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Fruit-a-lives are the marvels of modern medicine. They have accomplished more actual cures—done more good to more people—than any other medicine ever introduced in Canada for the time they have been on sale.

Fruit-a-lives are fruit juices. They are nature's cure for

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Fruit-a-lives are the juices of apples, oranges, figs and pines. These juices are concentrated—and by a secret process, the juices are combined in a peculiar manner. This new combination is much more active medicinally than fresh juices—yet so perfect is the union that Fruit-a-lives act on the system as if they were in truth a natural fruit, medicinally stronger than any other known fruit.

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It sometimes happens that a sturdy character basks in the sunshine of popularity.

HAS MADE PROGRESS

The Penitentiary Stands Foremost in Its Class in the World.

The Kind of Men in Charge and the Grave Responsibilities Resting Upon Them—They Have to Cope With Many of the Cleverest Men the World Produces—A Visit at the Dinner Hour.

Did you ever take into consideration the fact that the very worst criminals gathered from all over the Dominion of Canada are "doing time" in the big penitentiary just outside the city limits. Such is the case. If a prisoner has a bad record he is shipped to Portsmouth; if a prisoner becomes unmanageable in one of the other prisons he is hustled to Portsmouth. The worst men in the community find themselves landed there.

To the man controlling the institution this seems to be in a way rather complimentary. It shows that the management of the big penal institution must be highly thought of by the authorities when such confidence is reposed in it. And such confidence is daily being justified. Where others have failed entirely or fallen far short of the mark, the officials at Portsmouth have succeeded. Behind them they have the strongest and best penitentiary in the Dominion and one that compares favorably with and surpasses the majority of what are considered ideal institutions of this kind on the other side of the border. The fact remains, however, that from highest to lowest, every officer has much to pride himself on and yet with all much to make him pause and think, when he contemplates the responsibility which rests upon his shoulders in the careful discharge of his duties toward society of which he is a member and in which his charge must also be included though, for the time being at least, fallen from the path of uprightnes.

The really good officer, who realizes as he should the position he occupies in the chain of authority which governs a prison must see clearly his duty and be ready to perform it at all times. If he does this his lot is not the easy one that the uninitiated imagines. What would the reader think, if told, that a guard on an average did about sixteen months duty, of ten hours a day, in every fourteen months. Yet such is the case as figured out by high officials. Yet in spite of that fact there are scores of applications for situations now on file. Verily they know what they do! Some indeed resign almost as quickly as they are appointed after they have had a chance to see how far removed the actual is from the imagined.

Every link in the chain of prison government must be securely welded for were one to part who can tell what would be the result. The ideal trait in an official of a penitentiary, or any other place where many people are confined and disciplined, was once put down by an eminent authority as "faithfulness to the institution, to its government, and to its chiefs." For it need how else could success be accomplished in the task of managing such a community as exist behind the prison walls. There should indeed be faithfulness and deep sense of duty toward the men and the helm as well as to the outside world, if a penal institution is to undergo any advancement.

From what can be gleaned from men of long connection with the prison that faces the waters of Lake Ontario advancement has marked the past few years in every department of the institution so that the penitentiary of a few years back, would scarcely be recognized as the penitentiary of today, as changes have been wrought in every imaginable way, and certainly to the casual visitor, there now seems little room for improvement. Under the present incumbent of the warden's office, we are led to believe this progress is continuing and being marked in unlocked for quarters. The penitentiary has established a record, and has become first on the continent through merit and the results justify the pride with which the older officials look back and recall the upward march as each step in advancement was recorded.

criminals have among their number the cleverest men in the country. Yes, without exception the cleverest I mean, who, had they applied their talents along the proper channels, would be to-day, highly esteemed and leading members of society, perhaps holding the highest honors the public could bestow; instead they are now pariahs on that society which offered them so much had they but resisted temptation. For all manner of crimes they have been sent to prison. Some never mounted the ladder in life; others have fallen from its topmost rungs. Well, place a class of men like this together, and who do you want to govern them? Should not their keepers and guards be men of high ideals and good education? Should they not be of the most superior class available? These convicts have outwitted the best brains in the country in many instances, while others have little more than the brute instincts in their make-up. They have transgressed the bounds surrounding modern society, they have committed crimes of all varieties; they are sent to the penitentiary to be restrained and bettered. One has outwitted the world he once belonged to, will he not be trying to do likewise under his new surroundings? Another has used violence, is not the same to be expected of him now? Then to bring good out of bad, to bring from this great assortment of evil, inclinations, one good and homogenous whole is the task which confronts the officer who realizes his duty as he should. Can he not spend much time in thought as to how best to accomplish the task expected of him. No two prisoners can be treated alike possibly. To tackle the problem and carry it to a successful issue is "a man's work."

And this is the very work of the casual visitor who takes to heart and thinks over the things he is allowed to see. Must conclude is being carried on. The inmates are not pariahs, nor are they pointed out by the official who may be entrusted with the task of piloting the stranger through the big institution. Apparently what the convict has been through is not the least sight of as far as possible. It seems to be his conduct from the time he becomes a public charge that counts. He is seemingly treated with every consideration and respect as a curiosity to every inquisitive man or woman who may be permitted to glance within the walls. Such points as this considered, one must conclude that in making the results made to have him repeat of and forget the past and convert himself into a useful and better man, that when his term is finished, he may go forth into the world as a man of honor and respect. We have been writing regarding our recent visit to the penitentiary and in a former article dealt at length with the several branches of usefulness taught the prisoners, and they may not be helpless when they again go forth on the struggle for existence. We have also dealt with the features of prison life in that particular sphere which pertains to the ward which a result and have endeavored to point out the impressions gleaned which were foremost and appealed most prominently and forcibly to one making his first visit to the settlement. It was, and this article continues, simply a general description of what the ordinary visitor would see and no attempt has been made to clear the facts, figures and numbers.

During our all-too-brief stay we happened to be present about the dinner hour, and thus were afforded a true insight into the real daily routine of the convicts' life. This we will briefly endeavor to describe. Let us take the convicted felon, when he is driven beneath the portals of the massive gateway, and the huge doors swing back into position. His arrival is made known and he is quickly passed on to the chief keeper's office, where he gets his first true significance of the life before him. Here a memorandum is entered regarding the prisoner. His height, weight, appearance, etc., are all recorded as

well as the crime for which he was convicted, his trade or profession, if any, the trade he elects to follow as an inmate, and other interesting data along the same line. He is searched and made to disrobe. Disposition is made of his personal effects over his own signature. They will be kept until the time of his release or will be forwarded to any friends, if he so desires. Next he receives a bath and passes through the barber's hands, finally receiving his prison garb and is conducted to the quarters allotted him.

Then begins his first day in the penitentiary. At 6:30 a.m., a substantial breakfast is allowed him of food in sufficient quantities, but of course devoid of any delicacies. He then cleans up his cell and is ready for the day's work. Parading with the members of the gang he is to labor beside him is marched off to begin his toil. What that constitutes has already been described at length. Shortly before the noon hour each gang is marshalled into the prison canteen under the watchful eye of its respective overseer. Every man is searched to see that he has secreted nothing during the course of his work. Then begins the last of one gang passes beneath the portals of the dormitory, another is started on its way. Under the guidance of the warder the gangs are pooled along the corridor, the guards are placed of vantage at every turn so that no prisoner is ever out of sight of an officer. In turn each passes toward the kitchen where he receives his dinner meal, and continues on the way to his cell. When he enters the lock is turned and he is free to eat his mid-day meal. Everything is carried on with a hitch or delay, and with scarcely a word, he is prisoner or guard, knows exactly what is expected of him, and if he conforms to the regulations then trouble comes seemingly possible result. The official returns are once brought to the deputy-warden and immediately checked. If everything is found correct the prison bell rings forth in joyous peals, which rouses forth in the ears of the attendant. On the other hand should a prisoner be found missing we judge the bell would clang forth in the same manner.

The dinner concluded and the time for work having arrived, the routine is again followed, and when the shades begin to fall the men are once more in line and go through the same proceedings before receiving their tea. So far everything has been carried on without room for criticism. Is that how about the food supplied? Is it up to the standard or does it fall to the low level ascribed to it by an occasional former inmate of the penitentiary who is a man of letters. Well there's many a man in luck who would consider himself in luck were he assured of as good diet. Luxuries, of course, are entirely absent, but why should they be for the convict must necessarily and be restrained. The same punishment and restraint. The food is assured of as good diet. Luxuries, of course, are entirely absent, but why should they be for the convict must necessarily and be restrained. The same punishment and restraint.

Thus it is the school room, which is in charge of competent officers and where the men can spend their noon hour, if they desire, to advance along the lines of learning. How dreary gloomy and long the life of a convict must be even when brightened by every thoughtfulness on the part of the authorities. The continual sameness day after day must be a monotonous most trying of the nerves of the confined. There is one favor granted him, however, though it may scarcely be called a favor, for it is rather more of a necessity, or at least only a propriety. We refer to the prison library. It is complete for such a place and contains in the neighborhood of 2,500 books, including the latest work of fiction, science and history. The convict interested in reading is allowed ample room here to gratify his tastes, and elevate his ideals and no obstacle is placed in the way of his reading as much as possible and deriving the benefits to be secured therefrom.

Thus it will be seen from the brief descriptions given of the prison and its inner workings that the task of controlling the institution is no simple one. To attend to every detail, to supply constant work for the convicts the year round, and at the same time to in no way neglect any opportunity for their betterment, can be no light task and to the officer who has an ideal of the duty to which he is called there must be constant opportunity for the exercise of good judgment. In the face of everything to find the prison in the state it is, seems nothing if not creditable to the men in charge and cannot but be the most of indispensible denial to many of the distorted accounts of the work carried on which from time to time are given the public in the most violent criticisms of the institution.

TO RUIN HIS RIVAL. Scheme is Discovered, and He is Sent to Prison. Zurich, July 28.—A villainous plot conceived by a Zurich peasant named Stahl to ruin his rival, Zimmerman, with whom he had a deadly feud, has just come to light.

The other evening, Stahl emptied his revolver into the wooden walls of his barn, and after burying the weapon, went to the police station and told the officers that Zimmerman had attempted to murder him. Zimmerman was arrested, and the police searched his house, but could not find the revolver with which he was alleged to have committed the offense. Stahl's house was then searched, and a bullet was found in a box. On comparison with those found imbedded in the wood of the barn, it was seen to be identical. Stahl was then arrested. Under cross-examination he broke down and confessed the plot. He was sentenced to a year's imprisonment for perjury and a fine of \$50.

Do not suffer from sick headache, a moment longer. It is not necessary. Carter's Little Liver Pills will cure you. Dose, one little pill. Small price. Small dose. Small pills.

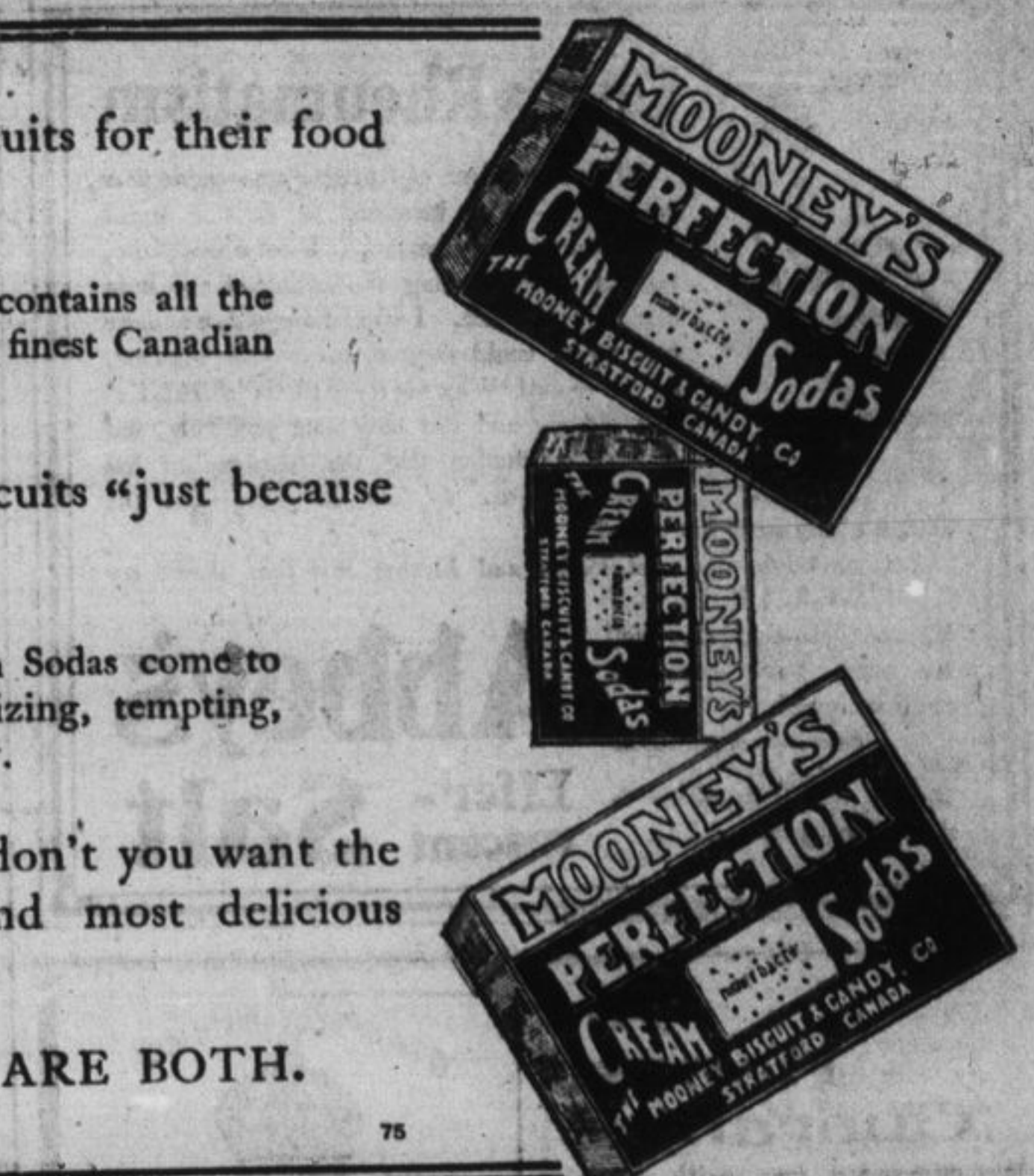
The faint heart that fails to win may have cause for self-congratulation later in the game. There may be no real happiness in riches, but there is real unhappiness in poverty.

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