



"Congratulations, My Daughter, You Are Looking Fine"

"AND why shouldn't I look well after using Dr. Chase's Nerve Food?"

"Is that what has made such a change in your appearance? You were so pale and thin, I was rather anxious about your health."

"Why, I have gained fifteen pounds, and I feel so well, too."

"And you have such a good, healthy color. Your blood must be rich and red."

"I knew you were suspicious of anything that our doctor did not prescribe, so I said nothing about it to you."

"Well, I will not have any doubts about Dr. Chase's Nerve Food in the future after what a healthy looking girl it has made of you."

"Yes, and I feel so differently, too. I was so nervous and irritable that I was very easily annoyed and upset. Then I would have those fearful nervous headaches. But, thank goodness, that is all over, and I know what to give credit to for the change."

"I am very glad you are so well again and think Dr. Chase's Nerve Food a very

valuable medicine, since it has done you so much good."

Miss Gertrude M. Burrell, Clementsport, N.S., writes:

"I have used Dr. Chase's Nerve Food with splendid results. For a number of years I was afflicted with nervousness, and six years ago had a complete breakdown. I had no control of my nerves and had terrible hysterical spells. I could not sleep, had night sweats, awful dreams and nightmares. My physician gave me medicine to put me to sleep every night, and another kind to take every two hours during the day, but it did not seem to do me any good only while I was taking it. I never really expected to get well. Reading about Dr. Chase's Nerve Food one day, I gave it a trial, and the results from the first box encouraged me, so I continued its use, and found my nerves getting steady and stronger. My appetite improved and I gained in strength, ambition and flesh. Now I am able to do considerable work, and can highly recommend Dr. Chase's Nerve Food as a good tonic for the whole system."

(Alonso W. Daniels, J.P., says: "It gives me great satisfaction to vouch for the testimony of this young lady and the benefit she has received from your wonderful discovery.")

Dr. Chase's Nerve Food, 50 cents a box, 6 for \$2.75, all dealers, or Edmanston, Bates & Co., Ltd., Toronto. On every box of the genuine, you will find the portrait and signature of A. W. Chase, M.D., the famous Receipt Book author.

GET TOGETHER PLAN OF EMPLOYER AND EMPLOYEE

The board of trade has received from the local representative of the International Harvester Company of Canada and the United States a pamphlet in which is set forth a system adopted by nineteen out of every twenty of their plants. It is known as the industrial council plan made up of equal representation from the employers and the

employees of each plant. The council is created to foster solid mutual understanding between the company and those it employs, also to deal with all matters relating to hours of labor, pay, general working conditions such as health, education and in short with all problems of employer and employee. The plan has been found very satisfactory. All grievances are left with the council to decide and where a decision cannot be arrived at the matter is left to district arbitration. The findings of the industrial council are handed over to the superintendent of the plant who sees

that they are properly executed and adhered to.

It is said that the present scheme of the industrial council for a better understanding between employer and employee is along this line:

The Teamsters and Chauffeurs' Union on Thursday night voted against daylight saving "until such time as the provincial government enacts laws granting an eight-hour day to all classes of workers within the province of New Brunswick."

Why Men of Today Lack Physical Strength and Endurance Which Gave Mighty Power To Athletes of Old

Physician Says Iron Deficiency in Blood of American Men and Women is Not Only Greatest Cause to Nation's Health, But is Often Responsible for Failure in Business, Lack of Will Power and Physical and Mental Decay—Explains

How Organic Iron—Nuxated Iron—Helps Put Renewed Vim and Energy Into the Veins of the Weak, Nervous and Run-Down



The great power and vigor of the athletes of ancient times was probably due to the rigorous out-door life they led and the large amount of iron obtained from their coarse foods in the opinion of Dr. James Francis Sullivan, formerly physician of Bellevue Hospital (Out-door Dept.), New York, and the Westchester County Hospital. Men like Hercules, Sampson and Atlas were all noted as men of blood and iron and Dr. Sullivan believes that if the men of today who are fagged out because of worry, work and other strains could follow the same methods of living as the athletes of olden times they might readily build up their strength and energy by increasing the supply of iron in their blood.

In explaining why he regards iron as absolutely essential to the greatest development of physical and mental power, Dr. Sullivan says: "Modern methods of cooking and the rapid pace at which people of this country live has made an alarming increase in iron deficiency in the blood of American men and women. I have strongly emphasized the great necessity of physicians making blood examinations of their weak, anemic, run-down patients. Thousands of persons go on year after year suffering from physical weakness and a highly nervous condition due to lack of sufficient iron in their red blood corpuscles without ever realizing the real and true cause of their trouble. Lack of iron in the blood not only makes a man a physical and mental weakling, nervous, irritable and easily fatigued, but it utterly robs him of that virile force, that stamina and strength of will which are so necessary to success and power in every walk of life."

"In my opinion the men of today who want to be strong, sturdy and successful must either live more as did the athletes of old or else supply the iron deficiency in their blood by taking some form of organic iron—Nuxated Iron. I have used

Nuxated Iron in my own practice and I know of nothing more effective for building up the system and increasing the red blood corpuscles, thereby enriching and fortifying the blood against the ravages of disease."

Dr. T. Alphonse Wallace, physician of many years' experience and formerly of the British Naval Medical Service, says: "Living in the open, eating coarse food and leading regular lives make blood rich in strength-giving iron. But this opportunity for building up health is not open to thousands of men and women in civil life whose wearing tasks and iron-impaired foods sap their energy and vitality, make them weak, anemic and run-down and often cause their blood to literally starve for want of iron. With-out iron there can be no strong, red-blooded men or healthy, rosy-checked women, and unless this strength-giving iron is obtained from the foods we eat it must be supplied in some form that is easily absorbed and assimilated. For this purpose I always recommend organic iron—Nuxated Iron—which I have used with such successful results that I am absolutely convinced of its effectiveness for helping to build red blood, strength and endurance."

SHIPPING

ALMANAC FOR ST. JOHN, APR. 19.

A.M. P.M.
High Tide... 2.57 Low Tide... 12.34
Sun Rises... 6.38 Sun Sets... 8.09
Time used is Daylight saving time.

PORT OF ST. JOHN.

Arrived.
Friday, April 17.
There were no arrivals today.

Sailed.
Stmr Montcalm, for Liverpool.
Str Minnedosa, C.P.O.S., British port, passengers and mails.

Sailed Thursday.
Stmr Scandinavian, for England.
Stmr Manchester Corporation, for Manchester (Eng.).

OTHER PORTS
Portland, Me., April 18—Arrd, stmr Nordvalen, Halifax (N.S.).
New York, April 18—Arrd, stmr Le Quency, Quebec.

Halifax, April 16—Arrd, str Frank-mer, St. John.

London, April 16—Arrd, str Rathford, St. John, Nottisfont, do.

Cardiff, April 16—Arrd, str War Sioux, Halifax for Manchester.

London, April 16—Arrd, str Wimble-don, St. John.

Vineyard Haven, April 15—Arrd, str Charles E. Wyman, New York for St. John.

Boston, April 16—Sld, str Holbrook, for St. John.

SOLDIERS RETURNING

The Carmanla reached Halifax on Friday afternoon with five battalions of soldiers on board, including the 8th, 7th, 10th, 13th and 14th first contingent units. The steamer Belgic sailed from Liverpool for Halifax on Thursday with 3,400 officers and men.

Major E. B. Hooper and his wife expect to sail for Canada on the steamer Melita on April 29. Major Hooper went over as chaplain of the 26th and served with them until they were transferred to hospital duty in England. Major and Mrs. Hooper will probably visit St. John after their arrival at Quebec.

The following St. John men arrived at Halifax on the Carmanla: Major G. R. Turner, M.C. of this city; Major J. D. Hickman, Fredericton; Major D. S. Winslow, Dorchester. The Carmanla's passengers will arrive here today. Carl P. Wetmore and Percy Dykeman, both St. John boys, were expected on this boat.

Sgt. E. D. Fletcher and Pte. Otto Fletcher are expected to arrive in this city some time next week. They are the sons of the late Rev. M. E. Fletcher and sailed from England on April 14.

The Young Ladies' League of the Y. M. C. A. entertained about 200 soldiers last night at the Red Triangle rooms. The boys enjoyed a very pleasant evening.

Gunner Hartley McLennan, who arrived from England on the Carmanla, is being entertained by a large gathering at the home of Wm. Armstrong when a gold ring was presented to him.

PROVINCIAL BOY SCOUTS.

At the annual meeting of the New Brunswick Boy Scouts' Association on Thursday afternoon election of officers resulted as follows:

Provincial commissioner—A. C. Skel-ton.
Provincial president—S. E. Elkin, M. P.
(These above are, strictly speaking, recommendations, as their final appointment is made by the chief scout, the Duke of Devonshire.)

Honorary president—Hon. W. H. Tupper.
Vice-presidents—Rev. H. A. Cody, Rev. J. S. Gregg and Col. F. Wedder-burn.

Provincial secretary—Percy Gibson.
Provincial treasurer—E. H. Turnbull.
Added to council—Lieut.-Col. J. L. McAvity, T. H. Estabrooks, F. W. Dan-iel, Dr. H. S. Bridges, Chancellor C. C. Jones.

A medal board was formed consisting of Dr. H. S. Bridges, Chancellor Jones and Percy Gibson.
A report was read by the acting maritime secretary, H. O. Eaman.

KINNEL CAMP PRISONER FOUND NOT GUILTY.

The case against Gunner W. Burton, charged with mutiny and violence at a superior officer at the time of the Kinnel camp riots, was tried by court martial in London yesterday. Major E. C. Weyman defended the prisoner. Burton was found not guilty of all charges and was released. The defence was that he was drunk at the time.

ORANGEMEN NOT ALLOWED TO PLACE WAR MEMORIAL ON SYDNEY SCHOOL YARDS.

Sydney, N. S., April 18—Because it was held that the school premises should be absolutely non-sectarian and that no possibility of dissension should be allowed to establish itself there, Sydney city council last night refused permission to the Loyal Orange Association to erect a proposed monument to the memory of fallen soldiers in the grounds of the central school. Cordial permission was, however, granted to the Orangemen to erect their monument in any city park they might select.

LARGE ACREAGE EXPECTED.

Grain men state that according to ad-vice from practically every section of Canada and the United States there will be a very large acreage this year. With favorable weather conditions they expect to see larger supplies available after the harvest than in previous years. In the Canadian west, it is said, thousands of new farms are being opened up. American settlers are now coming across the border in large numbers. The returned soldiers are also taking up considerable land in the prairies. In the American corn belt the acreage being placed under cultivation is said to be very much larger than that of 1918.

FORTIFICATIONS REMAIN.

Changes made in the naval terms of the peace treaty will permit the fortifications of the Kiel canal and other German coast defences to continue to exist. The fortifications of Heligoland will be dismantled but the harbor basin will not be destroyed as it useful port for the North Sea fishing fleet.

Lloyd George and Lord Northcliffe, the latter powerful in his newspaper in-terests, have fallen out.

Constipation, health's worst enemy, can be easily conquered with

"RIGA"

Purgative Water, which acts mildly, yet surely, without causing colic, cramps or weakness. ON SALE EVERYWHERE. TRY IT TODAY. NATIONAL DRUG & CHEMICAL CO. OF CANADA LIMITED, St. John and Halifax.

WAS ON "THE ROYAL TAR"

To the Editor of The Times:

Sir—I notice in The Times of April 14 reference to the loss of the steamer Royal Tar, I, the undersigned, and my parents were passengers on the ill-fated steamer from Portland to Eastport, Me., on our way to St. Andrews, N. B., from New York in the year 1833; I being four years old at the time. I am now in my eighty-eighth year. I have a faint idea what the steamer looked like and in after years was well acquainted with Captain Reed when harbor-master of this port.

Thank you, Mr. Editor, for the valuable space.

JAMES HAYES,
Retired Master Mariner.
27 Dufferin Row West.

WOMEN'S HOSPITAL AID.

At a meeting of the Women's Hos-pital Aid Association on Thursday some

800 new memberships were reported, bringing the number up to about 2,000.

Mrs. E. A. Smith presided. One report showed estimated cost of the new nurses' home \$105,000; remodelling of present home for fifty hospital rooms, about \$30,000, and new maternity ward about \$50,000. The commissioners and the aid's representatives will meet with the municipal council in May to ask for the issue of \$200,000 debentures for these improvements. Three memorial life memberships were received, one an anonymous one was in memory of Miss Hildegard Lister; a second given by Mrs. Kierstead was to the memory of her daughter, Edith; and a third given by Mrs. Stammers was in memory of her daughter, Nursing Sister Stammers. As this was the second memorial life-membership for Miss Stammers, it was decided to put aside the two donations as a fund to be added to for a Miss Stammers memorial room.

Capt. G. Earle Logan was elected junior deputy grand master at the re-cent election of the Grand Orange Lodge of New Brunswick.

Get Your Digestion in Shape

Many ailments are caused by stomach weakness. Faulty digestion leads to biliousness, sick headache, dizziness, sallow skin and eruptions. Maintain a healthy condition of the stomach and you will get rid of the chief cause of your sufferings. Do not neglect the laws of health. Keep stomach, liver and bowels in order by timely use of

BEECHAM'S PILLS

Largest Sale of any Medicine in the World. Sold everywhere, in boxes, 25c.

How to Recognize and Avoid Kidney or Bladder Troubles

Medical Research has Proven that Diseases Arising from Congested Kidneys Can be Cured if Detected in Time

The Symptoms of These Afflictions Should be Understood and Recognized

Kidney and Bladder complaints are among the most common afflictions that the human body is heir to. Thousands of people suffer for years with pains in the back, swollen joints or difficult urination, and never once try to rid themselves of their agonies—because they don't understand the cause, nor seat of their trouble.

Perhaps the best-known diseases resulting from Kidney derangements are Rheumatism, Sciatica, Lumbago, Inflammation of the Bladder, Stone and Gravel. These diseases are all the result of deranged kidney action, and can be cured only if the kidneys are restored to perform their proper function of cleansing the blood—before the trouble becomes chronic.

THE KIDNEYS AND THEIR FUNCTION.

The Kidneys are classified among the most vital organs of the body; and the importance of taking the greatest care of them—cannot be accentuated too strongly.

If the health of the body is to be maintained, every effort must be made to keep these delicate organs in such perfect condition that they will per-form their proper function with regu-larity and ease.

The duty of the Kidneys is to filter the blood and keep it freed from the poisonous waste that is being con-stantly thrown off by the body and collected up by the blood stream. The Kidneys—two in number—are situated just over the hips in the small of the back. Each Kidney is composed of a mass of fine spongy tissues that are fed by a multitude of minute blood vessels.

These blood vessels are so small that they separate the blood into thin thread-like streams, and make it easy

for it to filter through the tissues. This filtering process removes the impurities and waste matter.

You can readily understand, then, that when for any reason at all, the Kidneys become congested and due to this congestion fail to filter the uric acid and other impurities from the blood, trouble starts. All the poisons that otherwise would have been expelled from the body now re-main in the blood stream and circulate through the system again. In a short time these impurities lodge in joints and muscles, setting up infection and fostering disease. Poisoning of the blood stream is the direct cause of most suffering to-day. We have studied the cause of these afflictions, let us go further and learn how to detect them before they get a fatal grip on the system.

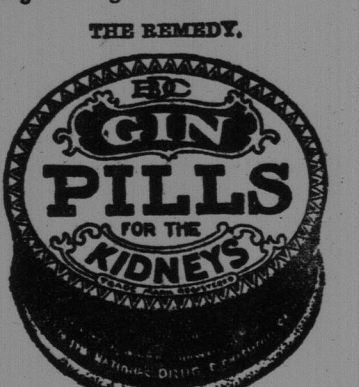
THE SYMPTOMS.

The first evidences of poison in the blood are headaches, followed by dizziness, and a general feeling of lassitude. The affected person feels drowsy, dopy and listless. This state is followed by the chief danger signal—that pain in the back—when it comes—be warned, for your health is in danger. If this pain in the back is allowed to continue, Painful Urination and Brick Dust Deposits will likely fol-low. With some people the joints and ankles begin to swell, and evidences of Rheumatism are noticeable.

Kidney troubles soon tell upon the appearance, a gradual wasting away is noticed, the skin becomes sallow and drawn, dark circles begin to appear under the eyes, while deep wrinkles mar the features, and the whole aspect of the person is one of depression and lifelessness.

The symptoms stated above are the

ones most generally noticed; there are others. Nature gives plenty of warn-ing that she is in trouble. It is for you to heed her signals of distress and assist her in remedying the defect. If you don't suffer—for kidney derangements soon change to chronic complaints, and chronic complaints bring suffering untold.



On reading the foregoing you will readily understand that in order to relieve any kidney disease the cause must first be removed—that is exactly what Gin Pills are made for—and do.

Gin Pills act directly upon the kid-neys to relieve the congestion and restore them to their previous state of health. Once the kidneys are performing their function properly, the blood is purified and the infection removed by Nature itself—that is, providing you deal with the cause as soon as the symptoms appear. Don't wait and trust that time or good luck will restore your kidneys to their former healthy condition. A few Gin Pills as preven-tion are worth many dollars of cure.

There is the point. Don't hesitate and put off till to-morrow. Once your kidneys are out of order, you must get them into proper shape again—or fatal results will surely follow. Stick to the tried and proven remedy, Gin Pills. They have relieved thousands of others. They will do the same for you. You can buy them anywhere for 50c a box, or if you prefer, write to us and we will send you a sample box of Gin Pills free. A trial will soon convince you that Gin Pills remedy Kid-ney and Bladder troubles.

The National Drug & Chemical Company of Canada, Limited, Toronto, Canada
U.S. residents should address No-Drugs, Inc., 202 Main St., Buffalo, N.Y.

The Path to Health

For many thousands of women the Path to Health has certainly been through Lydia E. Pinkham's Vegetable Compound. When this great remedy was first introduced, and for many years after, skeptics frowned upon its curative claims, but as year after year has rolled by and the little group of women who had been cured by it has since grown into a vast army of hundreds of thousands—doubt and skepticism have been swept away as by a mighty tidal wave, until today this purely vegetable medicine is recognized as the greatest remedy for woman's special ills in the world. This is because it is a wonderful tonic and reconstructor which acts directly and favorably upon the feminine organization and is a specific for that purpose.

Women in All Countries Depend Upon

Lydia E. Pinkham's Vegetable Compound

