

## Weak, Tired, Nervous Women Nourished Back to Health



Many women wake up in the morning feeling as tired as they went to bed, and the simple household duties seem a drag and a burden. They become nervous, cross and irritable, weak and worn out, and everything in life looks dark and gloomy. Milburn's H. & N. Pills is just the remedy they need to restore them to the blessing of good health, and the health improved the daily tasks become a pleasure, not a burden. Try a few boxes. See how soon you will feel the beneficial effect.

### CHRONIC SINUS SUFFERERS FOUND TO BE COLD CARRIERS

KANSAS CITY, Mo., June 4—The human "carrier" of the common cold, the agency probably responsible for epidemics of colds, has been found in the victims of chronic sinus trouble.

This medically new idea which explains many of the familiar experiences of catching colds in subways and crowds and even in surroundings apparently "sanitary," was put forward by Dr. Edward C. Sewall of San Francisco, before the American Medical Association.

Chronic infection of the sinuses, he said, is the reservoir from which epidemics of common colds arise. He explained that repeated colds gradually cause the sinus membranes to thicken. If this thickened membrane becomes diseased the common cold infection there tends to become chronic.

As an evidence Dr. Sewall cited the sort of sinus disease often called "false colds." There, he said, are really secure flareups of the sinus condition. The persons who have them are real "cold carriers." The false colds appear more often in these people in bad weather. This corresponds to the well known increase in colds in the general population.

The false cold in contrast to the true common cold usually clears up quickly. As one proof that these human "carriers" are the general source of colds, Dr. Sewall analyzed the well known stories about Eskimos never having colds until exposed to civilization. Colds are brought to them, he pointed out by crews of visiting ships. But some visiting ships have carried not one single case of known common cold among the crew, yet epidemics have broken out among the Eskimos.

This, Dr. Sewall explained, as showing that some of the ship's crew had chronic sinus disease. The Eskimos, possessing no immunity, developed colds.

### BRAIN INJURY CANCELS VISION NEUROLOGIST MEETING TOLD

KANSAS CITY, June 6—A tiny area in the rear of the brain enables man to know what he sees.

If it is injured, vision is as good as over, but the victim can't tell which is an orange and which is a glass of water until he feels them.

This strange condition, known as agnosia, was described before the neurologists of the American Medical Association by Dr. J. M. Nielson of Los Angeles. He summed up evidence that the defect is due to a lesion of the second and third convolutions of the occipital lobe of the brain where, in some unknown manner, the nerve tracts of vision are brought in to association with stored visual memories.

There is reason to believe it was pointed out, that for any individual this is centered on one side of the brain or the other, depending on the handedness of the person.

Persons suffering from agnosia are in a woeful state. A victim would not be able to recognize a black object in the road as a moving automobile until he heard the horn, although he could see it perfectly. He couldn't tell bread from butter before him on the table.

A case was described of one woman who was able to write perfectly legible and coherent letters every day and could see the words and paper perfectly, but could not read a word of what she herself had written. In other cases, due to lesions in the temporal lobes of the brain over the ears it is impossible for persons to recognize words, although they hear as acutely as ever.

The area of visual recognition defined by Dr. Nielson lies just on the border of a tiny area in the occipital cortex which is the centre of seeing itself. This area is equally potent on both sides of the brain. If one side is injured the victim is as truly blinded as if one of his eyes had been put out.

### (TAKEN LITERALLY)

A young bride had not come out very well in her first encounter with the cookery book and gas stove. She ran to the telephone and called up her mother.

"Mother," she sobbed, "I can't understand it. The recipe says clearly Bring to boil on brisk fire, stirring for two minutes. Then "beat it" for ten minutes, and when I came back again it was burned to a cinder!"

## DIGESTION TIME FIXED BY TYPE, NOT QUANTITIES

By DR. JAMES W. BARTON

It is only natural for us to believe that the length of time it takes for food to pass through the stomach into the small intestine depends upon how much we eat. That is if a small meal takes two hours, a meal twice as large takes four hours. It comes as a surprise then to learn from research workers that a small meal may take twice as long to pass through the stomach as one that is twice as large.

The fact of the matter is that it is not the size of the meal but the kinds of foods eaten that decides the length of time required for digestion in the stomach.

The Lancet describes some interesting experiments by Drs. W. C. Marle and K. J. L. Scott at Woking Victoria Hospital, England, covering a period of two years. The experiments were made with three doctors, their wives, a dentist and a medical student, varying in age from 18 to 45, all healthy and with excellent digestions.

Barium (which shows up dark in the X-ray) was either mixed with the food or taken with a little water during the eating of solid food, the stomach being examined by the fluoroscope every few minutes so that the progress of the food through the stomach could be closely watched.

Various common foods were tested separately and mixed meals of various kinds and the ordinary succession of meals throughout the day were likewise investigated.

On the basis of their investigations, Mrs. Marle and Scott conclude that the ordinary meal leaves the stomach in about four hours, a large meal may take five hours, and one not as large but containing much butter and cream may take still longer.

Concentrated carbohydrate foods (starch foods) such as sugar leave the stomach more quickly than do natural starch foods such as the potato. Cooking shortens the time of stomach digestion with some foods and increases it for others.

One experiment showed that a half slice of bread, two pats of butter, marmalade, tea with milk, took less than four hours for stomach digestion and a small piece of shortbread took the full four hours.

Now the length of time taken does not depend entirely on the size of the meal in healthy individuals

## SNAILS DIE THAT ORIENTALS MAY LIVE

WASHINGTON, D. C., June 4—The story of how the chance discovery in Washington that some snails could not live in alkaline water saved the lives of millions of people in the Orient was told yesterday by the Smithsonian Institution.

In a report on the work of Dr. Paul Bartsch, its curator of mollusks, the institution said that in 1896 he discovered that snails living in the Potomac River differed considerably from those in tributary streams and found the difference was due to the acidity of the water.

At that time, in China, Japan, Formosa, the Philippine Islands and other Oriental countries, thousands of people were dying yearly from a strange disease called schistosomiasis which research proved to be due to a tiny worm which bored through the skin and entered the bloodstream. It was especially prevalent among workers in rice fields who waded about barefoot.

Eventually, the report declared, Japanese scientists found these worms, known as blood flukes, lived in snails during part of their life cycles, and these snails proved from Bartsch's work to be the only ones which lived in water which was slightly acid.

The remedy was simple, involving merely the dumping of crushed limestone along the shores of ponds and streams. This turned the water alkaline and destroyed the snails, resulting in practical elimination of the disease in large areas of Japan, and some other Oriental countries.

### A NICE DISTINCTION

"Want to know," said the grim-faced woman, "how much money my husband drew out of the bank last week?"

"I cannot give you that information madam," answered the man in the cage.

"You're the paying teller, aren't you?"

"Yes, but not the telling payer."

It pays to advertise in The Daily Mail.

with good digestions, it is likely to take longer with these same foods in those who are not so healthy or have poor digestion.

The point then for the average individual is to space his meals at least five hours apart whether his previous meal was small or large.

### SHERIFF'S SALE

The following property will be sold at Public Auction in front of the County Court House, Fredericton, N. B., at twelve o'clock noon the 27th DAY OF JUNE, 1936.

Victor Gesner Property. "Bright." "ALL that certain lot, piece or parcel of land situate, lying and being in the Parish of Bright, in the County of York and Province of New Brunswick, bounded as follows: Commencing at the Mactaquac Road, so called, on the line between said lands and those owned and occupied by James Simmons, thence along the Simmons' line to the side line of lands owned by Avard Currie, thence along said Currie line to land owned by Clowes Sloat, thence along line of said Sloat's land to the aforementioned Mactaquac Road, so called, thence in a Northerly direction to the place of beginning, containing by estimation eighty acres, being the land so described in Deed thereof from Charles Niles and wife to the said Harvey R. Duplisse. Delinquent Parish and County, Roads and School Taxes:

Year	Parish & County	Roads	Schools
1924	\$ 6.80	\$ 6.00	
1925	7.10	6.00	
1926	6.74	5.40	
1927	5.61	3.40	
1931	8.44	4.60	13.86
1932	4.50		33.38
1933	8.84	4.60	8.05
1934	11.08	4.20	9.97
1935	9.82	4.20	11.55
	\$72.73	\$43.00	\$76.78

C. N. GOODSPEED,  
High Sheriff for York County, N. B.  
Fredericton, N. B.,  
May 29th, 1936.

### SHERIFF'S SALE

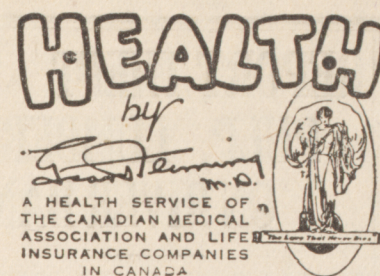
The following property will be sold at Public Auction in front of the County Court House, Fredericton, N. B., at twelve o'clock noon the 27th DAY OF JUNE, 1936.

Samuel McKel, Estate. "Bright." "ALL that certain piece or parcel of land situate lying and being in the Parish of Bright, County and Province aforesaid, being one acre out of a lot of one hundred and twenty acres deeded to the said Granton Weston Webb by one Rueben Webb and recorded in York County Records in Book 107, page 106 and the said one acre being taken from the above tract of 120 acres, beginning at the road at the upper side line of the lot lying nearest to Central Hainesville and running along the road 8 rods thence at right angles back 20 rods thence back to the upper side line 8 rods thence at right angles along said side line to point of beginning a distance of 20 rods including in the whole one acre more or less.

Delinquent Parish and County, Roads and School Taxes:

Year	Parish & County	Roads	Schools
1930	\$ 1.70	\$ 1.00	\$ 5.36
1931	1.50	1.00	3.75
1932	1.50	1.00	4.00
1933	1.57	1.00	2.25
1934	2.13	1.00	4.10
1935	1.90	1.00	2.62
1936	2.50	1.00	
	\$12.80	\$ 7.00	\$22.08

C. N. GOODSPEED,  
High Sheriff for York County, N. B.  
Fredericton, N. B.,  
May 29th, 1936.



### OUT OF ORDER

Health has been defined as that condition which we enjoy when all parts of the body are working together in harmony. The human body possesses a remarkable capacity to adjust itself, both within and without to changing conditions, continuing all the while to function properly.

At times, the orderly working of the body is lost. It may be said that the body is then out of order—harmony no longer exists. A broken bone in the arm means that the arm is out of order—it cannot function.

Other disorders are usually not quite so obvious as are those arising from a broken bone. Most disorders express themselves in symptoms which draw attention to the presence of the disorder. Symptoms are always due to some cause. Relief from the symptoms may be secured, but unless the disorder which is the cause of the symptom is removed, the treatment is not really effective and the symptoms will likely return.

One reason why the body can adjust itself to changing conditions lies in the reserve power which it possesses. We may lose a considerable part of our kidney and our lung tissues, and what remains will be able to do the work of these parts. Under such circumstances, there is, however, no real reserve upon which to fall back, and great care must be taken to avoid placing any extra demand on the parts.

The continued and repeated exhaustion, by overwork, of the body reserved, through poor habits of living insufficient rest periods, and too little exercise, fresh air and sunshine, leads to a collapse of the reserves. Loss of health may not mean actual disease, but rather a tired, exhausted and consequently disordered body.

When the body is out of order, it demands attention. You may tinker with the disorder, you may postpone the needed treatment, but a day of reckoning will come. Small disorders if neglected, may become serious. It is for this reason that early treatment is preventive in that it arrests the development of more serious conditions.

Without thinking too much about the state of your health, and certainly without becoming fearful as to the nature of every ache or pain, we may still recognize when our body is out of order, when harmony is lost, and when the joy of health is replaced by the discomfort of illness. It pays to encourage the proper functioning of the body through reasonable care, the avoidance of excess, and the practice of the generally sound principle of moderation.

### GETS 15 YEARS

NORTH BATTLEFORD, Sask., June 6—John Harms, 65-year-old trapper, convicted of manslaughter in the shooting to death of his youthful partner, Johnny Anthony, was sentenced to 15 years in the penitentiary. Previously convicted of murder and sentenced to death, Harms was found guilty of manslaughter at his second trial ordered by the Saskatchewan court of appeal.

### CASE SET OVER

MONCTON, June 6—Victor Wheaton appeared before Magistrate Lane in police court charged with the theft of 92 gallons of gasoline from the C. N.R. No plea was taken in the case and the hearing was set over until June 10.

### FARM FOR SALE BY PUBLIC TENDER

287 acres at Carson Siding, York County, New Brunswick. 40 acres under cultivation, 5 acres pasture and the balance in woodland. Buildings consist of a house 24x28 with addition, barn 34x90, shed 16x28, two hen-houses, hog pen and implement shed. Nearest rail point Carson Siding, forty rods. School one mile. The Department prefers to sell for all cash and cash offers will be given preference. If the property is sold on terms, the minimum initial cash payment which will be accepted is ten per cent of the sale price, the balance with interest at the rate of six per cent per annum being payable under amortization plan in not more than twenty-five equal annual instalments. Each tender must be accompanied by an accepted cheque for \$100.00. If tender is accepted this sum will be credited to the purchase price of land. If not accepted, money will be returned to the tenderer. Tenders will be opened at Saint John, N. B., on June 22nd, 1936. Tenders should be marked on envelope, "Tenders for the purchase of James Watson Farm," addressed to the Soldier Settlement of Canada, Box 1413, Saint John, N. B. 5-6-21.

### DR. J. C. McMULLEN

Dentist

X - RAY

Hours: 9 a.m.-1 p.m. 2 p.m.-5.30 p.m.  
Phone 504 Loyalist Building

### SHERIFF'S SALE

The following property will be sold at Public Auction in front of the County Court House, Fredericton, N. B., at twelve o'clock noon the 27th DAY OF JUNE, 1936.

The George Whalen Property. "Stanley." "ALL that lot, piece or parcel of land situated, in Parish of Stanley, County of York and Province of New Brunswick, and bounded as follows, to wit: Beginning in the southwest angle of lot number seven north side Gordon Vale Settlement road located to one Norrad Munn Thence running by the magnet of A. D. 1876, north 2 degrees east fifty chains of four poles each to the general rear line, thence south 88 degrees west twenty chains to an ash, thence south 2 degrees west fifty chains to the settlement road above named, and thence along the same north 88 degrees west twenty chains or to the place of beginning, being known as lot number eight Gordon Vale Settlement and containing one hundred acres, the said lot of land above described being conveyed from John Stickney to said John Wier on July 20th, 1910.

ALSO All that certain lot, piece or parcel of land situate, lying and being in the Parish of Stanley, Gordonvale settlement, and bounded as follows, to wit: Beginning on the northerly side of the Gordonvale Road and in the south-west angle of lot number six, deeded to Joseph Calhoun, thence running by the magnet of A. D. 1873, north 2 degrees east fifty chains of four poles each to the general rear line, thence north 88 degrees west twenty chains to the settlement road above mentioned, and thence along the same south 88 degrees east twenty chains to the place of beginning, being known as lot No. 7, north side of Gordonvale Settlement, and containing one hundred acres the said lot of land above described being conveyed from John A. Spencer to said John Wier on 14th, August, 1911. Delinquent Parish and County, Roads and School Taxes:

Year	Parish & County	Roads	Schools
1931	\$ 16.03	\$ 9.16	\$ 21.31
1932	17.72	9.44	24.31
1933	17.70	9.44	32.09
1934	21.71	9.44	23.37
1935	22.42	9.44	21.85
1936	22.25	8.64	22.68

\$117.83 \$55.56 \$145.61  
C. N. GOODSPEED,  
High Sheriff for York County, N. B.  
Fredericton, N. B.,  
May 29th, 1936.

## Integrity And Ability

In considering the appointment of your executor and trustee give due weight to the factors of integrity and ability. We your appointee administer your estate and trust faithfully? Will your appointee administer your estate and trust ably?

Do not permit the answers of these important questions to depend upon guesswork, impressions or mere general reputation. Investigate carefully.

You have the right to know what principles and policies shall—in addition to your will—guide your executor and trustee. We shall be glad to send you full particulars without cost or obligation.

## THE CENTRAL TRUST CO. OF CANADA

Administrators, Executors and Trustees

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J. H. KIRK, Manager

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Mrs. Walker's  
Beauty Salon  
Tel. 1144

# As the Crow Flies

Sometimes the longest way is the quickest way. But many of life's convenient shortcuts are well worth knowing. Take the ever-present problem of buying things. If you had to trot around from store to store for every purchase, you wouldn't get much accomplished—and you'd be sure to miss some of the best values. But don't you do it—you take the short-cut by reading the advertisements in this newspaper.

In the advertising columns, you'll find a panorama of who has what to sell, and where the wisest buying can be done. You can make your choice in a few minutes' time—based on well-known trade marks, trusted brand-names, accurate descriptions, even photographs—and go straight to the right place to buy it. No lost time, no indecision. The advertising pages of this newspaper show you the shortest short-cuts. Read them regularly. Make every minute and dollar do more.