

Bank of Montreal Annual Meeting

Sir Vincent Meredith Expresses Belief That Canada Will Prosper—Country Offers Inducements to Immigrants Vastly Superior to Those of Other Countries.

Mr. Frederick Williams-Taylor Points Out That Canada Must Put House in Order—People Must Insist on Government Practising Policy of Economy.

The 17th annual general meeting of the shareholders of the Bank of Montreal was marked by interesting addresses by Sir Vincent Meredith, President, and Sir Frederick Williams-Taylor, General Manager.

The President declared that he was satisfied "that a gradual improvement in the trade situation is occurring. Statistical returns support this view, and while there is irregularity in the movement, in the main, the trend is upward." After pointing out the gratifying growth of a favorable balance of trade, the President declared that he regarded this increase in Canada's foreign trade credit as "an augury of a not distant improvement in domestic business."

The President concluded his address with the following expression of confidence:

"My last word is a word of confidence and encouragement. The interests of your Bank are more closely bound up with those of Canada than ever before and unless Canada prospers the Bank cannot expect the prosperity it should enjoy. I believe Canada will prosper. It offers inducements to immigrants vastly superior to those of other countries which are at present endeavoring to attract citizens. It stands third amongst the countries of the world in natural resources.

"Yet cardinal virtues must be practiced and I would again stress the necessity for hard work and economy, so often preached and seldom put into practice, and the need for immigration. Given these three things,

I look forward with the utmost confidence to Canada's future."

Much to be Thankful For. Sir Frederick Williams-Taylor, the general manager, in his address to the shareholders, said in part:

"First and foremost I would say that there must be an end to the present apathy about public affairs. In my opinion, those who will not go to the trouble to register their vote in municipal, provincial, and federal affairs should be penalized in some form for their indifference.

"We all know that apart from the cost and defects of the war Canada's troubles are the accumulated result of what may be termed in mild and temperate language imprudence in the affairs.

"Good government is a hard problem in any country. No government can move faster in these matters than public opinion will permit, and upon the people lies the responsibility of voting for economy.

"We, in Canada, have much to be thankful for. If this were a poor country our case would be a bad one, but we have riches in our forests, our fields, our fisheries, and in our minerals, also in our mighty water powers, and in the industry and ambition of our people.

"If Canada were a private business enterprise the situation I present no great difficulty, for we are solvent, with wealth vastly in excess of our liabilities; and a way would be found by following the obvious course of cutting down our overhead and, like a sane, capable and industrious people, putting our house in order.

HEALTH EDUCATION

BY DR. J. J. MIDDLETON

Provincial Board of Health, Ontario.

Dr. Middleton will be glad to answer questions on Public Health matters through this column. Address him at Spadina House, Spadina Crescent, Toronto.

The health of many men and women engaged in certain industries is affected by benzol, a product largely used in this province in the preparation of rubber for commercial purposes. Too often in the past, before the effects of benzol poisoning were known, and measures taken to counteract it, there was a considerable amount of somewhat unexplainable sickness, through such conditions as loss of energy and loss of appetite, general weakness, sleeplessness and irritability. These and other symptoms of a kindred nature indicated that something was wrong, but just what the trouble actually was, constituted a problem. Knowing the effects of benzol poisoning, investigations were made by physicians from the Ontario Dept. of Health, in plants where this commodity was used. One of the first tests consisted in making an examination of the blood of the persons working there, to see if the amount of red and white corpuscles were up to the standard. In nearly every case where the worker had been submitted to the fumes of benzol for a considerable length of time, there was a diminution in the white blood count resulting in the symptoms already mentioned. Just how many people in the province are subjected to benzol fumes has not been determined up to the present,

but at any rate, there is definite proof that the poisoning from this source constitutes a health hazard, the injurious effects of which cannot be minimized.

It might be opportune to mention at this point that benzol is very active solvent for rubber. It is efficient and economical in all trades in which rubber is to be used. Its only two disadvantages, and both are formidable, are that the fumes are poisonous and highly inflammable. It will, therefore, be seen at once that measures have to be taken to control the fumes of benzol and quickly and efficiently remove them from workshops and factories where people are employed.

A few days ago I visited a large canning factory in this province where benzol is used in the manufacture of rubber rings for the lids of airtight cans. Recently one or two of the workers employed in this industry died and the cause of death was attributed to benzol poisoning. As a result, very active interest is now being taken by the management in the health of the workers, and every possible effort is being made to remove the danger of benzol poisoning. Powerful exhausts have been installed over the ovens where the benzol fumes are evaporated and these exhausts draw away a very large amount of the fumes. Except directly at the intake of the exhaust, the odor of benzol is hardly discernible. As a further precaution, the workers are subjected to a blood examination every month or six weeks, and if any indication of anaemia is found, the affected person is either transferred to another department or allowed to go home for a period of rest and recuperation. The management has further shown its interest in the workers by providing a pint of fresh milk each morning for every worker in the benzol department, and this innovation has proved doubly successful in that it has stimulated the employees and especially the women employees to bring sandwiches, etc., to take with the milk. Many of these women, worried with household cares had hitherto time for only a cup of tea or coffee before coming to work. The provision of milk has brought about a better standard of health for every worker so favored, and in addition has reduced the time lost through sickness. Efforts are being made by the Industrial Hygiene Division of the Provincial Department of Health to interest all employers in the health of their workers, so that active measures may be taken to preserve the health of all classes of people engaged in industry and so bring about a better standard of health and living conditions not only for the workers themselves but also for their families and dependents.

Free Paint Book for the Children.

Xmas is not far off. Mothers can reduce the cost of filling Xmas stockings by securing a little painting book entitled "Tommy Tomkins' Painting Book" in return for four OXO CUBE wrappers. It is filled with pictures showing how Tommy won a long distance race, how he won fame at football, boxing, wrestling; what he did when his automobile broke down in a big race and how he succeeded in keeping at the head of his class in school, etc.; etc. "The Mighty Atom" are always ready for making beef tea and consomme and to put flavor and meat strength into soups, stews, hash, and meat pies. Ask any grocer, grocery store, or, of course, carries them, and mail the wrappers to Tommy Tomkins, Oxo Limited, 232 Lemoine St., Montreal, P.Q., and your copy will be forwarded by return in time for placing in the Xmas Stocking.

The Example of the Pine.

One day a boy and his father who were hunting in the mountains took shelter from the wind in the lee of some great gray boulders that lay like sleeping giants close to the crest of a lonely ridge. As the two looked upward they saw the wild autumn wind lay grim hands on a mountain pine that towered from the summit of the ridge. It was a sentinel that could escape no danger; it was an outpost to receive the first shock of the enemy's attack. Savagely the wind tore at it, shook it violently, howled through its shadowy branches. To the boy the tree, stalwart though it was, seemed about to be blown to pieces.

"Look, father," he said, pointing upward, "what the wind is doing to that pine."

The full fury of the blast just then made the pine shudder and away wildly and heave despairingly against the stormy sky.

"Storms are an old story to that tree," said the father. "A tree like that from the time when it is high enough to catch the first breath of wind lives in a struggle. Tennyson describes an oak as 'storm-strengthened on a windy site'; and the strongest trees are always those that have weathered the greatest number of gales. Besides, the question is not, what is happening to the tree, but what is happening in the tree?"

"The pine doesn't really seem to mind fighting the storm," the boy admitted.

"It's the same with us," the man said. "It really doesn't matter what happens to us, but it matters a great deal what happens to us. You see, a man's character is tested by everything that happens to him; he becomes either weaker or stronger. The test is not nearly so important as the result of the test. If you think clearly, nothing can really happen to you, but everything can happen in you. That old pine is safe because it resisted the first storm years and years ago, and it has kept on resisting. It is getting stronger all the time. Because of what has happened in it nothing harmful can happen to it."

A GRAND MEDICINE FOR LITTLE ONES

Mrs. Avila Noel, Haut Lameque, N. B., writes: "I can highly recommend Baby's Own Tablets as they have worked wonders in the case of my baby. I always keep them in the house and would not feel safe without them." What Mrs. Noel says concerning Baby's Own Tablets is just what thousands of other mothers say and feel. The Tablets are a mild but thorough laxative which regulate the bowels and stomach, thereby banishing constipation, colic, indigestion and a host of the other minor ailments of little ones. The Tablets are absolutely guaranteed to be free from opiates or narcotics or any of the other drugs so harmful to the welfare of the baby. They cannot possibly do harm—they always do good. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.



An Exploded Theory. Bug—Who said 'snug as a bug in a rug'—Bah!

The Electric Waiter.

In a certain restaurant in Detroit, the meals are served by electricity. The diner enters the restaurant, selects his table, notes on the menu the food he requires, drops the menu through a slot in the table, and waits a minute or two. Presently there is a humming noise, and in the centre of the table, on a four-poster tray, appears the food he has ordered.

When the menu is slipped into the slot it drops to the kitchen below; the server there attends to the order, presses a button, and the food is on its way to the table.

When the diner has finished his meal he takes the bill, which has also been delivered by electricity, and pays at the usual cashier's desk.

Payment for articles advertised in this column should be made with Dominion Express Money Orders—a safe way of sending money by mail.

The Homer Pigeon.

What is known as a Homer or Homing pigeon, is one that will return to its home or loft from a distance. An ordinary pigeon, might be called a Homer if it has this homing instinct, but what the pigeon world calls a Homer is the Antwerp, a breed that originated in Belgium. It has the sagacity and endurance to travel hundreds of miles. It seems likely that the old warriors, Dragoons, and Horsemen were used for carrying messages. All pigeons are strongly attached to their homes and will fly back to them, so far as their powers allow them to.

The sun is the greatest physician. Sir Herbert Barker.

TOO WEAK TO WALK

The Sad Condition of a Brandon Lady—How Relief Came.

"I owe my present good health to Dr. Williams' Pink Pills," says Mrs. Annie Treherne, Brandon, Man., who tells of her new found health as follows: "Some years ago I had an attack of pneumonia and it left me in a terribly weakened and run-down state. I was unable to walk for a long time as I had practically lost the use of my legs, and had to be carried upstairs, for I had not the strength to go myself. I became despondent over my condition for I had tried many remedies, which failed to help me. While in this wretched condition a lady friend urged me to give Dr. Williams' Pink Pills a trial and I procured a supply. After taking the pills for a while I could see that I was growing stronger, and I gladly continued their use until I had fully regained my old-time health and strength. Now if I feel at all run down at any time I at once take Dr. Williams' Pink Pills, and they never fail me. I can therefore warmly recommend them to others who may be run down."

There is no better tonic than Dr. Williams' Pink Pills to improve the blood and bring back strength after acute diseases such as fevers, pneumonia, influenza, etc. Given a fair trial they will not disappoint you. You can get the pills from your druggist, or they will be sent by mail at 50 cents a box by The Dr. Williams' Medicine Co., Brockville, Ont.

The Inchcape Rock.

Many poems are unknown to the modern schoolboy that used to delight his youthful grandfather. Who now decries Southey's spirited ballad of the Inchcape Rock, once so popular with budding orators? Do young voices in their teens, magnificently rolling their r's and occasionally cracking inopportunely at the climax, still proclaim from the school platform to their critically attentive fellows how—

"Sir Ralph, the Rover, tore his hair; He curst-rust himself in his despair. The waves r-rush in on every side; The ship is sinking beneath the tide!"

It is to be feared not; Southey is a neglected poet nowadays. But the story of the Inchcape Rock—or Bell Rock, as it is oftener called in our day—is interesting from the fact that Sir Ralph the Rover, insolently removing the warning bell buoyed over the reef by the pious and benevolent Abbot of Aberbrothock, and later himself wrecked upon the unguarded rock, is like the good Abbot, a figure rather of tradition than of history, but a bell there was, long preceding any light. The building of the present Bell Rock Light, as it is related in F. A. Talbot's "Lightships and Lighthouses," is as fine a story as Southey's tale of the pirate and the Abbot's bell.

It was in 1806 that the Commissioners for Northern Lighthouses decided to put up a tower on the long, low, lonely reef, twelve miles from the coast of Scotland—a reef two thousand feet long, entirely submerged at high tide and falling steeply away on all sides to deep water. Until the tower had risen to a fair height work was possible only on the calmest days of the summer and then during but five hours a day. It was before the era of steam, and men and materials were dependent on the perilous and difficult manoeuvring of sailing craft in the complex racing currents with their sudden changes—manoeuvring often made even more difficult by the weather's turning against them.

Once while some of the men were at work on the rock, their vessel and tender broke adrift in steaming fog and rising wind. The workmen were too intent on their work to observe their danger, but not so their engineer, Robert Stevenson, who was that day superintending the job in person, and who realized their plight in too well. But he said nothing, and only when they laid down their tools to leave did the men realize that they were caught and were, more than likely, to be drowned before the boats could beat back. Indeed it was not their own boats, but a pilot boat that fortunately came to their rescue just as the water was beginning to lap about their feet.

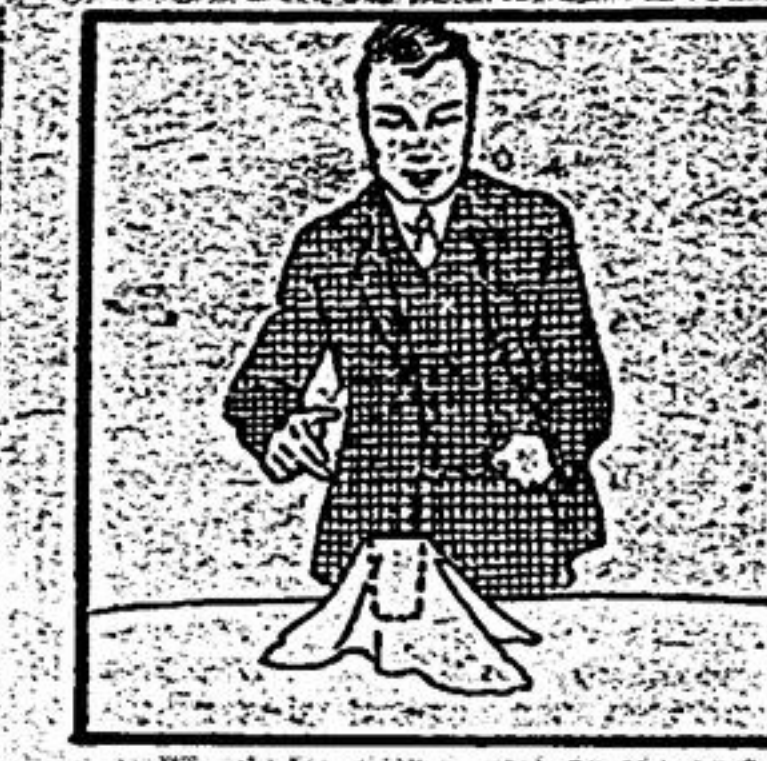
They were so drenched, exhausted and terrified that out of thirty-two only eight could return to work next day; but after a day's rest the twenty-four others had recovered their nerve and were back on the job. The tower, a hundred and twenty feet high, was completed in 1810. It still stands, though its "ruddy gem of changeable light," as Sir Walter Scott called it, now shines from a modern light chamber with vastly improved power and brilliance.

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EASY TRICKS

Hidden Spirits



This stunt does not amount to much if badly presented. With a little care in working up the effect, however, it can be made very puzzling. The effect is that a spectator places a tumbler on the table, drops a coin into it and covers it with a handkerchief. The performer pretends to magnetize the hidden coin. At his command it jumps up and down in the glass, ringing any number requested. At any rate, it seems to do that because the spectators, who are not too near, hear it ring. The secret is another tumbler, a small one, in the trickster's hip pocket. In this is a coin to which a thread is attached. The other end of the thread is fastened around a suspender button on the left side. The thread is slack enough so that the spectator can catch it around the little finger of his left hand. An imperceptible movement of the little finger will cause the coin in the hidden glass to hop up and down, making the ringing sound. At a few feet it will appear to come from the glass on the table.

The best part of the trick is to make suspicious movements with the right hand, leading the spectators to believe that the coin in the glass on the table is animated by a thread attached to it. If some confident spectator snatches the handkerchief away and accuses the trickster of doing the trick in that manner, the trickster can easily turn the laugh on him and at the same time divert attention from the real solution of the mystery.

(Olip this out and paste it with other of the series in a scrapbook.)

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If we work upon marble, it will forth; if on brass, time will efface it; if we wear temples, they will crumble into dust; but if we work upon immortal souls, and imbue them with principles, with the just fear of God and love of our fellowmen, we engrave on those tablets something that will brighten to all eternity.—Daniel Webster.

Don't Cough!
Rub the throat and chest with Minard's, the great enemy of colds.

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"Eczema first began with an itching on my face. Little red pimples formed that itched very badly causing me to scratch. The scratching made the pimples large and red and some nights they burned and kept me awake for a while."
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Madeira 10 hrs.	Jan. 19	Feb. 26	Mar. 31	May 7
Lisbon 24 hrs.	Jan. 23	Mar. 1	Apr. 3	May 11
Palermo 12 hrs.	Jan. 25	Mar. 3	Apr. 5	May 13
Naples 12 hrs.	Jan. 26	Mar. 4	Apr. 6	May 14
Piraeus-Athens 24 hrs.	Jan. 29	Mar. 7	Apr. 9	May 17
Constantinople 24 hrs.	Jan. 31	Mar. 9	Apr. 11	May 19
Beyrouth 14 hrs.	Feb. 3	Mar. 13	Apr. 15	May 22
Jaffa-Jerusalem 39 hrs.	Feb. 4/5	Mar. 14/15	Apr. 16/17	May 23/24
Egypt 34 hrs.	Feb. 6/7	Mar. 16/17	Apr. 18/19	May 25/26
Bombay 6 hrs.	Feb. 11	Mar. 21	Apr. 25	May 31
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