

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-LIVES" 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 speeds 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-lives" are taken to correct Constipation.

"Fruit-a-lives" 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 send on receipt of 10c to Fruit-a-lives Limited, Ottawa.

White Ribbon News.

Woman's Christian Temperance Union first organized in 1874.

1st Vice President—Mrs. G. W. Miller 2nd Vice President—Mrs. Ernest Redden Recording Sec'y—Mrs. W. O. Taylor Treasurer—Mrs. H. Plante

MEMBERSHIP: Evangelistic—Mrs. George Bishop Labor Meetings—Mrs. Young Laborer Work—Mrs. Fielding. Had Cases and Luncheon—Mrs. J. W. Vaughn. Press and Willard Hall—Mrs. M. P. Freeman.

White Ribbon Bulletin—Mrs. Hutchison. Temperance in Sabbath-schools—Mrs. C. A. Paterson.

Let us not therefore judge one another any more, but judge this rather, that no man put a snare for his brother's foot.

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

Indignant With the Senate For Decision Regarding Prohibition.

Mrs. Gordon Wright, of London, in a forceful address, at the National Council annual meeting in session at Regina, moved that the regular business of the convention be suspended while the convention might deal with the refusal of the Senate to ratify the prohibition legislation now enacted by one order in council in force for one year after the signing of peace. Mrs. Wright pointed out that this is not the first time the Senate has shown a similar contempt for the people of Canada by vetoing legislation sent up from the body of their elected representatives, and she urged that a strong protest be wired to the Senate and to the Premier, Mrs. R. F. McWilliams, of Winnipeg, then introduced the following resolution which was passed by a standing vote of the convention body, and copies of which are to be wired to Ottawa:

Resolved that the National Council of Women, in annual convention assembled, desire to express its unqualified indignation at the action of the Senate in defeating the will of the people of Canada, as expressed by their elected representatives in the House of Commons. Not for the first time is the Senate showing its contempt for the people of Canada, but now in its decision on prohibition it has done so in a way very injurious to the highest interests of our country. This Council believes in government of the people, for the people, and by the people, and calls upon the Premier of Canada to secure proper recognition of the will of the majority of the men and women citizens of Canada.

Every White Ribboner will agree with the action of the National Council regarding this matter.

The President and the Churches.

The President of the United States in his message to Congress says: "The demobilization of the military forces of the country has progressed to such a point that it seems to me entirely safe now to remove the ban upon the manufacture and sale of wines and

Reflections On Banff

words, showing where he stands. We shall soon see if that is where the country stands. The "retiree safe" message fell like a thunderbolt on the General Assembly of the Presbyterian Church in session at St. Louis, the ruling elder. The Assembly lost not a moment in condemning the message, and electing the same to the President. The Northern Baptist Association, at Denver, fired a parallel and almost simultaneous shot.

At a meeting of the Centenary campaign workers, 18,000 pastors of the Methodist Episcopal Church, 70,000 laymen of the Centenary movement, and the leaders of the Sunday Schools with their 4,500,000 members, took action for a "retiree safe" beer and wine propaganda. The resolution said: "We regret the President has betrayed these moral agencies by his request to Congress. We therefore appeal to the members of Congress to decline his petition." Dr. Black, secretary of the board of Sunday Schools sent the following cable to President Wilson: "The 4,500,000 Methodist Sunday School members feel you have betrayed the highest moral interests of the nation in recommending the lifting of the ban on wine and beer."

Denmark's National Flag.

The flag of Denmark, a plain red banner, bearing on it a white cross, is the oldest flag now in existence. For over 300 years both Norway and Sweden were united with Denmark under this flag. In the year 1212 King Waldemar of Denmark, when leading his troops to battle against the Livonians, saw, or thought he saw, a bright light in the form of a cross in the sky. He held this appearance to be a promise of Divine aid, and pressed forward to victory. From this time he had the cross placed on the flag of his country and called it the Dannebrog—That is, the strength of Denmark.—Family Herald.

The Cause of Sickness.

ALMOST ALWAYS DUE TO WEAK, IMPROVED BLOOD.

Apart from accident or disease due to infection, almost all ill health arises from one or two causes. The great mistake that people make is not realizing that both of these have the same cause at the root of them, namely poor and impure blood. Either bloodlessness or some trouble of the nerves will be found to be the reason for almost every ailment. If you are pale, suffer from headaches or breathlessness, with pallor of the face, or if you are nervous, with a weak heart, poor appetite and weak digestion, the cause is almost always bloodlessness. If you have nervous headaches, neuritis, sciatica or other nerve pains, the cause is in your blood, exhausted nerves. But your blood nerves are also a result of poor blood, so that the cause is one and the same.

This accounts for the great number of people, once in different health, pale, nervous and dyspeptic, who have been made well and hearty by Dr. Williams' Pink Pills, for no other medicine ever discovered is so valuable for increasing the supply of rich red blood and giving strength to worn-out nerves. Men and women alike greatly benefit from a course of the splendid blood builder and nerve tonic.

If your dealer does not keep these pills you may get them by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

The Right Choice.

The selection of John T. Hawke, editor and proprietor of the Montreal Transcript, as the New Brunswick representative to accompany through Western Canada the National Editor of Association of the United States, now in session at Winnipeg, may commend itself to all newspapermen, irrespective of political affiliations. Mr. Hawke's claims to this recognition were pre-eminent. He is one of the ablest of Canadian journalists, enjoys the distinction of representing his fellow publishers on the directorate of the Canadian Press Association and, above all else, is so thoroughly well informed on Canadian life and Canadian public affairs that his association with the party will be a distinct advantage to visitors seeking to improve an opportunity to learn about Canada and Canadian ideals.

DR. A. W. CHASE'S 25c CATARRH POWDER

Is sold direct to the consumer by mail. It is a safe, reliable, and effective remedy for all cases of Catarrh of the Bladder, Uterus, and Vagina. It is a powerful antiseptic and disinfectant, and is guaranteed to cure all cases of Catarrh in a few days. It is sold in 25c boxes, and is available at all drug stores.

High tributes to the efforts of the Civil Service Administration have been paid at St. John's, N. B., where a memorial altar dedicated to the memory of soldiers who enlisted from the church of St. John, Victoria, will be made entirely by returned men.

CASTORIA

For Infants and Children In Use For Over 30 Years

Always bears the Signature of Dr. J. C. Watson

For Canada the average wholesale price of creamery butter works out at 30 cents per pound for 1915, as compared with 35 cents per pound in 1914 and 35 cents in 1913, as stated in the report on dairy factories for 1917 published by the Dominion Bureau of Statistics.

Reflections On Banff

How he came to be breaking on the C. P. W. it would be impossible to say. It is doubtful if Legs Brown himself knew. He was a boomer, bruiser, and, as such, he traveled by no schedule whatever. To ordinarily find him at any given time, you might inquire on any railway division in America with an equal chance of success.

Round-Up

By ROBERT W. CREEL (Copyright)

How he came to be breaking on the C. P. W. it would be impossible to say. It is doubtful if Legs Brown himself knew. He was a boomer, bruiser, and, as such, he traveled by no schedule whatever. To ordinarily find him at any given time, you might inquire on any railway division in America with an equal chance of success.

He reminded you of that insect whose amiable disposition and attenuated appearance have won for it the sobriquet of "grand-daddy-long-legs." Hence, Brown's own nickname. Notwithstanding his fragile proportions, however, when occasion arose he could wield his huge fists with force sufficient to fracture a jaw-bone or drive a man's ear into the side of his head—a fact that had been demonstrated to the sorrow of more than one belligerent hobo.

As long train of flat cars writhed in and out among the mud hills, Brown, stationed a short distance ahead of the caboose, was the only person visible.

At the last stop, Marphy, the conductor, had received a telegram varying him to be prepared for an attack when they entered Sandville. A large number of hoboes were gathered there and had taken possession of the town, explaining to the unhappy citizens the necessity of majority rule, if the republican form of government was to be maintained in the land.

Previous experience similar to this had detracted from the novelty of the situation for the few inhabitants of Sandville; but the hoboes were becoming bolder, and spoke of capturing the next train that came thither for the purpose of making their escape. Whereupon the station agent had grown alarmed and sent the telegram.

Among his other characteristics, Brown was intensely loyal to the road that chanced to employ him. Any exhortation such as that contemplated by the hoboes was resented as a personal affront. Furthermore, at this particular time he felt that the president of the road was but a few hours behind in his special, and Brown deemed it his duty to do all in his power to prevent any impediment when the great man should arrive.

Therefore as they drew near the little hamlet he returned to the caboose and conferred with the conductor.

"They're no use runnin' clear in, Jim. You better stop on the edge of this here metropolis while I go in and reconnoiter the force of the enemy, as they say in the army."

"I wouldn't advise you to go alone, Legs. You can't tell what those hobs'll do if they're up to it."

"Why, Jim, you know them fellers' re like sheep. The only reason I can see for 'em actin' like this is because they got a leader. If that's the case, all I got to do is to sling him around like a diddled leader, an' then I'll get the fight right out of 'em. Besides, if a bunch of 'em go in, they'll get ready for trouble."

"All right, you can go while we stop for water. That'll give you time to see what they're up to."

So it was that, on foot and unaccompanied, Legs Brown ambled into the captured town. He had no doubt as to the location of the triumphant hobo headquarters, though it was now almost dark, the only place that showed a light was the saloon, and to this he directed his steps.

At the bar stood a swarthy, well-settled fellow, whose curly hair and high cheekbones, together with the peculiar formation of his head, marked him as a native of Poland. This worthy was the most boisterous of the lot, but Brown thought it hardly likely that he was the leader, giving him scant attention, therefore, as he strode forward and ordered a drink.

"Here, you rube, you better ask me for what you want, 'I'll break ye in two," said the tramp aggressively, pausing in the act of raising a glass to his lips. Brown, reaching for his own drink, seemed not to hear the words, but his prodigious foot, as if released from a spring, suddenly swept up, and striking the other's hand, threw the glass, with its contents, into his scowling face.

A storm of laughter arose from the onlookers, who, with mighty oaths, that it was the funniest thing they had ever seen. The victim, however, laughed not at all, but belittled with rage and pain as the fiery liquid seared his eyes, and repeatedly yelled for Brown to come and see what he had done to him.

Not daunted by being maddened, nor yet willing to move out of the way of the Pole, who was blindly groping for him, Brown chose the only alternative, and snatched him squarely between the eyes, so that he crumpled up on the floor. Then, turning to the bar-tender, he beseeched the business of the evening.

"I want to tell you dirty bums that I'm going to take charge of this here city government from now till I leave. If any of you're not willing to say why you can stop up and stay. It. You might be able to bluff those poor devils that live here, but I've seen too many hobs not to know what you're made of. You're all under arrest, an' the first man that moves'll get plugged."

The brakeman placed a hand in his hip-pocket, which, by the way, had nothing but his red bandana handkerchief.

The Prayer of a Real Man.

Fetch me that 6 1/2 minutes make an hour, 15 ounces a pound, and 100 cents a dollar.

Fetch me 10 to live that I can live down at night without a gun under my pillow, and unharmed by the faces of those whom I have brought to pain.

Grant that I may carry my meal ticket on the square.

Blind me to the faults of other fellows, and reveal to me my own.

Guide me so that each night when I look across the dinner table at my wife I may have nothing to contend with her young-to-be-with children.

And when come the snarl of the dog, and the tread of the boot, and the crunching of wheels, I may make the ceremony short and apply my reply: Here Lies a Man.

Children Cry FOR FLETCHER'S CASTORIA

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Every 10c Packer of WILSON'S FLY PADS

WILL KILL MORE FLIES THAN 25 WORTH OF ANY STICKY FLY CATCHER

Clean to handle. Sold by all Drug-gists, Grocers and General Stores.

Professional Cards

DENTISTRY.

A. J. McKenna, D. D. S. Graduate of Philadelphia Dental College, (Office in McKenna Block, Wolfville. Telephone No. 48.)

M. R. ELLIOTT

A. B., M. D. (Harvard) Office at residence of late Dr. Boies Telephone No. 21 Hours—8:10 a. m. to 1:30 p. m.

D. S. HART, Consulting Accountant and Auditor.

Wolfville and Halifax.

If You Have Funds

to invest and want advice notify me and I will call.

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Veterinary Surgeon WEBSTER ST. KENTVILLE. Phone 10

Geo. C. Farrell, O. D.

Wholesale at Kentville. Every Thursday, Friday and Saturday. Appointments for Examination of the Eyes may be made by mail or phone.

PUBLIC NOTICE

All persons having legal demands against the estate of Avar J. Woodman, late of Wolfville, merchant and undertaker, deceased, are requested to render the same duly attested within twelve months from the date hereof, and all persons indebted to said estate are requested to make immediate payment to:

HELENA WOODMAN, Administratrix. DTTA FOSHAY, Administratrix. Wolfville, October 5, 1919.

Better than Pills For Liver Ills. NR Tonight—Tomorrow Alright

A. V. Rand, Chemist and Druggist.

Dropping a Hint.

A temperance order was in the habit of holding forth in a workman's hall, and was constantly being interrupted.

"The next time he lectured on that hall he engaged a prize fighter to sit in the gallery and keep order. He was contracting the clean count of some life with the equal of drunkenness.

"What do we want when we return home from our daily toil? he asked. "What do we desire to ease our burdens, to gladden our hearts, to bring smiles to our lips and joy to our eyes.

"As the orator paused for breath the prize fighter shook his fist at the unruly members of the gallery and whispered in a loud undertone:

"Mind, the first bloke who says those I'll show outside—London Talk.

Children Cry FOR FLETCHER'S CASTORIA

In accidents on Canadian railways in 1918 one in every 458 4/10 passengers was killed and one in every 157 4/10 injured, as shown in the report on railway statistics for that year, issued by the Department of Railways and Canals.

Minnard's Liniment Co., Limited.

Gentlemen, I have used MINNARD'S LINIMENT on my vessel and in my family for years, and for the everyday ill and accidents of life it cannot be equaled. I would not start on a voyage without it. It cost a dollar a bottle.

CAPT. P. R. DEBARDIN. Sehr, Stork, St. Andre, Kamouraska.

Charles Hogan, C. E.

Professional Land Surveyor Surveyor, Plans, Grading & Reclamation. Office West.

Greenwich, Kings Co., N. Y. Long distance telephone, Wolfville 100.

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