DANGER LURKS IN EVERY ONE OF US

We Are As Full of Deadly Poisons As A Germ Laboratory.

AUTO-INTOXICATION OR SELF-POISONING

"FRUIT-A-TIVES" Absolutely Prevents This Dangerous Condition.

The chief cause of poor health is our neglect of the bowels. Waste matter, instead of passing from the lower intestine regularly every day, is allowed to remain there, generating poisons which are absorbed by the blood.

In other words, a person who is habitually constipated, is poisoning himself. We know now that *Auto-intoxication*, due to non-action of the bowels, is *directly responsible* for serious Kidney and Bladder Troubles; that it upsets the Stomach, causes Indigestion, Loss of Appetite and Sleeplessness; that chronic Rheumatism, Gout, Pain In The Back, are relieved as soon as the bowels become regular; and that Pimples, Rashes, Eczema and other Skin Affections disappear when "Fruit-a-tives" are taken to correct Constipation.

"Fruit-a-tives" will protect you against Auto-intoxication because this wonderful fruit medicine acts directly on all the eliminating organs.

50c. a box, 6 for $2.50, trial size 25c. At all dealers or sent 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.

BADGE—A knot of White Ribbon.

WATCHWORD—Agitate, educate, organize.

OFFICERS OF WOLFVILLE UNION.

President—Mrs. B. O. Davidson.
1st Vice President—Mrs. G. W. Miller
2nd Vice President—Mrs. McKenna
Recording Sec'y—Mrs. Ernest Redden
Cor. Secretary—Mrs. W. O. Taylor
Treasurer—Mrs. H. Pineo.

SUPERINTENDENTS.

Evangelistic—Mrs. George Bishop
Parlor Meetings—Mrs. Young
Labrador Work—Mrs. Fielding.
Red Cross and Lumbermen—Mrs. J. W. Vaughn.
Press and Willard Hall—Mrs. M. P. Freeman.
White Ribbon Bulletin—Mrs. Hutchinson.
Temperance in Sabbath-schools—Mrs. C. A. Patriquin.

Let us not therefore judge one another any more, but judge this rather, that no man put a stumbling block or an occasion to fall in his brother's way.—ROM. 14:13.

Business meeting of the W. C. T. U. on the last Friday of every month.

The Curfew Bell.

An interesting discussion has recently taken place in the Winnipeg Tribune, concerning the safety and morals of our children and young people. A mother whose heart is almost broken, has brought before the puplic a condition of things which many of us have known of and deplored, but have been unable to take any definite action. Other mothers have also written, and there have been letters from observant men on the same lines. We are glad to see that people are not indifferent about the young folks, and sincerely hope that the matter will not be dropped and that a Curfew Law will be instituted in our cities and towns.

There is no special department in the Dominion W.C.T.U., but I think it very properly comes under the heading of Moral Education, and could be well taken up by this department. One of our big tasks just now is to get hold of the children and young people. There are many influences at work which are doing anything but help our youth to develop into good citizens. Cigarettes are not the only menace, although they form a large factor. We have been brought to task pretty severely at times for raising our voice against the movies, vaudeville theatres and dance halls, and yet these are the very things which are being blamed for the prevailing conditions,—a moral looseness among children and young girls and boys—not by reformers, or 'uplifters,' or even by W. C. T. U. women, but by ordinary people, people who evidently have their eyes open.

Yet what do we see? Hundreds of young folks streaming into them, getting filled with sensualities and false ideas of lov. and life, undermining and destroying the ideals and moral principles of young manhood and young womanhood. 'As a man thinketh so is he.' Do you see the force of this and what it means for the future?

One of the best suggestions that have been made is that the Curfew Bell be instituted. That this will be beneficial we are quite certain, as it has been a success wherever in force, and enforced. It is pitiable to see the little folks out on the streets at all hours of the night, and I, personally, have seen things that have have made me sad. No parent should resent the authorities taking this in hand. They have a perfect right to do it in the interests of children whose parents are not sufficiently interested in them to want them to become good citizens. A condition of things such as we have been reading of, and which many of us have actually seen, is a menace to the country and State, and the authorities have a perfect right to step in and say, 'You must keep your children off the streets at night and take better care of them.' The fault really does not lie with the children. Many of them do wrong through ignorance and bad influence.

Our children are the greatest assets of our nation, and the least we can do is to try and protect them and give every help possible by removing stumbling blocks out of their way, in using our franchise to get right laws for their protection, and to help them to become the men and women that Canada needs

MRS. WM. WRIGHT,
Dom. Supt. Moral Education

Military Force of Habit

He held her tightly in his khaki clad arms till she wondered at his silence and gently murmered: 'Do you love me, my hero?'

'Yes,' he sighed.

'Yes, what?' she softly queried.

'Yes, sir.'

Agitated Lady—Henry, quick! There's a man in the water with a paralytic stroke!

Life Guard—Dat's a new one on me lady. Does you mean de overhead or de crawl?

CASTORIA
For Infants and Children
In Use For Over 30 Years
Always bears the Signature of Chas. H. Fletcher

Higer shoes for women for 1919, higher prices and shorter skirts; those are the views of the National Shoe Travellers' Association as expressed in resolutions passed at the close of its seventh annual convention at Chicago. Women's shoes of eight and one half inches or higher, in brown, gray, beaver, black and white, were decided by the shoe travellers who added that 'long skirts are unsightly unsanitary, and prevent free action in walking or other pursuits.'

DR. A. W. CHASE'S CATARRH POWDER 25c. a box
is sent direct to the diseased parts by the Improved Blower. Heals the ulcers, clears the air passages, stops dropping in the throat and permanently cures Catarrh and Hay Fever. 25c. a box; blower free. Accept no substitutes. All dealers or Edmanson Bates & Co., Limited, Toronto.

Canadian graves in France will very shortly be planted with maples. A fine stock of seedling trees has been successfully raised at the Royal Botanic Gardens. They were grown from seeds obtained from the Dominion horticulturist at Ottawa. These have already been sent to France.

'Father', said an enquiring youth when a hen sits on an egg for three weeks and it fails to hatch, is the egg spoiled?' 'As an article of diet, my son, it is henceforth a failure, but for political purpose it has its uses.

The new recruits were very keen. One man especially did everything with energy. The order was given to march. The enthusiastic one, who was in the front rank, set off with a will.

He strode out, arms swinging, head erect, and eyes strictly in front, never noticing that he had left his comrades behind.

The drill sergeant swallowed hard, then called sweetly: 'Say! You! When you get there, send us a picture post card!'

Children Cry
FOR FLETCHER'S
CASTORIA

Four holidays in 1919 will be a great delight to week-enders. Victoria Day and Natal Day, June 21, come on Saturday. Labor Day and Thanksgiving come on Monday.—Acadian Recorder.

Children Cry
FOR FLETCHER'S
CASTORIA

A great fleet of foreign ships is now at Copenhagen. The fleet consists of four British cruisers and eleven destroyers, one French armed cruiser, one destroyer and three torpedo boats and an American cruiser.

Children Cry
FOR FLETCHER'S
CASTORIA

A flea and a fly had the 'flue';
They neither were sure what to do.
Let us fly, said the flea; let us flee,
said the fly,
So they flew through a flaw in the flue.

Work well done to-day is the greatest possible help to better work to-morrow.

A Cure for Pimples

"You don't need mercury, potash or any other strong mineral to cure pimples caused by poor blood. Take Extract of Roots—druggist calls it "Mother Seigel's Curative Syrup"—and your skin will clear up as fresh as a baby's. It will sweeten your stomach and regulate your bowels." Get the genuine. 50c. and $1.00 Bottles. At drug stores.

Better Than Pills For Liver Ills
The reason

Nature's Remedy
Tonight
Tomorrow Alright
NR
25¢ Box
A. V. Rand, Chemist and Druggist.

A Visit to Orpington

AT Orpington there is a girl at the station gate who takes your ticket and says "Thank you" as she does so. You fall into step with a grey clad patient who is on his way back and who volunteers to show you the road. It slopes down hill from the station and turns into a quiet lane under arched trees between lichen covered palings. Here and there is a trim suburban villa with its gay garden. Though headquarters of an hour by train from London, the road is as smooth under foot and as well kept as any tar macadam pavement in Toronto. Though you are in the country, there is a uniformed policeman who keeps a paternal eye upon everything in general. Five minutes' walk brings you to a turn in the road and you find that it runs through a high arch under a 60-foot railway embankment. The years that have passed since that embankment was made may be judged by the fine trees which form a veritable wood upon its slopes. On the other side of the arch the road runs between high hedges, and over that to the left, set back in the fields, is the group of low white buildings which form "No. 16 Canadian General Military Hospital."

Col. McPherson, the O.C., is proud of his establishment, and well he might be. Its location in a most charming countryside could not be improved. There seems healing in the very winds that sweep over the sunlit fields. It is true that sometimes the boys find it "slow," but much is being done by the Y.M.C.A. and other agencies to dissipate that feeling. The general impression which remains with the visitor who manages to pass the sentries at the gates is the bright airiness of the wards, open for the full length of both sides to the light and air, and the cheeriness of the patients.

"In the Base at Toronto the boys used to grouse a lot," said one nursing sister, "but I never heard one do that here."

The other day two of the patients set out to see London. One of them was totally blind, the other had lost one eye.

"We had one eye between us, so we got along all right," said the blind lad cheerfully. He is just twenty years of age, and was on an Atlantic cable boat before he took to soldiering.

The hospital is equipped for looking after 2,500 cases. Each of its several wards has its chart room, where the nursing sister on duty is the presiding deity, its diet kitchen, medicine room, pantry and scullery. There is a large general kitchen with the latest cooking apparatus, and a large dining room for those who can get about. For those who are unable to leave their beds, hot food is taken from the big kitchen to "serveries" convenient to the wards, where it is kept hot till dished up.

The hospital is finely equipped in its various departments. There is an elaborate X-ray plant, an interesting feature of which is a lantern for viewing the X-ray pictures, which, by an ingenious biscopic arrangement, enables the surgeons to determine the depth at which a piece of shell or other foreign matter may be located. It gives the observer an uncanny impression of actually looking into the patient. In connection with this department is a plant for the production of colored slides and photographs for record purposes. There is a dental clinic, in which marvels in the way of repair and replacement have been effected, and beside it is a waiting room, in which a billiard table has been installed, to enable the boys to kill time while waiting for the dentist.

Dreadful, but interesting, is the museum of record, where Lieut. Walter Duff, a member of the Toronto Arts and Letters Club, makes a record in painting and drawing, and in plaster casts, of the various stages of the surgical re-making of men who have been mutilated. Lieut. Duff had aspirations to serve on the sea, and not being able to convince the navy that it could not get along without him, managed to get into the C.A.M.C. as a full private till he was discovered and set to the work for which his talents specially qualify him.

One thing which he is developing beside his records is a partial mask for men who have lost one eye and whom it is impossible to provide with an ordinary glass eye. By the aid of a pair of dummy spectacles a close fitting model with eyelids, eyelashes, eyebrows and eye is provided for the patient, the coloring being so delicately done that at five paces you would have to look twice before noticing that the man had been injured.

An ingenious device seen in Lieut. Duff's museum is one by means of which a surgeon is enabled to make an experimental operation. Holes which have been torn in the face are generally mended by cutting flaps of flesh in other parts of the face and folding them over. Often the surgeon is perplexed to know where to cut. To assist him in coming to a conclusion, a cast is made of the patient's face, and this is covered with a composition of gelatin and cooking syrup, which when cold has the same consistency as flesh. This is made the same thickness as the flesh, and on this mask the surgeon makes his experiments.

His Home In a Tree.

P. J. Moore, wanted as a deserter for some time, has been apprehended in Vancouver, where his sudden appearance and disappearance had begun to be regarded as almost uncanny. He had had his secret home in the heart of one of the giant cedars in Stanley Park.

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

COAL!

Acadia Lump,
Albion Nut,
Springhill,
Inverness

A. M. WHEATON

A woman may be beaten, but she rarely acknowledges it.

A WORKING DEMOCRACY.

Man and Woman Power of Country Is Registered.

By the compilation of a national register, in June of this year, Canada virtually took a census of all the available man and woman power in the Dominion for the purposes of winning the war. The step is one of the most significant and far-reaching which Canada has taken in war-time history. In that registration every person in Canada, man or woman, of sixteen years of age or over, was obliged to answer a series of questions relative to his or her usefulness for national service at the present time. The returns show that about 5,000,000 people presented themselves for registration and answered the necessary questions. Thus Canada holds, to-day, a national inventory of the human resources of the country.

The figures themselves, indeed, justify the conclusion that the Government can supply all the farm labor necessary for Canada's war needs, can mobilize labor for any kind of war production, and, if need be, systematically ration the people. But thanks to the greater production of both foodstuffs and ships which the last year has happily witnessed, there is not the slightest prospect of a rationing plan being necessary, either for Canada or for the United States. What there is a likelihood of now is that, through the existence of the Canadian National Register, employers of labor will be, and doubtless are, getting into touch with the Government at Ottawa in order to explain their needs. Those persons who desire to engage in war work will be able to find the right employment, whilst the Government, by an organized system of redistribution, will be able to bring about the highest percentage of economic efficiency.

In the national register, as in the similar register of men and women which Great Britain prepared some time ago, Canada possesses an instrument, for the purpose of winning the war, of tremendous potential value. The question naturally forces itself to the front: How will the Government avail itself of the great opportunity? Canada stands before the world, to-day, a democracy in which every man and woman may be placed under orders, if called upon, in accordance with the true democratic ideal. The right use of the register, or rather the fullest use of it, to the end that some of the industrial difficulties with which Canada has been faced may be removed or ameliorated, is something which the Canadian people will naturally expect from the Government. Now the military and industrial problems which have been before Canada since 1914 are simple and clearly defined. The Dominion has had to supply the necessary man-power to re-enforce the fighting men at the front. It has had to provide as much foodstuff as possible for the nations of Europe, and it has had so to transform and reorganize conditions in Canada itself that the country could put forth its maximum efforts into the war.

As to whether the last objective has been achieved, there has been a diversity of opinion. The disaffection with regard to the wage question has, according to some, undone, or seriously affected the work of industrial organization in the country. The elaboration of that particular point, however, is beside the question at the present moment. Doubtless the wage difficulty, caused by the problem of meeting the ever-mounting cost of living, offers no really insurmountable barriers. If the purchasing power of the dollar has undergone a decided slump, if the war conditions, in other words, have depreciated the value of the money spent upon the upkeep of the Canadian working-man's household by from 60 to 80 per-cent., the fact still remains that some proper dealing with the labor problem may yet remedy conditions. The call, certainly, is to the Government to meet that critical situation, and to put to an early use the instrument of the national register now at hand.

What's the Use?

The mischief has been done. Canada entered the war helpless at sea. That fact, whatever the cause, cannot be questioned. But what is the good of crying over spilt milk or over Dreadnoughtless water?

If the controversialists so hotly engaged in accusing each other of "treachery" and "shamefulness" and "sinfulness"—though the latter theological conception would appear to the ordinary mind foreign to the issue—would only think out a naval policy for Canada after the war how much greater the benefit to their country!

Let us give each other absolution for the past and start again. That is the way of common sense.

Our Overseas Transport.

It is officially announced by Hon. C. C. Ballantyne, Minister of the Naval Service, that Sir Arthur Harris, who has been acting since 1916 for the Canadian Government as director-general, British Ministry of Shipping, for Canada, Sir Arthur has, however, consented to keep in touch with the Minister of the Naval Service and officials, and to co-operate in every possible way.

Want a New Name.

Agitation is on foot for the re-christening of Vancouver Island, with the object of avoiding the constant confusion with Vancouver City, which is on the continental mainland. Nootka Island or Sunshine Island are the first suggestions, with Quadra or Treasure Island as second choice.

Cupid Beats Mars.

A Hamiltonian narrowly escaped the military draft by a scant margin. He was married at 7 p.m. on July 6, 1917. Had the wedding been five hours later he would have been obliged to do his fighting overseas instead of at home.

COAL! COAL! COAL!

Carefully Screened and Promptly Delivered.

Springhill, Albion Nut and Old Sydney.

GIVE US A TRIAL.

Burgess & Co.

FOR SALE.

The residence and tenements of late C. H. Borden (3 properties), on south side of Main Street. For sale together or separately. Apply to.

E. S. CRAWLEY,
G. W. MUNRO,
Trustees.

After Four Years of War

The Railway Situation as Viewed by President E. W. Beatty of the C.P.R.

"FOUR years of active participation in the war and intimate association with the problems which the emergency produced must, I think, have had such a pronounced effect on the thought and spirit of the Canadian people, as will enable them to grasp and overcome the after-the-war problems with confidence and ease.

"No record of Canada's share in the war—military, commercial, fiscal or economic, but adds to our pride in Canadians and Canadian institutions and stimulates confidence in our future. The problems ahead of us are indeed serious, but so was the war. Sane optimism as to our future is justified.

"From a transportation standpoint the Canadian people have, I think, every reason to be satisfied. The efforts of the companies, both on land and sea during the period of the war, have been eminently successful, especially from the public point of view. In spite of weather conditions unprecedently severe, at no time was there an approach to a physical breakdown. At no time was any disposition shown by any company to refuse assistance to any other company temporarily and locally embarrassed as to equipment or facilities. At first by the companies themselves and later under the aegis of the Canadian Railway War Board a continuous effort was maintained. The efforts of the railways were co-ordinated in such a way as to accomplish the maximum result and still not destroy or even injure the legitimate business of any one company. The results were highly satisfactory and reflect great credit, not only on the directors of the companies and the War Board, but also on the officers and men of the companies, whose loyalty, self-sacrifice and efficiency made Canada's great transportation record possible.

"While periodic attempts are made to compel an immediate decision as to the permanent solution of the so-called railway problem—though so far as efficiency and rates are concerned, there is no problem that I can see—it must be admitted that next to the war itself no question so important in its effect upon the earning power and prosperity of Canadians, as this question of further Government ownership of railways, has ever faced us. It is too important to be decided merely upon the view of extremists on either side. It can only be properly determined by careful consideration on the part of the people after having obtained some knowledge of the principles underlying efficient railroad service, the facts as to the present efficiency of the roads, and the probable—not fanciful effect which any serious change of policy must have upon that service and facts.

"Many mistakes have been made in the past, due to the ambitions of men or the ill-considered action of Governments. No good purpose, so far as I can see, is served by dwelling on these mistakes now. They were sanctioned at the time by a majority of the people of Canada. They can now serve only as a warning against other popular mistakes of even greater magnitude. An error in the shaping of our railroad policy now—a policy which would be difficult to reverse—would carry with it consequences much more disastrous to the country than those of our previous railway miscalculations, for the reason that the systems involved are so much larger. It should be remembered too that mistakes in railway policies have been made in other countries besides Canada, and that the opportunity to observe the efforts, for example, of the United States, in attempting to correct their errors, is invaluable to us, the more so since this particular example of the United States comes nearer to paralleling Canadian conditions—though the parallel is far from perfect—than any other that could possibly be chosen.

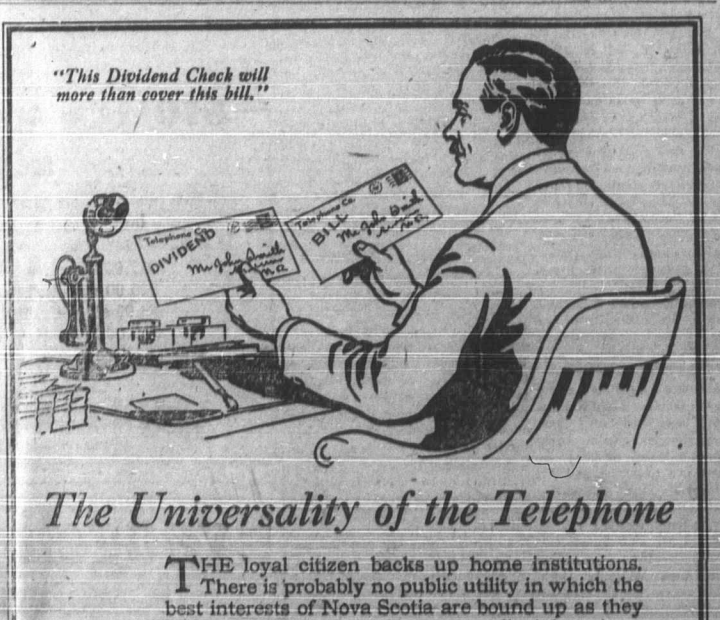
"The desire of everyone is that Canada should have to-day a railway system or systems so administered that the best service to the public will be obtained at the lowest rates consistent with fair wages, both for labor and capital. I say fair wages, because without them efficiency, loyalty and enterprise cannot be obtained, and without these things the quality of work which ensures efficient operation and low rates, cannot be secured. The question therefore is: Will Government ownership bring about this result? The question sounds simple but is in reality complex. Theoretically much may be said in favor of Government ownership. Will those theories stand the test of practice? If these theories prove a failure initially, but correct themselves, as their exponents may urge, in course of time—how long a time can Canadian people afford to pay the losses on demoralized railroad service? Do they wish to launch out on the experiment now? Or wait until their near neighbors, the United States, have worked out their experiment a little more satisfactorily? The cost of our experiment could not fail to be great, a cost certain to be collected directly or indirectly from the pockets of the Canadian people. Railway men have an admirable slogan which I feel inclined to commend to the attention of the people of Canada at this moment, namely, "Stop, look and listen."

"I have my own view on public ownership of railways, but they are not unalterable. I am undoubtedly prejudiced by an association with one company. The company has slowly developed to a point of efficiency and successful operation. Looking back over that history one is amazed at the importance of the part played by men whose enterprise, resourcefulness and tenacity of purpose could not, I think, have been stimulated and given rein in any civil service. It has taken more than thirty odd years to make the C. P. R. as efficient as it is to-day. It was not easy. Even when accomplished this degree of efficiency can be quickly lost. The consciousness that it is so easily shattered is large ly responsible for the constant and intense ambition on the part of officers and men to maintain and even improve on the tradition.

"This much may, it seems to me, be said with confidence now, namely, that we do not know enough that is encouraging about Government operation of large railway systems to justify any further excursions into that field at this time. To argue from the experience of old countries where civil service obtains a much better share of the ambitious young men than in Canada, or to argue from the alleged success of comparatively local affairs, or Government organizations dominated by exceptional personalities, is unfair—not to the railways but to the country which has so much at stake in this issue. We can well afford to wait, to study dispassionately our own situation and the experiment of the United States before committing our country to serious changes in policy. The solution finally adopted in the United States will be of inestimable value to Canada. Meantime, too, the experience which Canada will now have of the present newly organised Government system will demonstrate many things. It will indicate very largely the general nature of the results we may hope to secure from an extension of the system.

"When we know more about Government operation in Canada and in the United States we may modify or entirely alter the present arrangements. We shall be justified then in reconsidering our permanent policies. But to do so without the advantage of this information—information available in due time—in fact, without the knowledge essential to the determination of the problem would be, to my mind, the height of folly.

"Even though a Government co-ordination of Canadian railways rather than the present voluntary co-ordination through the Canadian Railway War Board should show an immediate saving to the people of Canada—and the experience of Government co-ordination of United States railways holds out little hope for any such saving—the sum involved would be a drop in the bucket compared to the larger ultimate losses which in the event of the failure of such policy must inevitably result, and which could not be corrected. If I may be permitted to parody the old proverb, I should say "Nationalize in haste, repent at leisure."—From the Montreal "Gazette."



The Universality of the Telephone

THE loyal citizen backs up home institutions. There is probably no public utility in which the best interests of Nova Scotia are bound up as they are in the telephone. It serves well-nigh universally; it should be supported likewise.

Today, one person in every twenty-two in this province actually pays for a telephone. Soon it will be one in ten.

Every telephone subscriber owes it to himself and his community to be a telephone stockholder, to share in the prosperity of this company and to have a voice in its management and operation, thus making it a huge cooperative enterprise.

As an investment for the Nova Scotian, it is unexcelled because its plant and operation are always under his eye, so that he can intimately observe them from day to day.

7% Preferred Stock. Shares $10 each.
Earnings stabilized by legislation.

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& TELEPHONE CO., Ltd.
Halifax, N. S.

Expert Piano Tuning Guaranteed

Voicing, Regulating, Repairing, Organs Tuned and Repaired.

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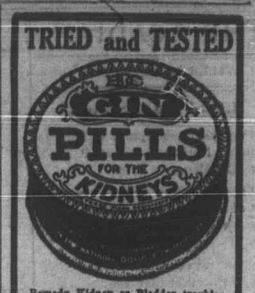

Remedy Kidney or Bladder troubles by first removing the cause. If you are a sufferer use Gin Pills. 50c. a box. Sold everywhere.

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An article that is not worthy cannot be advertised continuously and successfully. People find the truth and will not buy again. You can depend on articles that you see advertised day after day, year after year. They have been tried and proved.

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Even If War Is On You Must Have Clothes

And we are well prepared to serve you in this line.

Our work in

MEN'S CLOTHING OF ALL KINDS

Is winning us a reputation. We use the best materials, employ the best workmanship and our styles are always right.

We guarantee every garment and shall be pleased to show goods and quote prices.

A. E. Regan, Wolfville

"LOOK BEFORE YOU LEAP"

See before you buy. Do not take the chances of buying from a mail-order catalogue. You are usually asked to make a second and third choice. How can you have any assurance of satisfaction? Your local merchant can supply your needs and you can "look before you leap."

You will save money in the long run and be sure you are getting what you pay for.

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The time for procuring 'Good Housekeeping' at the old rate has been extended to February 1st. If you have neglected, to subscribe before do so now. H. P. Davidson, the magazine man.