

# Halifax Stock Exchange

ESTABLISHED 1873

## Municipal Debentures.

TO RETURN 4¼%

Description	Interest	Due	Price and Interest
Sydney Mines.....	4½	1926	97
North Sydney.....	4	1922	92
".....	4½	1936	96
".....	4	1924	91½
".....	4	1921	92½
Hawkesbury.....	4	1922	92
Glace Bay.....	5	1908-21	92½-99¼
(Government guarantee interest.)			

TO RETURN 5%

Glace Bay.....	4½	1936	92½
".....	4½	1936	92½
Getson's School Section No. 69.....	5	1914-25	100

ALSO

## \$10,000 City of Halifax Bonds and Stock.

Interest 4% January 1st, July 1st.  
Due July 1st, 1940

### BONDS

\$1,000 each, payable to bearer or registered in owner's name.

### STOCK

Shares \$100 each. Certificates for any required number of shares issued in holder's name. Dividend cheques payable to order mailed to owner each six months.

PRICE 95 and Interest.  
TO NET 4.28%

Above securities will be issued in lots to suit purchasers.

## J. C. MACKINTOSH & CO.

184 Hollis St. 76 Prince William St.  
HALIFAX, N. S. ST. JOHN, N. B.

to parents and by proper exercise of discipline. Still, when the damage has been done, we must assist nature in its generous work of restoration, and here it is that we are obliged to give that sovereign cure of impoverished blood, iron, in such form as may best be suited to these cases.

The question as to what form of iron we should give to produce the best possible effects has been solved by both experimental and clinical researches conducted during the past twenty-five years—ever since Bunge and Hamburger experimentally demonstrated the inferiority of inorganic preparations (Morat and Doyen, *Traité de Physiologie*, Paris, Masson 1904, I, 467). Iron, in the anæmia of puberty, produces the best effects when given in a form that will stimulate digestion and increase assimilation, i. e., in the form of the peptonate. With it should always be combined that second hematinic which has been shown to enhance the value of iron,—manganese,—and the two are best given in the form of the well-known solution, styled "Pepto-Mangan (Gude.)"

With this may be given, in the anæmia of growing girls, minute doses of Fowler's Solution, or else equally small doses of strychnia which may be incorporated with Pepto-Mangan as indicated in individual cases.

Pepto-Mangan has a great advantage over other forms of iron medication in that it does not constipate. Girls at puberty, however, are notoriously prone to constipation. Therefore, this should receive proper attention, chiefly in the regulation of diet, including a sufficient amount of fruit, raw and cooked, and of cereals giving a large residue of cellulose.

With this method of treatment many a physician has achieved a success which was rewarded tenfold, by the sight of rosy faces and bright eyes.