Taking "Fruit-a-tives"

letter from Captain Swan (one of the best known skippers on the Great Lakes) tells how to get quick relief from Stomach Trouble.

PORT BURWELL, ONT., May 8th, 1913.

"A man has a poor chance of living and enjoying life when he cannot eat. That was what was wrong with me. Loss of appetite and indigestion was brought on by Constipation. I have had trouble with these diseases for years. I lost a great deal of flesh and suffered constantly. For the last couple of years, I have taken "Fruit-actives" and have been so pleased with the results that I have recommended them on many occasions to friends and acquaintances. I am sure that "Fruita-tives" have helped me greatly. By following the diet rules and taking "Fruit-a-tives" according to directions, any person with Dyspepsia will get benefit".

H. SWAN "Fruit-a-tives" are sold by all dealers at 50c. a box 6 for \$2.50, or trial size 25c. or sent postpaid on receipt of price by Fruit-a-tives Limited, Ottawa.

#### Great Cities of the World

V-GAY VIENNA

make up about 60 per cent of the ing to accept. area. Vienna covers three times as much ground as does Berlin with its more and more to be a business will disappear and with its depart-

were less highly specialized, and that dinary daily affairs, and the city only boasts of one departmental store of the type that is so common on this continent.

It is this easy-going disposition that is to blame for one of the drawbacks of the city-the lack of progressive municipal enterprise. For example, for the last ten years the Vienn'se have been discussing underground electric railways, and apparently they are as far from launching the project as they ever were. Mankind is very prone to be dissat-Yet the authorities are not fully ring the rush hours, more cars.

Then their system of street cleaning is not uniformly good, although expended upon it. A breeze whirling dens, which, except for a very small they were indicted.

alcoholic inquests become street will raise quite a dens, which, except for a very small they were indicted.

alcoholic inquests become street with raise quite a former Swedish naval officer, now a is attached to the radiator. It has now and again by some elderly men who pause in their animated conversation to stir up the dust and dirt still more with their brooms of an encient pattern. The sprinkling which as sometimes done does not take place until after the sweeping. People have to bring their dust-bins out to the street at the approach of the

joy a meal-any meal, whether it be Emperor. breakfast, dinner, supper, or after- In music the people of Vienna find this dinner as you will the enemy." noon tea-in the open air. There are one way of expressing their gaiety. many excellent coffee-houses and and although almost all the great most of them have a garden to ac- masters of music spent some part of the men stowing away bottles of commodate their patrons in the Sum- their lives in this city, perhaps champagne into a bag, and, highly mer. Whereas in Paris, if you wish Schubert was the most typically Vi- indignant, he demanded to know an outside meal, you make your way ennese of composers. In spite of povto some tables and chairs right out on the street to satisfy the same longing in Vienna on a hot Summer woods, lying on the grass in a garday you can usually find a retreat den, climbing mountains, or riding like the enemy, sir, and where we deput to the movement of our troops was like the enemy, sir, and where we deput to the movement of our troops was deput to the movement of our troops was like the enemy, sir, and where we deput to the movement of our troops was deput to the movement of the mov

They also serve in the capacity of tea-rooms and reading-rooms. People come to them to read the newspapers, not only those published in Vienna, but papers from many other countries, to meet the demands of an extremely heterogeneous popula-tion. Germans, Italians, Poles, Ruthenians, Jews, Bulgarians, Turks, Greeks-these are some of the nationalities represented in the cosmopolitan capital of Austria-Hungary.

Encircling the older part of the part, containing as it does the Emperor's palace and the Government

orite Viennese lounging place. In the pital during his whole course. old stump of a tree, the only surviv- trade is being carried on. While in population it ranks fourth or of the forest that once covered among the cities of Europe from the the site of the city. It used to be the standpoint of beauty Vienna takes custom of locksmiths, when they almost the first place. Paris is the had finished their apprenticeship, to only European city which can com- drive a nail in this stump before Twenty Years From Today a Baldpare with it architecturally, and it leaving the city to begin work for lacks the splendid surroundings themselves. The origin of the pracwhich enhance the charms of Vienna. tice is rather hazy, but the wood The city is about a mile and a half thickly studded with nails bears witfrom the Danube, on what is known ness to the fact that it existed. Here as the Danube Canal; really a branch is a splendid opportunity to learn of the river which has been despened the art of dickering, for the flower and widened. It contains many parks and vegetable women who offer wares and garden; and other open spaces. from their baskets, on the Graben, In fact, woods and arable ground usually ask more than they are will-

larger population. Unfortunately, quarter, there still remain some fine, ure bafdness, itching scalp, splitting however, it does not follow that old world buildings, chief of which is hair and all scalp diseases will folthere is no overcrowding among the the cathedral of St. Sterhen. It is people. Especially in the poorer dispeople. Especially in the poorer districts, there are to be found many tricts, there are to be found many tricts, there are to be found many tricts. tricts, there are to be found many houses and shops around, and traffic druff, and that is to kill the germs. There is only one way to cure dan-being carried on close to its walls.

Nova Scotia Agricultur tensive existence of the system can-being carried on close to its walls.

There is only one way to cure dan-being laryngeal coughs so prevalent in Winter. Furthermore, from not be questioned, nor can the need university of Toronto. not well distributed over the ground. It has a Gothic spire, 450 feet high, However, what makes the most from which one may get a wonderful be too strongly emphasized. However, what makes the most from which one may get a wonderful ual hair restorer with its record of upon the travel- view of the surrounding country- thousands of cures will grow hair on ler who visits the Austrian capital is mountains and valleys and the blue any head where there is any life left; its air of gaiety and light-hearted- Danube rolling on its way. Many it will cure dandruff, stop falling ness. The streets, the cafes, the countries are represented in the ma- three weeks or money back. parks, are full of genial, sanguine, terials used in the architecture, carlaughter-loving people. They are us- ving, painting and stained class. The orating tonic, is not sticky, or ually well-dressed and very courte- window over one of the altars has a ous. The people you encounter in the curious history. After being broken shopping districts are making leis- long ago, it was put together hap- trous and luxuriant. Fifty cents for tive illustrations of the methods in adequate; for instance, air at 25 degrees of frost urely trips from one store to anoth- hazard, and left in its place for a large bottle druggists everywhere. er, seldom wishing that the shops years. Then in the last half of the nineteenth century a professor took more articles might be procured unit apart again, rearranged the der a single roof. Thou, h vivacious pieces, supplied the empty spaces and impetuous, they do not see any with new glass, and achieved a very recessity for hurrying about the or- satisfactory result. There are catacombs beneath the church-three vaults, one beneath the other, filled with bones and skulls.

The parks and gardens are quite distinctive, each one having its own individuality, though they have one not be desecrated by footsteps. Instead of playing on the grass children must confine themselves to the gravelled spots. The most notable lowing from the Pioneer:park is Prater, on the banks of the Danube. It has wide avenues for rilisfied with a street car system; but promenades are an excellent place to have the careful consideration of ty of our factories in turning out it cannot be denied that the inhabi- study the upper classes of the city, everyone who seeks the welfare of his more. tants of Vienna have some cause to who, by the way, are very exclusive grumble. The cars run at very ir in their social life. Here there is "We find that a large percentage been around Ottawa for a couple of of the building which had been heatregular intervals, and it is not unusually a regimental band playing of the crime brought to our years, ostensibly a minerologist, ed with difficulty before are now common to have to wait dight or excellent music, within the sound of attention is caused directly by drink- with a reputation as a good fellow, made more comfortable; and in the ten minutes for one which, when it does come, is jammed to the door.

The does come, is jammed t taurant. Some of these cases have the need of more stringent regulaalive to the fact that there should founded a reputation upon some parbe larger cars, and, particularly duticular viand—fish from the Danube large percentage of those charged in fact, advised to make his disapfor example, while others are quite unpretending.

The Emperor's charteau, Schona considerable amount of money is brunn, is surrounded by many garmuch prettier than the French gar- of an apparent profit (through the Department in question has much to evaporating about four and a half dens. The grounds contain a fine menagerie and houses, which are also open to visitors.

The Emperor Francis Joseph is a familiar figure around the city. The man who collects dust and rubbish, man who has had so much saidness and if you come home to your in his life is a very hard worker. He apartments after ten o'clock you do believes in rising early, and 9 not have a latch key to let yourself o'clock at night usually finds him in in-you ring up the caretaker, and bed. He is kindly, sympathetic and pay him 4 cents for opening the generous towards his people, and he door for you. But on account of its is continually receiving an invitabeauty and joyousness one can for- tion to some function or other, give Vienna these things and more. which he refuses as seldom as pos-It has more places than any other sible. The architectural development city in Europe where one may en- of Vienna is really due to the old

tairly you may sit at a table under a tree in a park. These coffee-houses the music came to him he wrote it take the place of clubs to men. on anything that happened to be Minard's Liniment cures Distemper.

# MAGIC READ THE ALUM POWDER

built on the line of the old fortifica- the end of his life he became stone Ever since the war broke out-and for Germany. Evidence has come to tions, is truly the glory of Vienna. deaf. Beethoven is famous for his impreviously, for that matter—our own light of extensive attempts to buy up train services on this railway is as

built along it, parks and gardens lie Vienna has also gained prestige ing in close touch with the situation, ited States, have it forwarded from round about, everywhere there is a from her General Hospital, which is and to them has come fairly convinthere to Holland or some neutral profusion of flowers, even the lamp known all over the world. It has 14 cing evidence that Canada has not country, but ultimately to reach posts being festooned with vines du-clinics, and contains 3,000 beds, been at all overlooked by Germany Germany. No effort is being spared ring the warm months of the year. | while over 1,000 free patients are in the allocation of those who en- to completely block any such hostile The main street in the inner city treated every day. An English doc- gaged in hostile espionage or the enterprise. is the Graben, where most of the tor has said that owing to the num- supply of information calculated to fashionable shops are situated. It ber of clinics a student has a chance be of more or less vital advantage was formerly a moat; but in 1192 it to see as much there in six months to the enemy. was filled in, and today it is a fav- as he would see in an ordinary hos-

centre of the streets is a carved | While Vienna is a great manufacgroup and fountain sometimes called turing centre, trade is, of course, at the Pest-column, because it was built a complete standstill on account of out of thanksgiving for the cessation the war. Hardly anything except the of a terrible plague in 1693. In a mere necessities are being bought corner of the busy thoroughfare is an and sold in the city, and no export

#### Can't Lose Hair

headed Man Will Be An Unusual Sight.

One of the most prominint druggists of America made a statement a few weeks ago which has caused a great deal of discussion among scientists in the medical press.

He said: "If the new hair grower, Mildredina Hair Remedy, increases picion. In any event, that they are reaches our living or sleeping rooms its sales as it has during the past man, woman and child in America

hair and itching of of the scalp in greasy and is used extensively by of refinement who desire to have and to keep their hair soft, lus- light in Ottawa and furnish instruc- when they are, they are not at all

Mail orders filled by American Pro-

prietary Co., Boston, Mass. CUT THIS OUT

FREE to show how quickly Mil dredina Hair Remedy acts, ve wil send a large sample fr e by teturi mail canvone who sends this Coupo to AMERICAN PROPRIETARY CO. Boston, Mass., with their name and address and ten cents in silver or stamps to pay postage.

### Drink and Crime

I commend to your readers the fol-

ing and driving. The fashionable upon the liquor question which ought it and rifles on hand, and the capaci- midity. To secure this condition fellows. I said.

with crime are from seventeen to pearance in relatively short order.

license system) but which is really a do with war correspondence. dreadful economic loss, and through this partnership feeding drink to these boys with one hand while with the other hand it metes out punishis really a participant."

H. ARNOTT, M. B., M.C.P.S.

### **Good Tactics**

Mr. F. E. Smith recently told the story of the captain af Hussars who gave a dinner to the men of his squadron the night before they left troops, but there is no reason to for the front.

"Now, my lads," he said, "treat

what be meant by such conduct.

Espionage at Ottawa

SUSPICIOUS LOOKING MEN ARE COMMON AT THE CAPITAL

The efficiency of the German system of secret service and the perfection of their methods of espionage harriy, whether it was the back of have long been one of the proudest an old envelope, or on a white cuff. of many toasts of the Fatherland, Of an entirely different nature was and unquestionably constitute a Beethoven, to whom a splendid mon- strong contributory factor in the ament was erected in the city where plan and execution of its military city, which is still the aristocratic he spent so much of his life. As he operations. How it works in Canada went upon his rambles, often hold- where its operations are carried on ing his hat in his hands which were and the character and design of the ing watched by the Government conoffices, is a broad avenue planted clasped behind his back, he was glum general scheme are subjects of concerns the maintenance of German with four rows of trees, known as and savage looking. His melantholy stant investigation by the authorithe Ringstrasse. This ring-street, was further increased when towards ties of the Dominion Government.

Cases are known where this plan of campaign has been going on for years. The German who ostensibly

score remain. Every city and dis- cases of both of these diseases. trict in Canada today furnishes to In the heating of our homes, the them, in greater or less numbers, a three cardinal points are: proper hospitality which in most instances temperature; proper humidity or is open and unsuspecting.

Many of these have disappeared and been replaced by others, who from their appearance and the char- from to per cent to 75 per cent. of acter of their supposed callings moisture. Pass this through a notstill with us in uncomfortable numbers admits of no doubt Not a debers admits of no doubt Not a deyear, it will be used by nearly every bers admits of no doubt. Not a day is true in houses heated by hot wat-"When Mildreding Hair Remedy is overwhelmed with communications supplying moisture. The result is espionage. Allowing that many of surrounding bodies-from our skin, them are unfounded and that in most the mucous membrane of our mouths, be too strongly emphasized.

are hard to get at because of official reticence, and the perhaps question-It is the most pleasant and invig- able view that publicity might be a To overcome this dryness, small deterrent or injurious factor. A numvogue by the German agents.

> The war had been on a week or so and the Militia Department was at patch of the first division, when a it a humidity or moisture of 65 per well-dressed man, polished in man- cent., which is practically normal. ners, approached one of the leading officers of the Department.

rifles the Canadian militia possess- the following description of the preing connected with a British arma- day population of 450 persons. ment firm, which could readily re- The fresh air, which is distributed plenish any paucity in the domestic by a mechanical system, is drawn insupply, but, of course, would like to the building at the rate of 26,-"A Grand Jury sitting in Chicago know all about our rifle equipment, moisture added so as to contain a short time ago made a deliverance the ammunition used, and amount of about 50 per cent, of relative hu-

twenty-five years old and that in The instance above cited is by no air from a register or radiator to nearly every case they drank malt or means isolated. Just a few days ago, moisture, by having it pass through public. It was built by Maria Ther- We seriously question the wisdom "naturalized and enthusiastic Canabeen demonstrated that by means of ese, and is laid out in imitation of of the state entering into a partner- (nan," applied at a Department in this contrivance the relative humidi-Versailles, only it is less formal and ship with these interests for the sake Ottawa for a clerical position. The ty of a room can be kept between 55 and 60 degrees Fahrenheit by

> recommended by a Canadian of prominence. The assumption is that the good-hearted Canadian who furnished ment of a spy designing to get at confidential information. Again the

and a censorship of news established in regard to the movement of our doubt that Germany was kept advis- with moisture. ed of doings at Valcartier; of the embarkations at Quebec, and of the Ridneys Wrong?date of sailing of the contingent. The mines strewn off the Irish coast. according to despatches, are believed by the Admiralty to have been laid for Canadian transports. German btless it was done by German secret service agents in Canada. A more pacific but nevertheless ef-

## Take One Tonight

food is not digesting—it stays in the stomach a sour, fermented mass, poisoning the system. Just take a dose of Chamberlain's Stomach and Liver Tablets—they make the liver do its work—they cleanse and sweeten the stomach and tone the whole digestive system. You'll feel fine in the morning. At all druggists, 25c., or by mail from Chamberlain Medicine Company, Toronto

secret service agents have been keep- Canadian produce, to ship to the Un- follows:

#### The Heating of Our House

(Montreal Pharmaceutical Journal)

No one will question for a moment was in Canada to reside permanently the bad effects on health of improor was here on business without the per ventilation. We emphasize the For one that has gens, however, a would prevent a large proportion of nouth,

conditions. The normal out-door air contains would be less likely to arouse sus- air furnace, and by the time it passes but that the Government is er where no provision is made for calling attention to supposed acts of that this dried-out air craves mois-Concrete cases, of which there are quires a higher temperature to pro a good number since the war began duce the same sensation of warmth

reservoirs for heating water have been attached to the furnaces; , bu grees Fahrenheit (7 degrees of frost) even if saturated with moisture, if heated to 70 degrees, would require the addition of a half pint of watits busiest preparing for the des- er to every 1,000 cubic feet to give

Some conception of the amount of moisture required, and how far the air in our homes, schools and factor-"Would they tell him how many jes fall short of it, can be had from ed?" was the modest question. When cautions taken by the American Bell asked his motive in making such a Telephone Company in their chief building in Boston, which has a caquery, he represented himself as be- pacity of 450,000 cubic feet and a

steam, are mixed with the air, in This man was no stranger. He 1:ad half barrels per hour. Certain parts simple one is the exposing of the comfortable as one of 70 in a dry atmosphere.

A practical illustration of this is the fact that we can sit and read in ment for wrongs in which the state the letter of credentials was inno- comfort on our verandahs in a temcently enough assisting the employ- perature of from 60 to 65, degrees, having a normal humidity; while the same temperature in our homes, with proof is lacking but the strong suspicion remains. He didn't get the the surface of our bodies in the drier atmosphere.

Obviously, then whatever the method of heating may be, it is imperative that provision be made for having the air sufficiently charged

If they are you are in danger. When through weakness or disease the kidneys fail to filter the impurities from the blood, trouble comes at once. Backache, Rheumatism, Sciatica, Gravel, Diabetes, Gall Stones and the deadly Bright's Disease are some of the results of neglected kidneys. Dr. Morse's Indian Root Pills contain a most effective diuretic which

Dr. Morse's "

#### DOMINION ATLANTIC RY "LAND OF EVANGELINE ROUT!

On and after November 3rd, 1914.

Express for Yarmouth...11.57 a. m. Express for Halifar ...... 2.00 p.m. Accom, for Halifax ......7.40 a. m. Accom. for Annapolis .....6.05 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, confor 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, con remotest apparent association with beneficial effects or open air treat-war, has in many ir tances since ment of tuberculosis and pneumonia, sor with express trains to and from hostilities broke out, disappeared, forgetting that the same fresh air having accomplished his purpose.

In the same fresh air treatment, if as rigidly carried out, are between Halifax and Yar-

#### St. John - Digby DAILY SERVICE

(Sunday Excepted)

moisture; and a current of air—in Canadian Pacific Steamship "YAR-short, the securing of proper climatic 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 for Montreal and the West.

#### **Boston Service**

Steamers of the Boston & Yar- Transit Work, Levelling, Draughting. mouth S. S. Company sail from Yar-mouth for Boston after arrival of Express train from Halifax and MIDDLETON. Truro, Wednesdays and Saturdays. P. GIFKINS.

General Manager. Kentville.

Accom. Mon. & Fri.	June 22, 1914	Mon. & Fr
Read down.	Stations	Read up.
11.10	Lv. Middleton AB.	15.45
11.38	* Clarence	15.17
11.55	Bridgetown	15.01
12.23	Granville Centre	14.36
12.39	Granville Ferry	14.21
12 55	* Karsdale	14.05
13.15	AR. Port Wade Lv.	13 45

'Flag Stations. Trains stop on signal WITH ALL POINTS ON H. 45.W. FY Dr. F. S. Anderson CONNECTION AT MIDDLETON AND D. A RY

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From Liverpool For Liverpoo Via St. John's

Tabasco Dec. 16 Durango Dec. 28 Dec. 26 Queen Wilhelmina Jan. 19 From London Sagamore Sachem Dec. 19 Dec. 29 Jan. 6

Graciana Start Point Furness Withy & Co., Limited

#### Boston & Yarmouth Steamship Co., Ltd

Halifax, N. S.

Two Trips per week in each direction between Yarmouth and Boston do with war correspondence.

Quarts per day; and a temperature

Curiously enough he was highly of 65 degrees so maintained is as 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, Agen | college at the first opportunity.

# Our Mail Lourses

for those who cannot attend our regular classes are proving very attractive. To those who subsequently attend our institution credit is given for work done by courses. This is an excellent time to commence. If interested, write for particulars to

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fective plan of activity, carefully be Indian Root Pills will receive prompt attention, Heares sen' Thomas Mack

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Annapolis Rovel Office Over Bank of Nova Scotta Office in Middleton open Thursdaya Office in Bear River open Saturdaya. Money to loan o Real Estate Security

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### H. B. HICKS: Manager G. E. BANKS PLUMBING

Furnace and Stove Repairs Bridgetown, N. S. TELEPHONE, NO 3-2

Extracts from letter recently received from last year student : "I intend finishing my course at your

"I may say that since the first of the year I have had \$100 per month salary, so I have no hard feelings toward you or your college."

Students can enter at any time.



S. KERR Principa)

### CASH MARKET

Prime Beef, Fresh Pork, Lamb Chicken, Hams and Bacon, Sausages, Headcheese, Pressed Beef, Mince Meat, Corned Beef and Fresh Fish every Thursday