

W. C. T. U. Notes

Women'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.
Let us not 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. RM. 14:81.
OFFICERS OF WOLFVILLE UNION:
President—Mrs. J. G. Elderkin.
1st Vice President—Mrs. W. O. Taylor
2nd Vice President—Mrs. G. W. Miller
Recording Sec'y.—Mrs. Ernest Redden
Cor. Sec'y.—Mrs. Annie Murphy.
Treasurer—Mrs. H. Pineo
SUPERINTENDENTS
Evangelistic—Mrs. William Chipman
Parlor Meetings—Mrs. Stanley Robinson.
Labrador Work—Mrs. J. W. Vaughn
Fishermen and Lumbermen—Mrs. W. E. Fielding.
Anti-Narcotic—Mrs. W. O. Taylor
Flowers, Fruit and Delicacies—Mrs. D. G. Whidden
Christian Citizenship—Mrs. B. O. Davidson.
Press—Mrs. M. P. Freeman
Willard Hall—Mrs. M. P. Freeman
Temperance in Sabbath Schools—Mr. C. A. Patriquin.
Supt. Tidings—Mrs. T. Hutchinson.
Business meeting of the W. C. T. U. the last Monday of every month

MEDICAL TEMPERANCE

As for alcoholic liquor in shock Dr. H. C. Wood, of the medical school of the University of Pennsylvania said long ago—"I am perfectly sure that a large dose of alcohol in shock puts a nail in the coffin of the patient."
Alcohol is dangerous in shock because it robs the body of heat, and a decrease in temperature is the thing to be most avoided in shock. The patient must be covered warmly, the limbs rubbed with hot flannels, hot water bottles or electric pads put around him, and warm drinks given as soon as he can swallow, hot milk being the best.
For heart failure beef extract is a useful stimulant, also hot drinks of any kind. The very act of swallowing the spittle it is now known will start the heart action. The application quickly of alternating hot and cold to the heart and to the spine is approved as a measure of great value.
For exposure to cold, warm blankets, hot drinks as soon as they can be swallowed and a hot bath where possible is a good treatment. The warmth of other bodies will be needed when away from other means of heating. Alcohol may kill as it reduces the temperature. Travellers in cold regions have thoroughly learned this. All authorities on snakebite now say that many men have died from whiskey given who might have recovered from the bite.
The American Medical Association in 1917 passed resolutions against the use of alcohol both as a beverage and as a medicine. Those physicians who continue to prescribe whiskey in the face of scientific condemnation of this drug do it because they make money from the prescription, or because of personal liking for this agent, or from blind adherence to old notions.
The researches of science have shown it to be a heart depressant, not a stimulant; a breaker down of body tone instead of a tonic; a poison, not a food in any true sense. Instead of its being a preventive of disease it has been proved to be a hindrance to the formation of anti-bodies by its poisonous action on the white blood-cells whose work it is to destroy infectious germs. It is known now absolutely that alcohol weakens resistance to disease. Many persons might have escaped death by the influenza had they known and heeded this teaching of science.
It is not only because science has revealed the truth about alcohol that it is being abandoned as a therapeutic agent, but also because now the physician has available many drugs that were unknown years ago.

Minard's Liniment for sale everywhere.

"SIX MONTHS AGO"

"It's hard to realize that six months ago I couldn't walk across the floor and now I am so well!"
"I have never been very strong but the heat last summer was too much for me. This and the fact that my husband was out of work and I had to work day and night to keep from starving, left me a physical wreck. Luckily my husband was able to get a good job just when I had to go to bed. I tried everything I could think of to get strong, but each day I seemed to be getting weaker and weaker. I was reduced to a skeleton, I couldn't eat or sleep, I had no strength left and finally I was so weak that in trying to cross the floor one day I collapsed. I was so ill and weak that I didn't care whether I lived or died. And then I heard about that marvellous preparation—Carnol. A friend of mine had used it with wonderful results and as it had done so much for her, I decided to try it. The results were nothing less than miraculous. In two weeks I was able to get up and walk about the house. My appetite had returned. I was actually hungry. I could sleep when I went to bed, something I had not been able to do for months. I have already taken six bottles of Carnol and I am still taking it. I weigh more today than I ever weighed before in my life. I sleep like a child. I am never tired and my skin is as clear and my cheeks as rosy as a girl's. I bless the day I heard about Carnol." Mrs. K., Toronto.
Carnol is sold by your druggist and if you can conscientiously say after you have tried it, that it hasn't done you any good, return the empty bottle and he will refund your money. 8-122
SOLD BY H. E. CALKIN

HOUSEHOLD HINTS

When you begin to find worms sprinkle on the cabbage black pepper.
Equal parts of wood ashes and salt will mend a crack in a stove; just moisten with water.
A hot shovel held over varnished furniture will take out white spots.
A mop wrung as dry as possible from water in which has been put a spoonful of ammonia will clean the sick room floor.
Put a pinch of salt in milk when fresh and it will not sour so quickly.
I find a common putty knife very useful around the sink for many purposes, such, for instance as getting into corners, scraping dishes, etc.
Try making your own shelf paper. Cut strips of white oil cloth the desired width. Scallop the edge by tracing around a spool on wrong side of cloth. Be sure the spool is on the very edge each time. Its only necessary to trace half way around the spool. I find a silketeen spool the best. This is easily kept clean and looks neat.
Milk and butter can be kept cool if the dishes that hold them are covered with a wet cloth. As the cloth dries, wet it again, or keep it wet by setting the dishes in a pan of water with the ends of the cloth always in the water.
Cover the tiny tray under the burners of your gas range with newspaper; if anything boils over it is very easy to put in a clean one.
To remove smoke stains from kettles, rub well with kerosene and afterwards wash as usual.
Within the month three more weekly papers and one daily have gone out of business which is the surest evidence the subscription prices cannot come down.

HAVE YOUR Family Wash done at the Valley Laundry and save the bother of having it done at home.
Wet wash or rough dry.
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Flat work and Men's soft shirts. All work called for and delivered.
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NOVA SCOTIA WILL LOSE TWO SEATS

There Will Be 244 Members in House After the Next Re-distribution
OTTAWA, June 29.—There will be 244 members in the House of Commons after the next re-distribution, according to the revised population figures for Canada, which have been given out by the Dominion Bureau of Statistics. This is an increase of nine members over the present House.
The distribution of the members among the Provinces in the present House and after re-distribution will compare as follows, on the basis of these figures:
Province New Present
House House
Quebec 65 65
Nova Scotia 14 16
New Brunswick 11 11
P. E. Island 4 4
Ontario 81 82
Manitoba 17 15
Saskatchewan 21 16
Alberta 16 12
British Columbia 14 13
Yukon 1 1
The chief increases in membership are, as were expected, in the Prairie Provinces, which will send eleven more members to Parliament after re-distribution than they do now. The decreases are in Nova Scotia and Ontario. The Province which gets the largest increase is Saskatchewan, with five, while Alberta is a close second with four.
It is not certain whether the Yukon will retain its separate representation after re-distribution. That territory was first given a member by Act of Parliament in 1902. At that time there was a population of 27,219 in the territory, but at the present time it is only 4,157.
According to an announcement made by the Premier at the close of Parliament, a re-distribution bill will be introduced at the next session in January.

TO BE KEPT APART

Sparks and gasoline.
Caps and dynamite.
Electric wires and metal objects.
Children and matches.
Electric bulbs and combs or hairpins.
Careless people and camp-fires.
Gas jets and lace curtains.
Coal-oil lamps and shaky tables.
Forest slash and cigarette stubs.
Brush piles and careless smokers.
Celluloid combs and hot hair curlers.
Lighted matches and forest underbrush.

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For staterooms and other information apply to
J. E. KINNEY, Superintendent, Yarmouth, N. S.

The Telephone Gets A Quick Decision

It's not often a business transaction of any importance is put through without a lot of bargaining, without adjustments and modifications of offer and acceptance.
In an out-of-town affair of the sort the bargaining can, of course, be conducted by letter writing.
But at what an expense in delay and anxiety!
The telegraph is a still more expensive way of conducting such negotiations even if the delay is less pronounced.
The Long Distance Telephone is the only logical means of fixing up the transaction.
A Telephone Talk has all the flexibility of a face-to-face interview: it permits of modifications on both sides being easily made, and you know at once if you are on or off with the deal.

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FRANK W. BARTEAUX

The Cost of Living

ADVERTISING turns over stocks rapidly, and therefore multiplies profits. This means that prices in a shop which advertises can be short rather than long.
Of this you may be sure: Prices in a shop which advertises are not MORE than in a shop which does not advertise. The chances are that they are oftentimes lower.
This is also generally true: You will find better goods, better values and better service in those shops which turn over their stocks rapidly. This means, as a general thing, shops which advertise.
A NOTE TO MERCHANTS
Advertising costs you nothing—it is paid for by the profits on increased sales.
Advertising is easy—it is simply saying in writing what you say to the customer in your shop. Turn over stocks quickly, if you would make more money.

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