

Railway & S. S. Lines

DOMINION ATLANTIC RAILWAY

Steamship Lines
St. John via Digby
Boston via Yarmouth
"Land of Evangeline" Route.

On and after June 23rd the train service of this railway is as follows:
Express for Yarmouth 12.04 p.m.
Express for Halifax 2.00 p.m.
Bluebonnet for Halifax 12.57 p.m.
Bluebonnet for Yarmouth 2.35 p.m.
Accom. for Halifax 7.50 a.m.
Accom. for Yarmouth 5.50 p.m.

Midland Division

Trains of the Midland Division leave Windsor daily, (except Sunday) for Truro at 7.30 a.m., 5.35 p.m. and 7.45 a.m. and from Truro at 6.50 a., 3.20 p.m. and 12.45 noon connecting at Truro with trains of the Intercolonial Railway, and at Windsor with express trains to and from Halifax and Yarmouth.

Boston S. S. Service

BOSTON-YARMOUTH SERVICE.

Beginning Sunday, June 23rd, 1912, the favorite Twin Screw Steel Steamships "PRINCE GEORGE" and "PRINCE ARTHUR" leave Yarmouth daily, except Sunday, after arrival of Express and "Flying Bluebonnet" Trains from Halifax, Windsor Junction and Truro. Returning leave LONG WHARF, BOSTON, daily, except Saturday, at 2.00 p.m.

St. John and Digby

DOUBLE DAILY SERVICE. (Sunday excepted.)

R.M.S. "PRINCE RUPERT"
From St. John. From Digby
7.45 a.m. 1.55 p.m.

Making connections at Digby with express trains for East and West and at St. John with Canadian Pacific trains for western points.

S.S. "YARMOUTH"

From St. John. From Digby
From St. John 12.30 p.m. after arrival of C. P. R. from Montreal. From Digby about 4. a.m.

P. GIFFKINS, General Manager. Kentville.

FURNESS, WITBY & CO., LTD

STEAMSHIP LINERS

LONDON, HALIFAX & ST. JOHN, N. B., SERVICE.

From London. From Halifax
June 14-Kanawha July 6
-Sheandoah to follow

From Liverpool From Halifax.
Steamer.

OT AIR COASTWAYS-28 suns
June 29-Almeriana July 23
July 13-Durango Aug. 6

FURNESS WITBY & CO., LTD., Agents, Halifax, N. S.

H. & S. W. RAILWAY

Table with columns: Accom. Mon. & Fri., Time Table in effect June 17th, 1912., Stations, Read up, Read down.

\*Flag Stations. Trains stop on signal. CONNECTION AT MIDDLETON WITH ALL POINTS ON H. & S.W.R.Y AND D. A. RY. P. MOONEY General Freight and Passenger Agent

Potassium Salts Cancer Antidote.

DR. FORBES ROSS AT WORK IN REGARD TO NEW THEORY OF DREAD DISEASE

LONDON, July 10.—Mr. Forbes Ross, who astonished the medical world here by his announcement of the discovery of an anesthetic which abolished pain, even during capital operations, is again to the fore with the statement that if he hasn't found a cure for cancer he has "got very near it."

So many alleged "cures" for this dread disease have been exploited that laymen as well as physicians are inclined to scepticism, but as there are many sufferers from cancer the theories advanced, and the remedy prescribed by Dr. Ross will be of interest. He says: "I have been working since 1903 on cancer, and so far as my investigations have gone, I have come to the conclusion that the cause of cancer has no connection with a meat diet or vegetable diet, neither is it an irritation of the parts or back infection. My theory is that cancer cells are really 'Peter Pans' that won't grow old. If we could make them grow old, we could cure the disease because we should stop the multiplication of the cells and they could be absorbed."

"What I claim to have discovered is that cancer is nothing more nor less than an exhaustion of a natural quality in the body possessed by epithelial cells, consequent upon the diminution in the body of potassium salts. In the recent libel action brought by Dr. Bell, Sir A. Pearce Gould, the great authority on cancer, said that cancer is sometimes cured by the natural forces of the body. I think in potassium salts we have the key to the problem."

"I believe the enormous increase in the death rate from cancer has kept pace with improvements in the preparation of flour. The cortex of the wheat has been removed by the American process of milling and people have been fed regularly with dephosphated bread because the cortex contains a lot of phosphate of potassium and lime. Vegetables are composed largely of potassium salts, but unfortunately the salts are thrown away in the water in which the vegetables are boiled. So, too, with rice. Nations which have adopted the 'civilized' method of cooking rice and throwing away the water have developed cancer. Experiment has tended to confirm the truth of my theory. A patient whom a physician in Birmingham said a year ago could not live more than three months is now very well, attending to her business, under the potassium treatment, and the latest reports as to her condition are very satisfactory. My method is to use chiefly the citrate bicarbonate of potassium by the mouth and also to apply locally to the cancer—by means of an electric current—a solution of phosphate of potassium. My experience with this treatment is very hopeful."

It will be seen by this that Dr. Ross in a measure supports the theories of Dr. Bell, plaintiff in the recent famous libel suit, particularly his advocacy of a diet of uncooked vegetables, but nevertheless the great majority of surgeons and physicians adhere to the theory of Sir Felix Semon that the knife is the only sure cure for cancer.

For soreness of the muscles, whether induced by violent exercises or injury, there is nothing better than Chamberlain's Liniment. This Liniment also relieves rheumatic pains. For sale by druggists and dealers.

PLAY FAIR.

(Willis Warren Kent.) Whatever the fun, whatever the game, One little rule is always the same— Play fair! Raquet or bat, or mitten or ball, This is the edict that's guide over all— Play fair! Life is a game of prowess and skill, Then play it with honor and play with a will— Play fair! Ponder the rule before you begin; Break it, you never, no, never can win— Play fair! —The 'Presbyterian.'

NA-DRU-CO LAXATIVES. Women's commonest ailment—the root of so much of their ill-health—promptly yields to the gentle but certain action of Na-Dru-Co Laxatives. 25c. a box at your druggist's. NATIONAL DRUG AND CHEMICAL CO. OF CANADA, LIMITED. 161

THE FARM

THE "ELECTRIC FARM" AND ITS FUTURE POSSIBILITIES.

Engineers Consider Applications of Electricity to Farm Development.

Boston, July 8.—While most papers at the sessions of the National Institute of Electrical Engineers in connection at the Hotel Somerset, have been of a highly technical nature, one presented this afternoon at the Industrial Power session was of popular interest. This was by Putman A. Bates, and dealt with "Electricity on the Farm." Mr. Bates told of the growing application of electricity to agricultural operations and showed how the development of irrigation in the West has led to the establishment of central power stations from which power is conveyed to farms for various purposes. "The magic of irrigation," he said, "has transformed valleys long vacant into prosperous agricultural communities. A brief summary of work already accomplished shows that construction is under way or has been completed on twenty-nine projects involving an expenditure of \$65,470,000. In the eight years of actual work there has been dug seven thousand miles of canals, mostly in plate-n miles of tunnels, mostly excavated through mountains. There has been built 970 miles of roads, 1700 miles of telephones, and there are now in operation 275 miles of transmission lines over which surplus power and light are furnished to several cities and towns. The small farms and villages grouped about these developments give the effect of suburban rather than rural conditions. The cheap power developed from the great dams or from numerous drops in the main canals is now utilized for the operation of trolleys which reach out into the rural districts, bringing the farmer in close touch with the city. It runs numerous industrial plants, for storing, handling and manufacturing the raw products of the farm. The same power is used for lighting and heating in the towns and for cooking in the homes. On several of the projects farmers are applying for electric power and in many farm houses the electric power is utilized for many domestic duties."

Mr. Bates cited the case of an electric plant on the farm of J. F. Forrest of Poyntette, Wis., the total cost of which was \$250, as showing how economically electricity may be applied to farm uses, and said in conclusion: "Should one or more isolated farmers find it impracticable to obtain central station service, there is open the opportunity of establishing a co-operative generating station, utilizing water power, producing gas steam gasoline or fuel oil equipment. In conjunction with such co-operative electric generating stations, there could be operated community laund-

ries, creameries, canneries, grist mills or other industries suggested by local needs. Where neither public service nor co-operative plants are feasible, a farmer may, at a cost of approximately \$200, install a private electric lighting plant, large enough for two dozen lights, and from this as a probable minimum, he may install an isolated plant at additional outlay that will provide current for as many lamps and as much power as he may desire."

With morning and afternoon sessions in two sections the members were kept busy. Electrical measurements and power stations were the subjects considered. In the electrical measurement session Carl Gering of Philadelphia, presented a paper on "Measuring Stray Currents in Underground Pipes," which dealt with some phases of electrolysis. Mr. Hering, who is one of the best-known electrical experts in the country, described several methods which he had devised and applied in a practical case with success some years ago. O. J. Bliss described a unique arrangement of standard instruments for the electrical transmission of electrical measurements. F. V. Magalhães gave a summary of various methods now being used for metering large direct-current installations. P. G. Agnew presented a paper on "A Tabular Electrodynamic Meter for Heavy Currents." M. G. Newman gave a method of measurement of alternating currents of low values, and Evan J. Edwards led a discussion of methods of testing incandescent lamps. Edwin F. Northrup described a system of measurement of an alternating current resistance for comparison with a direct current resistance. Alexander Maxwell read a paper which dealt with instrument transformers. Paul MacGahan closed the session with a technical paper on "Induction Type Indicating Instruments."

The power station and industrial power session was held at the same time. H. M. Hobart and E. Kinsler presented a paper on "The Squirrel Cage Induction Generator." E. M. Olin discussed the power efficiency of rotating electrical machines, and A. B. Field described the operating characteristics of large turbo-generators. Other papers read at the morning session were on "Motor Starting Currents as Affecting Large Transmission Systems," by P. M. Liebold; "Characteristics of a Large Turbopolar Generator," by B. G. Laume; "Single Phase Induction Motors," by W. J. Branson and "Excitation of Alternating Current Generators," by D. B. Rushmore.

During the summer months mothers of young children should watch for any unnatural looseness of the bowels. When given prompt attention at this time serious trouble may be avoided. Chamberlain's Colic, Cholera and Diarrhoea Remedy can always be depended upon. For sale by druggists and dealers.

MILKING MACHINES

A EUROPEAN SOCIETY HAS TESTED FIVE DIFFERENT MACHINES, SUCTION AND PRESSURE MACHINES WERE BOTH USED, PRESURE PROVING MOST SATISFACTORY.

Tests of five milking machines were carried out for the Agriculture Society of Meaux, viz., two suction machines—the Wallace and the Max—and three pressure machines—the Alfa Aalen, the Loquist and the Galakton machines.

It was found that the suction machines did not completely empty the udder, though in the case of cows with small teats the amount left was small. In the case of cows with large teats the amount of milk left in the udder was much more appreciable, possibly owing to the fact that the machines were made for Dutch or Danish cows, which usually have small teats. On the whole, the amount of milk left by the two suction machines during a month's experiments varied from 6.4 per cent. to 8.5 per cent. The pressure machines were much more efficacious.

The total amount of milk obtained by mechanical milking finished by hand was found to be equal to that given by simple hand milking, and the apparatus did not in any way affect the quality of the milk. Special precautions as to cleansing the machines were found necessary.

The time required for milking a cow yielding 3 gallons was found to be 8 minutes for a suction machine, and 12 minutes for a pressure machine against 6 minutes by hand milking. One operator and a cowman could, however, work five suction machines at a time, thus accomplishing as much as three men milking by hand. It is estimated, however, that the saving of the cost of the labor of the one man would be more than balanced by the annual cost of upkeep of the machines, even if the initial outlay is not taken into account.

THE UNKEMPT FARM-YARD

What John Burroughs says about western farm buildings and their surroundings has enough point to make it stick and enough importance to justify wider circulation. When for the first time he recently crossed the prairies of the Mississippi valley he wrote: "As a farmer I rejoiced at the endless vistas of beautiful fertile farms. As a home body and lover of the cosy and picturesque I recoiled from the bald native farmhouse with their unkempt surroundings, their rudely sheds and black muddy barnyards."

SUMMER STABLE RULES

- 1. Load lightly, and drive slowly.
2. Stop in the shade if possible.
3. Water your horse as often as possible. So long as a horse is working, water in moderate quantities will not hurt him. But let him drink only a few swallows if he is going to stand still.
4. When he comes in after work sponge off the harness marks and sweat, his eyes, his nose and mouth, and the hock. Wash feet but not his legs.
5. If the thermometer is 75 degrees or higher, wipe him all over with a wet sponge. Use vinegar water if possible. Do not turn the hose on him.
6. Saturday night, give a bran mash, cold; and add tablespoonful of saltpetre.
7. Do not use a horse-hat, unless it is a canopy-top hat. The ordinary bell-top hat does more harm than good.
8. A sponge on top of the head, or even a cloth, is good if kept wet. If dry it is worse than nothing.
9. If the horse is overcome by heat get him into the shade, remove harness and bridle, wash out his mouth, sponge him all over, shower his legs and give him four ounces of aromatic spirits of ammonia, or two ounces of sweet spirits of nitre, in a pint of water, or give him a pint of coffee warm. Cool his head at once using cold water, or, if necessary, chopped ice, wrapped in a cloth.
10. If the horse is off his feet, try him with two quarts of oats mixed with bran, and a little water; and add a little salt or sugar. Or give him oatmeal gruel or barley water to drink.
11. Watch your horse. If it stops sweating suddenly, or if he breathes short and quick, or if his ears droop, or if he stands with his legs braced sideways, he is in danger of a heat or sun stroke and needs attention at once.
12. If it is so hot that the horse sweats in the stable at night, the horse outside. Unless he cools off during the night, he cannot well stand the next day's heat.—New York Field.

CLOTHING MADE OF PAPER LATEST IDEA.

Firm of British Paper Manufacturers Now Making Experiments.

Toronto, July 8.—A London cable to the Globe says:—"Though the problem of the high cost of living has not yet become so acute in this country, as, to judge from the American correspondence in London papers, it has become in the United States, it is nevertheless sufficiently serious, and any method of reduced prices that is suggested is eagerly examined. The latest idea is clothing made of paper.
"A representative of a large city firm of paper manufacturers states that they are at the present moment experimenting in the hope of producing a kind of paper really suitable for making of clothes which can be sewn and hold buttons. Paper towels are an excellent idea—these are made in Germany, he said.
"Paper hats have been a fashion for some time. Instead of wearing washable cotton sunbonnets and caps children can have each day a new paper hat costing from two to twelve cents, which takes one cent off the laundry bill.
"Paper shirts are being produced at twelve cents apiece, while the cost of a paper handkerchief is two cents—the price of the washing of a linen one.
"In the household, too, the washing bill can be reduced by using paper instead of linen, for now there are paper blouses, lace edged paper serviettes, paper toilette mats, paper dollies, paper table covers, while paper towelling could be adapted to kitchen use for tea cloths, dusters and similar articles."

A SMALL CYCLONE STRIKES PART OF SASKATOON.

Saskatoon, Sask., July 7.—A miniature cyclone passed over the northern end of this city, accompanied by heavy rain, about nine o'clock yesterday morning. A number of garages and smaller buildings were wrecked, but most of the damage was done in the neighborhood of the Western Canada saw mills, a large portion of the lumber in these yards being whirled up in a vortex to a height of between one and two hundred feet before being thrown to the ground and smashed to kindling wood. No personal injuries were recorded.

ATE A "TORPEDO" AND MET DEATH.

Appleton, Wis., July 5.—Andrew Hoffman, who ate a "Torpedo" fire cracker yesterday, mistaking it for candy, died today. He had some caramels, both wrapped in red and white paper in the same packet, and chewed a torpedo, by mistake. His face was literally blown away.

September Third

Is the day our institutions will re-open in all departments. Last year we had over 500 calls for students, and expect more next year. Now is the time to get our syllabus, rates, etc.

Write to-day to Maritime Business College Halifax, N. S. E. Kaulbach C. A. PRINCIPAL

CAMPERS and PICNICKERS

Come here for your Fruit, Confectionery, Biscuits, Jams, Marmalades and Sauces, Canned Beef, Sliced Beef, Devilled Ham, Heinz' Tomato Soup, Corn, Peas, Beans, Red Clover, Salmon (18c. can), Large Bottle Pickles (15c.) Canned Fruits, Cold Drinks

Bread, Cake and Pastry

Mrs. S. C. Turner

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CASH PAID AT THE HIGHEST MARKET PRICES

McKENZIE CROWE & Co., Ltd.

YOU WILL GET Good Printing

—AND— Prompt Service

—AT— Moderate Rates

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Call or drop a card for samples and quotations.

The Monitor Press

BRIDGETOWN

Swimming Against the Stream. Is life trying to do a successful business without advertising. And it is not expensive to gain desirable publicity by the use of printers' ink. Our Classified Want Ads. cost little and are read by nearly everyone. Try them as a system tonic for your business.



THE SASKATCHEWAN ELECTION. SASKATCHEWAN—Now you know where I stand—Reciprocity and "2 in 1". A combination of liquid and paste in one smooth paste. Best by test. 2 IN 1 Gives a brilliant water-proof shine that won't soil the clothes. IOC. 34R. Agent for Maritime Provinces 233-242 Lower Water St., Halifax N. S.

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