

## HER DAUGHTER SAVED

Stricken With Acute Rheumatism—  
Recovery Scarcely Expected.

Mrs. Dolina J. Lawlor, writing from Oxbow, Sask., says: "I would be lacking in gratitude if I did not write you and let you know of the wonderful good your Dr. Williams' Pink Pills have done for my daughter, Belle Lawlor. Indeed I think I may safely say that they have been the means of saving her life. For many years my home has been in Bruce Mines, Ont. Something over a year ago my son and daughter, then in her sixteenth year, left for the west. When leaving here my daughter was in the best of health, but in the following spring she was stricken with what the doctor said was inflammatory rheumatism in its worst form. After a few weeks she was able to get up, but her hands and limbs were so swollen that she could not dress herself. She continued in this way for some time, and then a second attack, worse than the first, set in, and my son telegraphed me, as she was very low. While I was getting ready to make the trip of eighteen hundred miles I got a second message to come at once, as they feared she could not live. When I reached her I found her even worse than I had expected. She was so weak and emaciated that I would not have known her, and she could only speak in a whisper. Her hands and fingers were all twisted and her limbs swollen to twice their natural size. The doctor had then been attending her for two months, and she seemed steadily growing worse. We did not dare move her in bed for fear of her heart giving out. She was as pale as a corpse, and her lips and face always cold. We had to fan her continually, and if we ceased even for a little while she would gasp for breath, and no one who saw her thought it possible she could get better. She suffered such pain that I used to go out of the room and put my fingers in my ears to shut out her gasping and moaning. I had known before of Dr. Williams' Pink Pills, and as we could gradually see her sinking I told my son I was going to give her the Pills. He was opposed to my idea, for he thought a change in the medicine might prove fatal. However, it was finally decided to give her the Pills. In a week's time she showed some improvement and felt like eating. From that time on she began to gain steadily. Gradually her hands and fingers became straight, the swelling in the limbs went down, and her heart-beats became regular, and the color returned to her face, and soon the cure was complete. She is now as strong and healthy as any girl of her age, and to see her you would never think she had passed through an illness from which none of her friends thought she could recover. You have my sincerest thanks for what Dr. Williams' Pink Pills have done for my daughter, and you may be sure I shall always warmly recommend them."

### GASTRONOMIC CRIMES.

"Content the Stomach and the Stomach Will Content You."

Nor is it enough that school girls and boys should be taught to cook; they should also learn how to eat. Few learn this at home. They are usually taught to eat silently, and not to take soup off the end of a spoon or to put the knife into the mouth; but the more important art of mastication is ignored. It is a branch of physiology and should be taught by experts in the schools.

If it were, the next generation of mothers and fathers would know that it is a crime to let their children swallow food, particularly milk and cereals and vegetables, before it has been kept for a while in the mouth to be mixed with saliva and made digestible.

If it were indelibly impressed on school-children that gluttony is a vice which defeats its own end, that by eating slowly much more pleasure can be got from one mouthful than by bolting a whole plateful, that this pleasure can be vastly increased by consciously exhaling through the nose while eating, and that those who eat in this way will escape the pangs of indigestion—if these truths were impressed on every child mind, two-thirds of the minor ills of mankind would disappear in two generations, and most of the major maladies also; for the stomach is the source of most diseases. As Thomas Walker wrote nearly a century ago, "Content the stomach and the stomach will content you."

The debt a man owes to himself generally makes him a preferred creditor.

## MAKING SAFE INVESTMENTS

GOOD POINTS OF RAILROAD EQUIPMENT BONDS NOT REALIZED IN CANADA.

Most Canadian "Equipments" Go to Americans Who Appreciate Them Highly—How This Class of Bond is Issued and What They Represent. (By "Investor.")

The articles contributed by "Investor" are for the sole purpose of guiding prospective investors, and, if possible of saving them from losing money through placing it in "wildcat" enterprises. The impartial and reliable character of this information may be relied upon. The writer of these articles and the publisher of this paper have no interests to serve in connection with this matter other than those of the reader.

(By "Investor.")

In the United States a very favorite investment are Railroad Equipment Bonds. The ordinary railroad mortgage bonds build the road, but they do not provide engines, freight cars, flat cars, sleepers, diners, passenger coaches, etc. For the reason that the life of railroad equipment is short, that it is purchased in small quantities relative to the amount of money necessary to be raised to build the road itself, and that on the other hand the amount is usually too great to charge to any one year's income, it has been found convenient to provide for the equipment by a separate issue of bonds known as Railroad Equipment Bonds, and secured by the rolling stock which they are issued to purchase.

In Canada, although quite readily procurable, investors have not quite realized the good points of equipment bonds as a means for safe investment, and so the great majority of Canadian equipment securities are sold in the United States.

The usual manner of issuing equipment bonds is to organize a separate company not part of the railroad which buys the rolling stock and sells it to the railroad for 25 per cent. down and the balance in ten equal annual installments and interest, of course. Moreover, the railroad contracts to replace or adequately repair any damaged cars, etc., keep them insured and renew any worn out or lost. The company then issues bonds, secured by a mortgage on the equipment and guaranteed absolutely, principal and interest, by the railroad until the railroad has completed the payment for a certain lot of equipment. The title to it does not pass, but remains with the company (or, rather, a trustee which is usually a trust company for the convenience of arranging the mortgage). In fact, if you are interested, a careful examination of Canadian Northern Railway cars will show, usually on the end of one of the floor beams a cast iron plate bearing the inscription, "This car is the property of the Imperial Rolling Stock Company," and also stating the series of bonds which are secured by the equipment purchase of which that particular car formed a part. The Imperial Rolling Stock Company is the company which handles the equipment for the Canadian Northern just as the Victoria Rolling Stock Company does for the C. P. R.

These bonds are usually so arranged that part of the issue is paid off each year, although, sometimes, they are issued subject to redemption at maturity by the proceeds of a sinking fund. In either case the security, ample at the outset, increases proportionally with the reduction in obligations outstanding against it. The above method of procuring equipment and of issuing mortgage bonds thereon is known as the "Philadelphia plan," and is the method usually followed in Canada. The other plan is where the railroad issues the bond as its direct obligation, while under the Philadelphia plan the railroad is liable only as guarantor of the bonds. There is always provision, of course, that the bonds cannot be issued until the rolling stock is delivered from the makers. Just this summer a large Canadian equipment issue was purchased by a bond firm and could only be put out on the market in small quantities, owing to the fact that the construction and delivery of the equipment was delayed.

Brighten linoleum after washing and wiping dry by rubbing with linseed oil. Just a few drops on a piece of flannel.

Constipation is the root of many forms of sickness and of an endless amount of human misery.

**Dr. Morse's Indian Root Pills,**

thoroughly tested by over fifty years of use, have been proved a safe and certain cure for constipation and all kindred troubles. Try them.

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The

# MEDICAL PRESS

and Experiments with

# BOVRIL

"The results were simply startling."—*Medical Times.*

The report on the nutritive value of Bovril read before the Annual Meeting of the British Medical Association, is attracting wide attention in the medical profession.

The "British Medical Journal" of September 16 devoted some six pages to giving a detailed account of the recent experiments, in which it was shown that in the case of human beings the body-building power of Bovril was "even more marked" than had been previously shown in the experiments with animals. A further article has just appeared in the "Medical Times," and that journal points out that the results of these experiments "were simply startling."

"It was found that in all cases the administration of the extract (Bovril) caused an immediate increase of weight."

One important point brought out by these experiments is the fact that this increase in weight is in tissue and muscle, and not fat, showing that Bovril must therefore be regarded as a true nutrient, and an essential part of the diet of every man, woman and child.

### EXPERIMENTS ON HUMAN BEINGS

10 grams of Bovril were used in each case

*Two examples, the figures being taken from the table published in the "British Medical Journal."*

EXPERIMENT ON	Mean Weight during previous interval in kilos.	Mean Weight during Feeding period in kilos.	Mean Increase in Grams.	Nitrogen of Extract in Grams.
Subject S.	84.032	84.248	216	0.920
Subject C.	61.661	61.790	129	0.920

The body-building power of Bovril proved to be from 10 to 20 times the amount taken.

### POINTED PARAGRAPHS.

A lot of us could stand prosperity if we had it.

It's tough when a man is asked to tender his resignation.

It tickles a man's vanity to be referred to as a leading citizen.

And many a man has money on the brain instead of in his pocket.

The woman who does her own housework generally has a good servant.

Before you can make some men pay up it is necessary to run them down.

Never look a gift horse in the mouth. Get busy and trade him for a load of coal.

A girl who is more ornamental than useful can at least keep some fool man guessing.

Actions must speak louder than words in order to make themselves heard above the boasting.

Our idea of a misguided individual is one who thinks his friends are as glad to have him visit them as he thinks they are.

### OF INTEREST TO EVERY INVESTOR

Our Statistical Department has compiled a very complete review of

### Standard Canadian Securities

This booklet will be found of particular value to every investor who desires to keep in close touch with leading Canadian corporations whose stocks are listed on the Montreal and Toronto Stock Exchanges.

The twenty-nine companies reviewed include the following:

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