

# "I Was Run Down"

## "Body was completely covered with Boils"

If you have ever had boils, you know how painful and annoying one or two can be. But imagine your whole body almost covered with them! I am a packer by trade, making a specialty of repairing the highest grade of mechanical work, and I was working under great strain day and night for three months, and I was almost a state of collapse. I was so irritable and nervous that the least thing would get me up in arms. If I managed to get a few hours of sleep at night I was lucky. I was suffering from a nervous condition. During this time I began to appear on different parts of my body and the pain from them was unbearable. I felt that if I didn't give up my work and live out of doors, I would decline. As I had no money I couldn't do this. In fact paying my bills and buying medicines cost me up all the money I made. Finally in desperation, I decided that I would either kill or cure myself, so I began to study my case. I realized that I was completely run down as any one could possibly be with a bad case of nerves. What I needed was building up. After reading descriptions of different preparations, the one which appeared to be the best for me was Carnol. It has simply performed miracles for me. Four bottles have done more than months of travel abroad. I feel like a two-year old. I sleep eight hours every night and eat three good meals a day. My skin is like a baby's, free from blemishes of any kind and I have now almost forgotten that I have ever had such things as nerves. I want everybody who is ailing to know about Carnol, because I have such faith in it I believe it will cure any human ill."

Mr. J. H. Mc. C. Carnol is sold by your druggist, and if you can conscientiously say, after you have tried it, that it hasn't done you any good, return the empty bottle to him and he will refund your money.

For Sale by Hughes Drugstore

# Maritime Religious Educational Council

In all branches of education we are continually hearing a cry raised for leaders—more leaders—better trained leaders—more devoted leaders, leaders who are willing to pay the price of pioneer-ing—of blessing trails for others to follow, and the lament has been uttered that there are so few willing to undertake the task.

Quite the contrary has been proved in both numbers and attitude by the response made in the Girls' Work section of the Training Institute of Religious Education, St. John, Amherst, New Glasgow and Halifax, by the staff of the M. R. E. C. in four consecutive weeks 200 leaders in these centres set aside one night a week to earnestly study the C. G. I. T. programme and equip themselves in a practical way for greater efficiency.

Dr. J. H. Mc. C. I. T. Program. Throughout the entire series the Girls' Work section convened at the supper hour, its sessions running on until 9.30. Supper was served in turn by C. G. I. T. Groups as a piece of service, and the time around the table utilized by discussion in small groups on the phase of the programme under consideration that evening. After the meal the findings of these group discussions were presented to the united gathering, after which Miss Allison presented the whole matter under consideration and led in further discussion. In this way the following outstanding phases of the programme were dealt with fully:

- 1—The inter-relation of Home School and Church in the C. G. I. T. movement.
- 2—The training of the Girls' Devotional Life through the Devotional Period.
- 3—The importance and use of the C. G. I. T. Code.
- 4—The planning of the program.

At all sessions the animation and earnestness with which the leaders engaged in discussion revealed a high sense of responsibility in facing the challenge made by the programme for filling in the gaps left because of inadequate training and support in the homes. In one or two centres very heated discussion centred around the relation between the School and the

Church— involving the question of amusement, recreation, etc., as well as secular and religious education. A splendid move was made in one centre where the Executive of the eachers' Association have requested a conference with the Girls' Work Secretary with a view to better co-ordinating our efforts as educationists to bring about safer and simpler standards of life (particularly study, viz. pleasure) on the part of our boys and girls.

**Sing Song.**  
Following the C. G. I. T. discussion a short but merry time was spent in a rollicking sing song for the dual purpose of enjoyment and learning to lead in singing.

**Story Telling.**  
The balance of the evening was then given over to the specializa-tion course on Story Telling which was the new and attractive feature of this year's courses. Each of these was under the direction of a Story Telling specialist and was planned so as to give the leaders the fundamental principles in the art and sufficient practical experience to enable them to make use of this intelligently and effectively as a chain of training in their respective groups. Not only was this phase of the course very refreshing and much enjoyed by all, but marked progress was made by the leaders in a practical way.

**Bible Study.**  
In some centres the evening session was concluded with a special course on Bible Study held jointly by all the other departments of the Training Institutes. Both the regularity of attendance and the earnest participation in this practical programme of training outlined, proved that the Girls' Work leaders of the Maritime Provinces are not only open minded but anxious to be "learners of the way."

During the past two weeks the Girls' Work Secretary has been a guest at two Girls' Council Supper meetings. The first was in New Glasgow where their first supper gathering was held on Feb. 3 attended by some 50 girls and representative of New Glasgow, St. John and Trenton. The latter in Halifax on Feb. 10 was a stirring example of what the programme is doing for the girls of Canada. Here 86 girls carried through a programme of business, fun and discussion with despatch and freedom that would have shamed many an adult gathering. Moreover, every detail of the program was not only executed but planned by them.

It was noticeable that at both gatherings the girls had chosen to take up for their theme for the supper hour discussion the question of a "School Girl's Sense of Honour—Work, Dress, Play, Speech and Friendship" BECAUSE it was one of the places where the application of the C. G. I. T. standards was most difficult. The findings brought in by the girls were marked by an earnestness

# Eastern Guardian

\*MINSTREL SHOW, Montague March 23rd. 17-6.

# Alberta Veterans Demand Investment of C. E. F. Funds

CALGARY, Alta., Feb. 19—Calgary ex-service men at a mass meeting here yesterday endorsed the scheme recommending that the Canadian funds of the Canadian Expeditionary Force be invested in reliable securities the interest on the investments to be loaned to the war veterans to the extent of \$2,000 for the purpose of re-establishing themselves.

# Industrial Research Meeting at Ottawa

OTTAWA, Feb. 19—The Canadian Manufacturers Association will meet in Ottawa tomorrow in a conference with representatives of various universities of the Dominion and of heads and officials of governmental departments and branches interested in industrial research. Included in the latter will be the Advisory Research Council of Canada.

The conference has been called on the initiative of the C. M. A. and will continue for three days.

# Sudden Death of Arthur Glasier

OTTAWA, Feb. 19.—After a short illness of pneumonia, Arthur Glasier of the House of Commons Staff, and a son of the late Senator Glasier of New Brunswick, died Friday at his residence here.

Mr. Glasier was a member of the Senate and a member of the House of Commons. He was a well known figure in Ottawa and was highly respected by all who knew him.

# GASSY STOMACH

Hearting, Belching, Sour Rinsing, Heaviness, Pressure—Be Sure To Use Stuart's Dyspepsia Tablets

Chew one or two after meals or any time and note how the stomach settles down, feels fine, stops gas, acidity, sour risings, belching and such troubles due to indigestion. They neutralize the sour acids, give the stomach an alkaline effect and you need have no fear to eat what ever you like. Get a 50 cent box a day of any druggist. No more drowsiness or heavy feeling after a hearty meal. And you get the benefit of your food in more solid flesh. Most people have a tendency to eat too much. If you are one of these, Stuart's Dyspepsia Tablets is chewed at this time it neutralizes the acids, your stomach is sweetened, the gas is prevented and you feel good all over. Try it. Remember you can get Stuart's Dyspepsia Tablets anywhere in U.S. and Canada.

Ask for **Ricardo** cigars

Best Cigar Value in Canada **5¢**

GENERAL CIGAR COMPANY LIMITED  
CONTROLLED AND OPERATED BY IMPERIAL TOBACCO CO. OF CANADA LIMITED

Taschereau's Four Big Liners Terrible Fire In Insane Asylum

Majority Officially Given as 604

QUEBEC, Feb. 19.—The official majority of Premier Taschereau in Montmorency County was officially announced this morning as being 604. The votes were divided as follows: Hon. L. A. Taschereau, 1,508. Armand Lapergne 994.

NEW YORK, Feb. 19.—Swept and battered by waves encountered in a terrible storm continuing since Wednesday, four big liners limped into port today with Bulwarks sheathed in ice, crushed lifeboats and bent and twisted rigging gave mute evidence of their desperate encounters with the elements.

NEW YORK, Feb. 19.—Fire broke out in a unit of the Manhattan State Asylum for the Insane on Wards Island, killing 25 patients and driving 1,800 insane out of their beds. The fire broke out in a ward where two of the dead were insane, and three were male nurses.

# Lobster Cans

We take this opportunity of wishing our many customers a very prosperous year.

Our cans this year will again be made from high grade English Charcoal tinplate. This gave complete satisfaction last year both to packers and buyers of Lobsters and we guarantee the high quality both in tinplate and manufacture will be maintained for the coming season.

It will pay every packer to get into touch with us and we will gladly quote prices.

We are right on the spot and can give you satisfaction.

PATRONIZE HOME INDUSTRY AND GIVE US YOUR BUSINESS

CHARLOTTETOWN CAN CO., Limited  
Charlottetown, P.E.I.

**CHAMBERLAIN'S TABLETS**

FOR **CONSTIPATION BILIOUSNESS**

Headache **INDIGESTION**

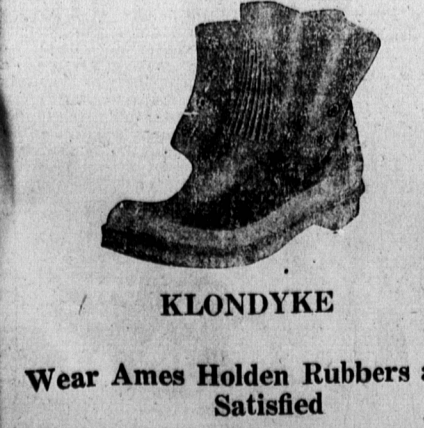
Stomach Trouble

SOLD EVERYWHERE



**SMOKE SHORT**

All Ames Holden heavy rubber footwear—rubber boots, lumberman's rubbers, etc., are made in the Ames, Holden Tire Factory at Kitchener, Ontario. Each pair is pneumatic cured and like Ames Holden Tires, they are built with a ruggedness that ensures miles upon miles of satisfactory wear.



**KLONDYKE**

Wear Ames Holden Rubbers and be Satisfied

# Have You Been Wearing Ames Holden Rubbers?

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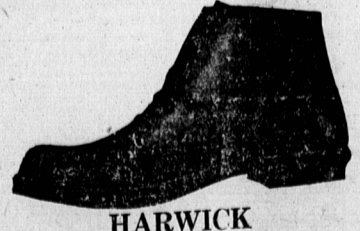


**CLOSED SIDE**

The lighter goods—closed side rubbers, overs, croquets, artics and tennis shoe, are made in the new Montreal factory—more modern and better equipped than any other rubber footwear plant in Canada.

**GUARANTEE**

Every pair of Ames Holden footwear is guaranteed to outwear any pair of similar shoes of any make sold at the same price and worn under the same conditions.



**HARWICK**

Your dealer can give them to you, if not he can be supplied by



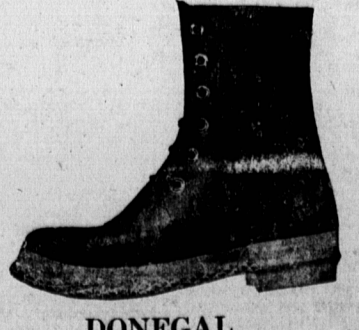
**RUTH**

Ames Holden have completely discarded the several brands of rubber footwear handled by them in past years, and have associated with them as officials, employees, workman and as Stockholders, many of the best and most competent of the men who formerly made and sold these brands. Ames Holden Rubber footwear therefore starts at the point where other brands finish—in quality, style and workmanship. Those who buy them once will want them always.



**JESTER**

Today the consuming public are more than ever demanding value for their money and the wise retailer is catering to the demand and successfully so, with Ames Holden Rubber Footwear.



**DONEGAL**

**Gordon & Company**  
Wholesale Distributors for Prince Edward Island  
Charlottetown