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TEETOTALISM

One of the scientists who is today looked upon as a specially sane and careful adviser is Dr. G. Sims Woodhead, the Professor of Pathology in the University of Cambridge. When the British Medical Association held its annual session at Toronto University, some years ago, two of the speakers at a luncheon tendered the visitors by the Dominion Alliance, were Prof. Woodhead and Sir Victor Horsley. Both of these high authorities unhesitatingly condemned the prevalence of drinking practices, and argued in favor of total abstinence for persons in health, and expressed the opinion that alcoholic liquors had been greatly over-rated as remedial agents in ill-health. Recently Prof. Woodhead has discussed the first of these facts in an article in the "Cambridge Magazine," in which he forcibly reaffirmed the conclusions set out in the Toronto addresses. He says in part:

"At the outset I should like to clear the ground a little. It is often stated that teetotalers (I use this as a very convenient term in spite of the fact that in the minds of some it has a somewhat derogatory connotation) are a conceited folk, and that they lay claim to great powers, mental by non-teetotalers. Nothing of the kind! The teetotalers, conscious of the limitations of his own powers, recognizes that he needs to keep them all as bright and alert as possible, and that alcohol does not help him to this end. What he does contend is, that his powers, however limited, are certainly greater than if he took alcohol whilst, on the other hand, brilliant as may be the powers and great the capacities of the non-teetotaler, they would be still more brilliant and greater, and, moreover, would last longer, if alcoholic drinks were abjured.

"This being understood, I am prepared to defend teetotalism for healthy men and women, young, adult and old, as conducive to continued health, to sustained effort, whether mental or physical to the production of the best work of which the individual is capable, to keen physical enjoyment and sane mental pleasure, and to a healthy and contented old age. I ask any one who takes the trouble to read this note to look around him and see whether on the average, his teetotal friends, if he has any, are any less sane, less interested in life, its work, its pleasures, than are his other friends. That their health will be better, strength greater, and life longer the insurance companies have no doubt—and insurance companies look upon this as a business proposition, as our American friends would say—nor have I.

"For many years I have been interested in the subject of 'training' and have always maintained that a man who takes no alcoholic beverages gets 'fit' more quickly and keeps it more easily than does the man who takes them. Of course, I am constantly met with the time-worn argument that for the 'stale' man nothing is better than a break in training and a bottle of champagne. In spite of all the stereotyped and conventional opinions on this point, I am satisfied that this is a deadly mistake. I acknowledge that where men are over-worked—a common condition in the early stages of training, and not unknown in the later stages, or over-fed—an error not made so frequently now as in times gone by, that a break in training may be of value, if it is a sensible break, distracts a man's mind from the gravity of the issue before him, breaks through what is to some men a deadly monotony that should be unnecessary—cuts down work, and therefore diminishes the amount of waste products produced, and during periods of more prolonged rest allows of the excretion of the waste products that have accumulated during the too short periods of muscular inaction, or as the result of either excessive work or over-feeding. These are the factors that are of value, but the champagne which can contribute nothing to the above, except that it may perhaps have the effect of 'numbing sensation' of mind and body, gets all the credit. We do not wish to numb sensation; we wish to obtain a good machine, perfect in every part, and each part effective and efficient in its working.

"I fear alcohol as I fear the basil-

lus found associated probably casually, with anaesthetic leprosy, because it does away with the danger signals with which we are provided through our senses—pain, irritability, hunger, fatigue. Each one of these may be rendered less insistent by the use of alcohol, but the real causes of these sensations are left unaffected, or may even be increased by the use of the very agent that blunts the "senses" through which they are manifested.

"Can we imagine any sane present-day trainer telling his team or crew that they need not bother their heads about the amount of beer or wine they take during training. With most of them it is a case of the less the better, and none best of all, except in the instance referred to. If this is true of physical energy, which, after all, is the crudest form of energy, what train of reasoning leads us to ignore the effect that alcohol, in its various vehicles, has on the intellectual and psychophysical powers of the man in our midst who is training for the great game, or battle of life, on which he shortly is bound to engage."—Pioneer.

EXTENSION OF PRISON PAROLE SYSTEM.

W. P. Archibald, the Dominion Officer, Hopes to Inaugurate Probation System.

Ottawa, Dec. 29.—The extension of the present prison parole system to include a system of probation is a phase of reform to which W. P. Archibald, Dominion Parole Officer, has recently turned his attention, and which he hopes may soon be inaugurated by the Department of Justice. The parole system applies simply to men already in prison. A probation, on the other hand, may be applied to men charged with first offences. Probation officers would be appointed, whose duty it would be to attend the courts and who would be responsible for the man to whom probation was granted. The probationer would be required to report to this officer from time to time. Mr. Archibald believes that in many cases first offence men if placed on their honor would reform without jail sentence of any kind.

"That the present parole system has since its inauguration fourteen years ago, been a great success and justified its adoption is evident from figures just compiled. During that time 2967 incarcerated in penitentiaries, and 2528 in prisons and reformatories have been paroled, making a total of 5495. Of the number 4513 have satisfactorily completed their parole, 668 have not yet completed them, while in the case of 145, licenses have been withdrawn and they have been taken back, through failure to comply with the conditions of reporting, etc. In the case of only 169 have licenses been withdrawn and commitment been renewed because of subsequent offences.

A NEW YEAR PRAYER.

To grow a little wiser day by day,
To scold my mind and body to obey,
To keep my inner life both clean and strong,
To free my life from guile, my hand from wrong,
To shut the door on hate and scorn and pride;
To open them to love the windows wide.
To meet with cheerful heart what comes to me,
To turn life's discords into harmony,
To share some weary worker's heavy load,
To point some straying comrade to the road,
To know that what I have is not my own,
To feel that I am never quite alone.
This would I pray from day to day,
For then I know my life will flow
In peace until it be God's will I go.

RHEUMO CURES RHEUMATISM

No matter how long standing your case may be, don't despair, get a little of Rheumo today. W. A. Warren sells it with a guarantee to benefit you. Rheumo is wonderful in its quick action, the pain ceases, the muscles and bones are rid of soreness and stiffness, and very soon a Rheumo patient is able to have the same strength and vitality of youth. Rheumo acid cannot possibly exist. Rheumo costs only \$1.00 for a large bottle from W. A. Warren's or direct all charges prepaid from B. V. Marston Co., Bridgeburg, Ont.

Longfellow's Great Evangeline in Magnificent Moving Pictures

An Elaborate Production that has Now Been Completed, Given in Two Epochs and Five Parts—Achievements of the Canadian Bioscope Company, Limited.

The Canadian Bioscope Company, Limited, have just completed a masterpiece in moving pictures, the production of "Evangeline," the never dying poem of Longfellow. After many months of preparation the results, as have been shown on the screen in the exhibition room of the company, demonstrate that the work from a scenic and photographic standpoint is the finest and best ever attempted by a moving picture concern.

All the famous scenery in the Land of the "Evangeline" is religiously brought out, including Fort Royal, the old churchyard, the old dykes at Annapolis Royal, and the Evangeline well at Grand Pre. For some time past our surrounding shores and forts have been used for the purpose of showing the expulsion of the Acadians in the year 1755. In fact, nothing has been omitted and the screen telling the story shows every detail of Longfellow's immortal poem.

The best artists and operators known have been employed in filming this wonderful production. Miss Laura Lyman was chosen as a perfect type of the sweet and sympathetic Evangeline. She is well known as a motion picture and emotional actress, having played leads with such well known companies as the Kinemaclor, Biograph, American and Majestic. With the last company named she appeared in "The Biter Bitten," "Children of St. Anne," and many others, but as Evangeline she has surpassed anything she has ever attempted before the camera.

HOW CHRISTMAS WAS SPENT IN 1662.

In Pepy's Diary there is an interesting account of how Christmas was spent in 1662: "Had a pleasant walk to Whitehall, where I intended to have received communion with the family, but I came a little too late. So I walked up into the house and spent my time looking over pictures, particularly the ships in "Our Henry the Eighth's Voyage to Bullen," marking the great difference between those built then and now. By and by down to the chapel again, where Bishop Morley preached on the Song of the angels, "Glory to God on high, on earth peace and good will toward men." Me thought he made a poor sermon, but long and rehearsing the common jollity of the court for the true joy that shall and ought to be on these days. Particularized concerning their excess in plays and gaming, saying that he whose office it is to keep the gamesters in order and within bounds serves but for a second in a duel, meaning the groom's poster. Upon which it was worth observing how far they are come from taking the reprehensions of a Bishop seriously, that they all laugh in the chapel when he reflected on their ill actions and courses. He did much to press us to join in these public days of joy and hospitality. But one that stood by whispered in my ear that the Bishop does not spend one groat on the poor himself. The sermon done, a good anthem followed with vials, and the King came down to receive the sacrament."

BRIDEGROOMS DO THE WEEPING.

An Australian traveller, who has returned from a trip round the Torres Straits archipelago, found it was the correct thing for bridegrooms among the Christianized natives of Badu, Mulgrave Island, to weep at the altar. "An indispensable condition for a wedding," Mr. Walker states, "is that the bridegroom must cry when the knot is tied. The tears flow copiously—quite a shower of them. "It is extraordinary how the native can produce tears just whenever they are wanted. The bride does not weep. She is full of mirth. It is her day out! Everybody grips her by the hand and says nice things, while her tear-stained partner stands apart a picture of abject misery."

TWO MILLION DOLLAR COMPANY.

The Charlottetown Guardian of Dec. 23rd, reports as follows:—"A telegram was received yesterday that the Eastern Canada Fox Farming Company, Limited, had been duly registered under the Nova Scotia law in Halifax. This company has a capital of \$2,000,000 divided into two hundred thousand 7 per cent. preferred shares of \$5 each. The directors are the Lieut-Governor, His Honor Benjamin Rogers, President; Major A. A. Bartlett, Secretary; Treasurer; Dr. James Warburton, Mr. E. R. Brow and Mr. David Schurman. The company is formed for the purpose of acquiring and merging under one management several ranches on the island. The shares are to be placed on the English market, and representatives of the company will leave for England almost immediately to effect flotation there.

BEAUTEOUS HAIR



Clean and free from dandruff and possessing all the radiance of perfect hair. This is just what Saginee means to those who suffer with itching scalp, dandruff, coarse, dry or common looking hair. Saginee is new life to faded unattractive hair. Saginee feeds the hair root with the necessary food for promoting a healthy growth. Saginee is the daintiest tonic you could wish for. It is not a dye and is not sticky or greasy. A large shaker-top bottle costs only 50c and Mr. W. A. Warren gives his personal guarantee to refund the money if you are not entirely satisfied. Be sure to go to W. A. Warren's drug store, as other stores cannot supply you.

BEE KEEPING.

Bee keeping is being carried on with both profit and pleasure by men and women in all parts of the Dominion, and, while, as a rule, it is the sole occupation of those who pursue it, there are many localities where experienced bee keepers can make a good living by devoting their entire time and attention to this line of work. The average annual yield of honey per colony should be from sixty to seventy-five pounds, many well managed apiaries yielding much more. The money return to be obtained from this crop depends entirely on the market and the method of selling the honey. If sold direct to the consumer, extracted honey should bring from ten to fifteen cents per pound and comb honey from fifteen to twenty cents per section. If sold to dealers, the price will be from three to five cents per pound less. All these figures depend on the quality and neatness of the product.—J. F. in Conservation.

France has spent \$100,000 in planting trees on the watersheds of important streams.

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Guernsey Bull. Terms \$1.00 cash, with a return privilege.
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Furnace work a specialty. Job work promptly attended to.
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Administrator's Notice

All persons having legal demands against the estate of William H. Merry, East Inglisville, County of Annapolis, are requested to render the same duly attested within three months from date of issue, and all persons indebted to said estate are requested to make immediate payment to
SUSANNAH MERRY
East Inglisville
Nov. 26, 1913—3 mths.

Executors' Notice

All persons having legal demands against the estate of the late J. Valentine Eaton in the County of Annapolis, Farmer, deceased, are requested to render the same duly attested within twelve months from date of issue, and all persons indebted to said estate are requested to make immediate payment to
HARRY A. GOODWIN
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