all sorts of conditions. One is too thin; another is surfeited with unhealthy fat; some are so weak they can hardly walk; some think they have dyspepsia, kidney or liver trouble; some can't sleep at night; others are sleepy and tired all day; some are fussy and irritable; some are skinnier and bloodless, but all lack physical power and endurance. In such cases, it is worse than foolishness to take stimulating medicines or narcotic drugs, which only whip up your flagging vital powers for the moment, maybe at the expense of your life later on. No matter what any one tells you, if you are not strong and well you owe it to yourself to make the following test. See how long you can work or how far you can walk without becoming tired. Next take two five-

AT ONCE! STOPS STOMACH MISERY AND INDIGESTION

"Pape's Diapepsin" Makes Sick, Sour, Gassy Stomachs Feel Fine

Do some foods you eat hit back—taste good, but work badly; ferment into stubborn lumps and cause a sick, sour, gassy stomach? Now, Mr. or Mrs. Diapepsin, lot this down: Pape's Diapepsin digests everything, leaving nothing to sour and upset you. There never was anything so safely quick, so certainly effective. No difference how badly your stomach is disordered you will get happy relief in five minutes, but what pleases you most is that it strengthens and regulates your stomach so you can eat your favorite foods without fear. Most remedies give you relief sometimes—they are slow, but not sure. "Pape's Diapepsin" is quick, positive and puts your stomach in a healthy condition so the misery never come back. You feel different as soon as "Pape's Diapepsin" comes in contact with the stomach—distress just vanishes—your stomach gets sweet, no gases, no belching, no eructations of undigested food, your head clears and you feel fine.

Go now, make the best investment you ever made, 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.

YOU need never envy another her hair. Make the most of nature's richest gift to women by bestowing upon your hair the Herpicide when used as directed, are frequently astonishing results. It eradicates dandruff, restores the hair to its natural color, and prevents the hair from falling out.

The dainty, exquisite fragrance has earned for Herpicide a place on the dressing tables of those of recognized refinement and discrimination. Herpicide is superior to the hair life, luster and luxuriance.

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The Three Functions of the Liver

1. It manufactures the bile essential in the process of digestion.
2. The starch and sugars derived from the food are stored in the liver and sent to the tissues as needed.
3. It detects and destroys poisons.

Dire Results of Overeating

From the standpoint of health man's cardinal sin is overeating.

The digestive system can look after a certain amount of food, but when continually crowded the food mass is delayed in the alimentary canal and what is not digested ferments.

In other words, this food spoils or rots, and poisonous bacteria are given off.

What Failure of the Liver Means

The poisons then hurry through the liver and into other organs or tissues.

Then you have torpid liver, indigestion, head-

aches, bad breath, bilious spells and irregular action of the bowels.

This condition is described as auto-intoxication, or self-poisoning by food.

Cirrhosis of the liver follows. Complications set in. Bright's disease, hardening of the arteries, apoplexy are natural developments.

But these conditions do not come on you suddenly. You have months or years of warning.

How to Get the Liver Right

The thing to do is to keep the liver active and the bowels regular by use of such treatment as Dr. Chase's Kidney-Liver Pills, and you will then run no risk of such serious developments.

This medicine acts directly and specifically on the liver. By promptly

awakening the sluggish action of this all-important organ a good flow of bile is ensured. This is poured into the intestines, where it acts as Nature's cathartic in keeping the bowels regular.

Prevent Host of Ills

Such a multitude of ill arise from sluggish action of the liver, kidneys and bowels that Dr. Chase's Kidney-Liver Pills are considered a household necessity wherever their merits are known.

By all means regulate your diet to your needs.

Then remember that when your liver does get wrong and threatens to upset the whole digestive system Dr. Chase's Kidney-Liver Pills will afford quick relief and prevent all serious complications.

One pill a dose. 25 cents a box.

Dr. A. W. Chase's Kidney-Liver Pills

as a "Lovers' Walk." It certainly gave a splendid view of the surrounding country and on a starry night even we had a hard task to keep from proposing to our

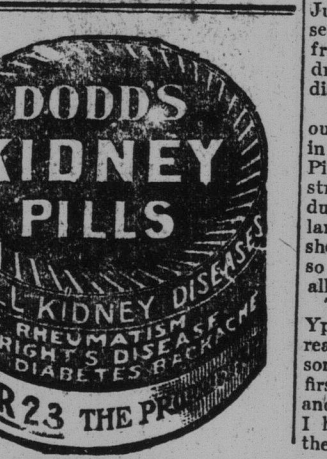
chums. It would certainly seem impossible to refuse a proposal under such conditions.

Before war was declared two large swans lived just by the Gate, and in June, 1916, they were still there. It seems hard to believe they escaped so long from shrapnel. I have seen large shells drop within fifty yards of them and not disturb them unduly.

It would hardly be fair to stop without mention of the Ypres rats. They are in a class by themselves, and the "Pied Piper" would get a rich haul if he ever struck Ypres. One night, entering my dugout unexpectedly, I counted seven large rats leaping from my bed to the shelf overhead. Their size amazed me so that I stood staring and allowed them all to escape.

There is plenty to write about in Ypres, but of course at present military restrictions prohibit much in that line. Personally that town will always remain first in my memory for many reasons, and when duty returns me to the front, I hope to have another look to observe the changes which must have taken place

since the big fight in June, when I bid good-bye to war for a time.



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GRAVEL, RHEUMATISM, BRONCHITIS, DIABETES, GOUT, CALCULI, NEURALGIA, MIGRAINE, ETC.

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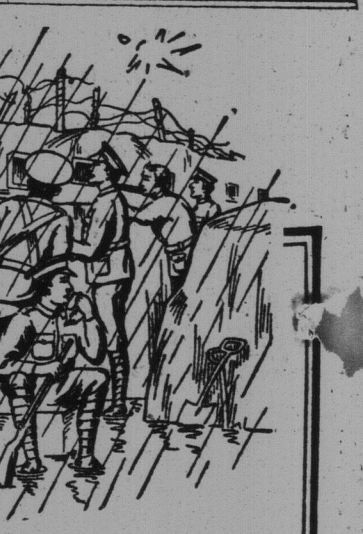
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"In these serious complaints an immediate application of Thermogene will bring wonderful relief, but of course, the services of a doctor should be called in at once."

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For Chest Colds, Bronchitis, Backache, etc., take the wadding from the box and place a piece of the required size over the seat of pain. Then roll down the vest over the wool. This will keep it in position. Thermogene quickly generates a soothing, grateful warmth, dispels the pain and brings comfort and relief.

Keep THERMOGENE ready to hand in your home. It will save you from much needless suffering.

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