BALFOUR AS A CHAMPION OF ANGLO-AMERICAN AMITY

Notable Speech at Dinner to United States Special Ambassador—The Two Nations Destined to Work Together — Difficulties of Democracy.

MR. BALFOUR presided at the Pilgrim's coronation dinner, held at the Savoy Hotel, London, in honor of Mr. John Hays Hammond, the special American ambassador to this country. There was a large gathering of public men.

Mr. Balfour, in proposing the health of their guest, said Mr. Hammond had many claims upon their consideration. In the first place, he was the representative of the President of the United States at the great ceremonial which was now drawing to its conclusion. If that were the only title to their regard it would be sufficient. He represented the head of the great democracy of the west at a time when all hearts on this side of the Atlantic and all hearts throughout the British Empire were deeply moved by the long-drawn ceremonies, dating back to immemorial antiquity, with which we indorsed the regal traditions of constitutional monarchy in these islands. (Hear, hear.) But Mr. Hammond had many other claims upon their attention. There had been difficulties between the two branches of the English-speaking peoples of the world, but the realities of history, the foundations of history, were too strong for us, and we could not help being in sympathy with one another, whatever our temporary quarrels. (Hear, hear.) We were drawn together by everything that went deep into the history of the past, by our laws, our language, our literature. (Hear, hear.) Observers had only to follow the working of our institutions thoroughly to understand the truth that we were of one stock, and had to carry out our great common duty to the world. (Applause.)

Predestined To Work Together.

"We British believe," said Mr. Balfour, "that the British Empire synchronises with the expansion, the liberty, the self-government of every part of the world which men of our race and our language occupy. That is our belief, and I think it is not a mistaken belief. I hold that more and more our mission in those parts of the earth where we have influence is understood and sympathetically comprehended by our brothers across the Atlantic. (Hear, hear.) They, too, have a like problem; they, too, are enamored of unity; they, too, have the ideas that we cherish, and surely it is predestined in the history of the future that we should carry them out, not by formal alliances, not by parchments, charters, and treaties, but by something far better than these mere formal things—by the deep sympathy and liberty, individualism, and peace—above all that we are predestined to work together, and to work together for the great ends of civilization and progress. (Cheers.) I do not think that is a too idealistic picture to draw of the future, and for my part I cannot help believing that all that has recently passed in both countries with regard to a special treaty of arbitration points to the inherent truth of what I have been saying. (Hear, hear.) Surely I am right in saying that the very fact that such a proposal as a special treaty of arbitration, the moment it is suggested on the one part should be received with an enthusiastic echo on the other part, that even the cynic and the man of the world, who knows so little of the world in which he lives (laughter), that even these decryers of idealism hold their hand, postpone their epigram, do not suggest that these are aims, aspirations of fantastical peace-at-any-price persons, but that it seems a natural culmination of a natural progress, is the greatest proof that all I have said with regard to the impossibility of dividing the destinies of the two great nations is absolutely true and founded upon literal fact. (Hear, hear.) It is a reality. (Cheers.) It is not a fantastic representation of what might be if the world were constructed on different lines from what it is. Such dreams are useless. The vision I am calling up before you is based upon the realities of history, the realities of the past, the realities of the present, and the common burdens thrown upon two great nations in the future. (Cheers.)

Difficulties of a Democracy.

None of us can look at that future without anxiety, not indeed in any pessimistic or doubting spirit, but still in the spirit of anxiety. The two great nations are democracies, and a democracy is not a thing that runs by itself because it is a democracy. It is not a machine whose failure is inconceivable simply because it is drawn upon judicious lines. Democracy is one of the most difficult forms of government to work that the world has ever devised, although it is the culmination of all the political expression of the past. Do not believe that on that ground it is an easy experiment to carry to a successful issue. You on your side of the water and we on this side of the water will equally find that the problems which democracy presents are not simple, not easy of solution, are not going to solve themselves, but require the ardent and self-sacrificing patriotism of the very best men of the community everywhere to see that the will of the people shall indeed move along the lines which are in the direction of true progress, and not mere clap-trap and shibboleths. (Cheers.) Though I do not suggest that the issue is doubtful, though I look forward with convinced optimism to the result of the work now being done here and elsewhere with these great communities, I never conceal from myself, and I do not wish to conceal from any audience, that the difficulties of carrying out that issue successfully are great, and are not diminished, and that unless the men of light and leading to use an old phrase, really throw themselves heart-whole into the struggle both the American and the British Empire may find that, while the word progress is perpetually on our lips, we yet are face to face with danger and difficulties of which the solution may escape even the wisest. (Cheers.)

WHAT TO DO IN HOT WEATHER

Reduce the Heat Production and Increase the Heat Loss—Workings of the Body.

IN OUR efforts to keep cool in summer, we are reminded that we should take account of two factors—that the body is continually producing heat itself, and that it is also throwing off or losing heat. The problem, then, is to reduce the heat-production and increase the heat-loss. Nature shows us how, and to a certain extent forces us to do this, says a writer in the June Dietetic and Hygienic Gazette (New York), and he goes on to explain the details of the process. The sources of bodily heat, he says, are internal and external. The internal heat-production results from chemical changes within the body, partly by the activity of the heart, partly by the digestive apparatus, partly by the respiratory machinery, but by far the largest amount in the involuntary muscular system. The greater the muscular activity, the larger the heat-production, but, even when we are apparently at rest, half the heat-production of the body goes on in the involuntary muscles in connection with the contraction which goes on constantly. In hot weather this involuntary production is a minimum, and, in consequence, we feel relaxed and "like a dish-rag." The heat produced by the digestive, respiratory, circulatory, and excretory organs is also lessened, provided we follow the guidance of instinct by eating only what nature demands. Further:

"For the dissipation of the body heat nature furnishes internally, first, the dilation of the vessels of the skin and the spreading out of more blood to cool, and second, the sweating-apparatus by which, through evaporation, she lowers the temperature of the skin and of the blood within it. Additional aids for cooling the body, governed by volition, are: avoidance of the sun and other resources of heat, the use of currents of air, the taking of cold baths, the use of cold food or drinks, and the reduction in quantity and change of quality of clothing.

"We can not, fortunately, control the involuntary machinery for either production or elimination of heat, but we can do much toward keeping cool through a sensible regulation of the voluntary factors. We are inclined often to sneer at our southern cousins for their sluggish ways and their summer siestas, and yet they do but follow nature's leading in methods of reduction of heat-production through checking of metabolism in the voluntary muscles. That reduction reaches a minimum in the horizontal position and in sleep, and if we could afford to make a business of keeping cool we would best imitate their example. Indeed, those who live in a hot climate long are forced to do this.

"It would seem to be unnecessary to so much as mention the avoidance of external heat as a voluntary means of keeping cool, but there are those who conceive the mistaken opinion that unnecessary exposure to the July sun, with consequent tanning and burning of the skin, is somehow a beneficial thing, even if we do suffer more or less in the process."

The development of heat within the body, the writer goes on to say, can be further reduced by using both meat and drink in the minimum degree demanded by true appetite. The needed volume of food is well supplied by the indigestible portions of vegetables and fruits, and fats should not be so much in evidence. Liquids should be kept at a minimum, for water over and above the needs of the body does not aid the sweating-apparatus, and the reduction of temperature from a pint of ice water in excess of metabolic needs, will be more than counterbalanced by the heat produced in getting rid of this overplus. The writer goes on:

"For getting rid of body heat most people know enough to go in out of the sun and to search for a breeze, natural or artificial. Circulating air hastens the loss of heat, both by radiation and evaporation—helps them so greatly that we must beware any sense of chill, as a warning that heat loss is proceeding too rapidly. We must also be sensible and note nature's warning in the use of cold baths. It is hardly to the purpose to remain in cold water so long that the body must bring her emergency heat-producing machinery, namely, shivering, into play. Nature must also be consulted in the use of iced drinks, a sense of discomfort, a bad taste, or a coated tongue should warn us that the mucous membranes can not stand such rapid chilling. Some persons seem to be able to take large quantities of ice water, with or between meals, without apparent harm, but we are not all built in that way.

"As for clothing, that which is thinnest and which enmeshes least air will give best results. Though there has been some attempt at discountenancing the use of white clothing, this color still wins out in practice and carries out the physical theory that it reflects rather than absorbs the light and heat-waves which reach it. The experiments with colored garments in tropical lands have not as yet been conclusive that they are of advantage.

"To summarize, we may make our prescription for keeping cool read as follows:

"Take thou of:

Muscular exercise—as little as possible.

Rest and sleep—as much as possible

Digestible foods—only a sufficient quantity.

Indigestible foods—sufficient for bulk.

Cold drinks—with care and moderation as to temperature and quantity.

Hot sun—a minimum amount.

Shade—a maximum amount.

Air in motion—enough for comfort.

Cold baths—not overdone.

Clothing—light shades, light weight, and of cloth which does not readily hold air among its fibers.

"In this day when it is becoming more apparent that mind is not a thing wholly separate and apart from the body, we must not fail to add to the above prescription the postscript that he who would keep at his coolest must also avoid those reactions of the brain which would make him 'stew,' grow 'hot under the collar' or 'boil over,' no matter what the provocative stimulus."

HOW TO OBTAIN A GOOD COLOR

A TREATMENT TO RESTORE THE BLOOD SUPPLY THAT HAS BEEN MOST SUCCESSFUL.

There is only this to tell people who are pale, weak and bloodless. You are pale and weak because you haven't enough blood, and you won't be better until your blood supply is increased. You should not lose any time in increasing your blood supply, for people who neglect anaemia often slip into a deadly decline. When you have increased your blood supply you can reasonably expect to have a good color, to have lost that tired, breathless feeling, to have a good appetite, and get good, nourishment from your food. Now the only quick and always effective way to get a supply of new, rich, red blood is to take Dr. Williams' Pink Pills. Every dose helps to make new blood, and this new blood coursing through the veins, brings health and strength to every organ and every part of the body, making weak, ailing people, bright, active and strong. This has been proved in thousands of cases, of which the case of Mrs. George Clark, Abbottsford, B. C., is a fair sample. Mrs. Clark says: "After spending two years and six months in a hospital, training for a nurse, I began to fail in health, was very pale, and the least exertion would leave me out of breath. After graduating I came to British Columbia to take up my profession as a private nurse. The first case I took I found I was not able to go on with my work. Doctors' tonics failed me, and acting on my own judgment I purchased a supply of Dr. Williams' Pink Pills. Before I had finished them I was really surprised at the result. The color came back to my face. I gained in strength, and by the time I had used nine boxes I was back at my work as a nurse. I have since married, but still have my friendly feeling for Dr. Williams' Pink Pills."

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A NEGLECTED SCOTTISH POET

Stevenson's Love for the Memory of Fergusson, Who Died in a Madhouse.

THOSE who are reading Stevenson's letters in the fine edition of Sir Sidney Colvin will be struck among other things with his devotion to the memory of Fergusson. Fergusson, it will be remembered, endured every privation and died young, and the shriek which he uttered when he realized that the building to which his friends had brought him was the madhouse, and which was caught up and echoed by all the inmates of that dolorous mansion, is one of the weird and painful things of literary history. He had many faults, and worse, perhaps, than his reckless conviviality was his neglect of his mother; nevertheless one who reflects upon his genius, his gallant and losing battle with adversity, and his cheerfulness and his tragic end—for, like one of Dickens' characters, he "died in the dark," on the straw pallet of his cell—feels that he was not to be measured by the standards of the average man and easily breathes the prayer formulated by Walter Mapes, "Deus sit propitius huic potatori."

But the feeling of Stevenson for the "poor, white-faced, drunken, vicious boy that raved himself to death in the Edinburgh madhouse" was not merely a blend of admiration and pity, but a fervent affection rising almost to the level of passion. When his prosperity came to him the thought of the injustice of the neglect of the "first Robert" "sat heavy upon him," and he proposed to repair the Canongate tombstone and prepared an inscription. He would have dedicated the whole Edinburgh edition to Fergusson's memory if he had not thought that his wife had a prior claim. He spoke of "my brother, Robert Fergusson." He had a great "sense of kinship" with him; "it looks like the transmigration of souls." "I believe Fergusson lives in me," he said. "I do; but tell it not in Gath; every man has these fanciful superstitions."

The mischief is that the essay which would have been the natural outcome of these feelings and which would have bettered Fergusson's position in the eyes of his fellow-countrymen was never written. Early in his career Stevenson planned a book on "Ramsay, Fergusson, and Burns," and much later, when Craibe Angus wrote offering to send out to Samoa a precious copy of the "Jolly Beggars" to receive his signature for purposes of exhibition, Stevenson begged him to collect all that he could of Fergusson's, and promised to write a preface to the volume. Neither enterprise came off. Grosart's book of 1898 did much for the unfortunate poet, and it is impossible now to speak of him as Campbell spoke, but an essay of Stevenson would have reached readers who never heard of Grosart. Alike with cultivated Scotsmen and with Scotsmen of the rank and file, consequently, Fergusson has hardly had his due. Cultivated readers have been too much under the influence of biographers of Burns, who in discussing that poet's debt to his predecessor have had no desire to magnify the latter. The ordinary Scotsman knows his poets chiefly by their songs, and Fergusson wrote none. Had Burns written no songs there would have been little general knowledge among the people of "The Twa Dogs," or even, except for the story and some memorable lines, of "Tam o' Shanter." Had Fergusson written one or two songs "The Tron Kirk Bell," "Leith Races," and "The Mutual Complaints of Plainstanes and Causey" would not be so ignored as they are.

Wire Wounds

Minard's Liniment Company, Limited:

My mare, a very valuable one, was badly bruised and cut by being caught in a wire fence. Some of the wounds would not heal, although I tried many different medicines. Dr. Bell advised me to use MINARD'S LINIMENT, diluted at first, then stronger as the sores began to look better, until after three weeks the sores have healed, and best of all, the hair is growing well, and is NOT WHITE, as is most always the case in horse wounds.

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DR. ANNA SHAW'S STRENUOUS CAREER

Endured Great Hardships to Put Herself Through College.

THE Rev. Dr. Anna H. Shaw, is a power in the United States of America. An "idealist and dreamer," to use the words of her parents—who would have expressed their beliefs better had they said "good-for-nothing"—she found an unsympathetic family circle. Whereupon she left home, with the fixed intent of educating herself, the which she did, spending four years in the theological and medical schools of Boston University. The hardships she had to endure during these days would have been enough to deter most girls, but not such as she. Living in a fireless attic, having to study in bed to keep warm; never having the money to buy food enough for a decent meal; scarce managing to keep herself respectably clothed; entirely supporting herself upon her meagre earnings as lecturer and preacher, for at many places she was paid nothing for her services—such were the hardships this girl faced so bravely.

Only One Samaritan.

On only one occasion, so says the New York "Sun," did she receive help from anyone. On that particular occasion she was discovered by a woman, with whom she was slightly acquainted, sitting on the stairs because she felt too weak to get to the top. So touched was the lady in question at these distressing circumstances that she borrowed straightway a considerable sum of money from a friend and gave it to Miss Shaw on the condition that she would make no attempt to find out to whom she was indebted. Upon graduating, however, she repaid the money through the friend, still quite ignorant of her benefactor's name. The medical course followed the theological, for Miss Shaw discovered during her missionary work in Boston that theology and gospel were of little use compared with material, practical help.

The Seed of Suffragism.

It was during her missionary work in the Boston slums that Miss Shaw first came to realize the defects of entire and autocratic man-rule. To think was to act with her, and only a very short time elapsed before she could be found speaking for the Massachusetts Suffrage Association. This was the sowing of the seed of her great national work in after days. On grounds of sex she was refused ordination by the Methodist Episcopal Church, in which she had often preached. The Methodist Protestant Church, however, received her, and today she is a member of a New York conference connected therewith. Sex was still a bar to higher progress in this quarter, unfortunately though no doubt fortunately from the point of view of the adherents of the Women's Suffrage movement, for she eventually decided to give up most of her time to the latter. In fine, the Rev. Dr. Shaw has made herself a great name in the land of her birth. She has spoken in almost every State in the Union, and has addressed both Houses of Congress. She was the first woman preacher in Berlin, Amsterdam, and also England, as an ordained minister.

AN ANCIENT CITY IN ARIZONA.

Still another "oldest city in the world" has been discovered. When an antiquarian found vases in Peru in ruins which were said to be 7,000 years old it was imagined that the remains of early civilizations had been pushed as far into antiquity as they would ever go.

But a mining engineer has found the relics of a town in an Arizona tableland near Phoenix which he insists are at least 10,000 years old. The buildings are on a level stretch of country where neither silt nor wash was possible, and yet the ruins were covered with ten feet of prairie dust, which the discoverer claims required ages to accumulate.

The buildings of sandstone show great architectural skill, and in the walls were found a box of cotton bolls and a sealed jar of corn, both well preserved. The Arizona climate does not permit the growth of cotton in the present age, so it is assumed that sufficient time must have elapsed since the cotton which he found was grown to have wrought a complete change in the character of the country.

It is believed that the race which built this town was possessed of a high civilization from the abundance of artistically wrought pottery and that it subsequently was broken up by internal dissension and possibly degenerated into the cliff-dwelling tribes.

The Coronation Sermon

The Archbishop of York's Simple and Well-Judged Deliverance.

The Archbishop of York's coronation sermon was commendably brief. Choosing for his text the words, "I am among you as he that serveth," he said:

Let me try in the simplest words, for these are best at such a time as this, to interpret its message.

The sovereignty of service. The King is set to be the leader of his people in the service of God and man. He is the servant of God. From God's altar, in the symbols of sword and sceptre, of orb and crown, he receives his rule. It is a trust committed by a Master to His servant. Pray we for our king, that his strong trust in God may keep him faithful to God's great trust in him. He is the servant of the people. To be among them as he that serves—among the people in his homeland, among the multitudes of India, among the strong young nations overseas, as the one man raised above private and local interest to think of all, to care for all, to unite all in one fellowship in common memories, common ideals, common sacrifices—this is indeed, a kingly life. Pray we that God may give the king His grace to live it. At his side he will have the helmet of another ministry—of one who will uphold before the people the high and happy traditions of a Christian home and spread over their sickness, suffering, and toil the care and sympathy of a mother's heart.

But the king comes not alone to his hallowing. He bears his people with him. For the national life as well as for its representative this is a day of consecration. May this great people make and seal this day a covenant of service with our fathers' God: for in His service is the perfect freedom.

Lastly, we whose privilege it is to be present here are called, above all others, to follow our King in the service of his people. We stand at the threshold of our great and far-reaching changes. The cost of service may be manifold sacrifice. But there is one thing that abides unchangable; it is the claim of our Mother to the Royal devotion of her sons and daughters. Let us meet the unknown future with the high resolve that, whether here at home or in the new lands across the seas, we shall be found, please God, among the people as those that serve. Wherefore to our God and our King we offer that homage which to each is due. "Faith and Truth we will bear unto them, to live and die. So help us God."

Chinese Chow Dogs Cheap

And No Trouble to Get Them When the Tourist Knows How—Prize Dogs a Gamble.

IT is quite natural for any one interested in chow dogs to think that once he found himself in China, he would only have to choose among quantities of chows of every color, age and size to find himself the possessor of some really good specimens. This, however, is not the case; it is a much more difficult thing to import a chow from China than any one who has not been there would suppose.

They are to be found, however, only it is more of a gamble than anything else, as the Chinaman takes no particular interest in the chow, or, as they call them, "watch dogs," and does not try to breed good ones, but simply accepts them as they happen to be, and either makes use of their peculiar nature by keeping them for watch-dogs, or sells them, when they are five or six weeks old, to be eaten like little pigs. The name "chow" is taken from the Chinese word for food.

The only places in China to buy chows are Hong Kong and Canton, for although they come from the interior they do penetrate to the fringe of civilization excepting through Canton, and they are brought there by the West river, which runs into the Pearl river, and eventually lands these semi-wild dogs in Canton, which is in itself probably the most uncivilized city in the world. So it is hardly strange that the average chow in China is not the sweet fireside companion that we find in European dogs; although given a proper chance there is no dog more affectionate; and their strange shy natures and wild instincts only make them more attractive.

In China it is difficult to buy a full-grown chow who is good-tempered and in good condition, so, in choosing one to import, one is limited to puppies, five or six weeks old; and this, added to the fact that there is no sort of pedigree, makes the chance of buying a prize dog about equal to that of putting one's hand in a bag and picking out the winning number.

In looking for chows in Hong Kong one must go to the bird shops that are to be found near the market, where they always have puppies for sale. They are all fascinating at that age, and if one does not find many to choose from it is only necessary to state what is wanted, and more fluffy balls will appear the next day, any one of which can be bought for two Mexican dollars, which in China is equal to about one American dollar.

But as all the chows come from Canton, the best way is to visit this unique place, which every traveller must want to see aside from any interest in chows. On arriving there it is a very simple matter to tell the guide that one wishes to buy a chow dog, and one word let fall seems to reach all the necessary quarters in a truly eastern way; so that when a tourist has made the usual round of sights and shops, he finds himself at the market place, where two or three baskets full of chow puppies are waiting to be inspected, and among these he can usually find some promising specimens.

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