# The Spring Tonic for Pale, Thin People

## If you want to Gain in Weight and Recover Your Appetite, Energy and Ambition, Try This Well Known Remedy

With the passing of winter many people feel weak, depresesd and easily tired. The body lacks that vital force and energy which pure blood alone can give. In a word, while not exactly sick, the indoor life of winter has left its mark upon them, and a blood-building, nerve-restoring tonic is needed to give renewed health and energy. Dr. Williams' Pink Pills are an all-year-round blood builder and nerve tonic, but they are especially useful in the spring. Every does helps to make new, rich, red blood, and with this new blood returning strength, cheerfulness and good health quickly follows.

If you are pale and sallow, easily tired, or breathless at the least exertion; if your complexion is poor, or if you are troubled with pimples or eruptions, Dr. Williams' Pink Pills are just what you need to put you right. If you have twinges of rheumatism, are subject to headaches or backaches, if you are irritable or nervous, if your sleep does not refresh you, or your appetite is poor, you need the treatment which Dr. Williams' Pink Pills alone can give—you need the new blood, new energy this medicine always brings.

### A Complete Wreck.

Mrs. C. Forsythe, R. R. No. 2, Fisherville, Ont., says: "At the age of fourteen my daughter Viola was feeling very much run down in the spring. Then she was attacked with whooping cough which left her a complete wreck. She had no appetite, could not sleep well nights and was subject to chills which sometimes kept her in bed for the day. She was doctoring steadily, but not apparently getting the least benefit, and I naturally grew very anxious. One of my neighbors suggested giving her Dr. Williams' Pink Pills, and I got a box. When she began using the pills she weighed only 87 pounds. Before the box was all gone I sent and got six more boxes, and under their use she constantly grew stronger. Her appetite improved, the color came back to her cheeks, she could sleep well, and feels and looks like a different person, and with all this while using the pills she gained 20 pounds in weight."

### A Sallow Complexion.

Miss Gladys Marshall Chatham, Ont., says: "I suffered from nervousness and my blood was in a very poor condition. My face broke out in pimples and my complexion was very sallow. I took doctors' medicine but without beneficial results. I was feeling much discouraged when a friend recommended Dr. Williams' Pink Pills., I used in all six boxes, and was over joyed to find that my complexion had become quite clear, pimples had disappeared, my nerves were strengthened and my old-time health and ambition returned. I shall always have a good word to say for Dr. Williams' Pink Pills."

### Gained in Weight.

Mrs. M. B. Ricket, Kitchener, Ont., says: "I was weak, run down, and losing weight when I began using Dr. Williams' Pink Pills. I took the pills steadily for a month, and the difference they made in my condition was most gratifying. I gained both in strength and weight, and feel since I used the pills like a new person. I also recommended the use of the pills to my daughter-in-law who was pale, thin and weak. When she began using the pills she weighed only 103 pounds and when she discontinued their use she weighed 137 pounds. For all weak people I think there is no medicine can equal Dr. Williams' Pink Pills.'

### A Spring Cold.

Mrs. Chas. Winegarden, Delhi, Ont., says: "Last spring my daughter Ruby was taken with a bad cold. She seemed weak had a constant pain in her side, grew pale, and as the remedies usually used in cases of this kind did not help her we feared she was going into a decline. I decided to give her Dr. Williams Pink Pills and got six boxes. Before she had them all, she was again well and strong. The cough had left her, she had a good appetite, the pain in her side disappeard, and a nice rosy color had returned to her cheeks. I have therefore much reason to speak warmly in praise of Dr. Williams Pink Pills."

Notwithstanding the increased cost of all drugs, there has been no change in the price of our Dr. Williams' Pink Pills. They can be had through any medicine dealer at 50 cents a box, or six boxes for $2.50, or will be sent on receipt of price by The Dr. Williams' Medicine Co., Brockville, Ont.

## SMALLPOX AND VACCINATION.

(Issued by the Department of Public Health of Nova Scotia.)

In the eighteenth century smallpox is said to have caused the death of 50,000,020 people in Europe. Sixteen per cent of the deaths in England in that century were due to that disease.

In 1798, after years of study and observation, Jenner announced the discovery of a preventive measure in vaccination. Since that time smallpox has prevailed in various countries practically in direct proportion to the number of unvaccinated persons in those countries.

There have always been opponents of vaccination. Until within recent years, there was a possibility that disease might be transmitted through the operation, although the instances in which this happened were very small in number. Now, however, vaccine is prepared under conditions which entirely eliminate such a possibility, and there is today no reasonable ground for opposition to the operation.

After the American occupation of the Philippines 3,500,000 of the inhabitants of the Islands were vaccinated without any untoward results, and in consequence there are now no deaths from smallpox in the provinces so protected, although formerly this disease destroyed in the neighborhood of 6000 lives yearly in these provinces.

In Havana, during the eight years preceding the American occupation, there were 3132 from smallpox. The Americans carried on a general vaccination. In the eight succeeding years, the deaths from this disease numbered seven.

The experience of the French and German armies, during the Franco-German war, 1870|71 is worth nothing. The German soldiers were re-vaccinated on enlistment; although vaccination at that time was optional for the civilian population. In France, vaccinatin was carried out very perfunctorily, both amongst civilians and the military. Both armies were attacked by smallpox. The French lost 23,000 soldiers, the Germans only 278. "And in the same tent, breathing the same air, the French wounded were heavily visited by the disease, while the German wounded, having been re-vaccinated, had not a single case." (Sajous's Annual.)

A few years ago, when smallpox became somewhat prevalent in New York City, 800,000 people were vaccinated without a bad result.

Quite recently smallpox assumed epidemic form in Niagara Falls, N. Y., a city of about 35,000 population. A strong prejudice against vaccination had been developed there, and a large proportion of the inhabitants were not protected. The disease became so prevalent that the State Board of Health was obliged to interfere. Within a short time 20,000 people were vaccinated and the disease was stamped out. It is interesting to note that it was particularly amongst the well-to-do people of Niagara Falls, those living under excellent sanitary conditions, that the disease prevailed.

Vaccination has saved millions of lives. As performed today it is a safe operation, seldom causing anything more than a few days of trifling indisposition. If the vaccinated area is kept clean and free from infection by other germs than those contained in the vaccine, a really sore arm does not result. The immunity conferred lasts for from five to seven years. Re-vaccination at five year intervals practically guarantees one safety from infection by smallpor.

The vaccinated person is a safe member of the community. Can the same be said of the unvaccinated person?

## EMPLOYMENT OF ALIENS IN CANADA STRONGLY URGED.

MONTREAL, Mar. 20—Unanimous endorsation of the resolution past by the Great War Veterans Association at Hamilton on March 3, asking the government to employ all aliens on enemy origin in works of national importance, or in industries essential to the winning of the war, at earnings equal to the pay and allowances of the Canadian soldiers, was given by the recently organized Imperial Sons of the Empire in the Windsor Hotel here last night.

## COL. MCKELVEY BELL GOING TO OTTAWA

**Director of Medical Services for Invalided Soldiers' Commission—Col. Jacques, D. S. C. Succeeds Him at Halifar.**

Lieut-Colonel F. McKelvey Bell, who for the past year has been Assistant Director Medical Services for this district, has received an appointed as "Director of Medical Services for Canada, for the Invalided Soldiers' Commission." Lieut Col. Bell's new headquarters will be with the Department of Soldiers Civil Re-establishment at Ottawa.

Colonel Harry M. Jacques, D. S. C., P. A. M. C., of Canning, N. S., who has been overseas for the past three years, will succeed Lieut-Colnel Bell as A.D.M.S., M.D., No. 6.

## NEW NAVAL COLLEGE AT HALIFAX ON SITE OF MARTELLO TOWER.

HALIFAX, N. S., Mar. 14—The site of the old Martello Tower in Point Pleasant Park has been recommended to the naval authorities as the most suitable for the Royal Canadian Naval College, which is now located at Kingston. Prior to the Halifax disaster the students were housed in premises at the dockyards here, but these were considered too limited.

If the military authorities do not object to the proposal and the city, which holds a long lease of the park from the imperial government is agreeable, it is considered likely that the site recommended will be chosen for the new college.


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# Railway Rates and Production

## Mr. Grant Hall Compares Prices of Farm Produce and Cost of Carriage.

"Will an increase in railway freight rates discourage greater production of food stuffs in Canada?" was the question put to Mr. Grant Hall, Vice President and General Manager of the Canadian Pacific Railway. In reply he said:

"Why should it? With present prices prevailing all one has to do is to compare the present and the past prices for farm produce and the cost of carriage in the past and at present.

"In 1914 the average price for No 1 northern wheat at Fort William was 90.2 cents. For the price of one bushel we carried 16.3 bushels from Brandon to Fort Filliam, a distance of 552 miles. In 1917 the price of same bushel of wheat at the same market was $2.21. In 1917 we carried 38.2 bushels from Brandon to Fort William for the price of one bushel

"In 1914 hogs were selling for $7.66 per hundred. For the price of one hundred pounds of hogs we carried 4,640 pounds from Minnedosa to Winnipeg, a distance of 135 miles In 1917 hogs sold for $14.95 per hundred and we carried the same distance 9,370 pounds for the price of one hundred pounds.

"In 1914 cattle sold at $6.88 per hundred. For $6.88 we carried 3,931 pounds from Souris to Winnipeg 149 miles. In 1917 cattle sold for $9.08 per hundred, and for that amount we carried 5,320 pounds from Souris to Winnipeg.

"In 1914 butter sold for 26½ cents per pound. For 26½ cents we carried 120 pounds of butter from Carberry to Winnipeg, 106 miles. In 1917 butter sold for 38½ cents and we carried 148 pounds for the price of one pound.

"In order to make my point more clear it can be stated that if a farmer sold one bushel of wheat locally in Brandon to pay for railway carriage he could ship nearly twice the amount for the price of one bushel in 1917 than he did in 1914.

"You know the story of the Kansas farmer who complained to the dealer about the rise in the price of a buggy? Yes, it was true the price of buggies had advanced but the last time he bought a buggy he paid for it with one load of grain. Now for the one load he got a buggy and the balance in cash, or in lieu of cash he would throw in a kitchen range, cooking utensils, and to make good measure he would give him a pair of overalls and a pair of gloves.

"Recently a man in Vancouver was talking to me about the high freight on dressed beef between Calgary and Edmonton and Vancouver. What do you think would be a fair rate for that haul I asked him. He thought three cents per pound would be about right. If that man can get a rate of three cents on beef from Edmonton to Vancouver this company will haul all the beef he can offer, give him back two cents per pound and then get more than it does now.

"I sometimes wonder if the people who make the biggest noise whenever a great national question appears, would make just as much if they were sure their noise would not appear in the public press. You know it says some place in the Bible that when a man prays he should go to the inner chamber. That advice must have been inspired, for a close study of human nature will soon tell one that if nobody is present except the man and his God he won't say a thing only what he thinks; he won't try to put over any bunk because he hopes it will be read the next day; he won't try to deceive himself. It is when a man prays in public and he knows people are listening that he generally prays the loudest.

"What I would like is to have the people of the west make somewhat of a study of the economics of the question. Did you ever stop to consider how very little the cost of transportation really enters into the cost of the everyday existence of the average citizen? Do you know that it costs more to send a letter from Montreal to Winnipeg than it does to carry your hat the same distance by freight? Did you ever stop to consider that the pair of shoes you are wearing, and which has doubled in price very recently, was loaded into a car and hauled 1,406 miles for one-fifth of what the barber charges for a shave?

"In view of some of the facts that I have given, do you wonder that burdened by increased wages; increased cost of capital and increases of from 100% to 500% in the cost of fuel, oil, material and supplies, that the railways are seeking relief through the medium of fifteen per cent raise in freight rates.

"Let us just compute what such an increase would mean. On a suit of clothes, a hat or a pair of shoes from Montreal to Winnipeg; 30 dozen eggs from Poplar Point; seven pounds of live beef from Calgary, the total fifteen per cent increase is equivalent to one red street car ticket in Winnipeg—three cents."