

# 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 upsets 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. One 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.

Atm.—The protection of the home, the abolition of the liquor traffic and the triumph of Christ's Golden Rule is cause and in law.

Motto—For God and Home and My Native Land.

Badge—A knot of White Ribbon.

Watchword—Agiolate, educate, organize.

### OFFICERS OF WOLFVILLE UNION.

President—Mrs. L. W. Bishop.  
1st Vice President—Mrs. Irene Fitch.  
2nd Vice President—Mrs. G. Miller.  
3rd Vice President—Mrs. Armitage.  
Recording Secy.—Mrs. W. O. Taylor.  
Cor. Secretary—Mrs. Ernest Redden.  
Treasurer—Mrs. H. Pinnis.

### SUPERINTENDENTS.

Laboratory Work—Mrs. Fielding.  
Lambertson—Mrs. J. Kempton.  
Temperance in Sabbath-schools—Edna Graham.

Evangelistic—Mrs. Purves Smith.  
Press—Mrs. M. P. Freeman.  
White Ribbon Bulletin—Mrs. Dr. McKenna.

Loyal Temperance Legion—Miss Egan.

Red Cross Work—Mrs. J. Vaughn.

### A Wonderful Conversion.

The following wonderful conversion of a noted gambler was narrated in a letter received from a former resident of Wolfville:

"I heard a specially interesting speaker a week ago at the vesper service of the Y. W. C. A., Frank Goodman, ex-gambler and ex-Sing-Sing convict, who was converted April 24th, 1917, on a Tuesday afternoon meeting held in the "Sunday" tabernacle in New York.

"For twenty-two years he has been a gambler, and seventeen of those years he was a leader in the gambling dives of New York city. In the five years of his gambling experience he lost two good businesses he was in. His old mother had heavily mortgaged the old home to set him up in the second one, and when he gambled that away she died of a broken heart.

He went to hear Billy Sunday just to please his wife. He chose an afternoon service, as he had heard that 'Billy' preached generally to the Christians in the afternoon, and so it would not any of it be for him! He also planned to leave early and get some tracts, knowing he had really been there, and as he put it, 'kid the wife along.'

To quote Frank Goodman's words, 'I first thing, because I was led right up front in the middle section right under Billy's nose. I was not exactly drunk, but I was pretty well tanked up. Well, Billy got up and said 'Friends, for some reason best known to himself, the Lord wants me to preach a sermon I had not planned to preach this afternoon. I don't know why—it does not even seem reasonable to me—but I am compelled to preach it.' And then Billy went ahead and gave one of his red hot sermons on sin, booze and gambling in particular. It was so different from most of his afternoon sermons that every one 'sat up.'

'Well, friends, Sunday laid bare every vile secret of my life, and ended up by telling me one I least cared to think of. Leaning over the pulpit and pointing his finger right at me, he said, 'There's many a man whose old mother dies of a broken heart because of what he has done.' That finished the old Frank Goodman, and he was the first to 'hit the trail' when the invitation was given.

I was at that Tuesday afternoon meeting or a personal worker and well remember that sermon. Afterward, Mr. Malmberg, our leader in personal work, told me that the workers in that section were doubtful about letting Goodman go up to the platform in his drunken condition, but he told them not to hinder him. Before Sunday hit the city, Frank Goodman is right to the meetings numbers of men and women of the 'under world,' thirty-two in whom were converted.

He is now in the employ of some one in the city.

'Well, doctor, if I got to die, I die contented. My life insurance is ten thousand dollars.'

'I think, with the aid of stimulants, I can keep you alive for a week longer.'

'That's do it, doctor. Do I believe in your medicine? No, after all, I'm not a doctor.'

# British Tank Plays Part In Recruiting In U. S. A.



(1) Mrs. Wheeler, "champion recruiter" taking for British and Canadian volunteers, from the deck of the tank "Britannia." (2) Sgt. Major Bramhall, in charge of recruits of the Jewish Battalion, leaving British and Canadian Recruiting Depot, 200 W. Forty-second St., New York, Feb. 25th, to board the Fall River line steamer for Farnmouth, N.S. This event bears evidence of the desire of the Jews to join English forces to maintain control of Palestine. (3) Col. J. S. Dennis, C.E.F., in charge of the Canadian Contingent, British Canadian Recruiting Mission. (4) The kind of picture that fascinates recruits. (5) Lieut.-Col. E. C. Jamieson, in charge of the Eastern Division. (6) Brig.-Gen. W. A. White, C.M.G., Officer Commanding the British and Canadian Recruiting Mission in the United States. (7) Standing: C. Brennan White, Officer Commanding New York Depot of the British and Canadian Recruiting Mission. Seated (left to right): Mrs. Gordon Archibald, Mrs. James Archibald, daughters of Mrs. E. M. House, and Captain Richard Haight, of the "Britannia." (8) Capt. F. J. Rice, in charge of the Intelligence Section.

### BRITISH CANADIAN HUSTLE IN U.S.A.

During one recent week in March the British and Canadian Recruiting Mission dispatched to Canada 1,000 volunteers for the British and Canadian armies. During the absence of Brigadier-General W. A. White, C.M.G., Col. J. S. Dennis, of the Canadian Expeditionary Force, is in command of the recruiting programme in the United States. Brigadier-General White is making a tour through the south in an effort to stimulate interest in recruiting.

The pictures accompanying this article illustrate the campaign that is being carried on in New York by the Mission. Brigadier-General White and Colonel Dennis have started a whirlwind campaign for recruiting British and Canadians in the United States covering the past two months.

### Children Cry FOR FLETCHER'S CASTORIA

Most people would rather blame a man for what he does not than give him credit for what he does. Sometimes the business career of a man is so full of worry him until he goes home to dinner. A man may be disappointed in the friendship of his friends, but he can generally depend upon the enmity of his enemies. Fear of being found out is responsible for many a man's respectability. A woman can guess a thing is wrong in about half the time it takes a man to figure it out. It's queer how people will sit up and take notice when one man begins to abuse another. Unless a girl has unlimited faith in her complexion she will not tolerate a kiss on the cheek. All sorts of unkind remarks are being made over the mail-service these days, but up to date the criticism of the New London Day stands by itself. That paper says: 'A man who does not court by mail nowadays is liable to die a bachelor.'

### Children Cry FOR FLETCHER'S CASTORIA

Editor: What do you mean by writing such a phrase as 'The house burnt up.' We always say 'house burnt down.' R. Porter: Yes, but this one ought to be in the collar. Editor: (In Boston Transcript) 'Were you taken by surprise when he proposed, dear?' Wife: 'Goodness, yes! Why hadn't even looked up his financial standing.'

### Children Cry FOR FLETCHER'S CASTORIA

Editor: 'There's a little aw' back there in the gallery a lassie,' he said, 'when he'd see I'll begin.' Indignant Wife—'What on earth do you do to your clothes to keep me sewing on buttons this way?' Apologetic Husband—'I don't know my dear. I merely touch the button—I can't imagine what does the rest.'

### The CORRECT TREATMENT FOR COLDS

Colds are contracted when strength is lowered and the inflammation easily develops bronchitis or lung trouble, while grippe and pneumonia frequently follow. Any cold should have immediate treatment with

### SCOTT'S EMULSION

The National Strength-Building which first builds up the forces by carrying rich nourishment to the blood streams and creates real body-warmth. Its cod liver oil is the favorite of physicians for correcting bronchial disorders and chest troubles.

### Professional Cards

#### DENTISTRY.

A. J. McKenna, D. D. S.  
Graduate of Philadelphia Dental College  
Office at residence of late Dr. Bowles,  
Telephone No. 43.

#### M. R. ELLIOTT

A. B., M. D. (Harvard)  
Office at residence of late Dr. Bowles,  
Telephone 53.  
Office Hours—8-1 a.m., 1-3, 7-9 p.m.

#### Charles Hogan, C. E.

Provincial Land Surveyor.  
Surveys, Plans, Levelling & Estimates  
Church Street,  
Greenwich, Kings Co., N. S.  
Long distance telephone, Wolfville exchange.

#### Expert Piano Tuning

Guaranteed.  
Voicing, Regulating, Repairing  
Organs Tuned and Repaired.  
M. C. Collins.  
P. O. Box 324, Wolfville.



### A MODEST DOG SELDOM GROWS FAT

A merchant who does not advertise never lives to retire. He may buy the best and sell at a fair profit, but if he neglects to tell people about it, his shelves will become burdened with unworn goods. You can tell whether or not a merchant is alive and progressive by his advertisements.

### Even If War Is On You Must Have Clothes

And we are well prepared to serve you in this line. Our work is MEN'S CLOTHING OF ALL KINDS. In winning us a reputation. We use the best materials, employ the best workmanship and our styles are always right. We guarantee every garment and shall be pleased to show goods and quote prices. A. E. Regan, Wolfville.

### BEFORE YOU CROSS THE RIVER LOOK OUT FOR THE CROCODILE



Before you send your money away to a mail order house, consider the folly of paying for something you have never seen. Our local merchants will get you anything you want, if they do not carry it regularly, and you can examine and criticize before you pay a cent. You help, instead of hurting, your own district when you spend your money here.



## Income Tax Forms

Are now available

Returns must be filed on or before 31st March

**THE Dominion Income War Tax Act** requires you to fill in one or more of the five special Forms provided before 31st March, 1918. In order to assist the public to understand just what is required of them, information on each Form is given below. Read carefully, then get three copies of the form that fits your case and fill them in. Answer all questions fully and accurately. For making false statements, a penalty of \$10,000 or six months' imprisonment, or both, is provided.

**Individuals.**—All persons unmarried, and all widows or widowers without dependent children, whose income is \$1,000 a year or more, must fill in Form T1. All other persons whose income is \$1,000 or more, use the same Form. Where any income is derived from dividends, list amounts received from Canadian and Foreign securities separately. Fill in pages 1, 2 and 3 only. Do not mark on page 4. Partnerships, as such need not file returns, but the individuals forming the partnerships must.

**Corporations and Joint Stock Companies.**—No matter how created or organized, shall pay the normal tax on income exceeding \$3,000. Use Form T2—giving particulars of income. Also attach a financial statement. Under Deductions, show in detail amounts paid to Patriotic Fund and Canadian Red Cross or other approved War Funds.

**Trustees, Executors, Administrators of Estates and Assignees** use Form T3. Full particulars of the distribution of income from all estates handled must be shown as well as details of amounts distributed. A separate Form must be filed in each estate.

**Employers** must use Form T4 to give names and amounts of salaries, bonuses, commissions and other remuneration paid to all employees during 1917 where such remuneration amounted in the aggregate to \$1,000 or over.

**Corporation Lists of Shareholders.**—On Form T5 corporations shall give a statement of all bonuses and dividends paid to shareholders residing in Canada during 1917 stating to whom paid, and the amounts.

Fill in every case as to cover 1917 income—All Forms must be filed by 31st March. For neglect, a fine of \$100 for each day of default may be imposed.

In the case of Forms T1 and T2, keep one copy of the filled in Form and file the other two with the Inspector of Taxation for your District. In the case of T3, T4 and T5, keep one copy and file the other two with the Commissioner of Taxation, Dept. of Finance, Ottawa.

Forms may be obtained from the District Inspectors of Taxation and from the Post-masters at all leading centres.

Patents must be held on all letters and documents forwarded by mail to Inspector of Taxation.

Department of Finance,  
Ottawa, Canada

### Do Big Jobs First.

The more you ponder difficulties the larger they seem. So the thing is to get them off the slate as soon as possible. You get them off by going after them. Just cast up the work of the day. Estimate the cost in each problem. Tackle the hardest one; before you are tired. That may not be according to precedent, but it's according to good generalship. As soon as you get that off the list tackle the next thing in importance. Keep the work going and you are bound to win victories over self and the job you face. Show them you're a real problem solver. It will just be a matter of stacking things in the basket. You have gone a long way toward mastery when you have learned to do big things first.

A thoughtful person who expects the unexpected.

An honest man thinks that a pretty woman is also a subtle work.

Some people try to hide their ignorance by saying that they are superstitious.

It may be all right to give credit where credit is due but spot cash is always preferable.

## HUTCHINSON'S

### Livery and Automobile Service

WOLFVILLE, N. S.

Teams or Autos always ready for a drive through the Braspenline Lakes.

Teams at all trains and boats.

Weddings carefully attended to by Auto or team.

Give us a call. Telephone 66.

T. E. HUTCHINSON, Proprietor

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## WALL PAPERS!

Our Spring Stock of Wall Papers is Now Complete!

We also have the sample books of all the big manufacturers. Call and we will be glad to have you see what we have to offer.

## Woodman's Furniture Store,

WOLFVILLE

## GOAL! GOAL! GOAL!

Carefully Screened and Promptly Delivered.

Springhill, Alblon Nut and Old Sydney.

GIVE US A TRIAL.

Burgess & Co.

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## McCallums, L'td

The largest dealers in Improved Farm Properties in Canada.

Hallifax, N. S., Canada.

Are now offering the property of the Wolfville Fruit Land Improvement Co. Fifty acres of orchards fully improved in whole or part. Price exceptionally low.

C. A. Porter, Local Agent.  
Original Wolfville and Kejbyville.

## F. J. PORTER

Licensed Auctioneer for towns of Kentville and Wolfville, N. S.