PARALYSED AND HELPLESS

Prominent Merchant Restored to Health by "Fruit-a-tives"

BRISTOL, N.B., July 25th, 1914. "I had a stroke of Paralysis in March, and this left me unable to walk or help myself and the Constipation was terrible. Finally, I took 'Fruit-a-tives' for the Constipation. This fruit medicine gradually toned up the nerves and actually relieved the paralysis. By the use of 'Fruit-a-tives' I grew stronger until all the palsy left me. I am now well and attend my store every day." ALVA PHILLIPS.

Fruit juice is nature's own remedy and 'Fruit-a-tives' is made from fruit juices. 50c. a box, 6 for \$2.50, trial size 25c. At dealers or sent on receipt of price by Fruit-a-tives Limited, Ottawa.

PLAY THE MAN

Play the man With your body. Keep it fit By the highest use of it, For the service of the soul, Every part in full control, Strong for labor, deft to do All that is required of you-Play the man!

Play the man! Keep you inmost soul as pure As your mother's virtue Sure, If within no evil dwells, There's no power in all the hells Strong enough to drag you down, Play the man!

NOTHING SO GOOD AS APPLES

Seems like I'm crazy for apples-Been without any so long; Now that it's time for the fruit to be

Say, I just burst into song. Other fruit's good in its season,

The buliest fruit of them all.

apples, With the appetite keen of a boy,

For me is a season of joy.

And apples mean cider and pie, can't praise too much, No matter how hard you may try.

So here's to his Highness the Apple, Who comes with the crispness of

When my palate's athrill as I take in my fill, Of the bulliest fruit of them all.

TRENCH MUD

And you've scraped my plastered

walking garden plot, comminated blot.

in Aldershot.

I have seen a Rugger scrum in whirl of sticky gum,

muddy movements; I have seen an entrance hall when the plumber's made a call. And I've floundered in suburban

street improvements:

I have seen it when he was at manouvres on the Plains. I have skidded round in London when they're digging up the mains.

But I never, 'pon my Sammy, saw a mud more soft and jammy Than the mixture in our clammy Flemish drains.

sticky, tricky wicket.

JUST BEHIND THE FIGHTING LINE

(By ONEN S. WATKINS, Chaplain to the Forces.)

From time to time I have written roadside; then on to the town of B-

chaplain made mroe easy.

The First Link

was clear before us, and from the Jesus Christ When at last I tore my- for all that." way in which the trees lining the self away the afternoon was wearing road went flicking by the driver appeared to be making up for lost time. Past miles of newly-ploughed fields. through a large forest now stripped of its leaves, and we drew up in front of a convent on the outskirts When you've sprayed me with a sy- of a quiet little town. This was a casualty clearing station, the first link between the field ambulances and the base hospitals. A weary looking chaplain was waiting to wel-

concerning the work of the chaplain where I expected to find a number of in the fighting line; have tried to give chaplains waiting to meet me. Not you some idea of the life he lives, the all that I had hoped to meet were work he does and the risks he runs. there. One was wounded and on his visit does not mean that we are all parts of the British line in France with the troops. But eight had gath- parts of the Expeditionary Force. and Flanders, and, as far as possible, ered from far and near, some of keep in touch with all the Wesleyan them having ridden ten miles to be ought to spend hours I could only that were gone. One chaplain was I found myself outside my own billet, spare a few minutes, and do little billeted in the town, as the remnants and knew my day's work was done. more than grip their hands and wish of his brigade had been drawn out of them "Good luck in the Lord." But the fighting line for a rest, and had ity presented itself, and I was able though too often it has been a flying made arrangements for our meeting. visit that I have paid, I have seen en- First we gathered around the Lord's ough of the work to be more and Table and I do not ever remember a was not able to warn the chaplains war he was the junior minister ino ne more filled with admiration for the celebration of Holy Communion which of my coming. "Want a lift, padre?" of our best Circuits—the other is a devotion, energy and pluck displayed to me was more impressive. As I asked a friendly officer. "I'm going Handsworth student, now a second by every one of my colleagues. As I handed the elements to these com- to ----, and there's sure to be lieutenant in an infantry regiment. have said before, Methodism has sent rades, every one of whom during the somebody you want to visit either and, with all due respect to the Handsus the very cream of the younger last fortnight had been constantly there or en route." The first place worth tutors, gaining more valuable ministry, and the result has fully facing death, who had shared in un- at which we stopped had once been a knowledge for his future ministry Let me try and give you some of message of peace into the very jaws better than a heap of ruins—it was little more than a hand-grip, and I the glimpses I myself have had of of war at its worst, I felt a great well within the shelled area. Most pass on my way; but I am the better these men and their work. "Padre, pride of brotherhood fill my heart of the civil population had been re- for it. I have looked into the eves of you're always wanting a car; you can and there came to me a new realizat- moved to a place of safety, but the town two men-men who are living Christ have mine tomorrow if you like; I ion of the meaning and value of was "stiff with troops." In every in new and difficult surroundings, and shan't be using it." So said one who Christ's sacrifice. Truly they were building that was at all capable of by their lives preaching with more has often come to my help, and engaged in a Christ-like work and providing shelter of any sort troops power than they ever did from the straightway I became busy sending were ready, if need be, to give even were billeted-and the amount of pulpit. telegrams to chaplains whom I hoped their lives also for the flock committ- shelter was in many cases practically to visit the next day. An early start, ed to their care. Later we gathered nil, for doors and windows had been Rob you of your manhood's crown— a twenty-mile rush through the keen in an adjoining room, talked over blown in, roof and walls were full of A few miles farther on we are air, and then a check—the road was our difficulties, evolved schemes for gaping holes; it was hardly a shelter hai'ed by a medical officer well blocked with marching troops. Evi- the greater efficiency of our work, from the cutting wind; from rain and known to us both. "What are you dently a division on the move, and, told one another of the way in which snow it was no shelter at all. The doing here?" we ask. "What's your from the look of the men and the God had used us, and were cheered men, however, were wonderfully job?" "Oh, I'm officer commanding newness of their equipment, just out by the knowledge that labor and sac- cheery. "We're the resting brigade," soapsuds for this division; run the from England. "Some of K's army, rifice were not in vain. Would that they said. "No, it isn't much of a baths and laundry, don't you know. I reckon, sir," said the driver of the I had time and space to put down all billet, but after the trenches, it's If you've got time I'll show you the car. Enquiries revealed the fact that that was said in that informal meet- heaven. If you're on the right side last thing in baths-there isn't anit was the — Division, which had de- ing, or bring before you an adequate of the wall you can get out of the other to touch it in France." His entrained the previous night and was conception of the manifold activities wind; you can have a fire without thusiasm was such that though we darkness to whatever awaited them in chaplains, and after many enquiries saddle; services held under every they shelled the place at all, and the latest development. A huge fac- helped them to forget had rendered and about an hour's search I found conceivable condition; of pastoral when they do there are always the tory, just behind the firing-line, had a service to their brothers and the There's a tang to the taste of an apple them both, keen, eager young fellows, visitations in billets, bivouac, dug-A zest like the keen autumn breeze, full of plans for the good of their outs and even trenches. Nearly every want, sir? Yes, we've got one attach- were as nearly perfect as is possible A zest like the keen autumn breeze, and the was running a Soldiers' ed to our regiment; was with us in a savor that's won from the was running a Soldiers' ed to our regiment; was with us in a nothing less than marvellous when all along the fighting line, for the of services on troopship and in biv- Home or recreation room for the England when we were doing our the conditions and the means avail-When it ripened the fruit on the ouac. Some problems also they had troops resting or in reserve; some of training. He's a bit of al-right, he able are considered. "You see," he for my solving, difficulties which had them were responsible for two, and is, and a nailer for services. One explained, "the men come in through arisen owing to lack of that know- even three, such institutions; and, in Sunday a week ain't enough for him; this room, and here they strip and Oh, I've hungered and thirsted for ledge of the army and its ways which addtion to their religious duties, cat- he has seven. Just been holding a leave their clothes, and you both only comes to a man after long ser- ered for the men's amusements, or- service here half an hour ago; then know how glad they are to leave themselves "The Whizbangs," and vice. In one case a staff officer had ganizing football matches, boxing he rips on to his bicycle and is off to them, for they come straight from And the season which brings in this to be interviewed. He proved to be competitions, athletic sports and con- some other unit. Sings a good song, the trenches. Next we have the baths an old friend, and by quoting King's certs They spoke with enthusiasm too, when we have a 'sing-song' of an |-hot and cold showers, plunge, plen-Regulations, and reminding him of of all their work, but ever returned evening, and ain't a bad back at foot- ty of soap and towels; a hundred can For autumn means rosy-cheeked ap- days when we were both younger and to the priceless opportunity which campaigned together, what had was theirs, the receptive attitude of at the officers' mess to leave a mes- over 1,000 men in a day. The baththreatened to be a serious difficulty the men, the little meetings for fel- sage. "Sorry he's out, sir," said the ing over, they pass into the next room And dumplings and such which you was removed and the way of the lewship held in cottage, dug-out and solitary subaltern I found there, "but where their khaki is returned to them

A Field Ambulanec



In this letter I want to make you way back to England; another was lose our padre. No. I'm glad, for realize yet another side of the chap-, sick and had been sent to the base; a he's a op-hole chap, work slike a lain's work—that which is done just third was a patient in a "rest camp," nigger, is as brave as they're made, behind the fighting line, and which suffering from trench fever; whilst and if he gets his desserts he will in some respects is the most impor- two sent their apologies-their bri- be mentioned in the next despatches." tant work of all. As senior chaplain gades were in action, and at such a One of many testimonials I have reof my Church it is my duty to visit time they rightly felt their first duty ceived from officers and men in all ment, and also has pastoral charge Night had now closed in upon us, and as we rushed through the darkchaplains in the British Expedition- present, and there was much greet- ness I think I must have dozed, for ary force. Many men with whom I ing of old friends and talk of days it was with a start of surprise that

A few days later another opportunto reach an entirely different part of are two men I want to see. One is exampled horrors and carried the considerable town, but now was little than even they could teach him. It's ball when he's wanted. I called bathe at a time, and we put through been; the eagerness of the troops to he's away evangelizing somewhere or having been thoroughly sterilized

With the Territorials

on, and once again the driver of the car, to use his own phrase, had to halt was occupied by part of a divis- admiring the officers' baths, the laun-"open her out" to make up for lost ion of Territorials. With this divis- dry, the sterilizing rooms and the ion there were two Wesleyan chap- wonderful makeshifts whereby it was lains, but one had recently been sent possible to wash the men and clothes lage we have a recreation room, at We are now on our homeward way, to the base sick; the other had just of a whole division once a fortnight. and there were eighty miles to go. I joined and was new to the work, so and we agreed that the officer comwas hardly conscious of the country that there were many small matters of manding soapsuds had every reason -my thoughts were with the men I administrative detail to attend to. Also for his enthusiasm and his pride. had just left-when I was roused by amongst the men were many from We continued our journey, passing When you've trained me down to come us. A month ago he had writ- the driver's voice: "There's a field Methodist homes some from whose through supply columns, ammunition weight, cleared my hair of ten demanding that I have him re- ambulance in that village to the left, people I had received letters, and an parks, motor ambulance convoys, and moved to another sphere of labor, for sir. I caught a glimpse of the flag hour quickly passed hunting them up, the hundred and one things that are he had not sufficient work, patients through the trees. Is there anybody talking of mutual friends, and recall- found immediately in the rear of a were so few. Now he had the ap- there you want to see?" "I don't ing old times when, by their father's huge fighting force. My companion pearance of one newly risen from a know. Perhaps it would be just as fireside, I had been entertained at looked at his watch. "What do you serious illness. "Still looking for a well to find out what ambulance it is "the deputation." Then the owner of say, padre? It's not far to railhead; And I look more like a soldier than a job?" I asked. He smiled. "No; de- and anyway, whoever they are, they the car returned. "Ready, padre? it won't take us more than twenty voutly thankful for a rest. The last will give us tea, and I expect you're I'm through with my business. We'll minutes; we could touch the R.T.O. You will recognize by scrubbing, the fortnight has been dreadful. During ready for it. I know I am." We go back another way if you like, and (railway transport officer) for tea, remains of Private Stubbin, one week we hardly had time to eat, found it was an ambulance to which then you will touch the and Divis- then go and see the pictures, and still Who was once the smartest cub and got little or no sleep. Most of a Wesleyan chaplain was ttched, ions." Half an hour later we were get home in time for dinner. Can't the wounded during the recent fight- "He's out at present, sir," said the sweeping down well well-kept drive. work all the time; recreation is good ing passed through our hands. We young medical officer of whom I dense timber on each side of us, and even for padres. Do you agree?" I were receiving casualties at the rate made enquiries. "Been out all day, in front a fine old chateau, at the agreed, and soon we were driving into When the game was but a maze of When the game was but a maze o gone on much longer we should all know he wants to see you, and I'm This was a divisional rest station, and through trucks, motor lorries and figures. He says he thinks in figures, loose? have collapsed. When it was over I sure both you nd the chauffer can being run by a field ambulance. Here gangs of men who were busy loading and those who have seen him do some slept fifteen hours on end, and still do with tea after your long, cold I found the chaplain at home, and by and unloading stores. We found the of his marvellous sums, say he thinks felt I had not had enough. The wards are practically empty now; only a chaplain walked in, plastered in mud persuaded to stay to lunch. Our envy in his quarters, which consisted of a few men whom it is useless to move. from head to foot. "Afraid I'm in of the quarters they occupied was railway truck which he had contrived by 5321, and give you the answer, For concentrated horror and suffering rather a mess," he laughed. "But loud and emphatic. "Yes, it's a top- to make quite cosy and comfortable. which mounts up to eight figures. I had never imagined anything like I've been in the trenches all day, and ping place, isn't it? We took it over Tea over, we proceeded to inspect the Give him the date of your birth and these past few days; it was horrible! our communication trenches here are from one of the other ambulances last local branch of the Expeditionary he will tell you the day of the week horrible! But don't think I want a very narrow. Hardly wide enough week. Before that we were living in Force canteen, where all the luxuries on which you were born. Even to move. I wouldn't have missed it for for a man of my size to squeeze a ruined barn, and doing all the 'col- dear to the heart of Tommy and his one who knows how to do this, it is anything; it was the chance of a life- through, so the sides of you get rath- lecting' from the trenches for the officers could be bought at reasonable usually a long process. Although Altime. It was worth years of waiting er plastered with mud. Then at one whole division. And a pretty rotten prices, many of them for less than the fred Gamble is still but a boy, his rapid to be able to help at such a time and point I had bad luck-tried to take a time we had, too, what with snipers same article could be purchased in rapid calculating has brought him be-For our tea we drink hot mud, dine to be of use to the suffering, dying short cut across the open, and, of and the enemy's big guns. We think England, for all—a special concession fore some of the biggest universities on b-ef and muddy "spud," men. You've seen it before. I have- course, half way over they opened we've earned something of a rest; to the troops—were imported duty in the country, where he is called up-And we spread the mud, like "poz- n't. Aren't they just splendid? fire, and I had to lie face down in the but we've a hundred patients to look free. This was the depot from which on to demonstrate his powers. He There's no man in the world to match mud till they were through with it. after, so we're not loafing." This the soldiers' homes, dry canteens and says he began to add figures just for It's in everything we chew; and as our British Tommy, and when he's The result you see, and as we're on from the medical recreation rooms of three divisions fun before he was five. He was althickening for our stew, wounded he's at his very best." extra light kit just now, I haven't a staff over luncheon. After luncheon drew their supplies. As we were told ways adding together the numbers on It imparts a flavor not exactly Through the almost empty wards we change, so cannot make myself res- we inspected the rest station. This of the enormous amounts which from houses, on freight cars and automopassed, occasionally stopping at a pectable." After tea a half-hour's is the place to which cases that are day to day were consumed, we realiz-It's our beverage and tuck, it's the bedside to speak a few words to one talk together, matters on which he not serious are sent—officers and men ed once again the organization and before he was aware he was doing air we breathe, and suck, who was very near the crossing of the wished to consult me were dealt with, who, after ten days or a fortnight's efficiency of the Supply Department, anything unusual. It's our clothing and our mattress, river. Nurses, doctors, orderlies, all words of cheer were spoken, and a complete rest and feeding up, will which handled such tremendous quanand it sticks to us like luck, looked worn and done, but all were caution not to run unnecessary risks, be fit for duty again in the trenches. tities of stores and kept our vast force Oh, our life's a game of cricket on a cheery and counted it a privilege to such as trying to save time by taking Men slightly run down, suffering supplied. For if the luxuries which United States from coast to coast in have had their share in ministering short cuts across the open. As I from nervous strain, trench fever, se- the men themselves paid for amount- the most serious epidemic ever known BUSINESS COLLEGE

to say how much wastage of men has night on the cold draughty platforms. Accom. for Halifax......7.40 a.m. his work amongst the patients, does much to provide them with amuseof those units which belong to the "second line"-such as supply, ammunition, etc., etc. He has much ground to cover, his days are full, and for the time he lives an ordered life.

Passing through the next village, the line, but as it was unexpected I a sergeant in the R.A.M.C.—before the

Commanding Soapsuds

partake of the Lord's Supper, and the other. You'll never catch him unless whilst they have been bathing, and many who bore a clear witness to you make an appointment. He's a every man is served out with clean We resumed our journey; the way the saving and keeping power of beggar to preach, but one of the best underclothes, socks and shirt. They come in looking like third-class tramps; they go out feeling like Christian gentlemen." For some time The next place at which we made a we wandered through the building,

for more than a day or two; most of of war material and equipment. To them are able to walk about and en- us was also shown the great coffee joy the glorious grounds of the cha- bar provided for the convenience of teau, the comfort of civilized life un- the men going on leave-arriving and der almost peace conditions, and the departing-who might be delayed at sense of being even beyond the range | railhead for many hours. For the of the enemy's largest guns. Each convenience of these there was also service on the railway is as follows: division has one of its ambulances provided a rest house. "Not exactly working such a station; all the not a la Ritz," said the R.T.O., "but not Express for Yarmouth..?2 noon as fortunately placed as this one, but bad for active service, and much bet- Express for Halifax and Truro many are, and it would be impossible ter than kicking their heels half the been prevented by a timely visit to But if you fellows are going to the Accom. for Annapolis......6.35 p.m. the rest station. The chaplain finds pictures you had better be off, or you won't get a seat."

A Cinematograph

"The pictures" was a cinemato-

grant entertainment provided by the

-Division for the distraction and entertainment of its men. The operator of the lantern, the "star turns" between the pictures, the orchestra and the pianist, all were soldiers. The scenery on the stage had been painted by men in the division, for in the "new army" are to be found men of every profession and every trade. One of the performers was an Oxford don, another was well known to fame in the theatrical world, and the films were the latest from London, being changed every few days. The picture house was a huge barn, with accomodation for over 1,500 men, and when we arrived the house was full. R. U. PARKER, It was a wonderful sight—the men were plastered with mud, for they had been brought in supply lorries straight from the trenches-and it was hard to believe these careless, happy lads, joining with such gusto in the chorus of the latest popular song, laughing so heartily at the antics of that great film artist, Charlie Chaplin, an hour ago were facing death in the trenches, and yet again within a couple of hours would be within a hundred yards or so of the enemy, rifle in hand, with grim work hours or more trenches, shells, cold. wet, and danger were forgotten, and restrained enjoyment. Then once

Many such entertainments are held modern general realizes the importion, where we have a troop who call who provide an entertainment that would be a credit to any West London concert Hall. Most of the performers are professional singers and the pianist is a man well known in his profession. This party is famous, not only for the high quality of its entertainment, but because its performances are given, not behind the fighting line, but actually in it. For they are within walking distance of the trenches, and the little town in which they perform is well within the danger zone. Besides these "high- RAILWAY AND D. A. RAILWAY. toned" and more or less professional entertainments there are the "singsongs" organized by chaplains and others, when regimental talent has the chance to air itself. In my vilup a stage, with scenery, footlights. etc., all complete. The scenery was painted by one of the men, and certainly belongs to the impressionist school. On Sunday I preach from the stage, and often wonder if the weird 1 p. m. background does not distract my congregation. But to Tommy nothing seems incongruous; he looks not at the trappings, but ever seeks the kernel; and I sometimes think he finds it more often than do those who are bound by convention.

14th Field Ambulance, 5th Division.

A Wizard at Figures

Alfred A. Gamble, a boy living at

Influenza is spreading over the Where they've told us we must stick to the heroes of the recent fighting. thanked the commanding officer of vere colds, or any minor ailments ed to so much, how enormous must taking a large toll in lives and caus-Towards midday we drew up in the the ambulance for his hospitality he which, for the time, render them un- be the bulk of those necessaries sup- ing in economic loss by incapacitating And We've Stuck. | shelter of a wood and picnicked by the drew me on one side. "I hope your fit for duty. Few of them are in bed plied by the Government, not to speak workers in all walks of life.

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.. 2.01 p. m.

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> Gen. Passenger Agent. GEORGE E. GRAHAM, General Manager.

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