

QUEEN OF ACTRESSES PRAISES PE-RU-NA.



MISS JULIA MARLOWE.

"I Am Glad To Write My Endorsement Of The Great Remedy Pe-ru-na. I Do So Most Heartily."
Julia Marlowe.

ANY remedy that benefits digestion strengthens the nerves.

The nerve centers require nutrition. If the digestion is impaired, the nerve centers become anemic, and indigestion is the result.

Peruna is not a narcotic nor a stimulant. It benefits the nerves by benefiting digestion.

Peruna frees the stomach of catarrhal obstructions and normal digestion is the result.

In other words, Peruna goes to the bottom of the whole difficulty, when the disagreeable symptoms disappear.

Mrs. J. C. Jamison, 61 Marchant street, Walsbyville, Cal., writes:
"I was troubled with my stomach for six years. I tried many kinds of medicine, also was treated by three doctors. They said that I had nervous dyspepsia. I was put on a liquid diet for three months.

"I improved under the treatment, but as soon as I stopped taking the medicine, I got bad again.

"I took the medicine for two years, then I got sick again and gave up all hopes of getting cured.

"I saw a testimonial of a man whose case was similar to mine being cured by Peruna, so I thought I would give it a trial.

"I procured a bottle at once and commenced taking it. I have taken several bottles and am entirely cured.

"I have gained in strength and feel like a different person. I believe Peruna is all that is claimed for it."

Nervines, such as coal tar preparations, are doing a great deal of harm. Sleep medicines and headache powders are all alike—heart depressants, and should not be used. The nerves would be all right, if the digestion were good. Peruna corrects the digestion.

CANADIAN WOMEN AND THEIR WORK.

THE CANADIAN NURSE.

By MARJORY MacMURCHY.

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New types emerge more rapidly in new countries than they do in old. The population of the Dominion of Canada at confederation was a little over three millions, and confederation took place only forty-five years ago. Yet already in one professional calling Canadian women have made a distinctive position that the Canadian nurse is generally accepted as a national type. Her Canadian accent is sometimes called "American" by her friends from overseas and "English" by Americans. The color in her cheeks is apt to be brighter than if she had been born south of the line. Her eyes are likely to be blue or grey rather than black or brown. Her hair is generally yellow-brown, dark brown or auburn. Altogether her type is a trifle more northern and less nervous than that of the young women of the United States.

It is reckoned by historians that the first nurses came to Quebec in



MISS MARJORY MACMURCHY.

1639. They were Sisters of St. Augustine, Mademoiselle Jeanne Mance arrived at Montreal in 1641. These are the beginnings of the famous history of nursing in Canada. It is a notable fact that Canadian women make remarkably fine nurses and that a fairly large proportion of the women of Canada who engage in profitable occupations enter the nursing profession. The names of many Canadian nurses will be given who are regarded as leaders in their calling. Such a list must include the names of Canadian nurses in the United States as well as in Canada since very many Canadian born women are among the leaders of the nursing profession in the United States. Mrs. Hampton Robb, whose lamented death took place not very many months ago was a Canadian nurse. Her work will always be remembered in nursing annals. Miss Snively who was for more than twenty-five years at the head of the Training School for Nurses in the Toronto General Hospital, and who has recently retired is another Canadian woman who is regarded as a leader among nurses. Miss Nutting, joint author of the well-known "History of Nursing," is a native of Newfoundland. All through the various states of the union Canadian nurses are to be found at the head of training schools and hospitals. Miss Lauder Sutherland, a native of Cobourg, is in charge of the hospital at Hartford, Conn. Miss Mary Smith is at the head of The Babine hospital, New York. Miss Samuel once the head of the Roosevelt Training School, Cleveland. These are but representatives of a large number of Canadian nurses whose work has taken them to the United States.

Among the most widely known names of nurses eminent in Canada are those of Miss Georgina Pope, who

island to Victoria, Canadian nurses are in charge of hospitals in the various cities and towns. Typical among these are Miss Ross in Charlottetown, Miss Malony at the Jersey Hall hospital in Quebec, Miss Henderson, Miss Gilmour and many others in Montreal, Miss Meikeljohn in Ottawa, Miss Stewart, Miss Brent, Miss Scott and many others in Toronto, Miss Johns in Fort William, Miss Wilson in Winnipeg and Miss McFarlane in Vancouver. These names stand as representatives of a hundred others which might be mentioned. School nurses in Montreal, Toronto and Hamilton are occupied in what is already a successful development of nursing.

The work of the Canadian nurse may take her as far east and north as Dr. Grenfell's mission to the fishing people of Labrador. She may care for well-to-do, and sometimes for very wealthy patients in cities like Montreal, Toronto, Winnipeg and Vancouver. She does district nursing among the poor in the same prosperous cities. She may organize her hospitals in hastily-built shacks. These shacks are succeeded quickly by permanent hospital buildings and the nurse, working single-handed one month, may find herself by the next with four or five probationers and an improvised training school for nurses. The Victorian Order of Nurses was first instituted in Canada by Lady Aberdeen. The cottage hospitals of the order were inaugurated by Lady Minto. The Lady Grey County District Nursing Association is a further scheme of the same character designed to serve a new and widespread country with trained nursing aid. Victorian Order nurses are to be found in every part of Canada. The head office of the Order is at Ottawa. These nurses often help to man-ger rather to woman—the staff of a small hospital in a new town where a short time before there had been no means of affording skilled attention to the sick. Further west still, Canadian nurses will be found at work in some little logging hospital where lumberjacks and prospectors come to be nursed back to health. Thus a study of nursing in Canada reveals more intimately perhaps than an account of any other occupation for women in this country, the conditions

standing of the Canadian nurse is so good that there is no discrimination against her employment in the United States. There may even be said to be a prejudice in her favor. The more adventurous and exceptional work of the trained nurse in Canada is outside the cities. The life of such a nurse is also exceptionally exciting. The trained nurse in the Victorian Order with Dr. Grenfell in Labrador, is a typical instance of exceptional experience in work. Working under a physician who has four hundred miles of coast under his care, the nurse sometimes is compelled to assume great and varied responsibility. In one of her letters to the chief superintendent of the Order, she writes that there are two things which make the Labrador people easy to deal with, their faith in the power and knowledge of the nurse, and the absence of liquor. It is not only nursing care which is required from the nurse in the Canadian Labrador. She teaches the young girls of the settlement to cook, to nurse, and to sew. Two years ago she instituted a flower show and offered prizes for vegetables, flowers, bread, cakes, pies, and the more strict Labradorian requirements, hooked mats, skin boots, models of boats with sails, and litter of puppies with their mother. Much of the philosophy of life for a woman in a new country is contained in this list of prizes offered by a Canadian nurse in Labrador.

The greatest need for trained nursing in Canada is among the wives of the West. Hundreds of Canadian young women go to be trained in the hospitals of the States and remain in that country. One of the leading New York hospitals has in a training school of one hundred and over, no less than thirty-six Canadian born women. One hundred and ninety of the graduates of the same hospital are Canadians. A training school in a Boston hospital has thirty-four Canadian girls in a school of about one hundred nurses in training. Out of a staff of twenty-three graduates nursing in this hospital no less than eleven are Canadians. Even with this great drain on nursing resources of the country, the majority of trained nurses in Western Canada are still Canadian women. So far there is but one Lady Grey Country District Nursing Association in Southern Alberta. The nurse makes one ranch where she is needed, her headquarters and rides on horseback to make calls on patients within riding distance. The scheme offers riding distance. The scheme offers great possibilities. Many districts are

likely to be experienced by self-supporting women in Canada.

Conditions for trained nurses in Canadian cities are fairly represented by the fortunes of a typical nurse at work in Toronto. There are five training schools for nurses in Toronto, one in each of the large hospitals. No difficulty is experienced in securing good material for probationers, a significant fact, considering that from twenty to twenty-five thousand young women are employed in the factories of Toronto, while permanent advertisements on factory walls, calling for workers, show that manufacturers need more women helpers than they are able to attract.

Many nurses after graduating from one of the Toronto training schools remain to nurse in the city. Others return to their homes to enter professional life in the United States. Besides nurses in hospitals and other institutions, there are over five hundred trained women in private nursing in Toronto. The largest registry for trained nurses has more than three hundred and fifty names on its books. A subordinate hospital position for a nurse in Canada carries with it a salary of from twenty-five to forty dollars a month. The superintendent of nurses in a small hospital sometimes receives four hundred dollars a year. From five to six hundred dollars is a usual salary for a superintendent of nurses who is head of a training school. A salary of twelve hundred dollars is a prize in Canadian hospital work. In private nursing, a trained nurse with ability and good connections, is likely to make six or seven hundred dollars a year in Toronto. An exceptional nurse may make as much as nine hundred dollars, but this is doubtful. Should the Canadian nurse go to the States, as many of these do, she makes more money, and her expenses are correspondingly greater. The cost of living in Canada, however, is tending to approximate to that in the United States. Any difference between the two countries in the social position of the trained nurse is slight, but it is in favor of the nurse in Canada. The professional

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A SCENE IN "THE GIRL FROM HECTOR'S," AT THE GRAND-OP THURSDAY, OCT. 20TH.

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It's Baker's and It's Delicious



Made by a perfect mechanical process from high grade cocoa beans, scientifically blended, it is of the finest quality, full strength and absolutely pure and healthful.

Sold in 1/5 lb., 1/4 lb., 1/2 lb. and 1 lb. tins.

Booklet of Choice Recipes Sent Free

Walter Baker & Co. Limited

Established 1780

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Given Away



FREE SEWING MACHINE

GIRLS—This is not a toy, but a good sewing machine on which you can make lovely clothes for daily, little things for yourself or help your mother. It is a beautiful made of solid steel, handily decorated in ivory and gold, and all the essential details are carefully finished. It is ready for you all ready to use with thread, needle and material in hand, and with it you give it much more pleasure than you could with any other machine. It is a simple machine, but it is a simple anybody can do good sewing. THIS IS THE CHANGE OF A LIFETIME. We will give you the good sewing machine ABSOLUTELY FREE for writing only thirty (30) lines of the famous National Geographic Magazine. It is a beautiful machine, they are beautiful and you can tell them all by their shining, ivory for machine for her. You will find that it is a very good machine, and you will find that it is a very good machine, and you will find that it is a very good machine. WE PAY ALL CHARGES ON THIS MACHINE RIGHT TO YOUR DOOR. Address: NATIONAL SALES CO., Ltd. Dept. 5 1/2 Toronto, Ont.

KILLED MISSIONARY.

The Natives Resist the Attacks on Polygamy.

Georgetown, British Guiana, Oct. 21.—In endeavoring to convince the aboriginal Indians of British Guiana of the sin of polygamy, "Elder" Davis, an American Seventh Day Adventist missionary, met his death by poisoning. It appears that he was getting to a settlement near the frontier "Elder" Davis began to preach to the natives the doctrines of the church he represented. He seems to have laid special emphasis on the sin of a man having several wives. The new doctrine proved obnoxious to the aboriginals, who have their own views on this question, and in their wrath they seem to have administered poison to the missionary as the most effective way of preventing him from doing what they evidently considered "mischievous" among them. Thereafter left him to his fate. Some other Indians came along, however, and, either having more humanity in their soul or not having heard the missionary preach against polygamy, they conveyed him in a hammock to the hut of the chief of a tribe known as the Arimas. The chief, "Jere-miah," by name, allowed the dying man to be carried into his mud house, and shortly afterwards "Elder" Davis expired.

Sometimes what goes by the name of love is nothing more or less than a fool's paradise.

So far as private matters are concerned, it is best to earn the title of being exclusive.

Just His Luck. The lady had got into a hole and she couldn't swim. Nor could the young man on the end of the pier, but when she came up for the first time and he caught sight of her face, he shrieked: "Help!"

A burly fisherman sauntered to his side. "What's up?" he hoarsely cried. "My wife! Drowning! I can't swim! Twenty pounds for you if you save her!"

In a moment the fisherman was in the sea. In another moment he was out of it with the rescued lady bathed. Swallowing with expectation he approached the young man again. "Well, what about the twenty quid?" he asked.

But if the young man's face had been ashen grey before, it was now leadenly pale as he gazed upon the features of the recovering dame. "Yes, I know!" he gasped. "But when I made the offer I thought it was my wife who was drowning, and now—now it turns out it was my wife's mother!"

The fisherman pulled a long face. "Just my luck!" he muttered, thrusting his hands into his trousers pocket. "How much do I owe you?"

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An Innovation in Oil Heaters

The Perfection Smokeless Oil Heater, with its drums enameled in turquoise, is an ornament to any room, whether in the country or city home.

No home is quite complete without a Perfection Oil Heater. It is a necessity in the fall and spring, when it is too warm to start the regular heating apparatus, and too cool to be without heat. In the midst of winter it is often convenient as an auxiliary heater, as there are always some cold corners in a house.

The enameled heater always presents a nice appearance, as the enamel will not tarnish or burn off. It is not an "enamel paint," but it is the same as the enamel of your cooking utensils.

The Perfection is the most reliable and convenient portable heating device you can find. An automatically-locking flame spreader prevents turning the wick high enough to smoke.



Dealers everywhere. Ask yours to show you the Perfection Heater enameled, or write for descriptive circular to my agency at The Queen City Oil Company, Ltd.—4

Wise Men and Women Know

that most of the sicknesses of life come from inactive bowels and from unhealthy condition of the organs of digestion. If your digestive system is not working right, your food does not nourish you—poor blood and weakness follow; if your bowels are inactive—waste matter poisons the whole system and serious sickness is sure to follow. To take promptly

BEECHAM'S PILLS

is to save yourself trouble and expense. Gentle, but quick; safe, but thorough, they enable the bowels to carry away waste matter naturally and tone up the whole digestive system. They will not injure the most delicate. They help you to get your bowels and your digestive organs in that condition when they can take good care of themselves and of you. Beecham's Pills

Do Good Naturally

For families, Beecham's Pills are especially suitable. The instructions with each tin. Prepared only by Thomas Beecham, St. Helens, Lancashire, England. Sold everywhere in Canada and U. S. America. In boxes 25 cents.

MISS GEORGINA M. MOLONY, Lady Supt. Hales Hospital, Quebec.

went out in charge of the nursing sisters with the first contingent to South Africa in 1895. She remained in South Africa fifteen months, and went out again in January, 1902, remaining till peace was declared. Miss Pope received the Royal Red Cross given among King Edward's first birthday honors. Miss Pope is matron of the military hospital at Hales. Miss MacKenzie, head of the Victorian Order of Nurses in Canada, is a university graduate and has had much experience in nursing in the United States. From Prince Edward