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Says an inaide bath, before breakfast helps us look and feel clean, sweet, fresh.

bright, alert-a good, clear skin and liament: Sir Sam, Mr. Smith, who a natural, rosy, healthy complexion carried his riding, South Ontario, by are assured only by pure blood. If over a thousand, and Mr. Maclean. complexions; instead of the multi- rane is the only old member back. tudes of "nerve wrecks," "rundowns" C. Boyce, in West Algoma, resigned

of rosy-cheeked people everywhere. Thunder Bay, retired in the interests An inside bath is had by drinking of Union. each morning, before breakfast, a Only four members in the last glass of real hot water with a tea-spoonful of limestone phosphate in it W. F. German, in the new riding of to wash from the stomach, liver, kid- Welland; George Elliott, in West neys and ten yards of bowels the pre- Middlesex, Dr. Steele, in South Perth. vious day's indigestible waste, sour and W. F. Weichel, in North Water fermentations and poisons, thus loo. Mr. German's defeat marks the cleansing, sweetening and freshening passing of another veteran from the the entire alimentary canal before political field. He was first a candi-putting more food into the stomach. date in 1891, but was unseated. He

who are constipated very often, are Welland. The other three members | General received a cablegram from urged to obtain a quarter pound of defeated first entered politics in Walter Long, Secretary for the Collimestone phosphate at the drug 1911. is sufficient to demonstrate the quick sented by new members. In North pressions of deep sympathy of the practice internal sanitation.

its utmost capacity. There are many Peter White. The new member is combined court there has voted five soldiers among the inmates, the mili- Col. Mackie, a son of the old thousand dollars in aid of the suftary hospitals all being filled. Ton- antagonist of Hon. Mr. White, and ferers. The cablegram adds: "The silitis is the soldiers' chief complaint. former member for two Parliaments. people of British Guiana have heard thing would be all right if he forgot Graham is succeeded by Isaac Ped- which has befallen Halifax and de-to boast of it occasionly, low, a Laurier candidate. Mr. Gra- sire to convey their sympathy."

MANY CHANGES WILL BE NOTED | candidate, but failed to get a conven-IN PARLIAMENT.

Already Won Reputations in Local Politics, and Others Have

hardly recognizable. Few of the oldnew faces. This is particularly true of Ontario and the West.

House, J. J. Hughes, Parliament in the last Commons. No man could after over twenty years' absence. He more desolate. so quickly empty the House and the was elected in 1896 as a Liberal for On either side of the road is a

the Opposition has a majority in hard opposition, will have but three with the encampments of British of Objectionable Hairs | Nova Scotia it is expected by the time old members: Mr. J. G. Turriff, in armies. A few peasants live on the with camps, the transc strengthens held and the soldiers' vote is counted Appelle, and Mr. Thomas MacNutt in out by their officials, but come back army, and sullen withdrawals of A simplified method is here giver that the Government will have a ma- Saltcoats. They were all former at dusk, having no place to go to, or beaten Germany. And we, who live for the quick removal of hairy or jority. However, under the present supporters of Laurier, who deserted fuzzy growths and rarely is more line-up there are not many new him on the issue of conscription. Of They sell coffee to the soldiers, silly weeks link up into completed months, than one treatment required: Mix faces. Hon. W. S. Fielding and the new members the most outstanda stiff paste with some powdered Hance J. Logan, in Cumberland, are ing is Mr. James Wilson, of Saska- ables, eggs, and milk. They do a the old German valor souring into delatone and water, apply to hairy both old members with long experi- toon, a pioneer of that city who has deal of washing for the troops. They spite. His worn-out guns are no surface and after 2 or 3 minutes ence. Robert H. MacKay, who car- been one of the leaders in every tend the farms, and when a barn is rub off, wash the skin and every hair ried Pictou for Laurier, is a member public-spirited cause in that ambit- shells miss the road, and hit our has vanished. This simple treat- of the local Legislature. There are lous centre for a decade. Dr. Cowan, dren play their own games gravely ment cannot cause injury, but care new faces from Hants and Yar- the successful Unionist in Regina, is should be exercised to get real rela- mouth. L. H. Martell, who carried a Mayor of the city and prominent Hants for Laurier, is a brilliant for years in southern Saskatchewan encampment of great armies, is filled young lawyer, who was formerly in politics. Drink Hot Water was elected from Yarmouth. Laur- Lethbridge: Dr. M. Clark, Red Deer, "If dyspeptics, sufferers from gas predicting that Spinney would sup- W. H. White, who ran as a Laurier wind or flatulence, stomach acidity or port him, but this is doubtful. Old candidate in Victoria, may be electsourness, gastric catarrh, heartburn, members who will be back are A. L. ed, but it is doubtful after the sol while this pageant of the road is live etc., would take a teaspoonful of pure Davidson, of Annapolis; D. D. Mac- dier vote is counted. General Gries-

for patients." In explanation of these Of New Brunswick's representation and these of New Brunswick's representation of the New York physical particles and the New were in the last house. F. J. Robi- in France. He is only 38. He took guns, the rattle of grimly-humorous and fermentation of the food contents doux, one of the few French-Cana- the famous 49th Battalion of Ed- tanks, the endless procession of lor- of the stomach combined with an in- dians in the last House, who stood monton to the front and is now ries with road metal, rations, or sufficient blood supply to the stomach by conscription, was defeated in Brigadier-General. Calgary, despite shalls the rapid burn of staff care by conscription, was defeated in Brigadier-General. Calgary, despite shells, the rapid buzz of staff cars. tralizes the excessive stomach acid and voted solidly against him, and a new be again well represented at Ottawa. buses bringing weary, mud-incrusted stops food fermentation, the combina- representative, a Richibucto farmer, T. M. Tweedie, the new Unionist battalions back to rest-camp, of velously successful and decidedly pre- Auguste T. Leger, will represent the member for Calgary west, is one of motor ambulances by nundreds. . . . ferable to the use of artificial diges- county. Robidoux's defeat is much the most popular lawyers in Alberta. Then there are labor companies tants, stimulants or medicines for in- regretted. A quiet, unostentatious He is almost as brilliant an orator going to work or returning, rest missioners of the City of S. John. I will sit in the next Parliament. He is a public man of experience | Four of the old House will be and with splendid administrative found in the new Parliament from ability. He should be a decided ac- British Columbia. They are Hon. quisition to the House. Stanley E. Martin Burrell, Herb Clements, R. Elkin, the Liberal-Unionist, is a pro- IF. Green, and H. H. Stevens. The minent manufacturer and business best known of the new members is

missing when the Ontario roll is West and retired to run. He is a called. Those veteran members, recognized authority on live stock, Hon. David Henderson and Hon. and his wide experience will be of Andrew Broder, will be specially the greatest value to the new Parmissed from their familiar haunts. | liament. They were two of the oldest and two of the most popular men in Parliament. They have both retired on account of ill health. Two other figures familiar at Ottawa, who will not be in the Commons, are

It is interesting to recall that away back in 1892 there were held at the same time five bye-elections which were bitterly contested. The twenty-five years and became influential members of the Commons. They were Sir Sam Hughes, Mr. W F. Maclean, Mr. W. B. Northrup, Mr. W. H. Smith, and Mr. W. H. Bennett. Despite the many and rapid changes in the political arena, all five sat in the last Parliament. However, only Sparkling and vivacious-merry, three will be found in the next Par-

only every man and woman could be Oliver Wilcox will be missed from induced to adopt the morning inside North Essex. He was a very popubath, what a gratifying change would lar member. He died recently of take place. Instead of the thousands cancer of the stomach. New Onof sickly, anaemic-looking men, we- tario has an almost complete new men and girls, with pasty or muddy representation. Hon. Frank Coch-"brain fags" and pessimists we to go on the railway commission, and should see a virile, optimistic throng J. J. Carrick, in Port Arthur and

Those subject to sick headache, sat in the Ontario Legislature and biliousness, nasty breath, rheuma- was elected in 1900 for the Domintism, colds; and particularly those ion. He has sat continuously for the way from China. The Governor-

store, which will cost but a trifle, but The two Renfrews will be repre- given ten thousand pounds "with exand remarkable change in both health | Renfrew Colonel Gerald White lost | colony in the terrible disaster which and appearance, awaiting those who the convention. He has sat for that has befallen them. seat since 1906, when he was elected at a bye-election, when only 27, to ceived a cablegram from the Gov-The General Hospital is filled to succeed his father, the late. Hon. The man who never forgets any- In South Renfrew Hon, George P. with greatest concern of disaster

ham is another figure missing from the new Parliament, thanks to his efforts to ride both horses. He tried paign he supported on the platform what he called conscription Laurier

The West will have an almos' bree of the former Manitoba mem-Been Prominent in Social Ac- Arthur Melghen, Robert Cruise, and PHEN the new Parliament have considerable influence on

Although by the present returns has succeeded in sweeping, despite

er campaign managers have been and James Douglas, Strathcona. Mr. Auguste T. Leger, will represent the member for Calgary West, is one of motor ambulances by hundreds. . longer in politics, St. John City has energetic, and aggressive. Major D. | dragged to camp for repair; all night, sent two new representatives for E. Rodman, who has carried East all day, by the month, the traffic learn the new steps." Union, both men who stand high in Caigary, is a returned soldier, who from the armies of Dominions that city. The Conservative-Unionist is a prominent lawyer. He is one is R. W. Wigmore, one of the Com- of the few veterans of the war who

Dr. S. F. Tolmie, who was Domin-Some of the old-timers will be | ion Live Stock Commissioner for the

To those who know anything of the vast quantities of high explosives and munitions of all sorts shipped the new Senators John Fisher and across the Atlantic in the past three years the biggest wonder in connection with the Halifax tragedy is that something of the kind has not fore. Every single day for more Conservatives carried all five and than two years past Canada alone five new members made the next | has shipped 40 to 50 carloads of musession their bow to the House. All i nitions and an average of 35 carfive remained in politics for nearly | loads of other army supplies. That means that two very long freight trains loaded with supplies, more than half of them explosive in character, have gone to the wharves daily But not only has there been no earlier accident on shipboard, but it is noteworthy that not a ship loaded with Canadian munitions or other coats, with the single exception of the Mount Temple two years or so ago. That ship, loaded with horses, was sunk, but every man in the crew

That record is a very remarkable one, when we consider the great increase in commerce that it indicates and the loss of shipping that commonly comes in peaceful times. The U-boats have claimed victims among ships returning to Canadian ports for another cargo, but every shell, every cartridge, every overcoat or pair of shoes or bushel of wheat or case or canned goods that has left Canada for England or France has reached its destination safely in spite of submarines and storms and the ever present perils in the cargoes themselves, such as wrecked Halifax.

Help From China-Evidence of practical sympathy with the Halifax sufferers came all onies, stating that Hong Kong had

The Governor-General has also reernor of British Guiana that the

### The Pilgrim's Way at the Front

HE road is straitly lined dian author and brother of the celeand a market square, which Chaucer timers are left, and there will be at of the leaders of the Grain Growers. ago. Now, half the houses are never seen here, and Negro units adds to the ruins. At the other end tist College, is the new member for of the road is a city, once levely and Canadian, Australian, and English ". Of the four Prince Edward Island Brandon. He is a man of outstand- illustrious in her age, which three ing ability who will be watched at great battles have ruined and over-Ottawa. Mr. R. L. Richardson, the | thrown. Here is a doom like that of aggressive editor of The Winnipeg | Pompeil or St. Pierre, and though could have lost him without any Tribune, who sought the hard seat the ancient city had sinned like mourning. He was one of the bores of Springfield, is returning to Ottawa | Sodom she could not have been left

press gallery. The three new mem- Lisgar. Later he was defeated in a level country farmed with a skill stumps, the daylight traffic thins out, rope yet covered on every patch of pasture and on many arable fields cards embroidered in silk, veget- the waning of German power, and among alien soldiers.

This road, which leads through the with the traffic of a pilgrimage such the civil service at Ottawa. E. K. Three former members of Alberta as the world has not seen. We Spinney is the Liberal Unionist who will also be back: W. A. Buchanan. have read of the Canterbury Pilgrims, of the pilgrimage to Mecca, aye, of the six Crusades, but history of shadows through a haze of rain, bisurated magnesia in half a glass of bavidson, of Annapolis; D. D. Machot water immediately after eating, Kenzfe, George W. Kyte, Dr. Chisthey would soon forget they were ever holm, Lieut. W. H. Carroll, and Hon.

Oliver in Edmonton West, is one of drum bands of the English come up the most brilliant of the young Can- above the horizon and pass behind it Of New Brunswick's representa- adian Generals who have brought eastward. There is deafening clatter Kent, a French riding. The French the retirement of R. B. Bennett, will There is the returning procession of member, he was growing in the opin- las Bennett. He sat in the Alberta | parties on the way to the baths, on of the House and was marked for Legislature for two terms, where he peasant families with carts drawn by dvancement. With Hon. J. D. was recognized as the main fighting dogs. Monstrous trench dredges, tion. Hazen and Hon. Wm. Pugsley no force of the Opposition. He is able, road engines, crippled aeroplanes

camps turn out to line the way while

This road is just as wide, long, and direct as Broadway in New York, but night and day more crowded. Its fourfold stream of traffic does not slacken, save when the military powith elms for seven miles, liceman on control opens or closes a writes Captain Roger Po- branch road. Sometimes a shell cock, the well known Cana- bursts, makes a crater which must be filled at once with hurried labor, while ruined vehicles are dragged brated actress, Lena Ashwell. , West- aside, the wounded sent away to ward it ends at a town. That is an hospital. . . When the traffic halts, old place, with three church towers, all men regret it, because in the luli one can hear the scream of shells overhead. . . . . As one grows mentioned, and Froissart filled with used to the road one begins to notice a fine clatter of gossip 600 years that Chinese working parties are burst with shell fire, and each day the Pilgrim's way. Two miles nearer but only the English who are unfit

countryside gives place to a desolate waste, the avenue of trees to stricken action. Yet by degrees the batteries the deferred elections in Halifax are Assiniboia; Mr. Levi Thompson, Qu' farms who are at intervals chased with the slow stress of a victorious any wish to live away from home. in the wayside camps watch, as the camps. His airmen who before, almost alone among Germans, had our heartiest respect, have taken to bombing hospitals, deliberately. A prigrim is one who dedicates his life, and we are pilgrims whose lives pared are cheery, confident, humorous, and kindly, and these are the four qualities one finds in every soldier on that . . . highway.

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The Progressive Indians.

Half way along the road the busy

ten miles east of Iroquois Falls. Northern Ontario. The discovery was made accidentally by a man doux, one of the few French-Cana- the famous 49th Battalion of Ed- tanks, the endless procession of lor- who was prospecting for pulpwood in the district. Three veins were located, one of which is stated to be nearly twenty feet in width. The

"Yes. I was out on the reserva-

ed, of German prisoners,

"See any Indian dances?" "No, but I found them anxious to

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## Canada's National Newspaper

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