

RHEUMATISM KEPT HIM IN BED

Suffered Tortures Until "Fruit-a-lives" Cured Him

McMILLAN'S CORNER, ONT., SEPT. 30th, 1910

"Your remedy, 'Fruit-a-lives' is a perfect panacea for Rheumatism. For years, I suffered distressing pain from Sciatica or Sciatic Rheumatism, being laid up several times a year for days at a time. I went to different doctors who told me there was no use doing anything—it would pass away. They gave me mustard plasters and other remedies that did no good. Plasters took no effect on me—except to blister me and make raw spots. I took many advertised remedies without benefit, but fortunately, about two years ago, I got 'Fruit-a-lives' and they cured me.

Since then, I take 'Fruit-a-lives' occasionally and keep free of pain. I am satisfied 'Fruit-a-lives' cured me of Rheumatism and they will cure anyone who takes them as directed. If this letter would be of value to you, publish it!" JOHN B. McDONALD.

Indeed, this letter is of value to us and to the thousands of sufferers from Rheumatism, Sciatica, Lumbago and Neuralgia. It points the way to a certain cure. 50c a box, 6 for \$2.50 retail price, 25c. At dealers or from Fruit-a-lives Limited, Ottawa.

FACTS ABOUT CANADA.

Seventeen thousand miles of survey lines were run last year in Western Canada by seventy-six survey parties.

The southern boundary of Ontario is in the latitude of Rome, Italy, and Quebec city in that of Bern, Switzerland.

Canada has the most prolific and extensive sea fisheries in the world.

The first iron forge in Canada was built at St. Maurice, by the French Government, in 1739.

There are in the Dominion 1,741 local trade unions with 102,684 members.

The Marconi system of wireless telegraphing has been installed on all Grand Trunk vessels plying on the Great Lakes.

The population of Saskatchewan which was only 113 in 1903, was 12,004 when the last census was taken. \$9,995,000 was expended on civic improvements and \$7,640,530 in new buildings last year.

Annual value of field crops in Quebec is between ninety and a hundred millions; of dairy products twenty-five millions, and of manufactured articles \$320,000,000.

St. John, New Brunswick, has seventeen banks, which in 1912 cleared \$88,969,218.

Since 1886 Canada has produced \$238,000,000 in gold.

566,140,000 letters were mailed in the Dominion last year, an increase of 62,000,000 for the year. In 1868 the number was only 18,000,000.—Daily Telegraph.

One of the most common ailments that hard working people are afflicted with is lame back. Apply Chamberlain's Liniment twice a day and massage the parts thoroughly at each application and you will get quick relief. For sale by all dealers.

CANADA'S PEAT OF GREAT VALUE.

(Montreal Telegraph, Aug. 19.)

What peat means to Canada was explained yesterday by Prof. H. C. Thompson, of the Bureau of Plant Industry of the United States Department of Agriculture, who is attending the seventh annual meeting in this city of the American Peat Society. For the benefit of the Telegraph, Prof. Thompson reviewed the question from two points—the importance of peat as fuel and a soil fertilizer.

As fuel, said the Professor, peat was of immense value to Canada as a substitute for coal. The millions of idle swamp acres through the Dominion can be cultivated for peat, and rich returns made to a country with no coal supply of its own.

Prof. Thompson pointed to the swamps around Syracuse, New York, which had been cultivated for peat, and whose value had risen from five to fifteen dollars an acre to \$50.

One of the objects of the society, Prof. Thompson said, was to educate the farmer to the value of swamp land for peat cultivation and the rich harvest to be reaped therefrom.

As a substitute for fertilizer peat is as invaluable in this respect as it is for fuel. This was explained by the professor as being caused by the substitution of the horse in large cities by automobiles, the fertilizer being lost to the agriculturist.

Here, again, pointed out Prof. Thompson, peat was a priceless substitute, as it has no equal as an enriching agent for farm lands, and is of especial value for growing truck crops, such as celery, onions and cabbage. Much land under peat cultivation can be raised from \$500 to \$1,000 an acre.

At the afternoon meeting of the society yesterday, vice-president P. L. Smyth, of the Canadian Society read a paper from President John H. Hoff, of New York, on the utilization of peat in agriculture as a substitute for manure. Mr. Hoff said that the most important problem of the soil tiller is to restore the loss of organic matter which takes place during the course of soil cultivation. To understand this more clearly, the general constituents of the soil must be considered as well as the part they play in fertility. The primal soil materials, from an agricultural viewpoint, are sand, clay, lime and humus and on the relative quantities of these substances in a soil depend its cultured qualities.

When soil is cultivated, humus or organic matter is the first to be lost by oxidation and aeration. In the course of the slow burning out of the humus, carbonic acid is liberated, which combines with the soil, water and dissolves and removes the lime; fertility declines and the soil sooner or later becomes unproductive, so-called worn out.

The destruction of the humus is a necessary part of plant food production, and the absence of lime prevents this. It will be seen that the most serious problem in agriculture to maintain the substance in the soil by some method of replacement to make up for the continual loss. The

matter of adding lime is simple and inexpensive, as the quantity required is small and its loss gradual. The application of a ton to the acre every few years is sufficient. Lime, by the way, aids the decay and nitrifying bacteria, or soil-life to break down the humus and liberate plant food.

The return of organic matter to a soil depleted of this is a more serious matter, and is the subject of much attention. To define humus—the term applied to the decayed organic matter in soil, it is the more or less decayed remains of previous generations of plant animal life, and contains the nitrogen and other plant food elements so essential to vegetable growth.

It is put back into the soil by placing under stubble or green crops, preferably the clovers, which is rather slow method when we consider that an average clover crop ploughed under will return but a few hundred pounds of actual humus to the acre of soil so treated. This brings us to the use of manure of all animals combined with litter.

In forming the latter method requires animals and that much of the crop be fed on the farm rather than to the market direct. If purchased the quality is variable and uncertain and the extended use of horseless vehicles renders it increasingly difficult to manure.

What can we substitute in place of ploughed under green crops or manure? In low wet places nature has been making vast compost heaps in the form of peat or muck beds—nature's manure depositor approximately in many instances in quality and kind the humus found in rich fertile soil. When muck or agricultural peat is examined it is found to analyze as high as three to four per cent nitrogen, five to ten per cent lime as carbonate, and to have similar qualities and action in the soil as stable manure with the added advantage of containing ten times as much nitrogen and lime.

Some twenty members of the Canadian and American peat societies left this morning to visit the large peat works in operation at Alfred, Ontario, and to-morrow the plant at Farnham, Quebec will be visited.

A vast amount of ill health is due to impaired indigestion. When the stomach fails to perform its functions properly the whole system becomes deranged. A few doses of Chamberlain's Tablets is all you need. They will strengthen your digestion, invigorate your liver, and regulate your bowels, entirely doing away with that miserable feeling due to faulty digestion. Try it. Many others have been permanently cured—why not you? For sale by all dealers.

ONE THING IS CHYAPER.

(Springfield Union.)

The price of seats on the New York Stock Exchange has sustained a further drop, the last one sold having brought but \$37,000. Perhaps this is one of the first realizations of the reduced cost of living promised us under the Democratic administration.

Ask for Minard's and take no other.

Minard's Liniment cures Diphtheria.

SAYS WOMEN ARE THE EASIEST PREY OF THE CIGARETTE

Miss Gaston, of Chicago, an Authority, Talks of Feminine Weakness

Chicago, Aug. 12.—That the cigarette habit, once it is started, fastens its grip more strongly on women than on men was the opinion expressed here to-day by Lucy Page Gaston, foe of the "paper pill" and superintendent of the Anti-Cigarette League of America.

Since Miss Gaston's free clinic for the cure of those addicted to the "makin'" and the "tailor made" was opened a week ago she has been keeping a close record of the average ages of those who appear for treatment and of their sex and station in life. Fully fifteen per cent of those who have asked medical aid either in person or by mail are women, and this, she says, shows that a larger percentage of the fair sex than of men are sorry they started the habit.

"Maybe it is because women have a weaker will power than men or maybe it is because they are more changeable of mind," said Miss Gaston. "Anyway, I am surprised at the large number of women who have written me heart-rendering letters asking for the slightest encouragement, that they might be able to sever the bonds which hold them slaves to the cigarette habit. And the appeals I get are not from the lower classes of women but from those of intelligence.

"One woman whose husband is a prominent Canadian, possessor of a title, and who moves in the most exclusive society, has written for the cure. She contracted the habit unknown to her husband. I was astonished to find that some of the women have been using cigarettes for twenty years. This is remarkable, considering the fact that the habit among women in society is a fad of practically recent origin.

"Actresses seem to be in the majority of women patients. Some reported that they wanted to quit because smoking was impairing their singing and speaking voices. Married women also seem to be in the majority of those who apply for treatment. One of the most pitiful appeals was from a young married woman who said that the cigarette habit had almost disrupted her home.

"This is not a crusade for the messenger boy. It is being conducted in the interests of rich and poor alike, and many prominent business men have brought their sons to us with tears in their eyes. The average age of those who come for treatment is twenty-four years. The oldest who applied was a man of fifty and the youngest a boy of four. The women range from seventeen to forty years of age.

"I have promised not to disclose the names of those who come to us, but Dr. D. H. Hess, in charge of the clinic, keeps a close record of the pulse, blood pressure, heart action and history of all cases that come to him.

"In the fall I shall open clinics in other cities and shall start a crusade in the colleges. They are the hotbed of the cigarette habit. Manufacturers of cigarettes have admitted that their sales are proportionally large in college towns and professors have compiled statistics showing the injury which the habit inflicts upon students. Many a boy smokes his first cigarette in college because the home influence is lacking. If we can reach the college students we can put the cigarette out of business—and we are going to reach them."

Miss Gaston administers the treatment through Dr. D. H. Hess, who is connected with the society, and as enthusiastic as she.

The treatment consists of a solution of one-eighth of one per cent of silver nitrate used as a mouth wash and a dietary program. The mouth wash is used after meals for the first two or three days. If the patient smokes during this treatment he becomes nauseated.

The clinic was closed to-day, but on Saturday afternoon scores took advantage of the half holiday to visit the headquarters of the league. Patients who have found the treatment successful have started a sort of endless chain by pledging their friends to take the cure. Yesterday a whole family attended, a father, three sons, a daughter and two grandchildren. One prominent business man who was cured in three days sent over two hundred young men from offices in the Loop district.

Dr. Hess declares that the silver nitrate solution which he gives as a mouth wash is not so important to a permanent cure as the patient's will power and a special diet. This diet consists of fruits for the first three days and a light vegetable diet for a week, together with a few cereals and milk. Coffee, tea, highly seasoned and spiced foods and meats in large quantities are to be avoided.

A large majority of the patients have agreed to attend the "get together" dinner to be held on Monday, August 18, at which all will tell their experiences. A number of women will be among those to testify to the benefits of the treatment.

Plans are being made for treating over two hundred patients daily this week.

Joker's Corner

Waiter—"And how did you find the beef, sir?"

Customer—"Oh, I moved a potato, and there it was."

A woman, dirty and disheveled went into a public dispensary with her right arm bruised and bleeding. As the surgeon applied the necessary remedies he asked: "Dog bite you?"

"No, sorr," the patient replied, "another loidy."

"Hush! There are burglars in the pantry eating those pies I made this afternoon!"

"All right, I'll look after them."

"Oh, George, you are never going to attack them!"

"Certainly not. I'm going to take them a bottle of painkiller."

An Irishman brought before a magistrate on a charge of vagrancy was thus questioned: "What trade are you?"

"Shure, now, yer honor, an' I'm a sailor." You a seafaring man, I question whether you were ever at sea in your life.

"Shure, now, an' des your honor think I came over from Ireland in a wagin?" retorted the Irishman.

At the bedside of a patient who was a noted humorist, five doctors were in consultation as to the best means of producing a perspiration.

The sick man overheard the discussion, and after listening for a few moments, he turned his head toward the group and whispered with a dry chuckle: "Just send in your bills, gentlemen; that will bring it at once."

During the Presidential campaign the question of woman suffrage was much discussed among the women pro and con, and at an afternoon tea the conversation turned that way between the women guests.

"Are you a woman suffragist?" asked the one who was most interested.

"Indeed I am not," replied the other most emphatically.

"Oh, that's bad, but just supposing you were, whom would you support in the present campaign?"

"The same man I have always supported, of course," was the apt reply—"my husband."

A STORY OF LIPTON

It requires a lot of courage and charity to be a philanthropist, said Sir Thomas Lipton once. "I remember when I was just starting in business. I was very poor, and making every sacrifice to enlarge my little shop. My only assistant was a boy of fourteen, faithful, willing and honest. One day I heard him complaining, and with justice, that his clothes were so shabby that he was ashamed to go to any place of worship on Sunday.

"There's no chance of me getting a new one this year" he told me. "Dad's out of work, and it takes all my wages to pay the rent."

"I thought the matter over, and took a sovereign from my carefully hoarded savings and bought the boy a stout, warm suit of blue cloth. He was so grateful that I felt repaid for my sacrifice. But the next day he didn't come to work. I met his mother in the street and asked her the reason."

"Why, Mr. Lipton," she said, curtly, "Jimmie looks so respectable, thanks to you; sir, that I thought I would send him round town to-day to see if he couldn't get a better job."

WHAT A JOKE COST

A schoolboy of Harrow was walking one day in the fields when he observed a portly farmer on horseback, who was in a little difficulty because he could not easily open a gate. The boy ran to the man's assistance.

"Thank you!" said the farmer. Would you mind telling me your name.

The boy thought he saw an opportunity for a joke.

"Green," he replied, giving the first common name which came into his head.

"What is your father?"

"A cheesemonger in London. He has a small shop in Theobald's road." This was a wholly fictitious reply.

"You are a good sort of chap," said the farmer, "and I shall not forget you."

—He left the lad chuckling over the "sell." But his love for romancing had cost him a fortune! Years afterward advertisements appeared in the newspapers for a young man named "Green" whose father had at some time kept a cheesemonger's shop in Theobald's road, and to whom a large legacy was devised in recognition of a service rendered at Harrow.

As this published clue to identity was entirely false, the money, of course could never be claimed.

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 do cure sick headache in the sensible way by removing the constipation or sick stomach which caused them. Dr. Morse's Indian Root Pills are purely vegetable, free from any harmful drug, safe and sure. When you feel the headache coming take

Dr. Morse's Indian Root Pills

SHIP'S RUDDER WITH A DOORWAY.

The new Cunard liner "Aquitania," which is about the same size as the "Imperator," is provided with a novel feature in her balanced rudder. This consists of a doorway leading to the interior of the rudder, which is of sufficient size to admit workmen at any time it should become necessary to remove the pin which connects the rudder to the ship. According to the Shipping World, this pin is four feet in length and is larger than the heaviest projectile made for modern artillery.—Scientific American

Bridgetown Meat Market

Having purchased the Meat Market conducted in the past by Mr. Joseph Moses, I am now offering to the public a choice line of

Meats, Fish, Etc.

I will continue the cash system introduced by Mr. Moses and will therefore be in a position to sell at lowest prices.

THOMAS MACK

Insurance Agents

ACADIA FIRE Insurance Co. Established 1862

A Sound Canadian Company SURPLUS TO POLICY HOLDERS \$560,436.90

For rates and further information, ask or write

Fred R. Beckwith Agent, Bridgetown, N. S.

FIRE INSURANCE

Insure your buildings in the OLD RELIABLE "NORTHERN" Established 1836

DALY & CORRETT, Provincial Agents HALIFAX, N. S.

FRED E. BATH, Local Agent! Bridgetown

May 14, 1913—1y

SEPTEMBER SECOND

is the best day in the whole school year on which to begin one of the following courses:—

BUSINESS, SHORTHAND, CIVIL SERVICE, ACCOUNTING

Free course of study on application to

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

The First Week In September

Is the beginning of our busy season. It is better not to wait till then. Get started before the rush begins.

SEND FOR CATALOGUE!

S. KERR, Principal

Wedding Gifts

A new assortment of Depos-Art Ware will be here in a few days. This is a new line and is especially attractive to those wanting

Wedding Gifts

Don't fail to see this line before purchasing.

ROSS A. BISHOP

Real Estate

HOME FOR SALE!

Fine country residence, just on the limits of the town, suitable for summer house or all-year-round residence. House modern, commodious and convenient, with good stable. Orchard yielding over three hundred barrels of apples, besides other fruit. Fine situation, beautiful view of river and valley. For information apply to

The MONITOR PUBLISHING COMPANY, Limited.

FARM FOR SALE.

At Albany, farm of 250 acres; 15 acres under cultivation, part orchard, 50 acres pasture, balance wood and timber land, including 25 acres hard wood never cut. Good house of 8 rooms, barn, carriage house, etc. For terms and other information apply to

The MONITOR PUBLISHING COMPANY, Limited.

Railway & S. S. Lines

DOMINION ATLANTIC RAILWAY

—AND—

Steamship Lines

—TO—

St. John via Digby

—AND—

Boston via Yarmouth

"Land of Evangeline" Route.

On and after Aug. 7, 1913, train service of this railway is as follows:

Express for Yarmouth 12.09 p.m.

Bluenose for Halifax 4.13 p.m.

Bluenose for Yarmouth 1.47 p.m.

Express for Halifax 2.02 p.m.

Express for Annapolis Saturday only 7.50 p.m.

Express for Halifax, Monday only 4.13 a.m.

Midland Division

Trains of the Midland Division leave Windsor daily (except Sunday) for Truro at 7.05 a.m., 5.10 p.m. and 7.15 a.m. and from Truro at 6.55 a.m., 2.30 p.m. and 12.10 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 Bluenose and Mail Express trains.

St. JOHN and DIGBY

DOUBLE DAILY SERVICE (Sunday Excepted)

S. S. "YARMOUTH," leaves St. John 7.00 a.m., arrives in Digby about 10.15 a.m.; leaves Digby 1.15 p.m., arrives in St. John about 4.30 p.m.

S. S. "ST. GEORGE," leaves St. John 12.15 p.m., arrives in Digby 2.30 p.m.; leaves Digby 3.15 p.m., arrives in St. John 5.25 p.m.

S. S. "St. George" connects with inward and outward bound Canadian Pacific trains at St. John to and from Montreal and the West.

Boston Service

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

P. GIFFKINS, General Manager. Kentville

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—Stenandah Sept. 5

Aug. 23 —(via St. John's, Nfld.)

—Rappahannock Sept. 16

Sept. 5 —Kanawha Sept. 26

From Liverpool. From Halifax

—Tabasco Aug. 25

Aug. 19 —Digby Sept. 5

Sept. 6 —Tabasco Sept. 25

Sept. 20 —Digby Oct. 6

From Halifax to Liverpool direct, —Durango Sept. 2

FURNESS, WITBY & CO., LTD. Agents, Halifax, N. S.

H. & S. W. RAILWAY

Accom. Mon. & Fri.	Time Table in effect June 16th, 1913.	Accom. Mon. & Fri.
Read down	Stations	Read up
11.32	Lv. Middleton A.R.	16.00
11.58	* Clarence	15.32
12.15	Bridgetown	15.14
12.43	* Granville Centre	14.51
12.59	* Granville Ferry	14.36
13.15	* Sargisale	14.20
13.35	A.R. Port Wade L.V.	14.00

*Flag Stations. Trains stop on signal. CONNECTION AT MIDDLETON WITH ALL POINTS ON H. & S. W. RY AND D. A. RY.

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MASTER WORKMAN

SMOKING TOBACCO

It is a continuous strain for a builder to watch his buildings go up.

A pipe-full of MASTER WORKMAN tobacco is a great soothing when some deep thinking has to be done. This world-famous brand may now be had at all tobacconists for 15c. per cut.