

PEE'S VICTIMS

Miserable and a Prey
in Many Forms.

starts with a sneeze—
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Williams' Pink Pills. It
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Pink Pills a splendid
Pills of this kind."
Pink Pills are a
erve-restoring tonic,
cure anaemia, in-
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and partial paralysis.
st medicine in the
ailments of girlhood
Sold by medicine
il at 50 cents a box
\$2.50 from the Dr.
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Health Talks.

POWER THROUGH REPOSE.

(By Annie Payson Call.)

(Continued.)

Few who pretend to rest give up entirely to the bed, a dead weight, letting the bed hold them, instead of trying to hold themselves on the bed. Watch, and unless you are an exceptional case (of which happily there are few), you will be surprised to see how you are holding yourself on the bed, with tense muscles, if not all over, so nearly all over that a little more tension would hardly increase the fatigue with which you are working yourself to sleep.

The spine seems to be the central point of tension—it does not give to the bed and rest there easily from end to end; it touches at each end and just so far along from each end as the man or woman who is holding it will permit. The knees are drawn up, the muscles of the legs tense, the hands and arms contracted, and the fingers clinched, either holding the pillow or themselves.

The head, instead of letting the pillow have its full weight, holds it self unto the pillow. The tongue cleaves to the roof of the mouth, the throat muscles are contracted, and the muscles of the face drawn up in one way or another.

This seems like a list of horrors, somewhat exaggerated when we realize that it is of sleep, "Tired Nature's sweet restorer," that we are speaking; but indeed it is only too true.

Of course cases are not in the majority where the being supposed to enjoy repose is using all these numerous possibilities of contraction. But there are very few who have not, unconsciously, some or two or half-dozen nervous and muscular strains; and even after they become conscious of the useless contractions, it takes time and watchfulness and patience to relax out of them. The habit grows upon us. One would think that even though we go to sleep in a tense way, after being once soundly off Nature could gain the advantage over us, and relax the muscles in spite of ourselves; but the habits of inheritance and of years are too much for her. Although she is so constantly gracious and kind she cannot go out of her way, and we cannot ask her to do so.

How simple it seems to sleep in the right way, and how wholesome it is even to think about it, in contrast to the wrong way into which so many of us have fallen. If we once see clearly the great compensation in getting back to the only way of gaining restful sleep, the process is very simple, although because we were so far out of the right path, it often seems slow. But once gained, or even partially gained, one great enemy to healthful, natural nerves is conquered, and has no possibility of power.

Of course the mind and its rapid and misdirected working is a strong preventive of free nerves, relaxed muscles, and natural sleep. "If I could only stop myself from thinking," is a complaint often heard and reason or philosophy does not seem to touch it. Even the certain knowledge that nothing is gained by this rapid thought at the wrong time, that very much is lost, makes no impression on the overwrought mind,—often even excites it more, which proves that the trouble, if originally mental, has now gained such a hold upon the physique that it must be attacked there first. So the nervous power must be brought to a wholesome state which will enable the body to live according to the true philosophy, when the mind can acknowledge it.

If you cannot stop thinking, do not try; let your thoughts steam ahead if they will. Only relax your muscles, and as the attention is more and more fixed on the interesting process of letting-go of the muscles (interesting, simply because the end is so well worth gaining), the mass of thought find less and less to take hold of, and the machinery in the head must stop its senseless work-ing, because the mind which allow-ed it to work has applied itself to something worth accomplishing.

The body should also be at rest in necessary reclining in the day, where of course all the laws of sleep apply. Five minutes of complete rest in that way means greater gain than an hour or three hours taken in the usual manner. I remember

watching a woman "resting" on a lounge, propped up with the downiest of pillows, holding her head perfectly erect and in a strained position, when it not only would have been easier to let it fall back on the pillow, but it seemed impossible that she should not let it go; and yet there it was, held erect with an evident strain. Hers is not an unusual case, on the contrary, quite a common one. Can we wonder that the German doctor thought he had discovered a new disease? And must he not be already surprised and shocked at the precocious growth of the infant monster which he found and named? "So prone are mortals to their own damnation, it seems as though a devil's use were gone."

There is no better way of learning to overcome these perversions in sleep and similar forms of rest, than to study with careful thought the sleep of a wholesome little child. Having gained the physical freedom necessary to give perfect repose to the body, the quiet, simple dropping of all thought and care can be made more easily possible. So we can approach again the natural sleep and enjoy consciously the refreshment which through our own babyhood was the unconscious means of giving us daily strength and power for growth.

To take the regular process, first let go the muscles,—that will enable us more easily to drop disturbing thoughts; and as we refuse, without resistance, admittance to the thoughts, the freedom from care for the time will follow, and the rest gained will enable us to awaken with new life for care to come. This, however, is a habit to be established and thoughtfully studied; it cannot be acquired at once. More will be said in future chapters as to the process of gaining the habit.

OTHER FORMS OF REST.

Do you hold yourself on the chair, or does the chair hold you? When you are subject to the laws of gravitation give up to them, and feel their strength. Do not resist these laws, as a thousand and one of us do when instead of yielding gently and letting ourselves sink into a chair, we put our bodies rigidly on and then hold them there as if fearing the chair would break if we gave our full weight to it. It is not only unnatural and unrestful, but most awkward. So in a railroad car. Much, indeed most of the fatigue from a long journey by rail is quite unnecessary, and comes from an unconscious, officious effort of trying to carry the train, instead of allowing the train to carry us, or of resisting the motion of the rapidly moving cars which is often restful rather than fatiguing, if we will only let go and abandon ourselves to it. This was strikingly proved by a woman who, having just learned the first principles of relaxation, started on a journey overstrained from mental anxiety. The first effect of the motion was that most disagreeable, faint feeling known as car-sickness. Understanding the cause, she began at once to drop the unnecessary tension, and the faintness left her. Then she commenced an interesting novel, and as she became excited by the plot her muscles were contracted in sympathy (so-called), and the faintness returned in full force, so that she had to drop the book and relax again; and this process was repeated half-a-dozen times before she could place her body so under control of natural laws that it was possible to read without artificial tension asserting itself and the car-sickness returning in consequence.

The same law is illustrated in driving. "I cannot drive, it tires me so," is a common complaint. Why does it tire you? Because instead of yielding entirely and freely to the seat of the carriage first, and then to its motion, you try to help the horses, or to hold yourself still while the carriage is moving. A man should become one with a carriage in driving, as much as one with his horse in riding. Notice the condition in any place where there is excuse for some anxiety,—while going rather sharply round a corner, or near a railroad track. If your feet are not pressed forcibly against the floor of the carriage, the tension will be somewhere else. You are using nervous force to no earth-

ly loss. Where any tension is necessary to make things better, it will assert itself naturally and more truly as we learn to drop all useless and harmful tension. Take a patient suffering from nervous prostration for a long drive, and you will bring him back more nervously prostrated; even the fresh air will not counteract the strain that comes from not knowing how to relax to the motion of the carriage.

A large amount of nervous energy is expended unnecessarily while waiting. If we are obliged to wait for any length of time, it does not hurry the minutes or bring that for which we wait to keep nervously strained with impatience; and it does use vital force, and so helps greatly toward "Americianitis." The strain which comes from an hour's nervous waiting, when simply to let yourself alone and keep still would answer much better, is often equal to a day's labor. It must be left to individuals to discover how this applies in their own special cases, and it will be surprising to see not only how great and how common such strain is, but how comparatively easy it is to drop it. There are of course exceptional times and states when only constant trying and thoughtful watchfulness will bring any marked result.

We have taken a few examples where there is nothing to do but keep quiet, body and brain, from what should be the absolute rest of waiting. Just one word more in connection with waiting and driving. You must catch a certain train. Not having time to trust to your legs or the cars, you hastily take a cab. You will in your anxiety keep up exactly the same strain, as if you could help the carriage along, or as if reaching the station in time depended upon your keeping a rigid spine and tense muscles. You have hired the carriage to take you, and any activity on your part is quite unnecessary until you reach the station; why not keep quiet and let the horse do the work, and the driver attend to his business?

As a Family Medicine

For biliousness, constipation and kidney derangements Dr. A. W. Chase's Kidney-Liver Pills easily stand first.

Lots of suffering would be avoided and much serious disease prevented if every family did as the writer of this letter suggests. She has found out from experience with many medicines that there is nothing so good as Dr. A. W. Chase's Kidney Liver Pills as a family medicine for biliousness and constipation. Such diseases as Bright's disease, diabetes and appendicitis almost invariably arise from neglect to keep the liver, kidneys and bowels regular.

This emphasizes the wisdom of keeping Dr. A. W. Chase's Kidney Liver Pills constantly on hand. "For a long time I suffered from liver complaint and biliousness and could find nothing to help me until I used Dr. Chase's Kidney-Liver Pills. I have recommended these Pills to many of my friends and they have all been satisfied with the results. You can use this letter for the benefit of women who are suffering as I did."—Miss Julie Langlois, Manor, Sask.

One pill a dose, 25 cents a box. At all dealers or Edmondson, Bates & Co., Toronto.

Dr. A. W. Chase's Kidney-Liver Pills

Spoiling French Churches of Ancient Treasures.

"Some Parisians seem to have left the city for no other purpose than that of housing themselves in villas in which rich Parisians live during the spring and to bring back many interesting souvenirs of their visit when they return to Paris," writes a correspondent of the London Standard. Other apparently have gone to examine the antique goldsmiths' ware treasured in little Norman churches in the depths of the provinces, and their thirst for knowledge seems so great that they prefer not to abandon their studies when they return to Paris. Accordingly they bring back samples for their own examination and mental benefit, specimens which incidentally are the decoration of others, and sometimes gain for their owner a shakedown or two when he parts with them.

In 1904 visitors to the churches of France left things practically untouched—valuable articles were missed only in two or three cases. In 1905 six churches became less rich than before, in 1906 the number was doubled, and in 1907 34 churches gave notice that they had suffered from the visits of rats d'eglise.

This year there have been no fewer than 46 such cases, and the agitation in favor of better arrangements for the safekeeping of church treasures, which was begun when the Thomas robberies were discovered last year, has been renewed to greater purpose, although the solution of the problem does not yet seem to have been found. There is no doubt that the inhabitants of sleepy, isolated little provincial villages are much to blame for the losses which their churches suffer. And as in the depths of provincial France the cure is associated with his congregation in almost everything, although he is generally of a much better education, the cures also are much to blame. A better example of the inadequacy of the protection given to church relics could scarcely be found than

that which is given in the Journal where a correspondent describes a pilgrimage which he made to the little village of St. Viance, in the department of Creuze, which has recently been robbed of a famous and most valuable reliquary. The reliquary was in beaten and embossed copper, gilded and enamelled. Such is a summary description.

It is necessary to explain that it is a unique example of Gothic goldsmiths' work in order that it may be understood that this reliquary is worth many thousands of pounds. Even so long ago as when Gothic treasures had not a fifth of the value which they have today, as much as £8,000 was offered for the reliquary of St. Viance. Recently some knowing people, not wishing to disturb the villagers, entered the church at night time—the easiest thing to do, for the knowledge of the locksmith's craft has scarcely yet penetrated into Auvergne—and took away the reliquary, an operation which was scarcely more difficult.

Some distance outside the village they removed the shell of the reliquary—the intrinsically valuable part—and left the case containing the relics, which were undamaged, in some bushes near the highway. The correspondent of the Journal was greeted by the cure the other day with the question: "You are come to see the reliquary? Why, it has been found." A correcting interjection only served to set the good man delighting once more in the finding of the lost treasure. The case of the reliquary was found, he said, and the relics as well. "The relics are all that count with the people here," he went on. "You see, monsieur, the relics have come but with their seals untouched, trapped up as they were before, in a bag of white satin. That is the bells rung out for joy. The population is as happy as I am."

The cure also explained that it had been proposed that he should look after the relics with greater care and that he should house them in the presbytery. But he explained that the inhabitants of the village did not wish for this.

And so untold treasure is guarded in this way in little churches on the hillsides of Auvergne. In the meantime, the best examples of Gothic work increase in value from 15 per cent to 100 per cent a year. A reliquary sold by the church of La Guenue a few years ago for £10 brought more than £5000 in the Soltykoff sale. How to guard against the systematic robbery of these valuable archaeological curiosities and works of art is a difficult problem. The president of local archaeological societies in the provinces have proposed that such treasures as are not secured should be sent to Paris, where a special museum of ecclesiastical art and antiquaries should be founded. This sounds a harsh proposal, but if the depredations of the rats d'eglise are to be arrested, and if France is not to wake up some day with the greater part of her ecclesiastical treasures either mutilated or non-existent, or shining brightly on some foreign collection or other, this seems the only solution that can be adopted, unless the unpopular project for seven or eight local museums in the provinces be carried into effect.

AN AFTERTHOUGHT.

Why is it that our life seems full of wrongs
That even poets, who are human
birds,
Set saddest music to the saddest
words,
And mingle sighs and tears in all
their songs,
For Chaucer's marguerites still bloom
along
Our rustic fences, herdsman and their
herds
Know Shakespeare's cuckoo-cups,
and the new curds,
Are hard and white, and violet scent
is strong;
'Tis not because the gods are silent
all,
For in Sienna the Brigata held
Their revels, and joy's golden badges
were—
So sayeth sweet Folgore—carnival
Reigned blithe and jocund; HGiant
Thought has felled
The gay Page Laughter; there is
mirth no more.
—Maurice Francis Egan.

Afflicted for years with a Diseased Liver.

Mr. L. R. Devitt, Berlin, Ont., better known, perhaps, as "Smallop Bon," has

MILBURN'S LAXA-LIVER PILLS

He has also used them for his patients when nursing them, and it is a well-known fact that small-pox sufferers must keep the bowels well regulated. Read what he says:—"I have been afflicted for years with a diseased liver, and have tried all kinds of medicine, but of no avail until about four years ago I tried your Laxa-Liver Pills, and got instant relief. Since then I have nursed different patients afflicted with small-pox, and in each case I have used your valuable pills. "My wishes are that all persons suffering with stomach or liver troubles will try Milburn's Laxa-Liver Pills. I will advertise them whenever and wherever I have an opportunity and I hope that at any time I cannot get the pills, I will be fortunate enough to get the formula." Milburn's Laxa-Liver Pills are 35 cents per vial or 5 vials for \$1.00, at all dealers or will be mailed direct by The T. Milburn Co., Limited, Toronto, Ont.

THE LITTLE YEAR.

(By Mrs. M. E. Sangster.)
Just as the stroke of midnight,
When the snow lies white on the
hill,
The bells ring out from the steeple,

Time Proves All Things

One roof may look much the same as another when put on, but a few years' wear will show up the weak spots.
"Our Work Survives" the test of time.

GEO. W. REED & CO., Ltd. MONTREAL.

And the people cheer with a will;
Town and village are eager;
The little hamlets are gay;
For the Old year is departing,
And the New Year coes today.

"The Wing is dead," is their burden
As the bells peal forth their chime;
The little year is standing,
In the listening ear of Time.
Into the shadow and silence
Passes the weary and old;
The Year that has dropped its sceptre
Is gone as a tale that is told.

Sweet as a child that wakens
And holds out dimpled hands,
The little Year is standing,
A sheaf of gifts in his hands.
His hours are all unspotted;
His day have never a stain;
He comes with summer and winter,
With the sun, the dew and the rain.

What greetings real and loving,
What gifts have we in store,
To make this New Year fruitful
As never was Year before?
Shall we help our toiling brothers
In the grace of the fleeting days?
Shall we work in the sight of the
Master,
And fill the world with praise!

Since Yesterday's place is vacant,
And To-morrow is not here,
Shall we crown To-day with duty,
As we meet you, little year?
And thus shall our hearts be happy,
In the rose-time and the frost-time,
Come to our lives with you.

HERE'S A MESSAGE TO ALL WOMEN

Madame Letourneau Tells Them to Use Dodd's Kidney Pills.

Read Why She Gives this Advice and How She Was Relieved of Her Sufferings.

St. Paul du Buton, Montmagny Co., Que., Jan. 18.—(Special.)—It is a message of hope that Madame F. X. Letourneau of this place sends to the suffering women of Canada. "After my last child was born," she states, "I suffered with Kidney Disease which developed into Rheumatism, Sciatica and Backache. I was fearfully nervous. My limbs were heavy and I had a dragging sensation across the loins and pains in the back of my head and through the eyes. I was a perfect wreck. "Chancing to read that my symptoms were those of Kidney Disease, I began using Dodd's Kidney Pills and began to improve almost at once. Six boxes worked a complete cure."

Diseased Kidneys are the cause of nine-tenths of the ills that make life a burden to so many women in Canada. Dodd's Kidney Pills always cure diseased Kidneys.

The Message of the New Year.

I asked the New Year for some motto to sweet,
Some rule of life with which to guide my feet.
I asked and paused; he answered soft and low
God's will to know."

"Will knowledge then suffice, New Year?" I cried,
And ere the question into silence died,
The answer came—"Nay, remember, too,
God's will to do."

Once more I asked, "Is there no more to tell?"
And once again the answer sweetly fell—
"Yes! This one thing, all other things above,
God's will to love."

When it comes to comfortable and smart furs. The Chas. Desjardins & Co., establishment owns models that are unique in point of style and quality. 485 St. Catherine St. east, Montreal.

Ireland's Population Continues to Decrease.

The forty-fourth annual report of the registrar-general for Ireland shows that notwithstanding the efforts of Parliament to lessen the desire to emigrate, the absolute decrease in the population continues. In 1907 the excess of births over deaths was 24,408, but the loss by emigration amounted to 39,082, so that there was a decrease of 14,674 in the population during the year. In 1906 the emigration only amounted to 35,344, and taking the years 1897-1906, the average is below that of last year. The population of Ireland has now fallen to 4,377,964, the percentage of emigrants last year being 8.9. The marriages registered in 1907 were slightly below those of the preceding year—5.44 per 1000 as against 5.17.

Synopsis of Canadian North-West HOMESTEAD REGULATIONS

ANY even-numbered section of Dominion Land in Manitoba, Saskatchewan and Alberta, excepting 8 and 20, not reserved, may be homesteaded by any person who is the sole head of a family, or any male over 18 years of age, to the extent of one-quarter section of 160 acres, more or less. Entry must be made personally at the local land office for the district in which the land is situated. Entry by proxy may, however, be made on certain conditions by the father, mother, son, daughter, brother or sister of an intending homesteader. The homesteader is required to perform the conditions connected therewith under one of the following plans:

- (1) At least six months' residence upon and cultivation of the land in each year for three years.
- (2) If the father (or mother, if the father is deceased) of the homesteader resides upon a farm in the vicinity of the land entered for, the requirements as to residence may be satisfied by such person residing with the father or mother.
- (3) If the settler has his permanent residence upon farming lands owned by him in the vicinity of his homestead the requirements as to residence may be satisfied by residence upon said land.
- (4) Six months' notice in writing should be given the Commissioner of Dominion Lands at Ottawa of intention to apply for patent.

W. W. CORRY,
Deputy Minister of the Interior.

N.B.—Unauthorized publication of this advertisement will not be paid for.

NORTHERN Assurance Co'y

OF LONDON, Eng.

"Strong as the Strongest."

INCOME AND FUNDS, 1908

Capital and Accumulated Funds...\$47,410,000

Annual Revenue.....\$8,805,000

Deposited with Dominion Government for security of policy holders.....\$398,580

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ROBERT W. TYRE, Manager for Canada.

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Tel. Main 1539. Tel. Main 1539

FRENCH DEPARTMENT

N. BOYER, GHO. H. THIBAUT,
88 Notre Dame St. W., True Witness Bldg.
Tel. Main 1539. Tel. Main 5078

YOUR DANGER BEGINS WHEN YOUR BACK ACHES.

It is the First and the Sure Sign of Kidney Disease.

Doan's Kidney Pills

cure the aching back by curing the aching kidneys beneath—for it is really the kidneys aching and not the back.

They act directly on the kidneys and make them strong and healthy, thereby causing pure blood to circulate throughout the whole system.

Mrs. Frank Foss, Woodside, N.B., writes:—"I was a great sufferer with backache for over a year, and could get nothing to relieve me until I took two boxes of Doan's Kidney Pills and now I do not feel any pain whatever, and can eat and sleep well; something I could not do before."

Doan's Kidney Pills are 50 cents per box or 3 boxes for \$1.25 at all dealers or mailed direct on receipt of price by The Doan Kidney Pill Co., Toronto, Ont.

The births registered during 1907 amounted to 23.2 per 1,000, which is equal to the average rate per 1,000 for the years 1897-1906. It may be noted that the illegitimacy rate continued to fall. The number of illegitimate children born in Ireland in 1907 was 2564, or 2.5 per cent. The highest percentage was in Ulster, 3.3 per cent; the lowest in Connaught, only 0.6 per cent. These results bear favorable comparison with the returns for most other countries. The death rate in 1907 was 0.7 above that of the preceding ten years. There was a serious increase in the deaths from pneumonia; also an increase in alcoholic mortality.



It Cleanses

all kinds of clothes—

inures none.

Flannels washed with

never shrink.

Laces washed

with it are

preserved as

beirlooms.

It makes

child's play

of washday.

Keep in mind:

Surprise is a pure Soap.