

WHOLE FAMILY USES THEM

"Fruit-a-lives" Keeps Young and Old in Splendid Health



J. W. HAMMOND Esq.
SCOTLAND, Ont., Aug. 25th, 1913
"Fruit-a-lives" are the only pills manufactured, to my way of thinking. They work completely, no griping whatever, and one is plenty for any ordinary person at a dose. My wife was a martyr to Constipation. We tried everything on the calendar without satisfaction, and spent large sums of money until we happened on "Fruit-a-lives". I cannot say too much in their favor.

We have used them in the family for about two years and we would not use anything else as long as we can get "Fruit-a-lives".

Their action is mild, and no distress at all. I have recommended them to many other people, and our whole family uses them.

J. W. HAMMOND Esq.
Those who have been cured by "Fruit-a-lives" are proud and happy to tell a sick or ailing friend about these wonderful tablets made from fruit juices.

50c a box, 6 for \$2.50, trial size 25c. At all dealers or sent on receipt of price by Fruit-a-lives Limited, Ottawa.

White Ribbon News.

Woman's Christian Temperance Union first organized in 1874.

AIM.—The prohibition 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.

BACKS.—A Knot of White Ribbon.

WATCHWORD.—Agitate, educate, or organize.

OFFICERS OF WOLFVILLE UNION.

President—Mrs. L. W. Sleep.

1st Vice President—Mrs. G. Bryant.

2nd Vice President—Mrs. J. D. Chambers.

3rd Vice President—Mrs. Geo. Fitch.

Recording Secy.—Mrs. W. Mitchell.

Clerk, Secretary—Mrs. Geo. DeWitt.

Treasurer—Mrs. H. Pines.

SUPERINTENDENTS.

Evangelistic—Mrs. Geo. Bishop.

Temperance in Sabbath-schools—Mrs. (Dr.) Brown.

Scientific Temperance in Schools—Mrs. G. Cutten.

Lumbermen—Mrs. J. Kempton.

Willard Home—Mrs. M. Freeman.

U. B. Bulletin—Mrs. Langille.

Press Work—Miss Margaret Barnes.

Parlor Meetings—Mrs. J. Kaye.

L. T. L.—Mrs. Howe.

Medical Man Prescribes Religion for Drunkards.

On the platform, speaking as an apostle of sensible hygiene and rational medicine, Dr. Cabot, of Boston, says:

"Intemperance is not a disease in the sense of being a disorder which works predictable changes in the body or can be cured by medical means.

There is no cure for alcoholism except a change of character in the drinker. All so-called medical treatments for alcoholics have value only in controlling the appetite for the time being, and thus giving a man a chance to get his breath—his moral breath.

Somehow or other a man who has been victimized by drink must be got into a physical state good enough to give his moral instincts a chance to work. That is the advantage of a hospital treatment.

I believe in the prohibition of the liquor business where there is public opinion strong enough to enforce it. I should like to see liquor abolished from the whole of this country. I want especially to say that the practice of medicine would not suffer in the least if alcoholic stimulants were unobtainable. There are plenty of substitutes just as efficacious. But I do not believe in the force of trying to enforce a prohibition law where the sentiment of the public is against it. What is doing most just now for temperance in the United States is industrial pressure—the increasing difficulty of getting and holding employment which the man who drinks is facing.

The drunkard is cured only when his will is turned against drink and fortified there. But I do not believe the will is often reached through the intellect. It is reached mostly through the contagion of friendship. Many a man has been enabled to stop drinking through having a friend who was willing to come to him and stand by him until his fit of thirst had passed. Men permanently reformed are cured by either work play, affection or religion. And it is my observation that not many are saved without all these factors joined together.

Doesn't trust to the will of the man alone, the human will unsupported in the weakest thing I know. Religion is at the heart of this problem. Religion is something old-fashioned and out-worn; it has just as much power today as it ever had. Religion is the one thing which can make a man loyal when there is nothing in sight to be loyal to—keep him faithful when there is no visible reason to be faithful.

Let Us Be Consistent.

We pride ourselves on being members of a profession whose chief purpose is the relief of suffering and the cure and prevention of disease. And in these latter days we are all in a measure forgetting that we are members of a profession whose chief purpose is the relief of suffering and the cure and prevention of disease.

Why don't you try it if you need such a medicine?

Minard's Linctament Cures Diptheria.

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ROYAL PRIZEWINNERS

King George Had Many Successes at Exhibitions

The fact that one of King George's short-horn heifers—Windsor Belle—won the championship at an exhibition calls attention to His Majesty's keen interest in farming. Like King Edward, King George has won many successes at the various exhibitions, and it may surprise some readers to learn that for twenty years he has been showing farm stock. Until he came to the throne, however, His Majesty showed pigs exclusively, and in 1897 he offered the challenge cup which is still the premier reward for pigs.

Of late years however, the King has devoted more attention to general farm stock, and is the owner of three magnificent farms at Windsor, Sandringham, and Abinger. His Majesty's principal farms are at Windsor. They extend over 1,500 acres. It might be mentioned, as an illustration of the keen interest which the Prince Consort, King Edward, and King George have evinced in farming and agriculture, that a record kept to about ten years ago showed that their winnings in prizes totalled some \$50,000.

The Show Farm at Windsor, where Windsor Belle has been bred, is one of a group of farms, there being also the Flemish Farm and Royal Dairy Farm, with its forty pedigree Jerseys and thirty dairy shorthorns. Here sixty cows are milked every day to supply the Castle and Buckingham Palace.

It was at Sandringham that the King, as Prince of Wales, bred his prize pigs, and there also is a fine herd of shorthorns that supplied the first prize yearling which in 1896 King Edward sold to a South American buyer for 1,000 guineas. At Sandringham, too, is a fine shire which has established many records at exhibitions and sales, and it was there that King Edward kept his thoroughbred stock that produced the Derby winners Perimeter and Diamond Jubilee, which won for His late Majesty close upon \$500,000.

Useful Hints for Bathers

Some useful hints for bathers were given at a recent meeting at Brighton of the British Medical Association. It was declared by Dr. W. J. Tyson that:—

The best months for bathing are July, August, and September.

The best time to bathe is between breakfast and luncheon, and the water must be left before the reaction stage.

The length of time in the water, as a general rule, should be from five to fifteen minutes. Bathe once a day. Slow dressing is as bad as slow bathing, and the friction of a rough towel should always be used on leaving the water.

Don't enter the water feet foremost, if it can be avoided; don't remain in the water till the reactive glow subsides and stiffness takes its place.

It is stupid for people to go to the seaside and bathe before first consulting a medical man.

It is advisable that seaside visitors should take a preliminary treatment of warm sea baths before entering the cold water.

Bathing is a valuable adjunct in the treatment of disease.

Convalescents from acute disease and people run down derive most benefit from it.

Tuberculosis cases do very well, and rickets improve with sea bathing.

Aladdin's Lamp

"Aladdin's Lamp, the good working order, price \$2,500,000," is the inscription on a card attached to a curious-looking lamp exposed for sale in the shop window of a Kingston antique dealer.

Ring for a Century

A bell in a temple in North China has been rung for a century. A tax is levied in the district for paying rings of ringtons to work incessantly day and night.

Berlin Coachmen

Doctors' coachmen in Berlin wear white hats. This enables the public to promptly recognize a physician's vehicle, in case his services are suddenly required.

London Schools

It costs the London County Council \$30,000,000 to educate the 600,000 children in the schools controlled by them.

Belgian Members

Members of Parliament in Belgium are paid \$85 per month whilst Parliament is sitting.

A New Allment

A woman defendant at Greenwich stated that her son was suffering from "tubercollopsis."

SEPARATE SEALED TENDERS, addressed to the Postmaster General, will be received at Ottawa until Noon, on Friday, the 23rd October, 1914, for the conveyance of His Majesty's Mail, six times per week over Kingston Station Royal Mail Route No. 1, and twice per week over North Kingston Royal Mail Route No. 1, under a proposed contract for four years, dating from the 1st January next.

Printed notices containing further information as to conditions of proposal contracts may be seen at blank forms of tenders may be obtained at the Post Office of Kingston Station and North Kingston, and at the office of the Post Office Inspector at Halifax.

W. E. MACLELLAN, P. O. Inspector, Post Office Inspector's Office, Halifax, 26th September, 1914.

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Lord Kitchener.

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'There are some who nurse a desperate hope that he (Kitchener) may some day be appointed manager of the war office. He would be a splendid manager.'

The prophecy has been fulfilled. In his description of Kitchener at that time Stevens also wrote:—

'He stands several inches over six feet; straight as a lance and looks out imperiously above most men's heads. His motions are deliberate and strong. Slender, but firmly knit, he seems built for tireless steel-wire endurance rather than for power and agility. Steady, passionless eyes, shaded by decisive brows; brick-red, rather full cheeks; a long mustache, beneath which you divine an immovable mouth, his face is harsh and neither appeals for affection nor stirs dislike.'

He has no age but the prime of life; no body but one to carry his brain behind. The brain and the will are the essence and the whole of the man; a brain and a will so perfect in their workings that in the face of extreme difficulties they have never seemed to know what struggle is. You cannot imagine the Sirdar otherwise than seeing the right thing to do and doing it. His precision is so inhumanly unerring he is more like a machine than a man. You feel that he ought to be patented and shown with pride at the Paris International Exhibition; British Empire, Exhibit No. 1, the Sudan Machine.'

This is the man who is now engaged in smashing the German war machine.

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