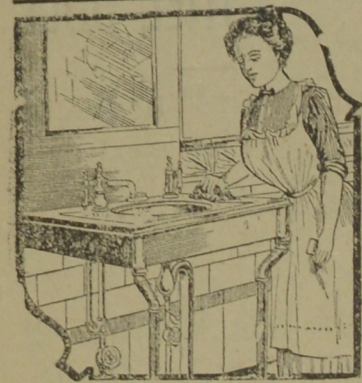


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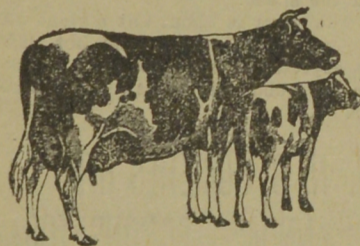
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of cod liver oil is a modern scientific remedy palatable and pleasant. You can take Nyal's Emulsion. Anybody can. And everybody should who feels the need of a body builder and strength-giver particularly those who have lung trouble or are in a run-down and weak condition. Nyal's Emulsion contains pure cod liver oil combined with hypophosphites of lime and soda to strengthen the nervous system. If you want to nourish the body and fortify the nervous system take Nyal's Emulsion.

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TONGUE IS COATED**

If Cross, Irritable and Feverish it  
Means Waste-clogged  
Bowels

No matter what ails your child, a gentle, thorough laxative physic should always be the first treatment given.

If your child isn't feeling well; resting nicely, eating regularly and acting naturally it is a sure sign it's little stomach, liver and 30 feet of bowels are filled with foul, constipated waste matter and need a gentle, thorough cleansing at once.

When cross, irritable, feverish, stomach sour, breath bad or your little one has stomach-ache, diarrhoea, sore throat, full of cold, tongue coated, give a teaspoonful of Syrup of Figs and in a few hours all the clogged up waste, undigested food and sour bile will gently move on and out of its little bowels without nausea, griping or weakness, and you will surely have a well, happy and smiling child again shortly.

With Syrup of Figs you are not drugging your children, being composed entirely of luscious figs, senna and aromatics it cannot be harmful besides they dearly love its delicious fig taste.

Mothers should always keep Syrup of Figs handy. It is the only stomach, liver and bowel cleanser and regulator needed—a little given today will save a sick child tomorrow.

Full directions for children of all ages and for grown-ups plainly printed on the package.

Ask your druggists for the full name, "Syrup of Figs and Exlir of Senna," prepared by the California Fig Syrup Co. This is the delicious tasting, genuine old reliable. Refuse anything else offered.

**FENIAN "RAIDING" UNDER  
TORY AUSPICES**

Truro, April 21—An example of the Fenian raiding now being conducted by political agents who have caused the Herald to warn the veterans of Sixty-Six that no Liberals need apply, came to notice on Saturday. A veteran whose life had been spent on a farm, had sought refuge in Colchester's Home for the Poor, at North River. Friends wrote to the Brigade Office in Halifax last winter giving details, and asking for information. About a week ago a letter was received at the Home for the Poor from a member of the Fenian Raid Veterans' Association, asking for authority to make application for the grant on behalf of the inmate, and authority also to receive five dollars out of the Government check, or five per cent of whatever amount was granted.

The Herald's assertion that only Tory officials will be given a chance to make this graft shows that the naval fund levy which is being so strenuously promoted at Ottawa has devotees who are willing and eager also to assess the military veterans of the nineteenth century even to a twentieth of the grant which is said to have been provided them as a memorial of their voluntary exhibition of patriotism and sacrifice.

**BIRTHDAY CONGRATULATION**

Princess Mary, only daughter of King George and Queen Mary, 16 years old today.

Signor Marconi, the perfecter of the wireless telegraph, 39 years old today.

Thetus W. Sims, representative in Congress of the Eighth district of Tennessee, 61 years old today.

Philip P. Campbell, representative in Congress of the Third District of Kansas, 51 years old today.

**Explorer Scott's Ill Fated  
Antarctic Expedition**

The following paper on the Capt. R. F. Scott, the noted Antarctic explorer, was read at the last meeting of the Epworth League by Corporal McGrath of the R. C. R.

The boast of heraldry, the pomp of power, and all that beauty, all that wealth e'er gave,  
Await alike the inevitable hour  
The paths of glory lead but to the grave.—Gray's Elegy.

ROBERT FALCON SCOTT, R.N.

C.V.O. F.R.C.S., a name that has come very prominently before the world during the past thirteen years by reason of his brilliant achievement and daring exploit, in connection with Antarctic exploration and latterly on account of his tragic death on March 29th, 1912. Just ten weeks after his reaching the pole. Born in 1868 at Oitlands, Devonshire England, he was the eldest son of John Edward Scott of Devonport. He was educated at Hubington House Fareham, and entered the Royal Navy in 1882 and served on the H. M. S. Rover from 1887-1888 as Lieutenant, and in the H. M. S. Amphion in 1889. In an incredibly short space of time, he won for himself distinction as a Torpedo officer, a branch of the service which demands special dash and a high degree of determination.

He was appointed Torpedo Lieutenant of the H. M. S. Majestic in 1898, under Rear Admiral Prince Louis of Battenburg, and it was by him he was recommended for the command of the Discovery Antarctic expedition in 1900. In the latter part of 1899 he was promoted First Lieutenant and in 1900 prior to his leaving England on the first expedition, was made Commander. On his assuming the command, he soon showed himself a born leader of men. Beneath a calm and unconcerned demeanour his character burnt with enthusiasm and energy. Thus was he followed by his men with zeal and confidence, in fact he commanded a veritable band of brothers. In August, 1901 the Discovery sailed from N. Z. and succeeded in forcing her way through drifting ice, to the shores of the Antarctic continent, where for the first time in history a landing was effected in January 1902. Thus can he safely claim to be the pioneer of Antarctic exploration.

The geological and scientific achievements of this expedition transcended in importance, those of any polar enterprise in the past. He (Scott) had founded a continent, had landed on it, had passed two winters on it, and had pushed the map some 400 miles nearer the pole. He was accompanied on this expedition by Lieut. Shackleton, who later won fame as an explorer, he being in command of the next expedition.

On Commander Scott's return to England in 1904, he received a magnificent welcome, and honours were showered upon him. He was promoted captain, made an Hon. D. Sc. of Manchester and Cambridge, and gold medallist of the Royal Geographical Society, Royal Scottish Geographical Society and the American, Swedish, Danish, Philadelphia and Ant-

werp Geographical Societies in acknowledgement of his brilliant services to science. But the call of the Antarctic was strong within him, and he planned and organized a second expedition, which left England for New Zealand in July, 1910. The crew was carefully picked, the equipment of the explorers excellent, and they also had with them, dogs, ponies and motor sledges, the latter as events afterwards proved, being a failure. On Nov. 18th, 1910, the "Terra Nova" (which as the name signifies means new earth) sailed from Lyttelton, N. Z. for Port Chalmers the last port of call, to take in the balance of her stores, I myself witnessing her departure, my last impression of Scott, being his standing on the poop of the Terra Nova talking to Mr. J. J. Kinsey, the N. Z. representative of the expedition.

The departure being witnessed by a vast concourse of people who had come from all parts of the Dominion to wish Bon Voyage to this intrepid explorer. The expedition finally left Port Chalmers on November 23, 1910 for the Antarctic and landed there early in January, near where Capt. Scott had previously disembarked and established winter quarters. It was while exploring the coast at a little later period that Scott encountered the "Fram" Captain Amundsen's ship in the Bay of Whales. This was a great surprise to Scott, but he was in no wise affected by this intelligence. He determined to stick to his original plans and take no part in any race for the pole.

He then pushed rapidly forward following the route mapped out by Lieut. Shackleton, which led towards the Pole along the edge of the land enclosing the Great Barrier ice and up the tremendous stairway of Beardmore Glacier to the Polar Plateau, ten thousand feet above the sea level.

The last heard from Scott before the sad news of his tragic death reached us was that on Jan. 3rd., 1912, he with a party of four men were about 150 miles from the pole, on the vast icy plateau which Sir Ernest Shackleton discovered. These four men whom we now know to be his companions in death were Captain Oates a British military officer, Lieut. Bowers of the Royal Navy, Dr. Wilson, Zoologist, and P. O. Evans who was in charge of the equipment and sledges. On Jan. 18, 1912, Scott and his companions reached the pole, a month later than the Norwegian explorer, Amundsen, and there found the records deposited by him. Perhaps the dominating factor in Captain Scott's loss was that chance ran steadily against him at every turn of his return journey some utterly unexpected misadventure upset his calculations. Accident followed accident, till it might seem as if the hand of fate was raised against them as every delay meant that they must face increased risks. That this expedition which set forth with such bright hopes, has ended in the deepest tragedy—aye in a tragedy unequalled in the annals of

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due to faulty organization but to misfortune in all risks which had to be undertaken.

1. The loss of pony transport in 1911 obliged me to start later than I had intended and obliged the limits of stuff transported to be narrowed.

2. The weather throughout the outward journey and especially the long gale in 83 degrees south stopped us.

3. The soft snow in the lower reaches of the glacier again reduced the pace. We fought these outward events with a will and conquered, but it ate into our provisions reserve.

Every detail of our food supplies, clothing and depots made on the interior ice sheet and on that long stretch of 700 miles to the Pole and back worked out to perfection.

The party would have returned to the glacier in fine form and with a surplus of food but for the astonishing failure of the man whom we had least expected to fail. Beaman Egar Evans was thought the strong man of the party and the Bearmore Glacier is not difficult in fine weather.

But on our return we did not get a single completely fine day. This with a sick companion enormously increased our anxieties. I have said elsewhere we got into frightfully rough ice and Edgar Evans received concussion of the brain. He died a natural death but left us a shaken party, with the season unduly advanced.

But all the facts above-mentioned were as nothing to the surprise which awaited us on the barrier. I maintain that our arrangements for the returning were adequate and that no one in the world would have expected the temperature and surface which we encountered at this time of the year. On the summit in lat. 85 to lat. 86 deg. we had minus 20 to minus 30. (52 to 62 degrees of frost).

On the barrier in lat. 83 deg. 10,000 ft lower, we had minus 30 in the day and minus 47 at night (79 degrees of frost) pretty regularly with a continuous head wind during our day marches. It is clear that these circumstances came on very suddenly and our wreck is certainly due to this sudden advent of severe weather which does not seem to have any satisfactory cause.

I do not think human beings ever came through such a month as we have come through and we should have come through and we should

(Continued on page 3)

**OVERWORK  
AND  
MENTAL STRAIN**

causes run-down health and sickness.  
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