

### From a Child Was Constipated

According to the best medical authorities, fully three-fourths of the people of the civilized world suffer in some form from constiveness in regular action of the bowels. There is no doubt that many distressing diseases are caused by constipation. It gives rise to sick and bilious headaches, jaundice, heartburn, floating specks before the eyes, catarrh of the stomach, biliousness and the painful, troublesome piles. Therefore, it is of supreme importance to health that the bowels be kept regular. Simple food, fruit, etc., should be used, and rich food and stimulants of all kinds avoided. This, with the use of Milburn's Laxa-Liver Pills to regulate and establish healthy action of the bowels cannot fail to give permanent relief in the most obstinate cases.

Mrs. Letitia Wainman, Orillia, Ont., writes:—"From a child I was always very badly constipated, and I can well remember when quite young, my mother giving me senna tea nearly every morning, and I got to dread it. After taking Milburn's Laxa-Liver Pills for a while I am not troubled with constipation any more."

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New York	Carmania	Dec. 27
New York	Ordnia	Dec. 31
New York	Carmania	Jan. 21
New York	Carmania	Mar. 6

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New York	Royal George	Dec. 20
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New York	Mauretania	Dec. 20
New York	Imperator	Jan. 24
New York	Mauretania	Feb. 21
New York	Imperator	Feb. 21

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New York	Saxonia	Dec. 21
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New York	Pannonia	Jan. 20
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### Going to Jerusalem.

By William D. McCrackan, C.S.B., Historian of Switzerland, Lecturer, and Editor.

Article No. 4.  
 We have all played the game of going to Jerusalem, and at present the parlor game is easier than the actual trip to the Holy City. These are the days of the winding up of the war. There are many loose ends to be tied, and until the knots are good and fast, war regulations and armies of occupation are the order of the day.

As I write, nothing has been officially and internationally settled about Palestine. The British army—thanks be to God—is in possession. The Turks are out. But the Peace Conference has not settled the status of Palestine as yet, and so going to Jerusalem is still somewhat of a game of chance, and a difficult one at that.

How soon present conditions may change—tomorrow, next week or next year, will not apparently depend as much upon Jerusalem as upon Paris. The questions involved are supposed to belong to the grand liquidation of war claims and to depend for their solution upon conflicting national ambitions. That is the common belief.

As a matter of fact the future of Palestine has long since been determined by prophecy. It is to be restored to the Twelve Tribes of Israel; and this is the time of the restoration.

The Ishmael-Esau days have passed irrevocably. As soon as possible Judah and Israel back again under the Saracens as to permit the Arab heel upon the neck of Palestine. The world clock cannot be set back. The prophecies of Daniel, and the word of Jesus to John in the Apocalypse forbid the further punishment of the Twelve Tribes, for they are now called to rule, where they once slaved. The last attempt to nullify the word of the Hebrew prophets failed when the Turko-German treachery was punished. Today the British commanding general sits in the German Hospice, which was built as a Turco-German stronghold to threaten Jerusalem. The picture of William the Second side by side with God is shown as a curiosity, and the other German strongholds, camouflaged as charitable institutions with Turkish connivance, are put to decent local uses.

Jerusalem will never again feel the rule of the oppressor and the high-sounding hireling, but will be a sheepfold under its own good shepherd, appointed from time of old to rule in equity and freedom.

The British Empire watches over Jerusalem. The little British Military Cemetery on the hillcrest leading to the Mount of Olives seals the right of the English-speaking race to preside over the future of the Holy City. Those who gave their lives to take Jerusalem have a right to be heard and their cry to the world is to restore Israel. Already they have given water and a reasonable cleanliness to a city which under Turkish slavery drank from foul cisterns and lived in filth. The British have lifted the fear from Jerusalem, which hung like a heavy pall over the land—fear of disease and death, fear of violent conversions, fear of injustice in the courts and degradation in the army, fear of being thought prosperous by robber pathas, fear for the safety of woman and child, fear for honor and for per-

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mission to worship the true God. This year is gone, thanks to the British army of occupation. The streets are safe for women; a man's gains are his own; his family is free to develop talents and capabilities; it is no longer a virtue to mope a poor mouth. The tax gatherer does not use a whip.

But just because Jerusalem has some good water now, piped from beyond Bethlehem on the way to Hebron and because the street sweepers are early at their tasks and householders can rid their premises of refuse, this does not mean that going to Jerusalem is yet an easy task.

Until the question of the near East is settled in Paris or Geneva, permission to go to Jerusalem must be granted by the military authorities, in the case of Americans by the British military and consular officials in New York. Our party was months in obtaining the necessary permits, although going to Jerusalem for educational and relief work.

There are, of course, several ways of reaching Palestine from the United States; but unless a direct steamer can be procured to one of the Palestine ports, such as Jaffa, Haifa, or Beyrout, which is at present a very risky venture, the natural way is by Jerusalem, via France, Italy, Greece, or through Constantinople and the still disturbed regions of Asia Minor.

Choosing France, the traveller must have his passport viced by the French consul at the American port of embarkation in France, and must be a visa on arrival and another on departure. The most convenient French harbor for sailings to Palestine is Marseilles, and there were fortunate in obtaining passage on a P. & O. liner, now used as a troopship. Only a very limited number of tickets was permitted on the ship, and there was much necessary red tape in boarding the vessel.

The landing in Alexandria presents special difficulties at this time on account of the late nationalist disturbances in Egypt. Special permits must be issued, addresses given, and eventual destination carefully indicated. The British have had disagreeable experiences with harmless looking travellers who turned out to be Turco-German spies and instigators of disturbances.

The new railroad from Egypt across the desert to Jerusalem was what made the conquest of Palestine a military possibility. It is still under military control, and used principally for moving troops and their supplies. Civilians who attempt to use this road must naturally expect to submit to military exigencies; they may only use the railroad on certain days, and must have permits and seats assigned to them by a special department in Cairo.

From Cairo to Jerusalem there is a succession of difficulties which no tourist would care to brave, and which only those who have urgent business in Jerusalem should wish to face.

Having been provided with permits, a definite time of departure from Cairo is selected for you. At Kantara West on the Suez Canal you get out of the train with all your belongings, to cross the canal to Kantara East; but before doing that another permit must be obtained from a military officer who swelters in a shack under the outrageous desert sun.

You are then loaded with bag and baggage, into what we Americans call a truck and our British cousins call a lorry, along with a motley collection of Syrians, Hebrews, Armenians, etc., and transported with unimagineable jolting in the hot sun amid most pertinacious flies.

At this hour of the closing of the war the motto seems to be, let the worn out be worn out still, and let the apparently dead be apparently dead. Once across the Canal the traveller finds a vast camp strung over the blazing sands where the thermometer sometimes registers 120 degrees in the shade. Another half of the train by the lorry, before a capacious tent where an intelligence officer once more passes in review passports and permits and grants permission to buy railroad tickets to Jerusalem.

The formalities over, the time is seen to be 3.59 p.m. But the train does not leave until 11.30 p.m., and where, oh where, shall the long drawn hours be spent! There is a shelter, which has a sand floor in which are fleas, but it also contains chairs and tables; and thither the lorry—a Peer-

### Strength Will Return TO Weak People Using This Treatment

You are discouraged. You feel old and worn. The train does not leave until 11.30 p.m., and where, oh where, shall the long drawn hours be spent! There is a shelter, which has a sand floor in which are fleas, but it also contains chairs and tables; and thither the lorry—a Peer-

When you feel despondent, Ferrerozine cheers you up. When languor and oppression weigh you down, Ferrerozine braces you up. When sleep is impossible Ferrerozine calms the nerves and gives you rest. For bounding health, good looks, good spirits, nothing equals Ferrerozine; men, the weak strong and the sick well. Good for men, women and children; try Ferrerozine, it can work wonders, as it did for Mrs. Mary Melong, of Harbor Bouche, N.S., who writes: "Ferrerozine built me up. Before using it, I scarcely knew what good health meant. I was just as miserable and weak as any woman could be. Tired from morning to night, bothered by trifles, unceasingly nervous. The first box of Ferrerozine improved my blood, gave me appetite. In a short time I was like a new person. Now I rejoice in abundant good health." Try Ferrerozine. It will make an unexpected improvement in your looks, your feeling, your health. Whether anemic, nervous or suffering from secret disorders—if you want cure, use Ferrerozine. Price 50c. per box, or six boxes for \$2.50, at all dealers.

### TODAY IN HISTORY



One hundred and forty-two years ago today, December 18, 1777, the American Army went into winter quarters at Valley Forge. Answer to yesterday's puzzle: Left side down, in arm and note.

### NOT TO EXTEND STREET

BOARD OF WORKS VOTES NEW SET OF TIRES

For Ald. Graham's Automobile Work in Street Construction Work—Thanks Extended to the Chairman.

The Board of Works completed its year's work yesterday afternoon, when Ald. Graham, Couper, Norris and Patterson met. It was decided to take no action with regard to the proposal to extend Toronto street to Princess street. No action was also taken on the request of Roddy and Monk for the return of \$32.50 deducted from their account for stone, owing to non-delivery in accordance with their contract. The board felt that it could not accede to Roddy and Monk's request, when it had made a deduction from the contract money of the Kingston Sand Company for similar failure to deliver.

Several claims for damages to automobiles, owing to alleged defective streets, were read and referred to the city solicitor. Ald. Graham stated that there was no reason for one claim for damages to an auto on Clergy street, as he had driven over the road and found it in good condition. The members of the board were inclined to allow auto owners to sue in cases where the claims seemed unreasonable. Ald. Graham stated that some of the car drivers would drive at a moderate rate of speed they would not break the springs of their autos.

On motion of Ald. Norris, the board recommended that the City Council furnish Ald. Graham with a set of tires for his automobile which he had freely used all summer and fall in the interests of the city in connection with the road work which he superintended gratis. Ald. Norris claimed it was the least the council could do to show its appreciation of the work done by Ald. Graham. Ald. Couper and Patterson concurred.

Ald. Couper moved a vote of thanks to Chairman Graham for the work he had done for the city this year. "A good year's work has been done under the able management of the engineering department and Ald. Graham," said Ald. Couper. Ald. Graham thanked his colleagues for their appreciation. He had not thought of asking the council for a new set of tires to replace those he had worn out in the city's service, said Ald. Norris' resolution took him by surprise. He said he was glad to have been able to serve the city as he had done on the roads this year.

**Pays Tribute to Borden.**  
 Bradford, Dec. 18.—An John North, Liberal-Unionist M.P. of North Brant, paid a high tribute to Sir Robert Borden. He declared that if Sir Robert retired from public life at this juncture he did so after having given to Canada a service that for sacrifice and achievement may never be excelled in this Dominion. Mr. Harold said: "In war, in the making of peace, in solving the problems of reconstruction, he gave to his country the best that was in his soul and body, and how wise and great these services have been will become more evident as time goes on and Canada takes her place in the affairs of the British Empire and the world which his clear vision saw as our destiny."

**Great Thrift Campaign Launched.**  
 Waterloo, Dec. 18.—An army of 4,000,000 women, representing ten national organizations, has been organized by the savings divisions of the treasury department to enter the fight against the high cost of living.

Beginning January 1st and extending to April 1st, a great thrift campaign will be conducted in an effort to induce women to keep strict accounts of their daily expenditures in order by study of them to eliminate unnecessary items. According to the plan, amounts saved by this means would be invested in Government securities.

**ABOUT RHEUMATISM**  
 What Thousands Have Found Gives Relief From This Painful Trouble. Rheumatism is a constitutional disease, manifesting itself in local aches and pains, inflamed joints and stiff muscles. It cannot be cured by local or external applications. It must have constitutional treatment. Take a course of the great blood-purifying and tonic medicine, Hood's Sarsaparilla, which corrects the acid condition of the blood on which rheumatism depends, and gives permanent relief. This medicine combines, with excellent alteratives and tonics, what is generally conceded to be the most effective agent in the treatment of this disease. If a cathartic or laxative is needed take Hood's Pills. Purely vegetable.

**St. Lawrence Pays Bonus.**  
 Montreal, Dec. 18.—At the meeting of the board of directors of the St. Lawrence Flour Mills Company, Limited, a bonus of ten per cent. was declared on the common stock payable January 1st, 1920, to shareholders of record December 22nd, at the close of business.

The present rate on the common stock is six per cent per annum, regular disbursement, plus a bonus of four per cent. per annum.

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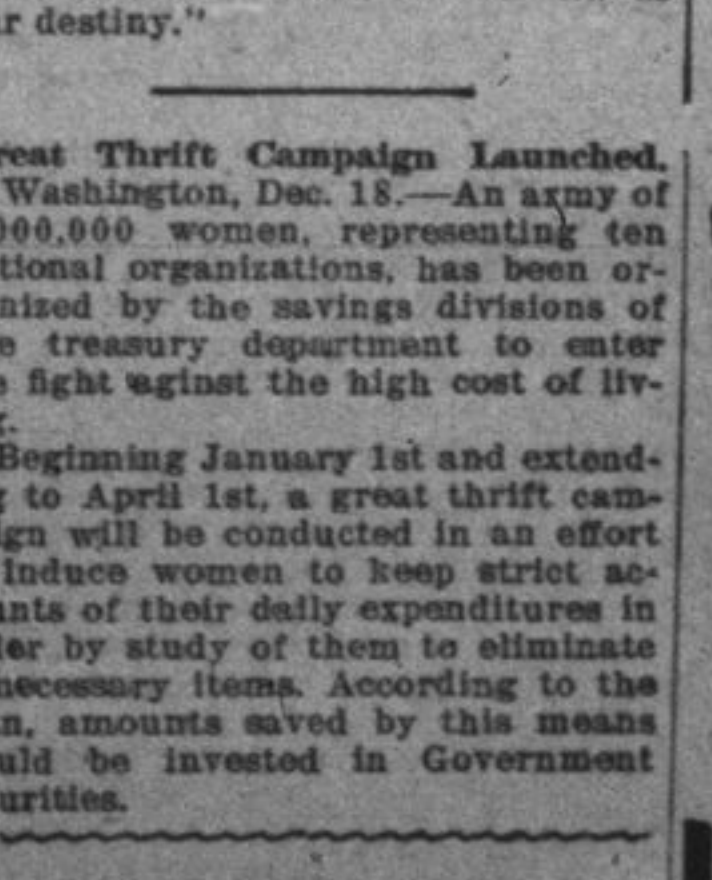
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