"Fruit-a-tives" Healed His Kidneys and Cured Him

HAGERSVILLE, ONT , Aug. 26th. 1913. "About two years ago, I found my health in a very bad state. My Kid-neys were not doing their work and I was all run down in condition. I felt the need of some good remedy, and having seen "Fruit-a-tives" advertised, I decided to try them. Their effect, I found more than satisfactory.

Their action was mild and the result all that could be expected.

My Kidneys resumed their normal action after I had taken upwards of a dozen boxes, and I regained my oldtime vitality. Today, I am enjoying the best health I have ever had". B. A. KELLY

"Fruit-a-tives" is the greatest Kidney Remedy in the world. It acts on the bowels and skin as well as on the kidneys, and thereby soothes and cures any Kidney soreness.

"Fruit-a-tives" is sold by all dealers at 50c. a box, 6 for \$2 50, trial size 25c. or will be sent on receipt of price by Fruit-a tives Limited, Ottawa.

(By Aubrey Fullerton)

day come very close together, such ions even yet; he hunts for the largquestions as these can hardly be est part of his daily fare; he likes her sons "C. P. R.," in honor of a tinent. Little remains in the way of the way of the construction of the construct avoided. If the pioneer settlers of the wilderness better than the town, great railroad she had heard of and castle or fort or tower-ruined battlethat have taken place, what must thing of the old traditional manner, something good which she thought gallant defences. Thrown tack and because the professional something good which she thought gallant defences. Thrown tack and because the professional something good which she thought gallant defences. these people who are now as aliens There are one or two tribes, in worth commemorating.

read in books and poems that he unchanged from the first type; but was a century or two ago. He is these are few and in very remote very slow to change, and his slow- parts. ness has sometimes been the despair Contact with the white man has of those who have tried to teach not always been good for the Inhim, but nevertheless he is a good dians. The traders who have taken way removed from the days of his merchandise to them have sometimes savagery. The life of the white man shown them bad examples, and the all around him has had its effect on childlike people of the north have him, and he himself does not yet copied their vices as well as bought realize how great that effect has their wares. To undo this harm and

day—with the crude, wilderness life worked among them, even to the of his savage ancestors on one side bounds of the sub-Arctics; and as a ge going to continue a sufferent that number. Forty thousand visitis no better place to see him than or from skins to woolen suits, have line Tablets. in his original haunts. Yet even modern homes, schools and churches, undigested food, headaches, dizziness pathway between England and the

Montagnais tribes are their near by side with the old ways and beneighbors. In the Mackenzie terri- liefs that still persist. There are will taste good, because your stom-wyan tribes. The Blackfeet and few of the tribal chiefs are among and miserable days for you. Tonoline Crees are perhaps the best-known the leaders of the new life. There is Tablets freshen you and make you tribal divisions, and their settle- still a great weight of darkness and feel like life is worth living. ments are scattered over a large ignorance, but the leaven is at work. The days' treatment. At druggists part of the Western wilderness. Fur- The Indian of the North is chang- or mailed by American Proprietary

now sees frame houses, that often, it north is too poor and cold. is true, are only the crudest kind of shacks, but sometimes are very neat and well-kept homes that represent a great change from tepes days. But tribal qualities and differences. Those

the tepee has not yet been abandoned by the Indians. They live in it when they go to their Summer encampments and in some of the settlements, to which the white man's settlement has not yet made its way. It is their permanent dwelling, as it was of old. They have also adopted the white man's clothing and both are drawing them.

ily, and we cannot expect that the a laughter-loving people, while Dog Indians should make quick changes. Ribs and Bloods are sullen and mo-The wonder is that they have come rose. Most Indians are openly or as far our way as they have. But secretly pleased when a white man is now that they have tasted of the in perplexity. The Pacific Coast seemingly unable to, do without "potlach," a festival at which they them, and therefore are very largely dependent upon the men who supply them with the wares they have are totem-pole artists. The Vancouvwho take great quantities of merto satisfy, they are liberal buyers, rage. The Athabascans are ardent purchases are more valuable that money. This, then, is another of the Out of Old Ways Into New changes as great as the change in their dwellings; that the Indians of grow out of the country. the far West and North, who used to Though many different people are eat only what they themselves huntnow making their homes among us, ed for, and clothes themselves in it is still of the greatest interest skin garments of their own making, to see how the Indians-the first are now buying our flour and sugar settlers in America-are fitting into and canned things and are wearing the life of today in the country that clothes after the white man's pattern. was once all their own. The romance What is more, they are buying such hees; Medicine Calf was a chief of of their old-time life has largely other wares as sewing machines and the prairie clans, and Philip Backfat, gone, but this has taken its place. gramaphones, and these two emblems Joe Twining Robe and A. White Elk What must all our busy coming of industry and art are now to be were names signed a few months sorts, a leaven of invalids, convaand going, our building and work- seen and heard in not a few of the ing, seem to the Indian, who looks Indian homes in the northern wilder-

in their own land think about it? fact, that are said to be living even

If one would see the American In- Christian missionaries have gone to

ther south, towards the international ing, too in his occupations. Once he Co., Boston, Mass. boundary, are the Sioux, Stony and was a hunter only; but now he helps Sarcee tribes, while along the Pa- in the navigation of the northern cific Coast are the Songhees, the Ba-, rivers, serves as a freight-carrier, bines, and a number of smallen and in Alaska is very successfully tribes. All these various divisions herding reindeer. He is invaluable in mean something, but the differences "packing" over the portages, which between the tribes are merely family means carrying boat freight over the differences, after all, and the whole land between one water and anoth-Indian population of "the last West" er. At such work he takes a load of may fairly be considered as one peo- two hundred pounds on his back ple. In general, too, they are feel- uncomplainingly, sometimes for the City Maker," descriptive of the about the close packed rows of bathing in much the same way the influmiles. But his chief work is still every day life of a particular coling-machines. Now and then a crisp, ences and impulses of the changing that of a hunter and trapper, at

which he averages an income of from story, "Ooming-munk," a dramatic before he gets fifty feet or so on account of the killing of a musk ox his way across the North Sea he is the fer North which is above. their life and habits is that in their lars a year. He is not as industri- in the far North, which is characteristic large and habits is that in their lars a year. He is not as industridwellings and the way in which they 'ous by nature as might be desired, dwellings and the way in which they ous by nature as might be desired, was Houghton's story "His First a small boat. They tame any adender of Indian and he is proverbially improvident, Polar Bear" in the December issue. villages as they used to be, with for which reason he very often runs R. J. Fraser writes of "Four Sail- blast from the small horn they car- consulates in Berlin. Ultimately she long rows of tepees and people cloth- short of food. Unlike the Indians of winter trip by dog team from Coch- hotels and places of amusement, Os- with and East, he can do no ed in skins and feathers, no longer the South and East, he can do no fit the average case. Instead, one farming, for the soil of the far

CLEANS-DISINFECTS

and food, with certain modifications, of the Peace River country have such which often give very odd effects, It an ideal of politeness that they is this changing from their way to will not eat in the presence of white ours that makes them so thoroughly men until the latter have taken a interesting at the present time; they mouthful. They have, too, a proare between the oid and the new, found respect for a letter, believing that there is magic in the marks on Old ways never are given up eas- a piece of white paper. The Crees are white man's good things, they are tribes are strangely fond of the compete at giving things away. Those of the Alaskan coast country learned to like so well. The traders, er Island Indians have a practice of binding their infants' skulls to give chandise into the North every year, a long pear-shape, that they specialjust to sell to the Indians, find it a ly admire. The Montagn - Pribe is very profitable trade, for, although particularly gentle and submissive the red men are sometimes very hard and more intelligent than the aveand the furs which they pay for their lovers of the trail, every turn of which is known to them and its littlest details. And so on, with a thousand other distinctions that The names that the redmen of the

Western North are known by are of interest, too. Jimmie Etchoogah, Charlbogin Etzeeah and Tatateecha Cadetlocn are fair samples of the names in the Slavi tribe; Mathias Joe Capilano is a chief of the Song-

In his iefforts to bridge over the The Indian has changed, too. He is now in the most primitive way, unnot quite the same today as we have touched by the modern spirit and ure, the Indian, quite naturally, is some curious results, at which we are very apt to smile; but he is slowly getting nearer to our own stan- famine. Today may best see the contrast between the old and the new, and how day the North Sea beats a fruitless cities of Europe, and spreading the the native redmen are passing out of assault against the best constructed net for indiscreet attaches and mili-

burn, or Gas on Stomach

January Rod and Gun

January Rod and Gun in Canada, sents a beaver family, was specially swimming is the last thing thought designed to illustrate a story by H. of. One has to go out so far and Mortimer Batten entitled "Ahmisk away from the jolly scenes in and ony of beavers. Frank Houghton athletic Englishman or young Amercontributes another Carl Erricson ican ventures out over his head, but

rane to Rupert House.

OSTEND

A FAMOUS PLEASURE RESORT.

Ostend is one of the cities that has been much in the public eye since the wur began, particularly when it was first taken possession of by the Germans. Possibly our readers may be interested in knowing something of this famous wateringplace in Belgium. The following descriptive sketch is from the Travel Magazine:-

"Ostend draws to itself in the number of quiet, domestic families ventures with unlined purse-go to ly and easily for the purchase of conduct of the present war, says gium couples, go to look on, and pageants as much as the actors in acted as advance scouts to the Gerit; more, perhaps, to judge from the man cavalry when advancing. Gerthe morning, watching the bathers, evening promenade to gaze through quisitely gowned guests dining in the observing entrainments and detrain-

glow of the candle light. "Ostend is for pleasure only and is synonymous all over Europe with ling to a German patrol one night, the 'joy of hiving,' for it has not, like so many of the continental reon and says but little, though per- ness. Who can tell what shall be the keep liquor away from them. These no reason for existence except the haps he thinks a great deal! How effect of such innovations even as names and most others among the present-day habit of regarding Sumwould he like to have a part in it? And still the Indian has not forwould be like to have a part in it? And still the Indian has not forIn the West, where the old frontier gotten his old tastes. He wears his life and the new pulsing life of tolife and the new pulsing life of to- paint and feathers on great occas-

grow rich and prosperous under the paternal government of Belgium. highly important today, it grew dued constantly by attack, siege and dards. Meanwhile, it is away up in the walls have disappeared, but

second seaport of Belgium-it swells much-the crime is too great." of him and the new, busy life of result transformations far greater from indigestion, dyspepsia or outthe white man on the other—there and better than from tepee to house, of how soon you begin taking Tono of how soon you begin taking Tono- to revel in the Summer life by the servitude for communicating naval sea. They come principally from secrets to a foreign power, the case in the farther North-West, up in the been effected. Sixty years ago Port People with weak stomachs should Belgium, Germany and France, the top country of Western Canada and Simpson, on the North Pacific coast, take Tonoline Tablets occasionally, Germans seemingly in the majority. Alaska. That is the last place on the was a nest of barbarism and savcontinent where, on a really large agery; today it is a civilized settlescale, the red man is still at home ment, still chiefly Indian, but with ings, gas on stomach, or belching of European travel. Directly on the there the new life is coming in upon and its people are happy and proshim, and we see many curious but perous. In another Indian town the you eat will not ferment and poison was bound to attract thousands encouraging transformations changing order is shown by a line and the symptoms resulting from a Germany, Italy, Austria and the far Indian life is undergoing as a reasonable of the symptoms resulting from a Germany, Italy, Austria and the far that Indian life is undergoing as a running through it, on one side of sour, out-of-order stomach and dys- East. What travelled or even hurried which is the Christian settlement pepsia are generally relieved five min- tourist could withstand the temptawhich is the Christian settlement which is the Christian settlement are generally relieved five minding the temptation of a broad, glistening, white tar sensation, when it was discovered to the finest, clean white sand, some years ago that Germany possions of the Eskimo country, ement. All over the western north box of Tonoline Tablets and you stored the finest, clean white sand, some years ago that Germany possions of the Eskimo country, ement. All over the western north are the Löchoux Indians, and the are marks of the better change, side ous, that makes it the topic of was quickly shown the way back to travel, talk and reminiscences is the Berlin. morning life on the sands. This morpublished by W. J. Taylor Limited, comers to get a bathing-house, and Publisher, Woodstock, Ont., is out ever gazing at the bewitching and and is a particularly attractive fascinating costumes that have made number. The cover cut, which repre- Ostend famous the world over. Real

taken, watching the efforts of lateterized by the same quaint humor as frantic gestures of two guardians in trial how, at the end of 1912, she tend is a fine solid city, but not un- stole and gave her drawings of some Other stories and articles there like a hundred other European cit-machinery in a German warship. One are and the regular departments to ies. One does not go to Ostend in of her letters fell into the hands of

HOW BRITISH PLANS HAVE BEEN REVEALED TO THE ENEMY.

During the Present War a Large Part of the German Espionage System Has Been Maintained by Women -One In the Battle of the Aisne Was Caught Signalling With a Lamp-Another Used Motor Car. "I have one cook and a hundred

spies," said Frederick the Great on one occasion; and Germany has month of August all the world and never forgotten the lesson he taught. his wife kings and princes, grand Their Secret Service is one of the dukes with yachts and reputations, most wonderful organizations in the wealthy Germans and French, young world. They spend nearly one mil-Englishmen over for a lark, a sprink- lion a year in paying their spies, the ling of Americans and a goodly pay ranging from \$50 to \$100 a gets full value for this outlay is, of with their children. Those with course, rather difficult to say, but pockets full-and woe betide him who there is no doubt that her system of espionage is wonderfully organized. Our Press Bureau has warned us

spend, to let the gold flow out quick- that it is playing a large part in the merriment, of excitement, of all the London Tit-Bits. Men in plain pleasures which exist where life goes clothes signal to the German lines vivaciously and swiftly. Those with enemy, by means of colored lights small pockets, the week-enders from at night and puffs of smoke from London or the little bourgeois Bel- chimneys by day. Laborers working in the fields between the armies have been detected conveying information, they seem to enjoy the Summer and persons in plain clothes have man officers in plain clothes or in crowd of onlookers on the beach in French or English uniforms have remained in localities evacuated by and the groups which stop in their the Germans in order to furnish them with intelligence. Women spies have also been

the huge wide open windows of the caught, and secret female agents hotels at the immaculate and ex- have been found at railway bases, ments. Only a few days ago, during the great battle of the Aisne, a woman was caught in a village signalby means of an electric flash-lamp, from a window, while no little satisfaction has been expressed by French and English officers on account of forces in France. This woman, who

tled down at last only since 1830 to tic servant, the seemingly innocent proprietress of a small cafe, sweet With its fisheries and trade both barmaid, the governess, the teacher -all are engaged whenever possible they are able to gather.

Some of these women, the prettiest the top corner of the continent that there have arisen palaces and castles and most fascinating, are furnished of pleasure for the troop of sight- with the means of setting up luxurseeking invaders, the only enemy. To- jous establishments in the principal

brick and stone promenade of all tary and naval officers. to help them into a better life, First Dose Ends Indigestion, Heart- ous town of about 45,000 inhabi- eign country. Because I believe that, tants, busy with their fisheries and I am going to show some sort of their commerce for Ostend is the leniency for you; but it cannot be intrudes itself into Australian Eng-

providing a striking illustration of how women employed as spies go to work to secure naval and military

ance of a woman at a music hall, and immediately became one of her most fact, that he forgot his duty and complied with her wishes when she asked him to provide her with in-

Every one promenades, and a dozen with whom she danced and flirted times a day one observes and is ob- was in reality a German spy, who served frenkly, openly in the conti- was using her powers of fascination nental way. But the lure of Ostend, to extract secret information from the feature that has made it fam- her admirers. Needless to say, she

All countries spy, however, alning bath is a frolic. Every one though our Secret Service system keeps to the shallow water, splash- and that of France, Russia and other ing merriment, having one's picture powers cannot be said to be as perfect as that of Germany. Moreover, the latter seem more alert in the own country. In May last no little sensation was caused in Berlin by the sentencing of Rosa Langstein to two years and six months' penal servitude for admitted betrayal of mili-

A Bohemian by birth, she was employed as a lady clerk in business houses in Frankfort, Berlin and other cities, and, being in need of

MERELY A TRUCE.

When War Ends Militants Will Again Take Up Fight For Votes. That the militant suffragists of England have merely declared a

truce and that they haven't the vaguest idea of "calling everything off" permanently is emphatically stated by Mrs. Pankhurst in a recently published book of which she is the

"The militancy of men through all the centuries has drenched the world with blood, and for these deeds of horror and destruction men have een rewarded with monuments, with great songs and with epics," writes Mrs. Pankhurst.

"The militancy of women has harmed no human life save the lives of those who fought the battle of righteousness. Time alone will reveal what reward will be allotted to the women.

"This we know, that in the black hour that has just struck Europe the men are turning to their women and calling on them to take up the work of keeping civilization alive. Through all the harvest fields, in orchards and vineyards women are keeping open the shops, they are driving trucks and trams and altogether attending to a multitude of business.

"When the remnants of the armies return, when the commerce of Europe is resumed by men, will they forget the part the women so nobly played? Will they forget in England how women in all ranks of life put aside their own interests and organized, not only to nurse the wounded, care for the destitute, comfort the sick and lonely, but actually to maintain the existence of the nation? Thus far, it must be admitted, there are few indications that the English Government is mindful of the unselfish devotion manifested by the women Thus far all Government schemes for overcoming unemployment have been directed towards the unemployment of men. The work of women, making garments, etc., has in some cases

been taken away. "The struggle for the full enfranchisement of women has not been abandoned; it has simply, for the moment, been placed in abeyance. When the clash of arms ceases, when normal, peaceful, rational society resumes its functions, the demand will again be made. If it is not quickly granted, then once more the women will take up the arms they to-day generously lay down. There can be no real peace in the world until woman, the mother half of the human family, is given liberty in the councils of the world."

Confusion of Tongues.

The British Tommy Atkins is hard avorage. If the pioneer settlers of the wilderness better than the town, even thirty or forty years ago can and he keeps the festivals and obput to it these days to know which with difficulty realize the changes serves the tribal ceremonies in somecorporal who met a new kind of foreigner on French soil and demanded his nationality.

"Hungarian," came the answer. "'Ungarian, are yer? Well, I'm blowed if I know whether ter 'ug yer ring the middle ages although visit- in Germany's Secret Service, and are to me bosom or knock yer bally paid according to the information block off," remarked the perplexed defender of the Union Jack.

Many are the stories of the em barrassing confusion of tongues among the allies-French, Flemish, Russian, Servian, Indian (three brands) and several species of English. For it is rare that a Londoner Curope.

"I believe you were trapped by a its unalloyed purity, or the Cornish woman who is the agent of some forbrought, while Wales offers many woman who is the agent of some forbrought, while wales offers many woman who is the agent of some forbrought, while wales offers many woman who is the agent of some forbrought, while wales offers many woman who is the agent of some forbrought, while wales offers many woman who is the agent of some forbrought, while wales offers many woman who is the agent of some forbrought, while wales offers many woman who is the agent of some forbrought, while wales offers many woman who is the agent of some forbrought, while wales offers many woman who is the agent of some forbrought, while wales offers many woman who is the agent of some forbrought, while wales offers many woman who is the agent of some forbrought, while wales offers many woman who is the agent of some forbrought. and the queer mixture of Macri that lish, or of Boer Dutch that sicklies

> Churchill's Ready Wit. The ready wit of Mr. Winston

Churchill has greatly enhanced his popularity on the public platform. d his ability is shown in his dealing with interrupters, rude and otherwise. On one occasion, when addressing a large public meeting, he was frequently disturbed by a man shouting "Liar! liar!" Mr. Churchill bore with him for a time, but eventually broke off his speech to remark, formation regarding secrets of the in the gentlest accents: "If the gentleman at the back of the hall who is so anxious that this audience

> Sick Headachesare not caused by anything wrong in the head, but by constipation, bilious-ness and indigestion. Headache powders or tablets may deaden, but cannot cure them. Dr. Morse's Indian Root Pills do cure sick headache in the sensible way by removing the constipation or sick stomach which caused them. Dr. Morse's ndian Root Pills are purely vegetable, free from any harmful drug,

adache coming take Dr. Morse's 'ndian Root Pilla

Lconomy

If you neglect to now educate your boy he will be na when peace is declared. Morethan ever before will the young men require to be able to act promptly and wisely. Do not delay. Train him now at the

Maritime **Business College** Halifax, N. S. Kaulbach, C. A,

is not to be cured by harsh purga-tives; they rather aggravate the trouble. For a gentle, but sure laxative, use Chamberlain's Stomach and Liver Tablets. The:



TABLETS



LAND OF EVANGELINE ROUTE

On and after November 3rd, 1914, train services on this railway is as

Express for Yarmouth, 11.57 a. m. Express for Halifax 2.00 p.m. Accom, for Halifax7.40 a. m. Accom, for Annapolis6.05 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 7.50 a.m., and from Truro at 6.40 a.m., 2.30 p.m., and 12.50 noon, con-for Truro at 7.05 a.m. 6.16 p.m. and 7.30 a.m. and from Truro at 6.45 a.m., 2.30 p.m., and 12.25 noon, connecting at Truro with trains of the Intercolonial Railway, and at Winds sor with express trains to and from Halifax and Yarmouth.

Buffet Parlor Car service on Mail Express between Halifax and Yar-

St. John - Digby

DAILY SERVICE (Sunday Excepted)

Canadian Pacific Steamship "YAR-MOUTH" leaves St. John 7.00 a.m. leaves Digby 1.45 p.m., arrives in St. John about 5.00 connecting at St. John with Canadian Pacific trains

Boston Service

for Montreal and the West.

Steamers of the Boston & Yarmouth S. S. Company sail from Yarmouth for Boston after arrival of Express train from Halifax and Truro, Wednesdays and Saturdays.

> P. GIFKINS, General Manager,

Accom.	Time Table in effect	Accom.
Mon. & Fri.	June 22, 1914	Mon. & Fri
Read down. 11.10 11.38 11.55 12.23 12.89 12.55 13.15	Stations Lv. Middleton Ar. Clarence Bridgetown Granville Centre Granville Ferry * Karsdale Ar. Port Wade Lv.	14.21 14.05

Flag Stations. Trains stop on signa CONNECTION AT MIDDLETON WITH ALL POINTS ON H. & S.W.RY AND D. A RY.

P. MOONEY General Freight and Passenger Agent

FURNESS SAILINGS

From London From Halifax Sachem - Start Point Jan. 20 Jan. 7th Sagamore Jan. 29 For Halifax From Liverpool Via Newfoundland

Jan. 12 Durango Jan. 6 Queen Wilhelmina Jan. 27 Tebasco Feb. 8

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

ndicaped Boston and Yarmouth Steamship Co., Ltd

Two Trips per week in each direction between Yarmouth and Boston Steamers leave Yarmouth Wednesdays, and Satur days at 6.00 p.m. for Boston. Leave Boston Tuesdays, and Fridays at 1.00 p. m. for Yarmouth, Tickets and Staterooms at Wharf Office

A. B. WILLIAMS, Agent