

## AFTER EFFECTS OF DREADED LA GRIPPE

Overcome by the Use of Dr. Williams' Pink Pills

Throughout Canada la grippe (influenza) prostrates thousands of busy men and women every winter, wrecking their health and leaving behind numerous serious ailments. It is the after effects of la grippe that cause such widespread misery. Here is the reason. La grippe leaves behind it weakened vital powers, a shattered nervous system, impure and impoverished blood, and a low state of health that renders the sufferer extremely liable to rheumatism, indigestion, neuralgia and nervous disorders. You can avoid la grippe entirely by keeping the blood rich and pure through the occasional use of Dr. Williams' Pink Pills. Or if, because you have not recognized your blood weakness, la grippe fastens its fangs upon you, its disastrous after effects can be driven out by the same medicine. Dr. Williams' Pink Pills increase and enrich the blood supply, feed the starving nerves, and thus impart new health and new strength to enfeebled men and women. Mr. G. St. Clair, connected with the Sun Life Assurance Co., Halifax, N.S., says: "I was taken down with a heavy cold and la grippe and was confined to the house for some weeks. I had the best of medical attention, and although the doctor said I was cured I was still far from well, and did not have the vim necessary for a strenuous business life, and did not attend to either office or field work. Talking with a friend he said 'Why not try Dr. Williams' Pink Pills.' I decided to do so, and before I had used a box felt an improvement, and before long the Pills made me feel like a new man. I can't therefore say too much in favor of this valuable medicine, and hope that any who may read this and be in need of medical attention will be persuaded to try this truly wonderful medicine."

You can get these health-renewing Pills through any medicine dealer or by mail post paid at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

## The World in Review

### The Beau Ideal Bandit.

No Mexican Zapata of to-day deserves to be rated with that indomitable Raisuli. A man of remote Morocco, plying his vocation in a land for which civilization has had small concern, Raisuli has made himself the most important and distinguished exemplar of the highest things in brigandage.

It will be remembered that Raisuli took possession of the person of Mr. Pordicaris, an American, who had the questionable taste to reside in Morocco. Raisuli demanded ransom. President Roosevelt demanded "Pordicaris alive or Raisuli dead" from the Moroccan government. Raisuli got what he demanded.

He kidnapped many others, including a London Times correspondent, and made money easily out of each transaction. The Moroccan government could do nothing with him at all and no other government could compel the Moroccan government to do the impossible.

Now Raisuli appears in a new role. He has just declared himself Sultan of Morocco. The real Sultan is a subsidized and pitiful thing, a mere tool of the French and Spanish occupiers of his land. Raisuli promises to be a real sultan, a sultan after the manner of the first great conquerors of Islam. He will not cease to fight till every Frank is expelled from Morocco or until every Moroccan fighting man is slain by Frank machine guns.

Judging solely from Raisuli's past performances, he is a pretty much what he says. A bandit sultan may cause much trouble before his case is finally settled.

### The Mines Have Made Good.

The steady and revivifying influence of Ontario's mines upon business during the past year has been most marked. There was much money wasted upon wildcat projects in the Rainy River and in the Cobalt and Porcupine regions. Many who "took a flier" in mining stocks have nothing to remind them of their ventures except extremely ornate but worthless stock certificates.

But out of the heap of failures there have emerged some splendid successes. Cobalt's silver mines paid over ten million dollars in dividends last year. Porcupine's gold mines began to show their possibilities. From both sources there will be steady payments during the present year to thousands of stockholders scattered all over the country. The disbursements of mining dividends will continue for many years, and new mines as yet undiscovered or developed, will add greatly to their volume. As an anchor to windward against financial storms the mines of this Province have been a pronounced success.

### Germans Good Citizens.

The Government's scheme for the establishment of colonies of Germans in Manitoba and Alberta will give rise to no misgivings. There is no "menace" here, but only promises of the country's good. No barring restrictions with the warring should there be any great difficulty in inducing immigration from Germany. Canada has already a generous intermingling of German population. There is no finer class of citizen. Wherever he has planted himself the country has profited by that thrift and thoroughness, that enterprise and sterling honesty that are his marked characteristics.

### The Demand for Furs.

The fur trade in the far north is still on very much the same basis as when Cartier and Champlain first traded beads and knickknacks with the wandering chiefs at Quebec, says the Argonaut. A million and a half dollars' worth of merchandise goes north from Edmonton, Canada, every spring to be exchanged for the two and a half millions of fur that come back in autumn. So far as the fur trade in America is concerned,

ed, the traders claim that there is no perceptible falling off as yet; that, in fact, more fur is being brought to market each year. But in Russia, Germany, Japan and Australia there is a general decrease in the supply. In the past twenty years the world's catch of the twelve most important furs has fallen off from 5 per cent. to 70 per cent., while the demand for the more expensive varieties has multiplied enormously. The ceaseless effort to satisfy this demand can have but one end, and it is only logical to expect that even the great game preserves of the Canadian North and Alaska will in time be hunted bare.

### Weight of the Brain and Its Potency.

Another popular fallacy has been exploded. We have long regarded with envy and admiration the man with the lofty brow and massive head as the embodiment of intellectual greatness. According to a brain specialist who delivered an address before the American Physiological Society the weight of the brain has nothing to do with its potency, and all previous theory regarding mental equipment must go glimmering. The result of it all is that the man with the big head may no longer claim mental superiority, and all that we have been hearing regarding the brains of great men seems a sort of scientific fairy tale. Your brain may weigh a half ton and may be most intricately marked, and yet, if the invisible cells haven't the mysterious quality the speaker was unable to define, you may be as dull as some of the men one sees at afternoon teas.

### The Starving Albanians.

As an aftermath of the Balkan war, which ended many months ago, comes the report of a man who has just returned from a four hundred mile trip through the wildest part of the interior of Albania. According to him, thirty thousand persons are in danger of starving as the result of the Serbian occupation of that territory and one hundred thousand people are homeless.

This is in sharp contrast with conditions in that part of Turkey which fell into the hands of the Greeks, where, according to the latest information, the situation is improving rapidly and the inhabitants are not only recovering from the sufferings entailed by the war, but are enjoying tranquility never before realized by them.

As a race the Albanians do not rank high in the scale of civilization. And to this may be due some of the suffering they are now undergoing. But they combine in themselves some of the best qualities of some of the bravest and strongest races of that section of Europe, and with the right type of leaders, with a government strong enough to suppress lawlessness of all kinds, it is not unreasonable to expect this suffering they are now undergoing is but the darkness before the dawn.

### Bourbonism in Mexico.

What Bourbonism does to Bourbon is clearly shown in the case of Louis Terrazas, the great landed proprietor of the State of Chihuahua, in Mexico. Terrazas' Bourbonism was so strong that he strenuously resisted the mild attempt of former President Madero to remove the evil of the land monopoly in Mexico. He carried his resistance to the extent of giving financial assistance to the movement that resulted in placing Huerta in power. He is now reaping the whirlwind. His estates have been confiscated, his son is a captive held for ransom and he himself has barely escaped with his life. It is the story over again of the pre-revolutionary French aristocrats who would not listen to the mild proposals of Turgot.

### Sought to Converse.

Seated comfortably in the railway carriage a commercial traveller found beside him a rather sedate looking gentleman with whom he sought to converse, and began by explaining what goods he sold, and in what large quantities he sold them. "And you, my friend," he added, "what is your line?" "Brains," answered his companion gruffly. "Ah! brains, you say? That must be nice. You carry no samples, I see."

### WONDERED WHY

And Found the Answer.

Many pale, sickly persons wonder for years why they have to suffer so, and eventually discover that the drug—caffeine—in tea and coffee is the main cause of the trouble.

"I was always very fond of coffee and drank it every day. I never had much flesh and often wondered why I was always so pale, thin and weak.

"About five years ago my health completely broke down and I was confined to my bed. My stomach was in such condition that I could hardly take sufficient nourishment to sustain life.

"During this time I was drinking coffee, didn't think I could do without it. (Tea is just as harmful because it contains caffeine, the same drug found in coffee.)

"After awhile I came to the conclusion that coffee was hurting me, and decided to give it up and try Postum. When it was made right—dark and rich—I soon became very fond of it.

"In one week I began to feel better. I could eat more and sleep better. My sick headaches were less frequent, and within five months I looked and felt like a new being, headache spells entirely gone.

"My health continued to improve and today I am well and strong, weigh 148 lbs. I attribute my present health to the life-giving qualities of Postum."

Name given by Canadian Postum Co., Windsor, Ont. Read "The Road to Wellville," in pkgs.

Postum now comes in two forms: Regular Postum—Must be well boiled.

Instant Postum—Is a soluble powder. A teaspoonful dissolves quickly in a cup of hot water and, with cream and sugar, makes a delicious beverage instantly. Grocers sell both kinds.

"There's a Reason" for Postum.

## HEALTH FOR BABY

To keep the baby healthy and strong his little stomach must be kept sweet and his bowels working regularly—that is the secret of health in little ones. The mother who keeps a supply of Baby's Own Tablets in the house can feel reasonably sure that her little ones are going to escape the results of childhood ailments, for the Tablets instantly relieve and cure such troubles as constipation, indigestion, colds, colic and worms by regulating the stomach and bowels. Concerning them Mrs. Jas. De-roche, Cache Bay, Ont., writes: "I have used Baby's Own Tablets for three years and have always found them the best remedy for little ones." They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

## PRODUCT OF GOLD IN 1913.

Will Probably Reach Neighborhood of \$490,000,000.

Samuel Montagu Coy., of London, in his Bullion Letter for 1913, says that "The British sovereign resembles a bird in its migration and nesting propensities, for its stay in a country is very short and perhaps only during the period when the crops are being financed." He proceeds to say that the sovereigns continue to be coined in great numbers, of which only a small proportion remains in Great Britain, the great bulk being exported to India and elsewhere in the British Empire or in foreign countries.

"British gold," he says, "has become the handiest form of international remittance. So much is this recognized that the Bank of France makes special efforts to maintain a substantial stock of sovereigns in its vaults."

The report indicates a doubt as to whether the world's product of gold this year will exceed that of 1912, which will probably prove to be in the neighborhood of \$490,000,000.

A capacious appetite for gold was manifested by India during the year just ended, and it has been followed by indications of satiety.

Flowers, Fruit and Sunshine in January and always, are to be found in California, the ideal wintering place, reached comfortably and conveniently by the Chicago, Union Pacific and North Western Lines, via the fastest and most direct routes, amidst the luxurious surroundings of the compartment, club and observation parlor, or more moderate-priced and homelike Tourist car. Three splendid trains daily—The Overland Limited, fastest train to San Francisco; The Los Angeles Limited, three days to the Magic City of the Land of Sunshine, via Salt Lake City; and the San Francisco Limited. The Overland Route offers Safety—Speed—Scenery and unexcelled dining car service—test it. Rates, illustrated matter and full particulars on application. B. H. Bennett, General Agent, 46 Yonge Street, Toronto, Ontario.

## DIED AND LIVED AGAIN.

His Other Self Detached From the Earthly Body.

John C. Wheeler, now in his 72nd year, and living in Ivanrest, Mich., has a notable history. He experienced the sensation of dying and says it was delightful; he has spent 40 years of his life walking from place to place delivering lectures, accepting only food and clothing as recompense; he gives all the money he receives to charity and lives on the charity of his friends; he looks like Alexander Dowie and John Burroughs, and has often been mistaken for one or the other of them; he walks fourteen miles daily to get reading matter in the public library; he believes in reincarnation and says he is not a fanatic.

"I believe I have had the most wonderful experience of any human being living," he said. "I have practically died and lived again. Not long after graduation I was swimming with a number of companions when I suddenly went down. It was several minutes before my friends missed me, and when they finally located my body I was unconscious. A doctor was summoned from half a mile away, and when he arrived he pronounced me dead. I was taken to my boarding-house and another doctor who lived a mile away was sent for. He, too, pronounced me dead.

"While the fact that I regained consciousness after so many hours is not so remarkable, it is remarkable that while apparently dead I was never more fully alive in my life. But I was a part distinct from my body. I could tell the persons about me everything that happened while I lay unable to move. During those hours I discovered many things. Much was revealed to me that would sound preposterous to relate. But the one thing I do remember is the queer sensation of dying.

"Dying is delightful; of that I am sure. After losing consciousness my body, I am told, sank to the

bottom of the lake, but the other self seemed to float away from my body and soar above the water. I looked down and could see my body. I saw the rescuers find it, and place it on the bank. I then seemed to return to the fleshy prison and again become a part of it, but was incapable of giving it volition. I exerted all my strength, but could cause no movement of the muscles. Finally, I seemed to secure a firmer grasp on things, and almost instantly regained consciousness. In that fleeting moment between the conscious and the unconscious state the thought of returning to life was repugnant. It seemed like a return to prison after a tour of the outside.

"Prior to that experience I had been an agnostic, disbelieving in a hereafter or a spiritual state of existence, but now my whole point of view of life changed. I have never since doubted the spiritual existence. A man is double, and the body is not a part of him. I don't want to be classed as a Spiritualist; in fact, don't care to be labeled at all, although theosophy comes nearest to my belief. I believe in a reincarnation, and that death simply turns a man inside out."

## The Cook's Retort.

"Mary, when I hired you you said you were a competent cook. I wish you'd cook something we can eat."

"And I wish you'd eat something I can cook," was her reply.

## A Question of Height.

Michael—Come quick! Patrick is stuck in a bog up to his ankles.

James—Don't worry, then, if he's only up to his ankles he can soon get out again!

Mike—Yes, but he went in head first!

## Had Heard of Burbank.

Brown (to his neighbor Jones)—He says he's experimenting with a vegetable which will bring him in thousands of dollars.

Jones—What is it?  
Brown—He's trying to rear an onion with a violet scent.



## Fond of Children.

Angry Customer: "See here, sir! That dog you sold me yesterday has bitten a piece out of my little boy's leg."

Dog Fancier: "Well, sir, didn't I say he was specially fond of children?"

That's What They Do.  
"Have you ever noticed one odd thing about blunt people?"  
"What is that?"  
"They are the ones who generally come to the point."

Not as Billed.  
"Then you were disappointed in London?"  
"Yes; spent three weeks there and never saw a fog or a chimney sweep."

A man who had been absent for a considerable time, and who during his travels had cultivated a great crop of whiskers and moustaches, visited a relative whose little girl had been his special favorite. The little girl made no offer to salute him with the usual kiss. "Why, child," said the mother, "don't you give your old friend a kiss?" "Mother," answered the child, "I don't see any place."

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