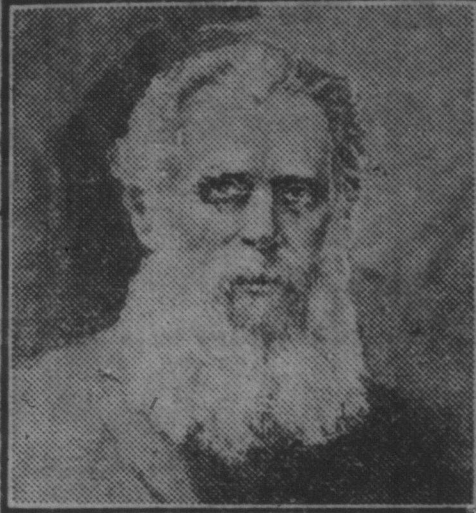


# A FAMILY REMEDY FOR MANY YEARS

Used "Fruit-a-lives" With The Best of Results.



GEORGE MCKAY Esq.

KIPPEN, ONT., June 17th, 1913. "I have been using 'Fruit-a-lives' as a family remedy for many years. They are the best medicine I have ever tried. 'Fruit-a-lives' do me the most good—they never gripe and their action is pleasant. 'I have used them for Indigestion and Constipation with the best results, and I heartily recommend them to anyone similarly afflicted. These troubles have left me completely and give 'Fruit-a-lives' full credit for all this. A nice pill a man cannot take."

GEORGE MCKAY.

The enormous demand for "Fruit-a-lives" is steadily increasing, due to the fact that this wonderful fruit medicine gives prompt relief in all cases of Indigestion, Constipation, Sour Stomach, Rheumatism, Chronic Headaches, and Neuralgia, and all Kidney and Bladder Troubles. 50c a box, 6 for \$2.50, trial size 25c. Sold by all dealers or sent on receipt of price by Fruit-a-lives Limited, Ottawa.

## "THE DAY"

"Here's to The Day." They drank in festive thought. Here's to The Day. Then they went out and wrought into the nation's life a war machine, such as, before, the world had never seen.

'Twas "Made in Germany" by "cultured" brains. Composed of "blood and iron," bound by chains, and air. Designed for service on land, sea, and air. Matured by years of scientific care.

Head swelled, eyes glistening with the lust of power. You pledge your legmen to the looked-for hour. When from the winepress of your myriads slain, Once more you'll celebrate your world-wide reign.

You hear the plaudits of your bandit clan. Voice of a god is this, not of a man; You stand in shining armor, well arrayed. The splendid leader of a show parade.

William of Germany, The Day is yours, In future history, while time endures. It will be designated "William's Day," wherein he sought for universal sway."

Your guilty hands are crimsoned, this Day. With stains an ocean cannot wipe away. You claim Almighty God as your Ally, And yet the throne of heaven itself defy.

This is The Day when Justice is disowned, Treaties ignored, and Liberty de-throned. Truth, Purity and Righteousness, made void. The law of Brutal Might, alone employed.

You abrogate all laws but that of might. Doing what seemeth good in your own sight; No moral code your mad ambition restrains. No thoughts of Right or Equity, re-strains.

Remember Naboth's vineyard, and still worse, Remember Belgium, for the awful curse That fell on guilty Ahab, will, to you, By right of meat inheritance, fall due.

William, your evil Day will soon be done, Your harmful policies will cease to run. The dire disasters of dread war shall cease, And all the world rejoice in perfect peace.

The day will come when all mankind shall know, The tyrant's law of Brutal Might must go, Servile submission to despotic sway, Forever, from the earth shall pass away.

GEO. EDWARDS.

Edmonton, Sask. One railroad out West has substituted for negro waiters in the dining cars young women wearing plain black dresses and spotted white caps and aprons, but they take tips just the same.

Minard's Lintment Cures Diphtheria.

# Great Cities of the World

## LONDON--THE METROPOLIS

London is the greatest of them all. Whether judged by population, historic interest, splendid buildings or business activity, no other city on the globe compares with England's capital. At the present time there are almost as many people in London as in the whole of Canada, and these all have to be fed largely by provisions brought in from other countries, which means the coming and going of many railway trains and steamships. The River Thames runs through London from end to end, winding about in the peculiar way that rivers usually do, and lined with docks, wharves, warehouses and buildings of all kinds. What is known as "The Pool of London" is located where the river widens out at a greater breadth, and here there is always a busy and animated scene, with ships from all parts of the world.

From the river one of the most prominent sights is the Tower Bridge, a tall and splendid structure with its two towers, one on each side, joined by two roadways, one above another. The higher one can only be reached by steps, so that if people want to cross that way they must climb up inside, one of the towers. Across the other passes all the traffic—cabs, omnibuses and all sorts of vehicles. When a large steamer wishes to pass under the bridge it is necessary to raise the lower bridge in two sections.

Just beyond the bridge lies the famous Tower of London, the scene of so many thrilling chapters in English history. In turn the Tower has been palace, fortress, prison, and if the grim old walls could speak they would tell melancholy and tragic tales. One of the saddest stories connected with the Tower is that of the young prince said to have been murdered there. Edward V. and his brother, Richard, Duke of York, boys of thirteen and eleven, were taken by their uncle Richard, Duke of Gloucester, from the charge of their mother and brought to the Tower. The two boys disappeared mysteriously, and it was afterwards discovered that they had been treacherously murdered.

Inside the Tower, strongly guarded, are the regalia, as the royal crowns and jewels are called. Here are diamonds as large as pigeons' eggs and wonderful rubies. Most interesting of all is one of the latest, the Cullinan diamond, the largest ever found, which was discovered in South Africa and presented to the King. The guards of the Tower, known as Beefeaters, in their scarlet uniforms, add much to the picturesque interest of the old buildings, which are filled with armor and all sorts of curiosities.

The lately Parliament Buildings are seen to fine advantage from the river. They are beautiful specimens of Gothic architecture, and, of course, Canadians find a visit to the House of Commons a most interesting experience. It is, however, a good deal of chance whether one hears anything worth while in the proceedings of "the House." The members may be discussing some great question of world-wide importance, or they may be passing the time talking over very trivial matters. It is, however, worth something to see and hear the great leaders of the British Empire.

Some of the most interesting sights of London are to be seen to the best advantage very early in the morning. One of these is the Billingsgate Fish Market, which always smells of the sea. The market is like a great open hall or barn and the floors are usually soaking wet. Cod, halibut, salmon, turbot, sole, plaice, whiting, smelts, and almost every other kind of fish may here be seen in abundance.

The market is a lively place, for the sellers keep up a perpetual cry: "Haddock and cod, come buy, come buy!" Fresh, fine lobsters and crabs, all alive, alive—oh! Here you are, finest you can get!" At one time Billingsgate had a bad name, for the sellers were the very lowest people, and the bad language was awful. But now all that is changed. By ten o'clock in the forenoon the business of the day is over and the market is empty.

Another outing which pays the visitor well for turning out of his bed at five o'clock in the morning is Covent Garden Market, the display of flowers always being well worth going a long way to see. Of course, everybody goes to see Trafalgar Square, with its fountains playing and its towering column pointing to the sky, carrying the figure of Nelson at the top. This figure is eighteen feet high, three times life size, though it does not

look it from the ground. Around the pedestal are four lions in repose, designed by the great animal painter, Sir Edwin Landseer. Then on the sides of the column are four pictures in bronze relief, showing Nelson's four greatest battles. The square is very wide and impressive, and contains many other statues, though all look small beside that of Nelson.

The streets of London are quite attractive, as the shopkeepers have a habit of putting their finest goods in the window. Sometimes almost the entire stock is thus exposed to the view of the passers-by. Except when the fog settles down, the streets are ablaze with light.

Nowhere in all the world are such crowds seen as on the streets of London. The people surge along in great masses, and confusion is only avoided by the skilful management of the policemen. When one of these wonderful bobbies holds up his hand all traffic stops. Woe to the luckless driver who does not come to an immediate standstill.

One thing which adds greatly to the beauty of the streets almost all the year round is the floral display in the piled-up baskets of flowers sold by the flower women and girls, who sit together in certain places, such as Oxford Circus, Piccadilly Circus, etc. Glorious masses of daffodils, freesias, lilies and roses, great scented bunches of wall-flowers add their delicate scent and color to the scene.

It used to be the proper thing to "see London from the top of an omnibus," but these lumbering vehicles have almost entirely disappeared, their places being taken by motors, which are swifter and altogether more comfortable. What seems strange to a Canadian, there is no over-crowding in any of these conveyances. When the motor-bus is full, no more passengers are received. If anyone should get on without the conductor's notice, he is politely asked to dismount. The story is told of a man who puts his head into a bus and asked, "All full here?" A wag on the inside was quite equal to the occasion, for he replied: "I do not know how it may be with the other gentlemen, but that last oyster pie did the business for me."

Much of the traffic of London is conducted underground by means of "tubes," by which passengers may travel at great speed in every direction. The whole of London is undermired by these tunnelled railways, which are like the galleries in a mole-hill. They are nearly all connected at one point or another, and the trains are run by electricity, without smoke. Our big Canadian cities will have to come to this method of rapid transit before many years.

The visitor to London will look in vain for any such residential section as he is accustomed to see in Toronto, Hamilton or Winnipeg. Instead, he will find long, rather gloomy-looking rows of houses and squares, all built in uniform style. Land is so valuable in London that when a man builds houses he makes them stand on as small a space as possible. There are, however, here and there, generous squares and circles which provide breathing places for the people, while the parks are well planned and beautiful.

The show places which most tourists go to see are the British Museum, Kensington Museum, Westminster Abbey, Madame Tussaud's Waxworks, which have been often described.

Hyde Park is the famous recreation ground of Londoners. Here, on a pleasant afternoon, may be seen the automobiles and carriages of the wealthy citizens who take their outings by driving over the splendid roads. There is also a soft path all round the park for riders, known as Rotten Row, and many equestrians make use of it, especially in the early morning. Occasionally the King and his daughter take a canter through this famous park. On Sundays many groups of people gather here to listen to orations by all sorts of speakers, on all sorts of subjects. Nowhere in the world is there such liberty for agitators to express themselves freely as in London.

"Business as usual" is the motto of London just now, and the city is wonderfully free from alarm and agitation, notwithstanding the prophecies of German Zeppelin raids. The authorities are exercising the greatest precautions by the use of searchlights, etc. Nothing will be neglected in the way of precaution, but there will be no hysterical excitement.

## WHEN BUYING YEAST INSIST ON HAVING THIS PACKAGE



## DECLINE SUBSTITUTES

### The Nurse and the City

(By K. M. York)

When, fifty years ago, Florence Nightingale, on behalf of sick and wounded soldiers, first called into being that now familiar figure, the "trained nurse," no one guessed that the nurse's uniform was one day to stand not only for an important factor in modern warfare and hospital work, but also, for one of the most effective agencies in modern social service.

Incidental to her quiet-footed and deft-handed service in the sick-rooms of millionaire and mechanic alike, she leaves behind her on her departure, even in the homes of the intelligent and well cared for, a useful legacy of right methods of all sorts.

How to make a poultice in an invalid's luncheon, the nurse will air a sick-room, give a bath, and make a sheet for a patient, and after the advent of the trained nurse.

As for the new baby, he may thank her for many an escape, nurses only, not mothers, being taught baby lore.

It dawned more and more on those concerned with the problems of "the other half" that this young woman, with her hospital diploma and her creed of cleanliness and sanitation, was just the one to fit into vacancies here and there in their aggressive forces for social betterment. Philanthropies, civic institutions, even business bodies having dealings related to public health and social conditions, have of late years united in developing the sphere of the trained nurse.

The nurses have responded by proving themselves adaptable. The profession of nursing has discovered a social service aspect, a public teaching aspect. The nurse has come to be not only the deft, obedient attendant of the physician, but the clear-headed and self-reliant co-worker with civic departments and public boards.

Four years ago in the city of Toronto the trained nurse was first called to the aid of the public school child. By the time the school medical inspection staff was complete it numbered thirty-seven trained nurses, besides physicians and dentists.

Now the nurse has become essential. The teacher wonders how things were managed without her.

### SCIENTIFIC MOTHER TEACHING.

Every school morning the nurse is present in every public school assisting the doctors in examining children for readmission, who have been absent from school through sickness; and inspecting the rest to make sure of bodily soundness—looking at throats for enlarged tonsils or glands or for adenoids, examining teeth and eyes and keeping watch for the healthy signs of bodily cleanliness and comfort.

This, over, there are lessons direct to the classes, each in turn, on the care of the body, the hair, teeth and skin, on personal cleanliness, fresh air, exercise, the uses of sleep, play and the other elements of the normal physique and for want of which so many little citizens have grown up to become inmates of hospitals, jails or asylums.

There are little stories as to the throats and teeth of feticious small boys and girls and how these throats and teeth hindered or helped in their career. There are introductions between the child and the tooth brush, demonstrations of the workings of this curious and often unfamiliar implement and class exercises in the strictly scientific use of the handkerchief. Little ones are taught how to prepare their bodies for bed so that they will rest and be refreshed by sleep.

Even the child from the normal home whose family traditions include those products of civilization will gain in intelligence by knowing "why," while the child from the poor home, who learns sanitation and gains in self-respect that will help both himself and the next generation of citizens.

So much for this scientific mother-teaching, for which her womanhood as well as her hospital lore makes the school nurse especially suited.

### REGULATING THE HOME

But the work of the nurse in the schools has developed into something even more hopeful in its making for thoroughness, its actual present influence on the whole home and, through this influence, its solution not only of school problems, but of civic problems.

The nurse is the "follow-up" officer of the school medical staff. When the doctor swoops down upon the small citizen with an order for special treatment, medical or surgical, or for better nourishment or care, it is the nurse who knocks at the parents' door to see if instructions are being carried out.

Giving her orders the widest interpretation, she sets to work for the sake of the child to "regulate" the home. Where there is no "job," she puts the parents in touch with agencies that have employment to offer; if the house is unsanitary the City Health Department is notified; if there is destitution, the relief societies are called upon. The Children's Court, the Children's Aid Society, the Social Settlements are all parts of the battery she brings to bear on the case of the child.

Meanwhile, the school nurse comes into the closest relationship with the mother. She finds out the bitter secret that it was because Johnny had no boots that he could not go to school. In her all-powerful way she produces the boots, and does not hesitate to ask the facts as to what Mary, who is pale and weak, gets for breakfast. When she learns that it is a cake and a cup of tea, the school nurse, arrayed in civic authority, orders porridge, milk, and such nourishing things. She also sets in motion where conditions demand it a general "clean-up," and shows how clean houses and clean children are to be kept up.

And so the school nurse brings to the city's homes the message of the taught to the untaught—that there is a remedy for everything that needs remedying—one of the greatest secrets in the world.

### Blarney Stone Game.

Put a large clean stone on a dolly covered with plastic which stands on a table in the centre of the room and tell your guests that a certain spell cast on the famous Blarney stone in Ireland caused the virtues of that wonderful stone to be transmitted to the stone in the very room where you stand. His and that if a girl or boy when blindfolded can walk up to the table and kiss the Blarney stone she or he will ever after be able to easily win friends and fortune.

Then tie a handkerchief over the eyes of each of the players in turn, then turn them around three times where they stand and let them walk up to and try to kiss the stone. Very few will come anywhere near the stone.

### Taxes on Hearths and Windows.

Among the most curious of the English taxes which have from time to time been imposed are those upon chimneys and upon windows. The former tax was first enforced in 1662 and was at the rate of 24 cents upon every hearth or chimney. This was a curious tax, and William III, immediately on his accession to the throne obtained some popularity by sending a message to Parliament desiring that the imposition should be taken off (March 1, 1689), and his majesty's faithful commons complied with his sovereign's request. The window tax, of which our fathers and grandfathers still talk, was not repealed until 1871.

### Quite in Character.

The late William Terriss, who for many years was invariably the hero in the dramas produced at the Adelphi theatre, London, seems to have been in nice accord with the characters he played. One day, writes Ellen Terry in her book, "The Story of My Life," he came into the theatre soaked. "It is raining, Terriss," "Looks like it, doesn't it?" said Terriss carelessly. Later it came out that he had jumped off a steamboat into the Thames and saved a girl's life.



### How Khaki is Dyed.

Khaki is an invention of the Hindus. The word means "earth color." It was at first produced by immersing the cloth in a bath of manure. Other dyes used in India have been burnt chlorey, catechu and diamines. The modern khaki is produced by dyeing in a mixture of oxide of iron and oxide of chromium. It can be obtained by dipping the stuff into a bath of ferrous sulphate and spreading out to dry in the air. In practice the process is more complex, solutions of ferrous sulphate, pyrolignite of iron, acetate of chromium and alum being employed in combination. The issue takes up a large quantity of the metallic precipitate.

### Faith, Hope and Charity.

A London weekly offered two guineas for a definition of faith, hope and charity. The winner is as follows: Faith, blind trust in a first page; hope, what investors are fed upon; charity, what some of them are likely to be brought to. That is certainly not bad, but this one is perhaps even better: Faith, the gift that saves mankind; hope, the gift that cheers mankind; charity, the gift that makes man kind."

Many women with disfigured complexions never seem to think that they need an occasional cleansing inside as well as outside. Yet neglect of this internal bathing shows itself in spotty, and sallow complexions—as well as in dreadful headaches and biliousness. It's because the liver becomes sluggish, and waste matter accumulates which Nature cannot remove without assistance. The best

## CHAMBERLAIN'S TABLETS

remedy is Chamberlain's Stomach and Liver Tablets, which stimulate the liver to healthy activity, remove fermentation, gently cleanse the stomach and bowels and tone the whole digestive system. Sure, safe and reliable. Take one at night and you feel bright and sunny in the morning. Get Chamberlain's today—druggists 25c., or by mail from Chamberlain Medicine Company, Toronto

## WHO RULES A WARSHIP?

### Captain Is In Charge But Commander Does the Work.

The titles captain and commander in the royal navy are very confusing to the "man on the street." A commander is an officer promoted from a lieutenant of generally 10 to 12 years' seniority, these promotions taking place twice a year, the 30th of June and 31st of December, and are by selection. A commander holds that rank for some five or seven years, and then is promoted to captain, again by selection. Once a captain he goes up the captain's list, you might say, automatically, as each flag-officer or on the admiral's active list-retires or dies. The senior captain gets his promotion to rear-admiral, unless he attains the age of 55 while a captain, when he has to retire. The captain is in supreme command of the ship. He has his own mess and quarters, except in flagships, where he messes with the admiral and staff, and in destroyers and torpedo boats, where all officers mess together. The commander is the next in command, and his duties are numerous. He organizes the ship's company for their various duties. On a ship being placed in commission he sits at a table with the various heads of their departments, and gunnery and torpedo officers, chief petty officers, petty officers, seamen, stokers, etc., each man receives a card with his name, number on the ship's books, mess, hammock, bag (which he keeps his kit in), his place in action, fire, collision, or abandonment ship.

The commander has the whole control of the discipline (of course, under the captain), of the ship, as he is the only officer, with the exception of the captain, who has the power of punishing. The engineer commander who carries out the superintendency of his department, has no power to punish his stokers in any way, and all defaulters are brought first before the commander, who either deals with them himself or forwards them to the captain. The commander messes in the ward room, and is ex-officio president of the mess.

The commander is the busiest man on board. His day is never finished. Every signal, official correspondence, and anything dealing with the ship or fleet he has to see and initial. He is practically on deck or superintending some drill or exercise from the time the hands fall in at 5.30 in the morning until his final inspection of the ship at 9 p.m., when he has to report to the captain that everything is correct, he previously having received reports from the representatives of the engine-room department, police, gunnery, and torpedo officers, th carpenter, and other officers that all their departments are correct for the night.

The average age of a commander is about 33 when promoted. A captain in the royal navy of three years is equal in rank to a colonel in the army. A commander in the royal navy is the peer of a lieutenant-colonel, but is junior to that rank.

### Too Tame to Kill.

In connection with his term of office as President of the Board of Trade Lord Buxton, the new Governor-General of South Africa, who, as is not generally known, is a keen naturalist, tells the following story. His orchards had been invaded by a number of bullfinches and other fruit-eating birds, and they did so much damage that it was obvious something must be done to stop them. So the head gardener produced an old flint-lock and sallied forth among the trees to wreak whatever vengeance he could. Shortly afterwards he came back and, half apologetically, informed the then Mr. Buxton that the bullfinches were "so blooming tame" that they actually perched on the end of his gun, and he hadn't the heart to kill them.

## Dr. Morse's Indian Root Pills

are not a new and untried remedy—our grandfathers used them. Half a century ago, before Confederation, they were on sale in nearly every drug or general store in the Canada of that day, and were the recognized cure in thousands of homes for Constipation, Indigestion, Biliousness, Rheumatism and Kidney and Liver Troubles. Today they are just as effective, just as reliable as ever, and nothing better has yet been devised to

## Cure Common Ills

Two Trips per week in each direction between Yarmouth and Boston

Steamers leave Yarmouth Wednesdays, and Saturdays at 5.00 p.m. for Boston. Leave Boston Tuesdays, and Fridays at 1.00 p.m. for Yarmouth.

Tickets and Staterooms at Wharf Office

A. B. WILLIAMS, Agent

## Boston and Yarmouth Steamship Co., Ltd

## Maritime Business College

Halifax, N. S.

E. Kaulbach, C. A.

## DOMINION ATLANTIC RY.

### LAND OF EVANGELINE ROUTE

On and after November 3rd, 1914, train services on this railway is as follows:

Express for Yarmouth.....11.57 a.m.  
Express for Halifax..... 2.00 p.m.  
Accom. for Halifax .....7.40 a.m.  
Accom. for Annapolis .....6.05 p.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 7.50 a.m., and from Truro at 6.40 a.m., 2.30 p.m., and 12.50 noon, connecting at Truro with trains of the Intercolonial Railway, and at Windsor with express trains to and from Halifax and Yarmouth.

Buffet Parlor Car service on Mail Express between Halifax and Yarmouth.

## St. John - Digby

DAILY SERVICE (Sunday Excepted)

Canadian Pacific Steamship "YAR-MOUTH" leaves St. John 7.00 a.m., leaves Digby 1.45 p.m., arrives in St. John about 5.00 connecting at St. John with Canadian Pacific trains for Montreal and the West.

## Boston Service

Steamers of the Boston & Yarmouth S. S. Company sail from Yarmouth for Boston after arrival of Express train from Halifax and Truro, Wednesdays and Saturdays.

P. GIFFKINS, General Manager, Kentville.

## H. & S. W. RAILWAY

Accom. class & fare	Time Table in effect June 22, 1914	Accom. Mon. & Fri.
Read down	Stations	Read up
11.10	Lv. Middleton Av.	15.45
11.38	*Clarence	15.17
11.55	Bridgetown	15.01
12.23	Granville Centre	14.56
12.39	Granville Ferry	14.51
12.55	*Karsdale	14.05
13.15	Av. Port Wade Lv.	13.45

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

P. MOONEY General Freight and Passenger Agent

## FURNESS SAILINGS

From London	From Halifax
Jan. 13th	Sachem Jan. 12
	*Start Point Jan. 20
	Sagamore Feb. 3
From Liverpool	For Halifax
	Via Newfoundland
Jan. 6	Durango Jan. 12
Jan. 16	Queen Wilhelmina Jan. 27
	Tibasco Feb. 8

Yours truly  
Furness Withy & Co., Limited  
Halifax, N. S.

## False Economy

If you neglect to now educate your boy he will be handicapped when peace is declared. More than ever before will the young men require to be able to act promptly and wisely. Do not delay. Train him now at the

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