

# SUFFERED DAY AND NIGHT

## The Tortures of Dyspepsia Relieved By "Fruit-a-tives"

Little Bras D'Or, C. B.  
 "I was a terrible sufferer from *Dyspepsia and Constipation* for years. I had pain after eating, belching gas, constant headaches and did not sleep well at night. Finally, a friend told me to try "Fruit-a-tives". In a week, the Constipation was corrected and soon I was free of pain, headaches and that miserable feeling that accompanies Dyspepsia. I continued to take this splendid fruit medicine and now I am well, strong and vigorous". ROBERT NEWTON.  
 50c. a box, \$ for \$2.50, trial size 25c. At all dealers or sent postpaid by Fruit-a-tives Limited, Ottawa.

### The Joy of Living

Headaches are generally caused by nervousness or biliousness, and are very exhausting. They should never be neglected, but should be treated at once.

**Dr. Wilson's HERBINE BITTERS**

corrects the causes of headache, and restores that joy of living not known to headache sufferers.

The Brayley Drug Company, Limited

### The Halifax Conservatory Of Music

(Affiliated with Dalhousie University.)  
 Founded in 1887 in connection with THE HALIFAX LADIES' COLLEGE.

**THE COURSES**  
 in all Theoretical and Practical subjects lead from the Fletcher Music Method to the degree of Bachelor of Music (B. Mus.), granted by Dalhousie University.

**INSTRUCTION**  
 is provided in Pianoforte, Voice, Violin, Organ, Harp, Cello, and all instruments in general use, for which Junior and Senior Teachers' Certificates and Diplomas of Graduation are awarded. In the rudiments of Music Counterpoint, Form, Harmony and Orchestration.

**TWO FREE SCHOLARSHIPS**  
 are awarded each year open to students in the two highest grades.

**APPLICATIONS FOR CONSERVATORY GRADUATES**  
 eligible to fill positions are frequently received by the director. To-day graduates are acceptably filling important positions as Organists, Teachers, Vocalists, Pianists in the chief cities and towns of Eastern Canada.

**EQUIPMENT AND ADVANTAGES**  
 The Halifax Conservatory of Music has  
 Twenty Expert Teachers with European, American and Canadian Experience  
 Eighteen Teaching Studios, Forty Studio and Practice Pianos  
 Commodious Recital Hall (capacity about 400)  
 Pipe Organ, for recitals and practice  
 Junior and Senior Orchestras giving the pupils actual orchestral experience, training them in ensemble playing under able leaders  
 Regular Recitals (Public) for both Junior and Senior Students  
 Oratorios, Chamber Music, Opera, As Halifax is a Music loving city, opportunities to hear good music are frequent in the Season  
 Residence for Women Students can be arranged at the Ladies College under College Rules, Oversight, etc.  
 Present number of Students attending the Conservatory, residence and otherwise, 650  
 For further information, address—Mr. Harry Dean, Musical Director, Halifax Conservatory of Music, Halifax, N. S., or apply at the office.



## Report Student Dept Y.M.C.A.

The months of March and April, being close to examination time in College, were devoted largely to High School work—the presenting of claims of Higher Education.

Preliminary arrangements for visits were made by correspondence, early in March. Meanwhile the Secretary attended the Annual Territorial Meeting and Employed Officer's Conference, March 11-12, in Halifax, removing thereafter to Sackville for the balance of the year to secure house accommodation. Visits were made to Moncton and Truro to complete arrangements for Deputation Visits to the High Schools.

During March 26-28 a team of four speakers from Mount Allison University visited the Moncton High School, speaking in the High School Friday noon, at a Bean Supper in the Y. M. C. A. Saturday evening, in the Churches on Sunday and at a Mass Meeting in one of the Churches on Sunday afternoon. The following subjects were treated:—

1. Why Go To College? (a) Is It Worth While? (b) Ought I to go?
2. Why Men Go To College? (a) Athletic and Social Life. (b) Prestige or Degree. (c) Profession or Information? (d) Training and Service.
3. Does A College Course Pay? (a) In Income? (b) In Efficiency and Promotion? (c) In Personal Satisfaction? (d) In Success? (e) In Service?

The Church Addresses were on the general subject of: "Training for Christian Service." The meetings were well attended and great interest was shown by students, parents and friends. The delegates were billeted by the Churches and the railway expenses secured by the Secretary of the School Board.

During the early part of April, the Secretary visited the following High Schools: Sydney, Glace Bay, Pictou, New Glasgow, Sackville and Amherst, speaking on the subject: "Why go to College?"

On April 16-18 a mixed team of College students visited Colchester Academy, Truro. The visit was very well received indeed.

The Secretary visited Fredericton High School, but was unable to make satisfactory arrangements for St. John and Sussex.

Meetings were arranged for Halifax Academy by the Dalhousie students (in this case the program altered considerably, and apart from the High School Meeting, did not succeed in reaching the right people).

As a result of this beginning a considerable amount of experience has been secured and some progress made. In all but two cases the High School principals co-operated gladly. All appreciated the fact that we only encouraged students of ability and ambition to go to College, insisting that they must be ready to pay the price to make their course worth while. We urged high ideals of College life, and sought to secure the co-operation of parents. (We tried to help the individual students wherever possible).

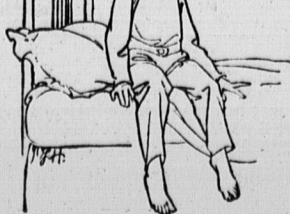
The Sackville Conference, May 28 to June 4. The program is in progress. A preliminary committee meeting of leaders will be held at Sackville on May 28.

L. S. ALBRIGHT,  
 Student Secretary.

Note.—Jack McDonald, a member of the "Loyal Sons" of the Baptist Church read the following paper giving a review of the Devotional Programme which has been carried on during the past

## MOTHER!

"California Syrup of Figs"  
 Child's Best Laxative



Accept "California" Syrup of Figs only—look for the name California on the package, then you are sure your child is having the best and most harmless physic for the little stomach, liver and bowels. Children love its fruity taste. Full directions on each bottle. You must say "California."

four years between the older boys in Charlottetown.

Review C. S. E. T. Tuxis Boys' Devotional Programme.

In a Programme, based on Luke 2:52—"And Jesus increased in wisdom and stature and in favor with God and man," naturally the Devotional would play an important part, so on the principle of "first things first," the first half-hour period of our Tuxis Meetings has been assigned for the Devotional Programme. Realizing this to be the foundation stone of our character building programme, this feature has been especially stressed, and most helpful and carefully chosen text-books studied by our various Squares. During our four years of C. S. E. T. existence we have been privileged to intellectually digest and make our own a number of most interesting, entertaining and profitable courses along the line of our Devotional work.

During the year just closing, we our time to learning lessons from the Boys of the Bible, which we trust have resulted in good in our lives. We also spent some pleasant half-hours with modern Missionaries studying their problems, and items of interests relating to their self-sacrificing labours.

The courses prescribed for the second year were:—"Men Who Dared"—a review of the Bible Heroes with helpful lessons drawn therefrom to assist us in living more manly and courageously our daily lives. "The Travels of Paul"—To quote from introduction by W. G. Ballantyne—"These are a series of impressive scenes and thrilling incidents bringing out Paul's grand qualities, his unselfishness, his courage, his intellectual keenness, his eloquence, his lofty purpose. Altogether they exhibit Christianity in contrast with any type of character in the then known world. What Jew and Greek and Roman needed was just what Paul had—the Gospel. Without that, religion was an empty form, military power but brute force; and philosophical culture mere elegant trifling—a veneer for moral rotteness." "Jesus the Head Coach"—a series of lessons using the Boys' interests in athletics as a point of contact in bringing the important spiritual truths before them. The Missionary Study this year was—"The Black Bearded Barbarians," the life of George L. McKay, a Canadian Missionary to the Chinese of Famosa. Some half-hours were well spent in looking into the "Life Problems of High School Boys."

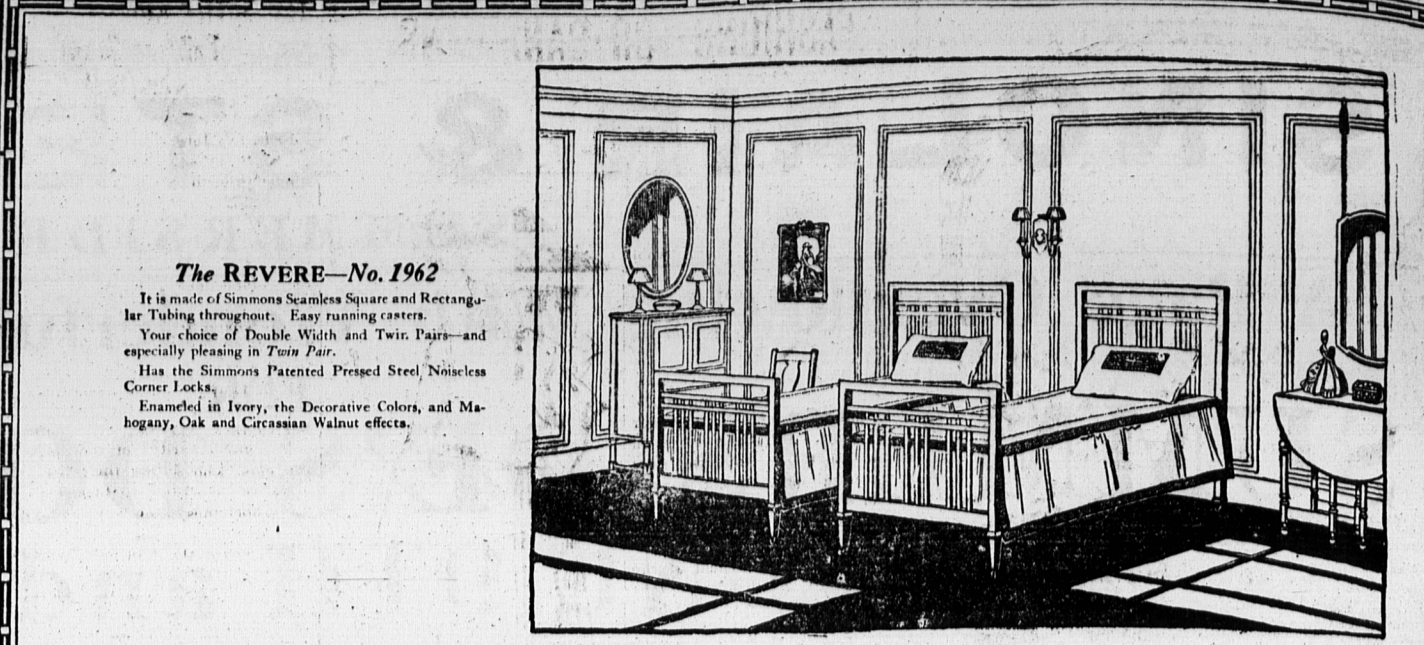
For the third year we were asked to give our attention to "The Comrades of Jesus"—an intimate study of the Christ in his relations with His disciples. The purpose of this course was to stimulate among Tuxis Boys discipleship, warm loyalty to Jesus, and sturdy comradelike allegiance to his way of life. For Missionary instruction we took up the "Life of Livingstone" studying it under four headings:—Livingstone the Boy; Livingstone the Explorer; Livingstone the Missionary; Livingstone the Man.

During the year just closing, we have given our Devotional period most profitably to studying Eugene C. Foster's "Making Life Count," and showing what real success is, and what we must put into our lives to attain it. The purpose of this book is, in the words of the author, "to help define success in terms of vigorous, forceful life, and to help those who read to make genuine success their life goal."

Our study for the latter part of the year has been "The Young Man's Standard," a Bible Study course by Mr. P. R. Hayward, Editorial and Training Secretary, Boys' Work Department, based upon "Jesus Our Standard" by Dr. H. H. Horne. The purpose of this course is to present the Jesus of the Gospels as the young man's standard in personal and social life.

From this brief review, I am sure that all will agree with the speaker that, even if the other important features of our programme had been omitted, the good attained from these Devotional Studies would have justified the existence of a C. S. E. T. in our midst.

JACK McDONALD.



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 It is made of Simmons Seamless Square and Rectangular Tubing throughout. Easy running casters.  
 Your choice of Double Width and Twin Pairs—especially pleasing in Twin Pair.  
 Has the Simmons Patented Pressed Steel, Noiseless Corner Locks.  
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## In Color Harmony with Your Dresser and Chiffoier

**Beautiful Hardwood Effects Enameled on Steel Beds—see the New Designs by Simmons Limited in the Leading Stores.**

THIS will be a new thought to you—Hardwood Effects enameled on a steel bed.

The whole idea is new. Impossible heretofore, until Simmons Limited invented its new Seamless Steel Tubing, and opened the way to really good design in metal beds and a perfect finish that admits of exquisite enameling in Decorative Colors and Hardwood Effects.

Now you can go to any of the leading merchants here in the city—select from perhaps a dozen charming designs, enameled in Mahogany, Oak or Circassian Walnut—or if you prefer, in Ivory or Colors.

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SIMMONS Limited has been working on the problem of good design in metal beds for years.

But old-style tubing has a seam running the full length of the tube. It cannot be worked into the shapes. It is apt to be rough—does not take the enamel smoothly.

All these new designs are made with the Simmons Seamless Steel Tubing—a new invention of the greatest practical importance.

Square and trim—free from joints, seam and roughness. Beautifully smooth, so that

the enamel lies tight and evenly all over—does not scratch, check or chip.

YOU will find these fine new Simmons designs in Beds Built for Sleep in the leading stores. Quiet beds, with the Simmons Patented Steel Corner Locks—free from squeak or rattle.

Your choice of many different patterns—and of Twin Pairs and Double Width in each pattern.

Simmons Springs, too—"Waldorf" Box Spring—Composed of finest oil-tempered double-cone spirals, mounted on a frame of seasoned hardwood and upholstered with heavy layers of white cotton felt. Covered with attractive ticking. Finished with roll edge. A spring that really does give freely to all the contours of the body, yet supports the spine in any sleeping position.

And some very charming Brass Beds and Children's Cribs, together with Simmons Mattresses and Pillows—all built for sleep by Simmons Limited.

SIMMONS Beds, Springs, Mattresses and Pillows cost little if any more than the ordinary merchandise of the average store.

A post card to us will bring you the names of Simmons merchants near your home.

MONTREAL TORONTO WINNIPEG CALGARY VANCOUVER

# SIMMONS BEDS Built for Sleep

### THE ROOSTER.

Now, unless he is a show bird, off with his head! The poultry business will only reach its own when each detail is attended to. There is probably less room for sentiment in it than most lines. To the farmer the temptation is to regard it as a small matter, and let it drift. But the male bird should not run with the flock, especially in the warm season. Fertile eggs are not fit for summer marketing. So, off with his head!

**PILES**  
 Do not suffer another day with itching, bleeding, or protruding piles. No surgery, operation, or treatment. Dr. Chase's Ointment will relieve you at once and afford lasting benefit. Get a box, all dealers, or Ed. Manson, Bates & Co., Limited, Toronto. Sample box free if you mention this paper and enclose 2¢ stamp for postage.

### The Habit of Laughter

There's no better asset in life than good humor. The ability to laugh at your little vexations and to throw off the burden of big ones—what a joy! It is not only to the possessor but to the ones with whom life is cast! No one ever loves the company of a grouchy, and the woman who takes herself too seriously, who cannot see the humor of a joke when it is on herself, is the woman who sooner or later will be wondering why others avoid her or shun, or great liking for her presence. Unruffled humor will often gain one's point when argument would sadly fail. For there's something in a pleasant smile and a hearty laugh that is contagious for accommodation and happiness all around.

It's too bad that business people cannot see the plainer that some of them seem to. Gruff commands, forbidding aspect, just the minimum of courtesy to prevent surlyness—these do not bring forth half the result that free-hearted good humor will if given a chance. One grouchy in office or home can get all near in a state of crossness. Each one of us has the chance of bringing good or bad into the day.

Of course, we don't always feel like smiling. There are always little troubles to intrude themselves, and we may have eaten too much luncheon or dinner, besides! But what the use of passing on the needles and pins, points first, to others? What's the use of inflicting the gloom of our own indigestion on those about us?

Of course, we none of us want to be Cheshire felines. But that isn't necessary.

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 Cars washed and greased. Gasoline Oil and a full supply Auto Accessories. **Free Air Transfer Service**  
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 "Auto Washing Our Specialty"  
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### OUR OWN MOVIES

WAL: I WONDER WHAT EVER BECAME OF OUR BOY, CANNON.  
 K' MIN  
 AHA AHA  
 GRR—TH' MORTGAGE IS DUE TOMORROW AT EIGHT AND A HALF O'CLOCK!!!  
 GOSH—ALL—FISHHOOKS! TH' MORTGAGE!!!  
 HAVE TH' DOUGH READY AT 8 TO MORROW, OR I FORE CLOSE!  
 HEH HEH!  
 AH, HE WANTS TH' DOUGH FOR CLOTHES, WELL HE NEEDS 'EM!  
 AND CHECKING HIS EVIL CHAIR HE SLIDES OUT INTO THE NIGHT.  
 (CONTINUED IN TOMORROW'S EDITION)

OLD LEMMIE MADE HIS GOD WIFE COLLA AND HER GOOD-FOR-NOTHING OLD BRICK FIREPLACE IN THEIR LITTLE HOME  
 WERE SEATED BESIDE THE  
 A HARSH KNOCK LIKE THE SOUND OF A DRAMATIC CRITIC IS HEARD ON TH' HARD PINE PANEL  
 OLD BOOMA TUM NICKEL-HEASED LEAN SHARK AND THREE BALL CHAMP STEPS IN—  
 WITH A GUTTERAL LAUGH LIKE A NEW YORK LANDLORD HE GLOATS