

ADVERTISING RATES.

\$1.00 per inch for ordinary transient advertising.
For Sale, Wanted, etc., 50 cents each insertion.
Special contracts made for time advertisements.
Sample copies cheerfully sent to any address on application.
The subscription rate is \$1.00 a year, but if 75 cents is sent IN ADVANCE the paper will be sent to any address in Canada or United States for one year.

SUN PRINTING COMPANY,
ALFRED MARKHAM,
Manager.

NOTICE.

When a subscriber wishes the address on the paper changed to another Post Office, the OLD ADDRESS should ALWAYS be sent with the new one.

THE SEMI-WEEKLY SUN

ST. JOHN, N. B., FEBRUARY 25, 1903.

THE MEAN BALLOT.

On nomination day there was a sharp disagreement between Mr. McKeown and a number of electors on an important question of fact. It was evidently the opinion of a considerable portion of the audience that in Mr. McKeown's last contest a successful attempt was made to coerce railway employees into voting for the government. Mr. McKeown declared that he personally had no hand in such coercion. Even on this point there was a strong dissenting opinion, and some of the minister's former supporters charged him to his face with the use of language which savored strongly of coercion. If a candidate known to have the aggressive support of the minister of railways sends a message to railway employees concerning their votes, and the man who receives that message is offered a government ballot by a friend of the candidate, or by the candidate himself, who watches him until the ballot is voted, that is coercion. No amount of physical compulsion could go farther. Yet it appears that there was physical influence used. A thoroughly reliable man stated that he saw a ballot taken out of the hand of a voter as he was about to vote it. In Mr. McKeown's behalf a friend stepped forward and admitted that he elected as it was about to be presented. The reason he gave was that the man held a five dollar bill in his other hand. Whether this money had been given to the voter to vote the government ticket and the self-constituted moralist was there to see that the right goods were delivered did not fully appear. But it was certain that there was coercion and a very despotism interference with the freedom of voting in the election of four years ago.

Now why should there be any giving of ballots to electors, or taking ballots away? Why should any one standing at the poll be allowed to interfere with the ballot of a voter? Why should he or his masters know how the elector is voting? This is the age of the secret ballot. The tyrant's ballot is preserved in this province for a despotism purpose. It is a grim satire that a party professing to run the election on liberal principles should refuse to the people that charter of freedom—the secret ballot. It is not surprising that genuine liberals turn their backs on the bogus liberalism which stands by this mockery of a free ballot.

Mr. George Robertson says that the open ballot is better than the secret ballot. Mr. McKeown consoles the coerced voters by telling them that had it not been for the liberals they would never have had a vote at all, though he knows that all of them were voters, and voters with a secret ballot under the dominion election law passed by liberal conservatives. They owe it to the bogus liberals of the provincial government that their employers, their creditors, and all who have influence over them are able to see how they vote.

Mr. McKeown and his associates stand for the open ballot. Mr. Hazen and the opposition candidates stand for

"Such amendments in the Election Act as will secure a secret ballot, so that electors may vote according to the dictates of their conscience and judgment without fear of intimidation or coercion from employers or creditors."

When the new government and the next legislature has a chance, there will be no question whether a candidate forces a ballot into the hands of a dependent voter, or whether a ward heeler snatches a ballot out of an elector's hand. There will be none of this despotism business. It will be impossible.

THE NON-RESIDENT CRY.

One of Mr. Hazen's opponents made the most he could on nomination day of the non-resident cry. It would seem that he was supported by the minister

of railways, who was himself for a time a non-resident member of the same constituency, and who invited Hon. A. S. White to succeed him as a non-resident member. Mr. Harrison supported both Mr. Blair and Mr. White. He supports Mr. Pugsley, a candidate in the county of Kings, where he has no vote. He has supported Mr. Emmerson, the non-resident member for Albert.

Mr. Harrison is not a minister, and perhaps the discredit of bringing up such a canvass is still greater in the case of Hon. A. T. Dunn, who on nomination day urged this objection to the election of Mr. Agar. In this case Mr. Dunn made the matter worse by reserving the appeal until after Mr. Agar had spoken. By courtesy of the opposition Mr. Dunn, who had already spoken, was allowed the right of a brief reply, but instead of answering the charges made against himself and his colleagues he raised this new and small question.

When Mr. Dunn had spoken some one called out, "What about the swamp vote?" That was a pertinent question. When the principle of one-man-one-vote was introduced elsewhere in the province Mr. Dunn would not allow it to be applied to St. John county. No other constituency in New Brunswick could be influenced by outside votes. In St. John county alone the residents are not entrusted with the full power of electing their members. Mr. Dunn would not permit them to have this power. But while he calls in St. John city people to vote in a county election without asking the consent of the county people, Mr. Dunn objects to a city man appearing in the county as a candidate even when the county people invite him.

It is of course purely a personal matter. Mr. Dunn is willing to swamp the county vote with non-residents lest the county vote alone should be against Mr. Dunn. But he is not willing that a non-resident should be a candidate, because the candidate is a strong man in the county and is opposed to Mr. Dunn. As a matter of fact Mr. Agar lives nearer nine-tenths of the people in the county constituency than Mr. Dunn does. Mr. Agar is better known in the county than Mr. Dunn would be if the latter were not in politics. As it is he is probably better known in two of the parishes than Mr. Dunn's colleague. And wherever he is known he is respected.

MR. TWEEDIE'S NOTICE TO QUIT.

A few weeks ago the provincial ministers through their organs made all manner of vain and foolish boasts. They professed to believe that the government would have a walk-over the course on nomination day. They were remarkably free with contemptuous references to any person, liberal or conservative, who committed the offence of opposing a government candidate. A good deal of coarse and vulgar language intended to ridicule was applied to Mr. Hazen because he had the hardihood to address meetings in Charlotte, Northumberland and other counties which the leader of the government claimed as his private political property. It may be that Mr. Tweedie and Mr. Pugsley did not then realize that the people were tired of them. They may have felt all the confidence that they expressed. Or it may be that they were trying to conceal their weakness and their fear. In either case they made a mistake. For the record of nomination day is witness against them. The ministers were told long ago that they would find on nomination day a popular campaign against them all along the line. Later they were told that in all the counties except two a straight opposition ticket would be nominated. They professed not to believe it, but now they see.

In one county only has the opposition cause of disappointment. Mr. Mott is running alone in Restigouche against the government. He himself seems reasonably sure of election at the head of the poll, but either Mr. LaBillette or Mr. McLatchey, a government candidate, will be elected with him. But on the other hand Kent has two opposition candidates and one running independent, the latter forming part of the government ticket, and as the two opposition appear to be the popular men, the opposition has more than an even chance in the Acadia county. The other county in which no opposition ticket was expected is Gloucester. But there are two full tickets in Gloucester, and the Sun has no hesitation in saying that if Mr. Hazen needs the support of Gloucester representatives to keep or even to place him in power the support will not be denied him.

In all the other counties except two there are straight government and opposition tickets, with no extra candidates. These two, Charlotte and Victoria, the opposition get the advantage of the irregularity. The government ticket, if that headed by Mr. Marks Mills with Mr. Vroom at the other end, may be called a ticket at all, is further weakened by the appearance of a ninth candidate. This gentleman's protest against the deal which Mr. Mills and his friends made with Mr. Vroom, is more consistent than the protest of Mr. Mills against the first coalition, since Mr. Mills was a party to the deal which he condemns and the ninth candidate was not. But whatever may have happened in the past, it is obvious that the election of the government ticket in Charlotte is not an event in the future. That county is lost except that Mr. Hill will be elected. In Victoria there is a straight opposition ticket, while the government strength is divided among four ministerial candidates for two seats.

In Madawaska, Carleton, York, Sunbury, Queens, St. John City, St. John County, Kings, Albert, Westmorland and Northumberland, electing in all thirty-two members, the electors have a regular ticket on each side.

The names of the opposition candidates are known. It is fair to ask the electors whether these are not men of influence and standing in their respective counties. No one can say that these candidates are not thoroughly representative of the various interests

of the country. Every fair man must admit that from this group a ministry can be organized superior in ability and character to that which now rules this province. It will surely be conceded that the province will not suffer if the people dismiss the government which under one name or another has held office for twenty years, and give Mr. Hazen a chance to form a cabinet out of the excellent material which is available.

That appears to be what the people intend to do. On Saturday they gave pretty clear notice of their purpose, and next Saturday they will make final announcement.

A SECTIONAL PREMIER.

The leader of the government submits the issue in his own county a local question. In his view as presented on the Miramichi the main question is whether Northumberland shall retain the premiership. If he is beaten the leadership will go to a resident of St. John and a representative of Sunbury. This is expected to excite the people of the North Shore.

We doubt whether the people of Northumberland are so purely local in their view of public affairs as Mr. Tweedie believes them to be. They would probably prefer good government at the hands of a St. John man to bad government at the hands of Mr. Tweedie. But in any case the Northumberland people need not fear a loss of influence. If they elect the four candidates whom the opposition have nominated the North Shore will still have a good deal to say. Mr. Tweedie is not so able a man as some members of the opposition ticket. Besides the opposition candidates own themselves. They will not have to ask an outside authority how they may vote.

Mr. Hazen will not do so small a thing as to appeal to St. John or Sunbury on the lines of Mr. Tweedie's appeal in Northumberland. He will not ask either of these counties to support him in order that the premiership may be restored to a St. John resident or a Sunbury representative. That would be too petty a business for a public man who deserves to be a leader. It is the right size for the leader of the Tweedie government.

A STRONG LIBERAL REBUKE.

The Halifax Chronicle, which for many years has been the leading exponent of liberalism in Nova Scotia, has pleased many of its friends and admirers in this province by its support of Senator Ellis and the Globe in the stand they are taking for liberty of speech and action. There is a strong protest in these words of the Chronicle:

"It is a mistake, we think, the seriousness of which can scarcely be exaggerated, to attempt to dragoon such liberals as Mr. Ellis and such a liberal organ as the St. John Globe 'into line—or out of line—under the banner of the Liberal party. The party has not been used to bulldozing, nor is it likely to take meekly to it. The main strength of that party in opposition was its individual independence. Its chief dependence in public estimation at the present time is the same thing. The people of Canada are convinced that thoughtful liberalism would not stand by its leaders 'an instant were they to go deliberately astray. Let them once begin to doubt this, and it will be farewell to public confidence in the party.'"

The Chronicle hopes that the liberal party will not be found incapable of appreciating the independence of the individual, and expresses a desire to be "spared such public utterances as those reported from this St. John meeting." The meeting in question was Mr. Blair's meeting in Carleton last Thursday.

THE PANIC SPREADS.

Long reports are given in the two government papers of Fredericton of the speeches of the Tweedie candidates in York. These gentlemen did not meet their opponents on the hustings but went off and held a meeting by themselves. Each of them exhorted the supporters to leave no stone unturned to win the election. Mr. Allan said there must be a systematic committee work, they must see to it that every man favorable to us gets out and deposits his ballot." Again he pleaded for friends "to vote the whole ticket." Mr. Campbell warned the party "not to be over confident." Mr. Burden was anxious that all should "stand shoulder to shoulder." It looks as if the government were becoming alarmed even in York.

C. P. R. STEAMSHIPS.

The completion of the arrangement by which the Canadian Pacific Railway Company becomes the owner of a splendid fleet of Atlantic steamships is a gratifying circumstance. We do not see how anything but good can come of it. It is a matter of special interest to this port, which is the Canadian Pacific terminus, and where during half the year the company's cars and the company's boats will meet. The development of Canadian trade through Canadian ports should be greatly assisted by this combination.

In the course of his eloquent speech in praise of the agricultural policy of the government Mr. McKeown pointed out that the export of cheese had greatly increased on account of the assistance which the government had given to creameries. A member of a farmers' government ought to know that cheese is not made in creameries.

ST. JOHN NOMINATIONS.

Speech Making Took Place in the York Theatre

All the Speakers Were Given a Good Hearing—Sentiment of the Electors Present Strongly in Favor of the Opposition—Some Lively Passages.

The nomination papers were filed at the St. John court house Saturday morning, when Sheriff Ritchie opened his court at ten o'clock sharp and read the writs of election and took the oath of impartiality as prescribed by law. The court room was almost empty. The first papers, those of the government candidates in both city and county were filed in due form shortly after eleven o'clock by A. E. McIntyre, who also put up the necessary deposit of \$100 for each candidate.

A few minutes later the opposition papers were filed by James E. Cowan. The whole proceedings were witnessed by only a dozen or so people, including the candidates on both sides, who fraternized cordially during the formalities.

The nomination papers of the opposition candidates in the city, William Shaw, John E. Wilson, Geo. V. McInerney and W. F. Hatheway were signed by W. H. Thorne, Wm. Christie, Philip Gannan, R. B. Emerson, Charles McCrystal, John W. Killen, A. A. Stockton, Wm. S. Daley, John R. Armstrong, Alex. W. Macneave, Michael J. Nugent, Robert B. Patterson, Robert Maxwell, Charles F. Brown, Samuel Cooper, Silas Alward, J. King Kelly, Michael McDade, C. Burton Lockhart, Charles Emmerson, E. R. Chapman and hundreds of others.

The papers of F. M. Anderson and Miles E. Agar, the opposition candidates in the county, were signed by James H. Grey, M. D., Robert Catherwood, Alex. Scott, Joseph Stackhouse, Arthur J. Scott, James Long, Thomas Reed, William Fox, Thomas J. Boyce, George J. Moore, Charles E. V. Cowan, Wellington Lester, Spurr Scott, Alonzo Doherty, James Brazillan, John Murray, J. R. Armstrong, Edward Burchill, John E. M. Baxter, William Ruddock, E. J. Neave and others.

The nomination papers of the government candidates in the city were signed by: Thomas A. Rankine, Wm. H. Murray, John M. Driscoll, James E. Robertson, A. W. Adams, F. J. G. Knowlton, Joseph J. Tucker, Thomas McAvity, C. P. Clarke, B. R. Macaulay, C. Flood, G. H. S. Flood, E. H. S. Flood, Geo. H. Flood, M. B. Edwards, Frank H. Foster, W. C. R. Allan, H. H. McLean, James H. Doody and others.

Hon. A. T. Dunn and Dr. Ruddick were nominated by the following: W. P. Barnhill, Alf. Spilane, Wm. Fleming, Jas. Lovell, Jas. Ready, Alex. F. Johnson, Jos. W. Stackhouse, Wm. E. Skilken, S. J. Shanklin, G. R. McDonough, Alonzo McDonough, F. M. Cochrane, John C. Bower, Wm. H. Perkins, Capt. E. S. Williams, R. A. Bray, R. F. Clarke, A. W. Anderson, H. Allingham, W. H. McKee, John A. Avery, A. C. Fair, J. F. Gleason, Robt. Lawson.

At twelve o'clock the sheriff formally announced that no more nominations could be received. According to law the court was kept open until two o'clock to give opportunity for the laying of any objections. At two o'clock the court closed, and the principals adjourned to York Theatre, where the crowd had begun to gather long before.

The candidates addressed the electors in large numbers at the York Theatre in the afternoon and evening. Sheriff Ritchie was the chairman, and the twelve gentlemen who are seeking the suffrages of the people occupied the seats behind him. The theatre was filled to overflowing all afternoon. At 6 o'clock, after Mr. McIntyre's telling speech, hundreds went home to supper, but later on others returned, and there was a big gathering at the latter part of the meeting. The people in attendance were full of enthusiasm, and every good point made by the various speakers was loudly applauded. The opposition gentlemen received the greatest amount of applause. Messrs. McIntyre, Wilson and Shaw came in after the speech making had begun and they were cheered over and over again.

SHERIFF RITCHIE

said the candidates nominated had agreed that the county men should speak first. There was an agreement as well as to the time each speaker should occupy.

HON. A. T. DUNN

was given a cordial reception. The papers, he said, had stated that he and his colleague, Dr. Ruddick, were not nominated by a convention and that they were taking advantage of the electors. Just before the election was brought on the surveyor general said he consulted a large number of friends in the county, and they assured him that he and Dr. Ruddick would be the candidates. These gentlemen said no one was thought of by the government party except himself and Dr. Ruddick. That was why they were here seeking the suffrages of the people of the county. The government, as was the case with all governments, had been called all sorts of things. No individual would allow people to speak of them as was done with respect to the government. But men in public life had to put up with a good deal of this kind of thing. Many charges were made against the government. One was that the department of crown lands was loosely carried on. He was willing that any of his opponents or any other gentleman could go into that office and he would give them that privilege and if they found that one dollar had been mispent he would give in that charge that Governor Snowball, who carried on a large lumber business up north, only paid in \$10,000 a year for stumpage, and further charged that he shipped 40,000,000 feet of lumber. This latter statement was true, according to Mr. Snowball's circular, but Messrs. McKay and McKean of St. John, who did not pay any stumpage at all, shipped larger quantities of deals than Mr. Snowball. The last named gentlemen bought deals cut by others and shipped them. Mr. Dunn said he was in a position to give names of these people. With reference to the Muskoka deal the surveyor general said at the time of the sale of this property in 1892 or 1893 large numbers of tracts were sold. The

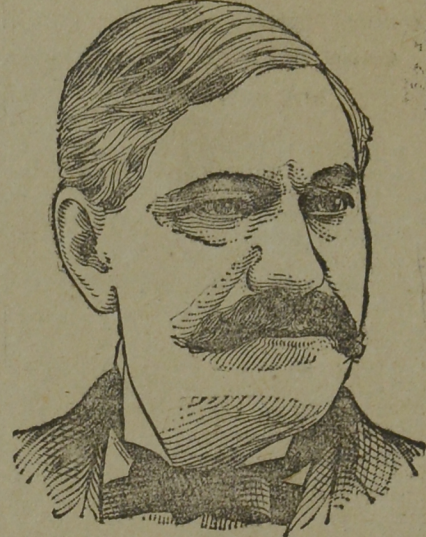
Messrs. Campbell bought the 450 square miles. The government did not know there was so much of this land, thinking this tract was only 400 miles. In buying the place the Campbell concern did precisely as others did. They paid \$5 per mile and the next year \$4. Many large areas were not disposed of at this time because of the great depression in the lumber business. Lumbermen were afraid to buy. Many operators found it necessary to carry their output over for a season. The charge made against the government was that they allowed the Messrs. Campbell to hold these lands without cutting the quantity of logs which they should have cut under the regulations. The reason the Campbells did not do that was that lumber was down in price. The government did not feel like compelling them to cut logs under the circumstances, as the logs would be only a drug on the market. This property yielded the province \$1,800 a year for mileage, and the Campbells protected them against fire and against being operated upon by people who had no right to enter upon them. Other lands not sold were wholly unprotected, and it cost the government money to look after them. There were lots of vacant areas at this time, but no one applied for them. Now the conditions were changed and everybody wanted timber lands. Mr. Mott asked for a lease of lands for a friend, and registered a complaint because the Campbells were not operating these lands. But in this Mr. Mott made a mistake. This property was operated for three years. Mr. Mott's friend had a mill, but he disposed of his timber lands. He could get no logs. That was the reason he came to the government. He wanted the Campbell lands. If this property had been operated during the dull season no one would have got anything out of it. Now Messrs. Shives, Stetson and others proposed to build a mill which would be capable of cutting 200,000 feet of lumber daily. The province would get a big benefit out of this transaction owing to the increase in the price of lumber. Mr. Dunn said he and Dr. Ruddick had been through the county and their prospects looked well. There was no doubt many present who had votes in the county, and he asked them to cast their votes for the government ticket. He predicted that the government would be sustained. (Cries of "No, no.")

F. M. ANDERSON

was given a rousing reception. In opening, he spoke of the fact that through the excellent service of Mr. Dunn he was allowed to address people living in the city. The surveyor's remarks were amusing. While the speaker did not see eye to eye with Mr. Dunn, he wished to take this opportunity to place himself right before the people. It was said, and he could not contradict it, that he had always been a liberal. He was a liberal now in dominion politics. Before he accepted the nomination in the eastern end of the county he told the people that he was a liberal in federal politics. And he was not the only liberal who was opposed to the local government. Here Mr. Anderson spoke of Mr. Blair's attitude. The minister of railways and canals on this very platform read liberals like the speaker out of the liberal party. There was a God-given right that men might use the franchise as they liked. (Applause.) He and Mr. Agar had been going through the county and talking with their friends. They found many liberals with them. His feelings were strong in the position he had taken, and when he heard of Mr. Blair reading him out of his political existence he felt that the liberal party was too strong for one man to dictate to it. Mr. Blair was like other liberals—they were all like flies on a wheel as far as the liberal party was concerned. The question for discussion on this occasion was this: Would the local government be retained or turned out? Mr. Dunn challenged any man to prove that there was anything wrong in connection with the crown land department. Perhaps no one could put his hand on the books and show where a dollar had been mispent, but did that prove that the department had been run wisely or properly? Mr. Anderson then proceeded to show how the lumbering policy was carried out. The area of New Brunswick was about 28,000 square miles. The crown land reports for 1901 showed that the licensed lands of the crown amounted to 9,750 square miles. Private lands amounted to about the same area. The lumber shipments of recent years aggregated all the way from 400,000,000 to nearly 500,000,000 feet. Last year the shipments were about 452,000,000 feet, but the details were not on hand. Of this quantity 100,000,000 was cut on the crown lands. This left 800,000,000 to have been got out on a smaller area. Was it reasonable to suppose that of this four hundred millions only one hundred millions were cut on the lands owned by the government? He thought he was justified in saying that it could not be so. (Applause.) Having lived on the North Shore for seven years, he was in a position to speak with some authority. It was said the lumbermen on the North Shore were sold for the government. That was so, he for one was not surprised. Mr. Dunn's declaration that a dollar was mispent in his department did not cover the whole business. It was the duty of the surveyor general to visit the North Shore for the purpose of looking into the trade returns and seeing what was going on. The Muskoka lumber deal came in for a share of attention. He related the sale of the property to the Campbells, who were nothing more than lumber land speculators. That of itself was sufficient to give the transaction a fleecy appearance. It was true the price of lumber was down in 1893. Was that the time to throw these lands open for sale? The government had refused applications before that and could have declined to meet these people. If the government had considered the interests of the province they would not have entertained the application. In the handling of the property while they held it the Campbells, he was satisfied, had made a clear \$5,000 out of the operations carried on on it. It was all lost for Mr. Dunn to say that it would have been inadvisable to let this lumber get on the market. The government peddled out lands to make out that they were doing great things. The Campbells paid in all \$22,500 for this property and sold it for over \$200,000. If a prudent government had used common sense they would not have allowed the Campbells to make this sale after having violated every requirement in the lease. Mr. Dunn seemed to think it was no new thing to so violate government leases. People had been peti-

CATARRH THIRTY YEARS.

The Remarkable Experience of a Prominent Statesman—Congressman Meekison Gives Pe-ru-na a High Endorsement.



Congressman Meekison of Ohio.

Hon. David Meekison is well known not only in his own State, but throughout America. He was elected to the Fifty-fifth Congress by a very large majority, and is the acknowledged leader of his party in his section of the State.

Only one flaw marred the otherwise complete success of this rising statesman. Catarrh with its insidious approach and tenacious grasp, was his only unconquered foe. For thirty years he waged unsuccessful warfare against this personal enemy. At last Peruna came to the rescue. He writes:

"I have used several bottles of Peruna and I feel greatly benefited thereby from my catarrh of the head. A few more bottles will be fully able to eradicate the disease of thirty years' standing."—David Meekison, Member of Congress.

If you do not derive prompt and satisfactory results from the use of Peruna, write at once to Dr. Hartman, giving a full statement of your case and he will be pleased to give you his valuable advice gratis.

Address Dr. Hartman, President of The Hartman Sanitarium, Columbus, Ohio.

tioning for lands, and Mr. Dunn said there was plenty of land unsold. Yet the report of the crown land department stated that the extent of timber lands not under lease was very small, so that receipts from licenses must be comparatively less. There was an inner circle which the people did not know about. He charged the government and Mr. Dunn with being responsible for the loss to the province of \$200,000 in this one transaction. The speaker next discussed the importance of getting a secret ballot for local elections. (Applause.) Men's hearts throbbed with indignation as they went to the polls, where their employers were watching them. That was the working of the law. Mr. Hazen, the leader of the opposition, brought this question before the legislature, but the government declared that the present ballot was good enough. The people wanted a secret ballot, so that they could mark it to suit themselves. That was one of the planks of the opposition platform. Mr. Anderson next found fault with the government for having the school books printed in Ontario. Then a St. John firm got a slice out of the sale of these books. The books should be printed in our own province. The government's extravagance in various directions were gone into by Mr. Anderson. If he and Mr. Agar were elected they would do everything possible for the good of the province.

Here Mr. Anderson read a telegram from Campbellton expressing regret that Mr. Dunn had not accepted the invitation to come up there to speak the other night. He was asked to come up some night this week.

M.E. AGAR

was cheered over and over again when he stood up to address the gathering. He assured the meeting that he could not find words in which to express his feelings of gratitude for this magnificent reception. He was seeking the suffrages of the electors of the county, and hoped to be successful in the approaching election. He thanked the committee who had to do with the selection of a candidate in the western end of the county for having chosen him. It was a case where the unexpected happened. He and Mr. Anderson were the opposition candidates.

(Continued on page five.)

AT THE NATIONAL CAPITAL.
What Postum Did There.

A well-known figure at the National Capital is that of an attorney-at-law and solicitor of patents, who has been practising before the courts and the Department of the Interior at Washington for more than 25 years. The experience of this gentleman with coffee is unusually interesting, for it proves that although the ill results from coffee are slow they are sure. He says, "I have consumed coffee at my meals for many years, but of late years have been annoyed by deranged stomach and sleeplessness, pains in my head, nervousness and confusion of the mind. About 18 months ago I quit coffee and commenced to use Postum Food Coffee and have experienced the most pleasing and beneficial results therefrom."

"It has aided my digestion, increased my appetite for healthy food, appeased my stomach, invigorated my brain, cleared and quieted my nerves and mind and enabled me to sleep soundly 10 hours out of 24. It has imparted buoyancy and cheerfulness to my daily life and caused me to look on the bright side of things in general. It has fitted me to do more brain work than ever before, and I would consider it a calamity to be deprived of its use." "I look on Postum as an absolute cure for the ills that coffee causes. I not only cure the ravages of coffee but stimulate to vigor and healthy action the brain and all the organs of the human body. It has with me and with many of my friends, and this is my authority for the statement." Name furnished by Postum Co., Battle Creek, Mich.