

**STRENUOUS WORK SOON TELLS ON YOU**

**Business Men and Breadwinners the Victims of Nervous Exhaustion**

When worry is added to overwork men soon become the victims of nervous exhaustion—neurasthenia—the doctor calls it. Some have no reserve strength in their systems to bear the strain; others overtax what strength they have. If you find that you are nervous and not sure of yourself, that you sleep badly, and wake up tired and aching, your nerves are out of order. Other signs are inability to take proper interest in your work, your appetite is fickle, your back feels weak, and you are greatly depressed in spirits. One or more of these signs mean that you should take prompt steps to stop mischief by nourishing the nerves with the food they thrive on, namely, the rich, red blood made by Dr. Williams' Pink Pills. These Pills have cured thousands of cases of nervous disorders, including nervous prostration, neuralgia, St. Vitus dance and partial paralysis. Here is an example. Mr. Jas. A. McDonald, Spring Hill, N.S., says: "In the summer of 1912, as the result, I think, of hard work, I was completely run down and found it necessary to quit work. I slept poorly, and what sleep I did get did not seem to rest me, as I was constantly tired. My appetite was poor and fickle, and my nerves unstrung. I had treatment from a doctor for some time, but it did not seem to help me, and having heard a great deal about Dr. Williams' Pink Pills I decided to try them. In the course of a few weeks after beginning the Pills I picked up wonderfully, and was able to return to work feeling like a new man. I have not had a day's sickness since, and naturally am now a firm believer in Dr. Williams' Pink Pills." Dr. Williams' Pink Pills will work the same beneficial results in any other tired, worn-out worker if given a fair trial. If you cannot obtain the Pills from your dealer they will be sent post paid at 50 cents a box or six boxes for \$2.50 by writing The Dr. Williams' Medicine Co., Brockville, Ont.

**Comment on Events**

**To Curb Statisticians.**

An effort is to be made by the farmers of Alberta, Saskatchewan and Manitoba to perfect a crop report system that will be somewhat closer to accuracy and the real thing than a good many of the so-called "estimates" that find their way by one route or another into print during the season. We do not blame the farmers. As The Farmers' Advocate says: "Some steps should be taken to prevent bumping individuals with little or no knowledge of crops from making estimates from the windows of a railway coach or even from a rapid run through the country with occasional cross-country drives, chiefly made with those whose sole mission in the district seems to be to boost that district, and in attempting to boost they make the estimate from ten to one hundred per cent. higher than it should be."

**The Mexican Peon.**

An English engineer, Mr. A. W. Warwick, who, since 1897, has spent several months of every year in Mexico and other Spanish-speaking countries, states that while in some parts of Mexico the labor is fairly efficient, in other parts it is of very low grade and cannot be keyed up to doing economical work. Excessive use of intoxicants and an unbalanced and insufficient dietary may have much to do with this inefficiency, yet Mr. Warwick is inclined to assign the real cause of this inefficiency to racial temperament. He reminds us that the well-born and educated Spaniard never soils his hands with manual labor, while the Indian is characterized by producing only that which supplies his own needs. He is not a producer for the markets. The race formed by the union of the Spaniard and the Indian, then, could hardly have any conception of the innate dignity of labor. Mr. Warwick calls attention to the fact that about 5,000 Mexicans are engaged in agriculture, that more than 75 per cent. of all males engaged in gainful occupations. Yet, in spite of the fact that Mexico is one of the most fertile countries in the world, it has for many years failed to produce sufficient food for its inhabitants. The Mexican laborer is known to suffer from malnutrition, and yet 75 per cent. of the males of the country cannot maintain even the low Mexican standard of living.

**Feed the Birds.**

Now is the time of all others when the thoughtful and compassionate, and even those who have only their own selfish interests in view, should make some provision to supply the birds with food. The snow is deep upon the ground, and the food supply for many of our winter birds is completely cut off. For some of these a lump of suet or of any unsalted fat, suspended in a tree, will be sufficient. For others, the sweeping of the barn floor of the flocks of sheep has scattered about the premises will mean the difference between life and death. Birds can endure almost any degree of cold. Nature has provided them with a warm covering, which they render more effective by raising the feathers slightly on a cold day or night, thus securing the added protection of a covering of so-called "dead-air," one of the most efficient non-conductors of heat in the world. One may often see them on a cold day, perched in some sheltered nook, and looking like a ball of feathers. With such protection they can wait in measurable confidence for the cold spell to pass; but they must have food. The normal temperature of the bird is several degrees higher than that of man, but food is the fuel required to maintain this high temperature, and without it the bird must perish. Every snow-storm of any considerable magnitude causes the death of thousands of birds, many of whom can be saved by a little thoughtfulness. With the farmer

and the orchardist this is not merely a matter of sympathy and compassion. It is business. The birds will more than repay him in the insects they will destroy when there is once more a chance to get at them.

**Dublin's Troubles.**  
In most respects what was known as the Dublin strike has been a ghastly failure. A large section of the men have returned to work on terms that were offered four months ago. The memories of the conflict will not be sweetened by the fruitless miseries that have been endured. Upon Mr. James Larkin must fall a large share of the blame. Of grievances, destitution, unemployment and bad housing these are in Dublin enough to inspire any reformer, and to gain the sympathy of even the flintiest heart. There is no reason to doubt that Larkin was sincerely anxious to effect some improvement in the condition of those he led, but his methods were hopelessly tactless and bare. He alienated the support even of fellow-workers in England, and so bullied the men from whom he sought to force concessions that they were compelled to fight to the end. Now that this trouble is over perhaps it will be somebody's business to see that something be done to make Dublin a better city, and its inhabitants more contented than has been possible in the past.

**Wireless Telegraphy!**  
"Hello! Is that the Olympic? This is the Aquitania." This will be the next word of ocean voyaging. Audible human speech between steamships 200 or 300 miles apart is now promised, and the new Cunard Aquitania, which will make her maiden trip in June, may be equipped with wireless telephony. Will wireless telegraphy, which we have not yet done regarding as a miracle of science, give place to this new and the ordinary vehicle of communication from ship to ship and from shore to shore?  
**Five Thousand Trade Disputes.**  
During the last ten years nearly 5,000 trade disputes occurred in Great Britain, involving nearly 2,500,000 workpeople, and wasting nearly 35,000,000 of working days. It is noteworthy that the number of workpeople involved in trade disputes in 1909 was the highest recorded since the year 1894. The duration of these disputes in working days reach a vast total. These millions of days, taken at 300 working days to the year, are equivalent to nearly 120,000 years of working time thrown away. This is for the ten years 1900-1909, and so the average yearly waste of working time is nearly 12,000 years. Assuming an average wage of \$250 per year, this means an annual loss in wages equal to \$3,000,000. It is true that these trade disputes play an important part in our industrial life, even during a period notably marked by a virulent outbreak of this industrial disease, remarks the Windsor Magazine. Bearing in mind the severe and increasing foreign competition to which British industries are exposed, not only in the British home markets, but also in foreign and in British Colonial markets, it is abundantly clear that there is urgent necessity for employers and workpeople to pull together. Dissension at the source of production—at the mine, the factory, or at the mill—is not only injurious to those concerned in the dispute, but it is also injurious to national interests.

**The Teacher Thought.**

In a town of such size that every one knows every one else it is often customary to speak of people by their first names, even when one would not do so to their faces. The butcher is known as "Joe" Smith, the grocer as "Frank" Jones, the lawyer as "Will" Andrews—and no offence is meant or taken. One day a friend was helping a teacher of the industrial school to put hats and coats on 40 little members of the kindergarten class. Two little tow-headed girls attracted her attention, and as she tied their hoods she asked:—"Are you Charlie Porter's little girl?" Two serious blue eyes looked up as the elder replied:—"His name was Charlie when he was a little boy; he's Mr. Porter now."

**NO GUSHER**

**But Tells Facts About Postum.**  
This lady found an easy and safe way out of the ills caused by coffee. She says:

"We quit coffee and have used Postum for the past eight years, and drink it nearly every meal. We never tire of it.

"For several years previous to quitting coffee I could scarcely eat anything on account of dyspepsia, bloating after meals, palpitation, sick headache—in fact was in such misery and distress I tried living on hot water and toast." (Tea is equally injurious because it contains caffeine, the same drug found in coffee.)

"Hearing of Postum I began drinking it and found it delicious. My ailments disappeared, and now I can eat anything I want without trouble.

"My parents and husband had about the same experience. Mother would often suffer after eating while yet drinking coffee. My husband was a great coffee drinker and suffered from indigestion and headache.

"After he stopped coffee and began Postum both ailments left him. He will not drink anything else now, and we have it three times a day. I could write more, but am no gusher—only state plain facts."

Name given by Canadian Postum Co., Windsor, Ont. Write for a copy of the famous little book, "The Road to Wellville."

Postum now comes in two forms: Regular Postum—must be well boiled. 15c and 25c packages. 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. 30c and 50c tins.

The cost per cup of both kinds is about the same.  
"There's a Reason" for Postum.  
—Sold by Grocers.

**A Curious Disease.**

The Jamaican negroes have many odd and interesting forms of speech, which are often due to a misunderstanding of the English words. That was the case in a story that Winnifred L. James tells in "The Mulberry Tree." A woman took her baby to a doctor, and the physician asked her what ailed the little sufferer.

"Him ill, sah," she explained, in her soft, musical voice. "Him ill, sah; him blowing bones."

Inquiry brought only repetition: "Him ill, sah; him blowing bones." For several moments the puzzled doctor contemplated the diminutive black creature and its strange disease; then the solution flashed upon him. Blowing sounds not unlike growing. What bones could a child of two be growing? He was cutting his teeth.

**IS YOUR BABY A GOOD BABY?**

Mothers, ask yourself the question: Is your baby a good baby? If not he is not well, for it is the nature of all babies to be good—only the sickly baby is cross and hard to mind. If baby is cross and cries continually give him Baby's Own Tablets and he will soon be happy again. The Tablets act as a gentle laxative, regulate the bowels, sweeten the stomach and cure all the minor ills of little ones. Concerning them Mrs. J. P. Richard, St. Norbert, N.S., writes: "I have found Baby's Own Tablets all that is claimed for them. My baby suffered from his stomach and bowels and the Tablets cured him." They are sold by all medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Some people always prefer to live on the top floor so they can look down on their neighbors.

Copper may be easily cleaned with a cut lemon, dipped in salt.

**GILLETT'S LYE**  
The Standard Lye of Canada. Has many imitations but no equal  
**CLEANS AND DISINFECTS 100% PURE**

A clergyman famous for his begging abilities was once catechising a Sunday School. When comparing himself as pastor of the church to a shepherd, and his congregation to the sheep, he put the following question to the children: "What does the shepherd do for the sheep?" To the confusion of the minister a small boy in the front row piped out, "Shears them!"

**7% INVESTMENT**  
High Class Profit-Sharing Bonds. Series—\$100, \$500, \$1000  
INVESTMENT may be withdrawn any time after one year on 60 days' notice. Business at back of these Bonds established 23 years. Send for special folder and full particulars.  
**NATIONAL SECURITIES CORPORATION, LIMITED.**  
CONFEDERATION LIFE BUILDING — TORONTO, CANADA

**CARBOLATED Vaseline**  
TRADE MARK  
For any injury to the skin—cuts, bruises, insect bites, etc.—Carbolated "Vaseline" is soothing and cleansing. It helps to prevent infection. Especially useful for the children's little hurts and scratches. Other "Vaseline" preparations for other daily needs. Valuable booklet, finely illustrated, free on request.  
**CHESEBROUGH MANUFACTURING COMPANY**  
(Consolidated)  
1850 Chabot Avenue Montreal

**SUN LIFE ASSURANCE OF CANADA COMPANY**

LEADING FEATURES OF THE DIRECTORS' REPORT FOR 1913.

ASSETS as at 31st December, 1913	\$55,726,347.32
Increase over 1912	6,120,730.83
CASH INCOME from Premiums, Interest, Rents, etc., in 1913	13,996,401.64
Increase over 1912	1,663,320.04
PROFITS DISTRIBUTED to policyholders during 1913	706,424.19
ADDED TO SURPLUS during 1913	421,904.26
TOTAL SURPLUS 31st December, 1913, over all liabilities and capital	5,752,986.08
DEATH CLAIMS, Matured Endowments, Profits, etc., during 1913	4,982,553.25
PAYMENTS to policyholders since organization	39,385,287.91
PREMIUMS RECEIVED since organization	94,012,632.86
PAYMENTS to policyholders since organization and assets now held for their benefit	95,111,635.23
NEW BUSINESS (paid for in cash) during 1913	34,290,916.79
Increase over 1912	3,476,507.15
ASSURANCES IN FORCE 31st December, 1913	202,363,996.00
Increase over 1912	19,631,576.00

The SUN LIFE OF CANADA holds the premier position among Canadian Life Assurance Companies.

The Company's Growth.

Year.	Income.	Assets.	Life Assurances In Force
1872	\$ 48,210.93	\$ 96,461.95	\$ 1,064,360.00
1883	274,865.50	735,940.10	6,779,566.00
1893	1,240,483.12	4,001,775.90	27,792,757.00
1903	3,986,139.50	15,509,776.48	75,681,189.00
1913	13,996,401.64	55,726,347.32	202,363,996.00

**ROBERTSON MACAULAY,** President.  
**Head Office: MONTREAL.**  
**T. B. MACAULAY,** Managing Director and Secretary.