

PUBLIC IS URGED TO HEED NATURE'S WARNING

Thousands of People Suffer Permanent Loss of Health Because of Neglect—Nature Has Set the Danger Signals for Us and We Cannot Afford to Pass Unnoticed the Warning That She Gives Us.

Good digestion means good health; bad digestion means bad health. A sound stomach is worth a hundred times its weight in gold. Probably eighty per cent. of all diseases originate in the digestive organs. Dyspepsia, or what is more commonly known as indigestion, is not only one of the most prevalent, but it is one of the most difficult to treat of all present day diseases, and has for years baffled the skill of leading specialists everywhere.

Stomach trouble is almost always followed by a complication of diseases. One of the first being an over-worked liver, with all the symptoms of biliousness, followed in turn with headaches, coated tongue, nausea, dizzy spells, pain in the back, palpitation of the heart and other distressing symptoms. Sooner or later the kidneys will become involved and this is just why these danger signals must be heeded in time. A wise man puts out the fire before there is too much destruction; the same theory should apply to stomach trouble.

Gas on the stomach means fermentation instead of digestion; decay, instead of nutrition for fermentation produces poisons, which are absorbed by the blood, and which frequently bring on the condition known as auto-intoxication or self-poisoning. This is also why we develop acidosis, which brings on so many complications such as rheumatism, hardening of the arteries, high blood pressure and other conditions, which may mean permanent loss of health. Acidosis is one of the main forerunners of Bright's disease and diabetes, hence it is evident that if we have stomach trouble, however slight, we are foolish indeed if we do not take prompt steps to correct it.

If we are not fit as a fiddle in the morning; if we don't feel better than when we went to bed; if our breath is offensive; and we have that bad taste in the mouth; nature has set the danger signals for us and we cannot afford to neglect the warning that she gives us. That is just why the demand for Tanlac, the great Stomachic, Systemic and Reconstructive tonic has broken all world's

records. The American people have learned that it probably provides the surest, safest, and quickest remedy for all such troubles, and millions upon millions have taken it with the most astonishing and gratifying results.

Tens of thousands of men and women of all ages and in all walks of life afflicted with stomach, liver and kidney disorders, some of them of long standing, as well as thousands of weak, thin, nervous men and women apparently on the verge of collapse have testified publicly that they have been fully restored to their normal health, strength and weight by its use. Still others who seemed fairly well, yet who suffered with indigestion, headache, shortness of breath, dizzy spells, sour, gassy stomachs, coated tongues, fullness of breath, constipation, bad complexion, loss of appetite, sleeplessness at night and terribly dejected, depressed feelings state that they have been entirely relieved of these distressing symptoms and restored to health and happiness by Tanlac.

NOTE: Tanlac Vegetable Pills are an essential and vitally important part of the Tanlac Treatment wherever constipation is present.

You cannot hope to get satisfactory results from the Tanlac Treatment without first establishing a free and regular movement of the bowels. It stands to reason that no treatment can do the greatest amount of good when you are suffering from constipation or biliousness, or when your system is clogged up with waste products and poisons.

Tanlac and Tanlac Vegetable Pills are sold in Kingston by A. P. Chown and leading druggists everywhere.—Adv't.

POSTAL RATES INCREASE

Financial Conditions Demand Increases Which in Some Cases Is 100 Per Cent.

Ottawa, Sept. 14.—At the congress of the Universal Postal Union, which was held at Madrid in November last and at which postal authorities representing the various countries of the world fully discussed the question of international postal rates, it was finally decided to practically double international rates of postage on the ground that the general financial condition of the various countries demanded such an increase. Rates of postage on and after the 1st of October next may be summarized as follows: Letters—Canada, United States and Mexico 3 cents for the first oz., 2 cents for each additional oz. Great Britain and other places within the Empire, 4 cents for the first oz., 3 cents for each additional oz. Other countries—10 cents for first oz., 5 cents for each additional oz.

Post cards—Canada, Great Britain and all other countries within the Empire—United States and Mexico, 2 cents. Other countries—6 cents each. Canadian newspapers—Canada, Great Britain and certain other places within the Empire, United States and Mexico—1 cent per 4 ounces. Printed matter—Canada, United States and Mexico, 1 cent per 2 oz. All other countries—2 cents per 2 ounces.

BURIED TWO MONTHS.

Hen Able to Eat Good Meal When Rescued.

Middletown, N.Y., Sept. 13.—Hamilton Gage, Rockland, Sullivan county, who lost one of his choicest hens two months ago, has just discovered her in his barn buried under several feet of hay. Although without either food or water during that period, she was able to partake of a good meal when rescued. When the hay crop was stacked away in the barn two months ago, the hen was occupying a nest, and was inadvertently buried, to be discovered only when the farmer was using the hay to feed his horses.

At Cornwall, Reginald John Sear and Alex Pogson Fletcher, charged with stealing a team of horses from the premises of Dan McKee, Apple Hill, were each sentenced to twenty-three months at Burwash farms. President Mahoney of Niagara Grape Growers, says crop will be picked by end of this month.

ENGLISH WAR BRIDE'S ROMANCE IS BROKEN

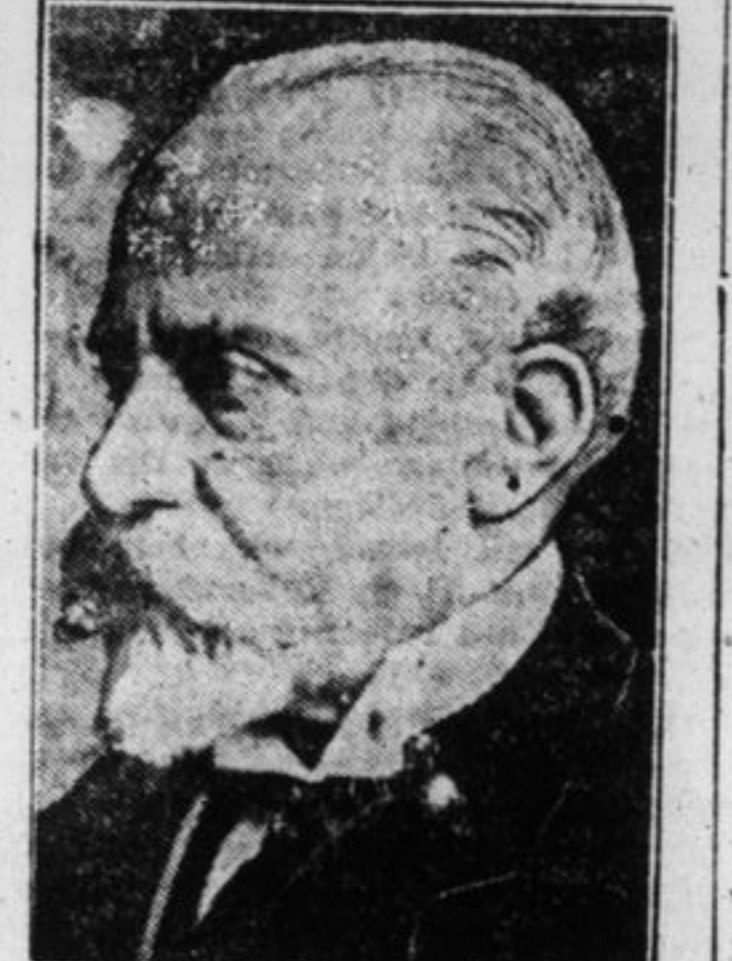
Leaves Her Kind Husband Who Protected Her When In Trouble.

Baltimore, Md., Sept. 13.—The International romance of Perley R. Spiker and Emily R. Knowles, which culminated when Guy S. Spiker consented to marry his brother's English "war bride" after Perley returned to his wife and child in this country, has struck the rocks. Emily Knowles Spiker and Guy S. Spiker, who were married in Fall River, Mass., Feb. 18th, 1920, have been separated for nearly five weeks. Guy Spiker was seen at his brother's home yesterday.

"Please don't ask me to make a statement what has happened," said Guy Spiker. "All that I can say at this time is that my conscience is absolutely clear."

The English girl left home several weeks ago, according to her husband, leaving a note saying that she no longer cared to live with him. "She went of her own free will," said Guy Spiker, "and she can stay."

Guy Spiker has been out of work for some time and his wife sought employment. For more than a month, it is understood, she had been employed at a military camp.



GUSTAVE ADOR, former president of Switzerland and founder of the International Red Cross Society of Geneva, who has been elected honorary president of the assembly of the League of Nations.

THE FARMERS OATON GOLD RUSH FEVER

Neighbor's Land Assayed \$2 to \$5 Per Ton—Everybody Searching.

Franklin, N.H., Sept. 14.—Farmers in this vicinity have deserted their fields and equipped themselves with pickaxes, shovels, crowbars, dynamite and optimism to search for gold. At the railroad station, here, strange machinery is arriving by freight, including a digging machine of a type distinctly alien to these parts and certainly not designed for the potato trade or other farming purposes.

The cause of all this excitement was the "find" of Curtis Tilton, a farmer. He has started to tear a portion of his land to pieces. The cause of this is a letter he has received from the assay office in Washington in which occurs the statement, "\$9 worth of gold and \$2 worth of silver per 1,100 pounds of ore."

Experts say this percentage is decidedly high and predict that this area may prove a second Klondike. For many years it has been known that gold and silver existed in the ledges in certain sections of this state and from time to time a gold fever has appeared and disappeared.

For years the hill on which gold has been discovered has been known as "Klondike Mountain." Tilton has dreamed for the past twenty years that gold was found under his barn, in his pasture, at the bottom of his well, in fact, everywhere about his little farm. So persistent became his dreams that friends urged him to have some of his land analyzed. He took some ore from the hillside and had it examined. The yield was anywhere from \$2 to \$15 worth of gold per ton of ore. In one case the figure was \$19 in one ton.

Today Tilton anxiously awaits the result of investigations being made to determine whether the gold-bearing rock exists in sufficient quantities to make mining profitable.

Asks to be Left Alone. Marseilles, France, Sept. 13.—Georges Clemenceau, War Premier of France, arrived here from Corsica, where he has been on a brief vacation. Replying to questions by newspaper correspondents concerning his reported re-entrance into active politics "The Tiger" replied: "Have I told anyone I wished to re-entrance politics? I ask only one thing—to be left alone."

Fell From Wagon; May Die. Brockville, Ont., Sept. 13.—Falling from a wagon loaded with lumber, John Beckett, aged eighty-two, of Oxford township, sustained a fractured hip, a broken shoulder-blade and internal injuries. His recovery is doubtful.

At St. Andrew's By-the-Sea, N.B., George S. Lyon, Toronto, won the championship of Canada, senior golf association, for the fourth time on Monday.

Three double drays and one single truck were loaded with liquor at the home of Charles Sandrelli, North Bay, Monday night. It was an Ontario license board raid.

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Splendid for sinks and drains All grocers Ask for it to-day

Smoke T&B

Sold wherever good tobacco is sold

for lameness

Lameness neglected often becomes serious and permanent and the longer you delay the more difficult the recovery.

Promptly treated with Absorbine, Jr. the joints and muscles soon lose their soreness and stiffness.

Absorbine, Jr. is made of herbs and is non-poisonous—safe and pleasant to use.

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Come in and let us please you with choice fresh groceries.

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We have Five 2-Year Guarantee Batteries at real bargain prices. Call and let us fit you up. One 6-Volt 100 amp. regular price \$47.00; Sale Price \$37.00. Two 6-Volt 8 Amp. regular price \$43.00; Sale Price \$34.00. Two 6-Volt 100 Amp. regular \$46.00; Sale Price \$36.00.

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Supremacy in construction, in beauty and breadth of tone, in delicacy and strength of action, in expression capabilities, in durability, and in beauty, is conceded to the

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Player-Piano

"The Different Player-Piano"

The tone, action, and beauty of design, is that of the famous Heintzman piano—no more can be said on that score. The Player-action is the renowned Heintzman patented aluminum action—the action that can never be troubled with air leakage and consequent loss of volume—the action that is "wear-proof," and "weather-proof" and "trouble-proof."

All the latest Player Rolls in stock.

C. W. LINDSAY, Limited

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Thomas McLeay Graham, brother Montreal Star, died in Montreal of Lord Atholstan, publisher of the lawing an operation for appendicitis.

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THESE ARE THE BEST VALUES ON THE MARKET.

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Try This on Your— Little "One Ton" Truck

Telephone Companies are so partial to Reo Speed Wagons that there are hundreds of them in this service in various parts of the continent.

They tell us that, habitually, they not only load this Speed Wagon to twice its rated capacity with wire, insulators, tools, etc., but, thus loaded—to give traction!—use it to pull the heaviest cables taut.

Some clutch—don't you think? Not to mention motor, transmission, driving gears and rear axle.

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Chassis \$1925

92, 211 Factory, with Canopy Top Express. Prices are F.O.B.

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Do not suffer another day with itching, burning, or protruding piles. Surgical operation required.

Dr. Chase's Ointment will relieve you at once and afford lasting benefit. Etc. a box; all dealers, or Edmondson, Bates & Co., Limited, Toronto. Sample Box free if you mention this paper and enclose 2c. stamp to pay postage.

Healthy Digestion

means easy digestion. Even persons with strong digestions often suffer from effects of irregularities. An ideal agent for many derangements of stomach, liver, kidneys and bowels, as a corrective and cleanser is

BEECHAM'S PILLS

Sold everywhere in Canada. In boxes, 25c., 50c.

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S. WHITEMAN 210 QUEEN STREET

ACIDS IN STOMACH CAUSE INDIGESTION

Create Gas, Sourness and Pain How to Treat.

Medical authorities state that nearly nine-tenths of the cases of stomach trouble, indigestion, sourness, burning, gas, bloating, nausea, etc., are due to an excess of hydrochloric acid in the stomach and not as some believe to a lack of digestive juices. The delicate stomach lining is irritated, digestion is delayed and food sour, causing the disagreeable symptoms which every stomach sufferer knows so well.

Artificial digestants are not needed in such cases and may do real harm. Try laying aside all digestive aids and instead get from any druggist a few ounces of Bismarck Magnesia and take a teaspoonful in a quarter glass of water right after eating. This sweetens the stomach, prevents the formation of excess acid and there is no sourness, gas or pain. Bismarck Magnesia (in powder or tablet form—never liquid or milk) is harmless to the stomach, inexpensive to take and is the most efficient form of magnesia for stomach purposes. It is used by thousands of people who enjoy their meals with no more fear of indigestion.

MILLER'S WORM POWDERS

HAVE A WARM PLACE IN THE HEARTS OF MOTHERS FOR THEY HAVE PROVED THAT THEY ARE ONE OF THE MOST EFFICIENT AND BENEFICIAL REMEDIES THAT CAN BE GIVEN TO A CHILD. THEY ARE SWEET AND EASILY TAKEN AND QUICKLY ERADICATE THESE WRETCHED PARASITES FROM THE SYSTEM.

CONTAIN NO NARCOTICS

The Salaried Man's Future

Dear John: It doesn't seem likely we are ever going to have a competence, in spite of your ability.

Before it is too late, you should take out an endowment policy, and a substantial one, so that we will not regard with foreboding the days when you can earn no more.

It might be too late tomorrow!

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