

### THE BAD COLD OF TODAY MAY DEVELOP INTO PNEUMONIA TOMORROW

Next to consumption there are more deaths from pneumonia than from any other lung trouble.

Pneumonia is nothing, more or less, than "Lung Fever," or as it used to be called, "Inflammation or Congestion of the Lungs."

The cough accompanying pneumonia is at first frequent and hacking, and the expectoration tough and colorless which soon, however, becomes more copious and of a rusty, red color; the lungs become congested and the bronchial tubes filled with phlegm, making it hard for the sufferer to breathe.

On the first sign of a cold or cough you should get a bottle of Dr. Wood's Norway Pine Syrup, and thus prevent the cold developing into some serious lung trouble.

Mr. J. F. Crouch, Banimore, Ont., writes:—"Two years ago I got pneumonia and a cough followed it. I coughed continually, and no matter what I used I could not rid myself of it. In November I was worse. I was getting some disease, because my throat choked me up so."

My sister wrote me from Ottawa, and told me to try Dr. Wood's Norway Pine Syrup.

After using one bottle I found relief, so I got another one, and before Xmas my cough was completely gone."

**DR. WOOD'S  
NORWAY PINE  
SYRUP**


Price, 35c. and 60c. per bottle; put up only by The T. Millburn Co., Limited, Toronto, Ont.

### Terrible Weeping ECZEMA

Mrs. E. Hayes, of Hamilton, after some search, finally cured by a local remedy.

"To have suffered with weeping eczema of the hands, so bad that my hands were helpless to have tried and tried remedies, without relief—to have given up work and come South for help—to have been cured completely on a bottle of D. D. D. This is the substance of Mrs. Hayes' letter, dated August 9th, Hamilton, Ont. Cases can be sent you from your own vicinity. Write for Canadian testimonials, or secure a bottle of D. D. D. today. Why suffer itching relief on the first bottle, we will refund without question. \$1.00 a bottle. Try D. D. D. Soap, too."

**D. D. D.**  
THE Lotion for Skin Disease  
F. H. RUDDERHAM, DRUGGIST,  
NORTH SYDNEY.



**MINARD'S LINIMENT**  
King of Pain

THE ONLY REMEDY FOR  
RHEUMATISM, BRUISES, SPRAINS, STIFFNESS,  
HEADACHE, NEURALGIA, BRUISES, SWELLINGS,  
AND ALL PAINFUL AFFECTIONS.

NOVA SCOTIA  
YARMOUTH

### NURSE THINKS NOTHING BETTER

**Lydia E. Pinkham's Vegetable Compound Advised for all Women in Poor Health**

Toronto, Ontario.—"I took Lydia E. Pinkham's Vegetable Compound for years and it is the only patent medicine I ever recommend. I am a nurse and if I find a woman is in poor health I always tell her to take it. Although you know that doctors and nurses do not use patent medicines I must say that I think there is nothing better than your Vegetable Compound. When I first took it many years ago, I was so tired when I got up in the morning that I could not eat, and when I went to bed I was too tired to sleep. My mother-in-law told me that Lydia E. Pinkham's Vegetable Compound was just what I wanted so I tried it and only took two bottles when I felt better. Since then I have found that there is nothing that makes me feel so well, for it seems to build my system right up. I don't know any other medicine that has done so much for women.—Mrs. W. H. PARKER, 19 Wellesley Ave., Toronto, Ontario.

Women testify again and again that they have been helped by Lydia E. Pinkham's Vegetable Compound after other medicines have failed. It has been tried for nearly fifty years and not found wanting.

If you are suffering from any of the various ailments which accompany female weakness, try Lydia E. Pinkham's Vegetable Compound.

### PROGRESSIVE M. P.'S MAKE IMPRESSION

(Special Correspondence)

Ottawa, March 24.—All things must come to an end some time. That maxim applies to debates in the House of Commons as well as to other things and to the debate on the address in particular. After dragging along more or less intermittently for the past week, and having got down into the doldrums several times, the first big talk of the session is over; most of the members have let off their accumulated surplus of steam, and consequently the House can go on to things which are of more import to the country.

Considering the great mass of new material in the House this year the debate was not unduly long, and also it was generally of a high quality. The honor of making the worst speech of the session so far, and probably the worst maiden speech heard in years, went to Tommy Church of Toronto, who talked for several hours, apparently with an eye chiefly to the fact that the government should not forget the existence of Tommy's ballwick, even though there were no members from there on the right of Mr. Speaker. The great number of new men sitting behind Mr. Crear, on the other hand, have demonstrated that they are capable speakers. Their wants are clearly specified and they are sincere in their demands, and on all sides there are heard expressions of surprise at the excellence of their speeches. The advent of many of the present members of the Progressive party has been a distinct gain to the House.

They want the return of the wheat board; wider markets; a lowering of the tariff on agricultural implements; lower freight rates for their grain and similar legislation to improve the condition of the farmer throughout the country, all of which the Liberals are working are in the line of class demands, but these men from the prairies who for, true, some of their demands have come to Ottawa are sincere in their beliefs that the farmer, in the past few years has not been given a square deal, and they also believe that with their help, the present government is willing to give him at least an even break.

One thing which is very evident in all of the speeches from the Progressive group, is that the farmers realize how badly they were duped by the hypocritical campaign of flag-waving in 1911, when the reciprocity pact was defeated.

With the debate on the address out of the way and the estimates placed before the House, it will only be a matter of days until the committees are named and ready to hold their organization meetings ready for starting work. The striking committees report will come down at once and the standing and select committee of the House will then be able to start work. There are many important problems to come before the committees this year, including the question of the wheat board, which is to be placed in the hands of the agriculture committee for a thorough investigation and report. The banking and commerce committee also will probably have before it something in connection with the Merchants Bank failure and many of the Western men will want a discussion at least on the question of nationalization of banks, which some of their constituents are pressing for but which the members themselves are not sure of.

The House representation is again complete. Hon. J. H. King, minister of public works, has arrived from British Columbia, ready to take his seat as the member for East Kootenay, and down in the constituency of Yandreuill-Soulanges, rendered vacant by the elevation of Gustave Boyer to the Senate, a Liberal has been chosen by acclamation. This means that with the bye-elections out of the way, the government is able to give its full attention to the more important items of public business needing attention and also that there is not, at the present time, any section of the Dominion without its voice in the making of laws.

One of the striking things of the present session, and a good sign in itself, is the activity about the lobbies of the House of Commons this session. There has been more activity there in the past two weeks than during the preceding sessions. If that can be taken to indicate anything at all, it is that the people are talking more interest in the work of the government now than for years and also that the people know they can get a chance to place their problems before the men at the head of affairs. Doormen and pages are kept busy looking for members who are being sought for by one or another of their constituents with

### WHAT CAUSES HEADACHES? "Fruit-a-lives" Prevents Auto-intoxication

Auto-intoxication means self-poisoning. Many people suffer from partial constipation or insufficient action of the bowels. Waste matter which should pass out of the body every day, remains and poisons the blood.

As a result, there is Headaches, Indigestion, disturbed Stomach, Pain in the Back, Rheumatism and Eczema and other skin diseases.

"Fruit-a-lives" will always relieve Auto-intoxication as these tablets, made from fruit juices, act gently on the bowels, kidneys and skin and keep the blood pure and rich.

50c a box, 6 for \$2.50, trial Size 25c. At dealers or sent postpaid by Fruit-a-lives Limited, Ottawa.

something to put forward, and it would appear that the policy had been to hear as many of them as possible.

Many of the requests made to the government have been refused, however, and probably ninety per cent. of the professional lobbyists have gone away disappointed. In fact, they did not get what they wanted, but the very fact that they have not met a sympathetic ear, is having a good effect on the confidence of the public.

So far as the session has progressed, the government has no cause to feel other than satisfaction. Good progress has been made and it is apparent that the attempts to drive a wedge between Liberals and Progressives have thus far failed. The western members are not falling in to the arms of the government, but at the same time they are holding themselves free to help along anything they consider in the public good, and the majority of them are friendly to the government and determined to give it a fair chance of making good before they criticize.

### FITS

Stinson's home treatment for epilepsy. Twenty years' success. Thousands of testimonials. No case should be considered hopeless. Write immediately for free booklet.

**Wm. Stinson Remedy Co.,**  
of Canada  
261 1/2 Yonge Street, Toronto, Ontario

### BRIEF NEWS FROM IRELAND

(Canadian Press)

Belfast, March 27.—Deaths in the hospitals of two wounded persons late last night brought the total of fatalities in the disorders of the week end to seven.

The Ulster cabinet at its session today accepted the invitation by Colonial Secretary Curzon to a conference in London of Irish leaders called in view of the disturbed conditions in Ireland.

Dublin, March 27.—The correspondent of the Freeman's Journal, at Charleville, County Cork, has been arrested. Apparently, says the newspaper, the Irish Republican Army authorities there were offended by his report of an attempt to break up a pro-treaty meeting at Charleville.

**\$30,000 FIRE IN AMHERST**

Amherst, N.S., March 27.—Fire this morning gutted the Lusby McDonald brick block on Crescent avenue, causing a loss of approximately \$30,000. A portion of this is covered by insurance, although the householders inhabiting the upper flats of the building met with a total loss in most instances. The interior of the building was completely ruined by flames and water.

The building was occupied on the ground floor by James Corney & Co. painters and decorators, E. J. Stonehouse, grocer; W. Alward, barber; Mrs. Craslaw, bakery.

We need no further proof for the alarming rate of emigration from this district than the figures of the census. In 1911, district No. 11, North Shore, had a population of nearly eight hundred. In 1921 this number had diminished to a little over four hundred—a decrease of approximately 50 per cent. Should the rate of emigration from this part of the country continue the next ten years like it has been in the past ten years, one would think that the Pied Piper of fairyland had marched from Smokey to Englishtown and by his charming music lulled all the young people to the land of the unknown.

In the writer's opinion those who mistake this reformation in our midst should direct their activities to dispelling some of the social ills, such as gossip and various vices, too numerous to mention, instead of wasting their time and energy fighting imaginary foes.

Some people seem to take pleasure in speaking ill of their neighbors, and apparently aren't much concerned in a good many instances whether the reports circulated are true or rounded or not. Personally I could far rather be on the dancing floor from dusk till dawn than to be my neighbors the injustice of reading any slanderous reports concerning anyone of them.

Another prominent evil of our day is that of talking God's name in vain. Yet this great evil seems to pass to a large degree unnoticed, while



**CUTICURA  
PROMOTES THICK HAIR**

Cuticura Soap shampoos preceded by touches of Cuticura Ointment to spots of dandruff, itching and irritation are most successful. These fragrant emollients save the hair, clear the skin and meet every want of the toilet and bath.

See 25c. Ointment 25c. and 50c. Tubes Sold throughout the Dominion. Canadian Depot: Cuticura, Limited, 24 St. Paul St., W. Montreal.

Cuticura Soap shaves without stung.

### ADVICE FOR REFORMERS

Gossip and Slander  
Worse Than Dancing,  
North Shore Writer  
Tells Reformers.

Editor North Sydney Herald.

Social and moral reform is a subject which is being very much discussed at the present time, and indeed has been a very live issue during the past few years. Surely each and every one who is interested in the welfare of their respective city, town or municipality is heart and soul in sympathy with the movement, but unfortunately the efforts put forth in making this reform become a reality are in a good many instances directed in wrong channels.

Doubtless moral and social reform implies far more than the casual observer may be aware of. Some would-be reformers in our midst seem to be laboring under a delusion that in order to "make this earth an Eden like the Heaven above" all that is necessary is to ban certain forms of amusement from the land, regardless of the fact that in every young person's life there is a natural craving for amusement, and I do not at all believe that this craving is in any way detrimental to that which is best in them so long as they remain within the bounds of morality. "A merry heart doeth good like medicine, but a broken spirit drieth the bones." Prov. 17-22.

One particular form of amusement which seems to be severely criticized by some of our local moral reformers is that of dancing. One argument that is being extensively used against dancing is that John the Baptist was beheaded because the daughter of Herodias had pleased King Herod by dancing before him, and he gave an oath that she should have whatever she should ask, and we find that at her mother's request she asked for the head of John the Baptist. Now, was she that previous to this occasion Herodias had quarreled with John the Baptist and would have had him, but she could not. Consequently, she took advantage of this opportunity. We can the unfortunately see the chief reason for this request from Herodias can be summed up in one short word, "spite."

So we see "spite" and not dancing was responsible for the death of John the Baptist.

Another argument very often presented against dancing is that our fathers were opposed to it. While I have all due respect for our fathers, I am not in a position to say whether or not they opposed dancing, as we hear so many conflicting reports in this regard.

Perhaps the moral reformers of our day like the Pharisees of old have some false conceptions of Christianity. They seem to be under the impression that in order to be a Christian one has to go about with a long, solemn face, avoiding all gay company.

Whilst endeavoring to carry out those principles mentioned above, our local reformers are perhaps to a large extent responsible for the appalling rate at which our young people leave this district every year for the cities and towns, where they seek the pleasures denied them at home.

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**KING COLE  
ORANGE PEKOE  
TEA**

"I love a good cup of Tea" is an expression frequently heard.

And how delicious a really good cup of tea is!

It can be yours every day with King Cole Orange Pekoe—rich mellow flavor with a character entirely its own.

Endorsed by thousands of users as "the Extra in Choice Tea"

barless amusements are viewed with abhorrence.

There are people in our day and generation, who, like the men of Bath-Sheesh of old, are to some extent guilty of unlawful curiosity. They pride themselves on their minute knowledge of other people's affairs and do not hesitate to impart this information to others.

I hope the day isn't far distant when those who are endeavoring to banish harmless amusements from the land will strive to rid the country of the existing evil. I refer in particular to back-biting our fellow-beings, one of the most degrading practices a human being could possibly stoop to.

Thanking you, Mr. Editor, for your valuable space.

SCOTT,  
North Shore, March 22, 1922.

### WATCH OUT FOR THIS NOTE

A raised note of the Bank of Montreal is in circulation in Montreal and parts of New Brunswick, and some may work their way down here. It is a \$10 note of the issue of Nov. 3, 1914, raised to a \$20. The work is crudely done but the note might deceive a person not used to handling money or one who did not examine it carefully. Following is a description of the alterations:

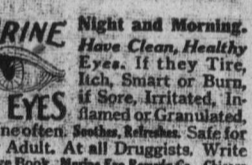
"The arabic numeral 1 in the \$10 on each upper corner of the face has a figure 2 pasted over it."

"The \$10 printed in the centre of the note is scratched out; nothing filled in."

"The Roman numeral 'X' in the lower corner is also erased, but no attempt to alter the large green Roman numeral 'X' in the centre of the note was made."

"No attempt made to erase the lettering around the edges."

"On the back the figure 2 is pasted over the figure 1 on the \$10 on each upper corner. "Ten Dollars"



**MURINE** Night and Morning.  
Have Clean, Healthy Eyes. If they Tired, Itch, Smart or Burn, use Murine often. Soothe, Refresh, Safely for Infant or Adult. At all Druggists. Write for Free Eye Book. Murine Eye Remedy Co., Chicago

On occasions, some patrons have been known to express amazement at the way some men will rush to board a car ahead of ladies. It has also been observed that when a man has boarded a car directly after the lady he is escorting, he has given offense to the other ladies directly behind him; on the other hand, if he waits until all the ladies have boarded the car he very often finds the lady he was escorting waiting for him to pay her fare, thus holding up other passengers.

When you are escorting a lady and you know there are going to be many people board the car at the same time, why not give the lady her ticket and allow her to get in quickly? Then if you feel you must allow all the other ladies to board the car before finally boarding the car yourself, you will at least have done your share toward alleviating delay.

HAVE A SUPPLY OF METAL TICKETS ON HAND.

**CAPE BRETON ELECTRIC COMPANY, LTD.**