

"More Men Than Women Have Nervous Troubles"



This is the statement of a specialist on Nervous Diseases who comes in contact with many thousands of cases. The increase in diseases of the nerves during the last five years has been enormous.

Is it any wonder that men's nerves are giving out?

Look back over the history of the last few years.

Think of the enormous burden of responsibility which has been put upon the shoulders of business executives.

The excessive mental strain. The worry and anxiety. The physical effort.

This has surely been great enough to break the nervous systems of the strongest men.

The war strain. The unsettled conditions of business and employment.

These are responsible for the rapid aging of men which you notice everywhere.

You feel out of sorts. You do not sleep well.

You find yourself losing your grip on business.

Your daily task is more than you can stand.

There is, perhaps, no organic disease.

But you find your energy and ambition petering out.

Your doctor tells you to take a rest for a few months.

But you do not want to be put upon the shelf.

Your business cannot spare you at this critical time.

Perhaps you cannot afford complete rest when living expenses are so high.

But you can take things easier. And you can profit by the experience of others and build up your exhausted nervous system by using Dr. Chase's Nerve Food.

This is the most rational treatment available and is endorsed by more common-sense, reliable people than any medicine recommended for the restoration of the nervous system.

Dr. Chase's Nerve Food is universally used by women as a means of restoring the nervous system. Your wife, or sister, or mother, will be able to tell you something about its remarkable upbuilding influence.

But more men than women now have nervous troubles.

And Dr. Chase's Nerve Food is no respecter of persons.

It builds up new energy and strength in the most natural way imaginable by enriching the blood.

It supplies to the blood in condensed, easily assimilated form the elements which nature requires in order to replenish the depleted nerve cells and restore the vitality of the human system.

These certified letters may be from people you know. They are worth reading, anyway. For they are the honest opinion of people who have been benefited by Dr. Chase's Nerve Food. Edmanson, Bates & Co., Ltd., Toronto.

Overwork

Mr. D. F. Armstrong, R. R. No. 3, Mallorytown, Ont., writes:—"Through overwork and an extra amount of mental strain, I became very nervous and rundown. I began using Dr. Chase's Nerve Food, and it certainly touched the right spot. It almost seemed for a time as though I fairly lived on it, and I can recommend this treatment to anyone requiring a medicine of this kind."

"Shown before me at Mallorytown, this 7th day of March, 1921—D. S. Clow, J.P."

Sleeplessness

Mr. W. J. Van Dusen, Centre St., Napanee, Ont., writes:—"For some time I suffered from sleeplessness and all the weakness and tired feelings that follow continual loss of sleep. Gas would accumulate in my stomach, and this also caused a great deal of trouble. Upon the advice of a friend I began a treatment of Dr. Chase's Nerve Food, and soon found it to be just what I required. By the time I had completed the treatment, my nervous system was in splendid condition and I felt much stronger."

(Indorsed by S. Casey Dentison, Mayor.)

Rheumatism

Mr. Charles R. Tait, Newtown, Kings Co., N.B., writes:—"I suffered with rheumatism and my stomach was in a very weak state. I could eat no fruit of any kind and suffered nearly all the time. I tried several doctors, but got no relief from any of them. I was in a drug store one day and overheard two men talking—one was telling the other about Dr. Chase's Nerve Food completely relieving him of rheumatism. I bought a box, thinking it would be like all the rest of them, but after taking this one box, I felt so much better that I continued the treatment, and now I can eat anything and do not suffer any more with the rheumatism."

"(This is to certify that I am personally acquainted with Mr. Charles R. Tait, and believe his statement is true and, to my knowledge, correct.)"—(Signed) A. S. Mace, J.P."

AN ENGLISH WAY OF FIGHTING RUM

(New York Times)
The liquor problem has been solved without prohibition in the Carlisle district, England, according to K. M. Chance, who comes from there and who is at the Hotel Pennsylvania on a shopping trip.

In my district at home," said Mr. Chance, "they created a Control Board which has absolute rule over the sale of liquors in the district. Every public house was commandeered. Managers or owners were de-throned and new managers appointed by the Central Board were installed. Naturally the latter were exponents of law and had no real financial interest in promoting the sale of liquors, and so the whole character of our

public house was changed. "Attractive fixtures were installed and delicious foods were displayed. Soon we had the continental atmosphere. Men brought their wives and their children and ate while they had their mug of ale. Hours for the sale of liquor were greatly reduced, and now the public house is a delightful place which no woman need fear to enter, and drunkenness in the Carlisle district is reduced to a minimum.

"Carlisle district is full of romantic interest. It was here that Wordsworth wrote most of his poems, and we are right next door to Gretna Green, where back in the eighteenth century, the village blacksmith, the toll-keeper, or the ferryman used to unite the loving hearts of elopers from England over the border into Scotland, for fees varying from half a guinea to as much money as these early profiteers, the self-appointed Magistrates could extort.

"In that district the scene changed to a munition centre during the war. A very rough element came in and there was much drunkenness, so the law abiding people took matters into their own hands and the present reforms are the result. In our own way we solved the important problem, and it seems to me much more effectively solved than you have done in America, with your prohibition and your bootleggers."

McCurdy at the head of the poll, will give Northumberland the right swing, in the March for true progress.

WORKING MEN JUST THINK OF THIS

For 43 years, the protective tariff, has guarded your interests. If by your votes you place in power parties who advocate Free Trade; a revenue tariff only, or a tariff insufficient for the needs of our common interests, you will strike a blow at yourselves. Do you realize that if the protective tariff is lowered, Canadian factories and industries, in which you earn your living, will be subjected to such overwhelming competition, from the highly protected American factories; that many of our home manufacturers, will be forced out of business; and you their working men must suffer the consequences. These agitators for a lower tariff, are striking at you and your job. This is simply a solid fact. Think it over. Are you prepared to see factories, workshops, industries closed down; and our workmen out of work? Help the laborer's interests along, by voting for E. A. McCurdy.

CASTORIA

For Infants and Children In Use For Over 30 Years Always bears the Signature of *Dr. J. C. Watson*

Shooting at Stars

Many curious and amusing instances can be given of meteors, stars, and other heavenly bodies having been mistaken for something connected with the earth. Quite recently a very brilliant fireball which was seen from various parts of the country was thought by large numbers of people to be a rocket sent up in celebration of some important event. Others took it to be the headlight of a big motor-car. The latter only discovered their error when the supposed headlight turned from white to yellow, then to green, and finally to a beautiful pink, and vanished in a shower of glowing sparks.

Another magnificent meteor, or fireball, which traveled from the south of England to the west of Ireland, shortly before the war, was mistaken by some observers in Cork for an airplane searchlight. A boatman in the district described it as a "thing made with fancy powder."

Bright planets like Venus and Jupiter have often led people into thinking they belonged to aircraft or distant lighthouses. In one of the southwestern provinces of Russia, quite eighteen months before the war broke out, Venus was taken for the light of an airplane carrying Austrian spies. The fact that the brilliant planet reappeared every evening in almost the same spot only increased the mystery.

Some years before that, however, a sensation was caused at Cherbourg by a dazzling object in the evening sky, and some boats actually left the port to bring in—Venus. The Queen of Planets had been taken for a prowling balloon.

Even more amusing was the bombardment of Venus by German artillery during the war. The gunners thought they were firing at a Russian air-ship.

It was not often that Whymper, the famous mountaineer, was mistaken in matters of this kind. On one occasion, however, he was caught napping, a fact which he himself frankly records. He had been exploring the cloudy skies during a certain difficult climb, but one night was able, as he thought, to congratulate himself upon the stars having come out at last.

Alas! the most brilliant "star" turned out to be a luminous beetle, which he promptly caught and put into methylated spirit. His light was so intense that, even after the insect died, it glowed for several hours, and was bright enough for him to tell the time of his watch by, as well as to read the small writing in his journal.

BEATS ANYTHING HE'S EVER SEEN

Winnipeg Man Says the Way Tanlac Restored Him Was Biggest Surprise of Life

"The way Tanlac has helped me is one of the greatest surprises of my life," said Theo. L. Baker, 405 Qd' Appelle Ave., Winnipeg, Man. "My health was bad for two years. I had a terrible case of stomach trouble and could hardly eat and digest anything. My food hurt me so bad I often thought I just could not stand it, and nearly all the time I was in misery and distress on account of gas on my stomach which bloated me up tight as a drum. I was nervous and restless at night, and always seemed to be tired and worn out. "Well, I was getting pretty weak when I got Tanlac, but it wasn't long until I was feeling better. Six bottles of Tanlac have made me feel like a brand new man. My stomach is in the best shape, nothing I eat hurts me and I've gained several pounds in weight. All my lost strength has returned, I sleep like a log and feel good all the time. Tanlac is certainly the best medicine I ever saw or heard of."

Tanlac is sold by all leading druggists everywhere.

ELECTED BY ACCLAMATION

The first gun has been fired and the first Candidate chosen to represent his constituency. Nominations lay produced one-only one-acclamation for the whole Dominion, and that the beginning of a Government victory. Mr. Gus Porter, Conservative Candidate in West Hastings, (Ont.) is the first member to be chosen. He must be the right man in the right place for he has represented his Constituency for fully 30 years.

SELFISHNESS: Morrissey is running in the Federal Election for one reason only. That reason is Morrissey only. Northumberland wants no such selfishness.

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BEAVER FLOUR
MAKES BETTER BAKINGS
THE reason why BEAVER FLOUR makes such light, flaky pastry, and such excellent bread, is—it is a blended Flour.
BEAVER FLOUR is a combination of the world-famed Ontario Winter Wheat scientifically blended with enough Western Hard Wheat to give it strength—the resulting product is flour unsurpassed for high quality and richness of flavor.
Try BEAVER FLOUR and note the marked improvement in your bakings.
Sold at your grocer's.
The T. H. TAYLOR CO. Limited, CHATHAM, ONT.

The Royal Bank of Canada
Safeguard Your Valuables before it is too Late
It is not wise to leave money, securities, jewelry, or other valuables unprotected in your home.
Deposit your money in the Bank and your valuables in a Safety Deposit Box. Consult our Manager.
A. G. PUTNAM Manager
Newcastle, N. B.