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Every time you cough, dozens of muscles receive a terrific shock causing pain and distress. Besides, a neglected cough or cold may lead to serious results. Half-way measures are only temporary. For relief take Dr. Wood's Norway Pine Syrup. Its healing qualities penetrate and slowly ooze through the germ-laden phlegm, relieving oppression and tightness. Sold everywhere.

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STRIKES at the ROOT of COLDS and COUGHS

Dr. Wood's NORWAY PINE SYRUP

MODERN SURGERY USES COW'S HORN

Medical Wonders and Social Ideas Revealed at Doctors' Assembly.

(By Laura Lee)

PHILADELPHIA, Pa., March 11 — It is little wonder the public was emphatically barred recently from Convention Hall, where the International Assembly of the Inter-State Postgraduate Medical Association of North America met.

The auditorium was jammed with more than 200 commercial and scientific exhibits of broken bones, faces without noses and models of organs of every description, with knives sticking in them or partly sewed up showing the right and the wrong way and where and what to cut and sew in any number of operations.

Doctors turned demonstrators (called "barkers", if it were a circus) and stood in booths where they showed the other doctors the most advanced methods of treating varicose veins, peptic ulcers and cancers.

Other doctors were up on the stage of the main lecture hall holding clinics with their own willing patients as exhibits. Backstage there were rows of green-curtained booths where the patients waited until called, when they were wheeled or helped in by crisp, white-gowned nurses.

Youth and Age Co-Operate

Doctors stood in groups around an authority exchanging post mortems not unlike bridge post mortems, and asking if they were right in doing so and so or what should they have done.

Gray beards turned to brilliant youth for advice and help — and vice versa.

There was an almost constant crowd of questioners gathered around young Dr. Richard B. Cattell of the Lahey Clinic, Boston, who demonstrated such things as the "staggering of the ileum for immediate entecostomy in a modified Mikulicz of resection of cancer of the colon".

Cancer, he told his audience, can be cured in 50 per cent. of the cases if caught and diagnosed in early stages.

In his booth demonstrating the "Cow's Horn for Fixation of Fractures", Dr. Edson B. Fowler, of the Department of Anatomy of Northwestern University and one of Chicago's most prominent physicians, a year as pre-payment for health,

was one of the few doctors present, who looked like the popular conception of a doctor with the traditional gray mustache and goatee.

Human Body Absorbs Horn

He demonstrated his own invention — how to set bones by using silvers of a cow's horn, which holds the bones together and at the same time provides the valuable cysteine. The horn does not have to be removed, as do bone plates. It is absorbed by the body.

In a booth demonstrating the "Schilling Differential Blood Count", they showed how death can be definitely predicted in advance, by blood count. This method told physicians a month before his death that Mayor Ceremak, of Chicago, could not live.

In another booth Dr. Margaret Warwick, of Buffalo, pleaded for post mortem examinations to be made after all deaths in the interests of advanced scientific knowledge.

Dr. J. Norman Henry, our own Director of Public Health, showed what has been accomplished in Philadelphia by vaccination for diphtheria.

Dr. Angus MacKay and Dr. Herbert E. Hopkins, both of the Western Hospital in Toronto, sneaked off to the caricaturists' booth, the only frivolous corner, in the place.

Lozenges But No "Dogs"

Even hot dogs and ice-cream sandwiches were lacking. One received samples of such things as throat lozenges and drinks that drive away that tired feeling. All exhibits were carefully investigated before an O. K. was granted.

Dr. Alfred W. Adson, professor of neurosurgery, University of Minnesota's Graduate School of Medicine, and chief of the neurological department, Mayo Clinic, demonstrated operations for brain tumors and operations on the sympathetic nervous system "the newest method of treatment for highblood pressure among young people and for some cases of angina pectoris".

One of the colorful physicians present was Dr. Hugh Cabot, of the Boston Cabots, consulting surgeon at the Mayo Clinic, with the enunciation and deep-throated rumble of an actor.

He's For Socialized Medicine

Dr. Cabot, whose book, "The Practice of Medicine in a Changing Economic World", is about to be published, is full of ideas on the socialization of medicine.

He would divide the world into three groups: (1) The so-called indigent, to be paid for by the community and not the doctor; (2) the \$1,200-to-\$5,000 income family, to pay \$24 a year as pre-payment for health,

Of Interest to Women

Two Causes For Tiredness or Fatigue

You may sometimes wonder when you feel weary and tired just what can be making you tired. As you think of your daily habits you realize that about all you have done is to eat and sit down; you have done no muscular work whatever.

which sum would cover the health of the family (this should not be health insurance, as Dr. Cabot believes the care of the sick should be entirely divorced from any businesses for profit); and (3) the wealthy persons, "who can look after themselves and go buy the worst doctor they can find if they want to".

Dr. Cabot scoffs at the much-talked-of "Doctrine of Free Choice of Physicians". He calls it physicians' talk, not the public's; and, anyway, there is no such thing as free choice since the public cannot judge the product, the physician.

Would Classify Physicians

Dr. Cabot would grade all physicians, make them take frequent examinations and stamp them when they show signs of slipping. They should be classified and endorsed to let the public know just what it is getting.

The medical assemblage was distinguished-looking as well as sounding. Doctors apparently practice what they preach. There were almost no pudgy, portly overweights, common enough in most gatherings of middle-aged men.

Many admitted a fondness for outdoor sports—base ball, foot ball, hunting, riding and squash (especially Dr. Campbell P. Howard, McGill University, Montreal).

They Have Political Ideas, Too

While most of the informal conversation one heard about the hall was scientific, a lively interest in the nation-wide State elections was shown. Always, however, "off the record". A physician is the last person in the world to express an opinion publicly on politics.

One mental hygienist, who asked me not to use his name, voiced the opinion that the victory of the Democrats throughout the nation was the best thing that could have happened to guarantee the United States against revolution. That the bulk of the masses showed a confidence in President Roosevelt that should keep down the more radical impulses to do something violent. In other words, a case of mental hygiene.

Statisticians have been put to work on the 25 singers who make up part of the 90-voiced symphony Frank Black presents on Fridays at 11.30 P. M., A. S. T. over the NBC red network. They have discovered that most of the singers are graduates of choir lofts, and that a dozen religious denominations are represented.

Why should you be tired?

Then you may get it into your head that you may have been working too hard mentally, and that your nerves must be tired.

Generally speaking, the two things that tire you are working hard physically or doing no physical work whatever. This may not sound like common sense but it is true nevertheless.

When you work hard physically you manufacture acid products or wastes which must be carried out of the body by the circulation of the blood. While

resting from work or getting some sleep the blood gradually carries these wastes from the tissues.

In tiredness or fatigue due to muscular work, therefore, a good night's sleep will bring strength and refreshment. The tiredness or fatigue due to eating is not always because too much food is eaten and no exercise taken, but because the foods eaten are usually acid foods. These acid foods cause the blood and tissues to approach more nearly an acid condition. This is called acidosis.

Thus one becomes tired just as when the hard muscular exercise causes an acid condition. There is a general tired feeling, headache, sleeplessness, loss of appetite and sometimes nausea and vomiting.

Unfortunately some of our best foods

and foods we like best are acid foods and must be eaten daily—meat, eggs, fish, poultry, bread of all kinds, white and whole wheat—cereals, pastries, puddings.

If then these foods must be eaten and yet they are acid forming foods and cause tiredness, what can be done?

All that is necessary to prevent this tiredness from eating, is to eat more base or alkaline forming foods—milk, nuts, fruits except cranberries, plums, rhubarb, and vegetables.

So, when you feel tired it should not be hard to get rid of your tiredness; sleep or rest if you are tired from hard work, and less of the acid and more of the alkaline foods if the tiredness is due to the food wastes in the body.

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CITY OF FREDERICTON

Notice of Sale of Lands

NOTICE IS HEREBY GIVEN that pursuant to the provisions of the City of Fredericton Assessment Act, 1926, there will, for the purpose of satisfying taxes assessed and levied in the said City of Fredericton for the years mentioned hereunder, against the parties hereinafter named, unless the several sums due, together with the costs of this notice, are sooner paid, be sold at Public Auction in front of the City Hall, in the City of Fredericton, at Eleven o'clock in the Forenoon of the FOURTH DAY OF MAY, A. D. 1935, the lands and premises in the said City of Fredericton, hereunder mentioned and set opposite their respective names.

PROPERTY TO BE SOLD:	NAME OF PERSON ASSESSED	ARREARS FOR YEARS:	TOTAL DUE
All interest in Wharf property between eastern side of Regent Street and westerly side of market slip.	WILLIAM C. CURREY	1926, 1927, 1928, 1929, 1930, 1931, 1932, 1933, 1934.	\$70.50
		Interest	\$11.25
All interest in Wharf property between eastern side of Regent Street and westerly side of market slip.	JULIA CURREY FARQUHARSON	1926, 1927, 1928, 1929, 1930, 1931, 1932, 1933, 1934.	\$70.50
		Interest	\$11.25
All interest in Wharf property between eastern side of Regent Street and westerly side of market slip.	ALLAN R. CURREY	1926, 1927, 1928, 1929, 1930, 1931, 1932, 1933, 1934.	\$70.50
		Interest	\$11.25
All interest in Wharf property between eastern side of Regent Street and westerly side of market slip.	MARION ELIZABETH BERG	1926, 1927, 1928, 1929, 1930, 1931, 1932, 1933, 1934.	\$70.50
		Interest	\$11.25
All interest in Wharf property between eastern side of Regent Street and westerly side of market slip.	JUNE LOUISE CURREY	1926, 1927, 1928, 1929, 1930, 1931, 1932, 1933, 1934.	\$70.50
		Interest	\$11.25

Dated the 12th day of March, A. D. 1935.

FRED I. HAVILAND,
City Treasurer of the City of Fredericton.