

Was a Victim of Bronchitis.

HAD TO BE PROPPED UP IN BED.

Bronchitis is an acute inflammation of the membranes lining the air tubes of the lungs, and begins with a tightness across the chest, and a difficulty of breathing accompanied by a hard dry cough which later develops into the raising of a greenish or yellowish phlegm.

On the first sign of bronchitis you should check it immediately by using Dr. Wood's Norway Pine Syrup, and thereby preventing it becoming chronic and perhaps turning into some serious lung trouble. Mrs. John Fawcett, Salisbury, N.B., writes: "A year ago I was a victim of Bronchitis. I was so bad I could not lie down, and had to be propped up in bed. As the doctor failed to do me much good a friend, who came to visit me, advised me to try Dr. Wood's Norway Pine Syrup. The first bottle helped me so wonderfully I took five bottles in all, and was cured. I have not had an attack of it since."

Price, 25 and 50 cents a bottle.

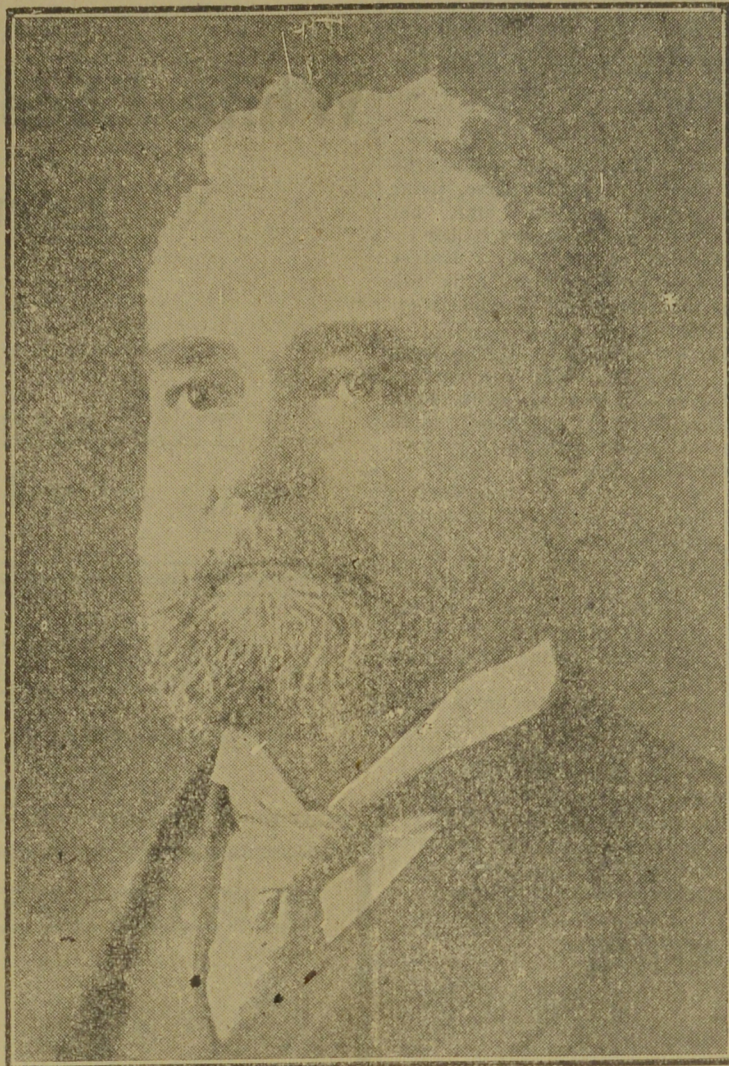
See you get "Dr. Wood's" when you ask for it. Manufactured only by The T. Milburn Co., Limited, Toronto, Ont.

Bowdoin may not be as old as Harvard, but she points with pride to her new gym, said to be the largest building in New England devoted wholly to athletics.

Hon. Dr. Pugsley's Strong Plea for a Canadian Built Navy

(Toronto Globe.)

Ottawa, Jan. 17.—Premier Borden's naval policy is faring badly. Under stress of argument its supporters have abandoned the "emergency" claim and turned their attention to a vociferous maintenance of the premier's allegation that it would be practically impossible to either construct or man a Canadian navy. With this subsidiary position, Hon. Dr. Pugsley dealt effectively in the Commons this afternoon. He showed with facts and figures that it was not only practicable to establish within a comparatively brief period shipbuilding plants in Canada where war vessels could be turned out, but that there was a fertile and hitherto unexploited field among the seafaring people of the Maritime and Pacific Coast provinces where a sufficient complement of men could be obtained to man the vessels. What had been done in the United States could be done in Canada. As a matter of fact, at the present time there were scores of Canadian-born seamen in



HON. WILLIAM PUGSLEY.

the United States navy.

Mr. Morphy, the only Conservative member to speak, again voiced the government contention that a Canadian navy was impracticable and saw little use in a Canadian navy when "the British navy can look after us."

POLICY OF CONTRIBUTIONS.

In opening, Hon. Dr. Pugsley expressed regret that throughout the debate there had been a spirit on the part of government speakers to declaim on the glamor and desirability of war.

"To those of us who long for universal peace such efforts are lost," he observed amid applause.

Dr. Pugsley then turned his attention to the speech of Mr. Cockshutt. The latter, he pointed out, was one of the important members for Ontario on the Conservative side of the House and importance must therefore attach to his serious declaration last night that the Conservative policy was one of making regular contributions, while the Liberal policy was one of developing the Canadian naval service act.

"Mr. Cockshutt has been frank with the House," proceeded Dr. Pugsley, having read the reference from that member's speech from Hansard. "He tells us that the government's policy is to be a permanent one of contribution. Why did not the premier come before the House and the country with the same frankness and tell us that this was but to be the beginning of contributions? It is true that his whole argument was to the effect that it was out of the question to build a Canadian navy, and that the postmaster general ridiculed the idea because in a Canadian navy we would have to pay the men larger wages, but it remained for the member for Brantford to let the cat out of the bag."

A BLOW TO ALL CANADA

In cancelling the tender and returning the check Dr. Pugsley charged to the whole to the city of St. John, and here is an opportunity to find out without cost, obligation or important loss of time. THESE FEW DAYS may be the turning point in your life.

All who are interested enough to write me for the free medicine will also receive a copy of my large illustrated medical book which describes these diseases thoroughly. It is the largest book of the kind ever written for free distribution, and a new edition is just being printed. I will also write you a letter of diagnosis and medical advice that should be of great help to you; but in order to do this I must know that you need my medicine. Write me the numbers of the symptoms that trouble you, and your age, and I will promptly carry out my promises. Show an inclination to be cured and you will be.

WHY CONTRACT WAS NOT LET

"That is the point I am just coming to," replied Dr. Pugsley. The tenders were due on May 1, 1911, and on May 11 of that year Sir Wilfrid Laurier and the then Minister of Marine left for England and they took the tenders with them to submit them to the British Admiralty. On July 2, Sir Wilfrid Laurier sailed some seven days later. On July 29 ed from England, reaching home Parliament was dissolved. "We did not think it proper to let the contract after our defeat at the polls," Dr. Pugsley added, "but we held the check and left the recommendation for our successors."

THE "OBSOLETE" FALLACY EXPLODED

The excuse which Mr. Hazen had

submitted to the House was that the vessels would be obsolete by the time they were all built. Was this a reasonable argument? What became of the German program, which extended to 1920? If Japan and other nations had taken this position what would have become of their navies? Premier Borden had sought to reinforce this view by the declaration that Canada could not build vessels in this country. That poor view of Canadian enterprise and Canadian ability Dr. Pugsley did not share. "Vessels can be built in Canada," he declared, amid Liberal applause. Moreover, it had been shown that all the shipyards in England were at the present time fully taxed with construction work.

VISIT TO A QUINCY SHIPYARD

Hon. Dr. Pugsley stated that he had been so impressed with the possibilities for Canadian enterprise and ability in this connection that during the recent Parliamentary Christmas recess he had personally visited the great shipbuilding works of the Fore River Company at Quincy, Mass., the concern which had recently received the contract to build for the United States the super-Dreadnought Pennsylvania, claimed to be one of the greatest war vessels ever constructed. He had gone over the whole concern with the President, and had been furnished with all the data in connection with the origin, development and work. Four years after this company had first purchased its property, and two years after it had received the contract for their construction, it had launched two battleships. Only four months after the purchase of its property, the company had laid the keel of its first large war vessel. It constructed Dreadnoughts, cruisers, submarines and commercial vessels of all kinds, and within twelve years after the purchase of its property to construct its plant it had turned out no less than 114 vessels of all kinds. That the cost of constructing and equipping such shipyards was not beyond the scope of Canadian enterprise Dr. Pugsley proved by the figures supplied him by this company. The total cost of its plant, including purchase of site and equipment, had been \$3,780,000, while the cost of the equipment had been \$1,818,000 of that amount. The plant was now running full time, and employing over 4,000 workmen.

"This is not beyond the resources of Canada nor the enterprise of Canadians," declared Dr. Pugsley amid renewed applause. "I doubt very much if the outlay is greater than that of the Angus shops for the C. P. R. in Montreal. Such enterprise on the part of Canada would be worthy of the young daughter Dominion and add to her development and prosperity beside. 'Is the Empire in peril for want of \$35,000,000?' he asked.

QUESTION OF COMPARATIVE COST

Dr. Pugsley said that Conservatives had laid much stress upon the contention that the building of war ves-

THAT EXASPERATING TICKLING IN THE THROAT

which keeps you coughing away, night and day, will quickly disappear if you take Na-Dru-Co Syrup of Linseed, Licorice and Chlorodyne.

Na-Dru-Co Syrup of Linseed, Licorice and Chlorodyne quiets the throat-tickling almost instantly, loosens the phlegm, promotes expectoration, and cures the inflammation of the mucus membrane.

Na-Dru-Co Syrup of Linseed, Licorice and Chlorodyne has the great advantage of being absolutely free from harmful drugs of any kind. In support of this statement we are willing to give to any physician or druggist in Canada a full list of its ingredients.

You can therefore give Na-Dru-Co Syrup of Linseed, Licorice and Chlorodyne to any member of your family, with perfect confidence that it will be altogether beneficial.

Your druggist can supply you with either 25c. or 50c. bottles. The National Drug and Chemical Co. of Canada, Limited.

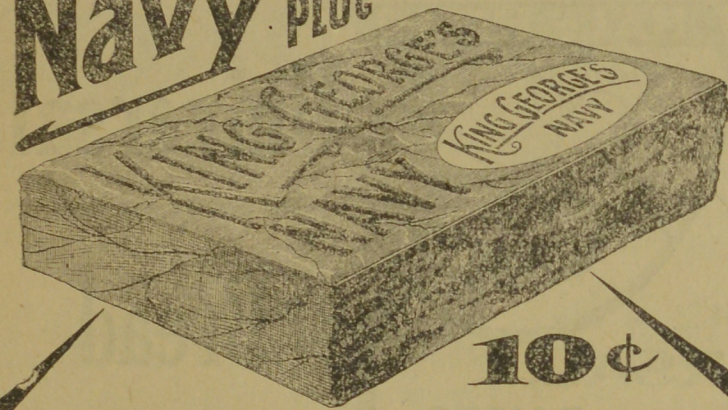
in Canada. Well, the way to establish shipbuilding was to begin, and act to hope or talk about it. But what had this government done? Turned down the reasonable tender for the construction of naval vessels and more recently calling for tenders for a vessel for the Customs service had awarded the tender for a British firm because its offer was fifteen per cent less than the lowest Canadian bidder offered. The policy of the Liberal Government had been to award such contracts to Canadian firms if their offer was not more than twenty per cent higher than the lowest outside offer. It was felt that this aid was due to the shipbuilding industry in Canada.

WHY MEN WOULD NOT ENLIST.

The Conservatives claimed that it would be impossible to get in Canada men for the Canadian navy. Admiral Kingsmill did not hold this view. In his report he had pointed out that the fact that the continuance of the

(Continued on page seven.)

King George's Navy Plug



KING GEORGE NAVY PLUG CHEWING TOBACCO

IS IN A CLASS BY ITSELF!

It surpasses all others in quality and flavour because the process by which it is made differs from others.—It is deliciously sweet and non-irritating.

SOLD EVERYWHERE: 10c A PLUG

ROCK CITY TOBACCO Co., Manufacturers, QUEBEC

I Will Stake This Medicine Against Your Time

A Few Days Will Be Sufficient to Prove That You Are Curable

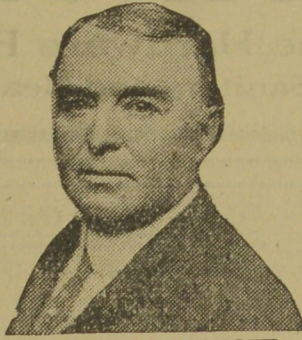
A few minutes of your time for a few days and I will demonstrate to you, without expense to yourself, that I have a medicine that drives Uric Acid poison from the system and by so doing cures kidney trouble, bladder trouble and rheumatism. I don't ask you to take my word for it, but simply want you to let me send you some of this medicine so that you can use it personally.

I am trying to convince sufferers from these diseases that I have something far better than the usual run of remedies, treatments and such things, and the only way I can demonstrate that fact is to go to the expense of compounding the medicine and sending it out free of charge. This I am glad to do for any sufferer who will take the time to write me. Understand, I will not send you a so-called "sample, proof or test treatment," nor will I send you a package of medicine and say that you can use some of it and pay for the rest, but I will send you a supply free of charge and you will not be asked to pay for this gift nor will you be under any obligations.

All I want to know is that you have a disease for which my medicine is intended, as it is not a "cure-all," and I give herewith some of the leading symptoms of kidney, bladder and rheumatic troubles. If you notice one or more of these symptoms you need this medicine, and I will be glad to send you some of it if you will write me the numbers of the symptoms you have, give your age, and your name and address. My address is Dr. T. Frank Lynott, 340 Franklin Building, Toronto, Ont. You promise me nothing; you pay me nothing for it. All I ask, so there shall be no mistake, is that you send me the numbers of your symptoms or a description in your own words, and that you take the medicine according to the directions I send you. It is my way of getting publicity for my medicine so that it will become widely known.

You will agree when you have used it that it dissolves and drives out uric acid poison. It tones the kidneys so that they work in harmony with the bladder. It strengthens the bladder so that frequent desire to urinate and other urinary disorders are banished. It stops rheumatic aches and pains immediately. It dissolves uric acid crystals so that back and muscles no longer ache and crooked joints quickly straighten out. It reconstructs the blood and nerves so that you soon feel healthier and more vigorous, sleep better and eat better and have energy throughout the day. It does all this and yet contains nothing injurious and is absolutely vouchered for according to law.

Sufferers from these dreadful and dangerous diseases can surely afford to spend a few minutes each day for a



DR. T. FRANK LYNOTT who will send medicine to anyone free of charge

few days to demonstrate to their own satisfaction if they are curable, especially when you consider no expense is involved, and I willingly give you my time and my medicine. All any fair-minded afflicted person wants to know is if a certain thing will cure HIM or HER, and here is an opportunity to find out without cost, obligation or important loss of time. THESE FEW DAYS may be the turning point in your life.

All who are interested enough to write me for the free medicine will also receive a copy of my large illustrated medical book which describes these diseases thoroughly. It is the largest book of the kind ever written for free distribution, and a new edition is just being printed. I will also write you a letter of diagnosis and medical advice that should be of great help to you; but in order to do this I must know that you need my medicine. Write me the numbers of the symptoms that trouble you, and your age, and I will promptly carry out my promises. Show an inclination to be cured and you will be.

These Are the Symptoms:

- 1—Pain in the back.
- 2—Too frequent desire to urinate.
- 3—Burning or obstruction of urine.
- 4—Pain or soreness in the bladder.
- 5—Prostatic trouble.
- 6—Gas or pain in the stomach.
- 7—General debility, weakness, dizziness.
- 8—Pain or soreness under right rib.
- 9—Swelling in any part of the body.
- 10—Constipation or liver trouble.
- 11—Palpitation or pain under the heart.
- 12—Pain in the hip joint.
- 13—Pain in the neck or head.
- 14—Pain or soreness in the kidneys.
- 15—Pain or swelling of the joints.
- 16—Pain or swelling of the muscles.
- 17—Pain and soreness in nerves.
- 18—Acute or chronic rheumatism.



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Thousands are trying
The New Food-Drink
Instant Postum

"The family are delighted. I am a coffee-lover, but rarely had a cup of coffee that tasted better than a cup of Instant Postum."—Mrs. H. F. H.

"I find Instant Postum is all you claim. It has a rich flavour which we have been unable to get out of coffee, although we have tried several brands."—Mrs. G. W. G.

"It is really delicious. My family are regular coffee-drinkers, but since Instant Postum came, coffee has no show. Coffee never had the flavour that Instant Postum has."—N. M. W.

"It has remained for Instant Postum to break me of the coffee habit. Eight days after leaving off coffee I feel infinitely better, but—what an appetite; eating twice as much."—R. E. L. N.

"Instant Postum has helped me more in a few days than dyspepsia tablets had done in a year."—W. R. N.

"I like it because I can fix it myself in a few minutes. If I use coffee I can't sleep. I slept last night so good after using Instant Postum."—Miss A. H.

"We find it better and more healthful than coffee, and it is so convenient to make that even my husband and children have no trouble to get a cup ready. Coffee will never be brought into our household again."—Mrs. W. R.

Instant Postum has a rich, snappy flavour; is absolutely free from the drug "caffeine," found in tea and coffee; is economical, and

Requires No Boiling

It is made by stirring a level teaspoonful (more or less to suit taste) in a cup of hot water and adding sugar and cream.

Sold by grocers everywhere. 100-cup tin, 50c; 50-cup tin, 30c

Canadian Postum Cereal Co., Ltd., Windsor, Ont., Can.

Enclosed find 2c stamp for postage on free tin of Instant Postum.

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My grocer's name is