

# AUTOINTOXICATION OR SELF-POISONING

The Dangerous Condition Which Produces Many Well Known Diseases.

## HOW TO GUARD AGAINST THIS TROUBLE

### "FRUIT-A-TIVES" — The Wonderful Fruit Medicine — will Protect You

Auto-intoxication means self-poisoning, caused by continuous or partial constipation, or insufficient action of the bowels.

Instead of the refuse matter passing daily from the body, it is absorbed by the blood. As a result, the Kidneys and Skin are overworked, in their efforts to rid the blood of this poisoning.

Prisoning of the blood in this way often causes Indigestion, Loss of Appetite and Disturbed Stomach. It may produce Headaches and Sleeplessness. It may irritate the Kidneys and bring on Pain in the Back, Rheumatism, Gout, and Rheumatic Pains. It is the chief cause of Eczema — and keeps the whole system unhealthy by the constant absorption into the blood of this refuse matter.

"Fruit-a-tives" will always cure Auto-intoxication or self-poisoning — as "Fruit-a-tives" acts gently on bowels, kidneys and skin, strengthens the bowels and tones up the nervous system.

50c. a box, 6 for \$2.50, trial size, 25c. At all dealers or sent postpaid on receipt of price by Fruit-a-tives Limited, Ottawa.

To Clean Your BRASS or COPPER you should use



### "TIP-TOP" Metal Polish

CREAM OR PASTE

"THE SHINE THAT LASTS"

Canadian Selling Co., Montreal, Can.

## Professional Cards

### Miss Daisy Rudge

171 Great George St.—Phone Connection.

Manufacturer of all kinds of fine hair goods, including, Toupees and Wigs.

Hair dressing, Manicuring, Shampooing, singeing. 567-10-10Mimpod.

### Dr. Cliff

CHRONIC DISEASES

CURATIVE TREATMENT by the month in advance, Victoria Hotel, Charlottetown, P. E. I., Canada.

HOURS, 12 to 3 daily. Now. 1816-8-23M3Mospd.

### J. D. STEWART

Barrister, Solicitor and Notary Public

Office Newson Block, Charlottetown Branch Office, Georgetown Money to Loan on Real Estate

### McLEAN & McKINNON

Barrister, Attorney-at-Law Royal Bank Building, Charlottetown Offices—Old Guardian Office, Province Block, Charlottetown, P. E. I. Wharf 28th St.

### MORSON & DUFFY

Barristers and Attorneys Solicitors for Royal Bank of Canada MONEY TO LOAN.

### McLEOD & BENTLEY

W. E. Bentley, K. C. Barrister and Attorneys-at-Law Money to Loan, Office—Bank of N. S. Chambers, Charlottetown, P. E. I.

### S. S. Hessian

Barrister, Solicitor, Notary Public, &c. MONEY TO LOAN. Montague, P. E. I.

### WARBURTON & SHAW.

Barristers, Attorneys, Notary Public, Etc., Solicitors for Canada Bank Association, Bank of Montreal, Canada, Permanent Mortgage Corpora-

## SUNDAY SCHOOL LESSON

November 4.

### DEFEAT THROUGH DRUNKENNESS.

(I. Kings 20: 1-21.)

Golden Text.—"Let not him that girdeth on his armour boast himself as he that putteth it off."—I. Kings 20:11.

We turn for our World's Temperance lesson from the study of conditions in Judea, after the return of the exiles, to an event which happened in Samaria, over a hundred years before the time of Ahab, with whose history the lessons in the Old Testament began at the beginning of last quarter.

Benhadad, King of Syria, of which the capital was Damascus, was the most powerful ruler between the Euphrates and the Mediterranean.

In the reign of Ahab, King of Israel, 856 years B.C., Benhadad laid siege to demand of Benhadad, Ahab seems to have great army and thirty-two kings as his subordinates. King Ahab thinking the fate of the city was sealed yielded to the demands of Benhadad, hoping that this would satisfy the Syrian king, and that he would leave the city. Ahab expected that Benhadad would let him continue as king, paying a tribute or tax to the Syrian king. Encouraged by the success of his first demand, Benhadad followed it with one of still greater arrogance.

Ver. 7:12. In replying to the first demand Benhadad, Ahab seems to have acted without advice; but when the second demand reached him, he summoned the chief people of his kingdom to meet him in a conference. Having told them of Benhadad's earliest demand, and of his reply, he then reported the second demand, and pointed out that the Syrian king evidently wanted to get an excuse for beginning a battle, which would result in the destruction of Samaria. When the case was put before them, the elders unanimously advised Ahab to refuse Benhadad's demand. Perhaps they knew the Syrian king's habits, and realized that it was the demand of a drunkard. In any case they felt that they must resist, whatever the consequences might be. Ahab sent messengers to give his reply to Benhadad, who on learning that he was defied, began to bluster and swear and brag.

Ver. 13:21. God was better to Ahab than Ahab deserved. That God would help him he learned from a prophet of Jehovah, who promised him deliverance, and told him how to plan his battle. They were to go out and attack the Syrians. Acting promptly upon this advice, they found the Syrian unprepared. When Benhadad learned that a force was coming toward them from the city, he gave the order "Take them alive!" He was too drunk to plan or act prudently, and those who were with him were in the same condition. The men of Israel were sober, carefully organized, and led by a group of fearless, active, clear-eyed clear-brained young men. Soon the Syrians were in confusion and flight.

Thou shalt know that I am Jehovah in this declaration we have specified the purpose of the entire narrative.

## Doctors Fail

"Terrible case of Eczema—contracted when a mere boy—fought disease for ten years, with half dozen specialists. Both legs in terrible condition. Almost a nervous wreck. It took just 8 bottles to clear up this disease."

This is the late testimony of a prominent newspaper man. His name and his remarkable story in full on request. We have seen so many other cures with this marvelous liquid wash that we freely offer you a bottle on our personal guarantee. Try it today. E. A. Foster, Central Drug-store, Charlottetown.

FOR SKIN DISEASE.

## D.D.D. The Liquid Wash

## TAKE "CASCARETS" IF HEADACHY, BILIOUS AND CONSTIPATED

Best for liver and bowels, bad breath, bad colds, sour stomach

Get a 10-cent box. Sick headache, biliousness, coated tongue,—always trace this to torpid liver; delayed, fermenting food in the bowels, or sour, gassy stomach.

Poisonous matter clogged in the intestines, instead of being cast out of the system is re-absorbed into the blood. When this poison reaches the delicate brain tissue it causes congestion and that dull, throbbing, sickening headache.

Cascarets immediately cleanse the stomach, remove the sour, undigested food and foul gases, take the excess bile from the liver and carry out all the constipated waste matter and poisons in the bowels.

A Cascaret tonight will surely straighten you out by morning. They work while you sleep—a 10-cent box from your druggist means your head clear, stomach sweet, breath right, complexion rosy and your liver and bowels regular for months.

## SERVICE TO THE NATION DEMANDS GOOD HEALTH

War is bringing home to every man, woman and child the fact that service to the nation is not a matter alone for the soldier and sailor and munition worker.

There is work, necessary work, for everyone to do, in the way of thrift and production and to do this work, health is the first essential. Even the most willing will find progress is slow if the health is bad.

Probably the most common complaint among those doing unaccustomed tasks is backache. Work may cause a tired feeling that will easily pass off but this backache that almost doubles one up is an indication of a condition of the system that needs treatment. The Kidneys are giving evidence of their weakness and the sufferer should be thankful for the timely warning given by this pain.

The quickest and surest relief from backache is a treatment with Gin Pills. Gin Pills are the tested specific for the healing of the Kidneys. Anyone who wishes to perform his or her full duty to the Nation in these strenuous times will find relief from backache in Gin Pills.

Sold by all dealers—50c. a box, or 6 boxes for \$2.50. Money back if you are not satisfied. Free sample on request to National Drug & Chemical Co. of Canada, Limited, Toronto, or to the U.S. Address, Nat-Druggists Inc., 202 Main St., Buffalo, N.Y.

and at the same time the standpoint from which it is to be comprehended. The attack of the Syrian king, who had grown so mighty, threatened Ahab and his kingdom with destruction, and this crisis God, who never forsakes his people, repeatedly granted them the victory, which was so extraordinary and wonderful that it could not possibly be ascribed to human power and strength, but only to God. It was designed to make king and people unmistakably certain that it was not Baal nor any other god, but the God Jehovah who "doeth wonders and declareth his strength and redeemeth his people with a strong arm." (Kar. Bahr.)

Our lesson affords teachers of young men who are weary of "temperance talks" a fine opportunity to work for temperance by arousing in the young men a desire to make themselves count in the world's work. Here we have in the thirty and two kings men who in their idleness had nothing better to do than to drink themselves drunk in the pavilions, and we have in the young men of the princes of the provinces of Israel men who had so great a task to accomplish that they had neither time nor desire to drink themselves drunk.

What a Few Young Men Have Done.—Alexander at twenty-four had taken Thebes and crossed the Hellespont, Mark Antony at twenty-five was the hero of Rome, Napoleon at twenty-eight had revolutionized Europe and at thirty-five had made himself Emperor of France, Washington at twenty-three had saved Brodbeck's army from annihilation, led its retreat, and reinvented it with courage. Fox at twenty was a power in the English parliament. Pitt at thirty-four was Prime Minister.

Wilberforce at thirty-two had compelled England to free the slaves, Luther at thirty-three had nailed his ninety-five theses to the church door at Wittenberg, Adoniram Judson at twenty-two was preaching in India, Robert Morrison at twenty-two was doing heroic work in China, George Stephenson at nineteen had thought out an improved steam-engine.

Benhadad and the thirty-two princes with him were drinking themselves drunk in their pavilions when the young men of the princes of Israel made their attack. Benhadad lost the battle through drink. Drunkenness always means defeat. Did you ever hear of a drunkard achieving anything? A drunkard has defeated himself, he has reduced himself below the level of the beast. Everyone will grant this. But not everyone is willing to grant the further truth that drinking which does not make a man drunk nevertheless defeats him, renders him incapable of achieving his best.

We need to be at our best in dealing with the ordinary affairs of life. In commercial spheres business men know that if they are to make the best of things they must keep cool and always hold themselves well in hand. In sports it is only through strict temperance that athletes expect victory. In all matters of craftsmanship demanding the fine thought, eye,

or touch, absolute self-possession and mastery are imperative.

If in the battle of life, considered in its more material aspects, we must be always at our best how much more is this true in regard to the moral and spiritual conflicts of life! Why should we by indulgence reinforce that animal part of us which is strong enough already? Why should we by indulgence obscure and enfeeble the spiritual element on the clearness and vigor of which the fate of the day depends? —Dr. W. L. Watkinson.

# "Bring Up The Massed Battalions of Finance"

"To defeat the German I want you (representing investors of all classes) to bring up the massed battalions of finance—to bring up your reserves and simply smother the Hun with all arms—big guns and small—hundreds of subscriptions of a million dollars and millions of subscriptions of a hundred dollars."

Lord Northcliffe—before the Convention of the American Bankers' Association.

When Lord Northcliffe urged those financiers to bring up their massed battalions of finance it was no empty, high-sounding request. It was a dead-in-earnest injunction. Because, Money is the fundamental basis of every weapon of defence and offense, and there is no substitute for it.

It costs one million dollars a day to feed, clothe, shelter, transport and munition the Canadian army, and this cost will increase.

But in addition to raising money to maintain our army, we must also raise money to extend credit to Great Britain, because she can now buy, on this side of the Atlantic, only to the extent to which she can obtain dollar credits.

Canada needs, and must have, Britain's trade; our whole agricultural and industrial prosperity depends upon it. In order to get this trade, we must give the credit.

These, then, are the two great reasons why it is so imperative to make Canada's Victory Loan an overwhelming success, and why every man and woman who can should buy Canada's Victory Bonds.

## Flood the Treasury with Money in exchange for Canada's Victory Bonds

Issued by Canada's Victory Loan Committee in co-operation with the Minister of Finance of the Dominion of Canada.

5

### WAR-MADE POTASH WORKS GUARDED CONSTANTLY.

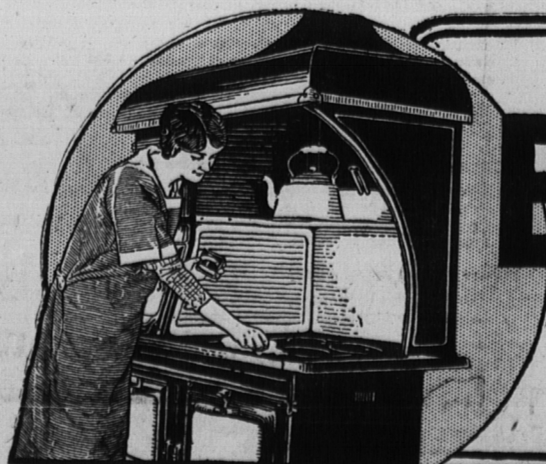
The war-time shortage of potash that has resulted because Germany has heretofore been the principal source of supply for that product, has given a great stimulus to the Pacific coast to the production of potash from kelp, which is to be found in vast beds in the ocean. On the water front of San Diego is an extensive potash plant which is only two years old and is engaged in turning out large quantities of several different products. A remarkably fine panorama of this plant is reproduced in Popular Mechanics Magazine for November. The uninterrupted operation of the works is of such vital importance at this time that an armed guard equipped with machine guns and powerful searchlights, is on duty day and night, while patrol boats ply the water front. The employees are subjected to the most rigid examination before entering upon their tasks.

### THE INSPIRED COMPOSITOR

"You may be an advertising genius, but your fate is in the hands of the compositor I'll never forget one of my first advertisements," said an agent. "It was a telling eulogy of potting meats from the best houses—that was my refrain, and I sang it over, but alas! The compositor made it read: 'Potted meats from the best horses.'"—London Opinion.

### THE SAME OLD ROW

She—What is the trouble between Millie and Arthur? Have they had a new quarrel? He—No; the patch came off the old one.



Keep your stove Bright

# BLACK KNIGHT STOVE POLISH

Easy to use and gives a brilliant, lasting polish. Apply with a cloth to either a warm or cold stove, as Black Knight will not burn