

## Scotland and the War

(By Dr. J. A. MacDonald, Editor of the Toronto Globe)

The biological law by which the race is developed and "real civilization" advanced through natural selection and the survival of the fittest in the struggle for existence—that law is reversed in war. War's call is, "Send us the best ye breed." The best are chosen first, and are not to fall. The fittest stand in the forefront, and do not survive. War's reversed selection makes for the survival of the unfit. The law works both ways. By it the nation climbs through breeding from its fit; by it the nation sinks by breeding from its unfit. This is the desolation war works in the human breed. The fittest do not survive.

**War and the Human Breed**  
Two newspaper paragraphs should be read together. One paragraph tells of the recruiting in Scotland of Lord Kitchener's army; more than 1100 enlisted in the Royal Scots Fusiliers in Ayre; Lord Lovat is rallying his clansmen to the Highland Mounted Brigade; Lochiel will command a thousand Cameron Highlanders, almost the entire male population is enlisted from many of the glens and islands; scarcely a man of war age will be left in Lewis.

Next morning early we hear the clat-

## FACES AS FAIR AS AN ORCHID

Are Possible When Stuart's Calcium Wafers Are Used After Meals to Clean Up Skin Eruptions and Discolorations.

When a face is covered with blotches, liver spots, pimples, blackheads, etc., Stuart's Calcium Wafers will act like some magical charm. However, there is nothing magical about them. They are nature's own way of cleansing the human body and preventing it from filling the surface of the body with skin eruptions and little skin eruptions.



"With a Face as Fair as a Day in June."  
The abolishing of all skin disorders must begin with the blood. Lotions, salves, cosmetics, etc., will do no permanent good. The trouble comes from within and there the remedy must be applied.

If you really desire action and at the same time a common sense, natural, harmless blood purifier, then Stuart's Calcium Wafers is the remedy.  
The correct and best blood purifier known to science is Calcium Sulphide. This great cleanser is contained in proper quantities in Stuart's Calcium Wafers and that is why all blood troubles and skin blemishes rapidly disappear after their use.

An unsightly and pimply face due to impure blood is one of the most disagreeable sights one can see, and yet all about us, upon the streets, in the theatre, when travelling, etc., we see these horrible results.  
There is no need for this condition if you will take Stuart's Calcium Wafers daily and keep all salves, lotions, cosmetics and other harmful preparations from clogging the pores.

Every first-class druggist in this country carries Stuart's Calcium Wafers, which are pleasant to take, harmless, and may be obtained for 20 cents a box. A small sample package will be mailed free by addressing F. A. Stuart Co., 175 Stuart Bldg., Marshall, Mich.

## Woman's Hair Reaches to Knees

A Year Ago Was Threatened With Baldness. Tells How She Made Her Hair Grow.

Mrs. Esther Emery, now visiting friends in the city, is the fortunate possessor of a wonderfully beautiful hair, which, when loosened from its coils, falls to her knees. Moreover it is of soft, silky and fluffy texture and color a glorious glossy gold. Yet just one year ago she was threatened with baldness. Urged to tell how she had obtained this wonderful growth in so short a time, she said: "Had anyone told me such marvelous results could be accomplished so quickly, I positively would not have believed it. Twelve months ago my hair, which then reached barely to my shoulders, was falling out at an alarming rate and growing very thin, actually exposing the bald scalp in several spots. It was dull and lifeless in color, turning grey in patches, and very dry and brittle. My head was covered with dandruff and itched like mad all the time. I tried fully a dozen different hair tonics, but they were all the same and never did me a bit of good. One day I chanced to read in my hope paper of a simple home prescription to make the hair grow that was recommended by a well known physician. It said that by taking ordinary Lavona de Compose and mixing with Bay Rum and Menthol Crystals and applying to the scalp each night with the finger tips that new hair would grow very rapidly. I decided to try it and I had my druggist mix 2 oz. of the Lavona de Compose with six oz. of Bay Rum and 1-2 drachm of Menthol Crystals, and started to use it. My hair quickly my hair did grow. First the hair stopped falling, the itching ceased and the dandruff disappeared. Then tiny little hairs appeared all over my scalp. These grew and grew as though nothing would ever stop them. They are growing yet, and while, of course, I have used the treatment steadily and expect to continue it, at least until my hair reaches the floor, I might have stopped and been perfectly satisfied at the end of three months. I think that any woman can get long, thick, beautiful hair by using this prescription as I have recommended it to several friends and all are delighted with the result. The prescription is very inexpensive and any druggist can fill it."

ter of hoofs, the rattle of wheels and the cheering of many voices, and the Glen-orchestral men drive past us on their way to Beaufort—outwardly at least all smiles and merriment. The bagpipes play mournfully the appropriate tune "Leaving Glenorchestral." Someone says in Gaelic, "The Scouts are to be sent to Belgium," and like fire on the heather the news spreads—"Johnnie and Alec and Donald are going to Belgium."

**A Biological Lie**  
The other despatch quotes a statement of Bernhardt, the German military expert, whose book, "Germany and the Next War" and his more recent publication, now translated into English "On War of Today," present the plain, unvarnished philosophy of militarism, not in Germany alone, but in France and Britain and America. Bernhardt says: "War is a biological necessity of the first importance, a regulative element in the life of mankind which cannot be dispensed with, since without it an unhealthy development will follow which excludes every advancement of the race, and therefore all real civilization."

"Biological" foolery! Let Scotland answer. Let Germany answer. Never since the days of the Stuarts has Scotland, and especially the Scottish Highlands, been free from the toll taken by the recruiting sergeants for Britain's army. The history of the Celts is, in one sentence: "Forever they went out to battle and forever they fell." The clan followed its chief, the chiefs followed their king, then their Stuart prince, and now their British king. If war is a "biological necessity," what life what vitality, what a race of giants the moors and glens must yield today!

**What Germany Will Lose**  
In more than forty years Germany has had no war. In the struggle for existence the German empire has developed in the "survival" not of war but of peace. In their industrial competitions of peace the strongest have survived and the weakest have gone to the wall. Now that they have for the first time entered the struggle of war, all their physical, all their mental, all their moral resources are being tested. What will be the answer of the next generation of Germans? Will the blood poured out in such wild prodigality in the valleys of France, and the blood that will yet soak like red rain the roads from France on the west to Berlin, and from Russia to Berlin on the east—will that waste of Germany's best blood make for the biological betterment of the German nation?

**Scotland Speaks**  
Scotland speaks from long and sad experience. Every heathery hill looks down on a glen that generation after generation sent in answer to the fiery cross and pipes of war the best of its homes had bred. On those moors and through those intervals life at best was hard. The wealings died in infancy. By the hazy of the fittest there, the generation after generation sent in answer to the fiery cross and pipes of war the best of its homes had bred. On those moors and through those intervals life at best was hard. The wealings died in infancy. By the hazy of the fittest there, the generation after generation sent in answer to the fiery cross and pipes of war the best of its homes had bred.

**The Highland Clans**  
In the awful days of the Forty-five out of this very Glenorchestral 800 men of the clansmen's mould marched to Loch Lomond for their "Bonnie Prince Charlie." Not a fortnight ago among those who marched out to "Leaving Glenorchestral," not a corporal's guard, though they took their best from Loch Ness to Compton, could pass the heroic standard of the olden days. Grants from that glen and from Strathgairn staid with their blood the marble palaces of India, and saved the honor of humanity in the awful days of the meeting, but today few of their clan are left "in their ain dear glen." The sturdy Chisholms are gone from Strathgairn. Wild and high, and through Belgium to Waterloo a hundred years ago, the "Camerons" gathered rose this very month when Lochiel called for his men, but how many had the "biological" excellence of the clan "what time the plaided chiefs came down to battle with Montrose." The Mackenzies today are few at Lochbroom.

In the gloaming glens of the West Highlands there is silence deep as death, where once a thousand Campbells would start up in a night at the call of Argyll. No Lord of the Isles who also was a king could ever again gather a clan worthy of his tartan though he blew all night on the pibroch of Donald.

**The Phantom Host**  
They went out, those Highland clans, wherever the Royal Standard flew. Again those Highland clans go out, the best and bravest of their breed, and they never come back. Biology does the rest. Bernhardt's "biological necessity" accomplishes its work. War's commercial dislocations and war's financial ruin are but enough, but war's biological reaction is damage beyond repair. Its waste in blood is waste in human procreation. Its incalculable waste before their time of whole generations of unborn sons of heroic sires and of intoned and prodigal, can never be gathered up again. If biology means anything, if blood tells, then the wholesale slaughter of youth and vigor in the trenches and on

## SPREAD OVER HEAD AND NECK CAUSED DISFIGUREMENT, BURNING AND ITCHING. COULD NOT GET ANY SOOPE, CUTICURA SOAP AND OINTMENT HEALED.

1 Hibernia Ave., West Toronto, Ont.—"First we noticed a rash on our child's face, which soon began to spread all over his head and then around his neck. I thought it was going all over his body. It was in red patches on his face, then it began to burn and to form which broke and matter was running from them. His face and head was a mass of eruption and it caused a very bad disfigurement, also burning and itching. The child could not get any sleep. I tried several kinds of ointments and powders but with no success for about two months. The rash seemed to get worse. Little blisters would form then burst and a lot of discharge would come out."

"We tried... Ointment and but to no good effect. After the child had been suffering about two months we were recommended to try the Cuticura Soap and Ointment. After a few applications it gave relief and the child began to get some sleep. In about six weeks Cuticura Soap and Ointment completely healed the trouble and not a scar is left." (Signed) Mrs. Wm. Tucker, Feb. 19, 1914.

## Samples Free by Mail

A single cake of Cuticura Soap and box of Cuticura Ointment are often sufficient when all else has failed. Sold throughout the world. Sample of each mailed free, with 22-p. Skin Book. Address post-card "Cuticura, Dept. D, Boston, U. S. A."

the wide "human abattoir" of Europe is less that has no gain to match. And the weak backs or weak, puny chests, could be specially dealt with in special cases. Finally, the instructor must be trained, guided and supervised by thoroughly and highly trained experts.

## Cataract Cannot Be Cured

with LOCAL APPLICATIONS, as they cannot reach the seat of the disease. Cataract is a blood or constitutional disease, and in order to cure it you must take internal remedies. Hall's Cataract Cure is taken internally, and acts directly on the blood and causes surface. Hall's Cataract Cure is not a quick medicine. It was prescribed by one of the best physicians in this country for years and is a regular prescription. It is composed of the best known ingredients, combined with the best blood purifying, acting directly on the blood. The perfect combination of the two ingredients is what produces such wonderful results in curing Cataract. Send for testimonials free.

F. J. CHENEY & Co., Props., Toledo, O. Sold by Druggists and Dealers. Take Hall's Family Pills for constipation.

## Disappearance Explained

A strange story is told in a letter to Mr. and Mrs. Alex. Fraser, Jr., of Rexton, Kent county, regarding the disappearance and recovery of their son, David Fraser of Estevan, Sask. Last summer, while suffering from the effects of typhoid fever, Mr. Fraser left his home on business and did not come back. No trace of him was found until he turned up in a hospital in St. Paul, Minn., and there began to recover his memory, and the reason was explained.

**Quebec Bank Clearings**  
Quebec Feb. 20—Bank clearings for the week ended Feb. 18 were \$2,105,224, compared with \$2,697,440 last year.

## War Cannot Slaughter MORE VICTIMS THAN PNEUMONIA.

Pneumonia is described as a preventable disease if taken in time. Pneumonia is the scourge of the able-bodied men and women "a little run down perhaps" but how many had the "biological" excellence of the clan "what time the plaided chiefs came down to battle with Montrose." The Mackenzies today are few at Lochbroom.

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## EYE WITNESS NOT GIVEN FREE HAND

His Communications Cut By The Censors  
NO REAL NEWS GIVEN

Must Omit Things of Vital Importance Whether of Value to Enemy or Not

London, Feb. 20.—The appointment of Sir Max Aitken as "Eye-Witness" to the Canadian Expeditionary Force renders it not inopportune to attempt some explanation of the duties of such an officer, and of the circumstances which have led to the making of such an appointment.

At the outset it may be set on record that the intelligent reader of the newspapers has no doubt already discovered for himself—that the present war has so far proved a lean and hungry time for the war correspondent. There was something almost appropriate in the fact of Bennett Burleigh, of Daily Telegraph fame, passing out of life only a few weeks before the nations of Europe entered upon Armageddon.

Burleigh will go down to history as the last of his race, the last of the men of the big dailies who, upon the declaration of war, straightaway packed their traps, called out a trusty servant to accompany them, purchased horses, even engaged special trains, were welcomed at General Headquarters, and thrust themselves where the fighting was hot.

## THE ACUTE PAIN FROM NEURALGIA

Permanently Cured Through the Use of Dr. Williams' Pink Pills

Neuralgia is not a disease—it is only a symptom, but a most painful one. It is the surest sign that your blood is weak, watery and impure, and that for this reason your nerves are literally starving. Bad blood is the sole cause of the piercing pains of neuralgia—good rich blood is the only cure. In this you have the reason why Dr. Williams' Pink Pills cure neuralgia. They are the only medicine that contain in the correct proportion the elements needed to make rich, pure blood. They are not allowed to be styled "official" communications. Who the English "eye-witness" is has never been officially revealed, several well-known English officers getting the credit at various periods.

**What Can Aitken Do?**  
Whether the Canadian "eye-witness" will be permitted to give communications will be seen in due course. A well-known Australian writer has been selected as "Eye Witness" for the forces of the Commonwealth and it is understood Major F. E. Smith, Unionist M. P., is to act in a similar capacity with the Indian forces. It may be that when the general offensive of the Allies gets under weigh the regulations as to the admission of unofficial correspondents into the firing line will be relaxed. A sort of concession has already been made in allowing occasional tours of correspondents in personally conducted lines into the zone of hostilities. When all is

You can get these pills through any medicine dealer or by mail at 50 cents a box or six boxes \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

On the first sign of a cough or cold, our advice to you is "Get Rid of It." The slight cold, the irritating cough, the tightness of the chest, if not attended to, will sooner or later develop into some serious lung or bronchial trouble.

**DR. WOOD'S NORWAY PINE SYRUP**  
and you will find after the first two or three doses have been taken the cough or cold will quickly disappear.

Be sure you see that the name of Dr. F. M. Wood, Ltd., appears on both the label and wrapper. Mrs. Edward Hugo, Moose Jaw, Sask., writes: "My little girl, three years old, contracted a bad cold which settled on her lungs, and turned into pneumonia, and she was given by our doctor to be decided to try Dr. Wood's Norway Pine Syrup, and by the time she had taken three bottles she was well again. I shall always keep a bottle of 'Dr. Wood's' in the house."

## PURITY—QUALITY—FLAVOR

# BAKER'S COCOA

### Possesses All Three

It is absolutely pure, conforming to all Pure Food Laws. It is of high quality, being made from choice cocoa beans, skillfully blended.

Its flavor is delicious, because it is made without the use of chemicals, by a strictly mechanical process that perfectly preserves the appetizing NATURAL flavor of high-class cocoa beans.

MADE IN CANADA BY

## WALTER BAKER & CO. Limited

MONTREAL, CANADA ESTABLISHED 1870 DORCHESTER, MASS.

test particularly without let or hindrance. Commanders of forces in the field have altered all that during the last generation.

So far the British campaigns are concerned Kitchener may be said to have initiated the change in the Egyptian operations of 1898, when, soon after his arrival at Omdurman, he promptly sent all correspondents to the rear. The Japs in the war with Russia gave points to the eastern powers in the matter of how to treat the war correspondent drastically, and it too, with such diplomatic nicety that there was never outwardly a suspicion of trouble on this account.

## For Those at Home

The attitude of the allies towards press representatives in the present war has been on the same lines of rigid suppression. Newspaper correspondents have been kept strictly to the base—twenty or thirty miles from even the front. And every story, when thus collected, has to pass through the further purifying fire of the censorship!

It was recognized, however, that the public at home ought not to be deprived of any reliable intelligence at all from the seat of war. In order to meet this, at any rate to make a show of meeting it, the authorities appointed an officer to prepare reports for the benefit of the newspapers of what the British forces were doing in the field.

**Production Not Popular.**  
This officer is always referred to as "an eye-witness present with general headquarters," but his contributions are not allowed to be styled "official" communications. Who the English "eye-witness" is has never been officially revealed, several well-known English officers getting the credit at various periods.

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is an impoverished state of the blood. The blood is insufficient to nourish the body. But 'Wincarnis' actually creates new, rich, red blood, which gives new life to the whole system.

The reason 'Wincarnis' does all it claims to do, is because it is a Tonic, a Restorative, a Blood-Maker, and a Nerve-Food—all in one. It tones up the whole system, and creates new energy. It revivifies and restores vitality when it is below par. It creates new rich blood, and sends it dancing through

the veins. And it invigorates and feeds the nerves. That is why 'Wincarnis' effects such extraordinary results in cases of Anæmia, Weakness, Sleeplessness, Brain-fag, Exhaustion, Depression, Nerve Troubles and when one is 'Run-down' and 'out-of-sorts.' And that is why over 10,000 Doctors recommend

Will you try Wincarnis? You will be surprised and delighted with the new health it will give you. Remember that hundreds upon hundreds of thousands of people have suffered as

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You can begin to get well free. Send the Coupon and you will

receive a liberal trial bottle of 'Wincarnis'—not a mere taste, but enough to do you good.

**AFTER FREE TRIAL**  
You can obtain 'Wincarnis' from your Wine Merchant or from all leading Chemists and Stores.

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Please send me FREE TRIAL BOTTLE of WINCARNIS as per your offer. I enclose 10c in stamps to cover cost of packing and delivery.

Name.....  
Address.....

## PORTABLE HOMES FOR BELGIAN REFUGEES

London, Feb. 20.—The temporary stoppage of the Zealand steamship service between Folkestone and Flushing will give a check to the transfer of Belgian refugees from Holland to England, which has been proceeding under government auspices at the rate of 2,000 weekly. Apropos of the Belgian town planning conference held this week, an official of the American Relief Commission expresses the opinion that the work of the commissioners will probably continue long after the war has been concluded, as he thinks they will have to face the work of rebuilding Belgium.

One suggestion made is that the refugees in Holland be provided with portable houses, which could be moved southward when the enemy evacuates the country.

Beware of teas that are dusty and full of broken leaves—as these are injurious in use and unpleasant in the cup, the dust being generally put there to reduce the cost.

"SALLADA" Teas are always Fresh, Fragrant, Free from dust and economical in use—preserved and sold only in sealed packets at 35c, 45c, 55c, 65c, per pound.

**The Happiest Baby in Canada**  
A Baby to be proud of! Contented, healthy and sturdy—never peevish, never ailing—just as happy as the day is long. This is how

**Your Baby**  
will be if only you are careful about his food. Remember that when the natural food—the 'Allanburys' Foods. They provide just the nourishment required, are easily digested, and are free from harmful germs.

Three Foods specially prepared for the different stages of Baby's growth. Milk Food No. 1, from birth to 3 months; Milk Food No. 2, from 3 to 6 months; Malted Food No. 3, from 6 months. Nos. 1 and 2 are practically identical in composition with healthy mother's milk.

**'Allanburys' Foods**  
A most useful booklet sent free on request. Always use the 'Allanburys' Feeder.

The Allen & Hanburys Co., Limited, 66 Gerrard St. East, Toronto

## Anaemia. Weakness. Nerves. Run-down.

is an impoverished state of the blood. The blood is insufficient to nourish the body. But 'Wincarnis' actually creates new, rich, red blood, which gives new life to the whole system.

The reason 'Wincarnis' does all it claims to do, is because it is a Tonic, a Restorative, a Blood-Maker, and a Nerve-Food—all in one. It tones up the whole system, and creates new energy. It revivifies and restores vitality when it is below par. It creates new rich blood, and sends it dancing through

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Will you try Wincarnis? You will be surprised and delighted with the new health it will give you. Remember that hundreds upon hundreds of thousands of people have suffered as

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As a nerve-food, 'Wincarnis' is unique. Because it acts directly upon the nerve centres, and thereby stimulates, invigorates, and rejuvenates the whole of the nervous system.

Nothing acts so promptly as 'Wincarnis' when you are 'Run-down.' Its tonic and restorative effects are immediate. It puts new vigour, new vitality, and new life into you.

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Phones Main 449 and 450. C. E. LEONARD

**Fresh Fish—Cod, Haddock, Herring, Smelts, Gaspereau, Shad and Mackerel.**

**FRESH CAUGHT HALIBUT**

**Special Sale Salmon Tonight 11c Lb.**

**Live and Fresh Boiled Lobsters**

**Salt Fish—Shad, Mackerel and Herring. Also Clams and Oysters**

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