

### THE BLESSING OF A HEALTHY BODY

Has Not Had An Hour's Sickness Since Taking "FRUIT-A-TIVES"



MR. MARRIOTT  
75 Lees Ave., Ottawa, Ont.  
August 26th, 1918  
"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 3 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 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.

#### 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.  
Bacon—A knot of White Ribbon.  
Watchword—Agiata, educate, or goate.  
**OFFICERS OF WOLFFVILLE BRANCH.**  
President—Mrs. L. W. Bishop.  
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White Ribbon Bulletin—Mrs. Walter Mitchell.  
Loyal Temperance Legion—Miss Egan.

#### Be Gentle Towards the Aged.

I am afraid that we who are in the heyday of life are very apt to overlook the tribute we owe to old age—the respect, the consideration, the patience, the gratitude and, lastly, though no least, the tolerance.  
Respect is due to grey hairs because of a life well spent that has made old age possible; consideration, because of the waning of physical and mental powers; patience, because the lingering step and wavering intellect is not so quick and keen to grasp the situation as of yore; gratitude, because of the knowledge—to be acquired only by experience—that has been headed down through them; and tolerance, because the repetitions of scenes and happenings from the book of their youth—irresome though these may seem to us—are but natural, taking the aged speaker back to the happiest moments of life at a time when friends of a like age surrounded her.  
Tolerance of the little faddy, likes and dislikes of the aged should all ways be ungrudgingly conceded.  
**To Get the Best From Life.**  
One should have some unattainable ideal, something to do in life which can never be finished, some engrossing vocation; and a development of mind and soul that we can summon when all eternal resources fail to keep us young and vigorously enjoying our youth. Cultivate a good disposition, serenity and peace. Most of the worry is about something that never happens. If you do these things while you may not attain eternal youth, you will very materially effect your future and you will add not only to your days of life, but will make them more complete, increasing your capacity for living and for enjoying existence to the very end.

There is evil enough in man, God knows; but it is not the misdeed of every young man and woman to detail and report it all. Keep the atmosphere as pure as possible, and fragrant with gentleness and charity.  
If there is ever a time when identity is golden, it is when a man is mad.  
True ladyhood is heightened rather than lessened by nonconformity traits.

#### WHY YOU ARE NERVOUS

The nervous system is the master system of the human body.  
In perfect health we hardly realize that we have a network of nerves, but when health is failing, when strength is declining, the most nervous system gives the alarm in headache, dizziness, loss of sleep, irritability and unless corrected, leads straight to a breakdown.  
To correct nervousness, Dr. J. C. Fletcher's Children Cry for Fletcher's Castoria is exactly what you should take. Its rich nutrient goes into the blood and rich blood sends the nerves back to their normal state, giving you the whole system back to its normal health again. Your nerves hereafter sleep peacefully. Price 10c. per bottle, Dr. J. C. Fletcher, 147 N. 5th St., Brooklyn, N. Y.

## Back The Men At The Front

### LORD SHAUGHNESSY'S APPEAL

In response to the request of a number of prominent French Canadian gentlemen of the Province of Quebec, Lord Shaughnessy has expressed his views on the present conditions as follows:



LORD SHAUGHNESSY.

THERE is a germ in my system that renders obvious every form of legislation calculated to invade the personal liberty of the subject, save such as may be necessary for the safety of the nation and for the peace, health and general welfare of the people.  
Entered military service in time of peace, as it existed in some foreign countries, would some within my category of objectionable measures, because it has the effect of taking a man from his ordinary avocation, and, for given periods, making him subject to military regulations under the control of military officials, not because of any danger immediately impending, but because it is a step towards something that may occur to involve the nation in war, making trained military reserves necessary.  
The encouragement of the military spirit in normal times is not best for the people whose aim should be the promotion of general well-being, peace, prosperity and happiness. But it may be said if one nation neglects his military establishment, he aggresses against his neighbor with his trained army and over-ready implements of war, will one day seek a compromise of quarrel and overpower it.

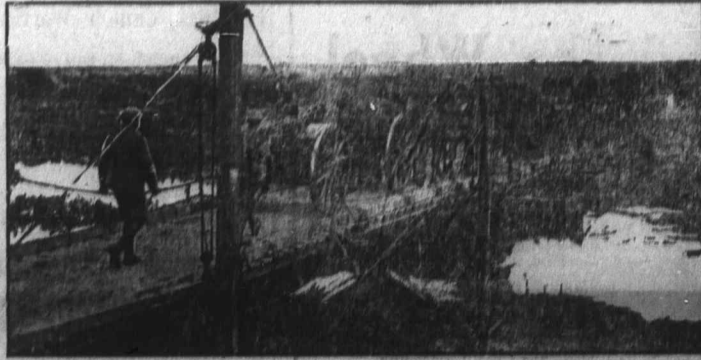
The gravity of this contingency admitted, it becomes apparent that the effort of nations must be not only to create and maintain military forces sufficient for defense if there be attack, but strong enough to secure the offensive if that appear to be the best strategy.  
Should it be contended that the safety of the nation demands an unrelenting condition of military preparedness, it may be properly asked where the limit is to be placed, because there must be a limit or a military autonomy will ensue, such as that which the Allies are now demanding to Germany at very serious cost.  
If the people are to be free from this menace of militarism, money and material with the least possible delay, wherever they may be needed to defend the rights and liberties of the nation, all citizens bearing their respective shares of the burden, no nearly as possible in like proportion to the outbreak of the present war. Britain's navy was ready and the splendid achievements of that arm of the service, saving as they did a situation fraught with most serious danger, will always be a source of gratification and pride, but the regular land forces consisted of a mere handful of men, barely sufficient for the maintenance of order at home, and became a matter of momentous importance that a large army of citizen soldiers should be organized, equipped and retrained.

gent and relentless foe, and we would be reduced to a species of vassalage. All our independence, all our hopes and aspirations, and those of our children for generations to come, are bound up indissolubly in the defeat of our enemies.  
To the accomplishment of this purpose, let us continue to bend all our energies. Notwithstanding the apparent dearth of men, the vastness of the man power overseas, our military authorities, having the most accurate information, declare that further reinforcements are essential and that they cannot be secured by voluntary enlistment. In these circumstances, conscription, however pronounced may be our antipathy to legislation of that description, should be accepted not as an invasion of the personal liberty of the subject, but as a measure designed to preserve it.  
We must continue to equip, arm, and support our own troops and to give such material assistance to the Allies as is possible by most strenuous effort. If it be necessary, the scope of the Conscription Bill should be so enlarged as to compel service in all branches of industry furnishing war material and supplies.  
Prothy Jingdom and incendiary speeches emanating as a rule from those whose only contribution to the war is in the form of language, and which may tend to encourage domestic dissent should be suppressed, and every utterance that savors of disloyalty should bring prompt punishment to the offender.  
Conscription is now the law of the country, and no matter what his views about the policy of Government or the motives and methods alleged to have attended our recruiting and other war activities during the first two years of the war, it is now the sacred duty of every good citizen of Canada loyally and willingly to assist the authorities in putting the Selective Conscription law into effect with anonymity and impartiality, reserving his criticism of policy and practice until the war is over.  
The man with a substantial income feels the effect of an Income Tax, while one with little or no income, having nothing to pay, can accept it with equanimity, and for somewhat similar reasons the man with one or more sons is apt to have a conception of conscription quite different from that of the man who has neither son nor grandson to contribute. The latter class should be under no consideration in their public utterances on the subject. Those of us who, like myself, have seen all our relatives of military age overseas, and who have experienced the sadness of loss and separation, cannot help feeling compassion for the parents whose affection for their sons makes them exaggerate the terrors of military service, but for the young men themselves there is no such feeling because, if being fit for service and having none of the recognized grounds on which to demand exemption, they are unwilling to take any plea that may be assigned to them in this hour of danger, they are resigning their duty as citizens and selfishly evading their share of the burden that the country has to bear.

## THE BATTLE OF FLANDERS



Just out of the trenches.—Some sleep whilst others play cards.



Artillery crossing the Yser.

### Old Tea Looks All Right

Old tea and fresh tea, poor tea and good tea, all look alike. No wonder a woman often gets a bulk tea she doesn't like.

Red Rose Tea in the sealed package is always fresh, always good, always worth the price on the label.

Kept Good by the Sealed Package

Not baking powder bicarbonate and honey served with good rich milk make a good course for lunch.  
Cabbage will not attract so many flies if it is wrapped in newspaper.

Children Cry FOR FLETCHER'S CASTORIA



### Memories

of "the nicest cup of tea I ever tasted"

KING COLE ORANGE PEKOE The "Extra" in Choice Tea



## Exemption Tribunals.

Exemption Boards have been—often in such a way as to make them absolutely independent and removed from all influence. There are over 1,250 boards throughout the country, each composed of two men, one appointed by the county judge in the district concerned and one selected by a joint committee of Parliament. Being familiar with local conditions where they sit, the members are well-fitted to appreciate such reasons for exemption as are put before them by men called up.

Exemption will be granted to those who can establish that it is in the national interest that they remain in civilian life. This is for the Exemption Board to decide after having received full information in each case.

The grounds on which exemption may be claimed (which are similar to the grounds recognized in Great Britain and the United States) are as follows:

- (1) That it is essential in the national interest that the man should, instead of being employed in Military Service, be engaged in other work in which he is habitually engaged.
- (2) That it is essential in the national interest that the man should, instead of being employed in Military Service, be engaged in other work in which he is habitually engaged.
- (3) That it is essential in the national interest that, instead of being employed in Military Service, he should continue to be educated or trained for any work for which he is then being educated and trained.
- (4) That such hardship would ensue if the man were placed on active service, owing to his exceptional financial or business obligations of domestic position.
- (5) Ill health or infirmity.
- (6) That he is conscientiously opposed to the undertaking of any war service and is prohibited from doing so by treaty and articles of faith, in effect on the date of July 1917, of any organized religious denomination existing and well recognized in Canada at such date, and to which he is in good faith belonging.
- (7) That he should be exempt because distinguished under the War Time Election Act.

No claim for Exemption should be put forward unless one or other of these grounds in fact exists, and no loyal citizen should assist in, or allow himself to be made a party to, any claim for Exemption unless thoroughly satisfied that it is made in good faith.

Exemption may be applied for by the man selected himself or by his parents, near relatives or employers. Application for exemption must be made on printed forms to be found at every post office, which are to be filled in and left with the postmaster if exemption is desired. The postmaster will forward the form to a Registrar, who will send it to the appropriate Exemption Board. In due time, then, the Applicant will get notice as to when he must present his case before the Board.

Issued by The Military Service Council.

### CASTORIA

For Infants and Children.  
The Kind You Have Always Bought  
Beware of cheap imitations.

### HUTCHINSON'S

Livery and Automobile Service  
WOLFFVILLE, N. S.

Teams or Autos always ready for a drive through the Evangeline Land.  
Teams at all tenns and boats.  
Weddings carefully attended to by Auto or team.  
Give us a call. Telephone 68.

An Old Story.  
A correspondent of an English paper tells the following story, old but worth repeating. It concerns two rival messengers. Again, they lived on opposite sides of a certain street, and one day one of them placed upon his shop the legend 'We sell messages to the gentry and nobility of the country.' The next day, over the way, appeared the sign, 'We sell messages to the gentry and nobility of the whole country.' Not to be outdone, the rival put up what he evidently regarded as a final statement, namely, 'We sell messages to the King.' Next day, there appeared over the door of the first message maker, the simple expression of loyalty, 'God save the King.'

### China Has Largest Bell.

Moscow claims the distinction of possessing the largest bell in Christendom to be in actual use. Its weight is 123 tons. The quality phrase 'to Christendom' is used because China claims to have at least two bells, also in actual use, which are even larger.

The larger of these may be seen in the great Buddha, monastery, not far from Canton. It is eighteen feet high and has a circumference of forty-five feet, being cast in solid bronze. It is one of the eight momentary bells that were cast toward the end of the fourteenth century. It is supposed to be the Emperor Yang-in. During the process of casting eight men lost their lives.

On both sides it is covered with an inscription in embossed Chinese characters about half an inch in length covering over the top piece from which it swings, the total number being 25,000. The second bell, which is three feet shorter than the first at Canton, hangs in a temple of its own to the north of Peking, almost on the way to the Greater Wall of China.

### PILES

Do not suffer from PILES. Do not allow your rectum to become inflamed. Do not allow your blood to become impure. Do not allow your system to become weak. Do not allow your nerves to become overworked. Do not allow your stomach to become indigestible. Do not allow your bowels to become constipated. Do not allow your skin to become itchy. Do not allow your eyes to become watery. Do not allow your ears to become deaf. Do not allow your nose to become runny. Do not allow your throat to become sore. Do not allow your chest to become tight. Do not allow your back to become ached. Do not allow your legs to become numb. Do not allow your feet to become cold. Do not allow your hands to become clammy. Do not allow your face to become pale. Do not allow your hair to become thinning. Do not allow your teeth to become loose. Do not allow your memory to become impaired. Do not allow your judgment to become clouded. Do not allow your will to become weak. Do not allow your character to become degraded. Do not allow your soul to become damned.

Professional Cards

### DENTISTRY.

A. J. McKenna, D. D. S.  
Graduate of Philadelphia Dental College  
Office in McKenna Block, Wolfville.  
Telephone No. 43.

### M. R. ELLIOTT

A. B., M. D. (Harvard)  
Office at residence of late Dr. Bowles, Telephone 52.  
Office Hours: 8-1 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.

### F. J. PORTER

Licensed Auctioneer for towns of Kentville and Wolfville, N. S.

### NOW IS THE TIME!

#### To Get Your Furniture Upholstered.

Carpenter work is slack at present, and I am prepared to do upholstery of all kinds of Furniture, also Carriage and Sleigh Seats. I will also repair Furniture of all kinds.  
I have had a large experience in this work and can guarantee satisfaction.  
J. C. Bishop, - Wolfville.

### McCallums, L'td

The largest dealers in Improved Farm Properties in Canada.  
Halifax, N. S., Canada.  
Are now offering the property of the Wolfville Fruit Land Improvement Co. Ninety acres of Orkney fully improved. In whole or part. Price exceptionally low.  
C. A. Porter, Local Agent.  
OFFICES: WOLFFVILLE AND KENTVILLE

### Yarmouth Line

#### FAIR SERVICE.

Leave Yarmouth Wednesdays, and Saturdays, 7.15 a.m. for Kentville, Wolfville, Pictou, and other points. For tickets, rates, and other information, apply at our Office.  
J. Ross MacIntyre, M.P.  
Yarmouth, N. S.  
**BOSTON & YARMOUTH STEAMSHIP CO., LTD.**

### E. B. SHAW

Repairing of Boots and Shoes of all kinds  
Has resumed business at the old stand in his new building.  
Orders Solicited and Carefully Executed.

### COALI COALI COALI

Carefully Screened and Promptly Delivered.  
Springhill, Albion Nut and Old Sydney.  
GIVE US A TRIAL.  
Burgess & Co.

### R. J. Whitten & CO.

#### HALIFAX

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

#### Wolfville Time Table

Direction	Time
Express from Kentville	6.07 a.m.
Express from Halifax & Truro	6.50 a.m.
Express from Yarmouth	7.15 p.m.
Express from Halifax	8.17 p.m.
Mixed, from Windsor	8.00 p.m.
Mixed, from Middleton	11.40 a.m.

LEAVES  
Express for Halifax and Truro 6.07 a.m.  
Express for St. John 6.15 a.m.  
Express for Halifax and Truro 6.07 a.m.  
Express for Kentville 6.57 p.m.  
Mixed, to Windsor 11.45 a.m.  
Mixed, to Middleton 8.50 p.m.

**ST. JOHN AND DIGBY**  
Daily Service (Sunday Excepted)  
Canadian Pacific Railway S. S. Express leaves St. John 5.00 a.m. arriving Digby at 10.55 a.m. Leave Digby 9.00 p.m. arriving St. John 5.00 p.m. making connection at St. John with trains for Canadian Pacific Ry. for Montreal and the West.

#### Boston Service

Express train leaving at 9.55 a.m. for Yarmouth connects with steamer of the Boston & Yarmouth S.S. Co., Ltd., sailing on Wednesdays and Saturdays for Boston.

Buffet parlor cars run each way, daily, except Sunday, on express trains between Halifax and Yarmouth.

R. U. FRANKS  
General Passenger Agent,  
George H. Graham, General Manager,  
Kentville, N. S.

Monday's Lament for 2018 every week.