

Worthy The Name of Sir Knight.

(By Ella Wheeler Wilcox.)
Sir Knight of the world's oldest order,
You have crossed the strange mystical border,
The ground floor of truth you have trod;
You have entered the sanctum sanctorum
Which leads to the temple above;
Where you come as a stone, and a
Christ-omen one,
In the Kingdom of Friendship and Love.

As you stand in this new realm of beauty,
Where each man you meet is your friend,
Think not that your promise of duty
In hall, or asylum, shall end.
Outside, in the great world of pleasure,
Beyond in the clamor of trade,
In the battle of life and its ceaseless daily strife,
Remember the vows you have made.

Your service, majestic and solemn,
Your symbols, suggestive and sweet,
Your uniformed phalanx in column
In gala dress marching the street;
Your sword and your plume and your helmet,
Your "secrets" hid from the world's sight;
These things are the small, lesser parts of the all,
Which are needed to form the true Knight.

The martyrs who perished rejoicing
In Templary's glorious laws,
Who died 'midst the fogs while
The glory and worth of their cause
They honored the title of "Templar"
No more than the Knights of today,
Who mark not the name with one
Blemish of shame,
But carries it clean through life's fray.

To live for a cause; to endeavor
To make your deeds grace it; to try
And uphold its precepts forever,
Is harder by far than to die.
For the battle of life is unending.
The enemy, Self, never tires,
And the true Knight must stay that
Foe every day.
Ere he reaches the heights he desires.

Sir Knight, have you pondered the meaning
Of all you have heard and been told?
Have you strengthened your heart for its weaning
From vices and faults loved of old?
Will you honor, in hours of temptation,
Your promise noble and grand?
Will your spirit be strong to do battle with wrong,
And, having done all, to stand?

Will you ever be true to a brother
In actions as well as in creed?
Will you stand by his side as no other
Could stand in the hour of his need?
Will you boldly defend him from peril,
And lift from him poverty's curse?
Will the promise of aid, which you willingly made,
Reach down from your lips to his purse?

The world's battlefield is before you,
Let wisdom walk close by your side,
Let faith spread her snowy wings o'er you,
Let Truth be your comrade and guide.
Let Fortitude, Justice and Mercy
Direct all your conduct aright,
And let each word and act tell to men the proud fact,
You are worthy the name of "Sir Knight."

HYPOCHLORITE TREATMENT OF WATER AT CHICAGO.

(Issued by direction of the committee on Press and Co-operating Organizations, Commission of Conservation, Ottawa, Bulletin No. 62 Oct. 10, 1910.)

The attention of the public, as well as health and municipal authorities, has been directed during the past few months to the purification of water by means of the addition of small, very small quantities of hypochlorite of calcium, otherwise known as chloride of lime. We have been led to believe the process is a very simple one; indeed so simple that a child might almost direct the treatment. It is true that in case of emergency, municipal and health authorities may, under the direction of a sanitary engineer, improvise the means for the application of the hypochlorite and thus prevent outbreaks of typhoid fever when the water is sewage polluted; but for the proper and scientific installation, as well as for the oversight and management, expert services give the best results, and where a municipality will pay for the services of an expert.

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port, the expenditure is more than compensated for by the results obtained. These facts are clearly shown by the work and operation of what is known as the Bubbly Creek Water Purification Plant of the Union Stock Yard and Transit Co. at Chicago, which has been in operation for nearly two years.

The following information, derived from the report of C. A. Jennings, chief chemist and superintendent of filtration, is of interest to the city of Montreal, and a larger population than the city of Toronto. The normal size of the creek is not given but the bacterial results for a period of twelve months show the maximum to have been 2,350,000 bacteria per cubic centimeter (about 18 drops), while the minimum was 30,000—the average being 394,000 per cubic centimeter.

Without entering into the details, it may be said that the plant consists of pumps, a canal, now part of the sedimentation system, 3 pairs of settling basins and mechanical filters. From these latter the treated water flows into the clear-water well and from thence it is supplied to the stock yards.

Consequent upon the close and intelligent oversight maintained, various changes have been made both in the operation of the plant and in the chemicals used in the treatment of the water. These can be learned in detail by reference to the "Engineering Record" of September 21st, 1910. At the present time, the coagulant used is sulphate of alumina, a solution of a strength of 3.3 per cent. being used. Subsequently hypochlorite solution of the strength of 1.3 per cent. is added, after which the water passes through the filters and is then ready for use.

As regards the cost of operating this particular plant, the contract guarantee called for nothing in excess of twenty dollars per million gallons, this to include cost of chemicals, labor, and power for pumping, but not depreciation charges and interest on investment. The cost of operation has averaged only \$10.54 per million gallons, and a still further reduction in cost of operation will be shown, as, since the use of hypochlorite, a total reduction of some 60 per cent. has been made in respect to chemicals alone.

To much credit cannot be given to Mr. C. A. Jennings for this practical demonstration of how water strongly polluted with sewage may be converted into a potable water of a high quality. The reporter states it was drunk by himself and his assistants in preference to the city water, and he significantly adds, "There has never been a single case of sickness or intestinal disorder caused by doing so."

Undoubtedly, municipalities having water supplies liable to contamination by sewage have much to learn from this interesting work and they certainly can have no excuse hereafter for serving out to the public a sewage-polluted water.

If it is a becoming hat, in a good quality of felt, at a moderate price you want it, it will be found at F. C. Layton & Co's.

SLEEP IS ONE BEST MEDICINES.

BY GRAHAM HOOD.

THERE are those who affirm that sleep is so great an extent a habit that one can break himself of the practice of spending more than a limited number of hours in bed. They will attempt to prove their assertions by pointing to the few men of eminence who have been able to get along very nicely with but a few hours' sleep in each twenty-four, but if you are wise you will not be deluded by such sophistry.

It may be possible to sleep too much, but—except in cases of the sleeping sickness—I have yet to hear of such an authentic case. The human body needs a certain amount of rest, and when it has had enough it is very ready to say so.

For example, if you have been economizing somewhat in the matter of sleep—have been staying up so late at night that there was no opportunity to secure the usual amount of sleep before the rising bell in the morning—it is possible that you might go to bed very early for several nights and sleep right through until the usual time for waking. At last, however, the time will come when your sleep has been made up. Then nature will attend to the matter herself. She will wake you earlier than usual and will insist that you do not go to sleep again. The simple fact is that you have had sleep enough for the time being, and can now adjust yourself to regular habits once more.

Those who sleep eight hours in each twenty-four live longer and keep their health better than those who sleep only six or seven hours. Seven hours might do in an emergency, but six hours is too short a period for sleep. Eight hours is best, but insist upon having at least seven. Anything less than that means the accumulation of conditions that are certain to result in disaster sooner or later.

If you are feeling ill, or even "out of sorts," sleep all you can. If you can take a day at home it is the height of wisdom to spend it in bed, sleeping just as often and for as long a time as nature will permit. Good physicians realize that sleep is one of the greatest of remedial forces, and they give strict

orders that the patient shall not be wakened, even to receive medicine. They realize that the healing power of sleep is greater than that of any drug that is known to the modern system of medicine, and as long as the sick person can sleep naturally they have hope for his recovery.

The quickest way to cure a cold is to spend a day in bed. The easiest way to recover from any ailment is to let sleep supply the remedy. Help nature all you can—with hot baths and the right sort of food and drink—but let sleep be the master physician, and recovery will not be long delayed.

One of the youngest old men I ever knew made it a rule of life to devote a few minutes to sleep every afternoon. Not all of us are so situated that we can carry this rule into practice, but where it is possible it is a good habit to acquire. The man to whom I refer closes the door of his private office at a certain hour each afternoon and for fifteen minutes he is not "at home" to anybody. They may wait for him if they like, but not one of his office men would dream of interrupting his daily nap. He assures me that his ability to ward off the ravages of old age is due to the fact that he has always taken a nap during the day. I have no doubt that there is a basis of truth in the theory, for even the briefest period of sleep has a recuperative effect that cannot be attained in any other way.

Those who know President Taft most intimately assert that the reason why he never gets tired is that he has learned the value of sleep. He has the ability to go to sleep easily, and he exercises it at every opportunity. Whenever he gets a chance he takes a nap, and though he may sleep but a minute or two he derives much strength from the brief repose.

All this goes to show that there is little reason why we should be afraid of sleeping too much, but that there is every reason why we should strive not to sleep too little. The man who gets into such a condition that he can't sleep is the man who needs looking after, not the man who can put in eight hours or more of healthful sleep each night and who is still able to take a fifteen minute nap during the day.

DOLBY'S DOUBLE



THE BIGGEST ELEVATORS IN THE WORLD.

It is really astonishing to read about the way the wheat crop of Western Canada is poured each fall through the elevators of the Twin Cities on Lake Superior—Fort William and Port Arthur. Last year 65,000,000 bushels out of a crop of 125,000,000 bushels went through the big terminal elevators in eighty days. The real significance of this is made clear by T. M. Ralston in the course of a remarkable article in October Busy Man's entitled "Pouring Grain through the Big Funnel." He points out that during the past year eighty-nine million bushels were handled by the Twin City elevators, that it required eighty-nine thousand cars to hold this quantity and that this involved the despatching from Winnipeg of thirteen thousand trains of seventy cars each. The manner of handling the grain is described in interesting fashion and a description of the mammoth elevators—the largest in the world—is given.

Breaking the World's

Tipping Record. Canadians usually associate the custom of lavish tipping with American millionaires, believing that the latter hold the record for the munificence of their gratuities. But, as a writer in October Busy Man's points out, the record does not belong to an American but to a Canadian. An ex-cabinet minister of

the Dominion, recently returned from a tour of the European continent, left behind him an astonishing and gasping procession of servants. He had presented tips to an amount that amazed these people, accustomed as they were to huge tips. And he was ably seconded, it seems, by a fellow-countryman, a young multi-millionaire. Much more interesting information about tipping is to be found in the same article.

Bolting Our Food.

Dr. Henry C. Ferris, recording secretary of the New York State Dental Society, recently presented an illuminating report showing the effects of the bolting of food. Dr. Ferris addressed a letter to one hundred and fifty of the prominent medical men of this country in which he asked them if they considered imperfect chewing and salivating of food an aetiological factor in diseases of the stomach and intestines, and if so, what pathological conditions resulted from such neglect? Out of the hundred and fifty replies that Dr. Ferris received 98 per cent. of these physicians said that chewing of food was an important factor toward good health and that the bolting of food frequently caused cancer, catarrh of the stomach and gastric ulcers. If food is not thoroughly chewed and is permitted to reach the stomach in large lumps or masses, there is no question that it must injure the soft lining of this organ, producing many of the cases of ulcers and catarrh that need careful and consistent medical attention. Some further comments on this question are to be found in the course of a review in October Busy Man's.

CANADIAN PATENTS.

A. Lee, reclining and commode chairs; W. Hooley, refrigerators; Wm. J. Shaw, combined reduction and crumble furnaces; Wm. H. Schell, linotype machines; H. M. Friesen and H. H. Nickel, grain shockers; Geo. H. Irwin, Jno. P. Cullen, Frederick Knowlson, liquid elevating apparatus; A. G. Brazier and D. D. Shook, transverse adjusters; Geo. B. Deacon, clothes dryers; Jno. Dunn, combined tea pipes and plugs for train heating systems; H. Duval, friction let-offs for looms; Geo. Ed. Frigg, manufacture of neckties; H. Jos. Finerly, umbrellas; Ed. J. Holland, tents; S. Hughes, high pressure rotary pumps; H. N. Moore, process of treating the bark of birch trees, commonly known as birch bark; F. McArthur, feeding troughs; Jno. McCallum, cement or concrete land rollers; Jos. McKeever, grain winnowers; H. G. Nichols, separation of the liquid and solid components of a fluid mass such as wet slimes or ore pulp; Wm. H. Perrin, sheaf shockers; Wm. A. Peterson, foot holders; S. D. Robinson, molding flash sliding hinges.

Political Notes and Comments.

The rumour in the Province of Quebec between Sir Wilfrid Laurier and his one-time supporter, Mr. Henri Bourassa, grows more intense, interesting and exciting as the hands move around the dial plate. It is becoming very apparent that Bourassa is dividing the forces in the Liberal stronghold.

The latest attack on Sir Wilfrid by Mr. Bourassa is a strong insinuation that the chieftain was once mixed up with Lafontaine, Mercier, Tarte and Piquet in an annexation movement. It is certainly Sir Wilfrid's move.

By the way, have you noticed how continually Mr. R. L. Borden is keeping away from Quebec. He does not seem to have a French-Canadian lieutenant, or even supporter, and the most peculiar thing of all is that he does not seem to be worrying over the situation. Evidently Mr. Borden is looking to the English-speaking provinces for his support. Well, if Sir Wilfrid because he is French-Canadian has the support of French-Canadians, why should not Mr. Borden because he is an English-speaking Canadian, have the support of English-speaking Canadians?

A Montreal Liberal paper had a pipe dream to the effect that Sir Charles Hibbert Tupper had a conference with Sir Wilfrid Laurier, and that he would join the Liberal party. Here is Sir Charles' reply: "The day I am seen working with Sir Wilfrid Laurier," said Sir Charles, "for the benefit of the Liberal party you may look

for the end of the world." Sir Charles stated he is out of politics and was off his way to Halifax. He states the health of his father was remarkably good, and that he would be active while the grays were in power in Canada.

The expected has happened. Hon. James Drummond McGregor, of New Glasgow, has been appointed Lieutenant-Governor of Nova Scotia. Governor McGregor is a splendid type of man, of the old school, and we have no doubt the appointment will prove a popular one.

A Liberal friend remarks that the vacancy in the senate caused by the appointment of Hon. Mr. McGregor to the governorship will not, if indeed it does at all, go to Premier Murray. He says Mr. Murray will remain at the head of Provincial affairs till after the Provincial elections.

The Glace Bay Gazette persists in the statement that there is a tug-of-war going on between Hon. A. K. McLean and Mr. D. D. McKenzie, M. P., for Premier Murray's official shoes when he casts them off. That will be one of the difficulties Hon. Mr. McLean will meet with. So many who think they are as much, if not more, entitled to the premiership than he is. The most serious phase of the matter is: Even if he succeeds to the premiership, will the other aspirants be true to him in a contest? There has been such a thing as leaders being quietly dropped by their supposed followers.

RICH POLICEMAN QUILTS.
No Time to Walk Beat and Guard His Fortune, Too.

PORTLAND, Ore., Oct. 21.—F. W. Peterson, known as the "millionaire policeman," has resigned because his duties as an officer interfered with the care of his wealth. Nobody knows just how much Peterson is worth, but it runs into six figures.

It is said he made most of it by shrewd real estate trades. Peterson had just returned from a fifteen days' vacation, and asked Chief Cox for a leave of absence, so that he might attend to business matters in Kansas City. He was refused, and immediately turned in his star. Peterson has long been able to live in luxury without working, but preferred to walk a beat.

Hoare and Murray.
As intimated in last Saturday's Citizen, Mr. Joseph Hoare and Mr. William Murray will try conclusions for honors in the North River district.

PASTOR PAYS A DIME.
Campaign Expense in Governorship Race is Only Ten Cents.

NEBRASKA CITY, Neb., Oct. 21.—The Rev. George I. Wright of this city, Prohibition candidate for Governor, holds the record for having made a cheap campaign.

The Rev. Wright is pastor of the Methodist Church here. Prohibitionists from all over the State urged him to become a candidate for Governor. At last he consented and his filing fee of \$20, was paid by the church. At the recent primaries he won by a large majority and he filed his certificate of nomination. He was also required to file his expense account. This shows that he expended 10 cents for street car fare riding from the Lincoln depot to the Capitol building and back. His railroad fare to Lincoln did not count, as he had to go there on other business.

Lumbermen.
A number of Frenchmen were in Truro Tuesday night en route to work in the lumber woods down the Midland.

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