

Keep the Bowels Regular and You Won't be Sick.

If the bowels do not move regularly they will, sooner or later, become constipated, and constipation is productive of more ill-health than almost any other trouble.

The sole cause of constipation is an inactive liver, and unless the liver is kept active, you may be sure that headaches, piles, heartburn, biliousness, jaundice, floating specks before the eyes, and many other troubles will follow the wrong action of this, one of the most important organs of the body.

Milburn's Laxa-Liver Pills will regulate the bowels so that you will have a free and easy motion every day, and one pill a night for thirty days will cure the worst cases of constipation.

They do this by acting directly on the liver and making the bile pass through the bowels instead of allowing it to get into the blood, thus causing many stomach and bowel troubles.

Mrs. Jos. Labrec, Louise Apts., Calgary, Alta., writes:—"I have been troubled with constipation for the last two years. I have tried numerous treatments, but have never been relieved by anything until I used Milburn's Laxa-Liver Pills which are helping me wonderfully."

We do claim that Milburn's Laxa-Liver Pills are a "cure-all," but we do claim that there is nothing better for a sluggish liver.

Price 25c. a vial at all dealers, or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.

SERIOUS FIRE AT HALIFAX

Halifax, N. S., Feb. 3.—Fire early this morning in the W. Y. Kennedy dry goods store, on Granville Street, caused damage estimated at \$75,000, partially covered by insurance. The blaze which was discovered by J. M. Power, liquor vendor under the temperance act, Mr. Power and his family who occupied the upper floor, left the building alone too soon. Some of stock and furnishings were saved. The Kennedy stock was all destroyed. Smoke and water caused some damage to the stock of Wentzell's Limited grocers, whose building is nearby.

THE UNUSUAL SOLDIER

Chairman Baruch, of the War Industries Board, said at a Washington banquet:

"I was brought up to consider that it was impossible for a soldier to carry an umbrella. A soldier with an umbrella seemed as absurd to me as a soldier with a fan.

"Well, the other day, in a deluge of rain, I beheld a soldier, a big umbrella over him, stepping along briskly. I stopped my car and said:

"Young man, this is the first time I ever saw a soldier with an umbrella."

"Well, boss," he answered, "maybe it's the first time you ever saw a real live, up-to-date soldier."

WHY BELGIANS STILL NEED HELP

"In travelling through Belgium with the Belgian armies, I have been able to see the country recently tenanted by the Bochs in the condition in which they left it, and never was there such desolation anywhere. One cannot get away from signs of destruction, no matter where one goes, along the country roads or in the city streets.

Not only has property been destroyed and every means of livelihood taken away from the people, but the peasants, especially in the country districts, have been left destitute both of home and food. We travelled twelve miles yesterday through open country and as but one small instance of the

vast plundering of the Germans, let me state that in all twelve miles not one solitary live animal did we see, and practically every tree had been felled, so you can imagine the dreary aspect of the scenery.

All the peasant women and children we met on our way, said a news correspondent, while they greeted us with cheers and received us into their homes with open arms, those that had homes, showed the greatest suffering from insufficient food and nourishment. They did not complain, but merely stated as a fact that they had not tasted meat for two months and had lived largely on soup and coffee.

The cry of the Belgians today is for food and clothing and those who would help, no matter how little, should send their contributions to their committee, or direct to the Central Committee, Belgian Relief Fund 59 St. Peter street, Montreal.

ATE BODIES OF COMRADES

Victoria, B. C., Feb. 3.—Private Frank Fredette, sentenced Saturday, two years imprisonment for desertion

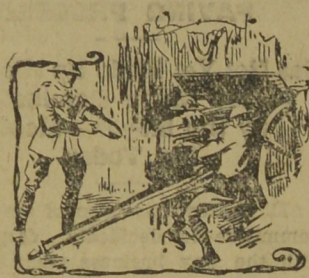
CASTORIA

For Infants and Children
In Use For Over 30 Years
Always bears the Signature of *Chas. H. Tuttle*

from the Canadian army, told a story in court to the effect that he and other survivors of the American steamer Dumar, which was struck by lightning in the South Pacific, last October, saved themselves from starvation by consuming the bodies of two of their deceased comrades.

Fredette said he and twenty-three others left the Dumar, in one lifeboat and 18 of them succumbed to exposure and starvation, according to his story. The lifeboat drifted helplessly for twenty four hours.

Goldfish can live on a few bread-crumbs every other day, says an exchange. The logical deduction then is that goldfish are our best war-time pets.



Article No. 11
Cut out for
Reference

War to Peace



Free Artificial Appliances for Disabled Soldiers

EVERY returned soldier, who is an amputation case, is provided by the Government with an artificial limb. He can have that limb repaired, and if necessary, replaced, without expense.

This is one of the many services rendered by the Department of Soldiers' Civil Re-Establishment to the returned soldier.

Medical Representatives

DEPARTMENT OF SOLDIERS' CIVIL RE-ESTABLISHMENT.

NOTE.—At places marked (*) there are Medical Administrative Offices of the Department with Medical Officers in charge. Otherwise reference is given to Medical Representatives. Additions are being made to this list constantly.

CITY OR TOWN.	NAME OF UNIT MEDICAL DIRECTOR, ASST. UNIT MEDICAL DIRECTOR OR MEDICAL REPRESENTATIVE.
Nova Scotia:	
*Halifax.....	Dr. Dugald Stewart, Leith House, Hollis St.
*Sydney.....	Dr. Jas. Bruce.
P.E.I.:	
*Charlottetown....	Dr. Alex. Ross.
Quebec:	
*Montreal.....	Dr. A. E. London, 301 Drummond Bldg.
*Quebec.....	Dr. A. R. F. Hubbard, 17 St. James St.
Ontario:	
*Kingston.....	Dr. E. E. Latta, Golden Lion Block.
Ottawa.....	Dr. H. T. Douglas, 132 Queen St.
Port Hope.....	Dr. A. G. Aldrich.
Gananoque.....	Dr. J. J. Davis, Pine Street.
Picton.....	Dr. C. A. Pablow.
Lindsay.....	Dr. J. A. White.
Brockville.....	Dr. E. J. F. Williams.
*Toronto.....	Dr. E. Ryan, 185 Spadina Ave.
*Hamilton.....	Dr. W. Bethune, 300 Clyde Bldg.
North Bay.....	Dr. W. J. Bell.
Chatham.....	Dr. R. V. Bray.
Sudbury.....	Dr. W. G. Cook.
Windsor.....	Dr. Cruikshank, 14 Labelle Bldg.
Paris.....	Dr. W. J. H. Gould.
Brantford.....	Dr. C. C. Fissette.
Windsor.....	Dr. C. Fuller, 1 Wyandotte St. W.
Orillia.....	Dr. W. C. Gilchrist.
Halleybury.....	Dr. G. F. Jackson.
Mattawa.....	Dr. M. James.
Midland.....	Dr. T. J. Johnston.
Barrie.....	Dr. W. A. Lewis, P.O. Box 13.
Owen Sound.....	Dr. H. H. Middleboro.
Timmins.....	Dr. H. H. Moore.
Welland.....	Dr. W. R. McCulloch.
Collingwood.....	Dr. D. McKay.
Woodstock.....	Dr. S. McM. McLay.
Stratford.....	Dr. L. F. Robertson, 55 Albert St.
St. Catharines.....	Dr. J. Sheahan.
Sault Ste. Marie.....	Dr. A. A. Shepard, 746 Queen St. E.
*London.....	Dr. N. B. Alexander, Room 56, Bk. of Toronto Bldg.
Fort William.....	Dr. A. J. Manion.
Manitoba:	
*Winnipeg.....	Dr. K. McIvor, Notre Dame Investment Bldg.
Sask.:	
*Regina.....	Dr. W. C. Arnold, McCallum-Hill Bldg.
*Saskatoon.....	Dr. D. S. Creighton.
North Battleford.....	Dr. J. H. H. Jackson.
Prince Albert.....	Dr. R. L. King.
Alberta:	
*Calgary.....	Dr. G. R. Johnson, Beveridge Bldg.
*Edmonton.....	Dr. G. G. Stewart, 410 McLeod Block.
Lethbridge.....	Dr. G. W. Leech, 109 Sherlock Bldg.
Medicine Hat.....	Dr. O. Boyd.
B.C.:	
*Vancouver.....	Dr. A. P. Proctor, Board of Trade Bldg.
*Victoria.....	Dr. C. D. Holmes, Central Bldg.
N.B.:	
*Fredericton.....	Dr. C. MacKay, Royal Bank Bldg.
*St. John.....	Dr. G. P. Peat, Bank of Montreal Bldg.

This department also supplies free "orthopaedic" appliances to correct as far as possible injuries to the feet, legs and arms; also special boots, splints, braces, etc. To those who need them, it also gives free surgical appliances such as trusses, spectacles, spinal supports, glass eyes, abdominal supports.

A Government factory has been established at Toronto to make artificial limbs. Here standard patterns, embodying the best ideas known, are manufactured.

In this work expert advice is given by surgeons who have seen overseas service, and who are in constant touch with similar work in other countries.

An experimental department is maintained for developing practical applications of new ideas, and for testing out all new appliances that become available in Canada or foreign countries.

Repair parts for standard patterns are kept in stock at fitting depots in the following centres: Halifax, Fredericton, St. John, Montreal, Ottawa, Kingston, Hamilton, Toronto, Winnipeg, Regina, Moose Jaw, Saskatoon, Calgary, Edmonton, Vancouver, Victoria.

At these depots there are experienced fitters who make repairs and adjustments under the supervision of surgeons. They also fit to individual patients appliances received in the rough from the factory.

These depots are so located that those requiring renewals, repairs or adjustments can get them free without travelling long distances. If there is no fitting depot in the patient's town, he is instructed by the Department's Medical Officer to travel to the nearest depot. He is furnished with free first class railway tickets, an allowance to cover meals and other expense, and an allowance to apply against loss of time from his work. If he must remain there for longer than a week he is maintained at the Department's expense, and he and his dependents receive the same allowances as if he were in hospital.

Artificial limbs, orthopaedic and surgical appliances are furnished free only when their issue is authorized by a Medical Officer of the Department. These representatives are listed alongside.

S. J. P. O'Connell
Director of
Repatriation

The Repatriation Committee

OTTAWA



SOME EXPERIENCES OF PTE. DANNY IN FRANCE

(Chicago News.)

They gave our regimental chaplain a great big medal the other day when we stopped for a rest on our line going into Germany and had the band out and everything for him. But they ought to string a lot more across his chest, because if there ever was a fighting sky pilot he's the bird.

Fighting 'parsons make their own job in the army, and they can do just about what they want. Some of them stay behind and look after a lot of things that must be taken care of, but they're some that go right on up where the boys are and where the fighting is. They kind of feel that they'd just like to be around to see if there was not a little something they might do to help.

Our sky pilot is that kind. When we went into action he'd be pretty liable to be up where the boys were going over the top and he just sort of floated around and gave out some smokes and jokes with the men, and then when they started over he came along right after them. There was pretty nearly always some wounded to look after.

The week when we had our hard fighting we started to take a village

that we found was stronger held than we had expected, so we retired for re-enforcements. A few of the boys dropped on the way and the rest of us hit it hard for cover.

We got into a little woods and was waiting there before we went on back when here across the field came a man with a soldier on his back. They were shooting at him but he didn't stop or throw himself down—he came straight on to the woods.

It didn't look like he could ever make it. Surely some Hun bullet would get him before he reached us.

But they didn't. And when he got a little closer we saw that he was our chaplain bringing in a badly wounded man on his back.

I guess they could hear us cheer pretty near to Berlin.

Soldiers back from the front line in rest camps spend a good deal of their time practising up on some of the wild stories that they're going to tell when they get back home. At that a lot of strange things happen in war and the fellow who is always putting Old Geo. Acid Test to every yarn he hears is generally proving first hand that he's never been much nearer the front line trenches than the Hoboken docks.

And you can get most any kind of a story that you want from any gang sitting around in the evening chewing the fat. Some of the old time civil war yarns like the testament that saved the buck private's life and gold watches that turned six inch shells—only now most everybody carries a wrist variety—and some other stories like them come to bat even now right regularly. I heard one the other day about a picture that's just as true as sunshine. I even saw the picture.

Blinky Davis of H. Company met a girl just before he left America to come over here. He didn't have very long to court her, but he took mighty good advantage of his time and just before he left she gave him her picture in a little silver frame that would fit nice and snug in the left hand vest pocket of his blouse. Blinky always carried it there and once in a while when he would be standing guard in the trenches in the moonlight we'd catch him looking at it.

Of course that was before we got

(Continued on page three.)

MINARD'S LINIMENT
"KING OF PAIN"

The old reliable remedy for rheumatism, neuralgia, sore throat and sprains.

Best Liniment Made

A. B. LAUNDREY, EDMONTON, writes:—"I fell from a building and received what the doctor called a very bad sprained ankle, and told me I was not to walk on it for three weeks. But 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.

Minard's Liniment Co., Limited
Yarmouth, N.S.

BATH-ROOM NECESSITIES

HEAVY NICKEL ON SOLID BRASS.

TOWEL BAR—18 in. 24 in. 30 in.
80c., \$1.00 \$1.20

GLASS SHELVES—

18 in. 29 in. 24 in. 30 in.
\$1.50 \$1.75 \$2.25 \$2.75

PAPER HOLDERS—40c., 60c., 90c., \$1.20

TUMBLER HOLDERS—80c. and \$1.20.

TOOTH BRUSH HOLDERS—25c. to 40c.

BATH SEAT\$1.30 Oak,

\$1.45 White Enamel

These devices make the bath room what it should be—convenient and sanitary, as well as beautiful.

D. J. SHEA