

ONE OF THE FOREMOST FIGURES IN CANADA'S LIFE PASSES AWAY

James Ross, Capitalist Contractor, Engineer, Who Built C. P. R. West From Winnipeg, Dies of Heart Failure.

MONTREAL, Sept. 20.—The death occurred this morning of James Ross, the well-known railway contractor, engineer, capitalist and connoisseur. Mr. Ross had been suffering from heart trouble for two weeks past.

Mr. James Ross was born at Cromarty, Scotland, in 1848, and received his education in Scotland and England. After spending some years in railway and harbor and waterworks construction in Great Britain, he came to America, and in 1870 became resident engineer of the Ulster and Delaware Railway, and was afterwards chief engineer of the same road. During the year 1872 he acted as resident manager of the Wisconsin Railway, and subsequently held a similar position on the Lake Ontario Shore road.

In 1878-9, Mr. Ross built the Credit Valley Railway and was appointed after its construction, general manager of that road, and was also consulting engineer of the Ontario and Quebec Railway.

In 1887 he took control of the construction of the Canadian Pacific Railway west of Winnipeg, and in 1888 completed for the company their line over the Rocky Mountains, the Selkirk and the Gold Range. In 1888 he undertook for the C. P. R. the settlement of their location east of Montreal, and their legislation in Maine, and upon the completion of this work took the contract for the construction of the remaining portion of their line not already provided for.

Purchased Toronto Railway.
In 1892 he joined William Mackenzie in purchasing the Toronto Railway from the City of Toronto, and afterwards rebuilt its tracks, making it an electric line. He also converted, in a like manner, the street railways of Winnipeg, Montreal and St. John.

He had also done work of a similar character in England and Jamaica, and was the first president of the Mexican Power Co., which developed an immense water power at Necaxa

and controls the electric business of the City of Mexico. Subsequently he was for many years president and active head of the Dominion Coal Co. Altho Mr. Ross withdrew from most of his business activities, he retained the presidency of the Dominion Bridge Co. and of the St. John Railway. He was a director of the Bank of Montreal, of the Canadian General Electric Co., of the Laurentian Co., of the Royal Trust Co., of the Calgary and Edmonton Land Co., and of the Canada Sugar Refining Co.

Mr. Ross was a member of the American Society of Civil Engineers and also of the Canadian Society of Civil Engineers. He was hon. lieutenant-colonel of the Duke of York Hussars. Mr. Ross was a keen sailor, was owner of several yachts, among them the "Superb," the "Glencairn" (formerly "Liberty"), and devoted much of his time to cruising in European and Canadian waters.

Belonged to Many Clubs.
Among his numerous benefactions Mr. Ross presented to the citizens of Lindsay, Ont., the Ross Memorial Hospital and a Nurses' Home, as memorials to his parents, and gave largely to the Alexandra and Royal Victoria Hospitals of Montreal, and to McGill University and the Montreal Art Association, of which last named he was president. He was a governor of McGill University, of the Royal Victoria Hospital and of the Protestant Hospital for the Insane (Montreal). He was a member of the Royal Yacht Squadron and the Royal Thames Yacht Club, in England, and in Montreal of the Mount Royal, the St. James, the Royal St. Lawrence Yacht Club, the Royal Montreal Golf Club, also of the Rideau Club, Ottawa; the Manitoba Club of Winnipeg; the "Toronto" and the Royal Canadian Yacht and the York Clubs of Toronto; of the Union Club of St. John's, N.S.; of the Halifax Club of Halifax, N.S.; of the New York Yacht Club and of the Manhattan Club of New York City; of the Royal Canadian Yacht Club of Sydney, N.S.; and of the Constitutional Club, London, England.

Mr. Ross was married in 1872 to Annie Kerr, daughter of the late John Kerr of Kingston, N.Y. His family consists of one son, J. K. L. Ross.

The Gospel of Efficiency---How It is Preached To and Practised by Canadians

Fifteen years ago the word "efficiency" held the same place in the Dictionary that it does today, but in the popular mind it was a somewhat ordinary word used for describing the attributes of a certain engine, too, or perhaps, a remedy of some kind—all insignificant things.

At that time the watchwords of the ambitious Canadian were "initiative" and "enterprise" and with these he whipped himself into superlative effort until he found that he was fast losing the ability to keep himself up to "concert pitch"—he no longer responded to the whip—something serious had happened.

Truth was, he had lost his efficiency. Thus did the word Efficiency assume a new and great importance among men and women alike, for without it we can have neither initiative, hustle or ability to keep pace with the business and social requirements of the twentieth century.

How to obtain and maintain the highest degree of Efficiency while we are about our tasks was more or less a matter of fact in this connection, those of us who consider ourselves well and strong are not consistently more than 50 per cent efficient.

We may be able to get about and do our daily tasks with more or less satisfaction to ourselves, and without undue exhaustion, but that is not by any means one hundred per cent of efficiency.

If our brains are clear, our intellects bright, and our condition such as to put enthusiasm and "ginger" as well as clear judgment into our work, we have a tremendous advantage over those who are half the time depressed, blue, and all the time nervously fearful that their judgment may be wrong—who lack the confidence that comes with perfect efficiency and makes so much for success.

But most of us are in the latter class, if we analyse our feeling, and for a very good reason.

Nature is constantly demanding one thing of us, which, under the present mode of living and eating, it is impossible for us to give—that is, a constant care of our diet, and enough consistent physical work or exercise to eliminate all waste from the system.

Nature has constructed us for a certain physical "speed," as it were. If you construct an engine for a certain speed, it then attempts to run up and gets "wheezy at the joints," assistance to operate satisfactorily—just so with the human body.

If our work is mostly mental, or confined as it is in almost every instance, and our physical body runs at quarter speed or less, our system cannot throw off the waste except according to our activity, and the closing process immediately sets in.

This waste accumulates in the colon (lower intestine), and is more serious in its effect than is immediately apparent.

There have also been many practical men, such as physicians, physical culturists, dietitians, osteopaths, etc., who have done something towards actually removing this waste from the colon, at least for a time.

It remained for a new, rational and perfectly natural process, however, to finally and satisfactorily solve the problem of how to thoroughly eliminate this waste from the colon without strain or unnatural forcing—to keep it sweet and clean and healthy and keep us correspondingly bright and efficient—clearing the "blood of the poisons" which make it, and us, sluggish and dull-spirited, and making our entire organism work and act as nature intended it should.

That process is internal bathing with warm water—and, by the way, now has the unqualified and enthusiastic endorsement of the most enlightened physicians, physical culturists, osteopaths, etc., who have tried it and seen its results.

Heretofore it has been our habit, when we have found, thru disagreeable and sometimes alarming symptoms, that this waste was getting much the better of us, to repair to the drug shop—and obtain relief thru drugging.

This is partly effectual, but there are several things why it should not be our practice as compared with internal bathing.

Drugs force nature instead of assisting her—internal bathing assists nature.

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parent, because it is intensely poisonous, and the blood, circulating through the colon, absorbs these poisons, circulating them through the system and lowering our vitality generally.

"That's the reason that biliousness and its kindred complaints make us ill 'all over.' It is also the reason that this waste, if permitted to remain a little too long, gives the distinctive germs, which are always present in the blood, a chance to gain the upper hand and we are not alone inefficient, but really ill—seriously sometimes if there is a local weakness.

Accumulated waste, for instance, is the direct, immediate and specific cause of Appendicitis.

Now there have been many preachers of the Gospel of Efficiency, among them men high up in the literary, commercial and professional world, who have tried to teach us to conserve our energies by relaxation, avoidance of worry, habitual cheerfulness, etc., but this is useless advice when the seat of the trouble is physical first, and mental afterwards.

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ture, and is just as simple and natural as washing one's hands.

Drugs, taken thru the stomach, sap the vitality of other functions before they reach the colon, which is not called for—internal bathing washes out the colon and reaches nothing else.

If we keep the colon constantly clean, drugs must be persisted in, and to be effective the doses must be increased—internal bathing is a consistent treatment, and need never be altered in any way to be continuously effective.

No less an authority than Professor Clark, M.D., of the New York College of Physicians and Surgeons says: "All of our curative agents are potent and as a consequence every dose diminishes the patient's vitality."

It is rather remarkable to find at what would seem so comparatively late a day so great an improvement on the old methods of internal bathing, for in a crude way it has, of course, been practised for years.

It is probably no more surprising, however, than the tendency on the part of the medical profession to deal further and further from the custom of using drugs, and accomplish the same and better results by more natural means, causing less strain on the system and leaving no evil after-effects.

Doubtless you, as well as all Canadian men and women, are interested in knowing all that is to be learned about efficiency—about keeping up to "concert pitch"—and always feeling bright and confident.

This improved system of internal bathing is naturally a rather difficult subject to write about in detail, but there is a physician who has made this his life's study and work. He has written an extremely interesting book on the subject, called "Why Man of To-day is Only 50 per cent Efficient," which he will send without cost to anyone addressing Charles A. Tyrrell, M.D., at Room 245, 280 College Street, Toronto, Ontario, and mentioning that they have read this article in The Toronto Sunday World.

It is surprising that little is known by the average person about the subject, which has so great a bearing on the general health and efficiency.

My personal experience and my observation make me very enthusiastic on internal bathing, for I have seen the results in sickness as well as in health, and I firmly believe that every body owes it to himself, if only for the information available, to read this little book by an authority on the subject.

VISIT OF JOAN OF ARC IN VISION

French Girl Declares She Received Financial "Tip" From the Spirit.

PARIS, Sept. 20.—The simple country folk of Alsace in the department of Aube, are greatly concerned by reports of miraculous happenings in the neighborhood. Two peasant girls named Jeanne Perronnet and Marcelle Jambert declare to the great awe of the villagers, that on several occasions the spirit of Joan of Arc has appeared to them in visions.

The more favored of the two girls, Jeanne, has even gone so far as to couple a written record of the supernatural messages which she states she has received. In one of these the national heroine expresses a wish that a chapel should be built in her honor at the spot where she had appeared.

In another message the heroine of history concerns herself with mundane matters. She recommended that the family of Perronnet should come to an arrangement to purchase a vineyard belonging to one of their neighbors, and added that this would turn out an excellent speculation.

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CURIOUS BETROTHAL FORMS IN GERMANY

German Girl Called "Bride" as Soon as She is Betrothed.

There are many curious betrothal customs in Germany that are found in no place else in the world. Many of them are pretty. All of them are odd.

As soon as a German girl is betrothed she is addressed as "bride" by her fiancé. The betrothal is a more serious affair than in America and is not so easily broken. The girl is called "bride" until the wedding, when she assumes the title of "wife."

Immediately upon the betrothal the lovers exchange rings, which, if the course of true love runs smooth, are to be worn ever afterwards.

The woman wears her betrothal ring on the third finger of her left hand until she is married, and then it is transferred to the third finger of her right hand.

The man continues to wear his ring just as the wife wears hers when she was a bride. There is no chance for him to lose it as he wears a single man's ring.

One can tell at a glance if he has achieved matrimony, and German girls believe that this is the safest way, as it keeps other girls from flirting with their fiancé or husband. The wearing of the wedding ring by the betrothed man is said to have made the divorce percentage small.

Relief for Catarrh Sufferers Now FREE

You Can Now Treat This Trouble in Your Own Home and Get Relief at Once.

How the Remedy for Catarrh Was Discovered.

THIS terrible disease has raged unchecked for years, largely because symptoms have been treated while the vicious germs that cause the trouble have been left to circulate in the blood, and treatments could relieve it.

C. E. Gauss, who experimented for years on a treatment for Catarrh, found that after perfecting a balm that relieved the nose and throat troubles quickly, he could not prevent the trouble beginning all over again.

On test cases, he could completely remove all signs of Catarrh from nose and throat, but in a few weeks they were back.

Careful experiments and investigations have shown that as the troubles were expelled from the nose and throat, the real cause of the disease was overlooked and in a short time the Catarrh would return stronger than ever. Mr. Gauss has gone way ahead of the ordinary methods of treatment and has provided a remedy that

He perfected the New Combined Treatment, since admitted to be the logical, sure, scientific method.

Reese Jones, of Scranton, Penn., says that after trying many other treatments, he used this new method and his nose is now entirely clear and free and I am not bothered by the disease any more. The New Combined Treatment is worth its weight in gold.

Temporary relief from catarrh may be obtained in other ways, but the New Combined Treatment must inevitably be accepted for permanent results.

Send J. C. Gauss, Mount Pella, Tenn., says, "I suffered the pains and distress of catarrh for thirteen years and, needless to state, tried nearly every method. But by your new method I was completely cured and you cannot imagine the joy that has come over me."

Kills the Germs in the Blood
and immediately gives relief to the nose and throat.

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Trial Treatment FREE
This new method is so important to the welfare of humanity, so vital to every person suffering from any form of catarrh, that the opportunity to actually test it and prove its results, will be gladly extended without one cent of cost.

A large trial treatment, with complete, minute instructions, will be sent free to any catarrh sufferer. Send no money, take no risks, make no promises. Simply fill in and mail the coupon and the test package of the New Combined Treatment will be sent fully prepaid, together with the valuable book on Catarrh.

Send the Test Treatment FREE
GAUSS, 5105 Main St., Marshall, Mich.

If your New Combined Treatment will relieve my Catarrh and bring me health and good spirits again, I am willing to be shown, so, without cost or obligation to me, send fully prepaid the Treatment and Book.

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Our autos are continually running between our offices and the Model City, carrying people who are anxious to see what the Model City of Leaside really is. If you are interested in seeing how a modern city is built—if you wish to see the foundations of the Model City being laid, make an appointment to go on one of our motor trips to Leaside. This little service is absolutely free and does not obligate you in any way.

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TEN YEARS FOR MANSLAUGHTER

Two Men Sentenced to Long Term For Killing Russian at Wedding Celebration.

SAULT STE. MARIE, Ont., Sept. 20.—And guilty of the reduced charge of manslaughter, Napoleon Lamont and Edward Boutin were this morning sentenced by Justice Middleton to serve ten years in Kingston Penitentiary, while Young, the third prisoner, was discharged, the grand jury finding no bill against him.

The proceedings followed the killing at Oba on the night of Aug. 17 of a Russian laborer during a wedding celebration. Everyone was drunk and the ill-feeling which had existed for some time between the Russian, French and Italian laborers found vent. The Russian was knocked down with a bludge of wood and was bled to the face while down.