

WILL WE EVER WALK ON AIR?

Trail of Thought Inspired by a Letter About "Fruit-A-Lives"

For over two years, I was troubled with Constipation, Drowsiness, Lack of Appetite and Headaches. I tried several medicines but got no results and my Headaches became more severe. One day I saw your sign which read "Fruit-A-Lives" make you feel like walking on air. This appealed to me, so I decided to try a box. In a very short time, I began to feel better, and now feel fine. Now I have a good appetite, relish everything I eat, and the Headaches are gone entirely. I cannot say too much for "Fruit-A-Lives", and recommend this pleasant fruit medicine to all my friends". DAN McLEAN.

"FRUIT-A-LIVES" is really proving its priceless value in relieving cases of Stomach, Liver and Kidney Trouble—General Weakness, and Skin Diseases. 50c a box, 6 for \$2.50, trial size, 25c. At all Dealers or sent postpaid by Fruit-A-Lives Limited, Ottawa.

White Ribbon News.

Woman's Christian Temperance Union first organized in 1874. Aim—The protection of the home, the abolition of the liquor traffic and the triumph of Christ's Golden Rule in custom and in law.

Motto—For God and Home and Native Land. A knot of White Ribbon. Watchword—Agiolate, educate, or gouge.

OFFICERS OF WOLFVILLE UNION.

President—Mrs. L. W. Hump. 1st Vice President—Mrs. J. Gatten. 2nd Vice President—Mrs. H. R. Reid. Recording Secy.—Mrs. W. O. Taylor. Cor. Secretary—Mrs. L. E. Duncan.

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REPORTERS.

Labourer Work—Mrs. Fiebling. Laundress—Mrs. J. Kempton. Willard Home—Mrs. M. Freeman. Temperance in Sabbath-schools—Mrs. (Dr.) E. Brown. Evangelistic—Mrs. Purves Smith.

A Woman's Worst Emotion

The amount of worrying one does bears no relation whatever to the number of things one has to worry. The worrier is worrying, an imaginary draft will serve the purpose just as well.

The conscientious person who has been told that she is hurting herself through worry resolves to stop the practice at all costs. But she asks herself, will she be able to keep her resolution? May not the tax upon her will power be more than she is equal to? And if she should fail despite the utmost she can do how humiliating it would be. She shuts tight, sighs, and begins to worry over it.

Worry has its cause in internal, not in external things. A mind that is thoroughly fresh and vigorous rarely succumbs to it, but a mind that is tired out or depressed makes a fertile seeding ground. It reminds one of the way in which a fatigued body yields to an infectious disease. The fatigued man does not have a large number of typhoid bacilli in his drinking water than the un-fatigued neighbor, nor breath a more polluted atmosphere as he walks through the dusty streets, it is merely that his resistance power is lowered.

Effects of Indigestion.

Imperfect indigestion lies at the foundation of a greater variety of diseases than any other one cause. The various vital processes, the sum of which makes up the life of every individual, depend most largely upon the digestion organs for their character and continuance. All the energy manifested in the vital processes is latent in the food we take. In order that the different organs of the body may appropriate this energy for the performance of their functions, the food taken must be properly digested. When the digestive organs do not perform their work naturally the whole system suffers from lack of nourishment. Nor is this all. When indigestion supervenes fermentation or decomposition of food always takes place. Food materials thus affected become poisonous to the system and poison absorbed into every part of the body, poisons and consequently weakens every organ and every cell.

An acute attack of indigestion temporarily weakens the system and may give opportunity for the contraction of many forms of disease, but when such a condition becomes chronic it greatly favors the inception of many serious forms of disease. There are doubtless many cases of tuberculosis which would never have been contracted had not the system been weakened by chronic indigestion. Many disorders of the liver, kidneys, and intestines, and a great variety of nervous affections, can easily be traced to the poisoning of the system resulting from the imperfect digestion.

AFTER GRIPPE

Vinol Restored Mr. Martin's Strength. Wapakoneta, Ohio.—"I am a farmer by occupation, and the grippe left me with a bad cough and in a nervous, weak, run-down condition, and I could not seem to get anything to do me any good until I took Vinol which built me up, and my cough and nervousness are all gone, and I can truly say Vinol is all that is claimed for it."—JAMES MARTIN. Vinol is a constitutional remedy for all weak, nervous and run-down conditions of men, women and children, and for chronic coughs, colds and influenza.

A. Y. Road, Druggist, Wolfville, N. S.

HOW WORRYING HURTS

Many Stomach and Heart Troubles Are Caused by Habit

Worry has come to be a question of hygiene rather than of religion. Whether immoral or not, it is certainly unwholesome, so the doctors tell us. Whatever its effect upon the soul, it is known to injure the body. If the medical man is correct in his latest deductions, many of the most distressing of our physical ailments are due to worry alone.

The pulse of a worried man is irregular. It beats intermittently and its force varies greatly. His sight frequently. His respiration is irregular. He is likely to be pale. His extremities are cold. There is but one meaning to this. Through the marvellous influence which mind exercises upon matter the worry has gripped the heart, the circulation is impaired, and chronic heart disease is to be feared unless the worry ceases. The stomach is likely to suffer also. The same worry disturbs the heart's functions, plays havoc with digestion often. Recent observations demonstrate that when one is in extreme anxiety there are relation and decreased motility throughout the entire alimentary tract. The appetite falls. The secretions are disturbed. Should the anxiety continue, the subject is almost certain to become a confirmed dyspeptic.

The effect of worry upon the internal glands has not been fully studied. Enough is known, however, to assure the physician that it affects the secretions of these glands very seriously through the sympathetic nerves. It thus becomes an important agent in producing exophthalmic goiter and a train of other ills that can only be defined when the real functions of the glands in question are more adequately studied. Insomnia, a most fruitful source of physical ills, is a certain consequence of worry. Diabetes is often due to the same cause.

WESTERN FISHERIES

Even Lesser Slave Lake Now Supplies the Great Markets

Notable developments are taking place in the fisheries of Western Canada. While fish has long been shipped in car lots from Lesser Slave Lake in Northern Alberta to Chicago. The construction of the Edmonton, Dunvegan & British Columbia Railway has made this lake accessible, and in its waters are great numbers of fish. Two companies have been formed to carry on the fishing in the lake and the express companies are being called upon to supply special refrigerator cars to take the fish to Edmonton, Winnipeg and Chicago. The transportation companies, it is expected, will soon have to enlarge their arrangements to meet the growing traffic.

Chicago is also taking from Canada large quantities of fresh Prince Rupert halibut, and the fishing industry is very brisk at the same time. While the salmon end of the industry is the largest part of the 2,106,400 pounds landed at Prince Rupert during a recent month. The salmon pack for the same month represented 12,999,700 pounds of fish, representing a total value of \$1,000,000. There were 14,000 pounds of cod taken and used fresh, and found ers represented 1,000 pounds.

TIMISKAMING FARMS

Wheat Replaces Gold Mining as Settlers Rush In

In the process of opening up a new country the changes that occur as development goes on are sometimes slow, and often not clearly marked. It therefore happens that an entirely new condition has been established before even those who are the closest observers of the development are actually aware of what has taken place. This can be said of Northern Ontario, or particularly of the Timiskaming District. For years the Timiskaming District has been associated with Cobalt and silver mining, and latterly with Porcupine and gold. But the time has arrived when the settler has displaced the prospector and agriculture has become the established industry of the district. The farmers of Timiskaming can take their place in quality and quantity of produce with those from any other section of Canada and challenge with every confidence of success the boasted supremacy of the Northwest. The pulpwood industry provides a near-by market for the pulpwood of the settlers over a wide region as well as a good local market for the produce of the farmers. Contracts are now being entered into with the settlers for their winter's cut of pulpwood. Year after year reports from the Crown Lands agents show that settlement is steadily increasing.

According to the latest figures, one man in every forty-eight in England and Wales is a pauper.

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"Of course," said the bachelor, thoughtfully, "there can be no such thing as joint rule in a family. Someone must be the head."

"How?"

"Well, at the beginning of married life the husband holds it; then it generally and unobtrusively passes to the wife, and he never gets it back again."

"She keeps it forever?"

"Oh, no; the baby gets it next."

Mrs. M.'s Lament Curses Gargot in Cows.

WHY BLACK IS WARMER

It is extraordinary how obediently we conform to certain customs without in the least knowing, or caring, why we do so. Ninety-nine men out of every hundred buy a dark overcoat for the winter, remarks an English observer. The same 99 wear a light-colored suit in the summer. Why? Dark colors attract the sun's rays, hence the dark winter overcoat. It is warmer.

Light colors, especially white, deflect the sun's rays, and are therefore cooler. Hence the regulation color for cricketers, tennis, boating, etc. Also, in a way that is hardly understood, colors themselves affect us some more than others. You could wear a white suit in winter, of equal or greater weight, and the same temperature as a dark suit, and in the former you would "feel" cold.

But for indoor workers light-colored clothing gives greater warmth. The fixed idea that to keep warm we must "wrap up well"—which means "lightly"—is, according to certain specialists, entirely wrong. Loose garments are declared to be much warmer. A test would be to try the effect of a loosely fitting neck-muffler and a light one.

Hold Responsible Post



MR. CLIVE BAGLEY recently appointed British Consul General to New York.

DANGERS OF CITY LIFE

Heart Failure and Tuberculosis Due to Hustling, Says Medical Man

Forty years will soon be the old age mark for business men if there does not come a change in the manner of living in cities, according to deductions of Dr. Louis B. Weismiller, physical director of the New York West Side Y. M. C. A.

Notwithstanding all that has been said about the advantage of a sound mind to a sound body the tendency to go on demonstrating excessive activity of mind. The condition is said to be peculiar to hustling business men. Result—tuberculosis, because of the constant mental strain, the decrease, while diseases of the heart, which belong normally only to old age, have been on the increase, until there are more die from the latter than from tuberculosis.

We are told that life is too tense and this tense condition is allowed to hold on too long. A more general regard for the advantage of play that will cause complete forgetfulness of business is suggested as the only solution of the problem of insuring rational health conditions.

Stage Gold Mines

A successful play, or musical comedy, is a gold-mine, just as an unsuccessful one is a deep well, into which money is cast, never to be recovered. Such Hens as "A Country Girl," "Patience" or a play like "The Silver King" is making money all the time. When the people of Europe have all most forgotten its existence, it is being played in Vancouver, Melbourne, or San Francisco. Think what "Peter Pan" must have made! It is more than probable that Sir James Harris, were he to live as old as Rip Van Winkle, would still be drawing cheques from the boy who wouldn't grow up.

Graphite Saves Tires

Coated with graphite instead of soapstone, which was formerly used, the inner tubes of automobile tires have been discovered to last twice as long as under the old process. This new process of coating is being used by a western tire concern in the manufacture of their tires. Graphite prevents blooming, deterioration, and absolutely eliminates friction between the inner tube and casing. It is impossible to destroy graphite, wear it out or make it change its form, the latter being the main drawback in the use of soapstone.

The publisher of the best farmers' paper in the Maritime Provinces is writing to us stating "I would say that I do not know of a medicine that has stood the test of time like MINARD'S LIMENTINE. It has been a marvelous remedy in our household ever since I can remember and has outlived dozens of would-be competitors and imitators."

The old gent had just won a case in Justice Court, when the loser, in a very combative frame of mind exclaimed, "I'll law you to the Circuit Court."

Old gent—"I'll be thar."

Loser—"And I'll law you to the Supreme Court."

"I'll be thar."

"I'll law you to 'em!"

"My attorney'll be thar,"—The Docket.

Chorea or St. Vitus Dance

Mrs. Geo. Chisholm, R.R. No. 1, Grafton, Ont., writes: "I have used Dr. Chase's Nerve Food for my little girl for what the doctors pronounced Chorea, a disease of the nerves. I consulted our family doctor, and he gave her a liquid medicine, but do what we would, we could not get her to swallow it. A neighbor advised the use of Dr. Chase's Nerve Food, and, being in pill form, she took it without any trouble. She was seven years old, and got pale and run down. The muscles of the face were affected, and she became a pitiful sight. This treatment, and was entirely cured by using six boxes. She is nine years old, healthier-looking child for her age. I shall always be grateful for what Dr. Chase's Nerve Food has done for us, and I can recommend it to all nervous people. You are at liberty to use this statement, so that others may benefit."

In children nervous exhaustion frequently takes the form of rickets, St. Vitus' dances or fits. In less advanced stages there are nervousness, excitability and irritability. All such conditions indicate the need of Dr. Chase's Nerve Food to enrich the blood and nourish the starved and depleted nerve cells. Being natural and gentle in action, and at the same time powerful in its restorative and reconstructive influence, this food cure is admirably suited as a treatment for weak, puny, nervous girls and boys. It makes them strong, hearty and robust, and enables them to develop into healthy and useful men and women.

Dr. Chase's Nerve Food

Dr. Chase's Recipe Book, 1,000 selected recipes, sent free, if you mention this paper.

Five Roses Flour

Not Bleached Not Blended

FOR SALE BY T. L. HARVEY.

Note the Color of your flour— And the Bread it makes for you. Delicately creamy is FIVE ROSES flour. Because it is not bleached, don't you see.

Clear—Immaculate—Desirable. A pure Manitoba wheat flour—FIVE ROSES.

And the healthy sun-ripened spring wheat berries are naturally of a golden glow. And the meaty heart of the polished kernels is creamy.

Milled from this cream, FIVE ROSES is delicately "creamy."

The only natural flour from Manitoba's prime wheat. Which gets whiter and whiter as you knead it. And your bread is most appetizing, unusually attractive in appearance. Looks good. And is good. Bake this purest unbleached flour.

JOB PRINTING!

Neatly and Promptly executed at

THE ACADIAN

We print Wedding Invitations, Calling Cards, Letter Heads, Note Heads, Statements, Bill Heads, Envelopes, Shipping Tags, Business Cards, Receipt Forms in all the latest styles of type.

Building Repairs.

We manufacture and keep in stock building finish necessary for repair work or new buildings. Ask for our prices on soft and hardwood flooring, sashes, doors, verandah stock, sheathing, gutters, mouldings, frame stock, shingles and laths.

Ask for our Furniture Catalogue.

J. H. HICKS & SONS

Furniture and Builders' Materials

Factory and Warerooms, BRIDGETOWN, N. S.

R. J. Whitten & Co. HALIFAX

Receivers and Sellers of all kinds of Farm Produce. Consignments Solicited. Prompt Returns.

Advertise in "THE ACADIAN."

REWARD.

Town of Wolfville.

A reward of \$10.00 is offered by the Town of Wolfville for information that will lead to the conviction of any person or persons committing any of the following offences: Theft, breaking into houses or buildings, trespassing, destroying public or private property, the use of profane or abusive language on the street or in public buildings, the illegal selling of intoxicants, incendiarism or any criminal offences.

W. M. BLACK, Town Clerk.

Fine Property for Sale.

Consisting of a Large, Convenient House with Big Veranda; House almost new. Also Barn with Carriage House, Stable and Manure Shed and Pig Pen combined. Two and one half acres of land, in good order; all set with Fruit Trees, including Pears, Plums and Apples. 10 minutes walk to Acadia University, Schools, Station or Post Office. For further particulars and terms apply to

E. L. PORTER, Box 102, Highland Avenue, Wolfville.

Even if War Is On You Must Have Clothes

And we are well prepared to serve you in this line.

Our work in MEN'S CLOTHING OF ALL KINDS is winning us a reputation. We use the best material, employ the best workmanship and our styles are always right.

We guarantee every garment and shall be pleased to show goods and quote prices.

A. E. Regan, Wolfville

McKenna Block WOLFVILLE

Is the place to get your SHAMPOOING MANICURING CHIROPODY MASSAGE

Scalp and Face Treatment a specialty. All promptly attended to.

MRS. B. MELANSON TO RENT

Barncliffe Residence—lower flat Ready for occupancy after Nov. 8 Rent required monthly. Enquire of H. S. CRAWLEY, Esq.

Professional Cards.

DENTISTRY.

Dr. A. J. McKenna Graduate of Philadelphia Dental College Office in McKenna Block, Wolfville. Telephone No. 43. **TEETH GRASS ADJUSTERS.**

C. E. Avery deWitt

M. D., C. M. (Medulla)

One year post graduate study in Europe. Office hours: 8-10 a. m.; 1-3, 7-9 p. m. Throat work a specialty. Tel. 81 University Ave.

M. R. ELLIOTT

A. B., M. D. (Harvard)

Office at residence of late Dr. Rowles. Telephone 83. Office Hours—8-10 a. m.; 1-3, 7-9 p. m.

Expert Piano Tuning Guaranteed.

Voicing, Regulating, Repairing Organs Tuned and Repaired.

M. C. Collins. P.O. Box 321, Wolfville, N. S.

Department of Militia and Defence.

SALE OF OLD STORES.

By direction of the Honorable the Minister of Militia and Defence, the following old stores are for sale by public tender:

Aluminum 1 lb.
Copper 100 "
Iron, galvanized 105 "
" cast 1,000 "
" wrought 10,000 "
" mixed 2,510 "
" pewter 10 "
Zinc 10,000 "
Brass 10,018 "
Gun Metal 500 "
Cast Iron 10,000 "
Lead 100 "
Linseed oil, cases, bed 210 "
Rags, woolen 575 "
Canvas, old 1,100 "
Leather old buff 75 "
Leather old soft 874 "
Hair, horse 100 "
Hobbers, old 125 "
Wool, old 2,000 "
Wood, hard 40 "
Metals, steel 470 "

and other commodities consisting of measures, corn, haversacks, bolts, washers, cloth, bins, cans, kettles, stock boots, etc.

These articles may be seen on application to the Senior Ordnance Officer, H. M. Gun Wharf, Halifax, between the hours of 10 a. m. and 11.45 a. m.

Sealed tenders for the purchase of one or all of these lots, each addressed to the above mentioned Officer, the envelope to be marked "Tender" will be received until 12 o'clock, noon Wednesday, February 2, 1916.

The Department does not bind itself to accept any tender.

TENDERS—closed articles removed within seven days from date purchase.

EUGENE FISKE, Surgeon General, Deputy Minister of Militia and Defence, Ottawa, January 12, 1916.

Newspapers will not be paid for this advertisement if they insert it without authority from the Department.

There is a cheerful Irishwoman whose husband is a confirmed hypochondriac.

"Good morning, Mrs. Clancy," said a friend, as they met at market. "An how's the family?"

"They're all doing well," said Mrs. Clancy, with the exception of me old man. He's been enjoyin' poor health for some time, but this mornin' he complained of feelin' better."

DR. A. W. CHASE'S 25c CATARRH POWDER

It is the best remedy for Catarrh of the Bladder, Uterus, and Vagina. It is a powerful antiseptic and astringent. It is a sure cure for all cases of Catarrh. It is a powerful diuretic and a cathartic. It is a powerful expectorant and a bronchial. It is a powerful antiseptic and astringent. It is a sure cure for all cases of Catarrh. It is a powerful diuretic and a cathartic. It is a powerful expectorant and a bronchial.

A pupil in the aeroplane school was out for a spin in his biplane and in attempting a dip got caught in a tall tree.

"Where are you going up there," called a passing farmer. "Gittin' education."

"I'm working out a problem in the higher branches," the student found time to say before the limb broke.

A Sunday school teacher had been telling her class of little boys about crowns of glory and heavenly rewards for good people.

"Now, tell me," she said, "at the close of the lesson, 'who will get the biggest crown?'"

There was silence for a minute or two, then a bright little chap piped out: "Him who's got 't biggest 'ead."

Children Cry FOR FLETCHER'S CASTORIA

"The word 'stan' at the end of a word," announced the teacher, "meant 'place of.' Thus we have Afghanistan, the place of the Afghans; also Hindustan, the place of the Hindus. Can anyone give me another instance?" "I can," said one of the children. "U'varellie stan—the place for umbrellas."

Mrs. M.'s Limentine for sale every where.