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OR SELF-POISONING"FRUIT-A-LIVES" Absolutely Pre-
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The chief cause of poor health is our neglect of the bowels. Waste matter, instead of passing from the lower intestine regularly every day, is allowed to remain there, generating poisons which are absorbed by the blood.

In other words, a person who is habitually constipated, is poisoning himself. We know now that *Auto-intoxication*, due to non-action of the bowels, is directly responsible for serious Kidney and Bladder Troubles; that it upsets the Stomach, causes Indigestion, Loss of Appetite and Sleeplessness; that chronic Rheumatism, Gout, Pain In The Back, are relieved as soon as the bowels become regular; and that Pimples, Rashes, Eczema and other Skin Affections disappear when "Fruit-a-lives" are taken to correct Constipation.

"Fruit-a-lives" will protect you against Auto-intoxication because this wonderful fruit medicine acts directly on all the eliminating organs. 50c. a box, 6 for \$2.50, trial size 25c. At all dealers or sent on receipt of price by Fruit-a-lives Limited, Ottawa.

If plans of Vancouver garage and automobile establishments are consummated, these places will close at 6 o'clock in the evening and remain closed till 7 in the morning and also close all day Sundays and holidays.

Twelve sticks of high explosive were found on a U. S. freighter just ready to leave Baltimore.

The commission form of government for New York City is suggested for the duration of the war.

A score of Mexican editors are seeing the war activities of the States as U. S. Government guests.

ZODENTA

The Daily use of Ingram's Zodenta in paste or powder—corrects the bad results of eating overcooked, over-sweetened or acid foods.

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BICYCLE GETTING
NEW LEASE OF LIFE
ALL OVER WORLDTwo Big Factors in Revival
of Old Pastime—Economy
in Transportation and
Health Giving
Impetus

The bicycle is not "coming back." It is back.

Dealers are selling bicycles not only to young men, but also to middle-aged and elderly men, and boys and girls as well.

They are asking—everybody is asking—what is the reason for this?

It would be hard to tell exactly, but undoubtedly, the two big factors in this revival of an old pastime, especially in the cities, are the economy in transportation and its health-giving impetus.

The average man can effect a saving of at least \$1 a week in street car fares by riding a bicycle, and, as a general rule, it will get him to his destination quicker, because he can make short cuts. It gives him new health, too, and makes him better acquainted with his city. In a street car, he too frequently breathes impure air, and during the rush hours will be fortunate if he does not have to hang on to a strap. The bicycle gets him direct to where he is going, wherever it may be, whether on a main street, or a side street, or up some alleyway or lane, he can ride right to the door, whereas the street car may take him only part of the way. So in the matter of efficiency the bicycle will beat out the street car nine times in ten.

As regards to health, one has only to look at the khaki-clad soldiers, as they swing jauntily by, to see what effect exercise has on the average man. Notice the bright eye, the buoyant step, the clear complexion, the jovial spirits, and bubbling over of good health and you may realize just what exercise means to the human body.

Nowadays the scheme of things tends to spare men and women, boys and girls from all kinds of physical effort, to make life easy, as it were, all of which unquestionably has a deleterious effect on the constitutions. A few years ago society women of London and Paris, finding that they were going back physically because of the luxuries, the motors and cabs, trams and undergrounds, of modern life, took up horseback exercise to counteract the baneful influence.

Horseback riding is far too expensive for the average person, however, and so the bicycle is "coming back." It fits in exactly to a modern need. It provides exercise of just the sort needed and in the matter in which it can be of most benefit. The whole body is exercised, and the changing scenes, the pure air, the alert mind combine to make the exercise inspiring, pleasant and attractive. Men and women are finding out that a certain amount of vigorous exercise every day is absolutely necessary to the maintenance of good health, and when business and economy can be combined with exercise, the result is most desirable. Hence it is that for these and other reasons bicycle riding is being taken up by ever-increasing number and bids fair to become a craze.

Boys and girls aged from ten to eighteen who ride the bicycle systematically will find that they are laying up health and strength for themselves for life's later years. Hundreds of hard-worked business men of to-day built themselves up physically in the eighties when they were members of bicycle clubs and spent their holidays and Saturday afternoons in long rides out through the country. That is the sort of building up that sticks.

Associated Press
Aberdeen, Scotland, June 15.—The success of an experiment in making paper from sawdust has been practically demonstrated at a large paper mill here. The Aberdeen Evening Express of a recent issue, was printed from paper which contained a large percentage of sawdust.

BAN ASHORE.

By Courier Special Wire
A Canadian Atlantic Port, June 14.—A British liner from a European port for a St. Lawrence Gulf port ran ashore late last night in a dense fog at a point on the southwestern coast of Newfoundland, according to advices received here today. Two fast vessels have been dispatched to her assistance.

Mr. N. A. Robison, of the Customs staff, left for Granton, Ont., last evening, where he was called on account of the death of his uncle, Dr. Lang.

Free "anti-typhoid" inoculation is now offered every United States citizen.



CANADIANS RECOVERATE IN BATH.
Matlock, Bath, Convalescent Hospital in England, used exclusively for Canadian officers. It was opened last month.

GOT A SKINFUL

Paris, June 14.—The position of the latest German effort, after five days of fighting, is described inelegantly, but aptly by a general who has just arrived from the front as follows:

"The Germans got a skinful!"

Military commentators here are unanimous in reporting one more German failure. The enemy has won a strip of territory not without value, but have sacrificed for it precious divisions without at any point attaining his objective, and without bringing him any nearer a decisive result.

Such is also the opinion of Henry Bidou and Col. De Thomasson, who would be the last person to hail a victory prematurely.

DRIVE IN STAYED

With the French Army in France, June 14.—(By the Associated Press)—Five days sufficed to play the German offensive between Montdidier and Noyon, whose objective was Compeigne.

Despite long preparation, the Germans are unable to overcome French resistance and brilliant counter attacks by the Allied troops took back everything of importance which fell into the hands of the enemy during the first rush with large mass of troops. The Germans certainly gained a little ground, but their design failed in its great lines.

To-day there was an unsuccessful German attack west of the Oise, but the battle front elsewhere in this region was calm. This may be a sign that the enemy has renounced further efforts in this direction, and is about to start elsewhere.

Troops who participated in the battle, as well as prisoners, are unanimous in declaring that the German losses throughout the few days were appalling.

The French now occupy a much better line for resistance along this front than before the battle, having straightened out a dangerous salient. The French left wing continues to threaten the German communications.

Both the staff and the troops are full of confidence that they will be able to cope with any further German efforts.

U.S. Naval Secretary Daniels says Falls at the foot of Mount Revelstoke will be opened for traffic by the end of the present month. The Crealey Creek road is open for the tourist road to the Silver Tip summer season.

DIAMOND
CUTTINGIS BEING TAUGHT TO WOUNDED
SOLDIERS.

Brighton, England, June 15.—Correspondence of the Associated Press.

Soldiers who have lost a leg, but whose hands and sight are perfect, are learning diamond cutting and polishing in this Atlantic City of England. They are employed almost exclusively in an industry new to England, and expect before the war is over to compete on a favorable basis with the more highly skilled diamond cutters of Amsterdam and Antwerp, where in pre-war days there was a monopoly of the business. Two large, modern, four-story buildings are being put up which, when completed will employ 1,300 discharged soldiers.

Only ex-soldiers with unimpaired eyesight and perfect control of their fingers are taken, because everything depends on a man's accuracy of vision and control of his hands. Even with these qualities, it takes a man

a lifetime to learn the trade. First, the men pass through a training school. When a man is first admitted, he is put to work on marbles such as he played with when a boy. He cuts up and polishes the marbles as he will later do with the real stones. The marbles are first sawn in half, and then ground into shape on a steel disc. This serves to give him some idea of the finished shape of the real diamond, but it is impossible to get the face even approximately correct, owing to the softness of the marble.

Instead of cutting the 58 facets or surfaces found on the finished brilliant, the men cut six planes on the marble, and afterward grind the base roughly into the shape of the collet or neck. When a man does this skillfully he is given a small diamond to cut, and it is a great day in a man's training when this stage arrives. The feeling that he has a stone worth from \$100 to \$250 in his possession to cut and polish gives him a sense of responsibility.

While undergoing training the men receive no wages, but they receive a government allowance of about \$7 a week. After they have advanced far enough to be entrusted with a diamond, they are put on a wage basis of from \$10 to \$20 a week,

depending on their ability. Their training usually occupies a period of from three to six months.

The Government-owned alk which have for some time past languished at the Colony Farm at Essondale will be removed, not as first intended, to Vancouver Island, but to the Queen Charlottes.

Damage to the amount of \$15,000 was sustained at the Ontario Lumber Company's premises when two dry kilns and the level siding were destroyed by a disastrous fire.

Another 50,000 railroad troops for service in France are being raised across the border.

Lack of white seamen on the coast at Victoria has forced the British authorities to arrange for the manning of the Imperial Munitions Board's wooden steamships by Chinese crews.

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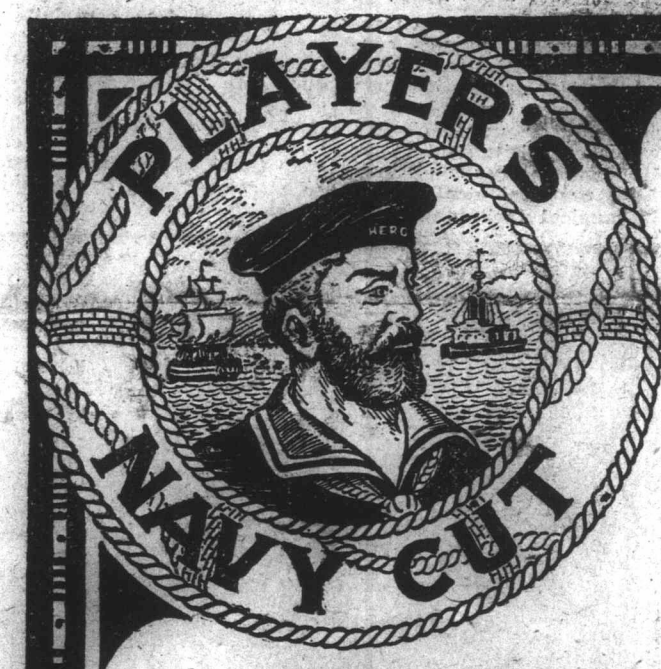
NATIONAL TRUCKS! Are on the
MARKET to STAY!

Some Dealers in this city are intimating that National Trucks will be off the market soon. This is absolutely untrue. The National has Made Good.

Recently we sold John Burrows, the Mover, a 3 1-2 ton Truck, for delivery before May 24th, and he personally inspected the plant. He and others that know, express the utmost confidence in the Truck itself and the men behind it.

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