

NO MORE KIDNEY TROUBLE

Since He Commenced To Take "Fruit-a-Lives"

75 LANS AVE., OTTAWA, ONT.
Three years ago I began to feel run-down and tired, and suffered very much from *kidney and bladder trouble*. Having read of "Fruit-a-lives", I thought I would try them. The result was surprising.
I have not had an hour's sickness since I commenced using "Fruit-a-lives", and I know now what I have not known for a good many years—that is, the blessing of a healthy body and clear thinking brain.
WALTER J. MARRIOTT.
Age 40, 6 for \$2.50, trial size 25c. At all dealers or sent postpaid on receipt of price by Fruit-a-lives Limited, Ottawa.

White Ribbon News.

Women's Christian Temperance Union first organized in 1874.
Aim—The protection of the home, the education of the young, and the triumph of Christ's Golden Rule in custom and in law.

Motto—For God and Home and Native Land.
Bacon—A knot of White Ribbon.
Watchword—Austerity, education, or grace.

Officers of Wolfville Union.
President—Mrs. L. W. Sheep.
1st Vice President—Mrs. Irene Fitch.
2nd Vice President—Mrs. G. Miller.
Recording Secy.—Mrs. W. O. Taylor.
Cor. Secretary—Mrs. Ernest Redden.
Treasurer—Mrs. H. F. Fitch.

White-Marked Tussock Moth.

A severe outbreak of this insect pest is indicated by the large number of the white egg-masses scattered over the trunks and branches of shade trees in many of our eastern towns and cities. The habits of this injurious insect and the most effective methods for its control are discussed in Circular No. 1, recently issued by the Entomological Branch of the Department of Agriculture, written by Messrs. J. M. Swaine and G. N. Swaine.

The species is native to this country and occurs particularly in extensive outbreaks in the regions bordering the Great Lakes, the St. Lawrence river and near the Atlantic coast. It is notably a pest of cities and towns, but it is injurious everywhere to shade trees in times of abundance, and it is also an important enemy of apple trees, since, in addition to defoliating the trees, the caterpillars feed upon and destroy the young fruit.

The details of the control methods as applied to both shade trees and apple trees are discussed in detail in Circular No. 1, which is available free on application to Agriculture Canada, Ottawa, and requests for the circular may be mailed free. All inquiries regarding insect pests should be addressed to the Dominion Entomologist, Department of Agriculture, Ottawa, and no postage is required on letters.

A Builder of Health.

Nothing can be greater assistance in building up the system than Dr. Chase's Nerve Food, for this food-cure forms new, rich blood, and nourishes and restores the feeble, wasted nerve cells. Gradually and naturally the body and mind regain vigor and energy, and you feel again the joy of living which comes only to people in good health.

German Piety.

From a Sermon by a London Pastor quoted by the London Chronicle:
Our Divine Redeemer is a lover of peace, and no peace can be lasting except one that brings us to God, the living regions of Love and Mercy, and hence for our duty to serve as instruments starting points in any event with England. The latter, our Tipton, a man after Christ's own heart, can assure us. He may be appropriately styled the Wartime Nazarene, who ardent patriotism is only equalled by this devotion of his Divine Master.

Whoppers.

Two soldiers, an Irishman and an Englishman, having met in Flanders, began to talk of the halibut which escapes they had in battle.
"Well," said the Englishman, "one day, in the height of an engagement, a shell took the hair off my head. Now, what do you think of that for a haircut?"
"Sure," said Pat, "when I was in a battle a bullet from one of them Maxims whizzed by me and took off every hair of my face. What do you think of that for a close shave?"

Piles.

Do not suffer from itching, bleeding piles. No matter how long they have been there, Dr. Chase's Ointment will cure you. It is a complete cure for all kinds of piles, hemorrhoids, and all other ailments of the rectum. Sample box free from Dr. Chase's Ointment Co., Brockville, Ont.

Children Cry FOR FLETCHER'S CASTORIA.

Any man who sits around and waits for an easy job is a greater liability than a man who works.

THE ROMANCE OF THE RED TRIANGLE

What the Y.M.C.A. is Doing for Our Soldier Boys

By WILLIAM LEWIS REMOND.

When, during the years, decades and centuries following the close of the war, historians write their volumes regarding it there will, doubtless, be differences of opinion as to its causes and its effects. But there will be no doubt, be one feature in connection with the great war upon which there can scarcely be any difference of opinion regarding its potency and value.

And that, particular feature is the part the Y.M.C.A. played in catering to the spiritual and temporal welfare of the valiant soldiers, no matter from what clime, country or hemisphere they came or what creed they professed, who took up arms in defence of liberty, home, justice and democracy.

Just as in no previous age, ancient or modern, has there been a war approaching in magnitude that now being waged, so it can with equal truth be said that never in all previous wars has there been a work in connection with the welfare of the soldiers engaged in the conflict so far-reaching in magnitude that which is now being carried on by the Y.M.C.A. organization.

Wherever the soldier boy goes in response to the call of duty, "Y" men follow close upon his heels, and where

Canadian Ladies Helping The Allies

Ladies of McGill University Women's Union making surgical dressings of Spangnum Moss.

(Reading from Left to Right)—Mrs. E. Palmer, Mrs. A. Stevenson, Mrs. C. MacFarlane, Miss McLaughlin, Mrs. R. Starks, Mrs. E. Brown, Miss Neilson, Mrs. Willey, Miss Gairdner, Mrs. A. McGoun, Mrs. Nicholson, Miss Lamb, Mrs. Thornton.

SPANGNUM Moss, to which attention has been drawn by the late James Smith, the American Spangnum Moss expert, is one of Canada's natural resources, one great value of which has been brought to light by the war. The use of moss in surgical dressings dates at least as far back as the Napoleonic wars, but the demand for and extensive use of Spangnum Moss did not materialize until 1915, and even in the business of 1916 its use was in the experimental stage. So great has become the demand that Great Britain is no longer able to fill it, and Canada and the United States are now being actively exploited for this highly absorbent dressing.

The first effective work on this side of the Atlantic was initiated by Professor Porter of McGill University, who secured samples of various qualities of moss from the British authorities in 1915 and then explored the moss of Eastern Nova Scotia until he was able to locate supplies of material which the same authorities accepted as "perfect." The first shipment of moss sent overseas was made up from this moss in the autumn of 1916 by the Red Cross of Guyanah, Nova Scotia.

Since then the industry has developed steadily. The McGill University Women's Union established a special department in a large laboratory very generously placed at their disposal by the University Medical School in the autumn of 1915, and from that day until this has been preparing moss and shipping dressings.

Another important function of this organization has been to make up experimental spangnum dressings of moss to try out the different qualities of Canadian material under varying conditions.

During the winter of 1917 another work room was started at Dalhousie University, Halifax, and the Canadian Red Cross has since then been planning for hospitals overseas and preparing to open working centres on a large scale. Unfortunately the changes in the Atlantic shipping situation which resulted from unrestricted submarine warfare necessitated a temporary check, but the work of exploration and development was continued.

The late Mr. Harry James Smith of New York, who has been interested in the possibilities of spangnum as a dressing material all his life, was one of the first to see the value of this material.

During the last two or three months the demand for dressings has increased to such an extent that the Canadian Red Cross has decided to start production on a large scale, and the American Red Cross is organizing for an immense output for the use of their own and the French hospitals.

No moss can be procured in the east until the snow melts, and the moss that is procured in the west is also found on the Pacific coast. Mr. Smith, with the help of the Canadian Spangnum Committee, procured a car of Vancouver Island moss in the winter, and this carload (which Mr. Smith had for out of his own pocket) proved so satisfactory that he went to Seattle early in March to organize the industry in the north-west.

During the three and a half years of its existence the Union has expended nearly \$1,000 on the purchase of high grade materials, which have been made up by its members into socks, caps, mufflers, pajamas, shirts, etc., a total of about 2,000 articles of clothing alone, to say nothing of an immense number of spangnum dressings, etc.

The organizer and first president of the Union was Mrs. H. Walter; since then the chair has been filled successively by Mrs. E. B. Howard, Mrs. J. A. Porter and Mrs. J. W. Ross, the Committee of the Union was organized in 1914 under the chairmanship of Mrs. H. Walter, and its present chair is Mrs. J. A. Porter. The Treasurer of the Union is Mrs. A. McGoun and the Secretary is Mrs. A. Willey. Any correspondence regarding the work of the Union should be addressed to the Secretary, Mrs. A. Willey, 100 St. James Street, Montreal.

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Due to the great variations in the qualities of different kinds of spangnum, and the fact that different species grow very much intermixed, the material has to be collected by people who have been trained to know good moss from bad, and even an experienced collector will often have difficulty in deciding just what to take and what to leave when he first visits a new locality.

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First class material has been found in the west, and equally good moss grows plentifully in the far West—as, for example, on the west coast of Vancouver Island—but little or no first class material has been found in the interior of Canada and the moss is likely to be found close to the margins of the ponds, and some of the best material all that was once a small pond. Before any attempt is made to collect moss in quantities all of the moss in the district should be examined with a view to locating the largest supplies of good material, and this preliminary examination should be made by persons who have had previous experience in collecting spangnum.

Due to the great variations in the qualities of different kinds of spangnum, and the fact that different species grow very much intermixed, the material has to be collected by people who have been trained to know good moss from bad, and even an experienced collector will often have difficulty in deciding just what to take and what to leave when he first visits a new locality.

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