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This terrible scourge leaves in its wake weak hearts, shattered nerves, impoverished blood, and a general run-down, debilitated condition of the system.

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AUTOMATIC TRAIN USED BY AMERICANS

One of the Strange Devices Which Has Been Evolved by the War—Like a Gigantic Puzzle.

American Regulating Base, Advance Zone, France, Oct. 15—The automatic train is one of the strange devices which has sprung out of the war, and there is nothing quite like it in the whole range of railway transportation. It has been developed by the American military authorities here as one of the necessities of keeping up a daily supply to every unit of the American Expeditionary Forces. To do this so that every man in every division stretching over a vast area along 300 miles of front would have his daily needs supplied was a huge problem.

The only solution was to attain absolute uniformity or a standardization of trains by which the makeup would be automatic day after day. And out of this has come the "automatic train" of the American army, which is one of the wonders of American organization.

Resembles Jigsaw Puzzle

Watching the makeup of the "automatic trains" as they go forward to the American divisions on the fighting front, is like watching some gigantic jigsaw puzzle, for there is the same fitting together of confused parts, until at last all the pieces from a completed whole of 15 of these so-called "automatic trains", 50 cars to a train.

Here at a small interior village of the American Advance Force is the center from which the trains move out daily. It was a sleepy village last October, with 2,000 inhabitants, today it is a center of intense activity with an American working force of 22,000—11 times the population a year ago—with 72 miles of yard trackage, 45 enormous warehouses, and railways radiating to every point of the long front held wholly or in part by American troops.

1,000 Cars Move Daily

Last month 32,000 cars were moved or over 1,000 a day in this stupendous stream of supplies going forward to the fighting forces.

Colonel Hilgard, commanding officer and Capt. Bigger, regulating officer, explained the details of these trains. The basis on which the trains are made up is as follows:

Two cars or refrigerated fresh beef
Two cars of fresh bread
Seven cars of food comprised in the soldier's ration.
Four cars of fuel for cooking.
Fourteen cars of forage for horses.
One car of gasoline, mineral oil, and lubricants for motors.
One car or all and packages.

Varying Wants Met

These are the fixed and practically invariable elements of each "automatic train," the same wants of food and forage being repeated day after day.

In addition each division has varying wants of clothing, ammunition, medical supplies, etc., as it may be in the midst of the fighting or further back in the calmer section.

Thus, 15 trains go out daily in 15 directions, each train having some 30 to 35 cars in the fixed and automatic makeup, and some 15 or 20 cars with the varying elements of ammunition, medical supplies, clothing, etc., dependent on the proximity to the fighting.

EXTENDING OUR VOCABULARY

An army dictionary is necessary for the soldier's vernacular. Life in the camps has been responsible for an increase in the vocabulary; says the Manchester Guardian.

Here are a few of the newest terms: "Pozzie" is jam; "bergoo," porridge; "rooty," bread; "grippo," stew; to be pushed up" is to be cleaned up. There are a crowd of phrases round the word "jam." If you balk at any food or work and want something better, you are said to want "jam on it." Hence a soft job is said to be "jammy" and of the man who gets one it is said that "his jam is in"—i. e. his luck. "To spruce" is "to pull the leg." "Buck-shee"—summat foor nowt! Bread is called in our French "doopan"; water "doolow"; milk "doolay"; eggs, derfs; while "Sarfaireen" (ca ne fait rien) is always thrown into a conversation to "fill up" when one doesn't know what to say next.

Old Ivorydome says that when a man begins to philosophize he thinks that he will be happy when he gives up wanting things, but when he gives up wanting things he doesn't seem to have anything to enjoy.

The job of the next German ambassador to Britain will have to go to a man who can sit with every appearance of comfort on tacks.

No woman should give way to grief as they do in the movies with disheveled hair; let her keep her curls and everything has a greater chance of coming out all right.

Choicest Ontario Twin Cheese, waxed
Ontario Winter Onions, 75 lb. bags, Ontario Handpicked Pea Beans, Medium
Codfish, New Canned Blueberries,
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WORKMEN'S COMPENSATION ACT, 1918

NOTICE To Employers of Labor

Every Employer shall, on or before the 15th day of November, cause to be furnished to the Workmen's Compensation Board at the City of St. John, an estimate or estimates of the probable amount of the pay roll of each of his industries within the scope of Part I of the Act, together with such further information as may be required by the Board for the purpose of assigning such industry to the proper class or classes, and of making the assessment hereunder.

AND FURTHER NOTICE, that any Employer neglecting or refusing to furnish such estimate or information is liable to a penalty not exceeding \$20.00 per day for each day of such default, and is further liable for damages, as provided by Part II of said Act, in respect of any injury to any workman in his employ during the period of such default.

Note.—Forms for furnishing such information will be supplied on application.

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P. O. Box 1318 St. John, N. B.

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LIGHTS OUT

Should the weather permit of work being done on the line wires of the Maritime Electric Co., Ltd., the current for both Light and Power will be cut off for about five hours on Sunday next, the tenth instant, to admit of very necessary repairs.

MARITIME ELECTRIC COMPANY, LIMITED.

HAVE BOUGHT BIG PULP PLANT

A federal charter has been granted to the New Brunswick Sulphate Fibre Co., Limited of Montreal with a share capital of six hundred thousand dollars. The new organization is empowered to manufacture and deal in pulp wood, paper, logs, lumber, timber and other products or by-products of wood, and to acquire as a going concern the plant and assets of the New Brunswick Sulphate Fibre Co. of Millerton (N. B.) which company was incorporated in January 1917, with a capital of two hundred thousand dollars. The incorporators of the new concern are C. Howard Smith, Wm. D. Robb, Harold Crabtree, Wm. D. Hutchins and John J. Meagher, all of Montreal. —Canadian Lumberman.

A recent adv. says: "The greatest floor enamel ever made; you can put it on yourself." In other words, don't take it internally.

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Mr. A. E. LAUNDY, EDMONTON, writes: "I fell from a building and received what the doctor called a very bad sprained ankle, and told me I must not walk on it for three weeks. I got MINARD'S LINIMENT and in six days I was out to work again. I think it the best Liniment made."



Minard's Liniment always gives satisfaction. For any ache or pain. It gives instant relief.

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INADEQUATE MEANS

The eloquent Senator McCumber said at a dinner in Washington:

"The pacifist, who would pretend to bring the war to a satisfactory end with words, conferences, peace palavers—well, the pacifist reminds me of the lady at the Florida hotel.

"A lady at a Florida hotel descended to the hall in a dressing gown at a late hour and said to the night clerk sweetly:

"Could you give me a glass of water please?"

"The night clerk gave her the water and she carried it upstairs.

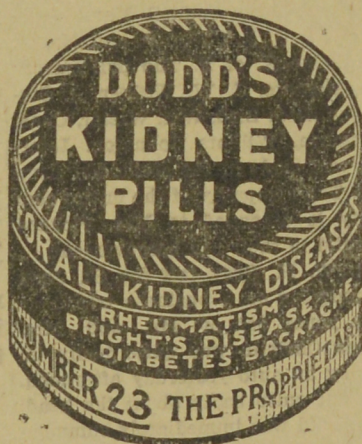
"Ten or fifteen minutes later she came down again and asked for another glass of water, which of course she got.

"Another ten minutes passed, and with profuse apologies the lady reappeared and asked the clerk if he would mind giving her a third glass.

"Excuse me, madam," the man said, "but do you object to telling me what you are doing with all this water?"

"I know you'll just scream when you hear it," said the lady. "I'm trying to put out a fire in my room."

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