

# DYSPEPSIA MAN'S GREATEST ENEMY

Is Most Prevalent of All Present-Day Diseases, Declares L. T. Cooper; Victims Are Whimsical and Melancholy and Suffer Great Mental Depression; Disease Can Be Cured, He Says.

Explaining the record-breaking purchase of Tanlac by French Drug Co. and the leading wholesale and retail druggists throughout the United States and Canada, Mr. E. C. Harris, representing the International Distributor of Tanlac, stated last night that the hundreds of questions now being asked all over Tacoma made it imperative that some explanation be made to satisfy public interest.

Speaking of Tanlac, he said: "Thousands of the most prominent people—in fact, people representing all walks of life—in the larger cities of the country, where the celebrated medicine has been accomplishing such remarkable results, are more enthusiastic over Tanlac than Mr. Cooper himself.

"In explanation of this, it should be stated that Tanlac is believed to be the first actually direct specific for catarrhal inflammation of the mucus membranes and the complications which follow them.

"Catarrh of the stomach is one of the most frequent causes of dyspepsia and catarrhal inflammation of the nose leads to inevitable complications, such as kidney and liver affections, rheumatism, etc.

"Show me a man whose eyes are inflamed, whose sense of smell and hearing is affected, and I will show you a man who is suffering from catarrh. Frequently the lungs become involved by the extension of the catarrhal inflammation or germs to the lung substance. Specialists concede this, but it has remained for Tanlac, the new formula, to provide the remedy, as has been so conclusively and convincingly proven by the hundreds of thousands who have been relieved by its use."

At this point Mr. Harris quoted from one of Mr. Cooper's recent lectures, in which he said:

"Of all the distressing conditions that afflict humanity, catarrh of the stomach, or what is more commonly known as chronic dyspepsia, is probably the most prevalent. This most universal malady has baffled the medical profession for years, and the most skilled specialists have been unable to cope with it successfully.

"Hours might be consumed in describing the sufferings, mental and physical, of the sufferers of chronic dyspepsia and their failure to heretofore get relief. A morbid, unreal, whimsical and melancholy condition of the mind, aside from the nervousness and physical suffering, is the usual condition of the average dyspeptic, and life seems scarcely worth the living.

"Dyspepsia, or indigestion, as the case may be, is caused by the taking of too much food, or unsuitable food, and the mucus membrane of the stomach becomes irritated, and there is set up an acute or subacute gastric catarrhal condition, which prevents the proper digestion of the food.

More than 6000 women are employed in France where everything is being salvaged. Even old boots are picked up and made to do duty again.

"This food is apt to ferment and decompose, and as a result the familiar distressing symptoms of dyspepsia may arise. In mild cases there is nothing more than an uncomfortable feeling in the stomach, with a certain amount of depression, headache, loss of appetite, perhaps belching and occasional vomiting. There may be also accompanying intestinal symptoms, such as constipation, pains in the back, colic, etc. There may be only the familiar heartburn, due to the inflammation of the stomach from excessive gases of fermentation or putrefaction.

"In the most severe cases—those that last over a day or two—the symptoms enumerated may be much more intense. The distress may be marked and the general constitutional symptoms more evident. When this stage is reached the loss of appetite, the mental depression and the general uncomfortable feeling in the stomach are much more pronounced. This is particularly true in acute gastritis.

"It frequently occurs from continued errors in diet that this condition becomes chronic, and the symptoms persist for an indefinite period; the appetite is very apt to be varied, altho at times very good. Heartburn is frequent, if not constant, the stomach is painful on pressure, the tongue is coated, there is a bad taste in the mouth and there are changes in the amount of the salivary secretion. Constipation is also usually present, altho diarrhoea may alternate.

"Most cases of dyspepsia can be cured if the diet is properly looked after and with the proper treatment. Proper eating and the proper amount of food are the most important features in the treatment. Most people eat too fast and eat too much.

"There is not a single portion of the body that is not benefited by the helpful action of Tanlac, which begins its work by stimulating the digestive and assimilative organs, thereby enriching the blood and invigorating the whole system. Next, it enables a weak, worn-out stomach to thoroughly digest the food, promoting the assimilation of the nourishing products to be converted into blood, bone and muscle."

Tanlac is now sold in Tacoma by French Drug Co. under the personal direction of a special Tanlac representative. — (Advertisement.)

# TACOMANS IN U.S. SERVICE



Mary Pickford, Douglas Fairbanks, Charlie Chaplin! Here they are all three in one picture, wishing good luck to a group of recruiting sergeants of the U. S. Marine Corps. All three of these screen stars have given generously both of their time and money in boosting not only for the marine corps, but also for both the Liberty Loan drives and for the Red Cross campaign.

They're off! The U. S. marine Friday began their campaign for enlistments, after being closed for a month.

Sergt. H. Slough, in charge of the marine corps recruiting station in Tacoma, has just received a telegram saying that 2,200 recruits are wanted between now and May 1.

The marine corps is open for enlistment to men between the ages of 18 and 36, also to men in the draft who can prove they can get a release from their local board.

The Tacoma recruiting station is located at 1317 Pacific ave., ground floor, and is open from 8 a. m. to 5 p. m.

Letters Overseas

What do you write to your boy "over there,"

Pages filled up with your heart-aches and tears? That's not the word for your soldiers to hear.

Smile in your letters, and your tears flow; Write all the funniest happenings you know; Describe your spring bonnet, the town's latest fad, And be sure to remember the last joke on Dad.

And don't be afraid that your dear soldier lad Will misunderstand if your letter sounds glad. Sure he'll know that 'tis only the jolliest "bluff," And he'll swear that you're made of the real "soldier stuff."

"Twill give him new hope and the courage to fight. For his country and loved ones and honor and right, And he'll say, "For such people I've just got to win And set dear Old Glory afloat o'er Berlin."

Then let every woman who's writing today Forge all the sad things she started to say.

"God bless you—we love you—we're proud of you, too; We wish we were men, we'd be out there with you."

Such a message as this, that breathes hope and cheer, Is worth a round million of those that are dear.

With a purpose to cheer, then, do not think it folly In this war-darkened hour to let your letters be jolly. —Anastasia E. Thomas.

An Unexpected Remedy

"Hi, Bill! Here comes a gas wave!" "Thank Heavens! This tooth-ache's almost killin' me." —Cartoons Magazine.

Graduates From U. of W. to Aviation School

Felix Zaugg, son of Mr. and Mrs. Fred Zaugg of Tacoma, will be graduated from the University of Washington next week and leave immediately afterwards for the cadet aviation school at Berkeley, Cal.

Gets Promotion to Sergeant

Dillard Salley, well known Tacoma, who was drafted into the national army at Camp Lewis, is now wearing the stripes of a sergeant and deporting himself with the dignity that befits such a position. Congratulations!

Great Response

In response to the appeal for field glasses made thru The Times by the marine corps in Tacoma, 16 glasses have been received at the marine corps recruiting office here in the last two weeks, reports Sergt. H. Slough in charge. During the last week glasses have been given by the following persons: L. W. Brehm, 115 No. Yakima; J. M. Leonard, 1802 So. East 32nd st.; Charles A. Harris, 5824 So. Warner; Mrs. C. L. Norton, Box 5368, Shelton, Wn.; F. H. Cushman, city engineer's office; B. W. Barner, 709 No. 8th; Nic Eschrich, Greystone hotel; C. A. Cavender, 3001 No. 26th; E. B. Judson, 622 No. K; L. E. McLelland, 3202 No. 30th.

Service Flag of 29 Stars

The Westminster Presbyterian church will dedicate its service flag Sunday evening at 7:30 in honor of 29 of the members who are now hearing the service from Uncle Sam's army and navy chaplains. Captain L. S. Hopfield of company D, 362nd infantry, will give the address for the evening. Of the men in the service 16 are in the army and 13 in the navy. They are:

Harry McCabe, Erwin Johnson, Ralph Pinkerton, Edgar Elde, Eddie Schwarz, Robert P. Arkyler, Vivian Pugh, Herbert Decker, Phil Sprenger, Charles Dodge, Hugh Whitney, Frank Gates, George William Mitchell, Gordon Tebb, John Dille, Waldo E. Clark. In the naval branch of the service are Clark Eppler, Archie Brouse, C. Albert Lott, Paul Loughlen, David Young, Charles Pothrow, C. Skines, Maurice M. Shine, Frank Shine, Lafayette Shine, Paul Shine, Joseph A. Olson, Louis J. Brown.

Calling Him Names

In seeking names for Kaiser Bill To show our animosity, Atrox might the imagination fill, The base of black atrocity.

LIST LANDS

County Commissioner P. W. Slayden, chairman of the Pierce county committee on war gardens, has asked everybody who has vacant lots available for war gardens, to list them with C. A. Campbell, secretary of the committee, in the county auditor's office.

A meeting in the interest of war gardens this season will be held next Tuesday noon in the Commercial club.

"77"

To get the very best results take Dr. Humphrey's "Seventy-seven" at the first sneeze or shiver. "Seventy-seven" breaks up Colds that hang on—Grip. All Drug Stores.

COLDS

"Jerky string good an' hard, Herb, our shells are all fallin'!"

# IMPORTANT INFORMATION!

For Shoppers  
The Committee on Commercial Economy, of the State Council of Defense, has asked all the Retail Merchants of Washington to adopt four war economies. Tacoma's shoppers are asked to:

- Request only one delivery a day.
- Pay accounts within 30 days.
- Buy more necessities and less luxuries.
- Shop before 6 p. m.

The merchants who adopted these economies do so as a war measure. They are authorized to display an official card in their window, reproduced here:

## COMMERCIAL ECONOMY

### This Store Is On a War Basis

**THIS STORE**

- Will make one delivery a day on each route.
- Will extend credit for 30 days only.
- Will sell more necessities and less luxuries.
- Will keep open 9 hours, closing at 6 p. m.

This store is enrolled in the commercial economy program of the State Council of Defense.

ALL STORES in Washington are asked to adopt this program to meet these war needs of the Government:

- More skilled men.
- Increase in war goods.
- Increase in savings.
- Keeping business sound.

**This Is Our Answer to Patriotic Duty!**  
All Customers Should Help in This War Economy Program

**The State Council of Defense**  
COMMITTEE ON COMMERCIAL ECONOMY  
E. F. DAHM, Chairman.

The majority of Washington cities and towns have already adopted this Commercial Economy plan.

It is a war duty for merchants to introduce the Program and for Tacoma shoppers to support their merchants in this matter.

## Here and Elsewhere

Snow in hills near Yakima has blocked many railroads from passing into the valley.

Birth rate of Hungary cut in half by war.

We ask you today to try our special club breakfast or business men's lunch at 25c. Tomorrow you will ask your friends. Lotus Cafe Annex. adv.

Maggie Mitchell, age 81, famous actress who played before Abraham Lincoln, dies at her home in New York.

Get your money's worth. Eat at the Lotus Grill or Annex. adv.

Federal authorities release Russian ship Tula, which had been held at Seattle for investigation of mutiny on board.

We give S. & H. Green stamps. Palace Hardware Co., 1511 Pacific ave. adv.

Second big aviation school to be built near San Diego.

Dr. Murry, Dentist, Warburton Bldg.

The following birth certificates were registered Friday at the city health office: Born to Mr. and Mrs. Francis A. Neville, 1614 No. L st., son, March 15; Mr. and Mrs. Arthur R. Smith, 3609 So. 11th st., son, March 17; Mr. and Mrs. Henry D. Miller, 102 So. 12th st., son, March 14; Mr. and Mrs. Stangeland, 1518 So. M st., daughter, March 15; Mr. and Mrs. Freeman D. Jennings, 930 E. 54th st., daughter, March 14, and Mr. and Mrs. J. B. Peace, Tacoma, Wash., daughter, March 12. The following births were recorded Thursday: Mr. and Mrs. S. E. Annis, 3418 So. G st., March 19, girl; Mr. and Mrs. Robert McFarland, 36 No. 7th st., March 17, boy; Mr. and Mrs. W. H. Itt-

ner, 829 So. Steele st., March 18, twin girls; Mr. and Mrs. John Young, tideflats, March 19, boy; Mr. and Mrs. William Marr, 737 So. Tacoma, March 18, twins, girl and boy; Mr. and Mrs. W. A. Hutton, 2540 So. E st., March 3, girl; Mr. and Mrs. D. F. Chapman, 3611 No. Ferdinand, Feb. 15, boy.

Election officials wanted by City Clerk Nickeus for election day.

Dr. Cozza, dentist, has moved to 208-12 Pantages Bldg. adv.

Assistant U. S. Attorney Fishburne investigates Pastor Russian's "The Finished Mystery."

Milwaukee liver sausage. Duennwald's, 1112 Broadway. adv.

Conference held by commissioners with John T. Reid concerning widening of the Camp road. Reid has control of strip owned by N. P. R. R. which would be included in the plans for widening.

Hofstetter's have the only complete line of military goods and equipment in the city. 1303 Pacific. adv.

W. E. Newton to build apartment house on No. 6th st.

Sixty-two members of bolshevik crew of Russian ship held for trial at Norfolk, Va.

COMMERCIAL BINDERY & PRINTING CO. Main 417. adv.

Forty quarts of whiskey seized by the dry squad at the U. S. A. hotel at 723 Commerce st.

Fifty-two men classed as conscientious objectors at Camp Lewis held pending orders from government.

ABERDEEN-OLYMPIA TACOMA BRANCH  
Leave Central Bus Station, Tacoma ..... 1:50 p. m.  
Leave Washington Hotel, Aberdeen ..... 3:00 a. m.

## The Bank of California

NATIONAL ASSOCIATION  
Established 1864. Nationalized 1916.  
United States Depository.

### STATEMENT OF CONDITION OF The Bank of California, N. A.

Including its Branches in Tacoma, Portland, Seattle, at close of business March 4, 1918.

ASSETS	
Loans and Discounts	\$45,372,238.79
Bank Premises (San Francisco and Branches)	1,164,604.96
Other Real Estate	612,238.24
Customers' Liability under Letters of Credit	12,848,432.38
Sundry Bonds and Stocks	4,491,358.86
United States Bonds to secure Circulation	3,000,000.00
Others United States Bonds—Certificates	
Indebtedness and Contract Accounts	1,192,848.69
Redemption Fund With United States Treasurer	150,000.00
Cash and Sight Exchange	23,734,136.77
	<b>\$92,566,856.69</b>
LIABILITIES	
Capital	\$ 5,500,000.00
Surplus and Undivided Profits	5,237,218.47
Circulation	3,000,000.00
Letters of Credit	13,339,752.79
Other Liabilities	342,720.08
Deposits	59,147,134.35
	<b>\$92,566,856.69</b>

**TACOMA BRANCH**  
THE BANK OF CALIFORNIA BUILDING  
S. M. JACKSON, Manager. G. H. RALEIGH, Asst. Manager.