

## GOT HER OUT OF BED, SHE SAYS

Mrs. Jarrett's Stubborn Trouble Soon Disappeared After She Takes Tanlac.

"When I began taking Tanlac I was in such bad condition from stomach trouble I had been in bed for four weeks scarcely able to move or take a spoonful of nourishment, but before I finished one bottle of Tanlac I was able to be up and eat heartily. Now, every trace of my trouble has disappeared."

The above statement was made recently by Mrs. Helen Jarrett, well known resident of 297½ Göttingen street, Halifax, N. S. Further discussing her remarkable recovery Mrs. Jarrett said: "My stomach went back on me a year or more ago and everything I ate seemed to sour and blast me up terribly with gas. Even a glass of water would cause such severe cramping pains in my stomach they would draw me double. At night I was in such misery I could scarcely move, much less sleep, and I fell off from 124 pounds to 107 pounds. Last September I had such a bad attack I was told I had appendicitis and was advised to have an operation immediately. For four weeks I was flat on my back and suffered intensely almost every minute of the time. My left side and stomach were so sensitive I could hardly bear the weight of the bedclothes, and to move an inch was simply torture. I could take nothing but liquid nourishment and instead of getting better I got worse and weaker all the time."

"This is the condition I was in when I began taking Tanlac and you can imagine my surprise and joy when the first few doses began to relieve my troubles. I have taken two bottles now, and hardly ever felt better in my life. My stomach feels strong and well and I eat everything without the least sign of indigestion. I sleep like a child, have gained seven pounds in weight, and can attend to my household duties now with ease. Tanlac is certainly a wonderful medicine and I can't say too much for it."

Tanlac is sold in St. John by the Ross Drug Company and F. W. Munro under the personal direction of a special Tanlac representative.—(Adv.)

## BUSINESS PUBLICITY IS RECOMMENDED.

Government regulation of business in inevitable unless business is ready to regulate itself, declared Philip Cabot, a Boston business man, in an address before the Old South Forum on Government Control of Business. "Why We Don't Want It. Most business men do not realize this condition, he said. Mr. Cabot contended that government pricing had failed, and probably would generally fail, because either prices must be fixed so high that inefficient plants will make a profit, or so low that such plants will go out of business, thus reducing the supply. He contended that there were good monopolies as well as bad, and that business could be best regulated by its own efforts and by thorough-going publicity for all business methods and transactions.

**NUXATED IRON**

"I believe my own great physical activity is largely due to my personal use of Nuxated Iron," writes Miss Wm. R. Kerr, of the City of Chicago. "From my own experience with Nuxated Iron I feel it is such a valuable blood and body building preparation that it ought to be used in every hospital and prescribed by every physician in the country." Nuxated Iron helps to make healthier, stronger, sturdier men. Satisfaction guaranteed or money refunded. At all good druggists.

## LIVING AT TOO FAST A RATE

Individuals' Responsibility in Present Conditions — Must Use Less and Produce More.

(National Bank of Commerce New York.)

Not until Americans as individuals cut down the present extravagant rate of consumption and unite to increase production will the existing unstable market conditions be remedied, the National Bank of Commerce in New York declares in its market letter in the January issue of its magazine "Commerce Monthly." It adds that, although the reaction after the tension of war was much less violent in the United States than in any other combatant country, after the recovery of the first few months all that can be said is that industry has held its own.

"Only by decreased consumption and by increased production can a balance be reached at reasonable prices between supply and demand," the bank says. "Thus far there has been very little application of this principle to individual conduct. Until such application is made, commercial activity will inevitably proceed at a ratio out of proportion to the physical volume of production, and the present unstable situation will continue."

"The volume of wholesale and retail trade, measured in terms of price, continues at a remarkable level, and is plainly outstripping production. Dealers all bear witness to the steady depletion of stocks, which manufacturers assert they cannot replace because of shortage of raw materials, and scarcity and restlessness of labor. There is no evidence of genuine economy of consumption, or of expansion of production of manufactured goods for the retail trade."

"Cotton and wool manufactures, as measured by consumption of raw materials, have not kept pace with domestic and foreign demand. This is ascribed to the shortening of work hours, an inadequate supply of machinery, labor shortage, and inclination on the part of such labor as has been available to work only part time because of the high wages paid."

"A considerable period will inevitably elapse before coal production approximates the pre-strike level, and although a fuel famine is no longer to be feared, careful distribution and use of available supplies will be necessary for some time. The crude petroleum output for October was 28,319,000 barrels, a decrease of 348,000 barrels as compared with September. Wool consumption for October was 69,000,000 pounds, equivalent, the highest for any month since May, 1918, a gain of 9,000,000 pounds over September. More wool machinery was reported active on November 1 than for any other month since the armistice. Cotton consumption for any other month since November, exclusive of linters, was 490,698 running bales, a decline of 64,646 bales.

"Pig iron production made a remarkable recovery during November, being reported as 2,392,250 gross tons, a gain of 330,000 tons over October. The character of the gain is also significant. 468,000 tons representing increased output from steel-making stacks. Demand for iron and steel products is strong for most classes with a tendency toward rising prices. The chief limit on orders is the unwillingness of producers to accept them."

There is little prospect of relief from the present credit stringency before the middle of January in the belief of the National Bank of Commerce in New York, as expressed in its money market discussion in the January issue of its magazine, Commerce Monthly.

"In view of the large requirements and heavy shifting of funds incident to interest dividend and other payments to be made at the commencement of the new year, no easing of the situation can

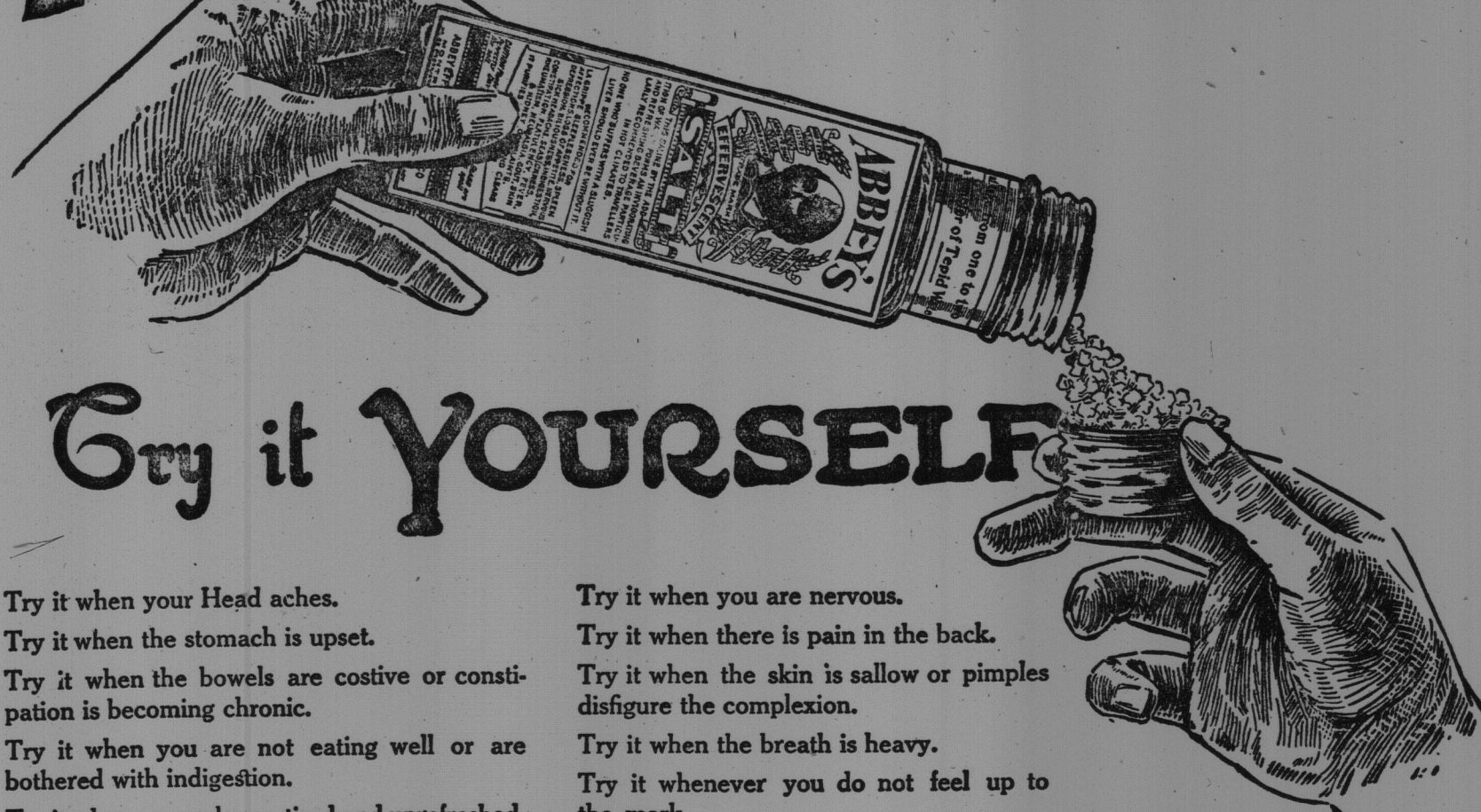
be expected prior to the middle of January," the bank says.

"Requirements for funds from commercial and industrial enterprises, normally heavy at this season, are this year abnormally large. The government moreover, has renewed its borrowings in the money market by additional offerings of certificates of indebtedness. In addition to the unusual requirements of the domestic situation, there has been superimposed a tremendous volume of credit extended against exports to Europe."

"The immediate cause of the demoralized fall of the exchange which occurred during the month ending December 15, has been the dumping of a heavy volume of bills, particularly cotton and grain bills, on the market. The severe decline of sterling exchange probably reflects not simply the adverse trade position of the United Kingdom itself, but in addition, the pressure of the burden, which London is carrying, of a good portion of the entire floating indebtedness of the other European countries to the United States."

continued in office until such time as another election may be held, and no longer. It matters little whether the premier remains or who succeeds him.

# Abbey's EFFERVESCENT SALT



Try it YOURSELF

- Try it when your Head aches.
- Try it when the stomach is upset.
- Try it when the bowels are costive or constipation is becoming chronic.
- Try it when you are not eating well or are bothered with indigestion.
- Try it when you wake up tired and unrefreshed.
- Try it when you are nervous.
- Try it when there is pain in the back.
- Try it when the skin is sallow or pimples disfigure the complexion.
- Try it when the breath is heavy.
- Try it whenever you do not feel up to the mark.

Pleasant to take—suitable for every member of the family.  
Recommended by the Medical Profession.

THE ABBEY EFFERVESCENT SALT CO., MONTREAL.

## NEW YORK TO HAVE SOCIAL UNIT WORK

Cincinnati Experiment to Be Duplicated — Executive Boards of Organizations Plan to Arrange Block Units.

A community experiment similar to the one which has been carried on in a section of Cincinnati during the past two and a half years by the National Social Unit Organization will be conducted in New York during 1920 if plans formulated at the Cosmopolitan Club mature, say the Evening Post. Members of the executive boards of the community councils of Greater New York and the National Social Unit Organization, which have merged their efforts in New York, met as the guests of Miss Sara Graham, Muhall and Mrs. Egerton Winthrop to discuss a joint programme for community organization in New York.

In the Cincinnati district which volunteered to make the first demonstration the people are organized in each "block" or unit of 100 families, electing its own committee and representative to a central community council and skilled groups, such as physicians, nurses, teachers and social workers, being organized democratically as a self-governing "occupational council" to plan neighborhood programmes, submit them to the representatives of the block and assist in their execution.

Although the Cincinnati demonstration has confined itself largely to a public health programme in which it is conceded to have been successful, its supporters believe it applicable to any form of community endeavor. The suggestion to establish a Social Unit in New York came from Dr. Albert Shields, director of the Community Councils of Greater New York. Dr. Shields pointed out at the meeting this morning that although the community councils were already established in eighty sections of New York, a working model carefully worked out in one district would serve as an incentive and stimulus to all other communities.

continued in office until such time as another election may be held, and no longer. It matters little whether the premier remains or who succeeds him.

## Why Stay Fat? You Can Reduce

The answer of most fat people is that it is too hard, too troublesome and too dangerous to force the weight down. However, in Marmola Prescription Tablets, all these difficulties are overcome. They are absolutely harmless, entail no dieting or exercise, and have the added advantage of cheapness. A large case is sold by druggists at \$1. Or if preferable, they can be obtained by sending price direct to the Marmola Co., 824 Woodward Ave., Detroit, Mich. Now that you know this you have no excuse for being too fat, but can reduce two, three or four pounds a week without fear of bad after-effects.

# Here's Instant Relief and Speedy Cure for Chill-Caused Aches and Pains!

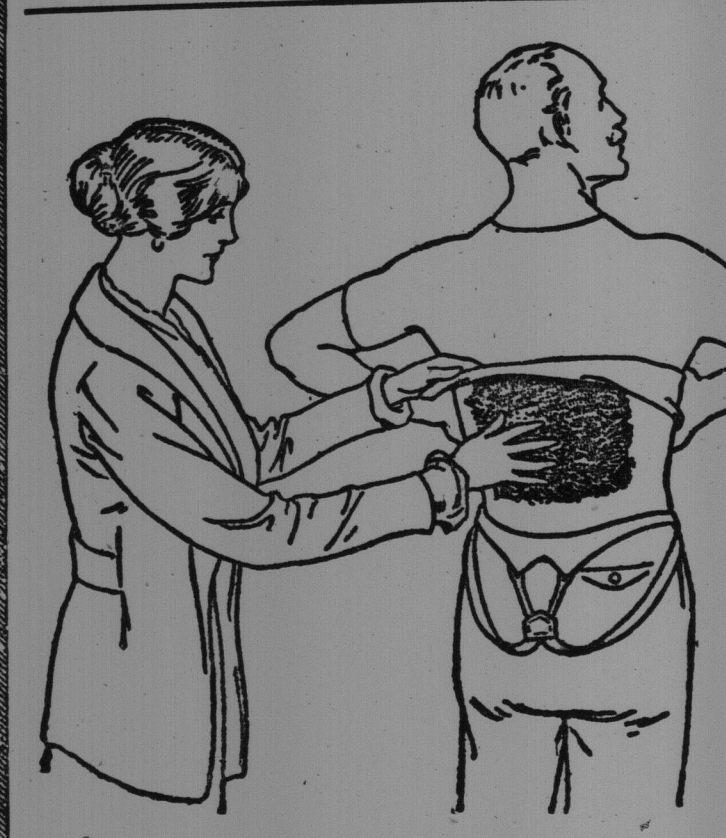


Illustration shows how simply THERMOGENE is used to treat Back Ache, Pleurisy, etc. A light bandage, or clothing alone, holds it in position.

The logical, commonsense first-aid against chill or cold is HEAT—WARMTH! And THERMOGENE is warmth in dry, convenient form—a light, fleecy, medicated wool and an even, persistent heat that generates as it is used—that soothes and cures from the moment it is applied.

## THERMOGENE CURATIVE WADDING (Vandenberg's Process) "NATURE'S FIRST AID"

Acts upon the blood vessels through the skin and its healing influence penetrates straight to the affected part. It is the simplest, most convenient and comfortable form of treatment ever put within your reach.

## Fight Spanish Influenza, Grippe, Bronchitis, Sore Throat, Rheumatism, Neuralgia with Thermogene!

Its principle is medically correct for the treatment of these and any of a hundred other complaints caused by chill, dampness or vagaries of the weather. It is better, far, than wet, messy poultices that quickly grow cold and clammy. The joint that is throbbing—the chest that is racked with coughing—the back, the head or limb that aches with pain caused by damp or cold—will find immediate and certain relief when Thermogene is applied.

## Pain Subsides, Aching Ceases—Genial, Comforting, Warmth Takes Their Place

No matter how acute your suffering, Thermogene will bring you comfort and relief—a few hours, and you are a different person. What it has done for thousands of others it will do in your case. Don't delay—don't suffer needlessly! Let Thermogene help you to-day!

Invented by the famous Belgian chemist, Vandenberg. Thermogene is British-made by The Thermogene Co., Ltd., Rayward's Heath, England.

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is proved in its use by the British Red Cross Society, the Royal Navy, Military authorities, and Doctors and Hospitals everywhere. Millions of boxes are sold annually, and helping to lessen the sufferings of humanity all over the world.  
**Let it Help YOU Today**



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