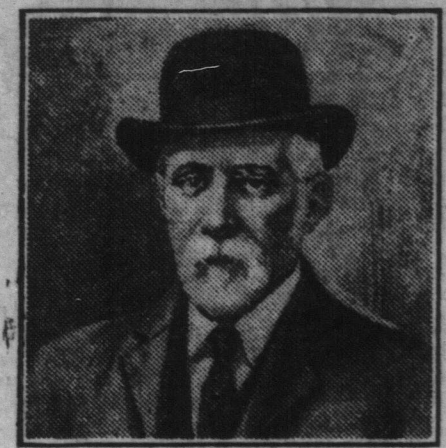


COULD NOT EAT— FAILING FAST

Captain On Great Lakes Restored To Health By "Fruit-a-lives"

For thirty years, Captain Swan followed the Great Lakes. He has now retired and lives at Port Burwell, where he is well known and highly esteemed.



H. SWAN, Esq.

PORT BURWELL, ONT., May 31, 1913. "A man has a poor chance of living and enjoying life when he cannot eat. That was what was wrong with me. Loss of appetite and indigestion was brought on by Constipation. I have had trouble with these diseases for years. I lost a great deal of flesh and suffered constantly. For the last couple of years, I have taken "Fruit-a-lives" and have been so pleased with the results that I have recommended them on many occasions to friends and acquaintances. I am sure that "Fruit-a-lives" have helped me greatly. By following the diet rules and taking "Fruit-a-lives" according to directions, any person with dyspepsia will get benefit." H. SWAN

Kingdom of Dust an Universal One

What the Dust Carries and What Carries the Dust

(From the April issue of The Medical Council.)

The role of ordinary dust in the dissemination of disease germs is well understood. Dust plus moisture is a splendid culture medium for bacteria. About eighteen months ago an epidemic of cerebro-spinal meningitis in the southwest was said to be largely due to dust carrying the contagion. Hay fever is an organic dust disease. Man is continually fighting dust; it is everywhere; it even forces its way within glass cases; it forms inside of closed vessels. "Dust thou art and unto dust thou shalt return" was spoken of man; the same word is true of everything besides. The final destiny, the eschatologic summation is a great dust heap.

And "the ethics of the dust" embraces "the heavens above, the earth beneath and the waters under the earth;" in all of them there is dust, and in all dust there are germs. The kingdom of dust is an universal one, and the rule of this kingdom spells disease. The kingdom of dust is the kingdom of death.

WHAT THE DUST MAKES.

"Little drops of water, little grains of sand, make the mighty ocean and the pleasant land" was well said; but it is also true that they make the atmosphere what it is; they help to shield us from the rays of the sun they modify our climates; they cause many of our diseases and they disseminate them. Dust, water and heat make bacterial epidemics possible.

And mere common terrestrial dust is far from being all of dust. Volcanoes carry immense volumes of

dust high into and even above the atmosphere, so astronomers tell us, and volcanic dust may fall years later upon the opposite side of the earth from where it originated. The heated air of the tropics carries organisms charged dust in great volumes into the higher air, to finally settle everywhere.

THE RED TERROR.

The Day of the Red Terror, January 27, 1306, was one in which dust nearly obscured the sun, and the churches of Europe were crowded with kneeling suppliants. The Green Day, April, 1491, was one of preternatural twilight, due to dust. During the reign of Charles IX, of France occurred the most awful of several recorded Yellow Days; it was accompanied by a day tempest, and such terrible heat that cattle died in the fields, it was regarded as being due to dust in the higher atmosphere. Our own Yellow Day was limited in extent to three of the original colonies. The Black Day of the thirteenth century, during which the sun looked like a disc of ebony, was probably of similar origin.

And there are recorded instances in which dust diminished the light and heat of the sun for longer periods. Some instances may have been due to sun spots of large area, but sun spots indicate increased solar activity, and do not reduce its heat, according to Father Ricard, the sunspot weather prophet of California, who predicted the January floods in that State. Plutarch noted that in the year 44 B.C. the sun was weak and pale for eleven months. Humboldt stated that in 934 A.D. there were several months of diminished sunlight, and in his "Cosmos" he states that in 1091 there was a shorter period of similar nature.

"Sea dust" is another peculiar phenomenon. Notably about the Cape Verde Islands, in the Mediterranean, and in mid-Atlantic, this form of dust showers has been reported. They occur in calm weather, look like a dry fog, are very injurious to navigation, and have been observed to cover the decks of vessels from a mere showing to as much as two inches in depth. The "sand sprouts" common on the deserts of Africa and Central America probably carry the dust high into the air and it is wafted out to sea.

SEEDS CROSS MEDITERRANEAN.

The Public Ledger, November 9, 1897, noted a shower of seeds in the Province of Macerata, Italy. The seeds were of the Judas tree, found in Central Africa, and they covered the ground to the depth of half an inch, many being in the first stages of germination. Sweet-tasting hailstones have been noted within recent years to fall in India. These instances are given to show how organic matter may be found very high in the atmosphere.

Cosmic dust of which thousands of tons annually fall upon the earth, is often charged with living organisms. Whether all so-called cosmic dust is really of cosmic other than terrestrial origin is hard to determine; but much of it undoubtedly is from parts of the universe other than the earth. Darwin described a shower of strange organisms covering an area of over a million square miles. Weber found myriads of germs in a fall of yellow snow at Peckeloh, Germany. In northern Italy, in 1755, two hundred square leagues were covered with yellow snow, the Alps being covered to a depth of nine feet. This snow contained yellow organisms. In October, 1846, over one hundred unknown organisms were observed as charging a fall of cosmic dust in France. Ehrenberg estimated that forty-five tons of organic forms fell in this shower. The phenomenon oc-

curred in Italy in 1803 and in Calabria in 1813. Palestine and western Kentucky have also experienced immense showers of dust charged with organic life.

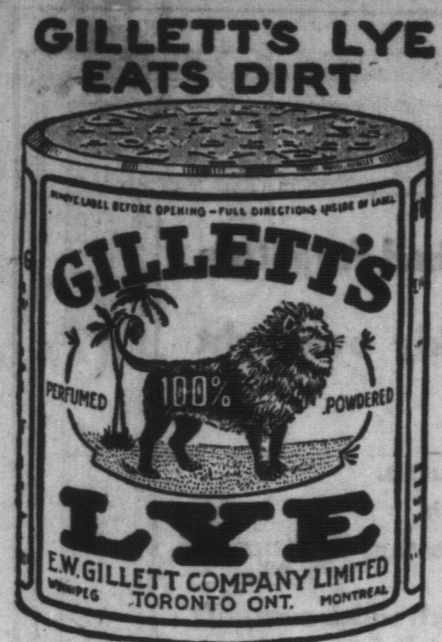
Investigations made since the days of bacteriology have shown frequent falls of colored snow to be charged with various organisms, polar snows having yielded over three hundred forms of organic life. Prof. I. N. Vail has given a wealth of such data, but even Homer, in the Iliad, described such showers, and Dana stated that millions of hundred-weight of them have fallen during historic times. Where do they come from?

"COSMIC DUST."

All terrestrial matter, except as influenced by igneous action, contains living germs. Living matter from other worlds through the agency of cosmic dust is a hypothesis practically impossible of proof or disproof. Unless life generates de novo, the burned-out planets must have received the life principles from outside themselves. But this is pure speculation unnecessary to our present argument. In an article upon "Cosmic Dust" contributed by this editor to the Medical News, March 16, 1895, the argument was advanced that the pandemic of la grippe of 1889 and 1890 may have been due partly to cosmic influence and parallel was made to the so-called "Black Plague" of the fourteenth century, which came suddenly upon the world and carried off nearly fifty million victims, spreading infinitely faster than the lines of communication could carry it. It seemed to be everywhere, on sea and on land. An old chronicler said of it: "The impure air was actually visible as it approached with its burden of death, and a dense and awful fog was seen in the heavens." On several other occasions peculiar clouds have accompanied plagues. As we view it, these "fogs" and "clouds" were of cosmic dust charged with living organisms.

A CULTURE MEDIA.

As we understand the matter, it certainly appears to us that cosmic dust need not be regarded as "star dust" to the extent formerly the vogue. It would appear that a large proportion if not the greater part, of cosmic dust is of terrestrial origin and carried up into the higher atmosphere by means we have described. Already charged with various forms of organic life, the moisture of the atmosphere affords a cultural function to the dust, and there may be, under some conditions, a proliferation of the life forms. The air of even the most remote sections is always more or less charged with bacteria, and the notable organic showers instanced must be accounted for by some hypothesis. What is more reasonable to assume than that dust-charged air or clouds can act as culture media for bacteria? There is no mystery about this, and it is also doubtless true that in tropical environment such proliferation might be very active indeed, especially when volcanic eruptions or dust spouts supply quantities of high-carried dust. We are coming more and more to realize the role of dust in the etiology and transmission of disease; but we have studied the problem in its local phases, not in its cosmographical relations. This latter study impresses us as important, and we advance the theory that organism-charged dust, carried thousands of miles from its original terrestrial origin, proliferating its organisms as it goes, then falling in a district to which these organisms are foreign, may readily cause epidemics or disease. We believe history makes the theory very tenable indeed, and we



believe the same cosmographic factors will persist and continue their pathogenic bene.

NO "NEW" DISEASES.

New diseases may originate in this way and probably do. But, when we come to a more complete understanding of pathology in its world bearing we will probably determine that "new diseases" are usually old ones in a modified form due to new environment and differing anthropological factors. If indeed we ever clean up the tropics; if "the desert will blossom" from all but universal irrigation; if the Orient can ever be made sanitary; if waste land is ever all brought under cultivation; if cities and railroads stop manufacturing clouds of smoke and dust; if war ceases devastating; if good, oiled roads are generally adopted; if farm hygiene becomes an universal reality—if all of these things happen, then will dust cease to be so great a menace, because there will be less dust, and what there is will not be so filled with noxious organisms. Sanitation must declare war against the kingdom of dust.

A Parable of Perfection

There was a learned man who, eight years long desired that God would show him a man who would teach him the truth. And once when he felt a very great longing a voice from God came to him and said, "Go to the church and there shalt thou find a man who shalt show thee the way to blessedness." And he went thence, and found a poor man whose feet were torn and covered with dust and dirt; and all his clothes were hardly worth three farthings. And he greeted him saying: "God give you a good day!" He answered "I have never had a bad day."

A BIT OF SARCAASM.

"The late Dr. Morgan Dix," said a clergyman of New York, "had a droll way of lightening grave subjects with little humorous asides. Once I heard him addressing a graduating class at a medical school. He began in this way: "Physiologists tell us, gentlemen, that the older a man grows the smaller his brain becomes. This explains why the old man knows nothing and the young one everything."

"MOVIES" CURING DRUNKENNESS.

In Manchester, Eng., a city magistrate is reported as saying that the "movies" are nightly keeping thousands of men out of drinking places, with the result that the drinking habits of the city are showing a marked improvement. The "movies" remain open until about the time set for the closing of bars, so that there is little, if any opportunity for men to get drunk after leaving the former and small as the admission fee to the shows is, few seem willing to forfeit even a fraction of it by leaving before the last film is reeled off. Therefore the great majority of those who go to the "movies" are thus practically kept from going to drinking places.

Dr. Morse's Indian Root Pills

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Joker's Corner

"Earle, why don't you let your little brother have your sled part of the time?" "I do ma. I take it going down the hill, and he has it going back."

WHOSE? "She says she has remained single from choice."

"That's right. I wouldn't undertake to say whose choice it was, but the broad, general statement is unquestionably true."

Some years ago a prominent man went into the business of raising hogs. A friend congratulated him on his success, as his breeds were certainly fine. "Hogs!" replied he contemptuously. "Why, these people never knew what a big hog was till I came here!" And he wondered why they laughed.

PRECAUTIONS

"Whatever are you doing, Mrs. Murphy? You should never cut a baby's finger nails. It will make him grow up light-fingered," said a visitor to the lady of the house. "Ah, sure? I will soon make that all right," said Mrs. Murphy. "I will cut his toe nails also and make sure of him getting away clear wid it."

One day a Scotch boy and an English boy, who were fighting, were separated by their respective mothers with difficulty, the Scottish boy though the smaller, being far the most pugnacious.

"What garred ye fecht a big laddie like that for?" said the mother, as she wiped the blood from his nose. "And, I'll fecht him again," said the boy, "if he says Scotsmen wear kilts because their feet are too big to get into their trousers."

LAUGHABLE DEFINITION

Many children are so crammed with everything that they know nothing. In proof of this, specimen definition: "Anatomy is the human body which consists of three parts, the head, the chest, and the stomach. The head contains the eyes and brains, if any; the chest contains the lungs and a piece of the liver. The stomach is devoted to the bowels, of which there are five—a, e, i, o, u, and sometimes w and y."

THEN HE LAUGHED.

The reporter had just come in from a murder case. It was a rainy day and he had to cross a ploughed field on foot.

"I see," observed the chief editor, looking with much displeasure at his large muddy boots, "you have brought the scene of the murder with you."

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The Creature in the Bed

In the military schools bare necessities are the rule, no luxuries; hence the surprise in the following story:

A graduate of the Royal Military College was paying a visit in a house where his hostess was particularly thoughtful for the comfort of her guests, and as the weather was very cold she put a hot water bottle in the young soldier's bed before he retired to his room. When the Spartan-trained youth put his feet down on something warm and soft, he leaped out of bed in surprised consternation. And then shouts of laughter brought an inquiring host.

A similar story is told of a young Hindu on his first visit to London. His hostess, mindful of the great change in climate to which the traveller had been subjected, wished to make him as comfortable as possible. Accordingly, when she prepared his room for the night, she put into his bed a rubber hot-water bottle, a contrivance quite unknown in India.

The young man retired, undressed and got into bed. As he did so, his feet encountered a smooth, warm object, which he supposed to be some kind of animal. In terror he leaped from the bed and groped about for the light. Unaccustomed to his surroundings, he was a long time in finding it; and at every step he trembled lest the unknown creature should attack him.

At length he found the light and looked about vainly for a weapon. He was on the point of calling for help when he thought of trying the closet. There he found several canes. He selected the stoutest of them and resolved to try conclusions with the intruder.

He approached the foot of the bed, where he was somewhat protected by the footboard, and raised his weapon for a speedy blow, while with his left hand he grasped the bedclothes and began cautiously to turn them down. Then, nerving himself for a final effort, he tore the clothes from the bed and struck viciously at the round black object that he had exposed.

One blow was enough to convince him that the "animal" was lifeless, and always had been. His terror gave place to amusement, and after he had his laugh out, he went back to bed and enjoyed undisturbed repose.—Exchange.

In general it may be stated that the most dangerous forest fire periods in the west are in middle and late summer; in the east they are in the spring and fall.

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GIN PILLS the only things that keep him well.



FRENCH RIVER, ONT. "Enclosed please find soc. for which kindly send me a box of GIN PILLS, as I don't feel that I can remain long without some of them in the house. I find them so good that if I am out of GIN PILLS, the house seems to be all wrong somehow. Kindly send pills by return mail." RICHARD HAMLYN. If you have any trouble in getting GIN PILLS in your neighborhood, write direct to us, enclosing the regular retail price, soc. a box, 6 for \$2.50, and we will fill your order by return mail, at the same time giving you the name of a nearby dealer who handles GIN PILLS.

There is no other remedy in the world that acts so quickly and so effectively in relieving Pain in the Back, curing Kidney and Bladder Troubles, Suppression or Incontinence of Urine and driving Rheumatism out of the system. Sample box free if you write us, mentioning this paper. National Drug and Chem. Co., of Canada Limited, Toronto. Mangan-Tone Blood Tablets purify and enrich the blood—especially good for women and young girls. soc. a box, 20c

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"MY STOMACH IS FINE

Since Taking Na-Dru-Co Dyspepsia Tablets"

Mrs. J. Merkhuger, Waterloo, Ont., enthusiastically recommends Na-Dru-Co Dyspepsia Tablets. Her experience with them, as she outlines it, explains why.

"I was greatly troubled with my stomach," she writes, "I had taken so much medicine that I might say to take any more would only be making it worse. My stomach just felt raw. I read of Na-Dru-Co Dyspepsia Tablets, and a lady friend told me they were very easy to take, so I thought I would give them a trial and really they worked wonders. Anyone having anything wrong with his stomach should give Na-Dru-Co Dyspepsia Tablets a trial, they will do the rest. My stomach is fine now and I can eat any food."

One of the many good features of Na-Dru-Co Dyspepsia Tablets is that they are so pleasant and easy to take. The relief they give from heartburn, flatulence, biliousness and dyspepsia is prompt and permanent. Try one after each meal—they'll make you feel like a new person. soc. a box at your druggist's compounded by the National Drug and Chemical Co. of Canada, Limited, Montreal.

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On and after April 6, 1914, train service of this railway is as follows: Express for Yarmouth.....11.54 a.m. Express for Halifax.....2.02 p.m. Accom. for Halifax.....7.50 a.m. Accom. for Annapolis.....5.50 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 7.55 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 trains between Halifax and Yarmouth.

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DAILY SERVICE (Sunday Excepted) Canadian Pacific Steamship "ST. GEORGE" leaves St. John 7.00 a.m., arrives in Digby about 10.15 a.m., leaves Digby 2.00 p.m., arrives in St. John about 5.00 p.m., connecting at St. John with Canadian Pacific trains for Montreal and the West.

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