

EASILY TRACED

Thousands who are none too strong trace the present weakened state to influenza or some like-debilitating illness. Such could not do better than try the strength-restoring and body-building virtues of

SCOTT'S EMULSION

This efficient tonic is nourishment in a form that helps build up a healthy resistance. If you are not in your accustomed strength and need a tonic, rich, nourishing SCOTT'S EMULSION will help you. Try it!

Scott's Emulsion, Toronto, Ont.

ANNOUNCEMENT.

This Company has completed arrangements with E. M. Fuller & Co., a responsible brokerage firm of New York City, whereby, commencing about April first, we will open a branch office to transact business on

THE NEW YORK CURB MARKET.

We request our old clients and all investors to favor us with a share of their business, whether on margin or outright buying, as we are prepared to execute all orders with the same precision and despatch as any brokerage firm anywhere. We will be in daily communication with New York and will furnish quotations for clients on any stock desired.

J. J. LACEY & COMPANY LIMITED,
CITY CHAMBERS.

How About That Office Desk?

You've been talking Office Desks for some time? Intending to renew with modern ones? To get a good Typewriter Desk for the busy stenographer? Here's your chance to select Solid Oak Desks in various designs—roll top, different sizes and finishes from a supply only just landed from the best makers in the U. S. A.

Just remember—Your office equipment has a lot to do with the business impressions you create. Keep yours up-to-the-minute!!!

U.S. Picture & Portrait Co.

New York Hears Report

THAT BRITISH BATTLESHIP IS BRINGING GOLD TO UNITED STATES VIA HALIFAX.

New York, March 25.—The shipment of British gold to New York via Canada is reported by the Sun and Herald this morning on what is claimed to be "excellent authority."

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MADE BY SCOTT & BOWNE MAKERS OF SCOTT'S EMULSION

The initial shipment, between \$25,000,000 and \$35,000,000, is due at Halifax on British battleships this week, the Sun declares. At the offices of J. P. Morgan and Company, it was said that no statement would be made prior to the actual arrival of the gold.

School Children and "Home Work."

Many letters are reaching The Daily Mail complaining of the amount of "home work" which is expected of school children of both sexes and all ages.

The two main objections to "home work" are that the average school day is sufficiently long and that when preparation must be done in the evening the fatigue occasioned is deleterious to the full mental and physical development of the child, and that home lessons throw upon the

parents responsibility that should fall upon the teacher.

It would appear that experience gained of a longer or shorter day in the factory might be applied to a greater extent than has yet been the case in the schools concerned, for it is not only the number of hours during which the child works that matters, but also the conditions which obtain during and outside of his hours of labour and the times at which mental activity is expected of him.

Many parents bear witness to the ill effect of evening study on a conscientious or ambitious child already tired by the events of the day. This question of home lessons is one which needs to be discussed, and it will be for the benefit of the child that parents and teachers shall publish the result of their experience.—London Daily Mail.

Your Children's Dreams.

(By A PHYSICIAN in Daily Mail.)

The psychology of dreams in childhood is of intense interest and also of great importance in the diagnosis of many disorders to which children are subject.

Bad dreams are all symptoms of some stimuli, either internal or external, which during waking hours are not pleasant, and it is often possible to discover the cause of the dream from its character.

Pain in the stomach, adenoids, too many home lessons, heavy bed clothes, all produce the stimulus productive of a bad dream—for example, covered by heavy bed clothes a child may wake in great fear and trembling, having dreamt that she was suffocating—a dream produced solely by the sensation of oppression caused by the excessive bed clothes.

Bad dreams are often excellent guides to the condition of a child's health, for the frequent night-terrors and nightmares, which so many people can recall when childhood is passed, usually indicate some condition of ill-health either of brain or body.

Good dreams usually are the result of some pleasurable stimulus, some success during the present day, some pleasant party or some much enjoyed meal; and it is interesting to note that good dreams, following a series of bad dreams during an illness, indicate recovery.

It is with "night-terrors" and general restlessness that doctors are most usually concerned, for as a general rule only with such symptoms is medical help sought.

Among children disorders of sleep occur most definitely when school age is reached, and many repeat all through the night scraps of lessons which they have learnt during the day. The educational "night-terrors" show a high state of cerebral activity, and it allowed to continue end in severe exhaustion. Parents are apt to overlook such a condition, or even almost to regard it as a natural state; but they will be well advised to seek medical advice if any such symptoms of hyper-excitability appear.

Night-terrors and nightmares affect different types of children in very distinct ways—the ordinary stolid child may eat an indigestible meal and scream loudly in the night, but next morning, beyond the fact that he may vaguely remember having a bad dream, he will be none the worse for it.

On the other hand, the neurotic, emotional child will keep his troubles of the night pent up in his mind and on going to bed the following night will be full of terror and dismay.

Some children, because they are not properly understood, inasmuch as they never disclose their fears which night after night possess them, perhaps suffer for the rest of their lives, for although it is certainly wrong to try to make a child recall its dreams and nightmares, parents should endeavour to find out tactfully how their children are affected by them.

Dr. Chase's Ointment will relieve you at once and so certainly cure you. See a doctor, dealer, or Edmanston, Bates & Co. Limited, Toronto. Sample box free if you mention this paper and enclose 3c. stamp to pay postage.

PILES

"Stan" Chancey Gained 21 Pounds and Feels Fine

"I Have Recommended Tanlac to Over a Hundred People Since it Did So Much for Me," He States.

"There's been a lot of talk about this Tanlac, but I just want to tell in plain language what my own personal experience with it has been," said Stanley Chancey, of 42 Pennywell Road, St. John's, Newfoundland, to the Tanlac representative who had heard of his greatly improved health and called to see him at Blackie's butcher shop.

"I always enjoyed the best of health until about a year ago, and then as all my friends know I got very badly run-down and steadily went down hill. I didn't care whether I ate or not, and in the mornings I got up with a bad sour taste in my mouth. I was nervous and slept so badly that I would get up in the mornings feeling more tired than when I went to bed the night before. I was losing weight all the time and I can tell you that when I started on Tanlac I was just about 'all in.'"

"I confess that at first I didn't have much faith in Tanlac and it was more out of curiosity than anything else that I bought the first bottle. But I decided that I would give it a fair trial, and so I took it carefully according to directions, in two teaspoonful doses regularly before meals; I think I only missed one dose all the time I was taking it. The first thing it did was to give me such an appetite that I just ate everything that was put before me and then asked for more. That tired feeling soon disappeared and I began to feel like climbing Signal Hill just for the fun of it. The bad taste disappeared from my mouth and I now sleep like a top every night. When I got up in the morning I feel like doing a big day's work, and what is more, I do it. I quit taking Tanlac after the third bottle because I was feeling about as well as anyone could possibly be, and I had put on so much weight that I was afraid of getting too fat. I had heard of a lot of people gaining weight after taking Tanlac and so I kept careful track of my own weight. I got on the scales here in the shop before I started on Tanlac and I weighed exactly a hundred and thirty-seven pounds. I'm now a hundred and fifty-eight and so have actually gained twenty-one pounds. It's some time now since I left off taking the medicine, but I'm still in the best of health, and I suppose I have recommended Tanlac to over a hundred people."

Tanlac is sold in St. John's by M. Connors, and by the leading Druggist in every town.—adv.

An X-Ray Movie Machine.

An X-ray moving picture machine, which will reproduce on a screen the whole process of the digestive organs from the time the food is eaten until it is wholly digested, has been invented and perfected in Boston by a prominent and well-known physician and surgeon.

The machine, according to its inventor, will eliminate nearly 50 per cent. of the present operations, and will prove the greatest boon to medical and surgical science in modern times. Stories of this Boston invention, its perfection and preliminary trials were brought to light by the recent cables from France to the effect that two eminent Paris surgeons will be mobilized and invited to a professional trial of this new machine. People will be photographed in the act of eating. The film will be developed just as are the seven-reel dramas, and projected on a screen where the doctors will be able to follow the whole course of the digestive organs.

"Heretofore surgeons had no better way of determining the exact difficulty of a diseased organ than to operate," declares the inventor. "After the knife has lacerated the infected part the surgeon may see the cause or seat of the trouble. The X-ray has aided somewhat but cannot be used in determining where the organs fail to function, because, like ordinary photography, the picture is a still."

"Countless minor operations and troubles of the digestive organs may be eliminated. Many cases of appendicitis may be corrected without

the knife if the X-ray moving picture machine were used to photograph the organ. Serious kinks in the small intestines, which if not allowed to straighten by taking pressure from the affected organ might easily develop a cancer or other growth, can be immediately located by the use of this machine.

"By the use of the X-ray movie a film may be made of the functioning of the patient's organs. If there is difficulty the cause will not only be photographed plainly, but the effect on the whole system will be shown absolutely as it takes place in the human body. Many surgical cases can, in this way be permanently remedied by treatments without the aid of the knife."

"Phoratone."

"PHORATONE" is one of the very best preparations you can use for Coughs, Colds, Bronchitis, Asthma, and various Lung Troubles. It is prepared by DR. F. STAFFORD & SON, Wholesale Chemists and Druggists, St. John's, Nfld.

Thousands of bottles of this preparation are sold every year and the increasing demand is a positive proof as to its medicinal value. Phoratone can be purchased at STAFFORD'S DRUG STORE, Theatre Hill; J. J. St. John, Duckworth St.; J. Gosse, Holytown; James Wiseman, Top Carter's Hill; Mr. Halfyard, Hayward Avenue, for 35c. bottle. mar20,tf



21 cents a package and three coupons Positively None Better

Imperial Tobacco Co.

Wanted, a Statesman.

The problem of living is getting more difficult instead of easier. Both necessities and luxuries are going up, and it appears to be quite useless to hope for stability, much less improvement. What a week it has been! Tobacco a penny or twopence an ounce, butter up fourpence a pound, a reel of cotton thread at tenpence, and the Post Office threatening to raise the rates on parcels and letters. Excuses for every advance in the cost of living are readily forthcoming:

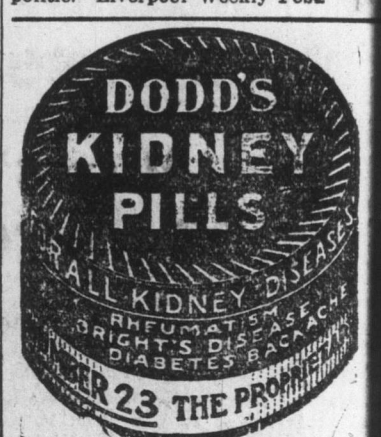
The tobacco leaf has gone up, Messrs. Costa have to pay more for raw cotton, the price of imported butter enables the British farmer to profiteer, and railwaymen's wages send up the cost of Post Office transport. All these explanations may be true, but they yield us no more satisfaction than a mechanical engineer would derive from his technical knowledge, while being flattened out by a steam-roller.

The Labour leaders are beginning at last to see that wages can never catch up prices under existing conditions, and they are now talking of a big effort to bring prices down. As we have often pointed out, the workers have it in their power to increase the value of the sovereign, simply by increasing a little the production per man per hour. They can in this way do more to right the economic evils of to-day than all the statesmen of the world together.

But, all the same, we need just now, not an apologist or phrase-

maker, but a statesman-economist who understands world trade problems, and knows exactly how legislation and regulation can help in restoring ease and comfort to the nation as a whole. Less spending and no further borrowing by the Government are among the heroic steps necessary to be taken, and these steps could be hastened by the drastic taxation of monopolies and their huge profits. The nation will heartily agree with the Prime Minister that the extra profits on the export of coal should be commandeered for the public benefit.

Continuation of control may be necessary, but these are but plaster and do not go to the root of the evil. Hard work, honest, economical administration, and equitable legislation—all these three are required to bring back sound health to the body politic.—Liverpool Weekly Post.



MUTT AND JEFF—

THEY DON'T DO ANY HARM AND THEY MAY DO SOME GOOD.

By Bud Fisher.

