FROM BONNIE SCOTLAND

NOTES OF INTEREST FROM HER BANKS AND BRAES.

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

There are now 16,000 empty houses in Glasgow.

Alford Oddfellows have now a capital of £2,000.

A miniature rifle club for ladies was opened in Dumfries.

At Huntingtower, Perthshire, a boy of nine years has died from spotted fever.

A fine specimen of the great grey shrike was recently captured at Inveraray.

Card sharpers are operating on the Caledonian trains from Greenock to Glasgow.

Glasgow has now 89¼ miles of tramway open, as compared with 86¾ a year ago.

It is proposed to raise another squadron of Yeomanry in Roxburgh and Selkirk shires.

The shipment of coal from Rothesay Dock, Clydebank, last year amounted to 61,299 tons.

A Motherwell miner has committed suicide by blowing his head to pieces with a detonator.

Duncan Macrae, gamekeeper, Inchlonaig, killed three otters on one of the islands near Luss.

Perth is suffering from an influenza epidemic. In one of the public works nearly 200 have been laid aside.

The distress in Kilbirnie district owing to the stoppage of the Glengarnock steel works is very severe.

By the theft of brass fittings from engines at Cove Quarries, Aberdeen, about fifty men were thrown idle.

At Craighead colliery a section of men struck work recently because of the low wages they were earning.

The biggest sturgeon ever landed at Aberdeen, 9 feet 10 inches long, was caught the other day and sold for $46.

There were in the Glasgow hospitals last week and under sanitary provision at home, 2,985 cases of infectious disease.

A big tube and steel factory firm are prospecting in the neighborhood of Falkirk with a view to starting a factory there.

The Edinburgh Heather Club lately took 2,000 of the poorer children of the city to Cooke's circus and gave them a good time.

Scottish coalmasters have reduced coal for manufacturing purposes 1s. per ton, and for other purposes a smaller sum.

A movement is on foot to set up a memorial to the late Mr. Robert Donaldson, headmaster of Lochend Road School, Leith.

The introduction of lady railway booking clerks into Scotland, commenced some fifteen years ago, has not proved a success.

In Dundee jute and other textile trades, including flax and linen manufacture, employs altogether over 32,000 people of both sexes.

Orders for ocean-going destroyers of 33 knots, have been placed by the Admiralty with Messrs. Denny, of Dumbarton, and Palmer, of Jarrow.

About $3,000 of damage (including 12 cows burned) was done by fire in the premises of James Mair & Sons, butchers and cattle dealers, Buckie.

A series of explosions from firedamp occurred in Mary Pit, Lochore. One man was killed outright, and seven others were seriously burned, two of them dying in hospital.

REMARKABLE CASE.

Girl Read Books and Played the Piano While Asleep.

The particulars of an extraordinary case of somnambulism are communicated to the British Medical Journal by Dr. James Russell, assistant physician at the Birmingham Hospital. He says that a girl, 21 year old, who is a teacher of the typewriter and a student of music, entered the hospital to be cured of sleep-walking. While under observation there she habitually left her bed after three or four hours' sleep and busied herself in various ways, including descending into the music room and playing the piano, tuning a violin and fitting new strings to it and crocheting.

Her most remarkable feats, however, were reading and writing in the dark. If even there was a faint artificial light in the room she would avoid it, and go to the darkest corner, where she would read various books, study the theory of harmony, and write letters. One of her letters was addressed to her music teacher. It contained a short essay on the "Sonata Form," which was accurate in sense and construction. Another letter she wrote was in German. When she was awake she did not in the least remember writing or reading. An examination of her eyes did not reveal the reason for her being able to see in the dark. She has now left the hospital, her condition having improved, but she occasionally walks in her sleep.

CHILDHOOD INDIGESTION MEANS SICKLY BABIES

The baby who suffers from indigestion is simply starving to death. It loses all desire for food and the little it does take does it no good; the child is peevish, cross and restless, and the mother feels worn out in caring for it. Baby's Own Tablets always cure indigestion, and make the child sleep healthily and naturally. Mrs. Geo. owell, Sandy Beach, Que., says: "My baby suffered from indigestion, colic and vomiting, and cried day and night, but after giving him Baby's Own Tablets the trouble disappeared and he is now a healthy child." The Tablets will cure all the minor ailments of babyhood and childhood. Sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

DOCTOR'S LIFE SPAN.

Diseases to Which They are Especially Liable—The Narcotic Habit.

Doctors as a class are more subject to illness than their fellow men and their expectancy of life is less than that of most, says the British Medical Journal. An explanation of this is readily found in the anxieties caused by responsibilities which must weigh heavy on every man of right feeling; in the amount and trying nature of the work the doctor has to do; in irregularity of meals and broken sleep; in exposure to weather and to infection; and last but not least, in the scanty remuneration which his labor too often brings him.

The combined influence of all these causes is sufficient to undermine the strongest constitution long before a man has reached the limit of threescore and ten. A comparison of tables compiled by statisticians in different countries gives doctors an average of 57 years at death.

Doctors as a class are especially liable to certain diseases. Setting aside affections due to exposure and infection, the practice of medicine levies a disproportionate tribute from its professors in the form of diseases of the cardio-vascular and nervous systems. Angina pectoris has been called the "doctor's disease"; neurasthenia deserves to be ranked in the same category, and severer forms of neurosis are, as might be expected, common among men whose profession compels them to live at the highest tension both of brain and nerve force.

It is scarcely to be wondered at, therefore, that the narcotic habit is so common among doctors. After all, what shortens the doctor's life is overwork, mental and bodily strain manifesting itself at the point of least resistance.

THEY HAVE FAMILY TREES.

Peasants of the Black Forest Have Curious Old Laws.

The peasant farms of the Black Forest are handed down from father to son in a direct line, often dating back 400 years. There is no division as in France; all falls to the heir, only here it is not the eldest, but the youngest son who inherits.

It is rare that a Bur (peasant) dies as reigning head. When he gets on in years he abdicates, in order to end his days in the Leibgedingehaus (dower house), which stand beside each Hof (steading). That he does so in favor of his youngest son is very sensible; were it the elder he would have no peace, for as soon as he married he would try to induce his parents to retire just at an age when power is sweetest and best exercised.

For this reason the practical farmers of by-gone generations decided to hand over the succession to the youngest, since, when Benjamin is a full-grown man father Jacob is old and glad to rest. This law of inheritance goes by the name of Vortel. Should the heir of his own free will desire to resign in favor of his elder brother, the latter must buy the property from him. In such a case the younger may be termed a kind of Esau.

What man has done woman can undo.

The harder a man works the harder it is to work him.

The effect of *Scott's Emulsion* on thin, pale children is magical.

It makes them plump, rosy, active, happy.

It contains Cod Liver Oil, Hypophosphites and Glycerine, to make fat, blood and bone, and so put together that it is easily digested by little folk.

ALL DRUGGISTS; 50c. AND $1.00.

THE ABYSMAL DEPTHS.

(By A. Banker.)

It is stated that if a large thick sheet of plate glass be inserted in the hull of a vessel, the bottom of the sea can, within certain limits of depth, be observed with startling distinctness. And what a weird spectacle must be presented by that charnel house of the ages; what an assemblage of venerable relics of the past; what a melancholy array of many a gallant ship struck down by nature's wrath and hurtled prone into the chambers of the deep, carrying down to a watery grave perhaps hundreds going forth to a new country, animated with buoyant hopes and glad and sanguine anticipations of joy and happiness. And there they lie, uncoffined, and unknelled; no mausoleum to mark their grave; no monument to record their virtues.

Here, perhaps, is a Spanish galleon, laden with untold treasure—vast stores of gold, and precious stones, and wondrous Aztec jewellery—the plundered spoils filched by those blood-thirsty buccaneers from the hapless natives of the main, slaughtered if they made resistance to the despoiling greed of those thieving marauders, and now themselves slaughtered by irate nature, and entombed in the midst of their ill-gotten booty. Or here the scene of a great naval battle; several old-time men-of-war—handsome and graceful frigates, a fine line-of-battle ship, and perhaps two or three corvettes and war-sloops; their battered sides and shot-riddled, broken masts indicating the fury of the tornado of cannon-balls to which they were subjected.

But there are other sights to be seen, not gruesome or melancholy, but graceful and ever beautiful gardens of the sea; parterres of fairy coralline; waving fronds of feathery flora of the ocean; many hued, animated sea-flowers, their long tentacles moving to and fro ready to seize an unwary young mulluse which ventures too near the beautiful thing; together with many another fair and graceful beauty of the deep.

Aye, the broad ocean, though so fair and so lovely, yet all down the ages has claimed her hecatombs of victims, whose whitened bones still lie there in her ruthless grip. But on the Great Day, when the sea gives up her dead, all that mighty concourse will stand before the Judge of all; those who have fought the good fight of faith and whose misdeeds have been obliterated from the record by the Redeemer, who bore, Himself, the punishment for them, received with joyful acclaim into the realms of glory; those who rebelled against their God, driven out from His presence.

PROOF!

That Zam-Buk Grows New Healthy Skin.

Mr. J. Schofield, of 467 Hamilton Road, London, Ont., says: "A friend of mine (Mr. William Ball, of London) was severely and terribly burned through an explosion of kerosene oil. He was taken to the hospital where he suffered intense pain. The wounds refused to heal and the doctors decided to resort to skin grafting, and I consented to have some skin transplanted from my legs to his body. Although this was done on several occasions, the skin refused "to take" until Mr. Ball heard of Zam-Buk. From the time he applied Zam-Buk, new healthy skin began to grow. I then used Zam-Buk for the places on my leg from which the skin was removed, and I am glad to report that new skin has grown, and therefore consider Zam-Buk the best skin food I have known."

For healing eczema, running sores, cuts, bruises, burns, boils, eruptions, scalp sores, itch, chapped hands and diseases of the skin Zam-Buk is without equal. All druggists and stores sell it, 50c. a box or post-paid from the Zam-Buk Co., Toronto.

GIRL HAS PSYCHIC POWER.

Ethel Hopple Fortells Events About to Happen in Family.

A strange gift is possessed by Ethel Hopple, a 13-year-old girl living with her grandmother, Mrs. Dolly Hopple, in Battle Creek, Mich. She is known as "the girl from whom you cannot keep a secret."

Ethel has a remarkable faculty of knowing everything that her family and friends are thinking about. This she has had since a little girl. She always supposed that all other children had the same psychic power.

At Christmas time Ethel always knows just what presents are coming to her. When her grandmother goes calling, Ethel always tells without failure whether the person to be visited is at home or not. She forecasts every case of illness in the family, can tell whenever company is coming, and before being told that her family had decided to move to Battle Creek knew of the fact.

Miss Hopple was born in the township of Charleston, Kalamazoo county, and lived on a farm until four years ago, when her family moved to Battle Creek.

SHAME ON HIM!

"Of course, John," said Mrs. Younghusband, "I like my kitchen quite well, but I'd like to have one of those new portable ranges."

"But, my dear," protested her foxy husband, "we'd have to get portable cooking utensils to go with it."

"That's so. I never thought of that."

BUILDING THE EMPIRE

THE NILE-RED-SEA RAILWAY AT PORT SUDAN.

Important Results Following on Opening of the Nile to the Red Sea Line.

In January, 1896, writes Sidney Low in the London Standard, Lord Cromer, accompanied by the Governor-General of the Sudan, by a bevy of officials, and by guards of honor of bluejackets, marines, and British and Egyptian infantry, opened the Nile-Red-Sea Railway at Port Sudan.

In January, 1907, Lord Cromer's successor, Sir Eldom Gorst, visiting the same locality, declared himself amazed at the substantial and rapid progress which had been made under the direction of the British officers and officials who control the affairs of the Red Sea province.

Until I went to Por Sudan myself, though I had heard a good deal about it in Khartoum, I had no idea that the development of a great commercial emporium and port of call was being carried out on this remarkable scale. I expected to find a railway station, a few shanties, and an improvised quay or two. I found, instead, imposing wharves and bridges of stone and iron, a range of massive warehouses, cranes and loading machinery, some fine buildings already erected, others in progress; streets, squares, and public gardens planned and partly laid out; a busy population of Greeks, Italians, Levantines, and other Europeans or quasi-Europeans, doing a thriving trade; and many other signs of activity and enterprise.

ATTEMPT WAS FAILURE.

There was much discussion as to the Suakin-Berber Railway, and the Suakin-Berbre route in 1884, when the relief of Gordon was being considered, and those who knew the country best held that the expedition should have gone that way. Lord Wolseley, for some reason, took a different view, and the Government, at his instance, committed itself to the gigantic beating trip up the Nile.

The mistake was partly acknowledged by its author, who, after the abandonment of Khartoum, formed a half-hearted project to carry the railway from the coast to Berber. A highly expensive equipment of plant, rolling stock, permanent way, and locomotives was ordered at Woolwich and shipped out to Suakin. Vestiges of it may still be seen forlornly rusting in the scrub and desert, for England presently found herself in difficulties with Russia on the Afghan frontiers, and in the war-scare the Suakin-Berber Railway was dropped and forgotten for many years. Now in the fulness of time it has been taken up by the engineers of the Sudan Government, and brought to completion.

MADE NEW PORT.

Instead of spending vast sums in order to convert Suakin into a port more or less for modern shipping, the Government engineers preferred to deal with one that lay ready to hand. By the tomb of Sheikh Barghut they found a deep inlet from the sea, a splendid natural harbor, which ships can enter at all hours of the day and night, and in which steamers drawing twenty or thirty feet of water can be moored in safety. They christened it Port Sudan, brought the railway there—with a junction and branch line to Suakin—and deliberately set about to prepare the new entrepot for the destinies that await it.

NO MUSHROOM TOWN.

The work had to be done from the very foundation; there was nothing to go upon. Port Sudan is the artificial creation of man's hands, and brains, as much as any "mushroom" mining city in the Western States of America, and it has sprung up more quickly. But, then, it is not the accidental result of a sudden rush, or the hap-hazzard agglomeration of pioneers and prospectors.

It is all the outcome of conscious design. Everything belonged to the Government, and everything has been done by the Government. The place had not grown, it has been made. It started, as towns do not usually start, with a regular plan and a definite scheme of construction and location.

The engineers and surveyors and land agents of the administration took pencil and compasses and tracing paper in hand, and said:—"Here we will have our wharves; here our docks, quays, cranes, warehouses; here our public buildings; here our shops and offices; here our residential quarter; here our main thoroughfares; here our side streets; here our gardens and recreation grounds."

MORE ABOUT HIM.

Old Grimes had died.

Reverent hands removed the long black coat he had always worn.

Then it was discovered why he had kept it always buttoned down before. He had no vest.

It is so much easier to forget a favor than to forgive an injury.

Some of the charity that begins at home makes a hasty get-away.

Singleton — "They say a woman's 'No often means 'Yes.'" Wedderly—"It never does after marriage."

DANGEROUS PURGATIVES

Many People Ruin Their Health Using Purgatives in Spring.

A spring medicine is an actual necessity. Nature demands it as an aid to carrying off the impurities that have accumulated in the blood during the winter months. Thousands of people recognizing the necessity of a spring medicine dose themselves with harsh, griping purgatives. This is a serious mistake. Ask any doctor and he will tell you that the use of purgative medicine weakens the system, but does not cure disease. In the spring the system needs building up—purgatives weaken. The blood should be made rich, red and pure—purgatives cannot do this. What is needed in the spring is a tonic, and the best tonic medical science has yet devised is Dr. Williams' Pink Pills. Every dose of the medicine actually makes new rich red blood. This new blood strengthens every organ, every nerve, every part of the body. That is why Dr. Williams' Pink Pills banish pimples and unsightly skin eruptions. That is why they cure headaches, backaches, rheumatism, neuralgia, general weakness and a host of other troubles that come from poor, watery blood. That is why men and women who use Dr. Williams' Pink Pills eat well, sleep well, and feel bright, active and strong. Mrs. Joseph Lepage, St. Jerome, Que., says: "My daughter suffered from headaches and dizziness. Her appetite was poor. She had no strength and could not study or do any work. She was thin and pale as a sheet. A neighbor advised the use of Dr. Williams' Pink Pills, and after taking a couple of boxes we could see an improvement in her condition. She used the pills for some weeks longer, when they fully restored her health, and she is now enjoying the best health she ever did. Try Dr. Williams' Pink Pills this spring if you want to be healthy and strong. 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.

BIG THOUGHTS OF BIG MEN.

Patience is bitter, but its fruit is sweet.—Rousseau.

A straight life is the shortest distance between honesty and honor.

To prepare us for complete living is the function of education.—Herbert Spencer.

No joy so great but runneth to an end,
No hap so hard but may in fine amend.
—Robert Southwell.

A certain amount of patience is a good thing, but too much of it may be as fatal as a lack of courage.

A good book and a good woman are excellent things for those who know how to appreciate their value. — Dr. Johnson.

He who lives for others will have friends, but he who lives for himself must not complain when he finds the world forsaking him.

Misfortune sometimes brings the best out of a man. There is no set of circumstance out of which a strong man, relying upon his strength, may not disentangle himself.—G. H. Bainbridge.

"Don't worry" should be the motto of old and young. No situation is improved by anxiety, sleeplessness, or nervous prostration. Men of character and brains, men of iron will and energy, never worry.

Affectation is the greatest enemy both of doing well and good acceptance of what is done. I hold it the part of a wise man to endeavor rather that fame may follow him than go before him.—Bishop Hall.

We can have the highest happiness only by having wide thoughts and much feeling for the rest of the world as well as for ourselves. The great thing is to love—not to be loved. Love is for both worlds. Perfect happiness is for the other only.

Nothing is easier than fault-finding; no talent, no self-denial, no brains, no character are required to set up in the grumbling business; but those who are moved by a genuine desire to do good have little time for murmuring or complaint.—Robert West.

Children furnish more than one-half of the world's purest joys, their beautiful deeds breaking in upon us oftentimes as delightful surprises; and stupid would we be if we failed to be roused from life's torpor by their presence, their needs and their expression of them.

Yesterday is a memory so distinct that it is incapable of idealization. It is also the nurse of to-day. To-day is a vital reality; impotently dependent on yesterday, and nervously afraid of to-morrow. To-morrow is an inevitable speculation. It is also the policeman of to-day. To-day is a forecast of to-morrow based on a review of yesterday.

DO YOU KNOW

Every house has one or more outward applications for pain. Pango, a recent important French discovery, is guaranteed to remove colds in their early stages, to give instant relief from headache, neuralgia, rheumatism, gout and pains. It is expressly guaranteed that this remedy will fill a larger number of requirements than any yet procurable. **Pango is made under the direction of a leading physician,** and sent to your address by mail on receipt of 25 or 50 cents by the Pango Company, Toronto.