

## New Relief For Constipation, "LES FRUITS"



Physicians agree that with the modern habits of living, constipation is likely to be always with us. They also agree that the constant use of any drug for the relief of constipation is exceedingly unwise—unwise for two reasons. First, a drug constantly used loses its effect and requires a constantly increased dose. Second, because the constant use of any drug is bad anyway.

So the cry is constantly going up from the constipated, "What can we do?" It will be interesting to a great many to know that an answer has been found in the re-discovery of a method which was used with great success by our Forefathers, and in Arabia far back in the twelfth century. The food is called "Les Fruits" because it is composed entirely of figs, dates, prunes, raisins and the leaves of each with the substitution of the Alexandria leaf for the raisin leaf. The taste is pleasant, if not to say delicious, and the effect is exceedingly satisfactory. Try it and be convinced.

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## Tinned Fruits

Pineapple (Sliced).  
Pineapple (Grated).  
Peaches (Whole).  
Peaches (Sliced).  
Cherries (White).  
Apricots (Whole).  
Apricots (Sliced).  
Egg Plums.  
Strawberries.  
Cherries (Black).

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Rose's Lime Juice.  
Rose's L. J. Cordial.  
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Apple Cider.  
Orangeade Powder.  
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Lemonade, Soda Water, Ginger Beer.

## Newman's Port Reviver, a Tonic.

Fort Reviver is composed of the finest concentrated Fruit Juices, is non-alcoholic, contains wonderful fortifying and reviving properties and is strongly recommended for those wishing to retain health and strength.

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## A School System Needed.

Since the article subjoined was published, the St. John's papers give hint of a movement for union schools, amongst the leaders of the Church of England and Methodist and we presume other Protestant bodies that has taken the name of Inter-Denominational Schools. We have not yet seen any clear outline of the features of the proposed change, but we hail it as a sure indication that the establishment of union schools as respects these bodies is only a matter of a brief time, and that we can all hope to see such soon in vigorous operation on a broad practical basis. The things have taken a sudden leap ahead, and our article may be worthy of perusal as a text for reflection.

Just before the Great War broke out this paper purposed writing an article or series of them on Denominational Education. These remarks were deferred as we thought the time opportune for the discussion of the subject till peace should once more be restored. Now that after a longer lapse of time than most of us contemplated, we have been blessed with the gift of an honorable and we hope permanent return to the paths of peace, the question of providing the young with an education that will fit them to discharge their duties as citizens, and to place themselves as individuals and as citizens abreast of the times—always a live one has become more insistent for a proper solution than ever, and more impossible to be downed, and an inquiry into the nature of the system that will furnish the best results more hopeful of a calm dispassionate consideration and the adoption of the best more certain of accomplishment.

We have not the time, nor should there be much need to enlarge on the fact that the union school is a necessity amongst the Protestant population, especially in the outports, if their children are to get the education that will fit them to take their place abreast of the youth of other lands. The war has brought us to face that fact. Nor have we time to do more than express our sense of appreciation of the very great part that the clergy of all the churches have taken in the educational field in Newfoundland, when the lay element as a whole, was unable and perhaps not over-anxious. The lay element is yearly becoming more fitted to undertake the work; but there is great room in our denominational system for the counsel and other assistance of the clerical element that can fill so worthy a role as fellow-citizens.—Hr. Grace Standard.

## From Caproni Bombers

To Passenger-Carrying Capronis.

Of the various large machines employed during the war for long-distance bombing, the Caproni biplane and triplane types appear the most adaptable to civilian flying. Indeed, the Caproni biplane and triplane are already beginning to appear in their peace dress, which means with a suitable closed-in body and seating accommodations for the passengers and pilots.

A converted Caproni triplane is reported to be fitted with seating accommodations for 18 passengers, inside the cabin, and four above in a special compartment which forms the roof of said cabin. The machine is equipped with three engines, two of which drive tractor screws and one a propeller, making something like 1,200 horse-power in all. The seats in the cabin are arranged along the sides, so that the passengers sit facing each other. The windows are of non-breakable glass. Electric lights and other conveniences are included.

A Caproni biplane recently flew from Villacoublay, France, to the Henley Airfield, near London, with a number of passengers. This biplane has been remodeled for passenger service and its closed-in body accommodates eight passengers, while three seats are provided outside for the pilots. The machine carries three engines, which generate some 800 horse-power.

The largest Caproni, however, is a triplane with a passenger-carrying capacity of 30. It has a total wing spread of 96 feet 10 inches, and an overall length of 49 feet 2 inches. It measures 25 feet 8 inches in height. The weight, fully loaded, is about 25,000 pounds; empty, the weight is about 14,000.

The motive power consists of five Isotta Fraschini six-cylinder engines of 260 horse-power each. Two engines drive tractor propellers. The speed of the triplane is about 105 miles an hour. Most interesting of all, however, is the fact that this triplane has a double-deck cabin for accommodating the passengers. The passengers are seated side-by-side on the upper deck, while the lower deck contains, besides accommodations for 22 passengers, a toilet room and a small space where drinks, sandwiches, and other refreshments and food are served. The upper compartment has seating accommodations for eight persons, and is used as a smoking room.—Scientific American.

MINARD'S LINIMENT CURES GARTAIN MOVEMENTS.

## The Eugenic Marriage.

The new Norwegian marriage law came into force on January 1st, 1919. It may not represent the unadulterated eugenic ideal, but it is so great a step towards it as to be almost revolutionary. It contains eighty-one sections, but the following are some of the salient points: A man under 20 and a woman under 18 may not marry without the consent of the authorities. Birth and baptism certificates must be produced before the bans are published. Under certain conditions one or both of the contracting parties may be required to show that they have not been insane. Both must declare in writing that they are not suffering from epilepsy, leprosy, syphilis, or other venereal disease in an infectious form. In the other alternative the subject of any of these diseases must prove that the other party to the marriage contract is cognizant of the fact, and that both parties have been instructed by a doctor as to the dangers of the disease in question. The doctor concerned is not to be tied by professional secrecy and is bound to interfere if he knows that any one of these diseases is being concealed by either side. A written declaration must also be given by the candidates for marriage as to previous marriages and to children born to them out of wedlock. The marriage may be nullified if it is subsequently proved that insanity or any of the above diseases have been concealed, or if an incurable morbid condition, incompatible with married life, exists. Dissolution of the marriage may also be claimed if false declarations have been made or obstacles concealed. Again, if the woman has become pregnant by another man, or if the man has rendered another woman pregnant and this has not been revealed, dissolution of the marriage may be claimed, whether the child of this irregular union be born before or after the marriage; such a claim must be made within six months of the facts becoming known to the claimant. No woman may marry again till ten months after the termination of her previous marriage if she is pregnant at this period. Many other causes are defined as valid for the dissolution of marriage, and it is evident that henceforth in Norway it will often be difficult to marry in haste, and that the facilities for escaping from a hasty, ill-judged marriage will prove to be numerous and varied.—British Medical Journal.

## Some Strange Duels.

In the latter part of the eighteenth century that prince of charlatans, Count Cagliostro, proposed a duel with poisoned pills. The trouble arose because he had called a physician a quack. Cagliostro, on the ground that "a medical controversy should be settled in a medical manner," proposed that two pills, one deadly, the other harmless, should be put in a box and shaken up. Each was to draw a pill and swallow it.

In due course the duel came off. Cagliostro lived. The other man died.

Some years before the war an American student, in Paris, challenged by a Frenchman, chose baseball as his weapon. There was immense cheering, and the American was accused of everything from insanity to cowardice, the latter on the assumption that no one could possibly be hurt by a baseball. But the American, taking his stand at pitcher's distance, threw with such force and accuracy that the flying sphere struck his opponent between the eyes and laid him out flat, though he recovered later on.

A duel with deadly germs was seriously proposed by a Chicago physician in 1916. The preliminaries were arranged, but at the last moment the challenged party shrank from the ordeal.

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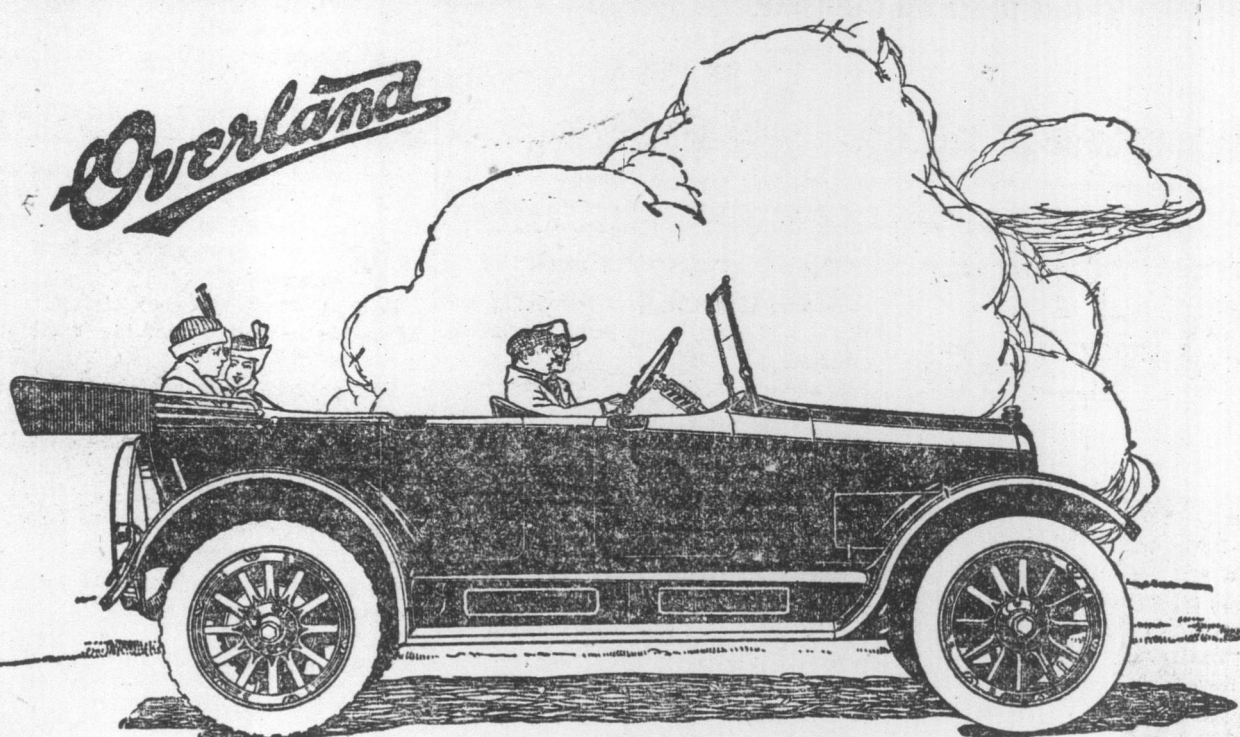
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CITY CHAMBERS.

## Democracy in the U.S.

Suffragists in Washington are burning the speeches of the President as a symbol of their indignation over his failure to do anything to win another vote for the passage of the federal suffrage amendment. For four days the fire had burned unceasingly and no one had been arrested, and suddenly the District of Columbia Police produced out of the dim and dusty recesses of the archives chambers an excuse for arresting women who are calling the attention of the world to the fact that President Wilson is appearing as a prophet of democracy abroad while millions of his own people are still disfranchised.

Eleven women were put in jail, all of them hunger striking as a protest against their illegal imprisonment.

The President continues making speeches about democracies for other countries. The women of America will continue demanding democracy at home. A prison special is scheduled to leave Washington on a three weeks' swing through the country, touching the Atlantic and Pacific coasts, the Gulf and the Lakes.

The recent announcement of Senator Jones, of New Mexico, chairman of the suffrage committee, that women suffrage had been indefinitely postponed, determined the suffragists to send the prison special at once out through the country to inform the people of the persistent refusal of the administration to take effective action to secure the passage of the amendment. The suffrage prisoners will serve to illustrate the fact that jail is the answer which American women get from the administration when they demand freedom.

"From prison to public" will be the slogan under which the 26 prisoners will carry through the country the story of their jail experiences.—Woman's Century.

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