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National Temperance Study Courses For Sunday Schools 1933

Lesson 2. October 15th, 1933 (Intermediate-Senior) THE OLD FORT By A. E. GILES

While in Montreal on a visit we decided to spend a day at Chambly. A short run by train brought us to the little flag station near the old Fort. Taking the road toward some buildings, we crossed a canal leading from the Richelieu River, and were directed to our objective, the Fort, only a short distance up the river.

This old stone fort was built by the French about 1710. At one corner, close to the river, rises the look-out tower, far above the fifty foot wall. In the tower was stationed the sentinel, who thus had a view far up and down the Richelieu and over the surrounding country. At each of the other three corners was a bastion, also well preserved. Thirty feet inside the outer wall was formerly a second wall twenty-five feet high, with a roof between the two walls. These have disappeared, except a small portion which serves as quarters for the custodian. Tablets on the walls explain the plan and various sections of the original fort.

Long before the present fort was built early settlers erected one a hundred and forty feet square, surrounded by a palisade of young trees, fifteen feet high, with picket tops for protection from the Iroquois. A guard was constantly on the watch for foes, and in case of danger a warning was sounded. Immediately men, women and children rushed into the fort and the gates were barred, but woe betide them if the enemy entered before the gates were closed. A guard who knowingly allowed an enemy to enter the gates would be condemned as a traitor.

What a varied history this fort has had, over which three different national flags have floated! Now thousands of tourists annually visit it in peace to discover what a fort really looked like.

These bodies of ours, so wonderfully planned, have forts in them, not a stone or wood, but of bone. Probably the most important one is the skull, which protects the brain and nerves, the great controlling forces of the body. In tiny babies it is small, and not very strong, but as the baby grows it grows larger and stronger. The cerebrum or large brain, fills the upper, middle and front of the skull and consists of a gray jelly-like substance on the outside and white nerve fibres inside. At the base of the skull lies the cerebellum, or small brain. The white nerve threads of the brain are joined to the spinal cord down the centre of the back bone. From this cord thirty-one pairs of nerves which divide and re-divide pass to every part of the body. These pairs are composed of sensory nerves which carry messages to the brain and motor nerves which carry back messages to control every move made. For example, if a finger touches a hot iron a sensory nerve flashes the news to the brain and at once the motor nerve sends the other to take the finger off the iron.

The cells in the brain are especially delicate, each attached to a nerve thread and each with a number of hairlike feelers called dendrites. When dendrites touch they make a current and when a chain is made the result is thought. In the brain is a special group of cells for every part of the body, constant use of which makes habit. In the upper part of the brain with the most delicate cells, exist judgment, reason, common sense, conscience and self-control. These are the real sentinels of the fort. For these cells to be healthy they need much rest through sleep. Poisons hurt brain cells easily and quickly. In a few minutes after any alcoholic drink it taken, the poison alcohol is carried to the brain and begins to injure the cells by robbing them of water. The sentinels have been traitors. The fort can protect the brain from outside dangers but if any danger passes the gates the skull is helpless. At once thought is slower; both sets of nerves are slower. That is the reason a driver of a car should not take any alcoholic drink before driving, as it will slow down his nerves of sight, hearing, as well as his judgment, reason and common sense. The slow brain messages cause clumsy movements, unsteady hands, while more alcohol makes people lose all control of their leg muscles so they cannot stand. At the same time the poisoned brain spoils the proper working of the heart and other organs of the body. If we are hungry

it's a sign we need food; if thirsty, water; if tired, rest; if in pain, we need to find out the cause. Some people think a drink of beer, wine or whiskey will satisfy these needs because the hunger, thirst, fatigue, pain seem to have disappeared. The truth is, the alcohol has dulled the brain and made the drinker insensible of his needs. Alcohol creates an appetite for itself and increased use weakens the great sentinels. The drinker sinks morally and physically until he becomes a drunkard. The sentinels are almost useless and the man's lower nature is in control. Under the influence of liquor he may quarrel with his former friends, abuse his family, commit a crime and he has been known even to kill his wife or child. The ruin of his life began when the sentinels failed him and allowed him to drink his first glass. Memory Verses—Proverbs 20:1, 2.

Question 1. What are the sentinels of the brain and what effect has the use of alcoholic beverages on them? What should the sentinels do for you in regard to alcohol? Value 11. Question 2. Explain the various ways in which the human fort, the skull and brain resemble a fort like Chambly? Value 6.

Lesson 2. October 15th, 1933 (Junior) THE RESOLUTION By Muriel Mills Carscallen Ted's mother had died when he was a very small boy, and he and his father were the best of pals. All summer long, when school was closed and Ted was on holidays, he and his father spent many hours of each day together. Ted's father was a lawyer in a small town which bordered on one of the Great Lakes of Canada.

"Father," said Ted one day, a few weeks after he had returned to school after his long summer holiday, "I think when I grow up I'll be a life guard."

"Not a bad idea, son," said his father, "but what put it into your head?" "Oh, Janet and I used to watch the life guards this summer," said the boy, "and we both used to wish we could swim like they can. Besides, they must have lots of exciting adventures."

Janet was Ted's cousin, and the two had played together a great deal that summer. "The life guards have exciting adventures, right enough," said Ted's father, "and they have plenty of strenuous, dangerous work, too. Did you notice how strong and well-built they were?"

"Yes," said Ted eagerly, "and they were tanned as brown as Indians, and their muscles were like steel!" "Those men would be no use as life guards without such muscles," said Ted's father. "There are many times when they are called upon to swim in heavy storms, with the waves dashing over their heads. If they were not very strong they would not be able to save themselves, much less save others."

Ted remembered very well one occasion when the life guards had had a hard fight to save the occupants of a canoe. A sudden storm had swept down on the lake and the air had grown cold. Two men were in the canoe, a long distance out from shore, and while the life guards watched the lake with their field glasses, they saw the canoe and knew it would capsize before they could get to it. Just as they started towards it in their motor boat the canoe capsized and threw the men into the cold water. Both men had tried to swim, but the cold water and the great waves were too much for them and only the heroic efforts of the life guards, who had jumped into the water as they neared the men, had saved them from drowning.

"Why cannot everyone be as strong as those life guards, father?" asked Ted. "Most of us could, if we kept our bodies in proper condition, Ted," said his father. "But it must take a great deal of physical training and fresh air to make muscles as strong as theirs," said his son with a sigh. "Yes, it takes those things," said his father, "and our muscles must be properly fed, too. A large part of the human body is made up of muscles. Can you tell me where some of these muscles are, Ted?" "In our arms, legs, and feet, there are muscles," said Ted, "and I think there are muscles which control the movement of our eyes."

"Well done," said his father, "but you have not mentioned some of the most important of our muscles. Breathing is done by muscles in the chest, and the stomach, heart and blood-vessels are made of muscle."

Ted was interested. If he wanted to be a strong swimmer when he grew older, he must learn all he could about it now. Before Ted had time to ask his father any questions, the door opened and there stood Janet. "You are just in time, Janet!" cried Ted. "Father's going to tell us all about our muscles, and then we can learn how to be strong swimmers like the life guards that we used to watch."

Janet and Ted settled themselves to listen, and Janet asked eagerly, "What is muscle made of?" "If you were to examine a piece of muscle carefully under a microscope," said Ted's father, "you would find that it is made of a number of threads, and that each of these threads is made of a bundle of small threads, covered for protection with a very thin, tough substance. Now each of these smaller threads is a chain of cells, and these cells are able to change their shape, and so they can change the shape of the thread of which they form a part, making it either long and thin, or short and fat."

"That must be what happens when we stretch out our arms, or draw them up," said Janet. "I never thought much about my muscles before."

"The muscles of the human body are very interesting," said Ted's father, "and it is worth our while to treat them with respect. If they are well fed, well exercised, and healthy, they will do all kinds of work."

"Unfortunately, some men and women abuse the muscles of their bodies by drinking alcohol. Frequent drinking of intoxicants damages the muscle cells just as it does all the other cells of the body. It makes the muscles thin and weak, and it is not long before the one who drinks finds that he has less strength, and that his heart, stomach and lungs are failing in their duties."

"That is not the only way in which alcohol interferes with the muscles," continued Ted's father.

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The local Schools, Colleges and Universities, for which this part of the U. S. A. is deservedly distinguished, have opened up for another academic year with an increased attendance of pupils and students in each sphere of learning, which is another indication of the intellectual, as well as of the economic and industrial revival, taking place so generally at the present time under the stars and stripes.

The various activities of the re-



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ligious sphere are also on the move once more, as is manifest in the revitalized life of the different churches and the enthusiasm evidenced in the various departments of spiritual work, which it is hoped will result in much progress and blessing during the season that has just been ushered in.

Greater Boston has participated enthusiastically in the program of the twenty-nine great Conferences in the interest of Missionary Enterprise in which some eighty-four Mission Boards co-operated, being united in message and motive, through the Foreign Missions Conference of North America. Largely attended meetings were held in various centres and deep impressions were made by the stirring messages of missionaries from the Near East and the Oriental climes. Somerville and Cambridge had very successful united rallies, Dr. Charles R. Watson, of Cairo, Egypt, addressing the assemblage in Clarendon Hill Presbyterian Church, and Dr. Fred Goodsell, of Turkey and Greece, the meeting held in the First Baptist Church, at Central Square, Cambridge. The many local meetings held on last Lord's Day were followed by a rousing meeting held at Tremont Temple on Monday evening, which spacious edifice was crowded with an appreciative audience. Addresses were delivered by Dr. E. Stanley Jones; Dr. Herman Chen-En-Lin, President of the University of Shanghai; Rev. Logan Roots, of Hankow, China; and Miss Lillian Picken, of Satura, India. The missionary impulse does really appear to have taken hold, as these were followed up by an impressive and very informative address at the Inman Square United Presbyterian Church, Cambridge on Tuesday evening, by Miss Enman Dean Anderson, who has spent fifty-two years in missionary labors in the Punjab, India, and another united meeting in Quincy on Wednesday evening, addressed by Rev. Dr. Whitcomb, of Assouan, Egypt.

Rev. Dr. Robt. Watson, a well-known leading minister of Boston, has undergone two serious operations at the Baker Memorial Hospital, and is now convalescing at his home in Newton. Many hopes and prayers have gone forth for the recovery of this venerable soldier of the Cross.

"Westminster House," a home for

the Presbyterian students at the various seats of learning in and around Boston, has opened up auspiciously for another season. This "Home" is a happy place for young people away from home.

Rev. Dr. J. W. S. Lowry addressed a very timely and heartening message to the Auld Kirk congregation of Cambridge, after his return from his overseas trip, from the words of Luke XII: 32, "Fear not, little flock; for it is your Father's good pleasure to give you the kingdom," setting forth that the followers of Christ were still a "little flock, in the midst of a crooked and perverse generation, among whom they shine as lights in the world," but the kingdom was the Lord's which was given to them. Last Sunday, Dr. Lowry preached an opportune missionary sermon from John IV: 35, "Lift up your eyes, and look on the fields; for they are white already to harvest." The Old Kirk congregation is extending its local work, a new preaching service and Sabbath School being instituted on Sunday next, by the minister and elders at South Stoughton, where several households of the Kirk are located. The Cambridge Bible School re-opened for the season with a large attendance last Sunday.

Political circles are astir, as well as the ecclesiastical, both Cambridge and Somerville being now engrossed in the throes of their biennial municipal elections, the chief interest centering around the contest for the mayoralty in both cities. Several candidates are forward to succeed Mayor Murphy in Somerville, and Mayor Russell, of Cambridge, is being opposed vigorously by three candidates. There is also a keen contest, being waged for one to succeed Ex-Mayor James Curley in Boston.

The NRA "National Recovery Association" badges and mottoes meet us at every turn in the U.S.A. these days. The new regime is lauded by many, criticized by some and gravely questioned by others; but no honest observer can doubt the sincerity and devotion of President Roosevelt in his great and enterprising experiment. It is surely a case in which none should be for the party, but all should be for the State. Every truly patriotic citizen ought to labor energetically to give effect to the courageous endeavor of our chief executive.

"Our muscles work only as they receive instructions from the brain. These instructions are carried by very delicate instruments. Can you tell me what they are called, Janet?"

"They must be nerves," said Janet.

"Right," said Ted's father, "and now you can understand that when alcohol is taken into the body, it poisons the brain and nerves, and they are not able to send proper instructions to the muscles. That interferes with body movements, and makes people less sure of themselves. People who drink intoxicating liquor lose control of themselves, and they grow old long before their time."

"Then a person who drinks could not be a very strong swimmer," said Janet.

"And he could not be a life guard," said Ted.

"No indeed," said Ted's father. "Any boy or girl who wants to do anything worthwhile must always remember that alcohol will bring him nothing but defeat and disappointment."

"Well," said Ted, "I want to be strong and healthy. No one will ever get me to drink alcohol."

"Nor me," said Janet. "I want to learn to be a strong swimmer when I grow older."

"Stick to that resolution," said Ted's father, "and you will always be happy."

Question 1. Name two things

which will help us to have strong healthy muscles. Value 4. Question 2. How does alcohol hinder the muscle cells from becoming strong and healthy and from doing their work? Value 8.

GOVERNMENT TO BUY FLAX Czechoslovakia has decided to encourage flax and hemp growing in the country by purchasing part of the crops. A decree just issued fixes the quantities for obligatory purchases of these fibres and gives the composition of a new Hemp Council consisting of 16 members.

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