

HIS HEALTH IN A TERRIBLE STATE

"Fruit-a-lives" Healed His Kidneys and Cured Him

HAGERSVILLE, ONT., AUG. 26th. 1913. "About two years ago, I found my health in a very bad state. My kidneys were not doing their work and I was all run down in condition. I felt the need of some good remedy, and having seen 'Fruit-a-lives' advertised, I decided to try them. Their effect, I found more than satisfactory.

Their action was mild and the result all that could be expected. My kidneys resumed their normal action after I had taken upwards of a dozen boxes, and I regained my old-time vitality. Today, I am enjoying the best health I have ever had."

B. A. KELLY

"Fruit-a-lives" is the greatest Kidney Remedy in the world. It acts on the bowels and skin as well as on the kidneys, and thereby soothes and cures any kidney soreness.

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

STYLES IN HOUSEMAIDS.

Young Mrs. Wombat was a dame Who always dressed in style. She understood the fashion game. On dresses spent a pile.

Oh, she was willowy and slim. Could wear both checks and stripes! She liked to have her housemaids trim. And they were slender types.

But she would meet them on parade. And note with many frowns A pantry girl or parlour maid In one of her own gowns.

She had to drop her slender girls. From knowledge caution springs. And now she hires some portly pearls. Too fat to wear her things.

—Kansas City Journal.

Only Chance He Has.



"It is rude for a man to fail asleep while his wife is talking."

"But, good heavens, a man has to sleep some time!"—Cincinnati Commercial-Tribune.

Too Much For the Whale. The Sunday school teacher was making a review of the Bible lesson.

"Who was the wisest man, James?" "Solomon."

"That's right. Now, Frank, who was the strongest man?" "Jonah."

"Wrong. What reason have you for believing Jonah to be the strongest man?"

"Cause the whale couldn't hold him after it got him down!"—Philadelphia North American.

Reasonable Expectation. "Has your son found anything to do since he came out of college?"

"Not yet."

"There ought to be plenty of work for a young man of his ability."

"Probably there is. You see, he has been looking for a place where he could start in at the top, but I expect him to give it up and take something else eventually."—Chicago Record-Herald.

Keep Minard's Liniment in the house

WORRY CAN KILL.

Science Proves That Fretting Frequently Costs Life.

We have often heard that worry can kill even the nine-lived cat, but we have only half believed it, and until now we have had no scientific proof that it was so.

Medicine science has recently confirmed the fact and explained how worry commits its murders. It has reached the conclusion that in many instances of what has been regarded as lunacy, and from which the victim usually dies, the cause has simply been one of acute worry.

Worry medical science now defines as the dominance of one idea, usually that of fear. There is a fear of some existing condition or dread of what may happen. The idea crowds all others from the mind, or permits them only the feeblest and occasional activity.

The most terrible tyranny is the tyranny of an idea. This one idea pounds hammer-like upon one set of brain cells. It overstimulates them, causing an unusual flow of food to those portions and a dearth of it to other parts of the brain.

But a constant overfeeding of these cells causes a congestion there. The cells become more and more distended. The worry grows more and more acute. The pounding of the blood against the sides of the cell acquires a hammer-like violence.

The cure of the worry that kills is prevention. Refuse to worry. Do your best, and having done this, decline as positively to fret about the results as you would decline to drink a draught of poison.

Worry comes as an occasional visitant to everyone, but as we shut our doors to unwelcome visitors, so we close the portals against the entrance of worry. Admitted, it ceases to become a visitor—it is a habit, and a habit that destroys. The action of worry upon the brain cells is most like the constant dropping of water upon a stone.

Keep the Spade Bright. If the hired man carelessly puts the spade away without cleaning it you may have a hard time cleaning it next time you go out to dig.

Simply dig in the cinders for a minute or so, shovelling them about as you do gravel and cement when mixing concrete, and the job is done.

Russian Marriages. The celebration of a Russian marriage sometimes extends over three days.

The bride is expected to dance with the men one after another until she drops with sheer fatigue. It is a matter of pride with her to keep going as long as possible, and it is not unusual to find a bride dancing bravely for three days and three nights of vigorous frolic.

Faint Heart. "Have you spoken to father yet?" "Certainly. I said 'Good evening' when I passed him in the hall."—Pennysylvania Lunch Bowl.

DOFFING THE HAT.

It Was Once a Sign of Abject Subservience to a Superior.

We consider a man a gentleman who takes off his hat to a lady. At least the act is thought to be gentlemanly polite. The origin of this custom, like so many other customs common among so-called civilized peoples, go back to primitive times.

When a person was made captive his conqueror stripped him of his weapons and clothing and left him without anything he could call his own. The captive was thus made a slave, his lack of clothing being evidence of his subjugation.

The first step then, in tracing the origin of taking off the hat, is the surrender of the clothing among primitive and ancient peoples as a mark of submission.

Once while he was painting he was startled from the room, and presently his recalled model heard him furiously denouncing some one outside whom he dismissed or ejected and then returned a moment later still boiling with wrath.

FLAVOR OF FOOD. It is an important Factor in Digestion and Good Health.

If it were not for flavor we should not digest our food properly. Epicureanism in eating is the handmaid of good health. Flavor has been called the soul of food.

The evolution of a discriminating appetite and the education of the cook must go hand in hand. But your gluton is never an epicure. Rational mastication must accompany the highest enjoyment of food, and in this enjoyment the perfect assimilation and health.

The Rich Turkish Beggar. Beggars are never suppressed in Turkey. The story is told (and they say it is true) about a lady who by mistake gave a beggar of Constantinople a gold piece.

The Professor Was Wrong. Several decades ago a learned professor delivered a course of lectures, in one of which he proved to his own satisfaction that the Atlantic ocean could never be crossed by steam.

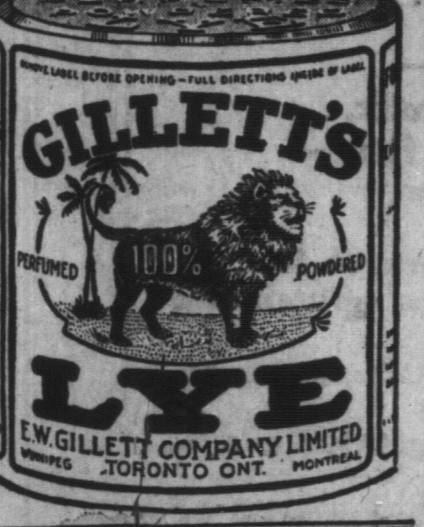
Saltin' One's Smoke. The strangest way of taking his salt was probably Dr. Parr's. Parr had received that he used to fill his pipe half with the finest tobacco and half with salt.

Strychnine. Strychnine is one of the most powerful vegetable poisons known, but it has very odd effects. Up to about one thirty-second of a grain it is often used in medicine as a stimulant.

How He Felt. "You act as though you thought yourself superior to the government." "Well," replied the genial egotist, "I do feel slightly superior. As a taxpayer when I owe the government anything I pay. When the government owes me anything it does as it likes about the matter."—Washington Star.

Plenty of Hopeless Ones. At the age of twenty-five a man can be forgiven for thinking he knows it all, but if he hasn't changed his mind after forty there is no hope for him.—Tledo Blade.

GILLETT'S LYE EATS DIRT



NURSED A HOT TEMPER.

Something Had to Give Way When William Morris Spoke Loose.

Though explosive tempers may not be admissible and temperamental explosions are not always harmlessly expended, they are always preferable to sullenness, brooding resentment or cold anger.

For six weeks after I saw Gen. Velasco's brigade in its five trains I remained in the hands of the rebels. The forces which were to retake it advanced and retreated, chased and set to partners, marched this way and that.

After the evacuation of Torreon by the Federals, Gen. Munguia was tried by a court of inquiry. The intention was to shoot him. This was his defence: 'How could I meet the rebels in the open? I was obliged to fight in loose formation. I was obliged to keep my troops together. If I did not they would melt away. Desertion is the idea uppermost in almost every soldier's mind. Again, how could I order my officers to lead their men to the attack? I knew their men would shoot them down as soon as they got the chance.'

The best generals would find it hard to do anything with such an army as this until they had disciplined it and discovered a certain number of men whom they could trust.

The Mexican army has no army service corps, no medical department to speak of. It carries no camp equipment, no supplies. Watch a field force break camp at dawn. First there go pattering off a horde of women laden with pots and pans, baskets and sometimes chickens.

That kind of incident, which happens daily, helps to keep current the belief that Federal officers do not wish to bring the war to an end. They do not take soldiering seriously.

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The young Scotchman never liked his nother-in-law and this weighed heavily on the mind of his wife, who was ill. Calling her husband to her bedside, she said to him: "Sandy, lad, I'm verra ill and I think I'm aboot to dee, and before I dee I want you to gie me a promise."

"What is it?" "Weel, I ken that when I dee I'll hae a fine funeral, and I want you to ride up in front in a carriage wi' ma nither."

"Weel," sadly responded Sandy, "I've gied ye my word, an' it's nae me that'll gang back on that, but I'll tell ye one thing: ye've spoilt the day for me."—The Argonaut

Sick Headaches are not caused by anything wrong in the head, but by constipation, biliousness and indigestion. Headache powders or tablets may deaden, but cannot cure them.

Dr. Morse's Indian Root Pills are pure vegetable, free from any harmful drug, safe and sure. When you feel the headache coming take

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Maritime Business College Halifax, N. S. E. Kaulbach, C. A.

TRUTH ABOUT MEXICO

LONDON TIMES CORRESPONDENT GIVES A VIVID PICTURE.

General on Trial Says He Could Not Fight Rebels in the Open Because of He Let His Soldiers Scatter They Would Desert—Officers Would Be Shot Down by Their Own Men.

A timely and gripping book, "The Real Mexico" has just been written by H. Hamilton Fyfe, the special correspondent for The London Times. A chapter devoted to the federalist army has a particular interest at this time. Among other things, Mr. Fyfe says:

Torreon, the prosperous centre of the cotton-growing district, was taken by the revolutionaries in September. After denying for a week that it had fallen the War Office admitted the truth, but said that it would be retaken in a few days. For a month or so nothing happened. Then it was announced that a blow would be struck. Gen. Velasco would start at once, and the rebels would be driven out of Torreon.

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Joker's Corner

Wife—Everything is getting higher. Husband—Oh, I don't know. There's your opinion of me and my opinion of you, and the neighbors' opinion of both of us.—"Crescent."

Mr. Sampson is a very irascible man, and is in the habit of punishing his boys severely. Not long since he observed that one of his sons needed a new pair of trousers. He scolded the boy for wearing out his clothes so fast.

"Pa, no trousers can last any time, the way you hits," replied the son, reproachfully.

The Frenchman did not like the look of the barking dog baring his way. "It's all right," said his host; "don't you know the proverb: 'Barking dogs don't bite?'"

"Ah, yes," said the Frenchman. "I know ze proverb, you know ze proverb; but ze dog—does he know ze proverb?"

During a concert tour of the late Theodore Thomas and his celebrated orchestra, one of the musicians died, and the following telegram was immediately despatched to the parents of the deceased:

"John Black died suddenly to-day. Advise by wire as to disposition."

In a few hours the answer was received, reading as follows: "We are broken-hearted; his disposition was a roving one."—Tit Bits.

"No man is as well known as he thinks he is," says Caruso. "I was motoring on Long Island recently. My car broke down, and while the chauffeur was repairing it, I entered a farmhouse to get warm."

"The farmer and I chatted in the kitchen before the wood stove, and when he asked my name, I told him modestly that it was Caruso."

"At that name he threw up his hands," Caruso' exclaimed, "Robinson Caruso, the great traveller. Little did I expect ever to see a man like you in this humble kitchen, sir!"

One day Mr. Smith went to buy a bushel of buckwheat for sowing. The man who sold the wheat was awy but his wife undertook to wait on the customer. She found a peck measure, and they went to the granary.

She filled the measure twice, and, pouring the contents into the bag, began to tie it up.

"But, Mrs. Lawton," said the man, "it takes four pecks to make a bushel."

"Oh, does it?" replied the woman, as she untied the bag. "Well, you see I never had any experience in measuring grain before I married Mr. Lawton. I always taught school."

While presiding over a Church Conference a speaker began a tirade against the universities and education, expressing thankfulness that he had never been corrupted by contact with a college.

After proceeding for a few minutes the bishop interrupted with the question:—"Do I understand that Mr. X—is thankful for his ignorance?" "Well, yes," was the answer, "you can put it that way if you like."

"Well, all I have to say," said the prelate, in sweet and musical voice, "all I have to say is that Mr. X has much to be thankful for."

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A year ago he couldn't eat



Today he can eat three square meals and sometimes one "extra" because Chamberlain's Tablets cured Chamberlain's troubles and gave him a good digestion. You try them. 25c. a bottle. All Druggists and Dealers or by Mail.

Chamberlain's Tablets

DOMINION ATLANTIC RY. "LAND OF EVANGELINE ROUTE"

On and after June 29th, 1914, train services on this railway is as follows:

Express for Yarmouth.....12.09 p.m. Bluebonnet for Yarmouth.....1.03 p.m. Express for Halifax.....2.00 p.m. Bluebonnet for Halifax.....4.00 p.m. Express for Annapolis.....Saturday only.....7.53 p.m. Express for Halifax.....Monday only.....4.13 a.m. Accom. for Halifax.....7.59 a.m. Accom. for Annapolis.....6.05 p.m.

Midland Division

Trains of the Midland Division leave Windsor daily (except Sunday) for Truro at 7:05 a.m. 6:16 p.m. at 7:30 a.m. and from Truro at 6:45 a.m., 2:30 p.m., and 12:25 noon, connecting at Truro with trains of the Intercolonial Railway, and at Windsor with express trains to and from Halifax and Yarmouth.

Cafe and Parlor Car service on Flying Dutchman trains between Halifax and Yarmouth.

St. John - Digby

DOUBLE DAILY SERVICE. (Sunday Excepted)

Canadian Pacific Steamship "YAC-MONTI" leaves St. John 7:40 a.m., leaves Digby 1:00 p.m., arrives in St. John about 4:15 p.m., S. S. "St. George" leaves St. John 12:00 noon, arrives Digby 2:15 p.m., leaves Digby 2:45 p.m., arrives St. John 5:00 p.m. "St. George" makes connections at St. John with Canadian Pacific trains for Montreal and the West.

Boston Service

Steamers of the Boston & Yarmouth S. S. Company sail from Yarmouth for Boston after arrival of Express train from Halifax and Truro, daily, except Sunday.

P. GIFFKINS, General Manager, Halifax, N.S.

Cross the Atlantic

BY S. S. "DIGBY"

The fact that this new fast passenger ship carries a full passenger list both to and from Liverpool is sufficient evidence of her popularity with the travelling public.

You get every comfort of the largest "Leviathan" at almost half the price.

HALIFAX TO LIVERPOOL. Saloon \$60.00. Second Class \$45.00.

Next Sailing August 17. Make reservations today.

Furness Withy & Co. Limited

AGENTS, Halifax, N.S.

BOSTON & YARMOUTH STEAMSHIP CO., LTD.

SUMMER SERVICE

S. S. Prince Arthur and Prince George! Six trips per week in each direction between Yarmouth and Boston. Leave Yarmouth daily except Sundays at 6:00 p. m. for Boston. Leave Boston daily except Sundays at 2:00 p. m. for Yarmouth.

Tickets and staterooms at Wharf Office A. E. WILLIAMS, Yarmouth, N. S.

H. & S. W. RAILWAY

Table with columns: Accom. Mon. & Fri., Time Table in effect June 22, 1914, Stations, Accom. Mon. & Fri.

"Flag Stations. Trains stop on signal CONNECTION AT MIDDLETON WITH ALL POINTS ON H. & S. W. RY AND D. A. RY. P. MOONEY, General Freight and Passenger Agent

FIRE INSURANCE

Insure your buildings in the OLD RELIABLE "NORTHERN" Established 1846 DALY & CORRETT, Provincial Agents HALIFAX, N. S. FRED. E. BATH, Local Agent BRIDGETOWN May 14, 1908-17

Large advertisement for Derby Plug Tobacco. Features the text "SMOKE DERBY PLUG TOBACCO" and "The red, white and blue jockey cap—on every plug—is the tag which tells the quality of the new DERBY Smoking Tobacco." Includes an illustration of a jockey cap and a pack of tobacco.