THE ROAD TO HEALTH.

Lies Through Rich, Red Blood and Strong Nerves.

Debility is a word that fairly expresses many ailments under one name. Poor blood, weak nerves, impaired digestion, loss of flesh, No energy, no ambition, listless and indifferent. This condition is perhaps the penalty of overwork, or the result of neglected health. You must regain your health or succumb entirely. There is just one absolutely sure way to do this—take Dr. Williams Pink Pills. These pills will bring you new life, fill every vein with rich, red blood, restore elasticity to the step, the glow of health to the wan cheek; they will inspire you with new energy and supply the vital force of mind and body.

There is not a corner of the civilized world where Dr. Williams' Pink Pills have not brought health and hope and happiness to some weak, debilitated despairing person. If you have not used the pills yourself, ask your neighbors and they will tell you these statements are solemn truth. Mr. Charles Saulnier, Corberrie, N. S., says: "I was very much run down and so weak I could hardly work. It seemed as though my blood was little better than water. I tried several medicines, but I got nothing to help me until I began taking Dr. Williams' Pink Pills. It was simply astonishing how quickly these pills began to help me and how much new life and vigor they put into me. I am a cook by profession, and the fact that I was able to cook for fifteen men last winter is the best proof that the pills have made me as sound as ever I was."

There is no mystery about the power of Dr. Williams' Pink Pills to put new life and strength into you. They actually make new blood, and that is why they cure all blood diseases, like anaemia, indigestion, liver and kidney troubles, headaches and backaches and the special ailments of women. Through the blood Dr. Williams' Pink Pills feed and steady the nerves, strike at the root of nervousness, cure St. Vitus dance, fits, neuralgia, sciatica and partial paralysis. All these diseases spring from bad blood and disordered nerves and they have all been cured positively and permanently by Dr. Williams' Pink Pills. Sold by all medicine dealers at 50 cents a box or six boxes for $2.50, or by mail from the Dr. Williams' Medicine Co., Brockville, Ont.

CAUSE OF THE QUARREL.

She: "So many men marry for money—you wouldn't marry me for money, would you, dearest?"

He (absently): "No, darling, I wouldn't marry you for all the money in the world."

And he wonders now why she did not speak the last time he met her.

SAFETY FOR YOUR CHILDREN.

When a mother finds it necessary to give her little one medicine she cannot be too careful as to the remedy employed. The so-called "soothing" medicines always contain poisonous opiates, and these should never be given to a child. Strong drugs and harsh purgatives should also be avoided. An ideal medicine for young children is Baby's Own Tablets, which cure all the minor ills of childhood, and the mother has the guarantee of one of the foremost analysts of Canada that this medicine contains no opiate. Milton L. Hersey, M. A. Sc., demonstrator in Chemistry, McGill University says: —"I hereby certify that I have made a careful analysis of Baby's Own Tablets which I personally purchased in a drug store in Montreal, and said analysis has failed to detect the presence of any opiate or narcotic in them." Analysis is proof, therefore mothers know that in giving their little ones Baby's Own Tablets they are giving them an absolutely safe medicine. Sold by all druggists or mailed at 25 cents a box by writing the Dr. Williams Medicine Co., Brockville, Ont.

WHAT THEY MEAN.

The Way Japanese Ships Are Distinguished.

We have been hearing a good deal about Japanese vessels lately, and we are, perhaps, fated to hear much more about them in the near future. The observant reader will have noted that at the end of the name of every ship occur either the termination kan or maru, and he may have been puzzled to know what they meant. For all practical purposes they have come to be the equivalents of our "H.M.S." and "S.S.", and in accordance with Japanese usage, come after instead of before the title of the vessel "Kan" is a Chinese word, meaning "war vessel," and is attached only to the ships of the Emperor's fleet; "maru" literally means "round," and even a Japanese cannot tell you how it came to be applied to merchant vessels.

Young man, beware of the girl who is too lazy to return your kisses.

Piles To prove to you that Dr. Chase's Ointment is a certain and absolute cure for each and every form of itching, bleeding and protruding piles, the manufacturers have guaranteed it. See testimonials in the daily press and ask your neighbors what they think of it. You can use it and get your money back if not cured. 60c a box, at all dealers or EDMANSON, BATES & Co., Toronto.

Dr. Chase's Ointment

THE CANADA LIFE'S REPORT.

Splendid Showing Made at 57th Annual Meeting.

A striking statement was made by Hon. Geo. A. Cox, President of the Canada Life Assurance Company, at that institution's annual meeting. He pointed out that since the company's inception it has paid out to policyholders and their heirs over $27,000,000. Such a fact gives some idea of the vast benefits that result from life insurance. Over $95,500,000 of assurances are now carried by the company.

During 1903 the new business paid for amounted to well over $10,000,000, a gratifying advance even upon 1902, itself a record year in the company's history. The assets of the company increased notably during the year, and now stand at well over $27,000,000. In making up its policy reserves the company again employed the most stringent valuation basis of any old-established life company on the American continent. Over and above even these strong reserves the surplus on policyholders' account is more than $1,860,000.

ABOUT SEALING WAX.

First Imported From the East Into Venice.

The Hindoos from time immemorial have possessed lac and were accustomed to use it for sealing manuscripts long before it was known in Europe. It was first imported from the east into Venice and then into Spain, in which country sealing wax became the object of a considerable trade with other countries under the name of Spanish wax. If shellac be compounded into sealing wax immediately after it has been separated by fusion from the palest qualities of stick or seed lac, it then forms a better and less brittle article than when the shellac is fused a second time.

Hence sealing wax prepared in the East Indies deserves a preference over what can be made in other countries, where the lac is not indigenous. Shellac can be restored in some degree however to a plastic and tenacious state by melting it with a very small portion of gum thus or parafin wax. The palest shellac should be selected for bright-colored sealing wax, the dark kind being reserved for black.

The following formula may be used for making red sealing wax:— Take four pounds of shellac, one pound of Venice turpentine, and three pounds of vermilion. Melt the lac in a copper pan suspended over a clear charcoal fire, then add the turpentine slowly to it, and soon afterwards add the vermilion, stirring briskly all the time of mixing with a rod in either hand.

In forming the round sticks of sealing wax a certain portion of the mass should be weighed while it is ductile, divided into the desired number of pieces, and then rolled out upon a warm marble slab by means of a smooth wooden block like that used by apothecaries for rolling a mass of pills. The oval and square sticks of sealing wax are cast in molds with the oval compound in a state of fusion. The marks of the lines of junction of the mould box may be afterwards removed by holding the sticks over a clear fire or passing them over a blue gas flame.

Marble sealing wax is made by mixing together two, three, or more colored kinds while they are in a semi-fluid state. From the viscidity of the several portions their incorporation is left incomplete, so as to produce the appearance of marbling.

Good sealing wax is made simply by adding gold chrome instead of vermilion to the melted mass. Wax may be scented by introducing a little essential oil, essence of musk, or other perfume.

ON A RANCH.

Woman Found the Food That Fitted Her.

A newspaper woman went out to a Colorado ranch to rest and recuperate and her experience with the food problem is worth recounting.

"The woman at the ranch was preeminently the worst housekeeper I have ever known,—poor soul, and poor me!

"I simply had to have food good and plenty of it for I had broken down from overwork and was so weak I could not sit over one hour at a time. I knew I could not get well unless I secured food I could easily digest and that would supply the greatest amount of nourishment.

"One day I obtained permission to go through the pantry and see what I could find. Among other things I came across a package of Grape-Nuts which I had heard of but never tried. I read the description on the package and becaime deeply interested so then and there I got a saucer and some cream and tried the famous food.

"It tasted delicious to me and seemed to freshen and strengthen me greatly so I stipulated that Grape-Nuts and cream be provided each day instead of other food and I literally lived on Grape-Nuts and cream for two or three months.

"If you could have seen how fast I got well it would have pleased and surprised you. I am now perfectly well and strong again and know exactly how I got well and that was on Grape-Nuts that furnished me a powerful food I could digest and make use of.

"It seems to me no brain worker can afford to overlook Grape-Nuts after my experience." Name biven by Postum Co., Battle Creek, Mich.

Get the minature book, "The Road to Wellville" in each package.

STORM IN THE ROCKIES.

The Thunder Worse Than the Roar of a Battle.

If you have never seen a mountain thunderstorm at an elevation of 7,000 feet or more, you have missed an experience that will add grey hairs to your head.

Here is the story of a storm among nature's massive sentinels that is described by an easterner upon whom it left a lasting impression:

"To me, a thunderstorm back East held no special terrors, and frequently I have been out in such a demonstration without feeling any especial nervousness.

"Up here on the Rocky Mountains things are different, and I confess now to live in an awful, abject terror of a thunderstorm, especially at night in my tent. I suffer this terror nothwithstanding the fact that so far the storms have in every instance except one gone around or beneath us without ever raining enough to wet the ground. But it is the 'going around and beneath' that gets into my nerves. In the first place, imagine what it is to be 1½ miles nearer a rip-roaring thunderstorm than one is 'back home.' There you have occasional flashes of lightning; here it is one continuous, dazzling, aweinspiring performance. The lightning strikes, too, for it is no uncommon thing during a storm to hear the rocks splintering and cracking where one especially vigorous bolt has landed.

"Add to this nerve-racking exhibit the most awful detonations of thunder that you can imagine and a straight-blowing' wind that sometimes makes the flaps of your tent play a ragtime melody, and you have some idea of a mountain thunderstorm. The thunder is worse than the sound of a mighty battle. It bangs up against the mountain side and reverberates and rolls off into one ear-splitting concussion after another, until you, lying quaking in your tent, fully believe that the next 'boom' will split mountain and valley in twain and land you in China or some other seaport town.

"I lay one night and with chattering teeth counted five distinct thunderstorms come up to the edge of the plateau on which my tent stands and each time go through with an electrical performance that would give Tom Edison a dumb ague, and through it all not a cupful of water fell on my tent.

"These electrical displays are not seemingly much dreaded by the people who live in high altitudes. They comfortingly declare that a tornado or cyclone is unknown in the mountains."

UNDERWORLD EXPIORATION.

Prof. W. W. Watts, the English geologist, strongly advocates a new geological survey of England, which shall do as much to make known the subterranean world there as existing surveys have done to make that which lies on and near the surface. This demand grows out of the ever-recurring question of the approaching exhaustion of the British coal-fields. Professor Watts says that there is still an area of concealed coal-fields left, possibly at least as large and productive as those already explored, but to develop them work will have to be done at a depth of thousands instead of hundreds of feet. The first step must be systematic and detailed exploration of these invisible fields under the guidance of scientific principles.

THOMAS AND THE BISHOP.

"Now, Thomas," said a certain Bishop, after taking his servant to task one morning, "who is it that sees all we do, and hears all we say, and knows all we think, and who regards even me, in my Bishop's robes, as but a vile worm of the dust?"

And Thomas replied: "The missus, sir."

The Canada Life Assurance Company.

57th ANNUAL REPORT.

The Year's Business. The new business of the year was the largest ever submitted to the Company, and the figures in tabular form, together with those for 1902, are as follows:—

	1903.	1902.	Increase.
Number of applications received	**6,863**	5,022	**1,841**
Amount of Assurances applied for	**$13,881,960**	$10,687,672	**$3,194,288**
Policies issued	**12,635,032**	9,734,002	**2,901,030**
Policies paid for	**10,122,139**	8,398,386	**1,723,753**
Total business in force	**95,531,110**	89,170,575	**6,360,535**

Of the applications received, 266 for Assurances of $693,716 were declined, as not conforming to the Company's standard.

The Income. The gross premium and Annuity income was $2,847,559.74, and the income from interest, including $30,757.20 profit on sale of securities, reached the handsome sum of $1,176,374.33. Together these make the total gross income (exclusive of payments on account of Capital Stock), $4,023,934.07.

The Payments. The death claims paid during the year amounted to $1,227,414.42. The matured endowments and death claims (including bonus additions), and annuities paid in 1903, amounted to $1,528,420.46, while $145,273.40 was paid as cash dividends and surrender values to policyholders, making total payments to policyholders $1,673,693.86.

The Assets. The total assets at the 31st December, 1903, as shown by the balance sheet, amount to $27,180,007.21, being an increase of $1,215,074.71 over 1902—a growth that your Directors think is very satisfactory. The usual conservative practice of the Company has been followed in the valuation of its assets.

The growth of the Company's assets in the past twenty years is shown by the following table:—

TOTAL ASSETS.

In 1883	**$5,664,000**	**In 1893**	**$14,313,000**
In 1888	**8,954,000**	**In 1898**	**20,038,000**

IN 1903, 27,180,000

The Liabilities. In the valuation of the policy liabilities, the Company's own standard has again been employed, viz.: the Institute of Actuaries' Table, with interest at 3½% for all business prior to January 1st, 1900, and the same table with 3% interest for policies issued since that date. The total net Reserve by this valuation standard amounts to $25,093,374. In addition to this the Company holds Reserves of $32,315 for lapsed policies subject to revival, and $55,028 for instalment claims fund. After providing for these Reserves and for all liabilities, except Capital Stock, there remains a surplus on policyholders' account of $1,861,367.32. A large section of our business was valued on the new table known as the O^M Table, and the Reserves brought out amounted to 90.7% of the Reserves required by the table now in use by the Company. So that it would appear that no material change in Reserves would result by the adoption of the more recent tables of mortality. So far as is known this is the first occasion upon which these new tables have been used in a valuation in Canada or the United States by any Company having an established business.

A full report of the meeting will appear in the Company's paper, Life Echoes.

Was All Crippled With Rheumatism

Could Scarcely Walk, But the Pains and Aches Have Entirely Disappeared Thanks to

Dr. Chase's Kidney-Liver Pills

The kidneys, after all, are responsible for rheumatism as well as most of the other pains and aches of the body, and lasting cure can only be obtained when the kidneys are set right.

Dr. Chase's Kidney-Liver Pills are the most popular and successful kidney medicine of the day, because they act promptly and are of lasting benefit.

Mr. Charles Morrish, Dorchester Station, Middlesex county, Ont., writes:—"I desire to acknowledge to you the benefit I have received from Dr. Chase's Kidney-Liver Pills. For about twelve months I could hardly walk, on account of being so crippled up with kidney derangement and rheumatism.

"I had tried many medicines without benefit, and hearing of many being cured by using Dr. Chase's Kidney-Liver Pills, I made up my mind to give them a trial. After having taken six boxes of this medicine in succession, I can truly say that I am in better health to-day than I have been for twenty years. The rheumatism pains have entirely disappeared, and I am well and hearty. As I am nearly seventy years of age, I consider my cure remarkable, and give all credit to Dr. Chase's Kidney-Liver Pills."

Dr. Chase's Kidney-Liver Pills, one pill a dose, 25c a box, at all dealers, or Edmanson, Bates & Co., Toronto. To protect you against imitations, the portrait and signature of Dr. A. W. Chase, the famous receipt book author, are on every box.