

A NEW BLOOD-FOOD HAS BEEN DISCOVERED THAT WORKS WONDERS

SAID TO PUT NEW LIFE INTO
PEOPLE THAT ARE RUN-
DOWN.

For years doctors have been searching for a combination that would enable them to inject into thin blood the elements it lacked. This can now be done, and any weak-blooded person can quickly be made strong and well. Already a small army of ailing people has proved the merit of taking after each meal with a sip or two of water, two chocolate-coated Ferrozone Tablets. This is easily done, and even one week's use of this wonderful blood-food will prove how nourishing and strengthening and flesh-building, the treatment is.

Just think of it—Ferrozone uplifts the entire nervous system, removes the blood, makes it rich and red—gives the sort of aid that's needed in throwing off weakness and languor.

Tens of thousands enjoy the advantages of renewed health through Ferrozone; if you'll only use it, you'll surely grow strong too; its beneficial action is noticed even in a week. You see it goes right to work, removes the causes of the trouble and then quickly makes a cure.

For those who sleep poorly and have nervous apprehensions, Ferrozone is a boon; it is a specialist in such cases.

Where there is paleness, poor appetite and languor, Ferrozone makes the patient feel like new in a few days.

In tiredness, nerve exhaustion, spring fever and debility, the power of Ferrozone is known from coast to coast and universally used with grand results.

Let Ferrozone build you up, let it win you back to robust health—it will do so quickly if you give it the chance. Sold by all dealers, 50c. per box or six boxes for \$2.50, direct from the Ferrozone Co., Kingston, Ont.

DYNAMITE USED TO OPEN RIVER

Truro, N. S., March 14.—Truro experienced a small sized flood late last night and early this morning, some streets running several inches deep in water and many cellars being filled up. The Leeper brook, which runs out of Victoria Park, became dammed with ice near the park entrance. The water backed up and ran along the railway yard near the depot and thence into the city streets. Civic employees dynamited the ice jam at the park entrance, allowing the brook to follow its usual channel.

REPORT ON THE SCHOOLS OF YORK AND SUNBURY

Inspector Hanson Reviews the Work Accomplished During the Year—Influenza Outbreak Caused Schools to be Closed in Some Districts—Difficult to Secure Efficient Teachers—Outlook for the Future.

Inspector R. D. Hanson in his annual report on the schools for District No. 7 which includes the counties of York and Sunbury says in part: The year under review opened most auspiciously. The supply of teachers was about equal to the demand.

Trustees and ratepayers seemed interested in the welfare of the schools money was fairly plentiful and generous appropriations were made for the payment of teachers and the purchase of apparatus. Unfortunately in the middle of the term the influenza became epidemic. On October eleventh an order was issued to close the schools for five weeks. At the end of that period the majority of the schools resumed work; but in many instances, districts which had escaped this dread disease, were later afflicted with it. This unsatisfactory condition existed throughout the second term, with the result that the work of these schools was almost ruined and the year was practically lost.

But this time of trial was also a period of testing, and those schools which had been taught by teachers with ability to plan and energy to execute occupied a much more advantageous position than those districts whose instructors lacked either of these qualities.

Teachers Scarce

During the second term, the supply of teachers was inadequate, and it was necessary to recommend that a few local licenses be issued. Some districts, too, unable to secure a first or second class teacher, requested permission to employ a third class. Undesirable as this may be, refusal would result in the closing of some excellent schools, through no fault of the trustees. As is always the case

the weaker suffer first; and districts of small valuation, of which my territory contains not a few, are finding increasing difficulty in providing education for their pupils.

Cause for Complaint

As a concrete example, I may mention one district with a valuation of five thousand dollars, less than the price of one good farm, which has sixteen pupils. For the past few years the school has been in operation less than half the time and the prospect of securing a teacher for next term is not good. Moreover, the financial burden is so heavy that it is impossible for the district to provide steady school accommodation. The result of this state of affairs may be given in the words of the Secretary: "If I cannot secure an education here for my children, I will be compelled to abandon my farm and go elsewhere; and this at a time when greater production is urgently needed."

Some remedy must be provided for such situations. Union or consolidation of districts in certain localities would doubtless relieve the difficulties there, but local jealousy operates to prevent. The district as a unit, in taxation, too, has hindered the continuous operation and efficiency of the poorer schools. As an illustration of this fact, the above mentioned district supports a school irregularly with a tax rate of more than three dollars per hundred, while other districts in the same parish have a rate less than half that amount.

Call of the West

I must again refer to the loss sustained by the Inspectorate through the exodus of teachers to the West, and through some taking up some other vocations. Many of our best in-

BAD COLD LEFT HIM WITH BRONCHITIS

However slight a cold you have you should never neglect it; if you do it can have but one result. It leaves the throat or lungs, or both, affected.

Bronchitis is one of the most common affections of a neglected cold, and neglected bronchitis the most general cause of consumption.

Dr. Wood's Norway Pine Syrup is just the remedy you require to cure the bronchitis. It does this by loosening phlegm and mucus, and stimulates the weakened bronchial organs, allays irritation and subdues inflammation, soothes and heals the irritated parts and thus prevents it becoming chronic.

Mr. R. P. Sundblad, Francis, Sask., writes: "I had a very bad cold which left me with bronchitis. I tried several cough remedies and oils of all kinds, but they all failed. At last I got Dr. Wood's Norway Pine Syrup and after using two bottles I have never had a sign of bronchitis since. I therefore can honestly recommend it for coughs and colds."

Don't accept a substitute for Dr. Wood's. The genuine is put up in a yellow wrapper; 3 pine trees the trade mark; price 25c. and 50c. Manufactured by The T. Milburn Co., Limited, Toronto, Ont.

structors, those with the most skill and energy, have gone to other provinces. Others affected by the high cost of living and the attraction of city life have given up teaching and are now engaged in some other calling. I have in previous reports referred to these same difficulties, but at the risk of being tedious I must reiterate them. This Inspectorate is suffering as never before from changes in the personnel of the teaching staff and the most serious aspect of this state of affairs is that the best have gone. Particularly is this true of the rural communities in the majority of which the instructors are young and inexperienced.

The number of male teachers outside the city schools is steadily decreasing and the prospect of any increase in the number of men seeking to enter the teaching profession is not reassuring. The chief cause of this unfortunate condition is the low salary usually paid. After spending years of study and scholastic training and after investing more than a moderate amount of capital in preparation for the exercise of his profession, a young man is then able to command a salary less than half the wage paid to a common laborer. Until the general public recognizes that their children are the most valuable asset that this country has, and that the most important consideration from a national point of view is the proper and efficient care and training of our young people, we may expect no general improvement. And yet there is some evidence that such an awakening is taking place. This Inspectorate contains some districts of which I shall speak more specifically, that have provided carefully in the matter of school accommodation and of teachers for the pupils of the community. These schools too, are paying good salaries and are prepared to pay adequately for competent teachers. I trust that other districts may see the wisdom of this policy.

Subjects Poorly Taught

I found the instruction in the rural schools varied considerably. Reading is fairly well taught; spelling is good while writing in many cases, is poor. Apparently some teachers are not employing the methods in this subject which they were taught in the Normal School. History and Geography I found to be fair, in some schools excellent; but work with the Globe has been slighted. One reason for this is the teachers themselves often do not understand the problems connected with it. Number work, particularly in the lower grades, is the most poorly taught of any subject. I consider this very serious, for, unless the ground work in this subject is well laid, the result will be failure before the pupil reaches the end of the common school course. Nature work, has received a fair share of attention, and when properly taught has been very beneficial. I regret to say that school gardens in this section have not increased in number. There seems to be difficulty in getting the districts to take any interest in this work; and sometimes, when gardens have been established, difficulty has been experienced in obtaining qualified teachers to operate them.

Physical Training

Physical Training is now taught in all schools except one or two whose teachers are past the age they can endure the strain imposed by taking the preparatory course. The results vary. In some schools, they are excellent, in most mediocre, in a few failure. Below is a list of the teachers to whom the prizes were awarded for

The Electric Lights

Illuminate your home with it and ask for particulars.

THE MARITIME ELECTRIC CO.

FREDERICTON, N. B.

SUNNYSIDE BIRDS ARE THE BEST

All Pedigreed and Trapnested Stock.

Book your orders now for Baby Chicks.

Safe delivery in New Brunswick is guaranteed.

We have Barred Rocks, White and Brown Leghorns, all varieties of Wyandottes, Rhode Island Reds and Orpingtons—200 to 248 eggs stock. Satisfaction guaranteed.

Book your order now for Hatching Eggs.

SUNNYSIDE POULTRY FARM
BRISTOL, VERMONT.

YE MECCA, TEA ROOM

LUNCHES AT ALL HOURS. OYSTERS IN SEASON
Orders Taken for Home Cooking.

GERTRUDE A. YOUNG Prop

'Phone - 219-21

Do You Use

COUNTER CHECK BOOKS?

We can supply you with any quantity
from

1 to 5,000

at lowest prices

THE MAIL OFFICE

627-629 Queen Street
Fredericton, N. B.

Advertise in the
Mail and get results

GROWFAST CALF MEAL

Grofast Calf Meal will raise your calves and save all your butter fat.

Grofast Calf Meal will raise four or five calves at the cost of raising one calf on new milk.

Grofast Calf Meal is easily mixed, calves like it and they grow and develop as rapidly as on new milk.

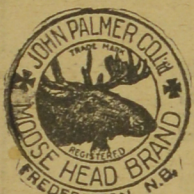
Keep your calves growing. Stunted calves never develop into fine cows or steers. Grofast Calf Meal will keep your calves in a thriving condition so that they will grow rapidly. It is a dependable milk substitute.

Grofast Calf Meal is a scientific high grade substitute for milk in the quick growing of calves. Many inferior imitations are on the market which contain hulls, or other indigestible ingredients.

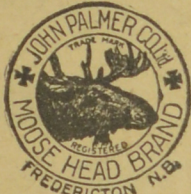
Try a 25 lb. bag of Calf Meal at \$1.75.

J. CLARK & SON, Limited

FREDERICTON, N. B., and BRANCHES.



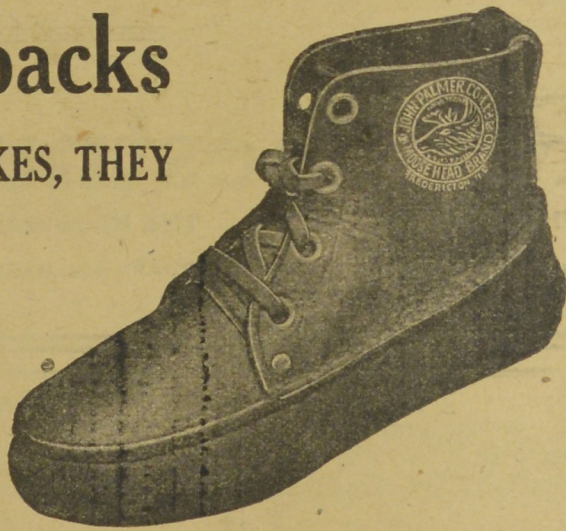
"MOOSE HEAD BRAND" FOOTWEAR



Palmer's Shoepacks

ARE BETTER THAN OTHER MAKES, THEY
WEAR BETTER AND LAST
LONGER.

Buy a pair and prove to yourself that our statement is correct.



We tan our own leather
most shoepack makers do
not.

That's why Palmer's
Pack's are uniform in
quality and of a higher
grade than other makes



The Driving season will soon be here.

Do not fail to get a pair of our Famous Stream
Driver Packs. Your local dealer has them.

John Palmer Co. Ltd. Fredericton, N. B.