

FROM BONNIE SCOTLAND

NOTES OF INTEREST FROM HER BANKS AND BRAES.

What is Going On in the Highlands and Lowlands of Auld Scotia.

The death rate in Perth in December was 13.6 per 1,000.

There were 2,137 criminal offences committed in Paisley last year.

Renfrew has now a population of 12,355. It has gained 3,000 since the last Government census.

All the linen factories in Dunfermline are on full time. It is over a year since a similar activity prevailed.

Galashiels Town Council have bought for \$10,000 the property in Channel street, to widen the street. Over \$46,455 has been spent on Ladybank drainage and water schemes. They are nearing completion.

Last year Galashiels had 271 births, 91 marriages and 179 deaths, and Selkirk 158 births, 46 marriages and 94 deaths.

The Linlithgow district public health authorities are at present exercising the utmost diligence in connection with the rather serious outbreak of typhoid fever at Linlithgow Combination Poorhouse.

Pollokshaws has just added to its buildings a splendid school which was formally opened by Sir John Stirling Maxwell.

The big thread mills of Messrs. Coats and Clark have been the salvation of Paisley during the recent industrial depression.

A convent of nuns will shortly be established in Hawick, and the sisters will come from the Dominican Convent of Stone, Staffordshire.

At a meeting of over 2,000 ratepayers of Glasgow recently, a resolution was passed protesting against the proposed alteration in charges for stair-lighting.

At a meeting in Glasgow the Scottish iron and steel makers resolved to stop work rather than pay the proposed demurrage charges for railway waggons, etc.

Hamilton Corporation will pay all workmen for holidays, half-pay is to be given to employes in cases of sickness, while foreman are to be paid full money when ill.

Isabella Beatts was fatally strangled in the works of Valentine Sons & Co., photographic publishers, Dundee. The moving machine caught a scarf she was putting on and dragged her in.

The death occurred of Mr. George Syme, who, for nearly half a century, was the principal tacksman of the burgh land at Kinghorn. Mr. Syme, familiarly known as "Kinghorn Geordie," was over 90 years of age.

There is about to be erected a

"I have taken *Scott's Emulsion* for six weeks and have found it a wonderful remedy. Before I took the *Emulsion* I had no appetite; was weak; had lost nearly fifty pounds of flesh, and now I eat well and am gaining every day. I find *Scott's Emulsion* to be very easily digested and a good food for all weak people."—FLORENCE BLEEKER, No. 1 Myrtle Avenue, Bridgeton, N. J.

This is only one of thousands of cases where

Scott's Emulsion

has given an appetite. It's so easily digested that it doesn't tax the digestive organs and they rest; yet the body is wonderfully nourished and built up. The digestion is improved—then ordinary food is sufficient.

Growing boys and girls, who need so much food to keep them well and strong, and also growing, should be given a bottle of *Scott's Emulsion* every few weeks. It does wonders for them. It prevents their getting run down and spindly. Nothing does them so much good.

ALL DRUGGISTS

Let us send you some letters and literature on this subject. A Post Card, giving your address and the name of this paper, is sufficient.

SCOTT & BOWNE
126 Wellington St., W. Toronto

handsome pile of buildings, to be known as "The Donald Institute, Bothwell," the cost of which was bequeathed by the late Mr. James Donald, a native and long a merchant of Glasgow and London.

ECZEMA OF THE SCALP.

Zam-Buk Cures a Boy who Suffered for Three Years.

Now and again mothers find that sores or ulcers on the heads of children refuse to heal, despite all ordinary treatment. Then is the time to prove Zam-Buk's healing power.

A case which mothers will read with interest occurred recently in Winnipeg. Mrs. C. Keop, of 592. Alexander Avenue, Winnipeg, says:—"A year ago my little girl contracted eczema of the scalp, and notwithstanding all I did the sores spread until the child's scalp was completely covered. I took her to hospital, but none of the lotions and ointments applied had any effect on the disease. By degrees the child's hair came out, until she was quite bald. We were at this stage strongly advised to try Zam-Buk and did so. From first commencing with this wonderful balm the child got relief from the itching and pain. The sores were quickly banished, and in a remarkably short space of time the child was cured. The hair soon grew again, and is now quite long and in a healthy condition."

All who have care of children should know that Zam-Buk is particularly adapted, because of its purity, to the tender skin of children. It cures with equal dispatch ringworm, blood-poisoning, ulcers, cold-cracks, chapped hands, frost-bite, piles, bad leg, etc. Used as an embrocation it eases the pain of sprains, and cures rheumatism, sciatica, and neuralgia. All druggists and stores sell at 50c. a box; or post free from Zam-Buk Co., Toronto, for price.

SECRETARIES TO THE BRAIN.

Centres Which Attend Always to Same Details.

Habit is the acquirement of a machine-like or automatic power of performing certain duties. Actions which we have at first to exercise our intellectual centres to be able to perform are ultimately discharged without any reference to our mind or consciousness.

Indeed when the intellect comes to interfere with the automatic performances of such acts, says the London Illustrated News, they are apt to be less perfectly executed than when the machine-like activity of brain is permitted to have its sway. Take the case of reading, writing and spelling; at first we have to acquire these gifts through the exercise of close intellectual attention; later on they are automatically performed.

We do not after the childish stage of education require to bethink ourselves over the shape of letters, the sound of syllables or the formation of words by act of the pen. Clearly what was at first an intellectual act has become purely mechanical.

Also in exercising the other "R" and in doing a sum we arrive at a correct solution without having to think out the rational of the operation, as we did when taught arithmetic at school. The saving to the intellectual centres which deal with questions and affairs of every moment must be enormous in consequence of this division of labor. The centres in question are left free to exercise judgment and to engage in the highest operations of our conscious life.

In the brain structure we actually find centres which discharge these automatic duties and play the part of private secretaries to the head of the mental firm. Even when we come to higher brain operations a like principle prevails.

Centres are set apart for governing muscles, others receive messages from organs of sense, and others again, sitting in the judgment seat, report upon information received.

THINGS WE CAN DO WITHOUT.

It is wonderfully how many things we think most needful are really not so very necessary after all. Try this little experiment and it will astonish you. Take a sheet of paper and write down all the things you "want." Make the list as full as your desires are. Put this list away for one hour, then look it over. Cross out the things you think you can do without, and in another hour revise the list once more. Next pick out the things you feel you cannot afford to buy. Then, with a mind determined to be level and sensible and practical, go over the list once more. What is the result? Try it and see.

A FOND RECOLLECTION.

Of Buckwheat Cakes and Sausages or Pork Chops.

"I have wondered sometimes," said the amiable head of a voracious city family, "why we didn't have more griddle cakes, wheat and buckwheat, and that sort of thing in our house, because I am very fond of such cakes, and so are all the children, and of buckwheat cakes in particular I have a very pleasant recollection.

"When I was a boy we used to have always buckwheat cakes for breakfast in winter, with fried pork chops or fried sausages, and I used to think that that was a breakfast good enough for anybody, and I still think so.

"The cakes we used to mix in a batter pot different from any other piece of crockery I ever saw, and I can see it now in my mind's eye as plainly as if it stood before me, a deep, straight sided, earthenware pot of a very dark brown glaze and in capacity of about a gallon and a half and having on the other side a handle; the only pot of just that style and dimensions that I ever saw, and perhaps it was the only one ever made.

"We valued it highly. I am sure that if anything had happened to that pot it would have been regarded as a household calamity, familiar to us as it had become through year after year of use, and the mixing of the batter in it was a mighty familiar household rite, the last thing done in winter before we went to bed.

"Every morning when the cakes were cooked there was left in the pot just enough of the material to serve as yeast for the next day's batch; and every night the last thing we did was to get out the buckwheat batter pot and mix up in it the batter for the next morning's cakes. Then we would put a loose cover on the pot and set it near the kitchen stove, where it would get a little warmth, but not too much, so that the batter would rise just right. Sometimes it would run over, but not often, for our folks were high experts in making buckwheat batter, and usually our batter rose just enough to fill the pot, rising at the same time to the highest attainable quality; and then in the morning the batter was thinned down a little, so that it would spread just exactly right when poured on the griddle, and then the family was ready to eat 'em.

"It seems to me that the pork chops we had in those days were better than any to be had now; they were from locally raised and fattened pigs, and they were very tender and superior. Certainly it would be difficult to find now such sausages as we had then.

"We used to eat those buckwheat cakes red hot off the griddles, with those superior pork chops, or those extra superior sausages, and with the pork or sausage gravy on the cakes—a morning meal of great delight and glory.

"A meal calculated to tax the stoutest constitution surely, but we all had cast iron stomachs and it did us no harm; and I have wondered sometimes why we couldn't have something of that sort now; but she, meaning thereby my better half, telling me that cooking cakes means a headache and a burned face and a tired back; that cooking cakes for this family would be an awful task and that it wouldn't do. So that grand breakfast of buckwheat cakes and sausages comes to me now in memory only."

FEDERAL LIFE PROGRESS.

Financial Statement for Past Year Pre-eminently Satisfactory.

Policy-holders and shareholders of the Federal Life Assurance Co. must be highly gratified with the twenty-seventh annual financial statement of the directors, which appears in another column. The progress it has made during the past year clearly reveals that Canadians appreciate home companies that are wisely managed, in preference to those operating under foreign charters.

This company offers policy-holders ample security and pays them liberal bonuses on the maturity of their policies.

During the past year income and assets show a healthy increase. The latter now stand at \$3,314,856.65, an increase of \$314,383.91, exclusive of guarantee capital.

The security for policy-holders, including guarantee capital, now stands at the high figure of \$4,184,856.65, whilst the liabilities for reserves and all outstanding claims is \$3,045,786.00, showing the handsome surplus of \$1,140,070.65, exclusive of uncalled capital.

Greatness that is thrust upon people seldom lasts long.

THE TRUE CAUSE OF RHEUMATISM

Caused by Uric Acid in Blood and Can Only be Cured Through the Blood.

Not many years ago doctors thought rheumatism was only a local pain caused by exposure to cold or wet. Now they know that rheumatism is caused by the blood becoming tainted with uric acid. This acid contracts the muscles, stiffens the joints, and irritates the nerves. Then the cold and wet make the joints and muscles groan with aching rheumatism. You blame the weather but the real cause is acid in the blood. If not promptly treated the stiffness spreads and the pain grows worse each year until you are a helpless cripple, tortured day and night. If the disease touches the heart it means sudden death. You can't cure rheumatism with liniments, plasters or hot cloths. You must go to the root of the trouble in the blood. The one sure, scientific way to cure rheumatism is Dr. Williams' Pink Pills, because they actually make new blood. They sweep out the poisonous acid, loosen the joints and muscles, and bring ease and freedom where before had been pain and misery.

Mrs. Fred. Sabeau, Canada Creek, N. S., says:—"Three years ago I was taken with a severe pain in my right hip. It grew gradually worse until it finally settled in both my hips and legs. The pain was really almost unbearable. At first I tried foot drafts and liniments, but this gave me only the most temporary relief, and I felt as if I was to go through the rest of my life as a suffering cripple. A neighbor whose daughter had been cured of rheumatism by Dr. Williams' Pink Pills advised me to try this medicine, and I purchased three boxes. Before they were all gone I was able to get my foot up on my knee and untie my shoe, something I had not been able to do for two years, and I began to feel I had at last found a medicine to cure the trouble. I kept on taking the Pills until I had used, I think, a dozen boxes, when I was completely cured and I am as well and strong to-day as ever I was in my life. I want every sufferer to know that Dr. Williams' Pink Pills is a sure cure for rheumatism, and that if they will give this medicine a fair trial, their pains and aches will disappear as mine did."

Sold by all medicine dealers or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

SUGGESTIVE OCCURRENCES.

Instances When Children Initiated Great Inventions.

Some of our most useful mechanical appliances owe their existence to the ingenuity of children in fashioning their playthings. Argand, who invented a lamp with a wick fitted into a hollow cylinder, was one day busy in his workroom; sitting before the burning lamp, his little brother was amusing himself by placing a bottomless oil flask over different articles. Suddenly he placed it upon the flame of the lamp, which instantly saut up the long circular neck of the flask with increased brilliancy. Argand did not allow such a suggestive occurrence to escape him. The idea of the lamp chimney almost immediately came into his head, and in a short time his invention was perfected.

The telescope owes its origin to a similar occurrence. The children of a Dutch spectacle-maker happened to be playing one day with some of their father's glasses in front of the shop door. Placing two of the glasses together, they peeped through them, and were exceedingly astonished to see the weathercock of the neighboring steeple brought within a short distance of their eyes. They were naturally puzzled, and called to their father to see the strange sight.

When the spectacle-maker looked through the glasses he was no less surprised than the children had been. He went indoors and thought the matter over, and then the idea occurred to him that he might construct a curious new toy which would give people a good deal of amusement. Not long after the telescope was an accomplished fact.

THE ALPHABET IN A SENTENCE.

The following is the shortest sentence containing all the letters of the alphabet: Pack my box with five dozen liquor jugs.

THE EARL OF LEICESTER

LATE NOBLEMAN WAS FIRST FARMER OF ENGLAND.

Lives of His Father and Himself Covered a Span of a Century and a Half.

The death of the Earl of Leicester recently removed from the scene one of the most interesting figures in English country life.

The Cokes of Holkham in Norfolk have been established in that county since the early days of the twelfth century. The first to rise to real eminence was Edward Coke, born in 1549, the famous Chief Justice, who was the author of the Petition of Rights, which he proposed in the House of Commons.

His great-grandson was the first Coke to become an Earl of Leicester, but the title died with him. It was revived by Queen Victoria for the father of the Earl who has just died. He was the first commoner whom the late Queen raised to the peerage. He was 83 at the time and for over fifty years had been famous as Mr. Coke of Holkham. Like several other heads of old and distinguished but untitled families he was reluctant to accept a title to which could give but

LITTLE REAL DISTINCTION.

He died in 1842 at the age of 88, having been born in 1754.

His son, who died recently, was born when his father was 68, so that the two lives covered an extraordinarily long span of years, no less than 155 years separating the birth of the father and the death of the son. It seems strange that in 1909 there should have been living the son of the man who headed a deputation to George III. from the county of Norfolk in favor of the acknowledgment of the independence of the "American Colonies and Plantations," strange that a man should have died last Sunday whose father danced with Marie Antoinette, knew the wonderful court at Versailles, where he was called the handsome Englishman, and could tell his son what he had seen of France before the Revolution.

The late Earl, who was created a Knight of the Garter in 1873, was the father of the House of Lords, having been a member of it since 1842. He was not an ardent politician and the last vote that he gave was against Mr. Gladstone's second home rule bill, prior to which he had been counted among the Liberal peers. His one absorbing interest was agriculture, as it had been that of his father.

SPENT A MILLION.

When the latter succeeded to Holkham much of the estate was a mere barren rabbit warren, some of it unredeemed marsh lands. Father and son, in almost equal amounts, spent well over a million sterling in improving and developing the estate. Holkham is regarded as the cradle of English farming of the advanced type.

Holkham was the birthplace of enlightened estate management and agricultural practice. There was introduced into farming the four course shift, turnips, barley, clover, wheat, practised in East Anglia to this day. To the Holkham sheep shearings at the end of the eighteenth and beginning of the nineteenth century can be traced the origin of the show system that has done so much to improve live stock. It is acknowledged that the efforts of these two Earls of Leicester placed English agriculture in the front rank throughout the world. To Holkham went the most eminent agriculturists of England and from abroad to see what was being done and to exchange ideas.

Thus it may fairly be said that the greatest farmer in England died on Sunday.

SAVED BABY'S LIFE.

Mrs. T. Osborn, Norton Mills, Vt., says:—"I have no hesitation in saying that Baby's Own Tablets saved my baby's life and I cannot say enough in praise of this medicine. He was so weak and sickly that he took no notice of anything, and cried so much that I was worn out caring for him. After giving him the Tablets there was a great change, and he is now a bright-eyed, laughing baby, the pride of our home. Baby's Own Tablets cure all stomach and bowel troubles, break up colds, destroy worms and keep little ones healthy and happy. Sold by medicine dealers or by mail at 25 cents a box from the Dr. Williams' Medicine Co., Brockville, Ont.