

Canada's Trade Within the Empire

will grow in proportion to the development of the Sea-Conscious Spirit

—In the people
—In the Government
—In the Schools

The map of the Dominion shows at a glance the extreme difficulty of spreading a Sea-Conscious Spirit.

To develop our Sea-Heritage, we must send chosen and trained emissaries—our most able business men—to make Preferential trade agreements with other nations in the Empire. And we must make good these trade agreements with Canadian Ships.

The Navy League of Canada.

MAINE MOTHERS AT THE POLLS

Mother was out early to vote.

She left her wash-tub and putting her hat on straight went to the duty of suffrage. Then she went home and started them off to school. They waited for her with faces against the pane.

In the voting booth, she showed as much sense as men and voted, we doubt not, with as much intelligence. If we stop to think that trousers, cigars, whiskers, do not vote, but that minds, hopes, ideals and impulses do the voting, we see it differently.

Not petticoats but purpose take the ballots into the booth. Humanity is not 100 per cent male—it is fifty-fifty! Voting is no right; it is a duty. Whenever suffrage is restricted, it must be restricted not along sex lines, but along some other lines, if any. Intelligence, capacity, responsibility—these are the touchstones of the ballot, not sex.

CASTORIA

For Infants and Children In Use For Over 30 Years

Always bears the Signature of *Chas. H. Pritchett*

Mother was excited! She held her breath when the mystic word "check" sounded. She wanted to show her ballot, marked, to her husband to see if it were done correctly. O! the "secret ballot!"

The booths smelt of sachet-powder instead of booze. Men hung around a little longer and watched the eager women perform in the first of the immortal rights, in Maine. Historic day and moment! Long desired!

Then mother put away her new "rights" and thought of her old duties. Children, calling; washing to be done; cooking to be done; bills to pay; food to order; mending to be done; home she hurries.

Unsexed! Of course she was unsexed. Had been to the polls; met her friends; marked a ballot; gotten acquainted with the "political serpent" and otherwise damaged her life irreparably. But mother does not know it. Not a bit of it. Mother somehow feels that she has a new responsibility that she is equal to assuming. She feels that she has a mind that is capable of working. She feels that her opinion is as good as that of some men. She is probably ruined, but somehow we have not noticed any especial difference in "mother" since she registered and voted. She seems to be about the same. Unsexed mother—still doing the washing, still bearing the children still mending, sweeping, working and hoping.

IMPORTANCE OF VITAL STATISTICS

No step taken in recent years is more important or conducive to the welfare of the people than that which went into operation last New Year's Day a new and improved system for the enumeration of the births, marriages and deaths which take place throughout the Province.

A system designed for this purpose had long been in effect in New Brunswick, but for many years past the results obtained were so incomplete that it was deemed well by the Governmental Authorities not to publish them. This was wise, as statistics of any kind, and more especially those relating to life and health, if grossly incomplete, and hence, inaccurate are simply false and misleading guides if given to the public, and lead to wrong conclusions and actions.

The present system is wholly under the control of the Department of Health, and each Municipality of the Province provides for the due carrying on of the work through its sub-districts board of health, so far as the primary operation of receiving actual reports of births, marriages and deaths is concerned. It has been so arranged that each definite territorial unit in the Province, that is each Parish and each incorporated town has its vital statistics, registrar, this arrangement, by reason of the local knowledge of these officers will make it difficult for any Brith, Marriage or Death to escape registration.

The cost of this primary work, while borne by the Municipalities through their Health Boards, will be found to be far from excessive. It will amount to but a very small trifle per head, yearly, for the people concerned, and it is safe to say no money will be better spent, or put to a more really productive use.

Almost all the improvements made for nearly a century past in the health of the people and in the prolongation of human life has been based upon the knowledge gained through a correct

UPSET STOMACH

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Palpitation

Just as soon as you eat a tablet or two of Pape's Diapepsin all the stomach distress caused by acidity will end. Pape's Diapepsin always puts sick, upset, acid stomachs in order at once. Large 60c case—drugstores.

PAPE'S DIAPEPSIN

ANY WOMAN'S STRUGGLE FOR GOOD HEALTH QUICKLY REWARDED

A Simple Home Treatment Now Advocated That Gives Fine Results.

When a woman's face grows haggard and pale, when she is tired all day and ready to cry when night comes, she ought to know something is wrong.

Putting off only make matters worse. The best advice we can give any sickly woman is to test out the following treatment.

At the close of every meal with a sip or two of water, take two chocolate-coated Ferrozone Tablets. This seems to be the best thing going for folks that are tired out, run-down and in need of a strengthening, building-up medicine.

Ferrozone's action aids the three principle functions of the body—digestion, assimilation, elimination.

By strengthening digestion it forms an abundance of rich, red blood—this gives good color.

By perfecting assimilation, Ferrozone supplies nutrition—this gives strength, vim, stability.

Elimination is assured because Ferrozone quickens the action of the liver kidneys and bowels—this guarantees the maintenance of vigorous health.

Ferrozone puts you on the right road—the one that leads to health.

Not a man woman or child needing blood vigor, endurance—not a person who is weak, nervous or sickly, not a person in ill-health who won't receive immediate help from Ferrozone.

As a tonic and restorative, as a health-bringer and body-builder, Ferrozone is unrivalled. It cures because it feeds and nourishes, because it contains the elements that build up and strengthen. Try it yourself—sold everywhere in 50 cent boxes, 6 boxes for \$2.50, or by mail from The Catarrhozone Co., Kingston, Ont.

numbering of births and deaths.

Any community without it is in a position of a merchant who keeps no books and who never takes stock. Such a community really does not know whether it is living under healthy conditions or otherwise. The people do not know whether their children are dying at an excessive rate or not, as compared with the civilized world generally. Without such knowledge they are content to go on wholly oblivious of the fact in many instances that disease and death are working ravages among them far beyond what is avoidable.

This was exactly the condition that existed in Europe for many hundreds of years before correct enumeration was employed. After the real facts became known, through vital statistics collection, in England, for example, it led to protective and remedial action that that country increased their population more in the 19th century than they did in 500 years previously, and this in despite of no immigration, a very large emmigration, a greater loss of life by war, than in any century before in the history and strangest of all, in the face of a very pronounced decreasing birthrate.

A PRISONER ASKS DAMAGES

By London Daily Mail and S. A. N. S.
Paris, Oct. 3.—Damages at the rate of \$10.00 a day for "overtime" served in prison are claimed by an ex-prisoner named Martin against the Sante prison staff.

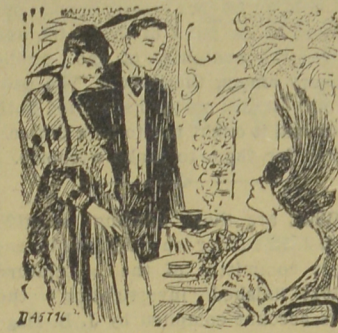
There are two persons named Martin in neighboring cells, one sentenced to four months' and the other to two months' imprisonment. When the time came for the Martin with the shorter sentence to be released his namesake was freed by mistake. The unfortunate Martin had to wait another week while official investigation was being made of the blunder.

WAR RADICALS RELEASED

Paris, Oct. 4.—Anatole France has been chosen president of a new committee of action formed to secure the serving sentences for participation in the strike plot inimical to the security of the state. The committee invites "all jealous of the rights of free Frenchmen to carry the fight against reactionary tyranny in order that free speech and thought may be re-established."

GOVERNMENT MEETINGS

TUESDAY, OCT. 5.
CANTERBURY—John T. Christie, Frank Coburn, J. B. Dickson, G. T. Feeney.
LOWER SOUTHAMPTON—P. S. Watson, W. A. Walsh, J. J. F. Winslow.
MEDUCTIC—Hon. W. P. Jones, C. E. Atkinson.
TEMPERANCE VALE—Lt. Col. W. J. Osborne, Edward Barry.
MCNUTT'S MILLS—R. W. McLellan, Maj. C. G. Pincombe.



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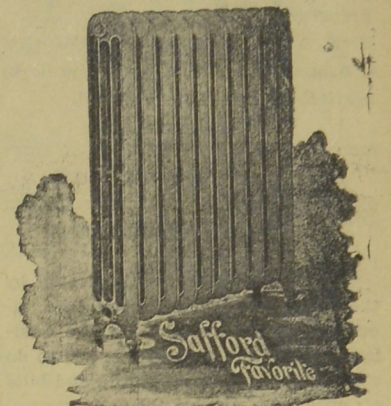
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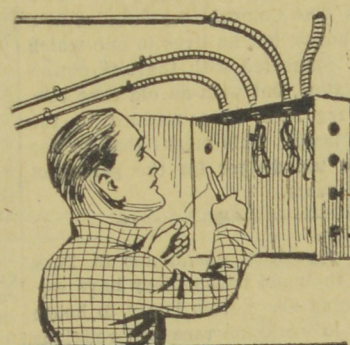
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