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SPRUCE LUMBER FOR AIR FLEET

SEATTLE, Wash., Aug. 15.—The cutting of spruce lumber in the forests of Washington and Oregon, which ultimately will be used in the construction of the nation's huge fleet of airplanes, began today when two camps in southwestern Washington, closed by strikes, and one in northern Oregon resumed operations, according to Robert B. Allen, secretary of the west coast lumbermen's association. Each of the three camps is capable of cutting 100,000 feet of timber daily, Mr. Allen says.

In general the lumber strike situation is easier, Mr. Allen stated. He said several of the mills which resumed work Monday now were working to nearly capacity. The possibility of the timber workers striking extending to Oregon threatened today when it became known that Jay G. Brown, president of the international single weavers' union, had gone to Portland for the expressed purpose of organizing the mills and camps of Oregon.

BEEES MUST WORK OVERTIME IN WAR

SAN FRANCISCO, Aug. 15.—Bees must work overtime as a war duty, and plans by which California bees

will be made to do nearly twice their former work in the near future have been perfected by Samuel John Hunter, Kansas state entomologist, who was here today. Experiments, he said, have proved the feasibility of the plans, which are to transport bees back and forth between Nevada and California. They would work in California in winter and spring and in Nevada in summer and fall.

A shortage of sweets among the allied nations makes the increased production of honey particularly desirable, said Mr. Hunter.

EXEMPTION DENIES AGENT'S CLAIMS

SEATTLE, Wash., Aug. 15.—Local exemption board No. 7 of Seattle has refused to accept the personal recommendation of Secretary of the Treasury William G. McAdoo that Archie A. Strange, an assistant secret service operative, be discharged from service under the draft. Strange was certified into the national army after the board had been asked to exempt him by Captain Thomas B. Foster, in charge of Seattle headquarters of the secret service, and W. H. Moran, acting chief of the service at Washington, had asked for his discharge in the interests of the department.

Strange did not claim exemption when he registered nor did he seek it when called up for physical examination.

Birkenhead, England, has policemen.

BOUGHT TO BE SHOT, SAYS ELIHU ROOT

Traitors Who Walk Our Streets Need Attention—Russia Given Praise.

NEW YORK, Aug. 15.—Expressing confidence in the soundness of the character of the Russian people for self-government, Elihu Root, head of the special diplomatic mission to Russia, in two addresses here today at this city's official reception to the mission, denounced the part played in that country during its time of peril by "men corresponding to the W. W. here, the extreme Socialists and anarchists, with whom the German agents made common cause."

Colonel Theodore Roosevelt, who also spoke at the meetings, first at city hall and then at the chamber of commerce, likewise declared that "organizations like the W. W. are criminal in aiding German propaganda in this country," adding: "Let us make those who oppose obstacles to the success of the war feel that they are unhelpful traitors."

He further said that "until the United States has placed 5,000,000 men in the fighting line we will have no right to consider ourselves standing level with Canada in this fight for democracy," and advocated the putting of American soldiers "in masses on which ever front they are most needed."

At the ceremonies in city hall, Mayor Mitchell presented to Mr. Root, as its first recipient, the medal of the National Arts club, awarded for "distinguished valor in the service of the United States."

When the Russian emperor was overthrown, Mr. Root said in describing at city hall conditions as he found them in Russia, the Russians had no institutions of national self-government and were hindered by all instruments of authority having been swept away.

"Then came the propaganda of various groups, one corresponding to the I. W. W. here," he said. "They swarmed back to Russia from the United States, vilifying the land that had given them refuge, declaring that the government in America was as tyrannous as was Russia under the czar."

"Into this confusion was thrust a great German propaganda that spent money like water, using millions upon millions to bribe the people to buy the newspapers."

Carried Message of Faith. It was the duty of the mission, Mr. Root said, to carry the message of faith in democracy to Russia and tell the Russians that there "is a strength in democracy that conquers all evil."

Gradually he said, the provisional government has gained confidence under Kerensky, "that man of conviction, of personality, devoted to his cause to the last drop of his blood, who now rules the destiny of Russia, aided by men who are wise, prudent, sagacious men of affairs."

"I know of no greater instance in the world of competency and constructive government than has been given in Russia in the last three months," he said. "Russia is now a free people, and in every field, military and civil, will give a good account of herself to the democracy of the world, and we need not blush for extending our hand to her."

"The mission returned to America, he continued, "to repeat the message of faith in democracy here, for here, as there, Germany is seeking to sap the strength of this free democracy. German money is buying men, inspiring the press and building up a great concealed structure of real treason."

In his later speech at the chamber of commerce Mr. Root said that into the confusion in Russia following the fall of the emperor "came intervention by that malevolent power which is intermingling with the affairs of every nation upon earth, financing all the forces of evil."

In an address at the Union League club tonight, where members of the mission were given an informal dinner, Mr. Root declared there are "not so many Americans who do not quite understand why we are fighting."

"If they did," he said, "these pro-German traitors who are selling out our country, who are endeavoring by opposition and obstruction in congress and out of congress to make our preparation for the war ineffective, would be suppressed."

"There are men walking about in this city tonight who ought to be taken out and shot at sunrise. Understand, it is only a question of time until they meet this fate."

ACIDS IN STOMACH CAUSE INDIGESTION

Create Gas, Sourness and Pain How to Treat.

Medical authorities state that nearly nine-tenths of the cases of stomach trouble, indigestion, sourness, burning, gas, bloating, nausea, etc., are due to an excess of hydrochloric acid in the stomach and not as some believe to a lack of digestive juices. The delicate stomach lining is irritated, digestion is delayed and food sours, causing the disagreeable symptoms which every stomach sufferer knows so well.

Artificial digestants are not needed in such cases and may do real harm. They lay aside all digestive aids and instead get from any drugist a few ounces of Bisurated Magnesia and take a teaspoonful in a quarter glass of water right after eating. This sweetens the stomach, prevents the formation of excess acid and there is no sourness, gas or pain. Bisurated Magnesia (in fine powder or tablet form—never liquid or milk) is harmless to the stomach, inexpensive to take and is the most efficient form of magnesia for stomach purposes. It is used by thousands of people who enjoy their meals with no more fear of indigestion.—Advertisement.

ELECTRIC RAILWAY MEN WANT RAISE

PORTLAND, Ore., Aug. 15.—An advance of 9 cents an hour, approximately, will be demanded by 1200 members of the recently organized local branch of the Amalgamated Association of Electric Railway Employees, according to unofficial reports today of the closed streetcar lines here.

The men are demanding that there are no pending questions between America and Japan which—approached in this spirit—are not susceptible of honorable and fair adjustment."

BRITISH FIGHTING AGAINST MILITARISM

LONDON, Aug. 15.—Premier Lloyd George, speaking today at a luncheon in honor of Premier W. A. Holman of New South Wales, declared that Great Britain was fighting for one thing and that was "a victory of democracy over aggression."

All other things wrapped up in the programs of no more war, no more British premises, were unattainable unless the entente allies won. There was nothing in the program of labor which would be attained if the entente allies were beaten. There was room within the orbit of the British empire, he declared, for the federation of all its peoples providing one formidable obstacle was removed—that of aggressive German militarism.

ARGENTINA STRIKE PARALYZES TRADE

BUENOS AIRES, Aug. 14.—The strike on the central railway of Argentina today paralyzed trade. Traffic is paralyzed and there is further reports of damage to the company's property. The president of the republic, Dr. Hipolito Yrigoyen has decided to take a hand in the situation, in an endeavor to settle the strike. The minister of public works today conferred with representatives of the railroad and the strikers.

NERVOUSNESS IN GERMAN CIRCLES

COPENHAGEN, Aug. 16.—The renewal of the offensive on the western front on a greater scale than ever before is looked for by German newspapers, according to Berlin dispatches. It is expected that the new allied attempt may be made on a section of the front heretofore quite calm.

UNITED STATES MAY RETALIATE

WASHINGTON, Aug. 15.—Reports of American citizens impressed into the German armies and recurring protests against the drafting of partly naturalized foreigners in this country are presenting some difficult problems for the government's international law experts.

It became known today that an official inquiry had been begun at Berlin by the Spanish ambassador into stories that Germany is forcing into military service those of German parentage and birth, regardless of their claims to American citizenship. It is admitted that even if the report proves true, there is little the government could do except retaliate. The idea of retaliating methods is repugnant, but officials are withholding a decision.

How many Americans might be affected is not known here, but there are believed to be in Germany less than 100 men of unquestioned American citizenship.

WILSON'S STENOGRAPHER IS PASSEY BY DRAFT. TRENTON, N. J., Aug. 15.—Charles Lee Swem, private stenographer to President Wilson, was passed by division draft board No. 4 here today as physically fit for military service in the national army. He said he would not file claim for exemption as a native of Trenton and came from Washington in answer to the draft board's call.

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HOLLAND IS IN A SERIOUS PLIGHT

AMSTERDAM, Aug. 15.—"If we fail to persuade the American government to permit a continuance of the supply of grain, it will mean misery and economic ruin for Holland," the unanimously declared the members of the official Dutch mission, who are expected to sail for the United States this week and who were interviewed today in a body by the Associated Press.

Whether such an eventuality would ultimately force Holland into the war, the members of the mission did not care to prophesy. This, they contended, would manifestly make Holland's position most serious and would make her more than ever dependent on the central powers, to whom she presumably would be obliged to turn to try to get grain, as well as the present essential coal, necessarily in exchange for equivalent concessions, and in which case the American aim of stopping Dutch food exports toward Germany would still be defeated.

The principal spokesman of the mission was Joost van Vollenhoven, former managing director and still a director of the Netherlands Overseas trust and managing director of the Netherlands bank. He is an expert on Holland's commercial and economic affairs and is the man who successfully conducted negotiations in London in an earlier similar impasse when Dutch ships were held up at British ports, and he and his colleagues put great faith on personal contact to clear up the misunderstanding between Holland and the United States and to arrive at an arrangement.

Herr van Vollenhoven said he thought America, where the rights of small states had been so championed, would not do anything to deprive a small state of the possibility of maintaining a free existence.

Questioned regarding what Holland was prepared to concede for the privilege of obtaining provisions from the United States, the members of the mission spoke guardedly, but their replies justified the deduction that the Netherlands would be agreeable to chartering part of her mercantile fleet. The one anxiety on this head was that Holland might be asked to do something which would mix her up in the war and embroil her with Germany, hence the wish was expressed that any such ships should be employed outside European waters.

Herr van Vollenhoven expressly stated the Netherlands government would welcome a scheme like that of taking over the Belgian relief shipping service.

UNITED RAILROADS STOP INTEREST

SAN FRANCISCO, Aug. 15.—The United Railroads of San Francisco, hundreds of whose street car employees are on strike, has ceased paying interest on \$23,500,000 of 4 per cent and is under process of complete reorganization, President Jesse W. Lillenthal announced today. New officers probably will be elected, it was stated.

There are 330,000 coal miners in Pennsylvania.

EVIDENCE OF ABILITY



To serve the people efficiently in banking is recorded by the growth of the Commercial National Bank.

Our depositors appreciate our service and recommend our bank to their friends.

Your checking account is invited.

COMMERCIAL NATIONAL BANK OGDEN, UTAH.

INFORMATION BUREAU

Accident Insurance—Aetna Accident & Liability Co. Auto Liability Insurance. H. A. Purdy, 2371 Hudson Ave. Phone 422.

Attorneys—C. C. Richards, Suite 617 David Eccles Bldg. Phone 46.

Auto Tires and Repairs—Modern Tire Service Shop, repairs and rebuilding. Goodyear Service Station, John H. Hogg, Mgr., 2369 Hudson Ave. Phone 246.

Auto Accessories—Garage, Repairs, Studebaker Agency, Mack-Robinson Co., 2440 Grant Avenue, Phone 591.

Banking—Ogden State Bank, Commercial & Savings Dept., Reed Hotel Bldg., Phone 52.

Buttermilk—Fresh daily from pasteurized cream. 10c a quart. Mutual Creamery Co., Phone 314.

Carpet Cleaning—Sims Carpet and Wallpaper Cleaning Co. Twenty years' experience. We saw, lay and scrub carpets. Phone 954.

Chiropractor—F. J. Freer, Chiropractic Office, 202-11th St. N-14-26, Col. Hudson Bldg. Phone 211.

City Scavengers—McCarty & Co., 2734 Grant Avenue, Phone 2013-W.

Counselor-at-Law—Lawyer O'Connell, over Commercial National Bank, Phone 11.

Dentist and Orthodontia—W. Eugene Martens, specializing on the correction of irregular teeth. First National Bank Bldg., Ogden, Utah.

Electric Supply—Electric Supply Co., quality electric fixtures and supplies. 2439 Hudson Ave. Phone 771-W.

Engraving—Ogden Engraving Service Co., makers of fine cuts in one or more colors. 2403 W. Washington Ave. Phone 484.

Federal Land Co.—Cattle Ranches our specialty. Farm lands, city property. 418 24th Street, Phone 440.

Furrier and Taxidermist—Furs cleaned and remodeled in latest styles at summer prices. Special attention given to storage of all kinds of furs. All work guaranteed. T. Gajewsky, at Burt Bros. Phone 118.

House Cleaning—Store windows and general housecleaning. We employ white help only. American Window Cleaning Co. Call 13 and 8 o'clock. Phone 563.

Hair Dressing—Elegant Hairdressing Parlor, shampooing, manicuring. Reed Hotel Bldg., 421 25th St. Phone 107-J.

Hotel—The Only Fireproof Hotel in Ogden. Rates 75c and up. The New Brigham, Wall Ave. and 24th St. Phone 2430.

Job Printing—"Let Me Estimate." R. F. Thomas, Printer, 2476 Wash. Ave. Phone 147-J.

Junk and Hides—Western Hide & Junk Co., 2223 Washington Ave. Phone 261.

Junk—Ogden Junk House, 2059 Wash. Ave. Phone 210.

Loose Leaf Sheets and Covers—Bookbinding, Ruling & Mfg. Stationers, J. Wilson, 2165 Wash. Ave. Phone 350.

Money to Loan—Salaried people can get it without security. Others on furniture, pianos, etc. 218 Hudson Bldg. Phone 871-J.

Motor Cycle and Bicycle—Indian Agency, Motorcycle and Bicycle Repairing. 2574 Wash. Ave. Phone 337.

Money to Loan—On Real Estate. J. C. Nye Agency, 2449 Washington Ave. Phone 555.

New and Second-Hand Goods—A Siner, New and Second-Hand Furniture, Clothing, etc., bought and sold. Cash or cheap. 241-243 25th Street, Phone 1221.

Oil—Oil—Elic Basin United Oil Stock is good stock. 418 24th Street, Phone 526.

Photographers—The Amundsen Studios. We please the patrons. 2469 Washington Avenue, Phone 2278-J.

Physician and Surgeon—Dr. A. Fernlund. Office hours 11 to 4 p. m. New Peery Bldg. Hudson Ave. Res. Phone 646; Office Phone 1900-W.

Photographs—Wiggin's Commercial Studio. Banquets and social events a specialty. 431 25th St. Phone 1854-J.

Roofing and House Painting—Zerbe & Quann, Contractors for Roofing and house-painting. 317 37th St. Phone 2173-M.

Sanitary Work—Sanitary Garbage Co., all kinds of rubbish hauled and cleaned. Prices reasonable. Phone 620.

Sewing Machines—Waltz Sewing Machine Co., 2255 Washington Ave. Phone 234.

Tents and Awnings—Ogden Tent and Awning Co., manufacturers of high-grade store, office and resident awnings. Waterproof covers, bags, etc. Anything in canvas. 2252 Washington Ave. Phone 264.

Typewriters—Sold, Rented, Repaired. Ogden Typewriter House, 2422 Hudson Ave.

INFORMATION BUREAU

Vacuum Cleaners—Electric Service Co. Sturtevant and Santa Carpet Cleaners. 11 and up per day. 425 24th Street. Phone 88.

FRATERNAL SOCIETIES—Queen City Rebekah Lodge, No. 4, I. O. O. F., meets every Friday and Saturday evenings at Odd Fellows hall. Visiting members invited. Marie Beck, N. G., Lulu Clouman, Recording Secretary, 2516 Van Buren.

Brotherhood of American Yeomen, Ogden Homestead No. 1505 meets on every Tuesday evening in W. O. W. hall. Fraternity building, Washington avenue. Visiting Archers are cordially invited to meet with us. Fred Mitchell, foreman; J. A. Junk, correspondent, 2202 Washington avenue.

Ogden Lodge No. 1314 Loyal Order of Moose meets every Friday night, 8 o'clock. Knights of Pythias meet every Friday evening at 8 o'clock in the Woodman hall, Fraternity block, 2239 Washington avenue. Visiting members cordially invited to attend. Emma Hadlock, L. C.; Jennie Froot, R. E., 2433 Van Buren avenue.

The Woman's Benefit Association of the Macdonald Silver Revue, No. 41, meets every Friday evening at 8 o'clock in the Woodman hall, Fraternity block, 2239 Washington avenue. Visiting members cordially invited to attend. Emma Hadlock, L. C.; Jennie Froot, R. E., 2433 Van Buren avenue.

The Royal Highlanders, Ogden Castle 525, meets in the Eagles hall on Hudson avenue every second and fourth Tuesday evenings at 8 o'clock. Visiting Highlanders cordially invited. Vera E. Heath, Ill. Pro. P. F. Flans, 2335 Lincoln, secretary-treasurer.

American Masonic Federation (Universal Scottish Rite) Ogden Lodge No. 21 meets in the Woodman hall, 24th St. James Macbeth, R. W. M., 2450 Wash. Ave. G. A. Muller, Secretary, 2663 Washington. Visitors always welcome.

Royal Neighbors of America meets every second and fourth Monday nights of each month at 8 o'clock at the new Odd Fellows building, Fraternity building. Visiting neighbors invited. Wilroy Crawford, Oracle, 2676 Lafayette, Nettie Turner, Recorder, 2424 Van Buren.

Masonic—Queen Esther Chapter No. 4, O. E. S., regular meetings held at Masonic hall on Washington Ave., between 24th and 26th Sts., the first and third Fridays of each month. Sojourning members cordially invited to attend. Mary Crawford, W. M.; Linda L. Irwin, secretary.

Woodmen of the World, Weber Camp No. 74, meets in the W. O. W. hall, Fraternity block, 2239 Washington avenue, every Tuesday evening at 8 o'clock. Visiting Woodmen cordially invited to attend. C. L. Nelson, C. M.; W. M. Pigsock, Clerk, 604 E. 4th.

Fraternity Order of Eagles, Ogden Aerie No. 118, meets every Wednesday evening at 8 o'clock at Eagles Home, 2421 Grant Ave. Visiting Brothers are cordially invited. Meetings at 8 o'clock. Rooms open at 11 a. m. C. E. Carlie, W. President; C. A. Hensley, Secretary; Dr. H. E. Forbes, Aerie Physician.

Order of Owls, Ogden Nest, No. 121, meets in the Eagles hall on Hudson avenue in their own hall (the old Elk Club rooms) at 8 o'clock. Visiting Brothers are invited to attend. Adrian Schipper, C. A. Knowlton, secretary.

Utah Camp No. 9390 Modern Woodmen of America, meets every Wednesday night in the Woodman hall, 24th St. and Grant Ave. Out of town members cordially invited to meet with us. Fred E. Williams, consul; J. R. Hinchcliff, Clerk.

Ogden Lodge No. 2 Independent Order of Odd Fellows, meets in L. O. F. hall every Tuesday evening at 8 o'clock. Members cordially invited to be present. H. P. Peterson, N. G.; Henry Kissell, Secretary.

The Order of Railway Employees, Ogden Division No. 61, meets every first, third, fifth and seventh of each month at the Eagles hall, at 8:15 p. m. Visiting brothers cordially invited. Adrian Schipper, Secretary.

Ogden Lodge No. 2, Knights of Pythias meets every Monday evening at 8 o'clock in Castle Hall of the Pythian building, 2239 Washington avenue. Visiting brothers cordially invited. Visiting brothers welcome. Allen Gort, C. C.; W. L. Underwood, K. of R. S.; H. E. Palmer, 2262 Washington, M. of P.

Women of Woodcraft, Ogden Circle No. 531 meets every Wednesday night at 8 o'clock, new Woodman hall. Visiting Neighbors invited. Dues will be collected on the 8th of each month. Cordially invited. Sarah T. Kansom, G. M., 146 West Patterson Ave. Phone 1335-R. C. Clark, 2731 Monroe Ave., Phone 1931-R.

LEGAL NOTICES

NOTICE TO CONTRACTORS. Notice is hereby given that Ogden City proposes to make the following public improvement, to-wit: Construct pavement in paving district No. 126, together with work incidental thereto, according to plans, specifications and profiles on file in the office of the city engineer. And sealed bids are invited for said work and will be received at the office of the city recorder in the city hall at Ogden, Utah, until 10 o'clock a. m. on the 28th day of August, 1917. Instructions to bidders, plans and specifications for said improvement can be seen and examined at the office of the city engineer in the city hall of said city.

The right is reserved to reject any and all bids and to waive any defects. By order of the board of commissioners of Ogden City, Utah, this 1st day of August, 1917.

WALTER RICHEY, City Recorder.

First publication August 1, 1917. Last publication August 23, 1917. Published in Ogden Standard. Faving District No. 126.

NOTICE OF DISSOLUTION OF PARTNERSHIP. Notice is hereby given that copartnership heretofore conducted by Harry E. Palmer and Parley J. Farrell, under the firm name and style of the Western Great & Feed company, has been dissolved and terminated by mutual consent by the purchase of the same by the said Harry E. Palmer, who will continue to conduct and carry on said business.

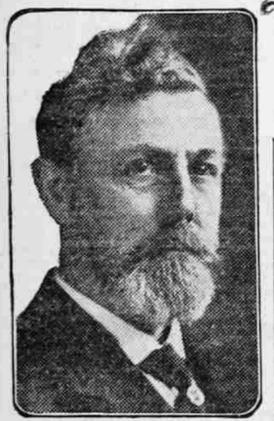
Very truly yours, HARRY E. PALMER.

International Shingle Weavers' union is trying to secure an eight-hour day in that industry.

The Columbian National Life Insurance Company, Boston, Mass., writes the best and clearest contracts of Life, Health and Accident Insurance that money can buy.

I solicit the patronage of my friends and the general public. My motto is service to the public ahead of everything else.

AL. WRIGHT, Gen'l Agent. 710 Kearns Bldg., Salt Lake City.



The Doctor's Advice

By Dr. Lewis Baker. The questions answered below are general in character, the symptoms or diseases are given and the answers will apply in any case of similar nature.

Those wishing further advice, free, may address Dr. Lewis Baker, College-Eliwood streets, Dayton, Ohio, enclosing a stamped envelope containing a return address and a request for reply. Full name and address must be given, but only initials or fictitious names will be used. While my prescriptions can be filled at any drug store, I do not recalculate as of yore. My food and rest seem to do me benefit as they should. Am weak, despondent and unable to perform the duties which were assumed earlier in life, while my ambition for work and pleasure is slowly ebbing.

Answer: I think a powerful, harmless tonic and nerve medicine will rejuvenate and restore the functions of digestion, assimilation and elimination by invigorating the nervous system. Obtain three-grain cadomene tablets, packed in sealed tubes, and take as per directions accompanying.

Henry J. C. writes: "Something seems to be wrong with my system and I don't know what it is. I have huge puffing under my eyes, my eyes are bloodshot in swollen, sometimes I have chills and feel weak and tired most of the time."

Answer: Your eliminating organs, such as liver and kidneys, are in need of treatment. Begin taking balmwort tablets at once. Get them in sealed tubes with full directions of any well-stocked drugist.

NOTE: For many years Dr. Baker has been giving free advice and prescription to millions of people through the press columns, and doubtless has helped in relieving illness and distress more than any single individual in the world's history. Thousands have written him expressions of gratitude and confidence similar to the following:

Dr. Lewis Baker, Dear Sir—For the enclosed coupon and 2 ct. stamp please send me your "Great Guide-Book to Health and Beauty." I am not a regular trainee nurse, but have cared for invalids more than forty years and would be glad to learn many things from your book for their benefit. I have cured myself and nearly 50 others with your wonderful prescription for Rheumatism and am now taking the Balmwort Tablets for liver and kidneys. Thanking you, I am, Yours sincerely, MRS. M. H. HUDGINS, Orange, Texas.

Miss Allira M. writes: "I have tried a number of fat reducing remedies with no avail. A friend tells me that your prescription enabled her to reduce 24 pounds. Is it (five grain arbolone tablets) safe for me to use likewise?"

Answer: If the simple directions are followed, five grain arbolone tablets are safe in the reduction of abnormal fat. Thousands have been benefited that I know of.

C. M. C. asks: "Please relieve me of a teething colic, four breath, headache, constipation and general ill health."

Answer: If habitually constipated, you should take three-grain sulphur tablets (not sulphur) and arouse the organs which eliminate waste material from your body. These tablets purify the blood and improve the health by acting on the liver, kidneys and bowels. Obtain in sealed tubes with full directions.

John C. asks: "Will you please tell a young man how to increase his weight. I am so thin that it embarrasses me."

Answer: If you have no serious organic trouble I believe the regular taking of three grain hypo-nucleate tablets will cause an increase in weight. If you or anybody who is abnormally thin. Don't expect to do so in a week or two. It takes time, but the help is worth time and money too.

John C. L. writes: "I find my natural strength and nervous system falling me."

Announcement