

## Railway & S. S. Lines

### DOMINION ATLANTIC

#### RAILWAY

#### Steamship Lines

—AND—

St. John via Digby

—AND—

Boston via Yarmouth

#### "Land of Evangeline" Route.

On and after November 9th, 1912 train service of this railway is as follows:

Express for Yarmouth	12.04 p.m.
Express for Halifax	2.00 p.m.
Accom. for Halifax	7.50 a.m.
Accom. for Yarmouth	5.50 p.m.

#### Midland Division

Trains of the Midland Division leave Windsor daily (except Sunday) for Truro at 7.30 a.m. 5.35 p.m. and 7.45 a.m. and from Truro at 6.50 a.m. 8.20 p.m. and 12.45 noon, connecting at Truro with trains of the Intercolonial Railway, and at Windsor with express trains to and from Halifax and Yarmouth.

#### St. JOHN and DIGBY

##### S. S. "YARMOUTH"

leaves St. John daily except Sunday at 7.00 a.m.; returning, leaves Digby at 1.55 p.m. making connection at Digby with express trains east and west and at St. John with Canadian Pacific trains for Western points.

#### Boston Service

Steamers of the Boston and Yarmouth S. S. Co. sail from Yarmouth for Boston after arrival Express train from Halifax and Truro on Wednesday and Saturday afternoons.

P. GIFFINS,  
General Manager,  
Kentville

#### FURNESS, WITBY & CO., LTD

### STEAMSHIP LINERS

LONDON, HALIFAX & ST. JOHN, N. B. SERVICE.

From London.	From Halifax
Steamer.	May 23
—Shenandoah	May 23
May 20 —Rappahannock	June 8
May 31st (via St. John's)	
—Kanawha	June 21
June 14 —Shenandoah	July 4
From Liverpool.	From Halifax
Steamer.	
—Tabasco	May 20
—Digby	May 26
May 24 —Durango	June 12
June 7 —Digby	June 25

FURNESS, WITBY & CO., LTD.  
Agents, Halifax, N. S.

#### H. & S. W. RAILWAY

Accom.	Time Table in effect	Accom.
Mon. & Fri.	October 27th, 1912.	Mon. & Fri.
Read down.	Stations	Read up.
11.30	Lv. Middleton A.R.	16.25
12.01	* Clarence	15.54
12.20	Bridgetown	15.36
12.50	*Granville Centre	15.07
13.07	Granville Ferry	14.50
13.26	*Karsdale	14.34
13.45	An. Port Wade Lv.	14.10

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

P. MOONEY  
General Freight and Passenger Agent

#### No Summer Vacation

We would greatly enjoy one, but as many of our students come from long distances, and are anxious to be ready for situations as soon as possible, our classes will be continued without interruption.

Then, St. John's cool summer weather makes study during the warmest months just as pleasant as at any other time.

Students can enter at any time.  
Send for our Catalogue.

S. KERR,  
Principal

#### The Cadet System in Schools

There are Canadians who object to the introduction of cadet drills into the schools because they think it develops a spirit of militarism. Experience has proved that this view is incorrect. Boys thoroughly enjoy cadet work without any direct consciousness of its relationship to war. The boy thinks only of the immediate effort, the immediate discipline, and the immediate enjoyment, and not of any ultimate and distant possibility. This well known psychological principle has a most important bearing on the whole question of the desirability of introducing cadet work into the schools.

It should be remembered in this connection that soldiers do not cause war. Grave dissensions between nations result from differences between the political and financial leaders of different countries, not from anything the soldiers of the rival countries say or do. The soldier is not the war-monger. He is more likely to become the war-victim.

There are men who attack those who advocate cadet work in the schools, and who charge them with approving of "conscription." This charge has absolutely no foundation. The cadet system is a rational substitute for conscription. It avoids all the evils of conscription, and it develops the best elements of human power and character, while at the same time it secures all the supposed advantages of conscription in the most natural and the most thoroughly effective way. Those who attack the principle of universal training are evidently not aware of the fact that the law of Canada now recognizes the principle that all men, comparatively few exceptions, are responsible for the defence of their country. Between the ages of eighteen and forty-five, inclusive, men are now, by law, liable to be called upon when necessary to do military service in defence of their country.

There is no logical basis for good citizenship but the one that recognizes a man's duties to his country. There is no proper system of training in citizenship, that does not make all children—girls as well as boys—conscious of their responsibilities as individual units in their country. Boys should understand that they will become responsible for the defence of their homes and their country when they reach the age of eighteen. They should be trained to use their influence to avoid war; but the fundamental principle is that they are liable by law to give their services to defend their country when necessary in return for the privileges they enjoy as citizens.

It is an indefensible moral ideal that a man should enjoy the many rights of citizenship without recognizing his responsibility for the duties of citizenship.

The advocates of a Cadet System do not wish any change in the law which makes every man between the ages of eighteen and forty-five years responsible for the defence of his country. They do, however, regard it as a grievous mistake to make all men within these age limits liable for military service, as the law now does, without providing in some way for their training in order that they may be able to render efficient service without the terrible sacrifice of life that would naturally result from the vain attempts of masses of untrained men to perform the duty required of them.

Universal liability for defence service is unquestionably right. This being true, it clearly follows that all men should, in some way, be prepared to perform the duty laid upon them by their country. The country that demands universal service without providing some adequate system of universal training for the men on whom it properly lays the duty is culpably negligent.

The question to be solved really is: What is the most effective and most economical system for giving universal training?

The Cadet System has the following merits from the national standpoint—

1. It is given at a time when lessons learned by operative processes are never forgotten. Drill is an operative process. Operative processes are not recorded in the memories, but in the lives of students.

2. It costs the country less to train the coming citizens in the schools than in any other way.

#### Dr. Morse's Indian Root Pills

owe their singular effectiveness in curing Rheumatism, Lumbago and Sciatica to their power of stimulating and strengthening the kidneys. They enable these organs to thoroughly filter from the blood the uric acid (the product of waste matter) which gets into the joints and muscles and causes these painful diseases. Over half a century of constant use has proved conclusively that Dr. Morse's Indian Root Pills strengthen weak kidneys and

Cure Rheumatism

3. It interferes with the ordinary duties of men less than any other possible plan to have the foundation of military drill given in the schools.

4. It qualifies the men of the country for more complete military training in much shorter time than it would take to train them without cadet training in the schools. Men in later years will find their training in military drill to be mainly reviewing the work they did in school instead of having to learn the whole work at maturity.

5. Boys like military drill. From twelve to sixteen years of age, they generally like it better than baseball or lacrosse, and because of this fact, it may be used so as to produce the most beneficial effects upon character.

6. A Cadet is not a soldier. He takes no oath of military service. He is a boy who, for his own good and the good of his country, is disciplined through wholesome exercises, some of which have had a military origin, and some have not. Any possible objection to a Cadet Corps applies with equal force to a Boys' Brigade.

The following are the general advantages of Cadet training to the Cadets themselves:—

1. It provides an excellent setting-up drill for boys physically. Boys whose teachers, parents and physicians have tried earnestly to train to sit and to stand properly without success, in most cases respond at once to drill and become new physical types. Drill exercises are good for the general physical development of a boy, but they produce better effects than additional strength and improved health. They give a more graceful carriage of the body and a more definite step.

2. It is not possible to train a boy so that throughout his life he will stand erect and walk with more grace and dignity without, at the same time influencing him morally for good. The physical, the intellectual and the moral natures react on each other. They should be trained in harmony, in order that each individual may reach his best development in the three departments of his nature.

Every parent in Canada who has had sons at the Royal Military College, and every man who has met boys before and after their course there, has recognized the extraordinary improvement in health, strength, stature and physique which has followed that course.

Every man, whatever his party politics, who has seen the military training in Germany or in Sweden or Switzerland, testifies to the improvement in health, strength, bearing and self-respect which has attended it.

3. It trains boys to be promptly, definitely, intellectually and cheerfully obedient. There can be no diversity of opinion in regard to a training that develops prompt, definite, intelligent and cheerful obedience to regularly constituted authority. There is no other school process that develops these types of obedience in a boy's character so naturally, so effectively and so permanently as drill.

4. It reveals law to a boy, not as a restraining force merely, but as a guiding force, by enabling him to achieve much more perfect results under law than he could possibly achieve without law. Without the laws that govern its movements, a Company or a Regiment would be an unrelated mass of individuals or a mob; under law, it is a perfect organization, capable of executing a very complicated series of movements accurately and unitedly, not as individuals but as an organic unity. One of the most essential elements of true moral training is reverence for law as a guiding force. To understand "the perfect law of liberty," and have a true consciousness of what is meant by "liberty under law," is one of the strongest foundations of character. This recognition of law gives a man a deeper and broader conception of his true attitude to his fellowmen and to his duty.

5. It develops a boy's genuine patriotism; not an arrogant or offensive consciousness of national importance, but a genuine faith in himself and his country. Such a faith is one of the basic elements of a strong and balanced moral character. In many parts of Canada, a great many foreign boys are making a new home. There is no other process by which they can be made proud of their King their new country, their flag, and the institutions it represents so quickly and so thoroughly as by wearing the King's uniform, and keeping step to patriotic British-Canadian music behind the Union Jack as part of a patriotic organization, along with British-Canadian boys. In this way a patriotic spirit enters a boy's heart and life.

6. Drill does more than develop the spirit of patriotism. It reveals to a boy his value as a citizen, and, therefore, his responsibility for the performance of his duties as a citizen.

not merely in defence of his country, but in the highest development of his country in all departments of national life.

6. Cadet drill helps to make a boy executive, and executive training is the training that gives real practical value to all other kinds of training. One of the greatest causes of failure in the schools of the past was the lack of executive training.

7. All modern advances in education are based on a reverent recognition of the value of the individual soul, and of the supreme need of its development. Drill gives a boy an opportunity to learn the value of individual training and of individual effort by experience, better than any other school work except organized play, or organized work in Manual Training or some other form of employment. Each boy knows from the first that the standing of the Company depends on the work of each individual boy. He knows also that his failure brings discredit on his Company. This knowledge will, in due time, reveal to him the need of his life work to aid his community and his country to their highest development.

8. Drill defines in a boy's mind the need of active co-operation with his fellows—boys and men. It is very important that each man shall become conscious of the value of his own individuality. It is much more important that he learn his supreme value as a social unit, as one working with and for humanity. The true ideals of social unity and social relationship cannot be communicated vitally to children or to adults by words alone. They must be defined by action; by united effort under directive law for the achievement of a common purpose. There is no other form of co-operative activity that so clearly reveals to a boy the need of putting forth his best efforts in harmony with his comrades as drill.

9. Drill trains a boy to be careful of his language and manners, and to value neatness and cleanliness in his clothing and person, and thus develops a conscious personal dignity, which is an important element in character.

That our system of government is democratic quadruples the force of arguments in favour of military drill in schools; for the system tends to a disregard for authority, a due respect for which is restored by a reasonable system of universal military training. The training is therefore beneficial, even desirable, in itself intrinsically and subjectively, quite apart from any outbreak of war, or any need for putting it into practice literally, and it is not discredited or rendered useless though the last and worst occasion for it never arise.

NOTE.—While we give space to this communication of the Honorable the Minister of Militia, which we observe to be found in the April number of the Journal of Education, published by the Superintendent of Education of this Province, we wish to call attention to the article on "The Cadet Movement," copied from a recent number of the "Christian Guardian," especially the latter part of the article, printed on page seven of this issue of the Monitor.—Ed. Monitor-Sentinel.

#### THE REGENERATION OF ORGANS.

Many inferior animals have, as is well known, the power of replacing various parts of the body when lost, such as the tail, and even in some cases the head. A worm may sometimes be divided into various sections, and each section will proceed to live its separate existence. Experiments made by naturalists to obtain a better understanding in this regenerating faculty have shown that the lungs of frogs and salamanders have grown again after being almost wholly extirpated. Also the horns of snails have been extirpated with like results. Each so-called horn has an eye which communicates with the outside world, and these eyes have been re-grown with the horn, though practically useless for purposes of vision. It is established likewise that the caudal horn or tentacle of the silkworm, if taken off, will grow again, although it will be smaller than the primitive one, and in some cases invisible to the naked eye. The crab and lobster, as is well known, can grow new claws.

It would surprise you to know of the great good that is being done by Chamberlain's Tablets. Darius Downey, of Newburg Junction, N. B., writes, "My wife has been using Chamberlain's Tablets and finds them very effective and doing her lots of good." If you have any trouble with your stomach or bowels give them a trial. For sale by all dealers.

Eye strain during fine sewing or embroidery is much lessened if an apron of a contrasting color with the work is worn. If the work is white wear a black apron, or cover the lap with something dark and vice versa. This is especially important when sewing in an artificial light.

Minard's Liniment used by Physicians

#### "MR. SPEAKER."

It is a somewhat peculiar thing that the only man in the Parliaments of England and Canada who is not permitted to speak on any question before the House should be called "Mr. Speaker." He occupies, however, a most unique position, and has some rights and prerogatives accorded to no other citizen except the King. In England he has the right, should his own carriage break down to take possession of any other that comes along without saying "By your leave." His invitation to dinner, like the King's, is regarded as practically a command.

A writer to the Buffalo Express gives some interesting information concerning the occupancy of the Speaker's chair in the English House of Commons.

"The present holder of this office, the Right Honorable J. W. Lowther, is perhaps more in the public eye at the present moment than any other man in England. His decision regarding the Liberal Government's long-promised franchise bill provided the sensation of the parliamentary year. As a result of it, this bill, which was designed to grant for the first time almost universal male suffrage in this country, has been shelved indefinitely. Incidentally, a settlement of the woman suffrage question in England has been postponed for months and perhaps years. Probably at no time during his twenty years in the House of Commons has the many-sided man and all-round athlete who presides over the deliberations of that body found himself so squarely in the limelight. Never, incidentally, has he stood so good a chance of being assaulted as he does at present at the hands of the infuriated women whose long-matured plans he has upset at the eleventh hour. If he is not strongly guarded nowadays when he leaves his official home in the palace of Westminster on horseback to take his regular morning canter in the Row, then Scotland Yard is neglecting its duty.

"Being Speaker is no snap, but the rewards are many and various. To begin with, there is the dignity. As the first commoner in the realm, Mr. Speaker takes precedence of the entire nobility in state processions, coming, in fact, directly after the archbishops, who, in their turn, are preceded only by royalty. At the end of his term of office, moreover, he is invariably elevated to the peerage, usually with the title of viscount and draws a fat pension for the remainder of his days. His official salary is \$25,000 a year, which is not bad, considering that he lives rent free in the palace of Westminster during his term of office, to say nothing of having a gorgeous state coach.

"These perquisites are only a few of those enjoyed by the speaker. On being appointed to the chair, a generous nation awards him \$5,000 as equipment money, and he receives an allowance of 1,000 ounces of plate, and \$500 to keep him in stationery. "Despite his long hours and heavy responsibilities, however, the Right Honorable J. W. Lowther—who is fifty-eight, wears a neatly trimmed beard, and is noted as a careful dresser—always looks in the pink of condition. No doubt this is due to the many forms of exercise in which he indulges. His favorite sport is deer-stalking. He would far rather be crawling on all fours in the rain over a sodden Scotch moor than presiding over the deliberations of the House or acting as host at one of the full-dress dinners to which his invitation constitutes a command. When last nominated as M. P. for his district he rode to the ceremony in his hunting pink, and he rarely misses his morning canter in Rotten Row."

#### CITY CIRCULATION AGENT

Of Leading Montreal Daily Endorses GIN PILLS

I have been suffering from Kidney Trouble for over five long years. I had also Rheumatism in all my bones and muscles, could not sleep nights and on some occasions could hardly walk. I had been treated by some of our best Physicians but without relief and I lost over fifteen pounds. One day I met one of our leading hotelkeepers, who had been cured by your famous GIN PILLS, and he advised me to try them. So I bought two boxes at my druggist's and before I had used one box I felt a big change. Before I finished the second one I was completely cured. I can assure you I can hardly believe it if I had only known what I know now I would not have spent over two Hundred Dollars for nothing when two boxes of GIN PILLS cured me."

GIN PILLS are gaining a world-wide reputation, by the way they conquer the most obstinate cases of Rheumatism and all kinds of Kidney Trouble. Sample free if you write National Drug and Chemical Co. of Canada, Limited, Toronto.

GIN PILLS are gaining a world-wide reputation, by the way they conquer the most obstinate cases of Rheumatism and all kinds of Kidney Trouble. Sample free if you write National Drug and Chemical Co. of Canada, Limited, Toronto.

## You Know Us

We are in business right here where you live. You are an acquaintance, neighbor or a friend of ours. This money-back-if-not-satisfied offer should prove the sincerity of our claims.

When we say we believe we have the best laxative and back up our statement with our unequalled promise to return without question or formality the money paid us for it if it does not prove entirely satisfactory to you, we believe we are entitled to your confidence.

Our business success and prestige depend upon your confidence in us. We know we must secure and hold your confidence in order to get and keep your patronage. Therefore, we would not dare make this offer if we were not positively certain that we can prove our claims for

ly relieve constipation. They act to overcome the cause of constipation. They tend to eliminate the cause of sick headache, biliousness, bad breath, nervousness and other ills attendant upon inactive bowels.

#### Make Us Prove This

We want you to come to our store and get a package of Rexall Orderlies. Use a few or use up the entire box. Then, if you are not entirely satisfied, come back and tell us and we will promptly return the money you paid us for them.

You promise nothing—you sign nothing—you obligate yourself to us in no way whatever. We accept your mere word.

Don't you now believe that Rexall Orderlies are worthy of a trial? Could any offer be more fair?

#### Try Them at Our Risk

We particularly recommend Rexall Orderlies for children, aged persons and for delicate people.

Rexall Orderlies come in vest-pocket tin boxes. 12 tablets, 10c; 36 tablets, 25c; 80 tablets, 50c. Usual dose one tablet.

CAUTION: Please bear in mind that Rexall Orderlies are not sold by all drug-gists. You can buy Rexall Orderlies only at the Rexall Store.

## ROYAL PHARMACY

Bridgetown The Rexall Store Nova Scotia

There is a Rexall Store in nearly every town and city in the United States, Canada and Great Britain. There is a different Rexall Remedy for nearly every ordinary human ill—each especially designed for the particular ill for which it is recommended.

The Rexall Stores are America's Greatest Drug Stores

#### HOW SHIPS SLIP THROUGH A FOG.

The ship is one of Britain's large food carriers, with a mixed cargo of frozen mutton, grain and wool, bound from New Zealand to London, and, after forty days at sea, has reached the Bay of Biscay, where ships are numerous and fog is a real danger, says London Answers.

I walk up to the second officer who is standing in the centre of the bridge immediately in front of the helmsman, with his hand ready to the whistle lanyard.

"Have you seen or heard any other ships?" I ask.

"Yes, sir; there is a whistle blowing on the port beam." And he sounds our whistle according to the international regulations, which demand that a steamer when under way shall blow its whistle at intervals not exceeding two minutes' duration.

B-o-o-m! Our vessel gives out its warning cry, and, after a pause of a few seconds, I hear what might be its echo, but what I feel sure is the hooter of another steamer.

"Been like this long?" I inquire of the second officer, as I vainly try to pierce the pall of fog settled around us like a wall.

"Just set in before I called you, sir, and it appears to be getting worse."

"Put the engine to 'Slow.'" I at once order, as the faint sound of a foghorn from another steamer, apparently on our starboard beam, reaches me. Our ship before was making a good twelve knots, but immediately on the ringing of the engine room telegraph the throb of the engines becomes perceptibly slower, and the ship gradually loses its speed through the water.

I am just speculating as to when the fog is likely to lift, when, immediately after our whistle has sounded I fancy I hear a faint sound right ahead. I glance across inquiringly at the second officer, but evidently he has heard nothing. As the lookout makes no report, I decide it is echoing in my ears. Our hooter sounds again, and I listen intently in the silence which follows.

Ab, no doubt this time!

"Steamer blowing right ahead, sir," reports the officer.

"Can you place it for certain?" I ask him, although I have already done so.

"Oh, yes; right ahead, sir!"

"Very well; stop her," I order.

The second officer rings the telegraph connection with the engine room, and the throb of the engines suddenly ceases, leaving absolute silence, except for the gentle lapping of the water along our sides. We sound our whistle again and immediately we hear a long-drawn reply from right ahead, and considerably louder than before, which tells me the other vessel is approaching us through the fog rapidly and on.

Gradually we lose our headway in the water until we practically stop, and I give the order to blow two blasts on the hooter, which is the signal laid down by the international laws on navigation to show that a vessel is stopped and the way of it.

We then hear two blasts from the steamer ahead, signifying that it has also stopped. Now comes a very trying time for us all. I give the order, "Dead slow ahead." Being unaware of the other's action, neither ship can take the initiative of altering its course, and there is nothing to do but for each ship carefully to feel its way past the other.

With eyes straining into the wall of the fog ahead, the few seconds

which pass seem like so many hours. Shall we safely clear one another? Suddenly I see a faint glow of light on our port bow.

"Hard aport!" I cry. And, as the ship answers to her helm, a dim, red light appears shining from a huge steamer slowly gliding past with hardly a ship's breadth of water between us.

A sigh of relief rises from us all as I increase the ship's speed, and we all settle down again to the seemingly endless watching and waiting for the fog to clear away.

#### EXPERIMENTS IN THE USE OF WASTE WOOD.

Recent experiments demonstrate the complete practicability of utilizing wood waste from lumbering and saw mill or other wood-working industries in the manufacture of paper pulp. Where the wood is resprouts in character, it has been demonstrated that in the case of certain pines and firs, by-products of great value may, in addition to paper pulp, be secured from this source, in the form of turpentine, rosin oils, pine oils, creosote, charcoal, wood alcohol, etc.

A cord of waste wood costing from \$2.00 to \$4.00 delivered at the works, may yield products worth nearly fifty dollars. The waste material so utilized comes from the wood left in the forest from lumbering, dead and fallen timber, stumps of cut-over lands, and slabs and edgings from the mills. Pine and fir stumps have been profitably utilized in this connection, especially where the removal of stumps is desirable in order that the land may be devoted to farming purposes.

Under the usual methods of utilization, not less than sixty per cent. of the volume of the tree as it stands in the woods is wasted in converting it into lumber. This waste material is now becoming recognized as a potential source of great revenue, through the establishment of properly located plants for the manufacture of some of all of the above by-products. This tendency will become increasingly strong with the inevitable decrease in the extent of virgin forests.—C. L. in Conservation for May.

#### LINCOLN'S PROMISE.

While drinking whiskey was the fashion all about him, Abraham Lincoln never forgot his dead mother's request to close his lips against no-toxicants. Once when he was a member of Congress, a friend criticised him in his seeming rudeness in declining to test the rare wines provided by their host, using as a reason for the refusal, "There is certainly no danger of a man of your years and habits becoming addicted to its use."

"I meant no disrespect, John," answered Mr. Lincoln, "but I promised my precious mother only a few days before she died, that I would never use anything intoxicating as a beverage, and I consider that promise as binding today as it was the day I gave it."

"There is a great difference between a child surrounded by a rough class of drinkers and a man in a home of refinement," insisted the friend.

"But a promise is a promise forever, John," and when made to a mother it is doubly binding," replied Mr. Lincoln.

There never was a time when people appreciated the real merits of Chamberlain's Cough Remedy more than now. This is shown by the increase in sales and voluntary testimonials from persons who have been cured by it. If you or your children are troubled with a cough or cold give it a trial and become acquainted with its good qualities. For sale by all dealers.