

# NAVAL AC

Traffic Temporar  
Submarines

## SPRING BLOOD IS WATERY BLOOD

How to Get New Health and New Strength at This Season

Spring ailments are not imaginary. Even the most robust find the winter months most trying to their health. Confinement indoors, often in overheated and nearly always badly ventilated rooms—in the home, the office, the shop and the school—taxes the vitality of even the strongest. The blood becomes thin and watery and is clogged with impurities. Some people have headaches and a feeling of languor. Others are low-spirited and nervous. Still others are troubled with disfiguring pimples and skin eruptions; while some get up in the morning feeling just as tired as when they went to bed. These are all spring symptoms that the blood is out of order and that a medicine is needed. Many people take purgative medicines in the spring. This is a serious mistake. You cannot cure yourself with a medicine that gallops through your system and leaves you weaker still. This is all that a purgative does. What you need to give you health and strength in the spring is a tonic medicine that will enrich the blood and soothe the jangled nerves. And the one always reliable tonic and blood builder is Dr. Williams' Pink Pills. These Pills not only banish spring weakness but guard you against the more serious ailments that follow, such as anaemia, nervous debility, indigestion, rheumatism and other diseases due to bad blood.

In proof of this Mrs. D. E. Hughes, Hazenmore, Sask., says: "About a year ago I was badly run down, my nerves were all unstrung, and I could not get up stairs without stopping to rest. As I was a long ways from a doctor I decided to take Dr. Williams' Pink Pills, and in the course of a few weeks I felt like a new person. As an all round restorative I can heartily recommend this medicine."

If you are ailing this spring you cannot afford, in your own interest, to overlook so valuable a medicine as Dr. Williams' Pink Pills. Sold by all medicine dealers or by mail at 50 cents a box or six boxes for \$2.50 from Dr. Williams' Medicine Co., Brockville, Ont.

### Whooping Cough.

The germ of whooping cough was discovered by Bordet and Gengou, two French bacteriologists. It grows in the air passages leading to the lungs, and the presence of masses of germs on the delicate lining of these passages irritates them and causes the spasmodic cough. A rapid succession of these coughs catches the breath and the spasm ends in a deep in-rush of air, the "whoop."

The germs are present in great numbers in the spray thrown out in coughing, particularly during the early stages of the disease, and they are likely to get smeared over the hands of the patient while he struggles to get his breath during the coughing spasm. So the disease spreads very rapidly by more or less direct contact, the germs being passed from mouth to hand and from hand to mouth, or hand on pencils, drinking cups and other things which go from mouth to mouth.

Whooping cough is a particularly hard disease to check because the patient is usually up and about for a period of many weeks and has a much greater chance of spreading germs than if he were isolated in bed. Often whooping cough is caught from a child in the early stages before the whoop develops and when people think it has only an ordinary cough.

The only safe rule is to keep children away from other children who have any cough at all.

### A FOOD DRINK

#### Which Brings Daily Enjoyment.

A lady doctor writes: "Though busy hourly with my own affairs, I will not deny myself the pleasure of taking a few minutes to tell of the enjoyment obtained daily from my morning cup of Postum. It is a food beverage, not a stimulant like coffee."

"I began to use Postum 8 years ago; not because I wanted to, but because coffee, which I dearly loved, made my nights long, weary periods to be dreaded and unfitting me for business during the day. Tea is just as injurious as coffee, because it too, contains the health-destroying drug, caffeine."

"On advice of a friend, I first tried Postum, making it carefully as suggested on the package. As I had always used 'cream and no sugar,' I mixed my Postum so. It looked good, was clear and fragrant, and it was a pleasure to see the cream color it a light golden-brown."

"Then I tasted it critically and was pleased, yes, satisfied with my Postum in taste and effect, and am yet, being a constant user of it all these years.

"I continually assure my friends and acquaintances that they will like Postum and receive benefit from its use. I have gained weight, can sleep and am not nervous."

Name given by Canadian Postum Co., Windsor, Ont. Read 'The Road to Wellville,' in page.

Postum comes in two forms:

Regular Postum—must be well boiled, 150 and 250 packages.

Instant Postum—is a soluble powder. A teaspoon dissolves quickly in a cup of hot water, and with cream and sugar, makes a delicious beverage instantly. 200 and 500 tins.

Both kinds are extremely delicious and cost per cup about the same.

"There's a Reason" for Postum, sold by Grocers.



## BIG AID TO BRITAIN. The British Navy and Canadian Railway Expansion.

The present conflict in Europe has demonstrated beyond the possibility of doubt that the maintenance of Britain's superiority at sea, and the expansion of the wheat areas in British Dominions, have been linked together as basic factors in the consideration of plans for Imperial offense and defence. The lawmakers in London, as a matter of policy, have allowed nothing to interfere with the building up of an all-powerful navy, and they have steadfastly ignored the protests of Englishmen who have contended that Great Britain would be in an impossible position if a war should develop with a powerful maritime power. There were numerous men in England who believed that in the event of an important European struggle involving Great Britain, the hunger of London would dictate terms of peace. But the Admiralty were convinced that the sea power of Britain would keep all the routes open for foodstuffs. The lands in the British Isles which might have been devoted to the growth of more wheat were left as before, and the investors of Britain by placing their funds in the bonds of railways in Canada, in South Africa, in Australia, and in New Zealand, where vast stretches of fertile country remained to be opened up encouraging the production of a steady supply of foodstuffs which might be called upon in case of emergency. The under-water craft of Germany have failed to throttle the shipping of Great Britain. Her ships come to the port to put up the building, to purchase the foundation stock, to pay the feed bills, and to meet other expenses that will in the course of the year bob up.

Conservative estimates of profit range from one to three dollars per bird. These estimates are based on the experiences of poultry men all over the country.

### Cost Per Fowl.

The average cost per year of keeping a fowl is \$1.80, or 15 cents per month.

Some men devote their plants entirely to egg production, using White Leghorns for that purpose. White Leghorns for that purpose, their owners, but it is affording him a congenial occupation, and, above all things, has restored a once nervous body to a strong, healthy man. Besides, there is true independence. Living out in pure air and being one's own boss is an independence worth considering.

To sum up: Poultry raising is an occupation that will prove profitable to those who can adapt themselves to it. It is a business that calls for good judgment. A rapid succession of these coughs catches the breath and the spasm ends in a deep in-rush of air, the "whoop."

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### To Disinfect a Room.

The usual method employed is to burn sulphur in a closed-up room, and this is perhaps as effective as any other method.

Fill any large vessel, such as an old bucket or tin bowl, half full of earth, and stand it in the centre of the room on an old metal tray. Lay a piece of paper on the top of the earth, and pour onto this a pound of common sulphur or brimstone. Close all the windows, and push a mass of crumpled newspapers up the chimneys, set the projecting edges of the paper alight in several places, so that it might ignite the sulphur. Leave the room, closing the door tightly. A mat laid on the outside will prevent the fumes escaping from the room. If the room is disinfected after a serious illness brown paper should be pasted over the edges of the window and door, and left for twelve hours after the sulphur has burnt out. After that time the windows should be opened and left open for twenty-four hours. The fumes of sulphur will destroy the colors of most fabrics, and therefore during any sickness of an infectious nature nothing should be used in the way of hangings except such as can be disinfected afterwards. All bedding should be sent to a professional disinfectant. The sanitary or health authorities in a town will generally give particulars of this work, and see that it is done. All wallpaper in a room must be stripped off and destroyed, a fresh paper being put on its place. Old paper is in itself a great cause of infection, and a new paper should never be pasted over an old one. This should always be removed beforehand.

In a cinematograph show two Scotsmen were agreeably surprised to find a cup of tea and a biscuit given them free by an up-to-date management at 4 o'clock. Half an hour later one of them broke the silence. "We've seen the pictures now, Tam," he said; "we might as well gang awa' out." To which Tam, after a moment's thought, replied: "Gang ye awa' gin ye want tae! I'm stayin' tae dinner!"

Minard's Liniment for sale everywhere.

## It All Came From Strain and Cold

BUT G. K. MACDONALD FOUND  
RELIEF IN DODD'S KIDNEY PILLS.

Nova Scotia Man After Fifteen Years' Suffering Found a Cure Through Reading an Advertisement.

Harrigan Cove, Halifax Co., N.S., April 19th (Special).—After suffering for fifteen years from lame back and kidney trouble Mr. George K. MacDonald, a well-known resident of this place, is telling his neighbors of the great benefit he has received from using Dodd's Kidney Pills.

"My trouble started from a strain and a cold," Mr. MacDonald said. "I was troubled with stiffness of the joints and cramps in the muscles. My sleep was broken and unrefreshing, my limbs were heavy and I had a dragging sensation across the loins."

"My back ached and I suffered from rheumatism, when reading an advertisement led me to try Dodd's Kidney Pills.

"I am only too pleased to say that the treatment was successful. Dodd's Kidney Pills have done me a great deal of good."

Mr. MacDonald's symptoms show that he was troubled with kidney disease. That's why Dodd's Kidney Pills cured him.



Leon Chester Thrasher.

American, whose death through sinking of "Falaba" by U-28, may cause serious complications, according to the position taken by the United States, in its reply to the German notification of a submarine war zone, the destruction of American life, or American property through enforcement of the decree, would be looked upon as an unfriendly act. Thrasher was a mining engineer, and was bound for Secondeon, West Africa, when he met his death.

Inspite of efforts, however, the number of articles required is still great. In the first place, ten thousand sheets are still needed, and this is an urgent necessity to be denied. Next to sheets the following articles have been reached:

"Surgeons' gowns and masks, nurses' caps, covers for hot water bottles and pneumonia jackets.

In spite of the demand for them, the writer will be glad of contributions to the wool fund, of offers from women who are willing to knit if wool is sent to them, as well as of contributions of socks.

(Mrs. A.) JEAN McPHERDRAN, Convenor of the Ontario Red Cross Sock Fund.

MRS. F. N. G. STARR, Treasurer, University Hospital Supply Association.

**A Nova Scotia Case of Interest to All Women**

Halifax Sends Out a Message of Help to Many People.

Halifax, N.S., Dec. 15.—When interviewed at her home at 194 Argyle St., Mrs. Haverstock was quite willing to talk of her seriously unfortunate case. "I was always 'blue' and depressed, felt weak, languid and utterly unfit for any work. My stomach was disordered that I had no appetite. What I did eat disagreed. I suffered greatly from a bad and nervous headache—a sick head, a sore throat and a feverish breakdown. Upon my druggists recommendation I used Dr. Hamilton's Pills.

"I felt better at once. Every day I improved. In six weeks I was a well woman, cured completely after different physicians had failed to help me. It is for this reason that I strongly urge sufferers with stomach or digestive troubles to use Dr. Hamilton's Pills."

It has happened, as Sir Percy Scott prophesied, that:

"If we ever go to war with a country that is within striking distance of submarines, I am of the opinion that this country will at once lock up its dreadnaughts in a harbor."

But the facts will not support his deduction that:

"Now that submarines have come in, battleships are of no use either for defensive or offensive purposes, and consequently building any more in 1914 will be a misuse of money subscribed by the citizens for the defense of the Empire."

If the British battle fleet did not exist the German battle fleet would come forth as its raiding squadrons have come forth. It would control the seas.

Submarines might make it an uneasy control as they now worry the English in their sea dominance.

Nevertheless the battleship fleet is the supreme and deciding factor in the struggle for sea power.

Now does the experiment of a submarine blockade seem destined to affect vitally British commerce. In

the first two weeks of the blockade the submarines sank less than a dozen British ships, most of them small. Between January 21st, and March 3rd, 8,734 vessels of more than 30 tons each entered or cleared British ports. Of these the submarines destroyed fifteen. In the meanwhile, since the opening of hostilities six German submarines have been reported lost.

The London Board of Trade's summary of shipping casualties reported during February shows that the ordinary risks of navigation were responsible for a considerably larger number of British ships than were victims of German torpedoes, mines, or guns.

The number of steamers lost was thirty-three of an aggregate net tonnage of 34,617, with ninety-seven lives, of which nine steamers, aggregating 12,389 tons, were sunk by German submarines, with a loss of six lives, and one of 2,605 tons was sunk by a German mine.

Such are the results from what

is probably the best submarine

fleet in existence operating in a most favorable field. The threat of submarine operations has added tremendously to strategic and patrol problems in naval warfare, but it has not taken from the dreadnaught its place of primary importance.

Now has the aeroplane become a deciding factor in war. It has faded that honor more securely than before upon the guns. It has given eyes to the artillery so that supremacy in the air means chiefly better service of the guns and better intelligence of the enemies' movements.

Attacks by aeroplanes and Zeppelins have had little or no direct military effect.

The airship, like the submarine,

has complicated its destructive powers.

Neither has received from us

any decisive method of attack in

anywhere."

"How thankful we are to get hold

of such a wonderful household remedy as Nervilene," writes Mrs. E. P. Lamontagne from her home near Wetaskiwin, Alberta. "In this far-away section, far away from a doctor or druggist, every family needs a good supply of liniment. Nervilene is the best of all. It destroys every pain, but never burns. We use Nervilene in a score of ways. If it's rheumatism, aching back, pain in the side, sciatica or the neck, you can laugh at it if you have lots of Nervilene to use. For earache, toothache or cramps I don't think anything could act more quickly. For a general all-round pain remedy I can think of nothing more valuable and speedy, to cure than Nervilene."

The automobile also has increased the speed of troops and increased the commissariat facilities so that larger bodies of men can be maintained at the front than would otherwise be possible. In a few instances armored motor-cars have served in direct attack. But like the aeroplane, the motor-car has chiefly been useful in its auxiliary services to the men and guns at the front.

Again all the increased effectiveness of war in killing, one single expedient has made defensive warfare more effective than ever before—the trench. It had its origin in the American Civil War. It was generally used in the Japanese-Russian War. With the advent of heavier and more accurate artillery it has become deeper, better protected, and better screened. Backed by the fire of modern guns the odds in favor of defenders in trenches are greater than ever before.

**Farming with Powder.**

Blast powders and dynamites of

one kind and another are coming

into more general use every day, not only in the war zones but in development work on the farm. Stumps, rock and hard pan clay are cleared or broken by means of powder. In pioneer days, our fathers and grandfathers cleared their farms of woods and brush by means of the ax and fire, but now there are many small patches of stumps or stone that are lying practically idle because it costs too much to clear them. With the war calling for every acre into use this year that can be cleared, there is a more general use of blasting powder in clearing up these odd areas.

**Lessons of the War.**

The war in the air and under the sea, so often and so dramatically prophesied, has come, and yet it has come with many limitations.

Neither the air craft nor the submarine has proved to be a deciding factor in war. There is nowhere else in the world a better field for submarine activity than the North Sea and the nearby British waters. The British navy has been concentrated in those waters since the opening of the war and thus far has not lost a single first-line fighting ship by submarine. So long as its battle fleet remains intact it is the deciding factor in naval supremacy. They effectively chase away weariness, depression and disease. Good for young or old, for man, for women, for children. All dealers sell Dr. Hamilton's Pills of Mandrake and Butternut.

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He opened the box, gave one look at the contents and collapsed in a heap.

"What is it?" cried his comrades pressing round.

"It's from ole Auntie Mary," groaned the disappointed warrior.

"Bandages an' oilcloth an' embroidery an' splints an' a book on 'How to be your own Surgeon!'"

Doctor—You have nervous dyspepsia, said Brown had. His was caused by worrying over his butcher's bill. I directed him to stop worrying. Stranger—Yes, and now he's