TORTURED BY RHEUMATISM

Sunday School Supt. Tells How "Fruit-a-tives" Relieved

TORONTO, ONT., Oct. 1st, 1913.

"I have lived in this city for more than 12 years and am well known. *I suffered from Rheumatism*, especially in my hands. I spent a lot of money without any good results. I have taken "Fruit-a-tives" for 18 months now and am pleased to tell you that *I am well*. All the enlargement has not left my hands, and perhaps never will, but the soreness is all gone and I can do any kind of work. I have gained 35 pounds in eighteen months."

R. A. WAUGH.

50c. a box, 6 for $2.50, trial size 25c. At all dealers or direct from Fruit-a-tives Limited, Ottawa.

White Ribbon News.

Woman's Christian Temperance Union first organized in 1874.

AIM.—The protection of the home, the abolition of the liquor traffic and the triumph of Christ's Golden Rule in custom and in law.

MOTTO—For God and Home and Native Land.

BADGE—A knot of White Ribbon.

WATCHWORD—Agitate, educate, organize.

OFFICERS OF WOLFVILLE UNION.

President—Mrs. L. W. Sleep.
1st Vice President—Mrs. G. Cutten.
2nd Vice President—Mrs. R. Reid.
3rd Vice President—Mrs. Geo. Fitch.
Recording Secy—Mrs. W. O. Taylor.
Cor. Secretary—Mrs. L. E. Duncanson.
Treasurer—Mrs. H. Pineo.

SUPERINTENDENTS.

Labrador Work—Mrs. Fielding.
Lumbermen—Mrs. J. Kempton.
Willard Home—Mrs. M. Freeman.
Temperance in Sabbath-schools—Mrs. (Dr.) Brown.
Evangelistic—Mrs. Purves Smith.

Service.

If I can forget my pain in the pain of another,
If my joy can live again in the joy of my brother,
Or if I can be a friend in his time of need,
I shall be glad indeed.

If I can bring him cheer in his time of sorrow,
If I can give him hope of a glad tomorrow,
Or if I can lead him back to his lost faith again,
My life will not be in vain.

If I can give my all nor grudge the giving,
It I can make his life more worth the living,
Or if I can point his soul to sweeter rest,
I shall have given my best.

—MARION BERNICE CRAIG.

Prohibition In Canada.

That the prohibition area in Canada is enlarging, and that prohibition prohibits and hurts the drink traffic is acknowledged by the Wine and Spirit Gazette in this paragraph: Prohibition in Canada has made headway to a large degree. The "dry" area has increased. The annual consumption of spirits is about 4,000,000 gallons, and of beer and wine 26,000,000 gallons, or about 5 gallons per head of population at a yearly cost of $48,000,000. In every part of the Dominion there are extensive areas under prohibition. In Nova Scotia licenses are granted in only two out of 18 counties. Prince Edward Island has no licenses, and in New Brunswick there is prohibition in nine counties out of 14. In Quebec, outside of the large cities, 664 municipalities out of 933 have total prohibition. The greater part of Manitoba is under prohibition. In Ontario the licenses have been reduced from 6,185 in 1874 to less than 3,000 in 1903. Toronto, in 1874, with a population of 60,000 had 503 licenses and now, with 225,000 of population, has only 209 licenses.

WOMEN WHO ARE ALWAYS TIRED

May Find Help in This Letter.

Swan Creek, Mich.—"I cannot speak too highly of your medicine. When through neglect or overwork I get run down and my appetite is poor and I have that weak, languid, always tired feeling, I get a bottle of Lydia E. Pinkham's Vegetable Compound, and it builds me up, gives me strength, and restores me to perfect health again. It is truly a great blessing to women, and I cannot speak too highly of it. I take pleasure in recommending it to others."—Mrs. ANNIE CAMERON, R.F.D., No. 1, Swan Creek, Michigan.

Another Sufferer Relieved.

Hebron, Me.—"Before taking your remedies I was all run down, discouraged and had female weakness. I took Lydia E. Pinkham's Vegetable Compound and used the Sanative Wash, and find today that I am an entirely new woman, ready and willing to do my housework now, where before taking your medicine it was a dread. I try to impress upon the minds of all ailing women I meet the benefits they can derive from your medicines."—Mrs. CHARLES ROWE, R. F. D., No. 1, Hebron, Maine.

If you want special advice write to Lydia E. Pinkham Medicine Co., (confidential) Lynn, Mass. Your letter will be opened, read and answered by a woman and held in strict confidence.

Minard's Liniment Cures Diphtheria

A Terrible Heredity.

A special study of heredity drunkenness has been made by Prof. Pellman, of Bonn University, Germany. His method was to take certain individual cases, a generation or two back. He thus traced the careers of children in all parts of the present German Empire until he was able to present tabulated biographies of the hundreds descended from some original drunkards. Notable among the persons described by Prof. Pellman is Frau Ida Jurka, who was born in 1740, and was a drunkard, a thief and a tramp for the last forty years of her life, which ended in 1800. Her descendants numbered 834, of whom 706 were traced in local records from youth to death. Of the 700 born, 160 were born out of wedlock. There were 144 beggars and 62 more who lived from charity. Of the women, 181 lived disreputable lives. There were in the family 76 convicts, 7 of whom were sentenced for murder. In the period of some seventy five years in almshouses, prisons and correctional institutions this family rolled up a bill of costs amounting to, at least 5,000,000 marks, or about $1,250,000.

The Burdens of Age.

The kidneys seem to be about the first organs to wear out and fail to properly preform their work. The result is a weak, lame, aching back, rheumatic pains and failing eyesight. Many people of advanced years have recovered health and comfort by using Dr. Chase's Kidney-Liver Pills. They ensure the healthy action of liver, kidneys and bowels.

Borrowed Books.

Have you borrowed a book? Read and return it. If you cannot return it soon, return it and trust to your being able to borrow it again. In keeping it for an unreasonable length of time you may be keeping someone else from the pleasure reading it may afford. Look over your shelves and see what you have there that should be returned. The man who should borrow so little as a quarter from a neighbor and fail to return it would not invite respect. Yet it is quite as bad not to return a book or magazine. Who has not had anguish of heart to have some choice, dearly prized volume returned soiled or torn with pages lacking? That 'Tom upset his inkstand,' or 'the baby got hold of it' or similar excuse, does not mend the matter. The borrowed book should be protected from such accidents. What was worth borrowing is certainly worth returning. Certainly it should be clear in your mind that it is not yours, but the property of another.

Of course I believe there is only one real cure for the drink habit, and that is the grace of God. All need to be born again, but the booze fighter doubly so. No law can save him, nothing but regeneration, a new mind. It is the only safe cure. 'Billy' Sunday has got the right end of it in that respect. Let us, at all events, at least be consistent in respect to this drink traffic and laws for its suppression. It is at Ottawa, not at the seats of provincial governments, that we want to begin to suppress the liquor traffic.

DR. A. W. CHASE'S CATARRH POWDER 25c. is sent direct to the diseased parts by the Improved Blower. Heals the ulcers, clears the air passages, stops droppings in the throat and permanently cures Catarrh and Hay Fever. 25c. a box; blower free. Accept no substitutes. All dealers or Edmanson, Bates & Co., Limited, Toronto.

Several Canadian Provincial governments have put close restrictions on intoxicants during the war. Now if these restrictions are good, and I believe they are, during war time, it is bad in peace time.

For a Long Life.

In summing up the rules for producing longevity Sir Herman Weber, M. D., lays down the following regime:

Avoid discontentment and worry. Worry is one of the surest life shortners known.

Rise early and retire early. This is important, for it was practiced for long ages by the ancestors of civilized men and is a natural habit.

Practice moderation in everything, especially in eating.

Breathe pure air, getting plenty of oxygen with every inhalation.

Take regular daily exercise.

Do not sleep more than six, or at most more than seven hours.

Exercise the brain every day.

B the daily.

Practice deliberate and careful control over all the passions, especially over anger, which destroys more tissue than any other passion.

Control nervous fear. Learn to be as unafraid as possible.

We believe MINARD'S LINIMENT is the best: Mathias Foley, Oil City, Ont. Joseph Snow, Norway, Me. Rev. R. O. Armstrong, Mulgrave, N. S. Pierre Landers, Sen., Pokemouche, N. B.

A certain little girl evidently had listened long and earnestly to her mother's discourses upon the obligations of the husband and father, judging from her answer to her school teacher recently. The teacher asked: 'What is the most wonderful thing man has done?'

Mary's hand shot up instantly. The teacher smiled, nodded to the child, and leaned back expectantly.

'Support his family,' piped Mary in her shrillest voice.

A TRIBUTE TO THE COW

Of all the animal creation the best friend to man is the homely cow. As a food producer she is our mainstay and dependence. From the new-born babe to the aged invalid we are all more or less dependent on her for our existence. Her produce commands the highest price in all the best markets of the world. Without her we would be deprived of many of the luxuries of life and not a few of its bare necessities. Without her the infant would cry in vain for sustenance, while the nations of the earth, deprived of her life-sustaining products, would become impoverished and disappear.

In prosperity and in adversity the cow is ever man's best friend. She can be depended upon to do her share in lifting the mortgage from the old homestead. She piles the tables of the rich with rare and costly viands. She paves the way for many a poor farm boy to enter the High school and the agricultural college. She tides the farmer over the hard times and helps boost him into prosperity. When he has fallen into a rut and "a friend in need is a friend indeed," she can be relied upon to come to the rescue and with her produce set him on his feet again. Indeed, it may be truly said that of all the animals that contribute to the support of mankind none rewards us so promptly and so liberally for kindness and food and care as the homely cow.—Our Dumb Animals.

OXYGEN FOR INSANITY

Remarkable Treatment Discovered Used Successfully by French Doctor

A new and extraordinary use for oxygen has been found by Dr. Toulouse, chief physician of the Villejuif Insane Asylum. He finds it a most valuable aid in the treatment of madness.

Dr. Toulouse makes certain that the oxygen in the steel cylinders in which he receives it is pure and free from nitrogen; then he fills small glass flasks with it. A rubber bulb enables him to regulate the pressure in the flasks, and a rubber tube connects these with a fine hypodermic needle. Through this 250 cubic centimetres of oxygen are injected under the skin.

A physician who watched the operation and its effects upon patients says the results are remarkable among patients in a condition of acute mental confusion, who are always greatly improved and often cured entirely by a few injections. The excited and victims of insomnia become calm and lucid.

In cases of acute mania, dementia epileptic fits, and certain cases of melancholia good results have been obtained. The oxygen treatment is now being tried upon other forms of insanity.

A Shire Mare's Fetlocks

Symbiotic mange is produced by the action of parasites. The treatment must be directed to the destruction of the parasites and their eggs. Three dressing at intervals are necessary; but the bedding should be burned, and the floor should be scrubbed with boiling water, caustic soda, and 5 per cent. of carbolic acid. Woodwork, stable brooms, and all utensils used should also be treated similarly. The following dressing well rubbed in legs with a spoke brush, and repeated two or three times at intervals of seven days, will generally effect a cure: One pound of soft soap; simmer over fire in a gallon of water, constantly stirring till dissolved; remove from fire, and add three-quarters of a pint of paraffin oil; stir well till it looks creamy, when it is fit for use.

Notes of Science

The extraction of gasoline from natural gas has become one of the chief adjuncts of the natural gas industry in the United States.

Gluten meal is made from the hard part of the kernel of corn, contains the most protein and is a highly nitrogenous feed.

The old and new processes of linseed meal are about identical in composition, except that the new process contains much less oil.

Nearly 50,000,000 arc light carbons are imported by Great Britain annually.

A motor driven cutting tool has been invented for trimming the edges of wallpaper borders.

Honduras exports much of the sarsaparilla to Russia, where it is used as a tea.

Motor equipment has completely replaced horse-drawn apparatus in the Manila fire department.

Clamps have been patented to prevent a cow kicking or switching her tail while being milked.

Oven is a wonderful baker. That's because the heat flues completely encircle it.

McClary's Kootenay Range satisfies the most exacting cook on every point. Let the McClary dealer demonstrate the fact.

Sold by L. W. SLEEP, Wolfville, N. S.

Advertise in "THE ACADIAN"

EXPLORER'S CIGAR NOT SO VALUABLE

A Conspiracy That Failed—Famous Discoverer Cherishes a Poor Substitute For Good Smoke

Sir Ernest Shackleton was once a very junior officer on a passenger boat, and it happened that on one voyage Lord Rothschild was a passenger. He became quite friendly

SIR ERNEST SHACKLETON

with the young "fourth," and one evening gave him a magnificent cigar. He wrapped it up in silver paper and kept it as a cherished memento of his friendship with the great man.

On subsequent voyages he developed a habit of exhibiting his treasure to favored lady passengers, recounting at the same time how he and Lord Rothschild had been "quite chummy." The chief engineer, a dour old Scotsman, thought he would teach him a lesson, so he conspired with the doctor to steal the cigar and replace it with one of a much inferior kind—in fact, with a weed that had cost him twopence at the last port. They wrapped the imposter carefully in the silver paper and in the silk handkerchief, and they bore the real Rothschild smoke to the chief's cabin.

With a five-shilling cigar in their possession for the first time in their lives, they found it difficult to decide who should have the smoking of it, and so they tossed a coin. The doctor won, and bore his prize off in malicious triumph to his own room, there to enjoy it in solitary state. His triumph was, however, somewhat short-lived, for in five minutes he was back again with the chief, very woefully countenanced and swearing volubly. The Rothschild was a somewhat inferior smoke to that which they had left in its place. Somebody had been before them!

The joke was never divulged aboard that ship, and Shackleton left the line soon afterwards, so that it is remotely possible that the intrepid Antarctic explorer still treasures, in some secret cabinet, a cigar which he believes to have been given him by Rothschild, but which actually was, in its prime, poor value for twopence.

Poultry Cleanliness

Cleanliness is one of the most important factors for poultry-keeping. Dirt means disease, and when disease appears the death-rate is usually high. Houses should be kept clean by sweeping down the walls, by removal of all rubbish, by renewal of the material in nest boxes, and by occasional limewashing. Disinfectants are most valuable, but do not remove the cause. The air in houses must be purified by constant circulation, and plenty of sunlight should reach every part of the house. The soil must be kept sweet by cultivation, or, in the case of small plots, by removal and renewal. All appliances of whatever kind must be kept clean. Parasites cannot live unless the conditions are favorable. Food troughs and waste vessels should be regularly washed in hot water. The body-feathers of fowls must be kept clear of parasites by nature's own method, a dust-bath. The food should be carefully prepared, the birds should be fed regularly and they should receive just as much as they will clear up rapidly.

Better Rubber Foot-gear

An Ohio concern is making rubber boots and shoes by compressing the materials together, claiming that it will prevent cracks and leaks.

Hydro-Electric For Korea

The Japanese government is investigating the possibilities of developing power for the industrial needs of Korea by hydro-electric power.

Kansas has a school district which all women teachers pass up as undesirable because it is infested with rats.

A new bath brush has a cord handle so that it will float.

Peep again in your oven.
See those loaves, those *pleasing* loaves you've made.
How *fat—rounded—substantial.*
No, they *wont* fall when colder.
Because the *Manitoba strength that* is in FIVE ROSES will hold them up till eaten.
This sturdy *elastic* gluten has kept them from dropping *flat* in the oven.
No unsightly holes 'twixt crust and crumb—*never.*
All risen *evenly*—to *stay* risen.
Never heavy—sodden—soggy—indigestible.
Yours are the FIVE ROSES loaves—
Crinkly and *appetizing* of crust.
Golden brown and tender.
Snowy of crumb—*light* as thistledown.
FIVE ROSES helps a lot.
Try it *soon.*

Five Roses Flour

Not Bleached — Not Blended

LAKE OF THE WOODS MILLING COMPANY, LIMITED, MONTREAL

FOR SALE BY WM. C. BLEAKNEY

1916 OVERLANDS
NOW ARRIVING
LOWER PRICE. BETTER CAR.

One Man Top	Electric Starter	Left or Right drive
Demountable Rims	Lights and Horn	Crown Head Guards
Non-skid Ties on rear	High Tension Magneto	Underslung Springs
Lighter weight, full 35 H. P.		

Price Only $1050.00 F.O.B. Hamilton, Ont.

For demonstration and full particulars call up

Wolfville Garage — J. R. Black, Mgr.

At Depth of 160 Feet.

All the mail and silver bullion on board the sunken Empress of Ireland have been recovered as the result of one of the most remarkable feats of deep water salvage ever attempted. When the ship was sunk near the mouth of the St. Lawrence it settled in the soft mud at the bottom of the river, which is 138 feet deep at low tide. She also heeled over at a sharp angle. Because of these conditions the divers were compelled to work at times at the unusual depth of 160 feet.

To familiarize the divers with the arrangement of the ship and the location of the strong box pasteboard models were made and the divers were thoroughly schooled with these before being permitted to undertake the work. As a further precaution the first work that was done by the divers after a hole had been cut in the side of the ship was that of bulkheading all flanking doorways and passageways along the route to be followed inside the ship, so that no diver could go astray or get his hose, life-line, or telephone connections tangled. To furnish as much protection as possible against the cold water each diver was equipped with rupper gloves, which were made thin enough to enable the diver to guide himself when necessary by the sense of touch alone.

All Mothers Need Constant Strength.

THEIR STRENGTH IS TAXED AND THEY ARE VICTIMS OF WEAKNESS AND SUFFERING.

When there is a growing family to care for and the mother falls ill it is a serious matter. Many mothers who are on the go from morning to night, whose work, apparently, is never done, try to disguise their suffering and keep up an appearance of cheerfulness before their family. Only themselves know how they are distressed by backaches and headaches, dragging down pains and nervous weakness; how their nights are often sleepless, and they arise to a new day's work tired, depressed and quite unrefreshed. Such women should know that their sufferings are usually due to lack of good nourishing blood. They should know that the one thing they need above all others to give them new health and strength is rich, red blood, and that, among all medicines, there is none can equal Dr. Williams' Pink Pills for their blood-making, health restoring qualities. Every suffering woman, every woman with a home and family to care for should give these pills a fair trial, for they will keep her in health and strength and make her work easier.

Mrs. G. Strasser, Acton West, Ont., says: 'I am the mother of three children, and after each birth I became terribly run down; I had weak, thin blood, always felt tired and unable to do my housework. After the birth of my third child I seemed to be worse and was very badly run down. I was advised to take Dr. Williams' Pink Pills. I found the greatest benefit from the pills, and so regained my old-time strength. Indeed, after taking them I felt as well as in my girlhood, and could take pleasure in my work. I also used Baby's Own Tablets for my little ones and have found them a splendid medicine for childhood ailments.'

You can get these pills through any medicine dealer or by mail at 50 cents a box or six boxes for $2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

The Grand Duke's Voice.

'The Grand Duke's voice is one of the striking things in his personality,' says the Rt. Rev. Herbert Bury, Anglican Bishop of Northern Europe, in describing a recent interview which he had with the late Commander-in-Chief of the Russian armies.

'His voice is not only very deep, strong, and clear, but it has a peculiar sound and satisfying effect upon the ear,' explains the Bishop, and it seems to me that his soldiers listened to him as though they loved just to hear him speak.

The Grand Duke is a tall man, standing far above everyone else, and he has a very serious, almost sad, expression.

'There are three qualities which I have observed him to possess. He is a man of quick decision in emergencies; he has the faculty of gathering round him the best and strongest men in the country; and he has the modesty and humility which is the mark of real greatness. He has no desire for popularity or applause; he does not care who gets the credit so long as the thing is done.'

The woman visitor to the prison cells was amazed to find such a theory of depravity.

'Do you mean to tell me,' she asked, 'that reading Shakespeare brought you to prison? What works did you read?'

'Romeo and Juliet,' mum,' said No. 411.

'But what evil influence could that have on you.'

'Why, it learned me to be a porch climber, mum.'

General von Bernhardi has gone to the front to prove that the sword is mightier than the pen. His pen helped materially in bringing about the war, probably more than his sword will to end it.

The opal is the only gem that is not successfully counterfeited.

Professional Cards.

DENTISTRY.

Dr. A. J. McKenna
Graduate of Philadelphia Dental College
Office in McKenna Block, Wolfville.
Telephone No. 43.
GAS ADMINISTERED.

C. E. Avery deWitt
M. D., C. M. (McGILL)
One year post graduate study in Europe.
Office hours: 8—10 a. m.; 1—3, 7—9 p. m. Throat work a specialty.
Tel. 81 — University Ave.

W. E. ROSCOE, K. C. — BARRY W. ROSCOE, LL. B.
ROSCOE & ROSCOE
BARRISTERS, SOLICITORS, NOTARIES, ETC.
KENTVILLE - - N. S.

M. R. ELLIOTT
A.B., M.D. (Harvard)
Office at residence of late Dr. Bowles.
Telephone 23.
Office Hours:—8-10 a.m., 1-3, 7-9 p.m.

JOB PRINTING

Neaty and Promptly Executed at

THE ACADIAN

We print Wedding Invitations, Calling Cards, Letter Heads, Note Heads, Statements, Bill Heads, Envelopes, Shipping Tags, Business Cards, Receipt Forms in all the latest styles of type.

DOMINION ATLANTIC RY & STEAMSHIP LINES

TO ST. JOHN VIA DIGBY AND TO BOSTON VIA DOMINION ATLANTIC RY TO YARMOUTH thence Steamers of the BOSTON & YARMOUTH STEAMSHIP COMPANY — YARMOUTH LINE — LAND OF EVANGELINE ROUTE

Wolfville Time Table

Corrected to Sept. 29th, 1915
Service daily, except Sunday.

LEAVING.

Express for Halifax and Truro	6.15 a m
Express for St. John and Yarmouth	9.54 a m
Express for Halifax and Truro	4.15 p m
Express for Kentville	5.54 p m
Express for Annapolis Sat. only	5.54 p m
Accom. for Halifax	12.50 p m
Accom. for Annapolis	1.35 p m

Express trains leaving at 9.54 a.m. daily, except Sunday, and 5.54 p.m. on Saturday only connect at Kentville with C. V. Branch train for Kingsport.

ARRIVING

Express from Kentville	6.15 a m
Express from Annapolis Mon. only	6.15 a m
Express from Halifax & Truro	9.54 am
Express from Yarmouth	4.15 p m
Express from Halifax	5.54 p m
Accom. from Annapolis	12.50 p m
Accom. from Halifax	1.35 p m

ST. JOHN AND DIGBY

Daily Service (Sunday Excepted)

Canadian Pacific Railway S. S. 'Yarmouth' leaves St. John 7.00 a.m. arriving Digby about 10.15 a.m. Leaves Digby 1.50 p. m. arriving St. John 5.00 p.m., making connection at St. John with trains of Canadian Pacific Ry. for Montreal and the West.

Boston Service

Express train leaving at 9.54 a.m. for Yarmouth connects with steamers of the Boston & Yarmouth S. S. Co., Ltd., sailing Wednesdays and Satudays for Boston.

Buffet parlor cars run each way, daily, except Sunday, on Mail Express trains, between Halifax and Yarmouth.

R. U. PARKER
General Passenger Agent,

P. Gifkins, Manager.
Kentville, N. S.

C. PURVES SMITH
M.B.—C.M., Edinburgh
OCULIST.
Consultation Hours: 10 a.m.—12-noon, 2 p.m.—4 p.m.
Monday Excepted. Telephone 163.
Westward avenue, Wolfville, N. S.

E. S. PETERS

wishes to announce that he is now delivering all kinds of

MEATS

Orders sent to Cor. Gaspereau avenue and Prospect street promptly and carefully filled.

Phone No. 124.

COAL! COAL! COAL!

Carefully Screened and Promptly Delivered.

Springhill, Albion Nut and Old Sydney.

GIVE US A TRIAL.

Burgess & Co.

HARD RED BRICKS

the Building Material that has stood the test of time.

Also best of

DRAINING TILE

at fair living prices. 36 6m

Shaw's Brick and Tile Works
AVONPORT

Fine Property for Sale

Consisting of a Large, Convenient House with big Veranda; House almost new. Also Barn with Carriage House, Stable and Manure Shed and Pig Pen combined. Two and one half acres of Land, in good order; all set with Fruit Trees, including Pears, Plums and Apples. 10 minutes walk to Acadia University, Schools, Station or Post Office. For further particulars and terms apply to

E. L. PORTER,
Box 192, Highland avenue, Wolfville

Advertise in THE ACADIAN.