

EUGENE LEPAGE GIVES TANLAC FULL CREDIT

Stomach Trouble Vanishes and Montreal Man Gains 14 Lbs. On 4 Bottles.

"Since I began taking this wonderful Tanlac I seem to be getting younger every day. I have gained 14 lbs. on four bottles and everybody speaks about how well I look."

The above statement was made, recently by Eugene LePage, proprietor of the Prince of Wales Hotel barber shop, Montreal, Canada, one of the most exclusive consular parlors in this city. Mr. LePage further said:

"Stomach trouble had almost completely wrecked my health. I was a mere shadow of my former self and so run-down and nervous I thought I would have to give up my work."

"Tanlac soon had me eating everything, sleeping like a log at night and feeling as fine as one could ask to feel. My only regret is that I did not learn about Tanlac long before I did."

Tanlac is for sale by all good druggists. Accept no substitute. Over 40 Million bottles sold.

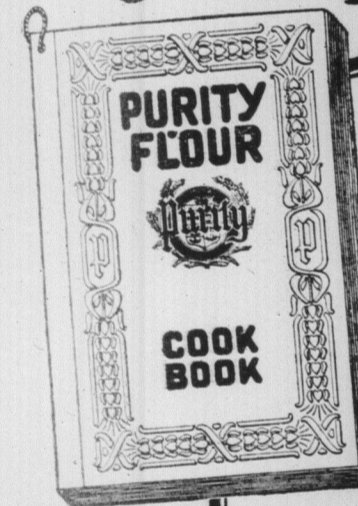
Tanlac Vegetable Pills, for constipation made and recommended by the manufacturers of TANLAC.

THE WAY OF PROGRESS.

The Englishman, Calcutta: India generally educated India is not standing at the cross-roads, but is traveling backwards towards the age of exclusiveness. But before she can become a nation she must learn to be

international. Japan acquired her strength by leaving all that Europe had to teach her, while still holding fast the best of her own traditions. So modern India should learn to weave into the tapestry of Indian life such threads from the West as will enrich without altering the outline."

700 recipes
200 pages



The use of this big new 200 page book will give you a lot of pleasure and satisfaction. It contains 700 recipes—all carefully selected by experts—also valuable household information. We will send you this useful book postpaid for 50c. Write for it to-day.

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WE HAVE

Fresh Beef, Pork, Ham, Bacon, &c

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COME IN AND LOOK THEM OVER

LOWE'S Meat Market

Queen Street, Bridgetown

PUBLIC HEALTH SERIES, NO. 7.

In our sixth letter we showed that the two most effective public services for the Prevention of Sickness are the Examination Clinics and the Public Health or District Nurse. This letter is to deal with the value and the possibilities of the District (County or Municipal) Nursing Service.

Because average human nature is appealed to only by what we actually see or feel, we are not as keen as Reason would prompt us to be about Prevention. When we see a person sick in bed, we know they need nursing, and we are willing to help do it or pay for it. But the work of the Public Health Nurse being largely for Prevention, many of us fail to realize its importance. We have no means of knowing—apart from the decrease in the sickness and death rate—how many people would have been sick, how many would have died, how much suffering and poverty and even crime are prevented.—In short, the results of the work of the Public Health Nurse are not spectacular; and people who are not gifted with "vision" are not willing to pay for what they cannot see. But wherever this work has been well established and understood, it has the hearty and grateful support of the people.

There are many phases of Public Health Nursing; but in Nova Scotia it is planned that each nurse, in the rural districts at any rate, shall deal with all the different branches in her district, that is, she is a "Generalized Field Worker." This work includes Pre-natal work with mothers, Child Welfare, Communicable Disease, School, and Clinic Work.

The shockingly high death-rate of infants is largely due to conditions at birth and before birth, conditions in most cases preventable by proper instruction and oversight of the mothers. The Infant Welfare work includes helpful oversight of the trying periods of the first year of life, with conferences and clinics to which mothers may come for advice and bring the babies to be weighed and examined. For children before the school age there is much valuable work to be done, as at this age the bones are soft and easily bent, delicate stomachs are too often mis-treated and the foundation laid for serious digestive troubles later in life; wrong diet, and failure to care for the first teeth cause decay and increased liability to infectious diseases; children are most susceptible and exposed to communicable diseases, and these, with the complications and results of these, take a pitifully heavy toll of child life and vigour in the earliest years. The great majority of these conditions can be prevented, and it is our duty to the helpless little ones to see that they are prevented.

The value of the Public Health Nursing service in the schools can hardly be over-estimated. Not only does the school afford the greatest opportunity for reaching the children, who, from the point of view of racial and community health, are the most valuable element in the problem, but the school offers one of the best means of influencing the homes. It is well known that parents are frequently educated through their children. We hear of one little girl who

WHAT THE PROVINCES OW.

The national debt of Canada is frequently referred to in parliament and in the press, but that of the several provinces is not often referred to, except at election times. The funded debt of the respective provinces is a very heavy liability and is given as follows: British Columbia, \$78,868,311; Alberta, 67,537,986; Saskatchewan, \$52,772,777; Manitoba, \$66,331,121; Ontario, \$224,693,420; Quebec, \$55,604,926; New Brunswick, \$26,651,432; Nova Scotia, \$24,605,913; Prince Edward Island, \$900,268.

HIGHWAYS RECEIVE ATTENTION

Three million dollars were spent on the Nova Scotia highways last year and over \$12,000,000 during the past four years, according to the Provincial Minister of Highways. During the past four years, according to the same authority, over 700 miles of main trunk roads have been reconstructed, and almost 1,500 miles of secondary road, while the capital investment in bridges totals over \$4,000,000.

APPLE BLOSSOMS.

"Apple Blossom Time" in the Annapolis Valley along the D. A. R., affords an almost continuous array of fragrant flowers for miles at a stretch, particularly between Windsor and Annapolis.

It is anticipated June 8th will be "Apple Blossom Sunday" this year, depending on weather conditions. Thousands of visitors will enjoy the lovely panorama of pink and white profusion of blossoms in this far-famed "Beautiful Annapolis Valley."



added to her bed-time prayer, "Please God, ask Mamma and Papa to help me get to bed early and eat the right kind of food," and of the horror of the father and mother to realize that they had made it necessary for their small daughter to offer such a prayer.

In the schools, the far-too-numerous defects, such as those of teeth, or vision, poor nutrition, and abnormal nasal and throat conditions, are discovered and remedied, so overcoming many of the drawbacks that make children appear dull or lazy or refractory, and that frequently mar their lives, either with definite illness or by making them fall short of their best possibilities. Every parent desires for their children the best that life may hold for them. But few parents have the exact knowledge and skill, or, it may be, the time, energy, and persistence, to recognize the physical needs of the children and to train them effectively in health habits. Much is left to the school, where teacher and nurse should co-operate that the open minds and soft bodies of the young people be moulded in such a way that they may be indeed a "rising" generation. Some of the details of this work will be told in our next letter.

We Guarantee Satisfaction.

We offer to refund the tuition of any student who is not satisfied with our instruction. Our total enrollment for the last 4 years was 3174 and we have not had one complaint.

Surely, you want to attend that kind of school.

ENTER AT ANY TIME.



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After every meal
A pleasant and agreeable sweet and a last-ling benefit as well.

Good for teeth, breath and digestion. Makes the next cigar taste better.



MIDDLETON TENNIS CLUB IMPROVING COURTS.

Middleton.—Work was completed Saturday on the tennis courts and they are now ready for the season's playing. The club this year has made extensive improvements in the appearances of the grounds, as well as on the courts, and the property now reflects great credit on the club management. An informal opening was held this week, to launch the club on what is expected to be the most successful season yet known. The Valley tennis league which met with such favor last year, will be continued this year, Middleton entering the western section as previously.

For the Kidneys

Kidney troubles are frequently caused by badly digested food which overtaxes these organs to eliminate their irritants. Help your stomach to properly digest the food by taking 15 to 30 drops of Extract of Roots, sold as Mother Seigel's Curative Syrup, and your kidney disorder will promptly disappear. Get the genuine. S. F. C. Co.

What Will You Put in the Pot?

When you drink tea every cup should be a delicious refreshment—a distinct pleasure. But this demands good tea in the pot. You cannot possibly get satisfactory results from inferior tea.

Now consider the small cost of a cup of King Cole Tea—a mere fraction of a cent. Surprising isn't it? But its secret is in the rich liquoring King Cole blend which yields so generously in the number of cups to the pound. It makes King Cole the truly cheap tea. From whichever point you view it—economy—quality—or the wise combination of both, King Cole Tea claims your preference.

"You'll Like the Flavor."

THE FIRST APPLICATIONS OF DUST AND SPRAY.

By A. Kelsall, In Charge Insecticide Investigations, Entomological Laboratory, Annapolis Royal, N. S.

The severity of orchard pests varies greatly in the different districts of the Annapolis Valley. Some orchards can undoubtedly be kept clean with a fewer number of dust or spray applications than other orchards. There are some orchards which appear to need but little attention in this direction until apple blossoming time but these lucky orchards are in the minority. During the last few years there has been a disposition to neglect the early applications of sprays and dusts and to rely on the later applications. Most orchards require two treatments before blossoming time to satisfactorily control orchard pests. If apple scab once gets a start on the young leaves or on the young blossom stems, no amount of dusting or spraying afterwards will control the disease. The first application should be made shortly after the leaves have commenced to open and develop, and a second application should be made shortly after the leaves have commenced to open and develop, and a second application should be made immediately before the blossoms open. This second application should be very thoroughly done.

Materials to Use For Spraying.
If the spray method is being followed about the best spray under Nova Scotia conditions is composed of 3 lbs. copper sulphate, 10 lbs. hydrated lime, together with 1 lb. of arsenate of lime per 40 gallons of water. This may be used for each of the first two applications. Other sprays may of course be used, using 30 lbs. of wettable sulphur together with 3 lbs. of lead arsenate per 100 gallons. This spray would even be preferable to the above if the orchard is badly troubled with insects such as the bud moth. Or lime sulphur, one gallon, together with 1 lb. of lead arsenate per 40 gallons of water may be used.

Materials to Use For Dusting.
For the first two applications the regular Bordeaux dust, containing 4 per cent metallic copper and 2 per cent metallic arsenic is very satisfactory. The dust may be made by the mixing of 12 lbs. of dehydrated copper sulphate, 8 lbs. of arsenate of lead and 80 lbs. of hydrated lime. The above is the dust most satisfactory in Nova Scotia orchards for the first two applications as far as our knowledge goes to date. The 90-10 sulphur lead arsenate dust may be used for these two applications, but it is more expensive to use at this time and has no marked advantages over the Bordeaux for the first two applications. It might possibly be preferable to use the 90-10 sulphur lead arsenate dust in orchards where insects such as the bud moth are unusually prevalent.

However, whether the spray method or the dust method is followed, it is important to make these applications before blossoming period. Do not rely too much on the after blossom applications only.

OBITUARY.

Parker A. Armstrong.

Sydney.—The death of Parker Archibald Armstrong, of Sydney, formerly of Middleton, occurred very suddenly at his home on George Street, early Wednesday morning. Mr. Armstrong, who conducted a wholesale fruit and grocery business here, was a son of the late George Armstrong, of Sydney and Middleton, was well-known in the wholesale fruit and grocery business through the province, and was prominent both in social and business circles of Sydney. Mr. Armstrong is survived by his wife, Winnifred Clarendine, daughter of the late Judge Tremaine and Mrs. Tremaine, four daughters, Mrs. Gordon Northrup, of Boston; Eulah, Jessie and Winnifred, and one son, George Tremaine, to whom he was a devoted husband and father. He leaves besides, one sister, Mrs. Avar Davidson, of Middleton, and one brother, Dr. Tremaine Armstrong of Virginia, U. S. A.

The funeral took place from St. George's church. The rector, Rev. C. R. Whaley, officiated.

OBITUARY.

Dr. A. D. Durling.

Middleton.—The funeral service of Dr. A. D. Durling was held Monday under direction of "Sunbeam" Oddfellows lodge of which he was a valued member. Ever since he came to Middleton to practise his profession of dentistry nearly fifteen years ago, Dr. Durling has taken an active part in all the affairs of benefit to the town. He filled the office of Mayor for two terms, served several terms on the council, school board, and council of the Board of Trade, and in every way proved himself a fine type of citizen. As a mark of respect, the schools were closed yesterday afternoon. This, with the exceptionally large attendance of townspeople, and many from Lawrencetown and other nearby sections at the funeral, showed the high esteem in which the late Doctor Durling was held.

The funeral procession, led by the Oddfellows, moved to Pine Grove cemetery. There the impressive Oddfellows burial service was held, conducted by N. W. Baker, N. G., and Rev. W. R. Turner as chaplain of the order. Six brother Oddfellows acted as pallbearers. The floral tributes were numerous and beautiful.

Seeds of discontent will take root in any soil.

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