

DISORDERED NERVES

sometimes start from mental strain or indigestion, but more often from general weakness, and lead to appalling conditions unless checked.

Treat the cause, not the effect.

SCOTT'S EMULSION overcomes nervousness in a wonderful, permanent way by making life-sustaining blood corpuscles; it nourishes the nerve centres and acts as a bracing tonic to build you up.

Scott's Emulsion does not stupefy—it feeds them in Nature's way.

Scott & Bowne, Toronto, Ontario 12-96



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G. W. HARRISON, Manager FREDERICTON BRANCH

A TRANSATLANTIC TRIP FOR SCHOOL TEACHERS

For three consecutive years the Teachers of Canada have organized a trip to Great Britain, and each year has added to the number of teachers who join the party. Last year upwards of three hundred of them sailed from Montreal on the Allan S.S. Virginian, of whom about fifteen were from Fredericton. The teachers visit the Old Country under the motto: "Hands across the Seas," and the whole movement is under the auspices of the Dominion Government, and the Departments of Education of the different provinces; but the Department of Education for Manitoba is the real power behind the throne. The program for 1913 is before us; from which we learn that the objects of the movement are:—

1. To give an insight into the educational system of Great Britain.
2. To bring the people of Canada into closer touch with the Motherland and the other parts of the Empire, through the medium of the In London Imperial conferences are held, where the Canadian Teachers meet and confer with, not only the Home teachings, but those from the various parts of the Empire. They are taken to visit the London schools the great schools of Eton, Harrow, &c., and one of the great universities. Then, too, the Mayors and Aldermen of different towns welcome the teachers officially, and with the aid of their wives and friends entertain them. The League of Empire and the Victoria League of Great Britain are very earnest in their efforts to make the visit of the "Overseas Teachers" profitable. Besides, as will be seen from the subjoined Itinerary for 1913, historical places of interest are visited. Altogether the verdict of the teachers who have been able to join the parties is that they are a success from the point of view of education, recreation and inspiration.

It has been said, and might well be thought, that the teachers going in this way to the Old Land every year might wear out their welcome. Any such result is not yet apparent; but rather the interest "at home" in the visiting teacher's seems to be increasing. The Rev. Canon T. Krine D. D., the vicar of one of the oldest parishes at Oxford, writes: "I cannot feel anything but delight at the prospect of furthering the organization, and extending the intercourse of your teachers with ourselves. If I am to say anything from my own special view point, it will be, that the teachers are a class whom, above all, I hope to see engaged in furthering our high imperial lot. In our own country, I have sometimes had the wish for some of our teachers, in the elementary schools at least, for a wider outlook on imperial affairs, and a wider patriotism and zeal in inspiring it in their pupils. A contagion of your teachers is the very thing for them, and I hope that it will be vigorously spread."

Sir Gilbert Parker, in writing to Mr. Ney, honorary organizer, says that he would rather see a party of Canadian teachers visit the Old Country than all the millionaires put together, for he feels that it is to the teachers that people have to look to to safeguard our national and imperial life.

At the Imperial Conference of teachers held in Caxton Hall last July, a proposal was made for a reciprocal visit of British teachers to Canada, and the summer of 1913 will probably see such visit.

The provisional Itinerary for 1913 is as follows:

(a) Visit to Oxford.—Here the party will be received and entertained by the local branch of the Victoria League and the program will probably be the same as that of 1912 which are as follows: Sight-seeing among the colleges and places of historic interest, accompanied by members of the Victoria League as guides Luncheon in the dining hall of Balliol College. Tea in New College Hall. Special service in St. Peter's-in-the-East. Luncheon as guests in the homes of members and friends of the Victoria League. Sir William and Lady Osler "At Home." Organ recital in Christ Church Cathedral. Visit to Stratford-on-Avon and Warwick Castle. Garden party at "Cherwell" by invitation of Mrs. Haldane.

(b) Coach Tour through South Buckinghamshire.—Visiting Stoke Poges (scene of Grey's Elegy), the Penn country, Chalfont St. Giles, and Milton's cottage.

(c) London and South of England.—About three weeks will be allotted to this portion of the itinerary. In addition to sight seeing in London, the following places will probably be visited: Bushey, Greenwich, Eton College, Windsor, St. Albans, Portsmouth, Canterbury, Isle of Wight, Aldershot (military camp), and possibly points in Cornwall and Devon.

(d) Paris.—About four days may be devoted to either Paris or the Channel Islands, but it is impossible

to say positively at the present time.

(e) Bath and Birmingham.—At the former city special arrangements will be made to see the Roman remains; at the latter, to give an insight into the life and industry of a large commercial centre.

(f) North Wales.—The program will be very similar to that arranged for in 1911, and will include visits to Chester, Rhyl, Llandudno, Bangor, Cricketh, Carnarvon, etc.

(g) Ireland.—As in 1911, the program including Dublin, Kilkenny and Belfast.

(h) Scotland.—Edinburgh will be selected as a centre from which visits will be made to Dunfermline, Stirling, Ayr, Loch Lomond, etc.

(i) Carlisle and the English Lakes.—At Carlisle, arrangements are being made by the Rev. A. J. W. Crosse, Vicar of St. Cuthbert's to entertain the party as in 1910. From Carlisle the journey will be continued to the English Lakes, where two or three days will be spent with Ambleside as a centre.

A program, or any further information may be obtained by applying to Mr. George A. Inch, Normal School.

Electric Restorer for Men
Phosphonal restores every nerve in the body vim and vitality. In its proper tension; restores strength to any system; cures all sexual weakness averted at once. Phosphonal will make you a new man. Price \$3 a box, or two for \$5. Mailed to any address. The Scobell Drug Co., St. Catharines, Ont.

Sold in Fredericton by A. J. RYAN.

THE SCOTT ACT HAS NOT CORNER ON VIRTUES

To The Editor of The Mail,

Dear Sir,—Colonel Sam Hughes has created quite a sensation by summoning representative women to the approaching military conference. He is making a sincere effort to get as large a number of boys as possible to take military drill, but he knows that their mothers will not consent if they are exposed to the temptations of the canteen. The United States have abolished it and although the brewers and drinking officers would like to see it restored Uncle Sam is not likely to take such a retrograde step. Col. Mervin Mans declares that no one "who uses division, has been speaking his mind freely upon the use of alcoholic liquors in the U. S. army, and his deliverance is published in the journal of the 'Military' Service. Dr. Mans declares that no one who uses alcoholic beverages should be given any important position either civil or military. "Alcohol lessons working capacity, marching endurance, accuracy and rapidity in rifle firing, ability to command troops and solve military problems. It causes illness, impairs health and usefulness and adds greatly to the non-efficiency of both officers and men. The higher powers of judgment and ability to make proper comparisons and weigh testimony is 'lowered' under the influence of alcohol. Serious mistakes have occurred from officers in command of land and sea forces."

In regard to the canteen Mrs. Mans gives her personal observation during a residence in the Philippines. She says that one large post during canteen days less than \$700 was sent home by the soldiers but three months after the abolition of the beer they sent home \$3000. Mrs. Mans tells us also that while the U. S. army will not enlist a drinking man, yet it encourages them to form the drinking habit. Stupid John Bull is slow to learn. He claims that it is better to have the canteen for the soldiers than to have them go outside and get poisoned stuff in the Saloons and hotels. Shame on Fredericton for giving him such an excuse.

Last year your paper informed us there were in Fredericton 220 arrests for drunkenness and 19 convictions for violating the Canada Temperance Act. There ought to have been twice as many arrests and convictions. What an amount of sin and misery such figures represent. How must these men who are humiliated and debased by drunkenness suffer, how must their wives, children and parents suffer? Would high license lead to less drinking, would not those who violate the law now continue to do so under high license. Those who engage in a business that entails so much wretchedness solely for the sake of filthy lucre must have seared consciences. If religion would sanction such a trade it could not command respect.

Ontario is greatly in advance of us in regard to the drink problem. Mr. Rowell pledges the liberal party to the abolition of the bar, while Sir James Whitney the Conservative leader has distinguished himself by his strict enforcement of the Local Option law. There are 1823 municipalities in Ontario and 488 are now dry and it is expected that elections that have not yet been

MADAM! IF YOU ARE BILIOUS, CONSTIPATED OR HEADACHY PLEASE TRY "SYRUP OF FIGS"

Give Your Stomach, Liver and 30 Feet of Bowels a Gentle, Thorough Cleansing Without Gripe or Nausea—Delicious Fruit Laxative for Women and Children

All women get bilious, headachy and constipated—simply because they don't exercise enough. They don't eat coarse food, or enough fruit and green vegetables. Those are nature's ways of keeping the liver and thirty feet of bowels active; but very few women employ them. The next best way is delightful, fruity Syrup of Figs.

Nearly all ills of women can be overcome with Syrup of Figs alone. There is no need to have sick headache, backache, dizziness, stomach sour and full of gases, bilious spells, sallowness, coated tongue, bad breath, bad complexion, nervousness and depression. The surest and safest remedy is one or two teaspoonfuls of delicious Syrup of Figs. Try this tonight—you'll feel splendid in

the morning when the sour bile, clogged up waste and poisonous matter have been gently but thoroughly moved on and out of your system, without nausea, griping or weakness. Your head will be clear, complexion rosy, breath sweet, stomach regulated; no more constipation, gases, pains and aches.

It is simply a matter of keeping your stomach, liver and bowels clean and regular. Then you will always be well—always look and feel your best.

But get the genuine—the old reliable. Ask your druggist for "Syrup of Figs and Exlixir of Senna." Refuse, with contempt, the so-called Fig Syrups sometimes substituted to fool you. The true, genuine, bears the name California Fig Syrup Company; look for this on the label.

I Will Stake This Medicine Against Your Time

A Few Days Will Be Sufficient to Prove That You Are Curable

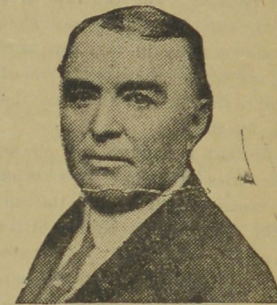
A few minutes of your time for a few days and I will demonstrate to you, without expense to yourself, that I have a medicine that drives Uric Acid poison from the system and by so doing cures kidney trouble, bladder trouble and rheumatism. I don't ask you to take my word for it, but simply want you to let me send you some of this medicine so that you can use it personally.

I am trying to convince sufferers from these diseases that I have something far better than the usual run of remedies, treatments and such things. And the only way I can demonstrate that fact is to go to the expense of compounding the medicine and sending it out free of charge. This I am glad to do for any sufferer who will take the time to write me. Understand, I will not send you a so-called "sample," neither will I send you a package of medicine and say that you can use some of it and pay for the rest, but I will send you a supply free of charge and you will be asked to pay for this gift nor will you be under any obligations.

All I want to know is that you have a disease for which my medicine is indicated. If you notice one or more of these symptoms you need this medicine, and I will be glad to send you some of it if you will write me the numbers of the symptoms you have, give your age, and your name and address. My address is Dr. T. Frank Lynott, 840 Franklin Building, Toronto, Ont. You promise me nothing; you pay nothing for it. All I ask, so that there shall be no mistake, is that you send me the numbers of your symptoms or a description in your own words, and that you take the medicine according to the directions I send you. It is my way of getting publicity for my medicine so that it will become widely known.

You will agree when you have used it that it dissolves and drives out uric acid poison. It tones the kidneys so that they work in harmony with the bladder. It strengthens the bladder so that frequent desire to urinate and other urinary disorders are banished. It stops rheumatic aches and pains immediately. It dissolves uric acid crystals so that back and muscles no longer ache and crooked joints quickly straighten out. It reconstructs the blood and nerves so that you soon feel better and eat better and have energy throughout the day. It does all this, and yet contains nothing injurious and is absolutely vouched for according to law.

Sufferers from these dreadful and dangerous diseases can surely afford to spend a few minutes each day for a



DR. T. FRANK LYNOTT
who will send medicine to anyone free of charge

few days to demonstrate to their own satisfaction if they are curable, especially when you consider no expense is involved, and I willingly give you my time and my medicine. All my fair-minded afflicted person wants to know is if a certain thing will cure HIM or HER, and here is an opportunity to find out without cost, obligation or important loss of time. THESE FEW DAYS may be the turning point in your life.

All who are interested enough to write me for the free medicine will also receive a copy of my large illustrated medical book which describes these diseases thoroughly. It is the largest book of the kind ever written for free distribution, and a new edition is just being printed. I will also write you a letter of diagnosis and medical advice that should be of great help to you, but in order to do this I must know that you need my medicine. Write me the numbers of the symptoms that trouble you, and your age, and I will promptly carry out my promises. Show me an inclination to be cured and you will be.

These Are the Symptoms:

- 1—Pain in the back.
- 2—Too frequent desire to urinate.
- 3—Burning or obstruction of urine.
- 4—Pain or soreness in the bladder.
- 5—Prostatic trouble.
- 6—Gas or pain in the stomach.
- 7—General debility, weakness, dizziness.
- 8—Pain or soreness under right rib.
- 9—Swelling in any part of the body.
- 10—Constipation or liver trouble.
- 11—Pain or soreness in the hip joint.
- 12—Pain in the neck or head.
- 13—Pain in the kidneys.
- 14—Pain or soreness in the joints.
- 15—Pain or swelling of the joints.
- 16—Pain or swelling of the muscles.
- 17—Pain and soreness in nerves.
- 18—Acute or chronic rheumatism.

BORDEN'S POLICY WHEN WAR RAGES

(Moncton Transcript)

Let us take a glimpse into the future! Without warning war is declared between a European power and the British Empire. At the moment the declaration of war is cabled, the enemy's fleet, by a coincidence, is lying off the coasts of Canada.

A wireless message communicates the fact of war being declared, to the admiral in charge of the enemy's fleet.

He suddenly swoops with his ships down upon a Canadian port.

But where is Canada's defence as part of Mr. Borden's naval policy?

Cook's Cotton Root Compound.

The great Uterine Tonic, and only safe effectual Monthly Regulator on which women can depend. Sold in three degrees of strength—No. 1, \$1.50; No. 2, 10 degrees stronger, \$3; No. 3, for special cases, \$5 per box. Sold by all druggists, or sent prepaid on receipt of price. Free pamphlet. Address: THE COOK MEDICINE CO., TORONTO, ONT. (Formerly W. J. WINDSOR)

heard from will considerably increase that number. Such a province deserves prosperity and will have it.

I hope at the next municipal election Fredericton's reproach will be wiped away. Those who vote for Aldermen who favors free rum are abetting the men engaged in the liquor business and are partakers of their sin.

JOHN J. COLTER.

It is somewhere around the British Isles, waiting for men and for guns, and for maintenance expenses.

The enemy begins to bombard a Canadian port.

Mr. Borden hurrying along a cable across to England says to John Bull: "If you please, we want our ships back again."

John Bull cables back "Send over your men and fetch them, we have got another job on our hands just now."

In the meantime the enemy is bombarding the unprotected ports of Canada, and levying a toll of millions in damages.

Great is Borden's policy, and greater still the insanity of the Tory Nationalists who dictated it. Mr. Borden has not any ships, but he will have to draw another check only this time it is to buy the enemy aff.

PINEAPPLE SOUFFLE

Pare and remove the eyes from a pineapple and grate enough of the fruit to make a pint. Beat the whites of five eggs very stiff with five tablespoonsful of powdered sugar, beat in the grated fruit and a tablespoonful of lemon juice. Turn into a greased pudding dish and bake for one-half hour. Eat as soon as done with a hot lemon sauce.

CHEAP CAKE

Beat one egg light, add to it one-half cupful of sugar, one-half cupful of molasses, and two tablespoonfuls of butter melted. Beat all hard, then stir in a teaspoonful of baking soda, dissolved in a gill of hot water, flavoring to taste, and one and one-half cupfuls of flour. Bake in a broad, square tin until done through. Cut into squares and serve.

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