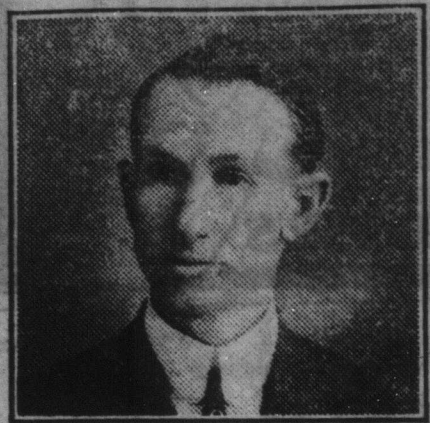


MIRACULOUS CURE OF ASTHMA

Suffered Terribly for 15 Years Until He Tried "Fruit-a-lives"



D. A. WHITE, Esq. 21 WALLACE AVE. TORONTO, Ont. 22nd, 1913.

"Having been a great sufferer from Asthma for a period of fifteen years (sometimes having to sit up at night for weeks at a time) I began the use of "Fruit-a-lives". These wonderful tablets relieved me of indigestion, and through the continued use of same, I am no longer distressed with that terrible disease, Asthma, thanks to "Fruit-a-lives" which are worth their weight in gold to anyone suffering as I did. I would heartily recommend them to all sufferers from Asthma, which I believe is caused or aggravated by indigestion."

D. A. WHITE

For Asthma, for Hay Fever, for any trouble caused by excessive nervousness due to Impure Blood, faulty Digestion or Constipation, take "Fruit-a-lives"

50c. a box, 6 for \$2.50, trial size, 25c. At all dealers or from Fruit-a-lives Limited, Ottawa.

Canada's Duty

(By Rev. Charles W. Gordon, D. D., (Ralph Connor), Past President, Winnipeg Canadian Club.)

CANADA'S WORD

O Canada! A voice calls through the night and day. Across the wide, wet salty leagues of foam. For a voice whose voice thus penetrates thy peace? Whose? Thy Mother's, Canada, Thy Mother's voice.

O Canada! A drum beats through the night and day. Unresting, eager, strident, summoning. To arms. Whose drums thus throbb persistent? Whose? Old England's, Canada, Old England's drum.

O Canada! A sword gleams leaping swift to strike. At those that press and leap to kill brave men. Whose sword thus gleams fierce death? Whose? 'Tis Britain's, Canada, Great Britain's sword.

O Canada! A prayer beats hard at Heaven's gate. Tearing the heart wide open to God's eye. For righteousness. Whose prayer thus pierces Heaven? Whose? 'Tis God's prayer, Canada, Thy Kingdom come.

O Canada! What answer make to calling voice and beating drum. To sword-gleam and to pleading prayer of God. For right? What answer makes my soul? "Mother, to thee! God, to Thy help! Quick! My sword!"

Dr. Gordon has offered his services to the Government as Chaplain to the troops.

Canada's Shipping

Canadian shipping, sea-going and coastal, in 1913, was the greatest in its history. Doubled in ten years. Total vessels, arrived and departed, 1913, 276,273; tonnage, 131,494,496. Canada has 42,490 men and boys employed on vessels. Canada has moved from tenth to ninth place among maritime nations. Registered vessels, 8,380, of 836,278 tons, employing 42,490 men and boys; 420 vessels added to list in 1913. Canada's total traffic, 1913 was the highest on record, viz., 52,053,913 tons of freight, as against 47,587,245 in 1912.

A TALK TO MOTHERS

Mothers, do you know that every time a member of your family sustains a cut, scratch, burn, or bruise, no matter how slight, you take a grave risk in neglecting the injury? The wound may start to fester, and develop into a running sore, or blood poison may set in, resulting in the loss of a limb, or even of life. Do you know that whatever salve or ointment you apply to the wound enters into the blood and affects the entire system? Therefore in using an ointment containing coarse animal fats or poisonous minerals you are taking a further risk. Use Zam-Buk—it is free from animal fats and mineral poisons. It is purely herbarial, and is soothing, healing, and antiseptic. No germs can live where Zam-Buk has been applied. It will quickly ease the pain and heal the wound. Not only for the minor mishaps, but for the most serious accidents Zam-Buk is best; for babies as well as adults. Teach your children to apply Zam-Buk whenever they have a mishap, and you will save them much pain and yourself a lot of worry and grief. Keep Zam-Buk always handy; unlike other ointments it will not go rancid, but will keep indefinitely. Zam-Buk is best for piles, eczema, cuts, burns, bruises, chapped hands, cold sores, ulcers, and all injuries and skin diseases; also as an embrocation for rheumatism, sciatica, stiffened muscles, etc. It is sold in bottles and post-paid from Zam-Buk Co., Toronto, on receipt of price, 50c. box, 3 boxes for \$1.25. Send for sample and full literature, name of paper, and 1c stamp.

SALLY VISITS CAPE ISLAND

(Written for the Monitor)

"Come right in Mahulda; it seems a month of Sundays, since I set eyes on you. Sit right down in that three-rocking chair, just drive that old cat out of it. Now I am glad you have got your knitting work, we will have a cozy afternoon together."

"Amanda has gone to a quilting party up along at Jakes, and Jediah has gone over to Churchill's mill, so I was all stark alone and my tongue was getting kinder stiff keeping still. I tried to make a mite of talk with old Tom there, but he went to sleep. Well, Mahulda since I see you, I have been to Yarmouth Fair and down to Cape Island."

"How did I ever get away from there?" "Well now just let me tell you, it is a surprise to myself that I have travelled that long distance; some of the neighbors has never been as far as Yarmouth yet. Yes! as you say I should be very thankful but I had to do some knivening to get started. Last August I got a letter from Uncle Bob and Aunt Polly, inviting me down to make a little visit. That letter just set me crazy, and morning, noon and night, found me trying to figure out a way to make Jediah see the need of me taking that trip. Whenever he tried to talk about the things around the farm, I could not get interested enough to answer, but kept running over in my mind what dress or what bonnet I could wear on the journey; until at last he didn't know what to make of me and began to think I was losing my mind. I overheard him say as much to Amanda one day. I fetched a little cold on foggy morning, running after the calf, that got into the garden and it ended in a sort of cough. I won't deny but what I made it out worse than it really was when I see Jediah looking anxiously at me. But, when our good minister came in one day and said to Jediah that I ought to go off for a spell, I was so tickled that I had to go in the battery to hide my feelings."

"Now Jediah is not so bad as he looks, and the sum and substance of it was that he gave his consent for me to go down to Uncle Bob's for a few days where I could get good table board and not cost me a cent. I said I would take our old horse Pete and drive down the post road myself, catch me going on the South Shore cars for I do not if they once got me on that train they would take me clear to Halifax to the insane asylum for I have heard say there has been people think I was sort of crazy on temperance but I guess, Mahulda, most of people would be, if they had seen the hurt of it as much as you and me have in our life time."

"So one fine day last September, with Sam, our neighbor's boy to drive, who had blacked up his boots and liled his hair nicely, Jediah seemed to think it would be safer for me to take him along; in case of being held up by robbers. They wouldn't have got much for I had only seventy-five cents in my pocket. We started bright and early, I was like a child and could not eat much breakfast, and when it came to say good-bye to Jediah and the other farm animals I just plumb forgot and rid off without saying a word; I have regretted it ever since for it was not treating my old home just right."

"Howsomever, I got back again and I made it all right with Jediah by telling him I had seen homier men than he was down there, and after this I would appreciate my husband and my home the better for my visit. I tell the men around here that it wouldn't hurt to send their poor, hard working wives, who seldom gets outside the yard from one year's end to another, off for a mite of a vacation. They will be richer in the end, if they do have to shell out a dollar from their back pocket."

"It was not quite six o'clock when we drove over the hill, now I ain't much on describing the beauties of early mornin', I'll leave that for our poet Vickery, but I'll say for all who want to know anything about it to get out of that feather bed and see for themselves. "It was great fun for us to see folks all along the road, starting their fires, doing their mornin' chores, bringing in their buckets of milk, hanging out clothes, and driving cattle to pasture; and me and Sam to have nothing to do but set in the old wagon and say once in a while, "Golon! Pete."

"I said to Sam, 'Let's pretend we have a lot of money and needn't ever do any more work in our lives, but just travel around.' "Hum!" he said, "if we had plenty of money we would be in an automobile, instead of this old rig." "Well, I told him it would not be very much harm in stretching our imagination enough to take in the auto, if we could only pick up an old born somewhere. It was only a little after seven when we passed Tuskent Post Office and left a card for one of my friends there letting her know I was passing through the quiet village and to summons their hand out when we came in on our

journey back, for I do like to hear music."

"Going through Eelbrook we had a good look at the fine Catholic church and then there was Eel lake for miles near the road on our left side, and looking across could see Belleville."

"Riding along every now and then some of the inhabitants peaked out of the window or around the corner of the house, and says I to Sam that he or I must be looking kind of queer to draw so much attention from the people; he said it was me and I was very proud that I was worth looking at."

"When we came to the Oaks in Argyle, one could not help but admire those big trees that had grown from little acorns planted about one hundred and fifty years ago. "Don't talk about the beautiful places in other lands until you take a drive through Argyle and see the lots of pretty homes, and look over at the three hundred and sixty-five islands that dot the bay; an island for every day in the year, so a lady told us as we stopped to make inquiries about the American's club-house that we saw in the distance, it looked like a lovely spot, but as it was off our road we could only look at it through the field glass I had with me."

"When we got to the poor farm, I thought it was a hotel, it is a comfortable looking building, and I said to Sam 'That our homeless people is looked after pretty well with two such places in the county.'"

"We did not meet many teams along the way. I guess most everybody stayed to home so we could have plenty of room in the road. "I was surprised to find that they didn't have to send to Yarmouth every time they want a spool of thread or a pint of molasses, as there was some nice looking shops along the road, and Public was quite a little town; I know any decent person could live there and be happy, if they did not have disspisive."

"While we were going through the woods, I caught a glimpse of folks a blue-berrying, now they were either scared of us or thought we would be of them; at any rate they scampered out of sight, so quick that it might have been a mirage, I hear tell on. "After a while I noticed Sam was beginning to look for a good place to haul up on the side of the road; now it struck me that like as not the boy was hungry as boys generally are, if they ain't in love, so I did not say anything when he said, "Whoa!" and commenced to unharness. After giving Pete some oats, we hunted up a shady spot that had only one ant-hill and spreading the carriage robe down got our lunch of rice bread, home made cheese, and cucumbers. I said to Sam, "We won't eat all, we will save a mite for some other hungry mortal that may be passing," so we put what was left in the tin box, hid it under some branches of a tree that Sam marked a cross on with his jack knife."

"Now wanting the horse to rest longer, I took out of my carpet bag a good sensible book, that warned boys against gambling, drinking, and swearing. I thought it a grand chance to read it to Sam, now that I had him all to myself; he's not perfect, I wonder what neighbor's boy is, I thought maybe his father would send him to town next Spring to learn his trade. I was so anxious to warn him, that I did not notice he was sound to sleep, until I heard a loud snore, then I shook him, not very gently either, and sent him to harness up."

"Just as we got to the road that leads through the nine mile woods, we stopped and asked a nice looking young man, that stood in front of a store, as to what road we had better take; 'Oh, he said pointing to the lonely road, 'you will save your beast by taking that one.'"

"But suppose these be highwaymen to hold us up?" I remarked, "there are never any of them around here," he said laughingly 'And besides there is to be a team go through from here in an hour's time.' So telling him to ask the folks that if we should be blown up by robbers, if they would please pick up our pieces and send them to Jediah Smart, we turned in the rough road, he calling after us, that 'we need not be afeared,' but that did not quiet my fears. I told Sam to cheer him up, that I had heard my mother say, years ago, a pedlar had been murdered on that road."

"For the first few miles I kept hearing wheels behind, but seeing no team following I was scared and told Sam, that like as not it was Jediah's spirit that 'was haunting us for not saying 'goodbye' to him, and I never got that creeping feeling, until I found out—that it was the can we had our coffee in, rattling against another one."

Now Mahulda, you remember how dry it was the latter part of the Summer, no water for man or beast. It was just at that time, that those big fires in those ere woods, when the smoke got thick we began to get some thinking, after we had come so far we may have to turn back; sorry enough we were that

NO ALUM



"The second night I got a big scare. I had just closed my eyes when what should I hear but three knockings right over my head, then three more; that's spiritual rappings, says I to myself. I had heard tell that down shore they have 'em. I began to tremble, my false teeth to chatter and thought perhaps the cow had kicked Jediah, and he was in—land in—where. Perhaps he wanted to give me his last message about looking after the farm, and not to get married agin. I jumped out of bed and looked out the window, there I saw the ghost all in white, making her hands go up and down; seems it wasn't Jediah agin I jumped in bed and covered up my head so heard no more knocking."

"Next morning Aunt Polly said she was out in the night, in her night dress to scare away three woodpeckers that were pounding on the house. "Uncle Bob is a great talker. He told me about the three old ladies that had only one tooth between them, and about lots of funny happenings. I laughed so much and grew so fat that when I got home and told Jediah about it, that he wants to go next time. "Law sakes! if that isn't him driving up to the barn, I must put the tea kettle on."

Law and Freedom

The defenders of the liquor evil have one stock argument which they are fond of using. They say that people cannot be made good by Act of Parliament and seem to think that puts an end to controversy on the subject. The fact is that no one outside of an asylum ever said or thought that anything but the power of God could make people good. Law can and often does remove the cause of a great deal of evil and thus makes this world a better place to live in. No intelligent physician thinks that medicine cures disease but it often does remove the cause of disease and allow nature to effect a cure and change a life of suffering into one of happiness and usefulness. Law can and often does prevent, to a great extent, the use of intoxicating liquors, and thus remove the cause of a great deal of crime, poverty and suffering. Just at present we have an example in Russia showing the marvelous benefits that follow prohibition of the liquor traffic. The Editor of the Outlook says that Russia, in prohibiting the use of intoxicants has already conquered a greater foe than the Germans and reman; that this is practically a teetotal war. But we have examples nearer home, Maine, Kansas and N. Dakota which show that after much prohibition has been enforced for a length of time insanity and many other diseases become much less frequent, many jails and poorhouses become vacant, wealth increases, taxes decrease and the country becomes prosperous as never before. Law can give liberty. At present the tyranny of one social custom compels thousands to drink to their hurt who would welcome a law that set them free. Even prisoners in several jails are combining to beg the Government to stop the use of intoxicants. Law can and does prevent many causes of disease and it could, to a greater extent, prevent this greatest of all causes of disease. Law cannot make people good but it can make it easier for people to be good by preventing the use of a poisonous drug which makes men ten times more liable to do wrong. H. ARNOTT, M. B., M.C.P.S.

Stomach Troubles Quickly Cured

People go on suffering from little stomach troubles for years, and imagine they have a serious disease. They over-eat or over-drink and force on the stomach a lot of extra work, but they never think that the stomach needs extra help to do the extra work. If these people would take Tonaline Tablets regularly they would be a great big help to the stomach in its strain of over-work. No matter what you eat or drink Tonaline Tablets sweetens your sour stomach and stop gas belching in five minutes. The heaviness disappears, and the stomach is greatly aided in its work of digestion. TONALINE TABLETS not only promptly relieves all distress, but if taken regularly will absolutely cure indigestion by building up the flabby, overworked walls of the stomach and make them strong enough to digest the most hearty meal. \$1 for a 50 days' treatment. Mailed by American Proprietary Company, Boston, Mass.

Canada's Wealth in Water Powers

The outstanding feature of the power situation in Canada is that close to all present commercial centers, except only those in the middle prairies, there is abundance of dependable water power. Canada possesses a larger amount of potential water power than any country, twice that of the United States. Canada's estimated 16,600,000 horse power is equal to annual production of 367,000,000 tons of coal. "Canada's hydro-developed 1,916,521 horse power from water power (estimated) commission of conservation estimate.) Canada's estimated 16,600,000 horse power is equal to annual production of 367,000,000 tons of coal. "Canada's hydro-developed 1,916,521 horse power from water power (estimated) commission of conservation estimate.) Canada's estimated 16,600,000 horse power is equal to annual production of 367,000,000 tons of coal. "Canada's hydro-developed 1,916,521 horse power from water power (estimated) commission of conservation estimate.)"

Many women with disfigured complexions never seem to think that they need an occasional cleansing inside as well as outside. Yet neglect of this internal bathing shows itself in spotty, and sallow complexions—as well as in dreadful headaches and biliousness. It's because the liver becomes sluggish, and waste matter accumulates which Nature cannot remove without assistance. The best remedy is Chamberlain's Stomach and Liver Tablets, which stimulate the liver to healthy activity, remove fermentation, gently cleanse the stomach and bowels and tone the whole digestive system. Sure, safe and reliable. Take one at night and you feel bright and sunny in the morning. Get Chamberlain's today—druggists 25c., or by mail from Chamberlain Medicine Company, Toronto

Joker's Corner

Waiter—Haven't you forgotten something, sir? Dinner—That's so. My wife gave me a letter to mail. Miss Fluff—Mr. Deepthought, do you think marriage is a failure? Mr. Deepthought—Well, the bride never gets the best man. Mr. Smith, to whom you were talking so much, is a married man. Oh, I knew that. How did you know it? By the way he listened. "Johnny" exclaimed the careful mother. "You have shaken nearly all the money out of your tin bank." Yes'm. I'm not taking any chances on having my little bank hauled out for hoarding the stuff. Boy: "Say, uncle, talking of riddles, do you know the difference between an apple and an elephant. Uncle: "No, my lad I don't." Boy: "You'd be a smart chap to send out to buy apples, wouldn't you?" "Do you take any periodicals?" asked the clergyman on his first round of parish visits. "Well, I don't" replied the woman, "but my husband takes 'em frequent. I do wish you'd try to get him to sign the pledge." From a composition on "Harmful Insects" a teacher gleaned the following information: "The chief insects harmful to man is the fly, mosquito and caterpillar. To destroy them get them all and step on them or otherwise destroy their breathing places." "It seems to me," said the customer to his barber, "that you ought to lower your price for a shave in these hard times." The barber shook his head sadly, and said: "Can't be done. Nowadays everybody wears such a long face that we have a great deal more surface to shave over."

DOMINION ATLANTIC RY. "LAND OF EVANGELINE ROUT"

On and after November 3rd, 1914, train services on this railway is as follows: Express for Yarmouth.....11.57 a. m. Express for Halifax..... 2.00 p.m. Accom. for Halifax .....7.40 a. m. Accom. for Annapolis .....6.05 p.m.

Midland Division

Trains of the Midland Division leave Windsor daily (except Sunday) for Truro at 7.05 a. m. 5.10 p.m. and 7.50 a.m., and from Truro at 6.40 a.m., 2.30 p.m., and 12.50 noon, for Truro at 7.05 a.m. 6.16 p.m. and 7.30 a.m. and from Truro at 6.45 a.m., 2.30 p.m., and 12.25 noon, connecting at Truro with trains of the Intercolonial Railway, and at Windsor with express trains to and from Halifax and Yarmouth. Buffet Parlor Car service on Mail Express between Halifax and Yarmouth.

St. John - Digby

DAILY SERVICE (Sunday Excepted) Canadian Pacific Steamship "YARMOUTH" leaves St. John 7.00 a.m. leaves Digby 1.45 p.m., arrives in St. John about 5.00 connecting at St. John with Canadian Pacific trains for Montreal and the West.

Boston Service

Steamers of the Boston & Yarmouth S. S. Company sail from Yarmouth for Boston after arrival of Express train from Halifax and Truro, Wednesdays and Saturdays. P. GIPKINS, General Manager, Kentville.

H. & S. W. RAILWAY

Table with columns: Accom. Mon. & Fri., Time Table in effect June 22, 1914, Accom. Mon. & Fri. Rows include stations like L.V. Middleton, Clarence, Bridgetown, Grandville Centre, Grandville Ferry, Karadale, and Port Wady L.V.

\*Flag Stations. Trains stop on signal CONNECTION AT MIDDLETON WITH ALL POINTS ON H. & S. W. R. AND D. A. RY.

P. MOONEY General Freight and Passenger Agent

FURNESS SAILINGS

Table with columns: From Liverpool, For Liverpool, From London, For London, For Liverpool Direct. Includes dates and ship names like Queen Wilhelmina, Tabasco, Durango, and Queen Wilhelmina.

Furness Withy & Co., Limited

Halifax, N. S.

Boston & Yarmouth Steamship Co., Ltd

Two Trips per week in each direction between Yarmouth and Boston. Steamers leave Yarmouth Wednesdays, and Saturdays at 6.00 a.m. for Boston. Leave Boston Tuesdays, and Fridays at 10.0 a.m. for Yarmouth. Tickets and Staterooms at Wharf Office. A. B. WILLIAMS, Agent

Wanted

for the Civil Service of Canada. 65 Male Clerks, 5 Male Stenographers, 20 Female Stenographers. Initial salaries range from \$500 to \$800 per year. Next examinations in May 1915. Our students have been very successful.

Maritime Business College

Halifax, N. S. E. Kaubach, C. A.

Dr. Morse's Indian Root Pills owe their singular effectiveness in curing Rheumatism, Lumbago and Sciatica to their power of stimulating and strengthening the kidneys. They enable these organs to thoroughly filter from the blood the uric acid (the product of waste matter) which gets into the joints and muscles and causes these painful diseases. Over half a century of constant use has proved conclusively that Dr. Morse's Indian Root Pills strengthen weak kidneys and Cure Rheumatism

Mindar's Liniment cures Dandruff.