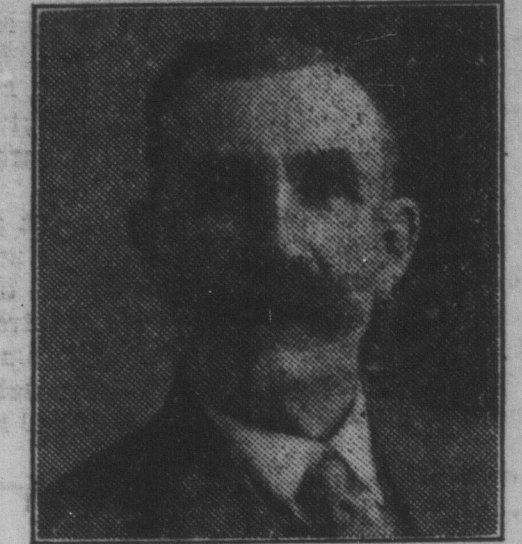


WILL WE EVER WALK ON AIR?

Train Of Thought Inspired By A Letter
About "Fruit-a-tives"



MR. D. McLEAN

Orillia, Ont., Nov. 28th, 1914.
"For over two years, I was troubled with Constipation, Drowsiness, Lack of Appetite and Headaches. I tried several medicines, but got no results and my Headaches became more severe. One day I saw your sign which read 'Fruit-a-tives' make you feel like walking on air. This appealed to me, so I decided to try a box. In a very short time, I began to feel better, and now I feel fine. Now I have a good appetite, relish everything I eat, and the Headaches are gone entirely. I cannot say too much for 'Fruit-a-tives', and recommend this pleasant fruit medicine to all my friends."
DAN McLEAN.
"FRUIT-A-TIVES" is daily proving its priceless value in relieving cases of Stomach, Liver and Kidney Trouble—General Weakness, and Skin Diseases. 50c. a box, 6 for \$2.50, trial size, 25c. At all dealers or sent postpaid by Fruit-a-tives Limited, Ottawa.

FELICITATING PA.

My pa says when he was a boy
W'y all he'd get was just one toy—
A jumpy jack, or popgun, when
'T 'uz Christmas time where he lives
then,
He never looked for any more—
He didn't spect a whole toy store!

My pa he says 'at in those days
Folks did things diff'rent, anyways.
He says he never got a stack
O' candy—more'n he could pack.
Two sticks 'o candy's all he got—
An' he'd think that was a lot.

My pa he says when he's a child
An' didn't all try to go wild
An' make their children think they'd
get
Enough to run their pas in debt.
O' course, it wasn't from their pas,
But always came from Santa Claus.

He tells me that I should be glad
I don't have Christmas like he had—
He says there's lots he was denied
But he learned to be satisfied;
He never dreamed, he says, that boys
Should have a whole room full of
toys.

I tell my pa I'm awful sad
About th' hard times that he had,
But that he's really lucky now—
He's in our family, anyhow,
An' that he shouldn't raise a fuss
But be real glad he lives with us!

—Wilbur D. Nesbit, in Chicago
Evening Post.

HABITS

A habit is something that steadily
grows.
Each day it is stronger than ever
before,
At first a man treats it as something
he knows
He can easily drop when it cheers
him no more;
"I can toss it aside,"
He declares in his pride,
But he finds when the coils have been
loosened at last
That part of his soul has been left in
the past.

A habit comes pleasingly stealing
along
As a mist settles over a field in the
night;
Unnoticed at first, it has soon become
strong,
And is either an uplifting friend or
a plight.
It whitens or soils,
It exalts or it spoils,
And when 'tis cast off in the moment
of strife
There is something forever gone out
of a life.

Our habits, at first hardly noticed, at
length
Are things that we lean on or drag
by the way.
They weaken our hopes or they lend
us the strength
To battle courageously day after
day;
They debase or exalt,
Each a virtue or fault,
And the man who achieves as a
worthy man should
Takes care that the habits he chooses
are good.

Peeps at the Panama Pacific Exposition

The arrangements which have been made to present religious activities at the San Francisco Exposition are very complete and satisfactory, the exhibits having been conspicuously located in the Palace of Education and Social Economy. The largest floor space is devoted to Protestant missions, home and foreign, and this is an interesting section, even to the man who cares nothing for missionary work, illustrating as it does the manners and customs of various races in all parts of the world. Striking object lessons may here be seen in the form of pictures showing the influence of the Gospel of Christ in civilizing and transforming heathen countries.

That man must be blind who cannot see the difference between a savage and a Christian community. What has been accomplished by the preaching of the Gospel in such places as the Fiji Islands may be set forth in such a convincing way that nothing can be said against it by even the most captious critic. Such an exhibition of missionary activities as is now being made in San Francisco is invaluable, as it is seen by thousands who never read a missionary magazine or attend a missionary meeting.

During the progress of the Exposition a long series of conventions and congresses will be held. Inside the grounds a building has been erected for religious purposes solely. One entire floor is occupied by an exhibit showing what Christianity is doing for human welfare, special attention being given to Sunday schools, Epworth Leagues, Christian Endeavor and Y.M.C.A. societies. The second floor of the building contains a large lecture room, where daily addresses are given by qualified speakers.

In addition to the Festival Hall on the grounds, a great auditorium has been erected in the centre of the city, with a seating capacity of 10,000, and this building also contains many smaller halls with a system of sliding partitions, so that they may be subdivided, making in all twenty-six assembly rooms for smaller audiences. This will remain as a lasting and beautiful monument of the Panama-Pacific International Exposition. The city and county of San Francisco paid nearly a million dollars for the site, and the Exposition management expended a million and a quarter for the erection of the splendid building, which will doubtless be the scene of many a wonderful gathering for years to come.

In the big auditorium mass meetings of an evangelistic nature are being held, somewhat after the same plan as Mr. Moody's services in Chicago in 1893. The best known and most successful evangelistic preachers are being heard here day after day. It is pleasing to know that so much attention is being paid to the influences that tend to lift men up. At some exhibitions in the past there has been much of a degrading character, and it has been a question whether more harm than good has been done. It is an indication that the world is growing better that there has been such a strong determination to make this a decent exhibition and that such prominence is being given religious and educational features.

III.—Caring for the Sick.

A completely equipped emergency hospital is maintained at the Panama-Pacific Exposition, with all the appliances for relieving a temporary illness or performing one of the most difficult surgical operations. A library is attached consisting of nine hundred volumes, the very latest authorities on every branch of medicine and surgery. Skilled doctors and nurses are in attendance at all hours, so that patients may count upon receiving the very best possible attention.

An emergency ambulance is ready for use at a moment's notice, so that if any accident occurs the injured ones will be in the hospital in the shortest possible time. A vehicle of this kind is so well built and equipped so completely that the person who rides in it scarcely knows that he is moving. Unpleasant jolts and jars have been absolutely eliminated.

Probably many people who have had a deep-seated feeling against all hospitals will find their prejudices removed, by being taken to this emergency institution without their will or consent. After they have received the skillful attentions of the physicians and nurses they will probably wonder why they have all their lives been afraid of an institution of this kind.

Hospitals like this are a feature of Christian civilization and are not to be found in heathen countries except where Christian missions have been established. The earliest Christian examples of what we now understand by hospitals were the hospitals of the Knights Templars and Knights of St. John in Jerusalem and other places in the Holy Land during the crusading era.

St. Bartholomew's Hospital in London was founded in 1546. It is generally conceded that the oldest hospital in the United States is "The Pennsylv-



vania," in Philadelphia, dating from 1750. In many of the large cities of the United States there are Government hospitals for the poor and many private ones founded by philanthropists, churches or societies, in which poor as well as paying patients are received. Luxurious accommodation is provided in these institutions for people of means who are able to pay for what they receive, but everybody is comfortably accommodated whether they have money or not.

The nursing is usually done by young women who are taking a course of training under the supervision of older, more experienced nurses. They take a course of three or four years, during which they receive no pay except their board. After graduation they usually get from \$15 to \$20 per week for private nursing. As far as the writer's experience goes, there are few of the frivolous, flirting, gum-chewing sort among these nurses, but they form an exceptionally intelligent and serious type of young womanhood.

It is to be hoped that readers of this paper who visit the Panama-Pacific Exposition may not need the accommodations of the hospital, but if they should happen to be ill there is the certainty that they will be taken care of.

PROTECTION OF CANADA'S BIRDS

Preservation of Bird Life Essential in
Interests of Agriculture and
Forestry.

We recognize that game preservation and the protection of bird life are intimately associated with the conservation of natural resources. We therefore favor game protection under regulation, the creation of extensive game preserves, and special protection for such birds as are useful to agriculture.—Declaration of Principles of North American Conservation Conference.

To a great extent the general public, and farmers in particular, have under their control protection from the depredations of insects.

Beyond question the greatest enemy of insect pests is bird life. Investigation has thoroughly proven that all Canadian birds at some time, feed upon insects, some species to the extent of 95 per cent of their diet, while even the common sparrow subsists largely upon insects.

There has been a gradual reduction in the number and variety of birds annually visiting Canada, and this is no doubt due partly to the lack of protection afforded them while with us. If some of our favorites are to continue with us, it is essential that steps be taken to improve the conditions under which they sojourn in Canada. By the cutting down of forests and clearing of wood lots we have removed the haunts of the birds, and thus have driven away those which formerly lived and reared their young in these localities.

To keep the birds with us it is necessary that some means be taken to foster them. Action has been taken to attract birds by setting aside, as bird sanctuaries, the Central Experimental Farm and Rockcliffe Park at Ottawa, and distributing nesting boxes therein. Good results have been secured; in 1913 no less than 75 per cent of the boxes were occupied. In this way the birds are encouraged to return year after year, and to this extent they constitute a regular protection against the insect pest.

Both city and country residents have a duty to perform in "protecting their protectors." Nesting boxes should be put in the trees. They are easy to make and the cost is very small. Three pieces of slab wood, with bark on outside, are nailed together to form three sides of a long box; a round hole two inches in diameter being made. The back of the box is a flat piece of wood. The top and bottom may also be made of slab wood. To keep the nest dry several holes are bored in the bottom, which is nailed on. The top is hinged to the back, and when in use is screwed down. This hinged cover allows the box to be cleaned of old nests. These nesting boxes may be attached to the trees by means of two pieces of wire passing through holes in the top and bottom of the back board respectively.

It has been clearly shown that, in proportion as facilities were provided for nesting, more birds availed themselves of the opportunities. Thus the bird-nesting boxes have been, the means of increasing bird life, and especially the number of insectivorous birds, in the region where the boxes have been distributed.

Further information on the influences of bird life and the protection of birds is given in Bulletin No. 5 of the Division of Entomology by Dr. C. Gordon Hewitt, Dominion Entomologist, Ottawa.

Keep Minard's Liniment in the house

Ghazala, the Arab

BY COL. SPENCER BORDEN

Among the animals to be shown at the Fall River Horse Show on June 10, is one that should attract attention. Reference is made to the white Arabian mare Ghazala.

Beside being one of the last representatives of the famous Arabian Pasha, former Khedive of Egypt, Ghazala is in herself a remarkable animal, of a famous family. As is well known, Abbas Pasha probably had the greatest stud of Arab horses ever owned by one man, since the time of Solomon, son of David, who, the Bible tells us, had 40,000 stalls for his horses.

Abbas was brought up as a child, by the Sheikh of Mecca; and while a youth got his love for horses, also his knowledge of what were the most desirable strains of pure bred Arabs, and where to find them. When he came to the throne in Egypt, he gave rein to his passion, and procured the best, no matter what the expense or labor. One mare that he got from Nejd—in the heart of Arabia—was too old to travel, so he had her brought 1500 miles in an ox cart. It is believed that mare is the maternal ancestor of Ghazala, who was born in the desert back of Cairo, nineteen years ago, bred by Ali Pasha Sherif, nephew of Abbas.

The sire of Ghazala was Ibn Sherara, son of Sotamm and Sherara, one of Abbas' choicest Seglawi Jedran stallions, of the strain of Ibn Sudan of the Roala tribe of Bedouins.

The dam of Ghazala, also a Seglawi Jedran, was Bint Helwa, known the world over as the famous "Broken legged Mare." A visitor to Crabbet Arabian Stud in England, in 1905, noticed that first one, then another, particularly attractive animal, was pointed out as akin to the "Broken-legged Mare." Finally he asked, "What is the Broken-legged Mare, and where is she?"

"You shall see," answered Lady Anne Blunt. This most interesting woman, now more than seventy years of age, is grand-daughter of Lord Byron, has traveled extensively in the East, made two trips to the heart of Arabia, one of them to Nejd—never visited by more than a half dozen white people. She speaks and reads Arabic like a native, has two studs of Arabian horses, one in England, one in Egypt, and is recognized as the foremost authority on the subject in the world.

She led the way to a large box-stall, standing by itself, of which Bint Helwa was the sole occupant. Here was a broken-legged mare, sure enough. Were it not for her injury, nothing could be more beautiful, pure white, with a head such as Schreyer would have sought as a model. Her exact counterpart can be seen in the picture of her daughter Ghazala, printed herewith. But her off fore leg! This had been broken between the knee and shoulder, and the bone so shattered it had never knit. The leg hung loosely, the toe just touching the floor of the stable.

Her shoulder also was broken, and the gentle creature stood always on three legs, the fourth could support no weight. When she would move about, the mare reared a bit, hopped around with the good front leg, the poor useless foot dragging. The exclamation came unbidden, "For Heaven's sake! How long has that mare been in that condition?" The owner answered, "For eight years!"

She then told the story of the accident. Bint Helwa had been brought to England from the Egyptian stud with two other mares, and the three turned at pasture together. At nightfall the other mares returned to the stable but Helwa was missing. Search for her being made, she was found standing in the road outside Crabbet Park, which is up a long hill, beside which road was a ditch. She had jumped the fence about the pasture, landed in the ditch where her leg and shoulder were broken, the other mares apparently had followed, jumped on her, and broken two ribs. She had gotten out of the ditch herself, and come part way to her home, and there was found, and helped into the hovel where the visitor saw her eight years later.

The accident happened June 13. She was put in sling where she remained for nine months, when the supports were gradually removed, an attendant remaining with her day and night the entire time. April 18, following, her foal was born, and she had produced seven other foals since her accident, when seen by the American visitor. She was then nineteen years old.

This story of the soundness and endurance in the mare seen at Crabbet Park, would lead one to believe the many other tales of animals of this breed. The experiences of her daughter Ghazala in coming to America, and trail of 1914, are proof that she inherits the enduring qualities of her dam.

Ghazala was foaled at the Sheikh Obeid stud of Lady Anne Blunt, at Ad Shems, back of Cairo, Egypt, nineteen years ago. She is therefore just the age of Bint Helwa when seen in England. In 1909 she was bought to come to America, delivery to be at the boundary of the Ad Shems estate. She had never seen a railway train; yet she taken by Cook and Son in a car to Alexandria, then sent by sea to Liverpool. Eighteen days, from September 16 to October 3, she sailed through stormy seas. At Liverpool she rested two days, then sailed for Boston. The voyage was one of the worst the ship ever encountered, and it took nine days for that crossing twenty-four hours more than usual. Ghazala was thrown on her head against the solid woodwork of the vessel, raising a bunch from which a pint of bruised blood and pus was removed, the skin dragged from her head by the halter, her legs strained and skinned. Reaching Boston she had to be taken to the veterinary hospital in an ambulance. There her injuries were treated, and in ten days she walked over the road to Fall River, her American home, fifty miles away. Here she has had three foals, one of them the beautiful gray stallion Giaour, owned by Chas. A. Stone, Esq., of Plymouth, Massachusetts, and to be shown also at Fall River.

As Ghazala has no foal this year, she will be shown under saddle. At her age—now in her twentieth year—she should not be expected to win over younger mares, as she has been ridden, but little, and has had seven foals.

That she still retains her vitality, same as her mother, is shown by her experience of 1914. February 27th of last year she had a fine filly foal, Guldare, by Segario. June 29, another mare at Interlachen, Rosina, a daughter of Segario, heavy with foal, slipped, fell, and broke her back. As the mare could not be saved, her foal was taken from her, and lived. The problem was to raise the foal. Ghazala's filly being four months old, she was weaned and taught to eat solid food, and Ghazala was compelled to adopt the orphan colt of Rosina. This she consented to, and nursed him until the end of October. She thus was mother and foster-mother to two sturdy youngsters, from February till nearly November 1, and both are fine specimens this year.

Of course, the mare had to be fed pretty well, but she accomplished what was asked of her; and her appearance at the Horse Show in June will prove that no serious injury was done her.

Mildredina Hair Remedy Never Fails

To restore gray hair to its natural color and beauty. No matter how old and faded your hair looks, or how long you have been gray, it will work wonders for you, keep you looking young, promote a luxuriant growth of healthy hair, stop its falling out and positively remove dandruff. Will not soil skin or linen. Will not injure your hair. It is not a dye.

Refuse all substitutes. 50c. a bottle at druggists.

FREE We will send a large bottle of trial bottle FREE by return mail, to anyone who sends this Coupon to American Proprietary Co., with names and address and 10c in silver or stamps to pay postage.

MILK FROM TREES

A remarkable tree of South Africa is that called the cow-tree. It resembles that name because, at certain seasons, it yields an abundant supply of milk. It grows in hilly districts, usually where very little moisture is to be had for several months of the year.

This makes it more singular that a plentiful flow of milky fluid will come from the trunk, on boring into it deeply, though the branches look dried. If the milk is put aside for a time a thick cake forms upon it, under which is a clear liquid. Some of it kept in a bottle well corked up was once preserved for several months. The cork, on being extracted, came out with a loud report, followed by a bluish smoke; the milk was a little acid, but not disagreeable to taste.

The tree bears fruit of moderate size, each containing one or two nuts, which are said to have the flavour of strawberries and cream.

Jokers' Corner

Music Teacher: "Johnny is improving daily in his violin playing."
Johnny's Mother (gratified): "Is that so? We didn't know whether he was improving or we were just getting more used to it."

Professor of Chemistry—If anything should go wrong in this experiment, we and the laboratory with us might be blown sky-high. Come closer, gentlemen, so that you may be better able to follow me.

She (to beggar): "It's a wonder you don't use soap and water once or so in a month."

He: "I have thought of it, mum, but there's so many kinds of soap, an' it's so hard to tell which is and which is not injurious to the skin, that I don't like to take any risk."

In a Scotch country church the other Sunday during the sermon a baby began to cry, and its mother immediately picked it up and began to carry it towards the door. "Stop!" the minister cried out. "Don't go away. The baby is not disturbing me." The mother continued her way to the door with the very audible remark, "Oh, 'e, ain't, ain't, 'e! But you're a-disturbin' of him!"

The widow was taking her first look at the bust of her beloved husband. The clay was still damp. "Pray examine it well, madam," said the sculptor. "If there is anything wrong I can alter it." The widow looked at it with a mixture of sorrow and satisfaction. "It is just like him," said she: "a perfect portrait—his large nose—the sign of goodness." Here she burst into tears. "He was so good! Make the nose a little larger!"

In a Sunday School in a Virginia town there was one little negro girl in the class. The teacher asked each little girl to think of something that she should be thankful for. Each girl told of some special blessing that was hers. When she came to the little negro girl she said:—"Now, Sadie, what is your special blessing?" "Dat my face is black, an' I don't have to wash it but once a week," was the reply.

A son of Erin, who had the misfortune to get mixed up in an accident, was immediately conveyed to a hospital, where it was found that his only injury was a slight wound. The house surgeon carefully examined him, after which he thus stated the case to the nurse:

"As subcutaneous abrasion is not observable, I think there is little reason to apprehend tegumental cicatrization of the wound. What do you think yourself?" he asked Pat, with a mischievous smile.

"Shure, doctor," replied Pat. "you're a wonderful thought reader. You took the very words out of my mouth. I was just going to say that."

AT THE PHONE

Some time ago an office boy answering the telephone for the first in his life, and, not knowing how to use it, was told that, when the bell rang, he was to answer it.

When, therefore, he heard it ring, he picked up the receiver and shouted:—

"Hello! Who's there?"

The answer came back:—

"I'm one hundred and five."

"Go on," said the boy. "It's time you were dead."—Weekly Scotsman.

He was the boss of the shop, and was always nagging his assistants for their failure in the matter of possible sales. One day, hearing an assistant say to a customer. "No, we have not had any for a long time," the boss, unable to restrain such an admission, began to work himself up in his usual rage. Fixing a glassy eye on his assistant, he said to the customer: "We have plenty in reserve, ma'am downstairs." Then the customer looked dazed and then, to the amazement of the boss, burst into laughter and left the shop.

"What did she say to you?" demanded the proprietor to the assistant.

"We haven't had any rain lately!"

Boston and Yarmouth Steamship Co., Ltd

Steamships Prince George and Prince Arthur

Steamers leave Yarmouth Tuesdays, Wednesdays, Fridays and Saturdays at 6.00 p. m. for Boston. Return leave Boston Sundays, Tuesdays, Thursdays and Fridays at 2.00 p. m.

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A. B. WILLIAMS, Agent
Yarmouth, N. S.

Are you Bilious?

Don't let it run too long, it will lead to chronic indigestion. In the meanwhile you suffer from miserable, sick headaches, nervousness, depression and allow complexion. Just try CHAMBERLAIN'S STOMACH & LIVER TABLETS. They relieve fermentation, indigestion—gently but surely cleanse the system and keep the stomach and liver in perfect running order. At all druggists, 25c. or by mail from 11 Chamberlain Medicine Co., Toronto.

DOMINION ATLANTIC RY "LAND OF EVANGELINE ROUTE"

On and after June 8th, 1915, train service on the 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 on 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 for Windsor at 6.40 a.m. 2.30 p.m. and 12.50 p.m. 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 "Yarmouth" leaves St. John 7.00 a. m., leaves Digby 1.45 p. m., arrives at St. John about 5.00, connecting at St. John with Canadian Pacific trains for Montreal and the West.

Boston Service

BOSTON SERVICE
Steamers of the Boston and Yarmouth S.S. Company sail from Yarmouth for Boston after arrival of express train from Halifax and Truro, Tuesdays, Wednesdays, Fridays and Saturdays.

Y. GIFFKINS,
General Manager.

FURNESS SAILINGS

From London	From Halifax
	Messina June 8
	Appennine June 15
June 8	Caterine June 26
From Liverpool	From Halifax
June 8th	Durango June 25

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

H. & S. W. RAILWAY

Accom. Mon. & Fri.	Time Table in effect January 4, 1915	Accom. Mon. & Fri.
Read down.	Stations	Read up.
11.10	Lv. Middleton Ab.	15.45
11.38	" Clarendon "	15.37
11.55	Bridgetown	15.01
12.23	Granville Centre	14.38
12.39	" Granville Ferry	14.21
12.55	" Paradise	14.05
13.15	Ab. Port Wade Lv.	13.45

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WITH ALL POINTS ON H. & S. W.
RAILWAY AND D. A. RAILWAY.

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The Foolishness

of young men who sarcastically say "shortland is girl's work," is refuted by fact that President Wilson wrote in shorthand the celebrated note to Germany and personally transcribed it on his own machine. Not even Mr. Bryan knew its contents until it was read at the Cabinet Meeting. The President's salary is \$75,000 net per year.

Our next term opens September 1st.

Maritime Business College
HALIFAX, N. S.
E. KAULBACH, C. A.