

W. C. T. U. Notes

Women's Christian Temperance Union first organized in 1874.

AIM—The protection of the home, the abolition of the liquor traffic and the triumph of Christ's Golden Rule in custom and in law.

MOTTO—For God and Home and Native Land.

BADGE—A knot of White Ribbon.

WATCHWORD—Agitate, educate, organize.

Let us not judge one another any more, but judge this rather, that no man put a stumbling block or an occasion to fall in his brother's way. RM. 14: 31.

OFFICERS OF WOLFVILLE UNION:

President—Mrs. J. G. Elderkin.

1st Vice President—Mrs. W. O. Taylor

2nd Vice President—Mrs. G. W. Miller

Recording Sec'y.—Mrs. Ernest Redden

Cor. Sec'y.—Mrs. Roy Jodrey.

Treasurer—Mrs. H. Pineo

SUPERINTENDENTS

Evangelistic—Mrs. William Chipman

Parlor Meetings—Mrs. D. G. Whidden

Labrador Work—Mrs. J. W. Vaughn

Fishermen and Lumbermen—Mrs. W. E. Fielding.

Anti-Narcotic—Mrs. W. O. Taylor

Flowers, Fruit and Delicacies—Mrs. A. W. Bleakney.

Christian Citizenship—Mrs. B. O. Davidson.

Press—Mrs. M. P. Freeman

Willard Hall—Mrs. M. P. Freeman

Temperance in Sabbath Schools—Mr. C. A. Patriquin.

Business meeting of the W. C. T. U. the last Monday of every month.

VOCAL THERAPY

In two of his letters the Apostle Paul recommends the ministry of singing to his fellow-Christians. It is not perhaps the sort of counsel we should expect from this robust and intellectual apostle. We scarcely imagine the gift of song as part of our conception of his marvellous equipment.

It is probable that we get a true image of the man if we think of him toiling along his exacting roads in the mood of song. The man who broke into singing at midnight in the prison of Philippi when a few hours before he had been beaten with Roman thongs has a very active sort of minstrelsy in his soul and it would wake into music at the lightest touch of events.

At any rate he strongly urges the use of singing as one of the inspiring helps in the spiritual life.

And who has not known the inspiration of song? Who has not known the state

flatness of some depressing scene lifted away by the ministry of song?

"Sometimes a light surprises The Christian while he sings."

Yes and when the light breaks upon the soul like some shaft of sunshine breaking through on a cloudy day the bird is apt to sing all the more with the result that the light passes into glorious day.

Sir Frederick Mott gave an admirable lecture some time ago to a society which bears the attractive name of "The Vocal Therapy Society." He told a fascinating story of how music is now being used in the ministry of healing. At the Maudeley Hospital it has passed far beyond the experimental stage and is in confident and constant practice. It is being used in nervous disorders and in restoring mental powers to ex-Service men. The distracted consciousness is being led back into unity and peace. Lost memory is being recovered.

The holy healing Spirit of God is brooding over the stricken spirits of men and is restoring their broken estate through the seductive and mollifying ministry of music and song.

Is this a neglected gift in the aspiring life of the soul? It may be that just here many a one will find the magic secret which gives wings to leaden feet and changes weariness into strength.—British Weekly.

BUSINESS OUTLOOK BRIGHTER

TORONTO Jan. 14—In a review of industrial conditions and the outlook for 1922 in the January issues of Industrial Canada the official publication of the Canadian Manufacturers' Association 150 prominent Canadian manufacturers take an optimistic view of the situation.

It is the opinion of the majority that Canada has seen the worst of the depression and from now a slow but steady improvement is anticipated. Opinions differ largely according to lines of industry as to when normal activities will be resumed.

In some industries the change for the better has already taken place; in the others the turning point is placed about March or April; in a limited number no appreciable betterment is expected until the fall. High freight rates and low prices for agricultural products are regarded as the principal obstacles in the way of a more rapid recovery.

Minard's Liniment For Distemper

Internal Baths Check Deadly Effects of Hardening of Arteries

High blood pressure, meaning hardening of the arteries and heart disease, is a condition which frequently becomes dangerous after the age of forty. As is well known the blood pressure is regulated by the state of the arteries. Hence it should be our aim to keep our arteries as young as possible.

The best means of reducing blood pressure and preventing hardening of the arteries lies in taking sufficient outdoor exercise and in keeping the system well regulated. Constipation must not be permitted to exert its harmful effects. It is the cause of auto-intoxication (or self-poisoning) with many attendant ills—headaches, biliousness, lack of energy, sleeplessness and indigestion.

The one means of effectually reaching the seat of these ailments is the Internal Bath. Pure warm water, applied with the J. B. L. Cascade cleanses and purifies the intestinal tract and removes the poisonous waste which accumulates there. The use of medicines for constipation is harmful.

The "J. B. L. Cascade" will be shown and explained to you by A. V. Rand, Druggist, Wolfville, N. S., who will also give you free on request an interesting booklet by Dr. Charles A. Tyrell "Why Man to Today is Only 50 Per Cent Efficient." Booklet or information also obtainable at Tyrell's Hygienic Institute, 163 College Street, Toronto.

IN THE BIBLE.

Bishop Hoss said at a Nashville picnic: "The religious knowledge of too many adults resembles I'm afraid the religious knowledge of little Eve."

"So you attend Sunday School regularly?" the minister said to little Eve.

"Oh yes sir" said she.

"And you know your Bible?"

"Oh yes sir."

"Could you perhaps tell me something that is in it?"

"I could tell you everything that's in it."

"Indeed!" And the minister smiled. "Do tell me then."

"Sister's beau's photo is in it" said little Eve promptly, and ma's receipt for vanishin' cream is in it and a lock of my hair cut off when I was a baby is in it and the ticket for pa's watch is in it."

—Detroit Free Press.

Work is nature's physician but most people prefer some other doctor.

WINDSOR WON FROM CANNING

WINDSOR N. S. Jan. 13—The Windsor team played its first home game tonight in the Valley League and succeeded in beating the Canning aggregation by the score of 9-2. Windsor had the best of the play all through and the score is a good indication of the game. About a minute after the face off the home team went through playing nice combination and placed the puck in the net for the first score. Canning came right back but were not able to bag a goal until near the end of the session. Windsor scored two more before the bell rang and the first period came to an end with a two goal advantage to Windsor.

The second period was slow at the start but Canning made things livelier by scoring their second goal. After this Windsor gave them no chance and the second period ended with the home team leading 6-2.

After ten minutes of slow play in the third period Windsor found the net for number seven and five minutes later they repeated. Canning made some desperate efforts to score but the home team kept them well bottled and they did not get past centre with the puck. One minute before the bell Windsor finished their scoring with a pretty run that netted the rubber for the last counter of the game, which finished 9-2 for Windsor.

The game was late starting as the special train from Canning did not arrive until ten o'clock. About 200 spectators accompanied the team from Canning.

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Catalog

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As headquarters in the Maritime Provinces for these lines we can save you money and time.



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KENTVILLE No. 2 R. M. ROUTE, under a proposed contract for four years, dating from the 1st July next.

Printed notices containing further information as to conditions of proposed Contract may be seen and blank forms of Tender may be obtained at the Post Offices of the terminal and route offices, and at the office of the undersigned.

W. E. MacLELLAN, Acting District Superintendent, Post Office Inspector.

Office of District Superintendent Postal Service, Halifax, December 28th, 1921.

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Apply to L. G. Baines

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Family Wash

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Wet wash or rough dry. Ironing done if desired. Flat work and Men's soft shirts. All work called for and delivered.

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Being paid to our successful students learn auto tractor mechanics. Be an auto expert on ignition, lighting, starting; learn all about overhauling, repairing, driving motors, gas tractors; big wages, steady work. Write for beautiful free catalogue. The big Hemphill School at Toronto is the largest and best equipped school in Eastern Canada. Hemphill's Big Auto Gas Tractor School, 163 King St. West, Toronto.

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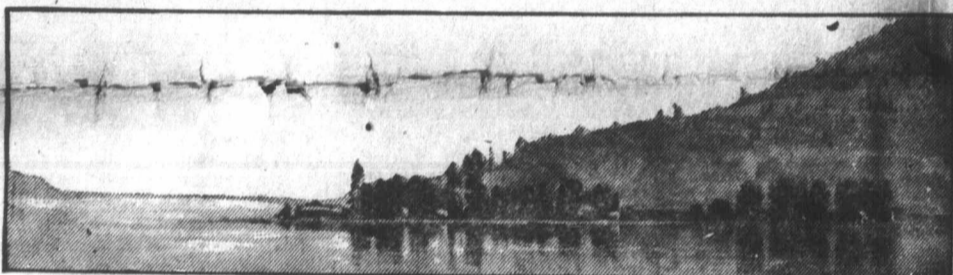
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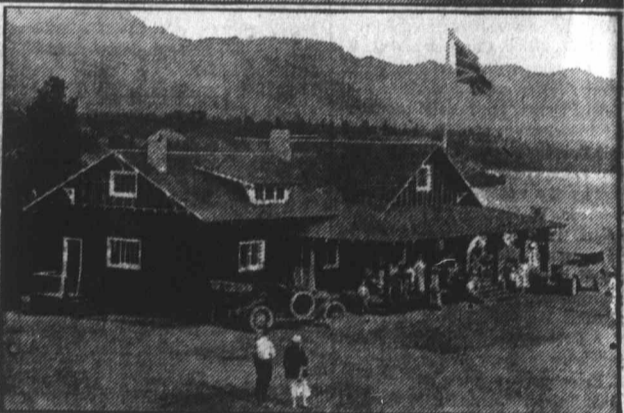
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LOVELY LAKE WINDERMERE



Lake Windermere district, just west of the Canadian Rockies, seems well on the way to become one of the most popular summer resorts in British Columbia, or in fact Western Canada. It lies in a Valley, the stillness of which had not been broken by the sound of a locomotive until five years ago, like some beautiful thing slumbering and knowing nothing but a few scattered settlements. Fort Kootenay, it is true was constructed as far back as 1807, but David Thompson, the explorer, who built that fort could foresee no more than the Indians with whom he traded what the Valley could give to mankind. The Kootenay Trail, commonly known as the Old Whiskey Trail ran from Fort Steele to Windermere, then across the Rockies by way of the Sinclair Canyon and the Kootenay River to the construction gangs of the Canadian Pacific Railway. Whiskey, of course, was contraband in those days, and the trail resulted in much profit to the bootleggers.



Lake Windermere, B.C. Windermere Camp.

R. Randolph Bruce, C.E., F.R.G.S., of Invermere, saw the possibilities of this highway, he knew it was time the old pony trail should be replaced by a good motor road, and through his efforts in 1905 the Canadian Pacific Railway, and the Government of British Columbia ultimately took the matter up. Work was commenced on the British Columbia end of the motor road in 1911, but the work was done very intermittently owing to lack of funds, and the war. The district is opened sufficiently now to reveal in good roads, and the scenic points of interest can be reached comfortably.

Pending the completion of the Banff-Windermere Road, autos can be shipped by rail between Banff, or Lake Louise to Golden on the Canadian Pacific Railway. From Golden the highway connects with the Columbia Valley Road, via Windermere road. Lake Windermere has much to offer the tourist, and lover of nature, for the country is varied for sports and amusements, and accommodation can be had to suit all tastes, hotel, or camp life if preferred.

Invermere is the station which is the key to this Utopia of the Columbia Valley, a tiny structure which looks like a toy, and is rather a relief after the noise and bustle of larger ones, and savors of the country. As soon as one alights from the train, and begins to wonder where the town, hotel, or any semblance of civilization is, you are approached by a man who asks if you wish accommodation at the hotel or Lake Windermere Camp, and at the same time he satisfies your curiosity by adding "A drive of a mile must be taken."

Lake Windermere Camp consists

of twenty-five bungalow cabins for living purposes, with a central club house for dining, dancing and social recreation. The site of the camp lies along a natural terrace overlooking the lake. The cabins are below the club house on the shore of the lake among the pines. The site is ideal, and it is a pleasant change to have your own little cabin, an artistic affair made of logs and stained wood, instead of the ordinary hotel room.

Looking at Lake Windermere gives one a sense of peace and calm. This valley is miles and miles in length and pastoral in its beauty. The lake stretches out a scintillating sheet of water, situated as few lakes in Canada or the United States. "Beautiful" does not describe it, "grand" and "unique" are adjectives more apt. It is unique in that the pastoral, the rugged and magnificent are all combined. Directly from the shores of the lake, undulating slopes, or benches rise, well treed with spruce, pines and fir, open fields are seen here and there along these benches, and some are cultivated.

Above rise the hills well timbered, and above the hills tower the mountains, as if guarding the quiet pastoral lands below, from intrusion of the outside world. The lake and valley has indeed a perfect setting with the Canadian Rockies to the east, and the equally spectacular Selkirk to the west. The end of the valley in which this lake lies appears closed with the hills and mountains, but it is not so, for an exceedingly good motor road runs beside the lake, along Grassmere Lake and by the shores of Columbia Lake, and motor boats as well as cars can ply to Canal Flats at the head of Colum-

bia Lake, and the source of the beautiful Columbia river.

Those who have seen this lake say it is the most superb bit of scenery in the Rockies or Selkirk. It lies not far distant from the town of Invermere, a good auto road goes half way, ponies and pack train penetrate beyond. Ice caves surpassing those of the Alps are here, beauties which tourists cross continents to see, lie practically at the door of the little town of Invermere. The links are on the promontory where the camp is located. The point was called Kats-tow-hab-lait, and by the way it is on the historical site of Fort Kootenay, which was commenced in 1807 by David Thompson, astronomer, and surveyor, of the North West Trading Company. After eight tiers of logs were put together for the warehouse, the project was abandoned on that site and Fort Kootenay was built two miles north in the same year. David Thompson was the first white man in the country, and it was he who discovered the Columbia river. The golf course is nine holes, and surely no course has a more beautiful situation. The fishing is good in many of the lakes in this district, and for big game hunting the adjacent country holds out every inducement to those who are keen for this sport.

As said before, this district has everything from Glacial regions, to hot springs. Sinclair Hot Springs has a concrete swimming bath which attracts many on account of the curative properties of the water. Fairmont to the south also has hot springs. The water in Lake Windermere averages about sixty-eight degrees, affording good bathing which is unusual in mountainous regions.