

## My Heart And I.

So much there is we know,  
My heart and I,  
That, as we forward go,  
My heart and I.  
We simply plod along,  
Avoiding all the throng,  
And making life a song,  
My heart and I!

We're gay than we seem,  
My heart and I,  
We're not too old to dream,  
My heart and I.  
And spite of tameless days,  
And often tangled ways,  
We still find much to praise,  
My heart and I!

Sometimes we seek a range,  
My heart and I,  
Where dwell the new and strange,  
My heart and I.  
But there we find no rest;  
Men do not stand the test;  
For us the old is best,  
My heart and I!

Some day we'll strike a trail,  
My heart and I,  
We know we cannot fail,  
My heart and I.  
It leads from care and fret  
To where we can forget.  
We'll find that lost path yet,  
My heart and I!

We have some pleasant hours,  
My heart and I,  
We often miss the flows,  
My heart and I.  
But still we jog along,  
And strive to do no wrong,  
But make of life a song,  
My heart and I!

—Amadeus, O. S. F.

## When the Mail Reaches Nulato

(By Frances Gillespie in the Rosary Magazine)

It was in the sunshiny, almost warm, days of early June that the first steamer of the year made its slow way up the Yukon carrying food supplies, and even better—mail—to the traders and miners—and missionaries who had been ice-barred from the world throughout the long months of an Arctic winter. Everywhere its coming caused excitement and was hailed with delight. Even in lonely places, far from the towns, men would stand on the hills, high above the river bank, and wave their arms and shout a welcome to it in some strange Indian dialect, or perhaps in English, in French, or even in Russian. It stopped for some hours at Holy Cross Mission, at Shageluk, and again at Kaltag. When it reached Nulato, men, women and children, the sick and the feeble as well as the strong, the busy as well as the idle, hurried down to the river to see it cast anchor, to watch it unload the part of its cargo destined for them, and to stare curiously at the trim officers and sunburned seamen who worked so quickly and were so capable.

In the crowd and hardly less excited than the Indians themselves was Father Hudson, the only priest stationed at the mission. He was almost childishly eager for his share of the ship's treasures, and overjoyed to hear again his own tongue and to get a glimpse of the outer world, for which he would not admit, even to himself, that he was homesick.

By far the greater part of the mail was for Father Hudson, as well as four large wooden boxes which, with the help of some Indian boys, he carried to the little log cabin and piled, one on top of another, in a corner. Leaving them unopened for the moment, he drove the curious children away and sat down to enjoy the home letters for which his heart hungered. The first that he chose was from his sister and enclosed a few loving lines from his feeble old mother to the "dear boy" of whom she was so proud. Father Hudson read and reread both notes and letters until he knew them almost word for word, before he laid them aside for a bulky envelope and a small package, both addressed in the same neat writing.

A money order for fifty dollars fell from the letter as he unfolded it, and at the sight his eyes danced; his poor were so very poor, his church so very bare! Next he tore the paper from his package and found a stout little box in which, carefully packed in cotton and tissue paper, there was a watch, a small, watch, worn almost smooth by

## Aching Joints

In the fingers, toes, arms, and other parts of the body, are joints that are inflamed and swollen by rheumatism—that acid condition of the blood which affects the muscles also.

Sufferers dread to move, especially after sitting or lying long, and their condition is commonly worse in wet weather.

"I suffered dreadfully from rheumatism but have been completely cured by Hood's Sarsaparilla, for which I am deeply grateful." Miss Frances Harris, Prescott, Ont.

"I had an attack of the grip which left me weak and helpless and suffering from rheumatism. I began taking Hood's Sarsaparilla and this medicine has entirely cured me. I have no hesitation in saying it saved my life." M. J. McDonald, Trenton, Ont.

**Hood's Sarsaparilla**  
Removes the cause of rheumatism—no outward application can. Take it.

many years of use. Father Hudson looked at it for a long time; he turned it over and over in the palm of his hand; he examined the almost obliterated etching on its case; and his eyes grew moist and more than once his lips trembled.

He slipped his penknife under the rim to force open the back of the case, but quickly changing his mind, laid the watch on the deal table before him and began to read his letter. It was from a priest—Father O'Meara—who had been a classmate of Father Hudson's at Woodstock and was then pastor in an out-of-the-way Western town. For a page or two the writer talked of his own affairs without mentioning either money or watch; then went on to tell that at a meeting of his sodality held a few days after he received Father Hudson's letter of the preceding year he had read parts of it to his men, to give them some idea of the labors and hardships which are the portion of by far the greater number of our missionaries.

"As you may remember," Father O'Meara continued, "you said that you had sold the watch your father gave you when you graduated at St. Mary's to get money to buy a statue of our Blessed Mother for your little church in Nulato, and ever since had been guessing the hour of the day, more or less inaccurately. When I was done reading, one of my young men—a splendid, generous fellow—jumped to his feet and proposed taking a collection then and there to send you money to buy a new watch—unless there is something else you would rather have. The men responded wholeheartedly, although they are not rich, and in five minutes he had gathered from his fellow sodalists the fifty dollars I am sending you. Later, I was very glad that they had left you free to spend the money as you wish, for after the meeting broke up a patient, tired, shabby fellow, who lived for years in a miserable little house on the outskirts of the parish—one of those men who always work hard and somehow never succeed—came to me, bringing the watch I am mailing you today, and shyly begging me to forward it to my friend in Alaska. I hesitated to take it but he insisted that I should. He was more than willing, he said to part with it. If you could sacrifice the watch your father gave you, he could sacrifice his; so he argued, and his lips quivered and his eyes filled as he urged me to accept it."

He commissioned me to tell you that although the watch is only silver and not very valuable—it was quite evident that he did not believe this—it keeps perfect time and was never out of order in all the years that he carried it. Then, for the first time since I have known him, he talked about himself and his own affairs. I was deeply touched by his simple little story and am going to repeat it to you word for word. You will only half appreciate your watch if you do not hear it.

"It had been his only treasure. When he was a young boy a friend gave it to him, the only intimate friend he ever had. John and I were inseparable," he said. "We were together from morning until night—partners in everything, although he was a little older than I, and clever, and quick, and full of fun. I've never been able to understand

**SCOTT'S EMULSION**  
is now a summer as well as a winter remedy. It has the same invigorating and strength-producing effect in summer as in winter. Try it in a little cold milk or water.  
ALL DRUGGISTS

how—it happened that he liked me so well. I never made another real friend. I haven't known how. Somehow, no one else cared much. And when I was sixteen years old, my father decided to come West.

(To be Continued)

## Germany The Obstacle.

Replying to the argument of pacifists, the British Foreign Secretary, Rt. Hon. A. J. Balfour, said in the British House of Commons last Thursday afternoon that the true obstacle to peace was that educated Germany unitedly upheld the grossly immoral heresy that a policy of universal domination was the true policy of any nation wishing to be great. The heresy originated from the facile war successes of Germany, and the way to eradicate it was to show Germany war did not always lead to success. Germany visibly practised these abominable doctrines, and no German statesman had ever unambiguously declared his intention of restoring Belgium and making reparation to Belgium which even the most extreme pacifist in the House of Commons was determined should be done. Mr. Balfour said that the carrying out of German theories was even more strikingly exemplified on her eastern frontier, where she steadily and remorselessly was endeavoring in every way to bring the peoples there under her economic and military domination. Germany went to Finland as a "liberator." Next to being enslaved by Germany there was no worse fate than being liberated by Germany. Finland was now in the grip of Germany, who insisted in dictating what kind of government Finland should have, and had stripped her of her copper and other materials, had established garrisons there, and had attempted to use her against Russia and the Allies. J. M. Robertson, who described himself as a life-long pacifist, emphasized that peace was impossible until the Allies were able to compel Germany to disarm, whereafter disarmament must follow. A Landsdowne peace would enable Germany to continue her military establishment, compelling all other nations to maintain conscription.

## A Hot Wave

The fearful heat wave in the United States and on the Peninsula of Ontario continues without abatement. The warmest large city in Canada last Wednesday was Toronto, where the official government temperature was 101 in the shade. Nearby places were about as hot. In the United States many industries in the east were obliged to shut down because of the stifling heat, and it was so warm in New York that ordinary business was largely neglected. In that city, Boston, Washington, Baltimore, Philadelphia and other places the mercury ranged between 90, and over 100 and in Philadelphia 106, and Chicago, 101. It was 106 in London, Ont., Tuesday. There were numerous deaths in the congested centres and hundreds of prostrations. The heat in the middle west and southwest continues. In several largest centres the present hot spell is the most intense recalled, and temperatures have never been higher. In Ottawa the mercury went as high as 92 on Wednesday and in Montreal, 82. In St. John the highest temperature was 82 and the lowest 54.

## Three Hundred Downed

Paris, Aug. 8.—The French official statement on aviation says: "During the month of July 184 enemy airplanes were downed. One hundred and fifty-four enemy airplanes were seen falling out of control inside the enemy lines, of which number fifteen had been damaged by the fire of our aircraft guns. Thus 338 enemy machines were destroyed or badly damaged. "In addition our airplanes set on fire 49 enemy captive balloons. "During the same month our bombing squadrons during the day time dropped 194 tons of explosives and in the night time more than 357 tons, thus making a total of 550 tons dropped on bridges in the Marne valley, on enemy troops that had advanced south of Aisne, and on railroad stations in the region of Laon, Hirson and Rothel. "Belgian communication—There has been moderate artillery activity. One fire caused explosions of munitions depots inside the enemy lines."

## DIARRHOEA WAS SO BAD Could Scarcely Do Work.

Mrs. O. Pritchard, Elora, Ont., writes: "About a year ago I was troubled very much for a whole week with diarrhoea. It was so bad some days I could scarcely do my housework. I took two or three different kinds of medicine, but got no relief, and was just at the point of going to see the doctor when I explained my case to a friend."

She put a half bottle of Dr. Fowler's Extract of Wild Strawberry in my hand and said: 'You take this and you won't need any doctor.' Before I had emptied the bottle I was cured, and have never had any return of the trouble. I can truly say that 'Dr. Fowler's' is the best medicine I have ever used for diarrhoea."

Dr. Fowler's Extract of Wild Strawberry is not a new or untried remedy, as it has a record of 72 years of cure to its credit, and is recognized on all hands as the only reliable remedy ever offered to the public as a safe and certain cure for diarrhoea, dysentery, colic, cramps, cholera, cholera morbus, cholera infantum, summer complaint and all looseness of the bowels, whether of children or adults. It is particularly good for teething babies.

The price of Dr. Fowler's is 25c. a bottle, and we would warn you against accepting any substitute. Many of these are positively dangerous, and you are risking your life when you take them. The genuine is manufactured only by The F. Milburn Co., Limited, Toronto, Ont.

## Give "Overt" A Chance.

Many a fine adjective has been spoiled by being hooked up in some facile phrase, to a commonplace noun. For example, overt. Never in my life, writes H. L. Mencken in the New York Sun, have I encountered overt save in front of act. Thus joined and poisoned, it is mouthed abominably by lawyers and newspaper editorial writers; the literate fauna of a superior type avoid it almost together. And yet it is a fine adjective, a juicy adjective, an adjective worth knowing better. Why not overt honestly, overt destiny, overt love? I once had an overt black eye. Earlier in this life I made overt eyes at a girl overtly red-haired, and remember her oleaginous kiss every time the barber's brush slides across my face. Let us appoint a committee to get overt out of jail.

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W. H. O. Wilkinson, Stratford, says:—"It affords me much pleasure to say that I experienced great relief from Muscular Rheumatism by using two boxes of Milburn's Rheumatic Pills. Price 25c. a box."

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"This is old Grouch's birthday. I suppose I ought to say something to him about it."

"Wish him many unhappy returns of the day."

There is nothing harsh about Laxa Liver Pills. They cure Constipation, Diarrhoea, Sick Headache and Bilious Spells without griping, purging or harshness. Price 25 cts.

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After any serious operation or sickness, the nervous system is generally left in an extremely weakened condition, and a course of Milburn's Heart and Nerve Pills will do more towards building it up than anything else.

Mr. W. E. Grafton, 44 Davenport Road, Toronto, Ont., writes: "My wife underwent a very serious operation three years ago. After leaving the Toronto General Hospital she was in a weak, nervous condition. Having tried numerous remedies from which she received practically no satisfaction, I decided to try Milburn's Heart and Nerve Pills. I am very pleased to say that they proved very satisfactory. She slept and ate well, and her whole physical condition improved wonderfully. I have always kept a box in the house, and find them very useful in cases of nervousness, sleeplessness and fatigue."

Milburn's Heart and Nerve Pills are 50c. a box at all dealers or mailed direct on receipt of price by The F. Milburn Co., Limited, Toronto, Ont.

## LET US MAKE Your New Suit

When it comes to the question of buying clothes, there are several things to be considered.

You want good material, you want perfect fitting qualities, and you want your clothes to be made fashionable and stylish, and then you want to get them at a reasonable price.

This store is noted for the excellent quality of the goods carried in stock, and nothing but the very best in trimmings of every kind tailored to go into a suit.

We guarantee to fit you perfectly, and all our clothes have that smooth, stylish, well-tailored appearance, which is approved by all good dressers.

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GOOD BREAD is, without question, the most important article of food in the catalog of man's diet; surely, it is the "staff of life." Good bread is obtainable only by using the Best Yeast, the best flour, and adopting the best method of combining the two. Compressed Yeast is in all respects the best commercial Yeast yet discovered, and Fleischmann's Yeast is indisputably the most successful and best leaven known to the world. It is uniform in quality and strength. It saves time and labor, and relieves the housewife of the vexation and worryment she necessarily suffers from the use of an inferior or unreliable leaven. It is, moreover, a fact that with the use of Fleischmann's Yeast, more loaves of bread of the same weight can be produced from a given quantity of flour than can be produced with the use of any other kind of Yeast.

This is explained by the more thorough fermentation and expansion which the minute particles of flour undergo, thereby increasing the size of the mvs and at the same time adding to the nutritive properties of the bread. This fact may be clearly and easily demonstrated by any who doubt that there is economy in using Fleischmann's Yeast.

If you have never used this Yeast give it a trial. Ask your Grocer for a "Fleischmann" Recipe Book.

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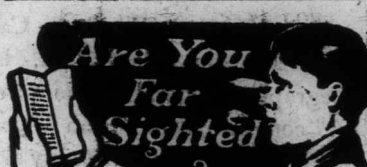
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David Reid	Victoria Cross	" "	(2 years)
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## CANADIAN GOVERNMENT RAILWAYS

## Change in Time Table

Commencing Monday August 19th, 1918, the Car Ferry, Prince Edward Island, will resume service between Borden and Tormentine, and the time table will be the same as was in effect when she was withdrawn, giving two return trips to the Mainland daily. The service between Summerside and Pt. du Chene will be discontinued after Saturday, August 17th, 1918.

District Passenger Agent's Office  
August 14, 1918—11

## Change of Time

Commencing Friday, June 28th, 1918, and until further notice, the Car Ferry Prince Edward Island will be with drawn from service between Borden and Tormentine, and the S.S. Northumberland will be placed on the Summerside-Pt. du Chene route. Trains will therefore be changed and run daily, Sunday excepted, as follows:

Leave Charlottetown 6.25 a. m., arrive Summerside 8.50 a. m., leave Summerside 12.20 p. m., arrive Tignish 6.05 p. m.  
Leave Charlottetown 4.00 p. m., leave Summerside 8.50 p. m., arrive Tignish 11.55 p. m.  
Leave Tignish 5.30 a. m., arrive Summerside 8.35 a. m., leave Summerside 9.10 a. m., arrive Charlottetown 11.10 a. m.  
Leave Tignish 5.30 p. m., arrive Summerside 8.35 p. m., leave Summerside 9.10 p. m., arrive Charlottetown 11.10 p. m.  
Leave Borden 6.20 a. m., arrive Emerald 7.20 a. m., arrive Charlottetown 10.15 a. m.  
Leave Charlottetown 12.15 p. m., arrive Summerside 4.10 p. m., leave Summerside 6.10 p. m., arrive Emerald Jet. 7.20 p. m., leave Emerald Jet. 9.45 p. m., on arrival of night train from Summerside and arrive Borden 10.45 p. m.  
Trains between Souris, Georgetown, Murray Harbor and Charlottetown will continue to run as at present. District Passenger Agent's Office, Charlottetown, P. E. I. July 3, 1918.

## Mail Contract

SEALED TENDERS, addressed to the Postmaster General, will be received at Ottawa, until noon, on Friday, the 5th July, 1918, for the conveyance of His Majesty's Mails, on a proposed Contract for four years, six times per week.

Over Rural Mail route No 1 from Cherry Valley, P. E. Island from the 1st October next.

Printed notice containing further information as to conditions of proposed Contract may be seen, and blank forms of Tender may be obtained at the Post Office of Cherry Valley, and at the office of the Post Office Inspector.

JOHN F. WEBER, Post Office Inspector  
Post Office Inspector's Office,  
Charlottetown, P. E. I., July 3, 1918.