

DOMINION ATLANTIC RAILWAY & STEAMERS

Kentville Time Table effective July 1st, 1916. (Service daily except Sunday)

LEAVE

Express for Halifax	6:00 a.m.
Express for Yarmouth	9:57 a.m.
Express for Yarmouth	11:33 a.m.
Express for Halifax	4:02 p.m.
Express for Halifax	2:25 p.m.
Express for Annapolis	2:45 p.m.
Express for Kingsport	11:30 a.m.
Accom. for Kingsport	4:05 p.m.
Express for Kingsport (Sat. only)	6:10 p.m.
Express for Kingsport daily	7:12 p.m.

ARRIVE

Express from Halifax	9:49 a.m.
Express from Yarmouth	5:53 p.m.
Express from Halifax	7:01 p.m.
Accom. from Halifax	2:00 p.m.
Express from Yarmouth	2:05 p.m.
Express from Kingsport	8:55 a.m.
Express from Kingsport	2:15 p.m.
Accom. from Kingsport (Sat. only)	5:40 p.m.
Express from Kingsport daily	6:30 p.m.

Midland Division

Trains of the Midland Division leave Kentville daily (except Sunday) for Truro at 6:00 a.m. and 5:30 p.m. and connect with the Intercolonial at Truro and with the Halifax and Yarmouth at Yarmouth. Buffet parlor cars run daily (except Sunday) on business trains between Halifax and Yarmouth.

Canadian Pacific Railway

ST. JOHN and MONTREAL (via Digby) (Daily Sunday excepted)

S. S. EMPRESS leaves St. John 7:00 a.m., arr. Digby 10:15 a.m. Leave Digby 1:50 p.m., arr. St. John 5:00 p.m. Making connections with the Canadian Pacific trains at St. John for Montreal and the West.

Trains run on Atlantic Standard time.

BOSTON SERVICE

Steamers of the Boston and Yarmouth S. S. Co., sail from Yarmouth for Boston after arrival Express train from Halifax and Truro, daily, except Sunday.

R. U. PARKER, Genl. Passenger Agent

GEORGE E. CRAMHAM, General Manager

Cape Breton Is Again Generous To 185th Battn.

Magnificent Gift of Money For Regimental Fund Recently Received

From the Nova Scotia Highlander.

In the former issue of the Highlander the magnificent gift of Mr. D. H. MacDougall, Honorary Colonel of the Battalion, to the Battalion's regimental fund was noted and acknowledged. The amount, which was given by Col. MacDougall in the name of the Dominion Steel & Coal Company, was \$750.00.

On his recent visit to camp Col. Thomas Cantley, of the Nova Scotia Steel Co., generously contributed to the same fund the sum of \$500.00.

Another gift was sent in by Mr. F. A. Crowell of Sydney. Mr. Crowell has been a staunch worker for the good of the 185th Battalion. In addition to the \$2,000 raised largely by his efforts, he has forwarded another sum of \$1,295, raised in Sydney, Glace Bay and Port Morien. Following are the contributors:

- From Sydney: J. G. Burchell, \$100.00; J. F. Miles, 100.00; F. G. Kimber, 100.00; Crowell's Limited, 100.00; F. A. Crowell, 100.00; Shaw & Mason 50.00; Young & Lorway, 50.00; James McConnell, 50.00; S. H. Stevenson and wife, 50.00; Larder and Young, 50.00; Wright's Limited, 50.00; Cape Breton Wholesale Grocery Co., 50.00; Hugh Ross, 50.00; James T. Burchell, 50.00; McCurdy & Co 25.00; H. C. Ballom, 25.00; B. F. Repton, 25.00; P. C. Campbell 20.00; Harvey Dobson 20.00; D. McCarthy 20.00; McKay Bros 10.00.

From Glace Bay:—Henry McArel, \$100.00.

From Port Morien:—J. T. Irwin, \$50.00.

THE BLESSING OF A HEALTHY BODY

How He Had An Hour's Sickness Since Taking "FRUIT-A-TIVES".



MR. MARRIOTT
73 Leas Ave., Ottawa, Ont., August 29th, 1915.

"I think it my duty to tell you what 'Fruit-a-tives' has done for me. Three years ago, I began to feel run-down and tired, and suffered very much from Liver and Kidney Trouble. Having read of 'Fruit-a-tives', I thought I would try them. The result was surprising. During the 21 years past, I have taken them regularly and would not change for anything. I have not had an hour's sickness since I commenced using 'Fruit-a-tives', and I know now what I haven't known for a good many years—that is, the blessing of a healthy body and clear thinking brain."

WALTER J. MARRIOTT.
50c. a box, 6 for \$2.50, trial size, 25c. At dealers or sent postpaid on receipt of price by Fruit-a-tives Limited, Ottawa.

How Many Bullets To Kill Soldier

One Hundred Pounds of Lead Or 3,500 Bullets to Take Single Life

It has been estimated that only one bullet in every hundred that is fired hits a man, and of those men hit only in thirty-five succumb. In other words, it takes, 3,500 bullets to kill a single soldier.

In view of the awful slaughter that has taken place during the present war these figures sound rather startling, yet they are well within the mark.

Such calculations as these refer to averages only. An enemy advancing in close formation, as the Germans have been doing recently before Verdun, may be mown down wholesale by rifle and machine-gun, and in such cases the average of fatal casualties, compared with the number of rounds expended, will be considerably higher.

Shell fire is, as a general rule, even less destructive than rifle or machine-gun fire. A modern high explosive shell makes no end of a row when it bursts, kills possibly a couple of men if it explodes inside a trench, frightens a lot more, and—that is about all. The ruined walls of Rheims Cathedral will testify for many years to come that the shell that shattered one statue seldom hurts its next door neighbor.

Shrapnel is more dangerous, provided the fuse is timed just right, and the gunner who fires it knows his business. A shrapnel shell contains a number of small round bullets, each about the size of a marble. What execution a shell of this sort can do, given a favorable opportunity, was shown at the "Battle of the Landing," in Gallipoli.

An attack was about to be launched against the British left, and a fold in the ground hid the attacking Turks from our troops. They were, however, observed by the Queen Elizabeth far out at sea, and a projectile from one of her big guns was dropped right plump in the midst of them.

It was a shrapnel shell weighing 1,800 lbs. and holding 13 bullets. The attack was smashed, and 250 Turks were killed. This works out at one man per fifty-two bullets, and it probably represents the maximum efficiency of shrapnel fire, during the present, or any other war.

There are many remarkable instances of shell fire—even concentrated and prolonged shell fire—accomplishing little or nothing in the direction of destroying life. During one of the tremendous preparatory bombardments, for example, that ushered in the early stages of the Battle of Verdun, the Germans fired between 20,000 and 30,000 shells of all calibres against the French lines, in the short space of five hours. Yet the fatal casualties amounted to fewer than a hundred, out of about 18,000 men engaged. One reason for this is, of course, that modern armies, when acting on the defensive, dig themselves in so deeply that they are practically immune from other than very high angle fire.

Yet the power of the modern shell is tremendous. If the charge of one of the large calibre ones—say a German "Jack Johnson"—were burned away quickly, it would send some millions of cubic feet of gas into the air. But instead, it is detonated in a thousandth part of a second, and these millions of cubic feet of gas, with their steel castings, crush everything in their immediate vicinity to the finest powder. Yet men even especially if they are lying down and under some sort of cover, however slight, usually

escape with their lives at all events, and more frequently than otherwise they are not even injured.

New Light On Magnanimity

Importance of High-Souled Spirit and Conduct Discussed at Bible Class

The Brigade Bible Class on Sunday took the form of a discussion on magnanimity as revealed in the character of Christ. It was agreed that boundless good will must be characteristic of all truly great men, and that it was not antagonistic to high-souled indignation. To practice magnanimity it was not necessary to condone wrong but to direct ones anger at the deed, not at the doer, and to think of him with pity for his state of life which made the deed possible.

The growing adoption of these principles as given by Jesus, which was seen in the reforming of prison systems with a view not to punish the criminal but to save him from crime, was proof that magnanimity was a practical virtue. It was also thought that it greatly conserved life to be able to live in trying circumstances and not become sour and grouchy.

At the close of the Class fourteen new members were enrolled in the Soldier's Service League.

McNutt Family Has Done Nobly

Three of the McNutt Boys in 193rd—Another in 106th—Another Fell a Hero

Brothers all, and three of the best soldiers in the 193rd Battalion, Ptes. Elmer McNutt, Arthur McNutt and Barlow McNutt, of "B" Company, come of a family that has given five sons to the colors. One other brother went overseas with the 106th. He was Pte. Homer McNutt and the biggest, finest looking soldier of the five was Pte. "Charlie" McNutt, who died a hero's death at Kemmel on the West Front, last March. In charge of the Machine Gun Section of the 26th Battalion, Charlie McNutt was a daring soldier who met death as a son of this soldier-family could meet death.

The McNutt boys are natives of Wallace, Cumberland County, where their parents, Mr. and Mrs. James McNutt reside. It was a family that was never broken up till the war came. Then the five brothers left the plow in the furrow and donned the King's Khaki.

There is another brother left at home. It is not his fault that he is not with the colors. He has tried, but could not pass the test.

It is a family record of which this Province may well stand proud.

WEDDING BELLS

Marriage of Captain Ralph McDougall, P. M. 185th.

Capt. McDougall, formerly of the 85th O.S. Battalion Pay Office, now Paymaster, 185th Cape Breton Highlanders, was married last week to Miss May Webb of Port Mulgrave, N. S. Capt. McDougall was formerly manager of the Royal Bank at that place. After the wedding the bride and groom spent some time at Whyocomagah, C. B. Capt. McDougall's home, after which they returned to Kentville. Mrs. McDougall has already received a most hearty welcome into the Battalion's social life, and the Highlander extends its very best wishes to them both.

Gin Pills FOR THE KIDNEYS PAIN IN SMALL OF BACK

From time to time we learn of cases where the free sample of Gin Pills is sufficient to relieve the distressing pains in the back. There is such a case coming from the Hon. West End, B. W. I. Britton Hill, St. Michael's, May 24th, 1915.

"I received your sample of Gin Pills and would say that I was suffering from a very intense pain in the small of my back for some days. After I had taken the sample, the pain was gone."

Send for Ives' "Gin Pills" at 50c. a box, or 6 boxes for \$2.50. Sample free if you write to NATIONAL DRUG & CHEMICAL CO. OF CANADA, LIMITED Toronto, Ont. 78

Notice to Subscribers in Arrears

Claims for unpaid accounts are pressing us and it is necessary to raise a large sum of money at once. To pay our accounts promptly and save legal expenses, we must collect all our outstanding subscription and printing accounts.

All subscription accounts over two years in arrears will be handed over immediately to a magistrate for collection at the rate of \$1.50 per year and his costs. As several bills have been sent out and no notice taken of them by many who are in arrears we cannot add further save the magistrate's letter and added cost remittances due for over two years should be mailed us this week, or a letter or card forwarded to us stating that postage to those accounts. To some further time is required and when account can be paid in full. We will listen to any reasonable request for time where a distinct time for payment is promised.

The cost of producing our paper has about doubled the past two years and we cannot longer allow subscribers to remain in arrears.

Send Post Office or Money Order to

H. G. HARRIS, Kentville

A WORD TO THE KAISER

(From Winnipeg Free Press) His Imperial Majesty Wilhelm II, before 1914, was wont to preach to his troops, taking his texts from a pocket Bible, his constant companion. Either for discourse or for meditation, he may fruitfully refer to these passages of Holy Writ.

Psalm iii, 1-2: "Lord, how are they increased that trouble me! Many are they that rise up against me. Many there be which say my soul, There is no help for him in God, Selah!"

Proverbs xiv, 12: There is a way that seemeth right unto a man, but the end thereof are ways of death.

Isaiah xxxiii, 1: Woe to thee that spoilest and thou wast not spoiled; and dealest treacherously and they dealt not treacherously with thee!

Exodus xx, 7: Thou shalt not take the name of the Lord thy God in vain; for the Lord will not hold him guiltless that taketh His name in vain.

Exodus xx, 12: Thou shalt not kill.

Exodus xx, 15: Thou shalt not steal.

Exodus xx, 16: Thou shalt not bear false witness against thy neighbor.

Exodus xx, 17: Thou shalt not covet anything that is thy neighbor's.

St. Luke xiv, 31: What king going to war against another king, sitteth not down first, and consulteth whether he is able with the ten thousand to meet him that cometh against him with twenty thousand. Or else, while the other is yet a great way off, he sendeth an ambassador and desireth conditions of peace?

1 Kings, xx, 11: Let not him that girdeth on his harness boast as he that putteth it off.

Psalm vii, 15: He made a pit and digged it, and is fallen into the ditch which he made.

St. Matthew xxvi, 52: Then Jesus said unto him. Put up thy sword into its place; for all they that take the sword shall perish with the sword.