

FAMILY DOCTOR'S GOOD ADVICE

To Go On Taking "Fruit-a-tives" Because They Did Her Good

ROCHOS, P.-Q., JAN. 14th, 1915. "I suffered for many years with terrible indigestion and constipation. I had frequent dizzy spells and became greatly run down. A neighbor advised me to try "Fruit-a-tives". I did so and to the surprise of my doctor, I began to improve, and he advised me to go on with "Fruit-a-tives".

What an Arctic Summer is Like (Continued from page 6)

from their snowhouses to deerskin tents, the construction of which is largely women's work; but, as a matter of fact, the winter igloos are more comfortable than the summer tents.

BIG PROFITS IN HOTEL INVESTMENTS

Hotel investments in most parts of Canada, and particularly in Ontario, have depreciated very much in value owing to the spread of prohibition, and many owners are in despair.

The most successful hotel-keepers are men who began in the kitchen and dining room; who learnt the business from that end. The Ritz Hotel in Paris is probably the finest in the world to-day. Mr. Ritz, when the writer first knew him, had just been promoted to assist in the management of the Savoy Hotel, London.

BOYS AND CIGARETTES

In view of the great increase in the use of cigarettes which must result from the appeals that are being made "in the interest of our soldier boys" for contributions to tobacco funds and from the wide advertising of the Tobacco Trusts are thus securing, the Nova Scotia Woman's Christian Temperance Union reiterates its condemnation of the use of cigarettes and has decided, also in the interest of our soldier boys and all others, to give the widest publicity practicable to the following facts, figures and considerations:

As a result of enlightenment and education public sentiment in regard to the injurious effects of the use of tobacco, in any form, by those of immature age—and particularly in regard to the use of cigarettes—has proved strong enough in the following countries to procure laws prohibiting the sale of it to minors:—Australia, Japan, all the States of the United States and the Dominion of Canada.

The age limit varies in different countries and states. The States of Iowa, Oklahoma, Tennessee, Minnesota, Kansas, Nebraska and Arkansas prohibit the sale of cigarettes altogether. Ten other states forbid the sale of them to persons under twenty-one and in only one State, Maryland, is the age limit as low as fifteen. Canada forbids the sale to those under sixteen.

Leading churches in this Dominion and in the United States have pronounced against the use of cigarettes and have published and caused to be distributed leaflets and tracts showing the evils resulting from the cigarette habit. Also the great International Sunday School Association, several years since, set apart one of the quarterly Temperance Sundays as Anti-cigarette Sunday—a day for special teaching in regard to the effects of cigarette smoking and for the presentation of the anti-cigarette pledge and the distribution of literature.

Cigarettes are even more damaging

than cigars, and their use by young boys is little short of criminal and will produce in them the same results that sand placed in a watch will produce—destruction.

Several of my young acquaintances are in their graves who gave promise of making happy and useful citizens; and there is no question whatever that cigarettes alone were the cause of their destruction. No boy living would commence the use of cigarettes if he knew what they would make him."

To Edison is due the discovery of the most baneful poison connected with the cigarette. For several years he had been experimenting with combustion of various substances for the purpose of discovering a suitable filament for use in incandescent lamps, and it was during this research that the harmful effects of "acrolein" were observed. In a manuscript letter to Henry Ford (of automobile fame) the great scientist states:

"The injurious agent in cigarettes comes principally from the burning paper wrapper. The substance thereby formed on the nerve centres producing degeneration of the cells of the brain, which is quite rapid among boys. Unlike most narcotics this degeneration is permanent and uncontrollable. I employ no persons who smoke cigarettes."

Mr. Edison is elsewhere quoted as saying: "Acrolein is one of the most deadly drugs in its effects on the human body. The burning of ordinary cigarette paper always produces acrolein. I can hardly exaggerate the dangerous nature of this agent, and yet this is what a man or boy is dealing with every time he smokes an ordinary cigarette."

That all of the poison of cigarette wrappers, however, is not developed by their combustion is evidenced by the testimony of the president of the Women's Christian Temperance Union of the State of Georgia who made the following homely experiment. She says:

"I have heard amateur chemists say—I have investigated and find that cigarette papers contain no poison. We have read that they do contain lime, lead, and arsenic, a solution used to toughen the paper.

"Several years ago I stepped into a grocery and bought a package of cigarette wrappers, such as were given away at that time with Durham smoking tobacco. I took two small bottles, filled them with water, soaked the cigarette wrappers in one and an equal weight of white tissue paper in the other. Later I found that a few drops of the water containing the cigarette wrappers would kill a mouse immediately, while the water from the other bottle did not affect it at all. I have killed dozens of mice with this water, and others have tried the same experiment with the same result."

Doctors of standing and repute have condemned the cigarette. Dr. Harvey W. Wiley, recently chief of the federal bureau of chemistry at Washington, and regarded as without question, the leading authority in the



United States on the relation between health and food says:

"I commend Mr. Ford, Mr. Edison, and all the people who will join them in efforts to curtail or restrict, obliterate or destroy the pernicious habit of cigarette smoking. The use of cigarettes is making inroads on the strength of the nerves of all who smoke them, especially on that of who smoke them, because they think boys of tender years and of women the practice is smart."

The Editor of the "Medical World" says of cigarettes: "The worst of tobacco is found in them. The feature of their use which makes them most dangerous, and which is most subtly enslaving and demoralizing is the practically universal habit of inhaling the smoke."

The London Lancet, probably the foremost medical publication in the world, made an exhaustive examination of cigarettes, about four years ago. The following is an excerpt from the report made on that occasion:

"To aldehydes the poisonous effects of crude, immature whiskey are ascribed, although they occur in relatively small quantities, but the furtural contained in the smoke of only one Virginian cigarette may amount, as such to our experiments to as much as is present in a couple of fluid ounces of whiskey. Furfural is stated to be about fifty times as poisonous as ordinary alcohol, and small doses cause symptoms of transient irritation, such as ataxia, tremors, and twitching, while in adequate quantities it gives rise to epileptiform convulsions, general muscular paralysis, ending in paralysis of the respiratory organs."

Testimony of this class might be multiplied but perhaps that of educationists, judges and employers is still more conclusive. Selby A. Moran of Ann Harbor, Michigan teacher of shorthand, is recognized all over the state as one of the most capable operators, as well as an instructor of wide experience and exceptional attainments. This is what he says regarding cigarette smoking and the handicap it imposes on the young man or boy:

"During my experience, covering nearly a third of a century, I have never discovered among the thousands of young men I have had in my classes, a single instance of a young man who had become addicted to the cigarette habit during his early years who was able to develop into anything more than a third or fourth rate stenographer, although I have known such young men to struggle heroically to fit themselves to do high grade work. I recall many cases where the efforts of such young men to overcome the

stupefying effects of cigarette smoking have been pitiable. In every case they were a failure."

The Principal of Eastern High School, Detroit, who has each year hundreds of youths under his charge, writes:

"The experience of many years chiefly with boys between the ages of thirteen and nineteen, has persuaded me that of all the agencies which make for failure in high school work the cigarette evil is the most serious with which we have to deal."

Similar records come from other high school teachers and from universities professors. It is stated that within the past fifty years not a student of Harvard University, who has used tobacco has graduated at the head of his class, although a very large proportion of them are smokers.

Judge Hulbert of the Juvenile Court of Detroit says: "We find the cigarette habit one of the most baneful influences which we have to combat in this court, and Judge Ben. Lindsay of Denver says: "One of the worst habits of boyhood is the cigarette habit. This has long been recognized by all the judges of courts that deal with young criminals and especially by judges of police courts before whom pass thousands of men who are addicted to intemperate habits, nearly all of whom began as boys by smoking cigarettes."

The Cadillac Motor Car Company of Detroit, owning several large factories, testifies as follows:

"Several years ago we made a study of the effect of cigarette smoking on the morals and efficiency of men in our employ and found that those who smoked them were invariably those in their morals and very apt to be untruthful and were far less productive. We do not, now, employ that we know use cigarettes."

Numerous street car and railway companies refuse employment to cigarette users. The manager of the Union Pacific Railway says:

"We might as well go to a lunatic asylum for our employees as to hire cigarette smokers, and the superintendent of a street car railway of St. Louis says: "Under no circumstances will I hire a man who smokes cigarettes. He is as dangerous on the front of a motor as a man who drinks, even more so, as his nerves are apt to give way at any moment."

In view of the foregoing testimony and a great amount of similar testimony that it is no kindness, but the reverse, to furnish our young men at the front, or those who are preparing to go with cigarettes. Even supposing that the war will continue till the close of the year. We still hope that the large majority of those who have enlisted will return. Many—too many—will come back to the work and duties of life crippled in body and broken in health. Dare any of us for whom they are making this sacrifice, assume the responsibility of supplying them with means to further handicap themselves by putting "an enemy in their mouths will weaken their power and blunt their moral sense?"

An officer—a captain, writing to the W. C. T. U. of London, Ont., says: "We have never been able to supply the men with one tenth the amount of reading matter required. Boys will walk miles to secure torn books or fragments of magazines in the hope of forgetting their surroundings in a good story. A few dozen copies, weekly of good periodicals would mean far more to these boys than superfluous supplies of tobacco."

Major-General Sir W. G. Knox, telling of his experience with his soldiers during the South African War, says: "During the siege of Ladysmith, when for some months I lived entirely with the men, I cannot describe the torture that confirmed smokers suffered, when tobacco ran out, but the cigarette smoker was in a worse plight. Officers whom I had known for years and esteemed highly for their military virtues, showed absolute want of nerve so enfeebled had their systems become by excessive smoking."

A gentleman who has kept in touch with the present camp at Niagara says there are some of the boys there so overpowered by the use of cigarettes that they cannot dress in the morning until they consumed a number. One colonel writes home that he is shocked at the ravages liquor and tobacco had made among his men, a quarter of whom, that had been passed by the doctors, he had been obliged to discard.

Such is the type of young men that our generous gifts of cigarettes are helping to make. Is it the type that the nation will need during the difficult days of reconstruction that will follow the war?

We appeal to all who have thoughtlessly provided these so-called "comforts" no longer to allow their sympathies to get the better of their judgement. The wholesale supply of tobacco and cigarettes is doubtless filling the coffers of tobacco trusts, but it is neither contributing to the successful prosecution of the war nor ministering to the real comfort of

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welfare of the soldiers. Who knows, moreover, for how many serious blunders cigarette poisoned brains may be responsible?

Finally we appeal most earnestly to all who have ever used their influence against the cigarette evil—school teachers, Sunday school teachers, pastors, and temperance workers—to redouble their efforts now that "the enemy has come in as a flood."

The second Sunday of June is the appointed Anti-cigarette Sunday. Shall we not make it the occasion of wide instruction—from pulpit, platform, and classroom—in regard to the real nature of this most insidious and dangerous foe of the rising generation? Olivia C. Whitman, Hon. President, W. C. T. U. of Nova Scotia.

Ada L. Powers, President, Elizabeth C. Morrison, 1st Vice-President, Alice Strothard, 2nd Vice-President, Mary R. Chesley, Secretary, Maria J. McArthur, Treasurer, Eleanor Smith, Secretary Y. Branch, Ada G. Nichols, Secretary L. T. L. Branch.

A young American once found himself in an English country house. He was not a bad young fellow, but he carried the habit of self-glorification beyond the possible point, so that he got himself disliked. A son of the house took him aside and spoke to him delicately upon the subject:

"Well, the American said, "it would hurt me to offend any of your insular prejudices; but the fact is that when I commence to bluff my tongue runs away with me. I'd appreciate it if you'd give me a nudge or a kick or something when you think I'm spreading it on too thick."

The son of the house said he would. That night the American took an English heiress in to dinner, and she happened to refer to conservatories. It started the American.

"I had a cousin in Virginia who built himself a greenhouse that was thought remarkable," he stated. "It was 413 feet long, 90 feet high, and—" Here his shins were barked under the table and the son of the house caught his eye. He rubbed the dent and added with a sigh: "And about an inch wide."

"Can you oblige me with a light?" said a Scotsman, as he bit off the end of a cigar and looked round a smoking carriage on the Great Northern Railway. One traveller, according to London Tit Bits, produced an empty box with apologies; another said he didn't smoke and therefore didn't carry matches.

"Can ye give a light?" repeated the Scotsman to the third, who stolidly looked out of the window. Then the Scotsman's finger went reluctantly into his own pocket. "Weel, weel," he murmured, "I'll jist need to tak' ane o' my ain."

A favorite story of a famous general who is now dead, was of two soldiers in a well-known Scottish regiment, one of whom was going into battle for the first time. The crack of rifle fire was heard in front, and the bullets began to fly. The recruit, feeling that his hour had come, shouted to his mate in the first line, "Dinna bob, Geordie, I'm ahind ye!"

Minard's Liniment Cures Burns, etc.

Gin Pills FOR THE KIDNEYS Why Demanded

"Gin Pills did for my husband and me what no other remedy could. I have advised two other parties to use them, one of them being my mother who has been a great sufferer for upwards of 20 years, and one box cured her, so as to enable her to sleep on her left side, something she could not do for many a year. The doctors told her they could not cure her, but could relieve her by an operation for a floating kidney, but on account of her age they did not think it advisable for her to go. Upon my advice she tried Gin Pills which cured her and for which she is ever ready to speak in terms of praise."

MRS. THOMAS H. PLESTID Richmond, P. O. Box 115 P. E. Island. Your druggist sells GIN PILLS—50c. the box. National Drug & Chemical Co. of Canada Limited, Toronto.

DOMINION ATLANTIC RY "LAND OF EVANGELINE ROUT"

On and after April 17, 1916, train service on the railway is as follows: Service Daily, Except Sunday Express for Yarmouth... 12 noon Express for Halifax and Truro... 2.01 p. m. Accom. for Yarmouth... 7.10 a. m. Accom. for Middleton... 6.55 p. m.

St. John - Digby DAILY SERVICE (Sunday excepted)

Canadian Pacific Steamship "Yarmouth" leaves St. John 7.00 a. m., arrives Digby 10.15 a. m., leaves Digby 1.50 p. m., arrives at St. John about 5.00, connecting at St. John with Canadian Pacific trains for Montreal and the West.

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For sailing dates and particulars regarding freight and passage apply to Furness Withy & Co., Limited Halifax, N. S.

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A. E. WILLIAMS, Agent; Yarmouth, N. S. Boston and Yarmouth S. S. Co., Ltd.

No Summer Vacation

Will be given this year, but we will do our "bit" by fitting young men and women for the work that is waiting for them. Students can enter at any time. Send for catalogue.

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