

NERVOUS PEOPLE MADE CHEERFUL

Dr. Williams' Pink Pills Rebuild
Shattered Nerves

Good blood—rich, red blood—makes all the difference between health and sickness. If the blood is thin and watery, the health of the whole body suffers. The sufferer becomes nervous and irritable; the stomach fails in strength and the appetite becomes poor. Food does not give the necessary nourishment, and the first feeling of weakness passes, as time goes on, into a general breakdown in the health. The case of Mrs. Angeline Gagnon, of St. Jerome, Que., illustrates the truth of these statements. Mrs. Gagnon says: I am fifty years of age, and up to a few months ago always enjoyed the best of health. Then I began to feel run down and weak, without patience or ambition. My appetite grew poor, and my nerves seemed to be on edge, and the least noise or worry would make me irritable and nervous. Life became an actual burden, and I could no longer look after my household duties. My doctor prescribed and ordered a change, saying that I was a nervous wreck. I tried to become interested in other things but failed, and my condition was really deplorable. I continued in this condition for several months, gradually going down, and as my doctor was not helping me I was easily persuaded by a friend to try Dr. Williams' Pink Pills. After taking the Pills for a few weeks I could see an improvement, and I gladly continued using them for a couple of months, when I found my health fully restored. I am more than thankful for what Dr. Williams' Pink Pills have done for me, and I gladly recommend them to all who are weak, nervous and run-down.

By making rich, red blood Dr. Williams' Pink Pills cure such cases as Mrs. Gagnon's. In the same way they cure nervous headaches, neuralgia, indigestion, rheumatism, St. Vitus' dance, and the ailments that come to growing girls and women of mature years. If you are at all unwell start to-day to cure yourself with Dr. Williams' Pink Pills, what they have done for others they will surely do for you, if given a fair trial. Sold at all druggists or by mail, post paid, at 50 cents a box, or six boxes for \$2.50, by addressing The Dr. Williams' Medicine Co., Brockville, Ont.

ENGLISH BIRTH RATE.

Fewer Children Than Any Country
Save France.

The London correspondent of the Journal of the American Medical Association sends these figures and comments relative to the falling birth rate in Great Britain:

"According to a report just issued by the census office this country contains a larger proportion of young adults than either France, Germany, Holland, or Sweden. It has fewer children than any of those countries but France, and fewer older persons than any except Germany. In consequence of the fall in the birth rate the proportion of young children has considerably diminished. For each million of the population in 1881 there were 135,551 children under the age of five years. In 1891 this number fell to 122,523, and since then to 114,262 in 1901, and to 106,857 in 1911.

"At the London School of Economics and Political Science Karl Pearson, in delivering a course of lectures on 'Infant Welfare,' drew attention to the falling birth rate which has existed since 1878. He showed that the process was less rapid in places like Sheffield, where men were chiefly employed, whereas in places like Dewsbury, where wool was the staple industry, it was most marked. In woollen areas the average families were 1.3, in cotton areas 1.8, and in engineering areas 2.12, the interpretation being that, except in the latter case, the families, and consequently the towns, were not reproducing themselves.

"Immigration from the rural districts could not continue, for their birth rates, too, were falling. The character of the population was tending to become more middle-aged, and if the population was to be replaced, average families of four and five were required—a point of vital importance to the nation, for no nation of forty millions could stand against one of sixty millions. That was the political aspect.

The dollar that does a man the most good represents several drops of perspiration.



IN THE CANADIAN MELTING POT.

This photograph, taken at Sarnia, Ontario, shows a group of young Canadians in a garden urn. There are no less than eight different European races represented.

THE WORLD IN REVIEW

Montreal is having a series of sensations in newspaper circles. The Daily Witness which for generations has been a by-word throughout Eastern Canada has passed away. In its place comes the Daily Telegraph. The Herald, one of the oldest, if not the very oldest daily newspaper in Canada, has changed hands and changed politics. In a month or two there is to be another new morning paper to be called the Daily Mail. Only the Star and the Gazette remain unchanged and unmoved like rocks in the midst of a surging sea. But even they are vitally interested in the changes going on around them.

This bold recital of the facts does not at all indicate the significance of what amounts to a revolution in newspaperdom. In fact, as yet no one knows what is the actual significance. One may only surmise, and of surmises there are plenty. It may be stated that the reason the Witness dies is because it could not be made to pay. In the hands of the Douglalls the Witness has been a power in the land. Politically it has been classed as Liberal and on several occasions has been understood to voice the opinions of Sir Wilfrid Laurier. But it was never a violently partisan paper and never represented anyone but the Douglall family. The Witness cared much more about moral issues than it did about purely political issues. It has been pointed to as an illustration of the alleged fact that a newspaper cannot be strict in its moral views and at the same time be made to pay. But this is hardly a fair deduction to draw from the example of the Witness. The Witness' views and policy were extreme. It would accept no liquor or questionable medical advertisements and in this its example is being followed by many publications. But it would be difficult to discover another secular publication which refuses to publish theatrical news and advertisements, or sporting news and advertisements. And this was the policy of the Witness for many years. This policy was based on the belief that amusements and sports were often sinful, and if not actually sinful themselves, were frivolous in their character and might have a debasing effect, to which the publishers of the Witness were not willing to subject their readers.

This was the spirit of the Monastery and not of a modern business establishment. It typified how far out of touch the old Witness was with the world in which it lived. It was not that the Witness lost so much in actual cash in the advertisements it refused as that it failed to find a clientele.

Who Are The Purchasers?
The Douglalls would not sell the name. But the rest of the property has been transferred to new owners who are represented in the management by Mr. C. Gordonsmith, who for many years was associated with the Douglalls as Managing Editor, and who has absorbed their ideals. Mr. Gordonsmith is as pleasant a gentleman as one could wish to meet and should know the newspaper game.

The purchase of the Herald by Mr. D. Lorne McGibbon, one of the aggressive capitalists which Montreal has produced in the last dozen years, made it essential for liberals to get a mouthpiece and no doubt hastened the purchase of the Witness. Who that someone is remains a mystery. One surmise is that E. A. Robert, a local capitalist interested in the Street Railway, has associated himself with Liberal politicians in the venture. Another guess is that Sir Hugh Graham, proprietor of the Montreal Star, is now behind the scenes in the Telegraph office, but this scarcely seems creditable, although there are examples in England of capitalists owning and managing newspapers on opposite sides of politics. The Montreal Star has been accepting full page advertisements from the Telegraph, a circumstance which may have originated the rumor, but it would seem that this fact is no more significant than that the Star is not unwilling to see the Telegraph find its place as the Liberal mouthpiece, particularly if, in doing so, it injures the Star's old rival, which now threatens to rival the Star in Imperialism and to be a more active competitor than ever. The Herald has even gone to the length of buying a weekly paper, The Mirror, to get out in competition to Sir Hugh Graham's Standard.

Daily Mail Coming.
Meanwhile, new buildings, new presses. The original triumphs of the Balkan

new equipment are being rapidly assembled for the morning Daily Mail. With its publication, the Gazette will, for the first time, have competition. In the active management of the Daily Mail will be B. A. McNab, for many years Managing Editor of the Montreal Star, and a sphinx like gentleman of portentous mien. Also there will be M. E. Nicholls, who has had much experience in Toronto, and later on the Winnipeg Telegram. He is a half brother of Hon. W. P. White and is regarded as one of the most promising men in Canadian journalism to-day. With two such men the Daily Mail will not be underrated. There is also a mystery as to who the proprietors of this paper are, though it is generally accepted that Robert Rogers and associates are interested. Sir Hugh Graham's name is also mentioned in this connection. The Star and the Gazette, though on the same side of politics, have never got on with one another any too well, and it has frequently been rumored that Sir Hugh Graham proposed to attack the Gazette's monopoly of the morning paper field.

North Grey's Surprise.
The result of the by-election in North Grey came as a surprise to the politicians. It was generally recognized that the majority given Hon. A. G. MacKay in the previous election had been abnormal, and there were few on either side who expected a majority either way of more than 100 or 150.

The comment of the party papers on the result is typical of the general comment. For example, the Mail and Empire and the World accept the verdict as an endorsement of the Government's license policy, as contrasted with the Opposition's British Bar platform and as a refutation of the charges made against Hon. W. J. Hanna. The Globe, on the other hand, says that the Government had to win the seat and had to procure the means of doing so. Answering a question running through many minds, the Globe affirms that the event will only make Liberal workers more determined to win at the General Election and "not a plank will be dropped out of their platform, the abolition of the bar above all."

Duke of Connaught Returns.
The news that the Duke of Connaught has accepted an extension of one year of his term of office as Governor-General of Canada has perhaps the most satisfactory feature of the circumstance is that it furnishes a refutation of the idea that His Royal Highness found life in Canada partaking of the nature of an exile.

The Duke of Connaught's original appointment in October, 1911, was a bold departure from established precedent, before in the long history of the British Empire had a Prince of the Blood visited at any of the dominions as the official and resident vice-regent of the King. There was at that time some little uneasiness felt in some quarters of the Dominion. It was suggested that the elevation of the court might estrange the masses of Canadian democracy. However, we are now assured that life at Rideau Hall has never been simpler than since the King's uncle has been Governor-General and that never has its social atmosphere been more wholesome or more natural. There has been nothing fussy or obstructive in the action or in the speeches of the Governor-General, and naturally as a near relative of the Sovereign he has been more than ordinarily careful to observe the attitude of a constitutional ruler. Perhaps the most uncomfortable part of the Duke's sojourn has been the obsequiousness of certain sections of the community. Perhaps this will now disappear.

Drunkenness Increases.
Some rather remarkable figures of an increase in intemperance in Canada have recently been compiled. In the City of Toronto, for example, in the year 1901 there were 3,943 arrests on charges of being drunk and disorderly. At that time the city had a population of about 240,000 so that for every 1,000 persons there were 17 drunks in the year. In the year 1912, however, there were no less than 15,605 drunks and disorderlies. This with a population of 450,000 means that out of every 1,000 persons there were 35 drunks; that is, just twice as many as 11 years previously. Similar figures are obtainable from other Canadian centres.

It is said that one of the reasons for the increase is the increase in foreign population. The chief cause would seem to be the great increase in prosperity, an increase which it is to be feared has not been accompanied by a corresponding increase in godliness.

Balkan Barbarism.
The original triumphs of the Balkan

**ALLOW ME TO PRESENT
MY BEST FRIEND**

ROYAL YEAST CAKES




**IN BUYING
YEAST CAKES
BE CAREFUL TO
SPECIFY
ROYAL YEAST
CAKES
DECLINE SUBSTITUTES.**

E. W. GILLETT CO. LTD.
TORONTO.
WINNIPEG. MONTREAL.

allies over the Ottoman Empire have had a deplorable and repulsive sequel. They set forth to carry freedom to their kinsmen and they are ending up by spreading devastation among peoples already tried almost beyond endurance. The Balkan States are falling into a barbarism deeper and more shameful than was imposed by the Turk. The civilized nations are looking on without interest beyond the desire that the infamous tendencies should not spread to Europe.

Home Rule on the Way.
The passing of the second reading of the Irish Home Rule Bill in the British Parliament by a majority of 109, on the second of the three necessary journeys of the measure through the House of Commons, has made a good many people for the first time really believe that Home Rule is actually coming. The majority is above the present normal majority of the Government, indicating not merely lack of dissension but enthusiasm.

Another significant thing happened when Premier Asquith accepted an invitation to dine with John Redmond and the members of the Irish Parliamentary Party. Such a thing has never happened in the long and acrimonious existence of the Irish Party in Westminster. The dinner was a private one, but it is understood to have been a love feast.

It was also significant that on the 12th of July in Ontario there were few, if any, references to the Home Rule issue in Ireland.

Meanwhile, Sir Edward Carson is touring England and Scotland working up enthusiasm for the cause of Ulster. It seems to be admitted that when Home Rule goes into effect, as it now seems likely to do next year, there will be in Belfast a certain amount of rioting. But this it is thought can be suppressed. The real disturbance may come from the farmers of the surrounding counties. If they make up their minds to rebel there will be rebellion. But up to the present there has really been no absolutely convincing sign of any such serious outcome.

CLIMBING A WALL OF ICE.
Terrible Experience in the Rocky Mountains.

At the close of a winter trip among the Rockies, Mr. Enos A. Mills and his collie, "Scotch," started across the continental divide in the face of weather conditions that indicated a snow-storm. He tells the story of their experience in "The Spell of the Rockies." While the wind blew a steady gale, they went forward over snowy, icy ledges, on which there was not the sign of a path, until they reached a cliff of ice that they must climb.

The last one hundred feet or so rose steep, jagged, and ice-covered before me. There was nothing to lay hold of; every point of vantage was plated and coated with ice. There was only one way to surmount this icy barrier, and that was to chop toe and hand-holes from the bottom to the top. Such a climb would not be especially difficult or dangerous for me, but could Scotch do it?

I grasped my ax and chopped my way to the top. Returning for Scotch, I started him climbing just ahead of me, so that I could boost and encourage him. We had ascended only a few feet when it became plain that sooner or later he would slip, and bring disaster to us both. We stopped, and descended to the bottom for a new start.

I determined to carry him. His weight was forty pounds, and he would make a top-heavy load. But as there seemed to be nothing else to do, I threw him over my shoulder and started up.

When I came to a place where it was not very steep, I stopped to transfer Scotch from one shoulder to the other. The wind was at its worst; it would fall quiet one moment, and then bluster at me with the suddenness of an explosion. I was just moving Scotch, when it suddenly shifted, and rushed upon us with the force of an ocean breaker. It threw me off my balance, and tumbled me heavily against the icy slope. Fortunately I managed to get two fingers into one of the chopped holes, and held fast. I clung to Scotch with one arm; we came to a jarring stop, both saved.

Gripping Scotch with one hand and clinging to the icy hold with the other, I shuffled about until I got my feet into two holes in the wall. Standing in these, and leaning against the ice, with the wind pushing and tearing at me, I managed to lift Scotch again to my shoulder. A few minutes later we paused to breathe on the icy ridge

of the summit, between two oceans and amid seas of snowy peaks.

PERILS OF LONDON STREETS.

Public Safety Appears to be Only a
Secondary Matter.

Extraordinary views of the consideration that should be paid to public safety were expressed by Colonel Hellard, chief of the London (England) traffic branch of the Board of Trade, in giving evidence before the Parliamentary Committee on London motor traffic. He declared that in regard to the traffic of London, the first consideration was how to get the traffic through quickly, while the question of safety of pedestrians was the second consideration. "Don't you think the safety of pedestrians should be the first consideration?" asked Mr. Kellaway. "It seems to me," was the reply, "that if traffic is to be held up and frequently absolutely stopped because of the inadvertence of foot passengers, we should never get along at all." Witness gave the following figures as to traffic accidents in the Metropolitan area:

	Killed.	Injured.
1904	155	Over 10,000
1905	172	Over 11,000
1906	212	Over 14,000
1907	233	Over 16,000
1908	326	Over 16,000
1909	386	Over 16,000
1910	388	Over 17,000
1911	427	Over 18,000
1912	537	Over 20,000

In the city in 1904 there were six fatal accidents, and last year there were 24. In 1904 there were 1,422 injured, but last year the number was 1,534. The witness was against putting too many cautionary signs on the roads, because people would pay no attention to them. Motor drivers should be trained and educated. Reckless drivers would be found out when they had an accident. The chairman remarked that that was like allowing a dog to have one bite, and he would not like to educate his driver in that way.

CLOUDED BRAIN.
Clears Up On Change to Proper Food.

The brain cannot work with clearness and accuracy, if the food taken is not fully digested, but is retained in the stomach to ferment and form poisonous gases, etc. A dull, clouded brain is likely to be the result.

A lady relates her experience in changing her food habits, and results are very interesting:

"A steady diet of rich, greasy foods such as sausage, buckwheat cakes and so on, finally broke down a stomach and nerves that, by inheritance, were sound and strong, and medicine did no apparent good in the way of relief.

"My brain was clouded and dull and I was suffering from a case of constipation that defied all remedies used.

"The 'Road to Wellville,' in some providential way, fell into my hands, and may Heaven's richest blessing fall on the man who was inspired to write it.

"I followed directions carefully, the physical culture and all, using Grape-Nuts with sugar and cream, leaving meat, pastry and hot biscuit entirely out of my bill of fare. The result—I am in perfect health once more.

"I never realize I have nerves, and my stomach and bowels are in fine condition. My brain is perfectly clear and I am enjoying that state of health which God intended his creatures should enjoy, and which all might have, by giving proper attention to their food." Name given by Canadian Postum Co., Windsor, Ont. Read "The Road to Wellville," in pkgs. "There's a reason."

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.