

AUTO INTOXICATION OR SELF-POISONING The Dangerous Condition which Produces Many Well Known Diseases. HOW TO GUARD AGAINST THIS TROUBLE

"FRUIT-LIVES" The Wonderful Fruit Medicine—will Protect You. Autointoxication means self-poisoning, caused by continuous or partial constipation, or insufficient action of the bowels.

in that city to take a trained nurse's course. Capt. George N. Ryder arrived here Thursday morning from New York. Mr. and Mrs. Edgar F. Ryder arrived here Thursday morning from Boston, and will visit in Yarmouth and Reginald Goudey, of the nursing staff of the Massachusetts General Hospital, who has been spending his vacation with his mother, Mrs. Aaron Goudey, left on Wednesday evening to return to the above place.

Mr. and Mrs. Octave Payzant, who have been visiting in Yarmouth and vicinity, left on Wednesday evening to return to their home in New York. Mrs. Lockhart Newcomb and son, of Philadelphia, who have been spending the summer at Brooklyn, left to return home on Wednesday evening via Boston.

Mr. and Mrs. C. E. Cowan, of Wintthrop (Mass.), are visiting Mrs. Cowan's mother, Mrs. W. H. Gillman, Tuxet. Kenneth Reynard, of the post office department, Ottawa, is visiting his parents, Mr. and Mrs. Wm. Reynard, Tuxet.

Miss Hazel Evans, of Halifax, is the guest of Dr. and Mrs. W. G. Putnam. Mrs. S. J. McNeil and son, of Dumont (N. B.), are visiting her sister, Mrs. J. L. Crosby, Brazil. Miss Maud Raymond left Thursday evening to visit in and about Massachusetts.

Miss Ida McLaughlin, of Boston, who has been visiting her parents at her home in Yarmouth, will return to her home this evening. She will be accompanied by her cousin, Miss Blanche Surrette.

FIELD ARTILLERY DRAFT IS AUTHORIZED FOR RECRUITING

First of Its Kind Ordered in Maritime Provinces Since Outbreak of European War Will Be Commanded by Lieut. J. A. Lawlor and Recruited For Throughout the Whole District—Headquarters for Units Not Yet Announced—Colonel Grey Gets Appointment—Physical Instructors Needed—Other News in Military Circles.

A new field artillery draft has been authorized to be raised in Military District No. 6, according to latest reports received in this city. This is, in reality, a new type of unit, for Military District No. 6, field artillery depots have been authorized for the Maritime Provinces but this authorization carries with it the district's first full-blooded, thoroughbred artillery draft.

The unit will be recruited throughout the different provinces consisting the division, to wit, New Brunswick, Nova Scotia and Prince Edward Island and will be commanded by Lieutenant J. A. Lawlor, now of the 12th Battery Canadian Field Artillery, a militia unit. The complement of the new unit will be one lieutenant, one sergeant, two corporals, four bombardiers and forty-three other ranks.

Although no definite announcement has yet been made, it is very likely, in the opinion of those who know the game, that this newly authorized draft will be trained in the use of the newest and most modern type of gun, and will without a doubt be a great attraction to intending recruits. Further details regarding the organization of the unit have not yet been given out. It has not yet been announced where the headquarters of the new unit will be.

Lieutenant Laing Transferred. Lieutenant A. R. Laing, officer in charge of supplies and transports of the C. A. S. C. at Fredericton will soon be transferred to Halifax where he will take up a better and more important position as a member of the staff of the 1st Regiment of Field Artillery, Military District No. 6. He will likely proceed to Halifax to his new duties about September 30.

Colonel Grey an Instructor. Lieutenant-Colonel W. H. Grey, O. C. of the 71st Regiment of York County has recently been appointed an instructor to the 28th Kiltie Battalion. This is not necessarily an overseas appointment, although the colonel has expressed himself as willing to proceed overseas if he needed by any unit. He will spend the next few months handling the work of his new position at Fredericton, the headquarters of the kilties.

Want Lieutenants Sturdee's Return. A request has been sent from the department of militia and defence for the return of Lieutenant E. A. Sturdee, formerly of the 92nd Regiment but now of the "Fighting 28th" so that he may take an appointment in the 28th Kiltie Battalion. Lieutenant Sturdee has an excellent record at the front and his acquisition by the kilties will be a valuable one.

Want Instructors. In the latest orders received from the headquarters office at Halifax it is noted that a number of N. C. O's are required for physical training in the different units now preparing to go overseas. Commanding officers are requested to call for volunteers for this special work. These men will not likely proceed overseas but will remain attached to the training staff of M. D. No. 6.

THE NEW SERBIAN ARMY

A detachment of Serbs on their way to the front at Saloniki. Note the fine new equipment provided by the Allies.

CANADA NOW HAS 361,693 SOLDIERS

Ottawa, Sept. 5.—Recruiting for August totalled 7,246, as compared with 8,675 for July, 10,796 for June, 15,090 for May and 32,819 for the record month of March. The falling off in recruiting for August is about what was expected by the militia department considering all the circumstances of increased labor demand, harvest requirements, etc. The total number of recruits since the outbreak of war has now reached a total of 361,693, of whom 153,785 were enlisted since January 1st last. Alberta took the lead last month among the military districts in regard to the number of new recruits.

The province provided 1,155 new soldiers. To date the total for Alberta since the outbreak of war is 34,885. Ontario supplied last month 2,548 recruits of which the Toronto military district enlisted 920, London district 572 and Kingston district 991. Quebec province recruited 620 men, the maritime provinces 569, Manitoba and Saskatchewan 451 and British Columbia 628.

Popular Officers Take Positions on N. B. Command. Major Laurie is General Staff Officer and Lieut. Groves, A. A. G., in Local Office—Former St. John Man Gets Well Deserved Promotion in England.

In recent orders issued by the New Brunswick Command it is shown that Major D. Allan Laurie is temporarily appointed general staff officer of the New Brunswick Command in this city. Major Laurie, although young in years, has seen much active service, going to France with the first Canadian contingent. He was later wounded in no less than the forty-three places and invalided home. He recovered and will ultimately take command of one of the companies of the 28th kiltie battalion. Since employed at the office of the New Brunswick command he has shown marked executive ability.

Lieut. Groves' Appointment. The same orders show that Lieut. Frank Groves is temporarily appointed A. A. G. of the New Brunswick Command in this city. Lieut. Groves secured his commission only a few months ago, but prior to that date had given many years of valuable service to the army in the various divisions of the ranks, in England as well as on this side of the water. He will eventually be appointed assistant adjutant of Colonel Guthrie's kilties.

ZEPPELIN ARMADA FALLS IN RAID UPON ENGLAND

One Great Machine Found by Giant Search Lights Brought Down by Anti-Aircraft Guns Two Others Which Attempt to Reach London Driven Off—Fourteen Dreadnoughts of the Air Employed in Concentrated Attack Upon London—Obscuration of Lights Makes Enemy's Work Ineffective

London, Sept. 3.—Thirteen Zeppelin airships took part in the raid over the eastern counties last night, and an official statement issued late this afternoon says that, so far as reported, one man and one woman were killed, and eleven men and women and two children injured.

It was the most formidable air attack made on England. Only three of the Zeppelins were able to approach the outskirts of London. One of these was shot down, and the other two were driven off by aircraft guns and aeroplanes. The following communication was issued by the field marshal commanding-in-chief of the home forces, at 6 o'clock this afternoon:

Careful inquiries show that the casualties and damage caused by the air raid last night were quite disproportionate to the number of ships employed. The number of casualties which have been reported are as follows: Killed, one man, one woman. Injured, eleven men and women and two children. No casualties occurred in the metropolitan police district. Latest reports show that in the metropolitan police district twenty-five houses and some out-buildings were slightly damaged. Two water mains were cut and three horses were killed. Damage Was Slight.

Elsewhere the damage was very slight, a certain number of cottages being damaged, as well as a church, while a fire occurred at some gas works. There was no military damage of any sort. An earlier official statement said: "Last night's raid was carried out by thirteen airships, and thus was the most formidable attack that has been made on this country. The principal theatre of operations was the eastern counties, and the objectives were to have been London and certain industrial centres in the Midlands. The measures taken for the reduction or obscuration of lights undoubtedly proved most efficacious, for the raiding squadrons, instead of steering a steady course, as in the raids of the spring and of last autumn, groped about in darkness, looking for a safe avenue to approach their objectives. Shot Down Zeppelin.

Three airships only were able to approach the outskirts of London. One of them appeared over the northern district, about 9.15 in the morning, and she was picked up by searchlights and heavily engaged by anti-aircraft guns and aeroplanes. After a few minutes the airship was seen to burst into flames and fall rapidly towards the earth. "The ship was destroyed, the wreckage, engines, and half-burned bodies of the crew being found at Cusley, near Enfield. Experts hope to reconstruct certain portions of the framework. The large amount of wood employed in the framework of the Zeppelin is startling, and would seem to point to a shortage of aluminum in Germany. "The other two ships which approached London were driven off by the defences without being able to approach the centre of the city. "A great number of bombs were dropped promiscuously over the East-England and Southeast counties, but complete reports as to casualties and damage have not yet been received. Those in hand indicate that the damage and loss of life will not be heavy, considering the number of ships engaged, a great number of the bombs dropped having fallen either into the sea or in remote country districts. "It is hoped that any persons who picked up fragments of the wrecked airship will submit them to general headquarters without delay. If of no value in the reconstruction of the airship, they will be returned to their owners. It should be remembered that the retention of such articles is a contravention of the Defence of the Realm regulations. "A full statement of casualties will be issued tomorrow. People Saw Machine Fall.

The Zeppelin raid, which lasted from last night until this morning, was on the largest scale yet undertaken, did not afford Londoners the spectacle that did those of this time last year, although from many parts of the city people who were awakened by the firing saw one of the raiders falling in flames in the north. News of the raid circulated during the evening, and people waited in expectation of seeing sights which became familiar last year. They had almost given up hope when the firing of guns told them that Zeppelins were making an effort to reach the city. Only a few rounds were fired, however, as the defences of London proved so strong for the raiders, the most daring of which had been struck and brought down in flames, a fact which soon was made known to the whole city through the cheering of the crowds which had gathered at every point of vantage. Observers said the dead agony of the Zeppelin lasted a minute and a half. "In the eastern counties visited many bombs were dropped, but the extent of the damage and the number of casualties will not be known for some time. The night was a perfect one for Zeppelins. It was very dark, with few stars visible, and with no wind or rain to interfere with their maneuvers. A correspondent of the Associated Press, who was in the eastern counties in the early morning, watched the bombardment of the Zeppelin which was detected by searchlights all around, and searchlights bursting on it. Suddenly the Zeppelin disappeared in a cloud of smoke emitted by itself. Dashed to Earth.

The sky was clear at the time, but the searchlights lost trace of their quarry. A minute afterwards a light appeared in the sky like a brilliant comet, which increased in intensity as it descended. Then the light spread out into flames, falling gradually until an altitude of about 1,000 feet was reached, when it burst into an enormous sheet of flames, lighting up the surrounding country for miles. Apparently the gasoline had caught fire and the airship dashed rapidly to the earth. From villages and towns went up loud cheers, but it was difficult to tell exactly where the airship had fallen. The people gathered on the roads and in the good marksmanship of the anti-aircraft guns. For some time searchlights were thrown skyward, searching for the companions of the ill-fated airship, but apparently with no success. Immense crowds went from London and the suburban towns today to visit the wreck of the Zeppelin, which was lying a heap of ruins in a field. "Notwithstanding the heavy rain, prevailing soldiers guarded the wreck and removed charred portions of the bodies which were found. "An eye-witness who reached the scene early said the charred remains of a big German engineer were found. The hands still were grasping a lever of the engine, the engineer apparently having clung on, trying to steer the ship to the ground. "Some accounts say that a number of the crew jumped overboard to save themselves from burning, but those familiar with Zeppelins think it would be impossible. Escape could only have been made through the exit and the rapidity of the descent would not have given them time.

Farm Training For Soldiers

Promising Results of a Government Experiment in England. Canadians are looking forward with considerable hope to the arrangements, made and making, to establish ex-soldiers as farmers.

First in order of importance of course, must be the Dominion government's plan. This, as the prime minister says, "will be satisfactory to all those who have at heart the great purpose." For its details we must wait till parliament meets. There is the scheme embodied in the British Columbia "Soldier Home-Steak Act." This includes a free grant of land, and a loan of money for improvements to each soldier settler, with exemption from all except school taxes, and five years' exemption from seizure for debt. There is also the scheme of the Canadian Pacific Railway—a development of the ready-made system, the company devoting millions of dollars to this enterprise.

Most of the schemes proposed for able-bodied men; and for general farm work an able body is as necessary as an able mind. But some forms of work on the land can be hopefully undertaken even by men more or less disabled. These men have been of benefit to themselves and the government, through its military hospitals commission, is already giving the men at some of the convalescent institutions instruction in gardening and poultry raising; and a good deal of progress may be expected along these lines. Canadians are therefore keenly interested in watching the similar experiments now being carried on in the old country.

In England, the first experiment in the programme of training disabled soldiers for work on the land started eight months ago at the Cheshire County Council's Agricultural College, and the result so far is regarded as most promising. "Some of the men have either lived in the country or worked on the land before, while others are town-bred; but all alike have shown considerable aptitude in every practicable way to set up an arm, and on a hand; but all three have shown themselves perfectly competent to do good work. In every case the country life and work in the open air, have been of benefit to them. The main endeavor has been to make the men good all-round farmers. Some of them will be able to manage small farms of their own; others have obtained or are obtaining sufficient practical knowledge to assist in gardening, dairy-work, or poultry-raising. All spend much more time in actual work than in attending class-room lectures; and they are learning a little botany and chemistry, and enough veterinary surgery for simple purposes. Some of the men have already been placed in good situations. One of the most urgent requirements of our own country is that our returning soldiers shall be encouraged and assisted in every practicable way to seize the opportunities offered them for such training; and this will be available not only at the Convalescent hospitals, where a beginning can be made, but afterwards at the agricultural schools and colleges which have offices for the men disabled from returning in their previous occupation. The government, as our readers will remember, makes special money allowances for the maintenance of the men and their families while this instruction is being taken. "Don't you think Miss Howler has wonderful control of her voice?" "No, don't. She sings every time anyone asks her to."—Boston Transcript.

Weak, Nervous Children Quickly Gain Strength Under Following Plan Nervousness, just like weakness, is a purely predisposition. We inherit tendency to disease just as we inherit physical characteristics. The strain of study, social duties, work at home—these all tend to make nervous troubles among children. No wonder that St. Vitus dance, Epilepsy, and constant headaches have become alarmingly common. Nervous, listless young people are met everywhere. It is nothing short of criminal for parents to neglect signs of weakness in their children. By ignoring the slightest symptom of nervous or mental strain, you may condemn your child to lifelong invalidism. If any member of your family complains of headaches, fear going into dark places, give them that wonderful tonic, "Ferrozone." Strength of body and mind, hard nerves, ability to study with comfort, all the attributes of health quickly follow the use of Ferrozone. It establishes strength, courage, vim—does this by filling the whole system with nourishment and tissue-forming materials. It is because we know the enormous need that Ferrozone will do, because we are sure every child and even grown folks will be permanently benefited, that we urge you to give it a trial. All dealers sell Ferrozone in 50c. boxes, six for \$2.50, or direct by mail from The Starbuck Co., Kingston, Ont.

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Picture of 104th Band. In the latest issue of Canada, a publication produced in London in the interest of Canadian affairs military, there appears an excellent group picture of the band of the 104th Division, now in training at Caesar's Camp, England.