

# You Need More Than A Laxative

To correct constipation, all organs of digestion and elimination should be helped. Try NR and see how much better you feel.

## NR Today—Keeps the Doctor Away

To live and be healthy, your body must properly digest your food, extract all the nutriment from it and promptly throw off the waste that is left. This is accomplished by the processes of digestion, assimilation and elimination—the work of the stomach, liver, kidneys and bowels. The failure of any of the vital organs to do its work properly affects the action of all the others. A forced bowel movement does not help constipation; it only relieves for a few hours the condition that constipation brings about. Now if you are used to taking so-called laxative pills, oil, purges and the like, you know how much better you feel when you stop taking them all together. Moreover, if you stick to any one laxative, you've got to be increasing the dose all the time. That can do you a lot of harm. Stop using yourself with such things just long enough to give Nature's Remedy (NR Tablets) a trial, and let the results show the difference. NR Tablets are not mere bowel movers, their purpose is to correct the condition that induces constipation and give you real, genuine, lasting benefit.

To improve your digestion and assimilation, give you a good hearty appetite, regulate your liver and bowels, tone up kidney action and give your poison-clogged body a good cleaning out. Nature's Remedy (NR Tablets) is not harsh; it is mild, easy, pleasant in action; no gripping or pain ever follows its use; but it is thorough and sure. By its action on the digestive organs it promotes assimilation, which means extraction of full nourishment from your food, and thereby gives you new strength, energy, better blood, better appetite. By toning, not irritating your liver, NR sends bile into the intestines, improving intestinal digestion. Lastly, by gently encouraging more vigorous bowel and kidney action, NR drives poisonous impurities out of and cleans up your body. Nature's Remedy (NR Tablets) and just see how much better you feel in every way. Get a 25c box today and take one each night for a week. You'll say you never felt better in your life. NR is sold guaranteed and recommended by your druggist.



**NR TO-NIGHT-**  
Tomorrow Alright  
Get a 25c Box

## Alberta

(Continued from page 2) of these, Mrs. George Corse, a member of the school board, will give evidence regarding working girls' conditions. Secretary Ed. Brown, of district 18, U.M.W. of A., frankly gave his opinion regarding the whole proceedings tonight. He thinks the government is sincere in endeavoring to secure information about industrial conditions, but thinks they are going the wrong way about it. "Let them go to the mining camps and see living conditions of the workmen and get this information at first hand," he said.

## PERSONAL

W. Hartzig—Edmonton. Your questions have been answered by us by personal letter addressed to you "General Delivery, Edmonton." Our letter, sent early in April, has been returned May 3rd bearing the Postmaster's stamp: "Unclaimed." If you still desire to have your questions answered let us have your present address—Courier.

## BRITISH COLUMBIA

THIRTY-SIX CHINESE DEPORTED IN DAY

VICTORIA, May 1.—The record for deportation of Chinese from this port to China has been beaten. Tonight on the steamer Canada Maru 36 Chinese were deported to their native land after they had failed to enter Canada as would-be college students. Examination of officials has shown them unfit to enter college here. They appealed to Ottawa, but officials there refused to intervene.

FINDLAY TELLS OF SHIPPING LIQUOR OUT

VANCOUVER.—An admission that he had exported 350 cases of "G. and W." whiskey to the state of Washington as a private venture, was made by ex-Prohibition Commissioner W. C. Findlay in his evidence at the assizes in the course of the prosecution of H. J. Stump on a charge of being in possession of a quantity of stolen liquor.

COST OF LIVING AND QUESTION OF PROFITTEERING DISCUSSED IN INVESTIGATION

VANCOUVER.—An eloquent appeal for work for the soldiers was made before the Mathers commission by Mrs. Walter Crossfield, the only woman to appear before it during the Vancouver hearing. "Our boys are walking the streets without work," she said. "Many are living on their gratuities, and when these expire there is going to be something on your hands which you cannot handle."

She denounced profiteering and high food prices and urged immediate action to secure relief and work.



More Power with Less Gasoline  
LUBRICANT CARBON REMOVER SOLVES THE CARBON PROBLEM  
When your motor loses power, when it knocks, backs and coughs, don't monkey with the carburetor. Send for a can of Lubricant Carbon Remover and pour two to four tablespoons into each spark plug hole. Follow directions and the motor will do the rest. It works like a charm! You will see the good in the changed spark plugs, and you will get more power and more miles out of every gallon of gasoline. Satisfies car guaranteed. Price \$1.75 prepaid—Agents Wanted DOBSON SALES CO., Winnipeg, Can.

## Eastern Provinces

### METAL TRADES GOING ON STRIKE IN TORONTO

TORONTO.—A situation which is being fraught with danger to the industrial life of Toronto has been precipitated on the city with the strike which went into effect May 1st, affecting 6,000 workmen and 225 factories of the metal trades industry.

The Moulders and Boilermakers' unions met also and ratified the decision of the metal trades council to call the strike. The feeling of unrest in labor circles found vent at a meeting of Union carpenters when an officer of the metal trades council addressed them. There is a possibility of the carpenters going on strike. The carpenters decided to ask for 15,000 pamphlets from Western Canada dealing with the One Big Union, notwithstanding a threat of President Hutchinson of the Carpenters' union, to expel any members who discussed the One Big Union at the meeting.

### RECRUITING FOR R.N.W.M.P.

TORONTO.—Controller MacLean, of the R.N.W.M.P., stated that recruiting for the force will commence in eastern Canada this week.

### ALARMING REPORTS UPON MORMONISM

TORONTO.—Alarming reports respecting the spread of Mormonism in Western Canada have just been received at the Presbyterian church offices, Toronto. A report from the Presbyterian Home Mission superintendent in Alberta points out as a new menace to Canadian institutions the qualifying of young Mormons as public school teachers so that they can promulgate Mormonism through opportunities as teachers.

The matter is to be dealt with at the Presbyterian Assembly at Hamilton in June. The Home Mission superintendent has also reported that a great Mormon forward movement is to be launched shortly in the shape of a monster festival in connection with the dedication of the great Mormon Temple in the west. Rev. H. Hadgou has received word that two Presbyterian home mission stations in southwest Alberta have been closed as the result of Mormon activities.

### STRIKE AT OTTAWA

OTTAWA.—Every worker in the building trades unions in Ottawa went on strike at 7 o'clock May 1, and say they will remain out until their demands are met by the builders associations. These demands are for an average increase of 30 per cent. in wages with the payment of a weekly wage and in most cases an eight hour day.

### REV. BEN SPENSE WAS FINED \$500

TORONTO.—Rev. Ben Spence, secretary of the Dominion alliance, Ontario branch, was convicted by Magistrate Kingsford in the police court on charges of publishing banned literature. "The Parasite," and fined \$500, or four months at the jail farm.

### HEAVY DECREASE IN CANADA'S TRADE DURING FISCAL YEAR

OTTAWA.—A decrease of \$372,322,922 in total of Canadian trade for the fiscal year ending March 31, as compared with the previous year is shown by the statement issued through the customs department. The statement shows that the value of Canada's trade during the year ending with March 31 was \$2,176,378,717, while in the previous year it amounted to \$2,548,691,639. The decrease in exports, amounting to \$332,413,982, is largely responsible for the falling off in the total amount of Canadian trade.

### DIVORCE APPEALS

LONDON.—Appeals from Manitoba and Alberta regarding the jurisdiction of these provinces in Divorce, are before the privy council. Another appeal concerns the legislative powers regarding the referendum.

### ORDER RED FLAGS FROM PROGRESSION

MONTREAL.—As a result of the protest of the grand army of Canada against the carrying of the red flag in the May 1 parade, it has been officially announced from the mayor's office that no such flags can be used. The police have been given orders to confiscate them if the order is disobeyed. It was further stated that if the rule against the red flag is violated no more Socialist parades will be sanctioned.

## Exanthematic Remedy

(also called Rosenfeld's Remedy)  
Pamphlet in which everything concerning this cure is explained will be sent free. Only and genuine to be had from JOHN LINDEN  
Specialist and only Manufacturer of the genuine and pure Exanthematic Remedy. Office and Res. 3808 Prospect Ave., S. E. Letter Drawer 294 Cleveland, Ohio.  
Beware of imitations and false recommendations.

## FREE COMPULSORY SCHOOL SYSTEM

OTTAWA.—The establishment of a free compulsory school system for the nine provinces of Canada, under central direction and with uniform text books for both French and English, was proposed to the senate by Senator Pope of Compton, Quebec.

He offered a resolution to that effect and it was being debated when the senate adjourned. The position of the minorities and need for compulsion to compel school attendance was emphasized by Senator Pope, who used chiefly to support his arguments, statistics of the province of Quebec, which is the only Canadian province without provision for compulsory attendance.

## ESCAPED CONVICT GETS SOME RESPITE

TORONTO.—Sheriff Mowat received formal notification from the governor-general that the murderer, Frank McCullough, who escaped from jail recently, is reprieved until June 2. Miss Vera Lavelle, sweetheart of McCullough, who is held by the police on a charge of aiding in his escape, was committed for trial in the women's court. Bail was refused. Through T. C. Robinette, she pleaded not guilty.

## POSTAL EMPLOYEES AND GRIEVANCES UP IN COMMONS

OTTAWA.—In the house of commons S. J. Crowe asked the government what conclusions had been arrived at with regard to the requests of western postal employees.

Mr. N. W. Rowell said that the requests numbered 48 and he would refer to the more important later. One request was that the government should pay overtime to employees entitled to it. This the government agreed to, having decided to pay time and a half. The government had also agreed that employees should have a 44-hour week. Insofar as possible, they would be given a half holiday on Saturday, but where this was not possible the half day would be given on some other day. Mr. Rowell stated that the government had been unable to deal with some of the requests owing to the reclassification of the service, now almost complete. The basis of examinations for employees would be altered under the reclassification and the question of a minimum salary would be dealt with. The status of temporary employees and the question of their salary increases would also come under the reclassification.

## GOT INTERVIEW WITH GIRL IN JAIL

TORONTO.—An investigation will be held by Sheriff Mowat and W. W. Dunlop, provincial inspector of prisons, into an interview with Vera Lavelle, published by a Toronto evening paper. The interview, which was obtained in jail where Miss Lavelle is awaiting trial on a charge of having aided McCullough to escape from the jail, was against the rules, it is stated.

## TORONTO FIRE CHIEF

TORONTO.—The city council this afternoon appointed Deputy Fire Chief William Russell as fire chief, at a salary of \$4,500 a year.

## United States

### SAMUEL GOMPERS IS IMPROVING

NEW YORK, May 1.—Tonight's bulletin from the bedside of Samuel Gompers, president of the American Federation of Labor who was seriously injured Sunday when a surface car collided with a taxicab in which he was riding announced his condition was satisfactory. "He is improving and doing very well," the doctors said. "There is no fever and his temperature continues normal."

## CASTORIA

For Infants and Children  
In Use For Over 30 Years  
Always bears the Signature of *Chas. H. Littlejohn*

## CLEVELAND HAS MAY DAY RIOTS

CLEVELAND, O., May 1.—One man is dead, three policemen were shot and probably two hundred persons were badly injured, a score or more of whom are in hospitals, and more than one hundred persons arrested up to 3 o'clock May 1st as a result of a Socialist-I.W.W. May Day demonstration, which ended in a dozen different riots in the downtown section this afternoon. The dead man was a bystander who was killed by an officer's bullet when the patrolman fired at a rioting marcher.

## WANT WILSON BACK

ST. LOUIS, Mo., May 1.—The chamber of commerce of the United States, representing half a million business men, today unanimously adopted a resolution urging the immediate return to this country of President Wilson and an extraordinary session of congress to enact legislation necessary to safeguard our social and business structure.

## CHICAGO TROUBLE

CHICAGO.—Police of the Maxwell street district, responding to a riot call arrested a score or more of alleged radicals believed to have been attempting to form a parade which had been forbidden.

## FIRE DID \$500,000 DAMAGE

PHILADELPHIA.—Fire badly damaged the department store of Oppenheim, Collins and Co., located in the central shopping district. The loss was estimated at \$500,000.

## TO ENFORCE FIVE-DAY WEEK

SEATTLE.—Official announcement that a five-day week would be enforced commencing May 3 was made by the building trades council, representing approximately 6,000 workers. No work will be done on Saturday and Sunday. The short week also will be put into effect in Tacoma and other northwest cities soon, it was said.

## SIXTEEN DROWNED OFF U. S. NAVAL TUG

WASHINGTON.—Two officers and 14 men of the crew of the naval tug Gypsum Queen were drowned when the vessel struck a rock and sank near Armen Light, off the coast of France, on April 28, while returning to Brest after assisting a fleet of mine sweepers in distress. Three of the sweepers, the Courtenay, Douglas and the James foundered during a severe storm. All members of their crews and 17 officers and men of the Gypsum Queen were rescued by tugs and destroyers.

## GRANDMOTHER OF THE RUSSIAN REVOLUTION DESCRIBES WHAT BOLSHEVISM ACTUALLY MEANS

The following is a letter written by Catherine Breshkovsky, "The Little Grandmother of the Russian Revolution," to the New York Times: Nothing in the world is so old as that which is now called "Bolshevism." The history of every more or less civilized people testifies that there has not been a theory, a religion, or a philosophy that has not been disfigured, misinterpreted, or even abused, betrayed in its deepest meaning and ideal. Christianity, as a teaching and religion existing for twenty centuries, has undergone many distortions and mutilations, has been transformed to the very antithesis. One has only to recall the "Christianity" of such a ruler as Philip II. of Spain, with his Inquisition, when whole nations were doomed to be burned and murdered in the name of Christ's love for humanity. We cannot forget, too, the Russian Czar, Ivan the Terrible, who himself tortured innocent people, holding a cross in one hand and nails and a hammer in the other, the whole time saying prayers addressed to the almighty, gracious Christ. Was that not Bolshevism in the sphere of religion, and have we not seen that all the perpetrators of those criminal deeds were themselves monsters as moral and mental characters? What would have become of the world if their "religion" had triumphed over all the others? We see now that the harmonious, humane, well-shaped theory of socialism, founded on science, the theory that teaches what reforms and changes can be successfully made at this or that moment of history, endeavoring to make these changes with as little distress as possible, and conserving all that is good from the culture of the past—we see this theory, the theory of socialism, perverted into an appeal for revenge, vengeance, robbery, destruction, and the immediate murder of any one resisting these atrocities. Is this Bolshevism not like that of Philip II. of Spain or that of Ivan the Terrible of Russia? And at what a time! It came



**IT ENDS THE PAIN**  
Children who have once had Zam-Buk applied, cry for it when hurt. They know it ends their pain. Mothers should always keep Zam-Buk handy, for not only does it soothe the injured place, but it prevents any danger of festering or blood-poisoning, and heals quickly. Not only in the home, but in the office, store and factory, Zam-Buk should be kept handy to apply immediately an injury is sustained. It's the best safeguard against serious developments. Zam-Buk is equally good, too, for all skin troubles, eczema, rashes and boils. It destroys all germs and replaces the diseased tissue with new, healthy flesh. That's why Zam-Buk cures are permanent. There isn't a trace of disease left to break out again. All dealers, 50c. box. FREE—Send this advert, name of paper and 1c. stamp (for return postage) to Zam-Buk Co., Toronto, for free box.

**Zam-Buk**  
HEALING AND ANTISEPTIC

at the moment when the true Socialists, the real workers for the people, were so near their aim, when all the desired reforms could have been easily realized, as the people were prepared for them.

Two years ago we had in Russia, through the legislation of our provisional government, the best laws insuring political freedom: freedom of conscience, of speech, of press, of assembly. We had equality of political rights for both sexes, and autonomy for all the nationalities inhabiting Russia. If the Constituent assembly had not been dispersed by the Bolshevist bayonets the land would have been in the possession of those who till it, on the basis of socialization. The workingmen of Russia would be living under the protection of the most progressive social legislation, safeguarding their lives and health and giving them the possibility, as far as practicable, to participate in the management of the industrial life. The majority in the constituent assembly was held by the party of Socialist-Revolutionists, and under the leadership of this party the constituent assembly would have realized the sacred hope of the Russian people.

But there was a plot against this program, and as it would have been impossible to overthrow it by arguments, the Bolsheviki made use of a ruse. By double-dealing they insinuated to our ignorant and so-many-times disappointed masses that again they would be deceived, and that the only means to assure the success of the revolution was to act at once. "Rob the robbers" was the way Lenin put it. It was a match to the dry fuel accumulated during many centuries of despotism and suffering, of servitude and desolation. For sixteen months Russia has been devoured by the fire of inquisition, and Lenin flaunts it as a triumph of socialism just as Philip of Spain, in the name of Christ, rejoiced in the burning of his victims as they cried and writhed on the live coals of their funeral-piles. Philip of Spain and Lenin of Russia—both of them without any sense of justice or responsibility toward God or mankind. Such beings cannot be convinced by any one or anything, since their fanaticism is based on selfishness and obstinacy and they consider themselves above all the laws of God and man. Even the results testifying to their mistakes and errors do not change the course of their activities, if the passion for destruction and murder can be so called. Did we not see—in Rome—Nero, Caligula, and their successors taking pleasure in ruling people with iron, fire, and blood? They were mad, perhaps. But who knows about Lenin? His policy is not that of a sane man; and, girding himself in these policies of incessant terror and violence, it cannot be that he enjoys a moral state of mind and spirit.

The absurdity and criminality of the Bolshevist terrorism are so evident that some sincere elements, most of them very young people, who joined the Bolsheviki at the beginning, attracted by the boldness of their theory and by their demagogic promises, have left them long ago. Lenin's tyranny, just like the Czar's tyranny, is the rule of a very small minority over a great people through armed force. But Lenin's tyranny is even worse and more destructive than that of the Czar, and therefore the longer Lenin stays in power the more possible becomes the return of Russia to Czarist reaction. The monarchists of Russia, although they are a very negligible minority, are becoming bolder day by day, and we old Russian democrats must now fight on two fronts—against Lenin, and the Bolsheviki of Czarism. It is a very hard task, and probably some years will be spent before we see our people realize their ideal of freedom and justice, of education and federation into a whole and strong state, happy in their own life and friendly to all other nations.

There is one hope for Russia, and a very strong one—that is our peasantry. This class cannot long endure the chaos brought about by Bolshevism. The existence of their families, of their husbandry, is at stake. Traditionally they are religious, and they ask for justice and truth. And there is no doubt that under the general depression and anarchy which is ravaging Russia is a stratum of strong characters and honest souls that will finally tear off the crust of vice and depravity from the body of Russia and prove their ability to be good citizens of their country and true friends to their countrymen. Russia will exist and prosper—of that there is no doubt. But at this hour she is racked by the sufferings her people are subjected to, through the sins of the past and present despotism, supported by the evil will of selfish individuals who, anxious as they are to retain in their hands the power to rule, trample under their feet all that is cherished by humanity: the dignity of a people's body and soul—Catherine Breshkovsky.

## BAD STORMS HIT BRITISH ISLES

LONDON.—Following a period of perfect spring weather, one of the worst storms in some time raged over the British Isles at the end of last month, covering the country with from four to six inches of snow. Telegraph and telephone lines suffered severely and communications were cut off in many directions from this city. Communication with the continent was interrupted, 5,000 telephones were put out of service. Spring crops and young lambs suffered from the storm. Marine reports show that a few small ships were wrecked.

## SOLDIERS WIPED OUT PROHIBITION IN NEW ZEALAND

WELLINGTON, N. Z.—The majority against prohibition in the New Zealand plebiscite is now placed at 1,800 by official returns. LONDON.—The vote of New Zealand soldiers has wiped out the majority for prohibition which was rolled up in that commonwealth on April 11, according to a despatch to the Central News from Christchurch. In the New Zealand election the prohibition forces claimed a majority of more than 12,000 votes. It was announced at that time that the ballots cast by 40,000 soldiers had not been counted. An indication of the trend of soldier vote was given, however, by New Zealand soldiers in England, the anti-prohibition forces having 15,770 votes out of approximately 20,000.