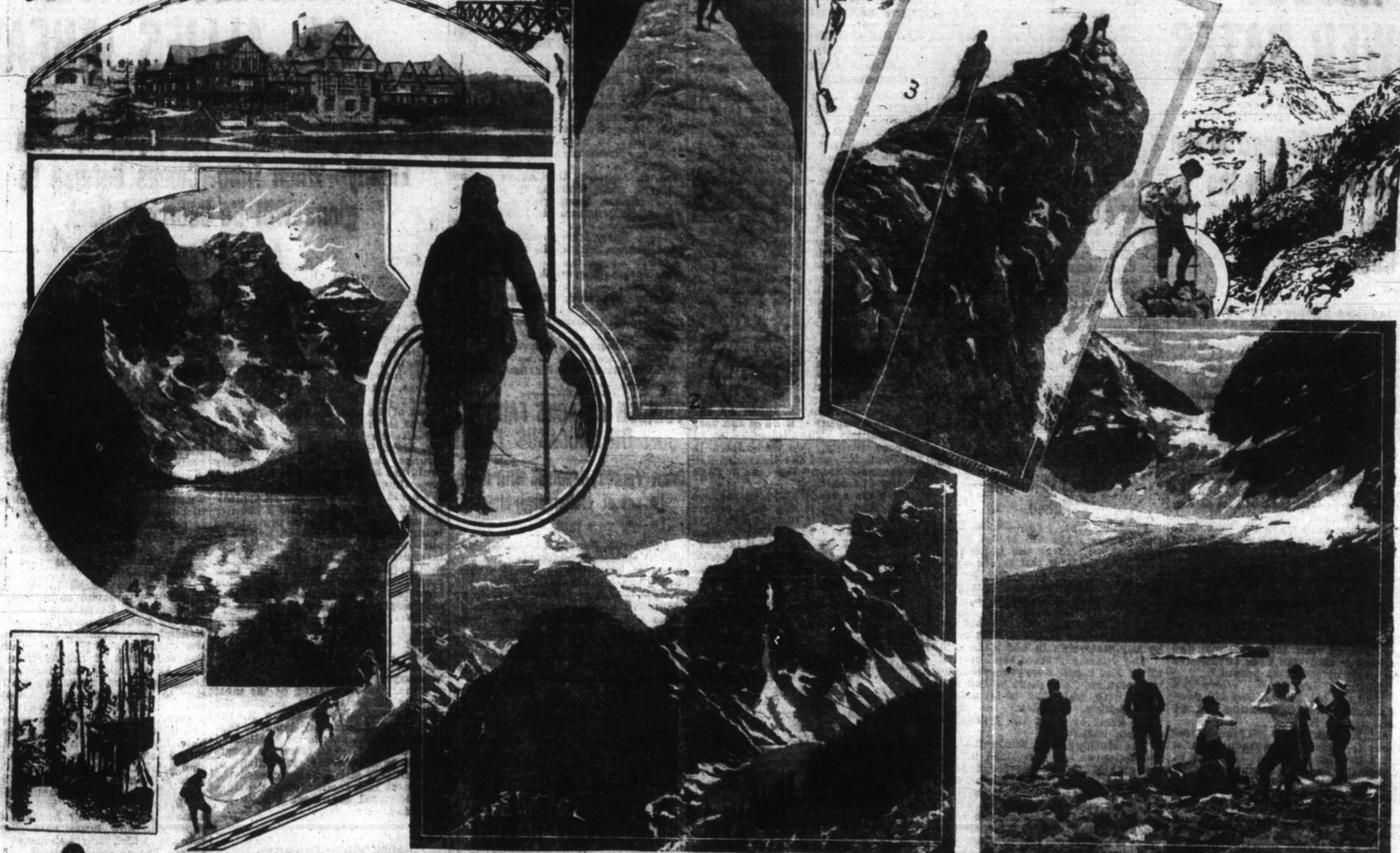


ALPINE

CLIMBING



in CANADIAN ROCKIES

(1) Portion of Chateau, Lake Louise. (2) Seracs Illecillewaet Glacier. (3) Climbing Mount Resplendent. (4) Moraine Lake (near Lake Louise). (5) Lake in the clouds (near Lake Louise). (6) Alpine Club at Lake Oesa.

THE 1915 camp will be held from July 13-26 in Ptarmigan Lake Valley, eight miles north of Lake Louise station on the C. P. R. The club house at Banff will open on June 15th, for the season. Following is a list of the climbs and expeditions. The main camp will be close by Phacelia Lake, below Ptarmigan Peak, at an altitude of over 7,000 feet. Fine peaks are all around, within easy reach. No more beautiful and interesting spot than the Valley of Ptarmigan and Baker Lakes can be seen.

Such names as "The Wall of Jericho," "Merlin Castle," "Pinnacle Lake," "Tilted Mountain," "Mt. Multifold," "Lake Myosotis," "Lake Castilleja," "Oryster Peak," and "Wonder Valley," all of which are coloring in the bright sunshine. Several good peaks close to the side of the Camp offer excellent climbs, viz., Mt. Richardson (10,115 ft.), Pike Peak (10,915 ft.), Ptarmigan Peak (10,060 ft.), Mt. Redoubt (9,510 ft.) and Fossil Mt. (9,550 ft.). Of these the first three named will be accepted as Graduating climbs.

An outlying camp will be placed in the Red Deer Valley, near Little Pipestone Pass, where the valley of Baker Lake joins the former. It will be distant from the Main Camp about six miles. From this camp climbs can be made of the Black Douglas (11,915 ft.), the White Douglas (11,220 ft.); the latter, a difficult peak, dominates this section of the region; also of Cyclone Peak (9,530 ft.), Mt. Pipestone (9,405 ft.), Mt. Multifold (9,986 ft.), Mt. Drummond, Mt. McConnell and others.

A splendid two-day expedition can be made from the Main Camp via One-Tree Pass and Lake, and a branch of Little Pipestone Creek between the Wall of Jericho and Skokoy Mt., or by the Skokoy Valley further west, thence up the Little Pipestone, over the Pass to Camp on the headwaters of the Red Deer, where the night will be spent. Thence home via Baker and Ptarmigan Lakes. There are many points of interest to be visited along the routes indicated; notably: One-Tree Lake, Lake Myosotis, the Wall of Jericho, Merlin Lake and Castle, Lake Castilleja and the Glacier of the Richardson group.

In many other directions there are delightful one-day expeditions, viz.: to Fallen Mt., Pinnacle Lake, Heart Lake, Mt. Brachimopod, Tilted Mt., and many other features of this wonderful region of the lakes.

WOUNDS OF THE WAR

AN ILLUMINATING ARTICLE OF SIR WILLIAM OSLER.

An Old Veteran Told Him That the Side With the Strongest Nerves Will Win the War.

By Sir William Osler.

To the truth of the saying that disease, not battle, digs the soldier's grave, the campaigns of the nineteenth century bear ample witness. Today's heavy casualty lists should be read with a knowledge that a very large proportion of the wounded get perfectly well, and that up to date some 60 per cent. have returned to duty.

The returns for disease are not yet available, but, when the analysis is completed, we shall find that coughs and colds, pneumonia, rheumatic fever, bronchitis, and muscular rheumatism, particularly what is called trench rheumatism, have been responsible for a large proportion of the sickness.

Shell Wounds.

In civil life we had almost forgot-

ten what supporting wounds were like, but the pus organisms have again become aggressive, and more supporting wounds have been seen by British surgeons in ten months than in the forty years since Lister's methods became general. The nature of the commoner wounds due to shell and shrapnel favors infection, and, in spite of early first-aid dressing, the germs are carried far into the tissues, and suppuration is inevitable. Trench warfare can never be aseptic. The uniforms of the man are caked in mud, which in highly cultivated districts always contains dangerous micro-organisms. The usual pus germs, streptococci and staphylococci, are ubiquitous, and everyone harbours less important forms, so that any wound, however slight, unless treated immediately, may become infected.

The one bright feature has been the frequency with which the high velocity bullet sterilizes its course, so that many perforating wounds of the chest, abdomen and limbs recover without suppuration. The torn and bruised shrapnel wounds invariably become infected.

Where Are The Soldiers?

From 1 to 4 and even 5 per cent. of the men in home camps are invad-

ed for venereal disease. Though we know the germs both of gonorrhoea and of syphilis, no satisfactory measures of prevention have been devised, either in civil or military life. The incidence is lessening through frank and free education; and the disability is much less protracted owing to better measures of treatment.

The terrible nature of this scourge comes home when one sees it, so to speak, wholesale, passing through lines of tents in an outlying portion of a camp, impressed by the silence and loneliness. I asked, "Where are the soldiers?" At command a bugle sounded, and out of the tents came between 500 and 600 victims of the disease, stricken in one of our pest-haunted sea-ports. It was a tragic sight, the sorrow of which was heightened by the knowledge that the offender's cross is not borne by the sinner alone.

The gonococcus is a germ of terrible social malignancy, while the spirochete of syphilis, transcending the imagination of Ezekiel, visits up on the innocent mother and children the iniquity of the father, perhaps after long years of bitter repentance for his trespass that he hath sinned and for the sin that he hath sinned. But there is a silver lining to the luetic cloud, in the steady fall

in the incidence of the disease in the Army and Navy, and in the greater efficacy of treatment since the discovery of the germs.

While infection with germs of various kinds is the most serious factor in war, always more fatal than the enemy, inefficiency may come from many other causes, among which mental strain stands first. I asked an old veteran, thin, brown and worn from twenty-one days' continuous fighting in the trenches, what would be the deciding factor in the war. He answered, "Strain. The side with the strongest nerves will win."

Neurasthenia, mental breakdown and forms of insanity are common results of the nerve-shattering experience of the war.

The Angels At Mons.

When the German armies in overwhelming numbers swept down on the British forces after the Battle of Mons, when our brave troops were in imminent peril of annihilation, owing to the greatly superior numbers of the enemy, a great vision of angels appeared and stood in the way of the advancing German host, which turned and fled. The daughter of Canon Marrable knows both officers, who themselves saw the angels who

saved the left wing from the Germans, when they came right upon them. They expected annihilation and they were almost helpless, when, to their amazement, the Germans stood like dazed men, and never touched their guns, nor stirred, till we had turned round and escaped by some cross-roads. Miss Marrable says one, who was not a Christian, told her he saw the troop of angels between us and the enemy and he has been a changed man ever since. The other said that when his company was retreating he heard German cavalry tearing after them. They ran for a place where they thought a stand might be made with some hope of safety, but before they could reach it the German cavalry were upon them, so they turned and faced the enemy, expecting instant death, when, to their wonder, they saw between them and the enemy a whole troop of angels. The horses of the Germans stampeded in terror, and were away in any direction from our men, with the Germans tugging at their bridles. This gave them time to save themselves. — From "The Christian Herald and Signs of our Times."

The thief becomes penitent only after he is at the bar of justice.

BETTER WORK IN PLANTS.

Is What the Army in the Field Needs.

London, Sept. 14.—George Nicoll Barnes, Labor member of Parliament, speaking at Walworth last night, said he did not believe there was need for conscription, but it was needed "that the men we had sent out to fight our battles should be supported by the men in the workshops better than they are at the present moment."

He continued: "Under the conditions caused by the war, we ought to regard it as our solemn duty to turn out as much as possible in every workshop in the country. Speaking as a trade unionist, and a member of the Amalgamated Society of Engineers, I am sorry to say I do not believe that has been done."

James O'Grady, another Labor member, who recently visited the front and conversed with Field Marshal French and others in authority, said he had it from the Field Marshal that this war has resolved itself into a battle between the workmen and mechanics of this country and the workmen and mechanics of Germany.

"In these circumstances," added Mr. O'Grady, "I say that every man who is not doing all he can to get the utmost productivity out of the workshops of this country is false to his country, is false to his mates who are fighting at the front, false to the ideals underlying this war."

Will Not Bear Arms.

Paris, Sept. 14.—The Ministry of War gave orders yesterday that 61 stretcher bearers who, while serving with the auxiliary forces, were captured and subsequently were released in accordance with international sanitary conventions, shall not under any pretext be put into the armed services. They are to remain neutralized under the protection of the Geneva Convention.

To Be Pink Champagne.

London, Sept. 14.—Pink champagne is one of the probable results of the war owing to the great destruction of casks used in maturing red wine. Casks are being brought from Burgundy and Bordeaux for maturing the new vintage.

Word was received from Vancouver, that Mrs. Teesel, wife of Justice Teesel, had dropped dead of apoplexy at the Hotel Vancouver, where Judge and Mrs. Teesel had been staying for the past month.

MOTHERS

REMEMBER! The ointment you put on your child's skin gets into the system just as surely as food the child eats. Don't let impure fats and mineral coloring matter (such as many of the cheap ointments contain) get into your child's blood! Zam-Buk is purely herbal. No poisonous coloring. Use it always. 50c. Box at All Druggists and Stores.



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MGR. H. F. NORMAN.

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C. C. Folger, General Mgr.

TWO WOMEN AVOID OPERATIONS

By Taking Lydia E. Pinkham's Vegetable Compound.

Chicago, Ill.—"I must thank you with all my heart for Lydia E. Pinkham's Vegetable Compound. I used to go to my doctor for pills and remedies and they did not help me. I had headaches and could not eat, and the doctor claimed I had female trouble and must have an operation. I read in the paper about Lydia E. Pinkham's Vegetable Compound and I have taken it and feel fine. A lady said one day, 'Oh, I feel so tired all the time and have headache.' I said, 'Take Lydia E. Pinkham's Vegetable Compound,' and she did and feels fine now."—Mrs. M. R. KASANCUK; 1433 N. Paulina Street, Chicago, Illinois.

The Other Case.

Dayton, Ohio.—"Lydia E. Pinkham's Vegetable Compound relieved me of pains in my side that I had for years and which doctors' medicines failed to relieve. It has certainly saved me from an operation. I will be glad to assist you by a personal letter to any woman in the same condition."—Mrs. J. W. SIMMONS, 125 Cass St., Dayton, Ohio.

If you want special advice write to Lydia E. Pinkham Medicine Co. (confidential) Lynn, Mass. Your letter will be opened, read and answered by a woman, and held in strict confidence.



Wonderful Eight-Star Cast in "Trilby," at the Grand Opera House on Thursday evening, September 16th—Left to right: Paton Gibbs, Ignazio Martinette, George MacFarlane, Phyllis Neilson-Terry, Lyn Harding, Charles Dalton, Regan Hughston, and Rose Coghlan.