THE DUTCH AS CLEAN PEOPLE Hague. Its fishing fleet is an impos-ing one and is best seen at night, when the boats are drawn up on the beach.

Land Where Water is Plenfound occasionally in which there is no partition between the living part of the house and the quarters where the fishermen begin to come to land, the women of the village walk down to the buch state is proverbial, the beach with their knitting in their control occasionally in which there is siderable distance. At night, when the fishermen begin to come to land, the women of the village walk down to the buch state is proverbial, the

In some respects the peasants of Holland are the most cleanly people not only inside but out, washing the bricks as high as the arm of the good housewife can reach, and if any trees happen to be growing close to the door, their bark is submitted to the same treatment. Every village is the scene of constant scrubbing from morning until night. And yet-let it be said softly—the report is that a lamentably long period elapses be-tween the personal baths of many mbers of the poorer classes. But however that may be, the whole country itself has a clean and wholesome appearance.

Of course, there is water every-As every schoolboy knows, the land is below the level of the sea, so that the safety of the dykes which hold the waters back is the paraconsideration at all times. There are the canals, too, a great network of waterways on which a large population makes its home. Forthe canal boats were drawn by dogs, but since the Government has forbidden that practice it is not uncommon to see a woman and her child tugging at the ropes, while the husband and master of the craft sits comfortably on the deck smoking his pipe Sometimes, too, the boats are poled along. They are always painted some gaudy color, for the Dutch people delight in cheerful hues.

The largest of the canals are big enough to accommodate ocean steamships, and the bulkiest vessels from America can sail right up to the wharves in Amsterdam as readily as though the city were on the seacoast. The locks on the canals are so large that a whole concourse of boats can be raised from one level to another. The barge people, 50,000 of them, live on their boats the year round. The family have comfortable quarters at the stern, and generally the wife of the owner has an excellent display of flowers, in which she takes great pride. There is usually a good deal of brass ornamentation about the barge, and it is a point of honor that this shall be kept shining like a mirror. Oftentimes the owner of the boat has several cages of birds, in which he seems to find a good deal of satisfaction. It's a comfortable enough existence which these people lead as they glide peacefully day after day through flat, green country, but it is not a good life for the children, for they have few opportunities for receiving an education -and in Holland, as elsewhere, the necessity of book learning is coming to be more and more appreciated. Some other form of motive power than the straining women and children must come before long, one feels sure,

Fortunately for the traveller who seeks the picturesque, the people of decidedly an unamiable speech, as this world may be shortened to the Holland still retain their national mode most speeches containing home truths sufferer. of dress for the most part. Modern are. ideas, or rather the ideas of other In like manner, perhaps, it is churleven though it cannot write musical the verb "regattare," which meant to ideas, or rather the ideas of other lands, are making themselves felt, ish to ask if the most fascinating and melodious poetess of our time deserves to a public affair in his wooden shoes, these being worn only about his work and in the fields. He has leasured work and in the fields. He has leasured work and in the fields. He has leasured work and in spring a relace where clean, sweet air that was given original to annot write musical verse—knows that for every carriage load of gally-dressed women whirling into the park, there is away behind a tenement full of pinched drudges who were like the English "regrate," to buy and resell provisions in the same market. However that may be, there is The and London Holland peasants—the men, that is—
you cannot fail to be "cheerful"! Side ginally to all alike—that for every ation of the name of today's amateur bave a curious habit of chewing and by side with those words one reads in gay dinner party and every crowd of fastival at Horland to the astonishing affiliation of the name of today's amateur fastival at Horland to the strength of the smoking at the same time, and the last week's papers of a porter going delighted shoppers, there is a little quid of tobacco is laid aside at times home from his work who finds lying army of tired, patient servers, the vicdead in the road his only son, killed tims, not of Providence, but of their by a vanished motor car, and of a pinched woman with bandaged head. No thoughtful heart can fail to realfor future reference. This double use of tobacco at the same time seems a bit wasteful, though the Dutchman is thrifty enough as a rule.

who asks the magistrate to let off the ize that the greater the luxury and husband who struck the brutal blow. gaiety on the one hand, the greater on Religion is not at high ebb in the Every day the year round and the centhe other is the labor and the drudcities, and many of the well-to-do people go to church only occasionalwith such incidents as these, and with ful brain does not trouble about this: In the villages, however, everyeven greater sorrows and sufferings, it is all in "the scheme of things!" body turns out in best attire on Sun-Whilst "delightful" London teems with But to the thoughtful heart it is an day morning. A woman acts as usher big, handsome hospitals (of which we unceasing ache that precludes any on cold days provides the memare proud instead of ashamed!), pack- possibility of cheerfulness in bers of her sex with little stoves to ed to the roof with piteous sufferers wealth-ridden cities. Can any but the keep their feet warm. Sometimes these stoves smoke atrociously, and the good of their fellow-creatures or of their with the superficial prettiness of the women protect their nostrils from the own shortcomings. A lovely world, poisoned buttercup and poppy? With own shortcomings are their handkerchiefs which my masters, truly! are held to their noses, and perhaps the madding crowd—I grant freely; cry of little children, of over-burdened the nose of some neighbor who has but this world—kingdom of a prince women, of overworked men, and of illhandkerchief or cologne. Two collections are generally taken, and the sermon is sure to make up in length

what it lacks in brilliancy.

The farmers of Holland are very fond of their sleek black and white cows, and on some of the farms family and cattle live under the same roof. The single partition between the stable part of the building and the living rooms does not prevent an unmistakable odor from making itself known. Farmhouses are even to be

Mr. Herman Dying of Stone in the Bladder

Gin Pills Passed the Stone

513 James Street, Hamilton. "Four years ago I was taken down with what the doctors called Inflammation of the Bladder—intense pains in the back and loins, great pain and difficulty in urinatpain was greatest in the re-the bladder, and the attacks, gion of the bladder, and the attacks, which became more frequent, amounted to unbearable agony, and I became so weak that I could not walk across the floor. Doctors could do nothing to help me. My wife read in the paper about Gin

ills, and sent for a box.
"From the very first I felt that Gin Pills were doing me good. The pain was relieved at once, and the attacks were less frequent. In six weeks the Stone in the Bladder came away, and the pain stopped ity's. It is his to enable him to bear entirely. I have had no return of the burdens of others, and, in so far trouble, and have not lost a day's work as he uses his giant strength in help-on account of it. I cannot express my-ing the weak over the rough places of to vanquish the Boers. History does not on account of R. I cannot express myself strong enough when I speak of what
Gin Pills have done for me. When I remember how I suffered, and how now I
member how I suffered and how now I
member how I s am healthy and well and strong, and able to do a full day's work, I feel I should one most in favor. In captivity he bespeak and tell other sufferers of my ex-perience and of the wonderful merits of Gin Pills."

JOHN HERMAN. You don't have to buy Gin Pills to test them. Simply write The National Drug and Chemical Company, Depart-G, Toronto, and a free sample will be sent you by return mail. When you have used the sample and feel that last you have found the remedy that will do you good-then buy a box of Gin Pills at your dealer's-50 cents x, six for \$2 50. Remember, please, that Gin Pills are sold on a positive uarantee of a cure or your

where else on her domain. The hay to look especially clean by an applicator the cattle is kept in a loft overhead and the rafters in the living ry clatter as they go. Holland are the most cleanly people room are hung with smoked meat. In the world. They scrub their houses There are times when the meat is particularly well smoked, for some of the They must always be at work of some houses have no chimney, and the smoke kind, and it would seem as if more from open fires finds its way out as best it can.

A Dutch funeral in the rural districts is enough to give one the blues for a month. The hearse is draped the hearse is adorned with grinning gospel of work and of cleanliness holds long, slow march to the cemetery is ting is always at hand, and the placid taken up.

for the bulbs which she produces. The years of keeping the house, seems enpeople are very proud of their tulips, tirely satisfied. The Dutch housewife representations of which are often seen isoldom breaks down from worry over if we are just 20 years of age, our carved on household articles, worked into the quilts and even reproduced on the women's stockings.

Nowadays every visitor to Holland feels, of course, that he must linger buildings, the pictures and the scenes of picturesque Holland, a glimpse which shall long be a happy memory, let him bourney to the old fishing village of Scheveningen, not far from The Interior. IS IT A LOVELY WORLD?

ding Crowd Only.

London Daily News as follows:

Ellen Tighe Hopkins writes to the

Each has a number, and these are painted on the sides in such large figgood housewife's pride compelling her hands to meet them. They wear their to scrub as faithfully there as any- wooden shoes, some of which are made

Industry is characteristic of th women of Holland in all walks of life. knitting needles must be used in Holland than in any other country in the

world.

The homes of the middle-class Dutch in the cities and towns are much heavily in black and the driver wears more pretentious than those which large black hat. Not infrequently belong to the peasant class. But the skulls, and it is said that formerly the equal prominence there. The walls horses were purposely shod in a man- and the floor are immaculately clean. ner which would make them go lame. The pewter and the pottery artistic-The funeral is always held at the ally displayed are polished to the last close of day and attended by a large degree. The linen is spotless. The number of the villagers, food and drink home, especially at tea time, is a debeing served at the house before the light to visit, but the inevitable knitnousewife, broad of girth and with lit-Holland is famous the world over the pretence to beauty after a few tainty, just what our chances are of representations of which are often seen seldom breaks down from worry over household cares.

Many of the women in Holland are, however much better educated than would at first appear. French English are widely spoken, and the at The Hague, the city which has been literature of these two languages is made world famous as the seat of the read very largely. Better acquaintance tribunal which is making for peace between the nations of the earth. The brings surprise at their common sense to the higher class than 1 chance in 100.

If we have reached 30, our chances to reach 40 are nearly 11 to 1; to be 50, nearly 4½ to 1; to be 60, 2 1-8 to 1; and the wide range of their knowledge. to be 70, 41/2 chances in 10; to be 80, which the stranger is sure to see there Among the lower classes there is a 1 change in 5½; to be 90, 1 chance have often been described. If the willingness to learn, providing you, in 100. traveller wants to get a real glimpse who undertake to teach them, can al-

ing of God's beautiful cattle.

The heart of the poet or poetess-

"I cannot help it if I was born with rhythmic expression, but it aches all

of gaiety. And she said it with a and luxury and gaiety of cities-and

gratified smile, evidently much pleased the heart that may not be able to ex-

with the idea that she was of a sunny press itself in fascinating verse or nature. "I should call you a nature picture, and that lives amongst us un-

that loves basking in the sun," I re- noticed and unknown will be doing a

rlied, with the plainspokenness of a greater work in the powerful realms near relation. "A sunny nature makes of sympathy and thought by sending

sunshine for others rather than for it- forth an unending stream of silent

self at the expense of others." It was petition that the way of bitterness in

round this "lovely" world teems gery and the suffering. The thought-

That this earth is lovely-far from and very close behind-is the hungry

the Rockefellers are the real rulers of humanity. They make wars and con-clude peace. They construct tariff walls between the different countries or pull them down. Armies and fleets move at their word. Some of them are crueller than the giants of ancient fable—more insatiable. The majority, however, are realizing that their strength is not their own. It belongs to humanity. While this is an age of large fortunes, it is equally an age of philanthropy. Individually and collectively men are learning that "mightier far than strength of nerve brute; the giant under its influence becomes a burden carrier, delighting to help others bear their crosses.

JUST HOW LONG WILL YOU LIVE?

Just How Many Chances Any Individual at Any Age Has of Living Longer.

After we are dead it probably will not concern us whether we died at 20 or 50 or 90, but just now most of us are intensely interested in the matter, and, being average persons in sound health, we can figure out with cerreaching any particular age, says Har-

chances of living to or beyond 30 are nearly 12 to 1; of living to 40, 5 3-8 to 1; to be 50, 3 to 1; to be 60, 1 2-3 to 1. Of living to be 70, we have less than one chance in 2½; to be 80, less than one chance in 5½; and to be 90,

The average man of 40 has 8 3-8 chances to 1 of reaching his 50th birthday, 2 7-8 chances to 1 of attaining 60, only 5 chances out of 10 of reaching 70, 1 chance in 5 3-8 of reaching 80, and 1 chance in 100 of becoming 90. Having been lucky in all the drawings up to 50 years, the average man has 4 7-8 chances to 1 of becoming 60, to become 70 the chances are 1 1-4 to in his favor; to become 80 he has but 1 chance in 5, and to become 90, 1 Ellen Tighe Hopkins Doesn't ness can never be lovely, because the chance in 100.

If already 60, the average citizen Think So—The World is phorically as large as the tall of has 2 chances to 1 of becoming 10, 1 Halley's comet, knows that the love-liness of the world is only like the chance in 4 of becoming 80, and 1 chance in 66 of reaching 90.

The man of 70 has 3 chances in 8 of The man of 70 has 3 chances in 8 of the coming 10, 1 has 2 chances in 66 of reaching 90.

neath whose golden petals lies a becoming 80 and 1 in 50 of becoming sneaking poison for the subtle harm- 90. If one has weathered the storm until The large understanding heart has his 80th birthday, he has 1 chance in not often the gift of musical and 17 of reaching his 90th mile post. It will be observed that as we get a sunny nature," said a young married the time and yet again with sympathy older our chances of reaching 90 in-

girl to me once in excuse of her love lies beneath and behind the comfort A CURIOUS WORD.

> One might guess forever as to the origin of the word "regatta" and never get anywhere near it, without some knowledge both of Italian and the wonderful ways of words in all languages. It was the Venetians who specialized its meaning to "boat race." Before that it had signified a strife or contention for mastery of any kind. And "regatta" in that earlier sense came from festival at Henley to the commonest

DESPISE NOT THE OLD.

Recent experiences demonstrate that in the matter of transportation it is not wise to despise the old things utterly with the advent of the new, for necessity may impel us to return to the methods neglected, if not discarded. The canal

cod-fish are caught yearly on the coast of Norway, from the livers of which we get Cod Liver Oil.

Only the best of this oil is used by SCOTT & BOWNE in the production of their celebrated

Scott's Emulsion

The skillful combination of this Oil with Hypophosphites makes a food-medicine unequalled in the world for building up the body. Druggists Send 10c., name of paper and this ad. for our beautiful Savings Bank and Chiid's Sketch-Book. Each bank contains a Good Luck Penny.

SCOTT & BOWNE, TORONTO, ONT.

Palpitation of the

One of the first danger signals that fast coming into its own. New York announce something wrong with the heart | State has rehabilitated its old Eric wateris the irregular or violent throb. Often way, and now three states of the middle there is only a fluttering sensation, or an west are jointly planning for a canal "all gone" sinking feeling; or, again, there may be a most violent beating, with climinating a long haul around the northflushings of the skin, and visable pulsations of the arteries.

There may also be experienced a emothering sensation, gasping for breath, and feeling as though about to die. In all such cases the action of Milburn's Heart and Nerve Pills in quieting the heart and restoring it to its normal beat, is, beyond all question marvellous, as our thousands of testimonials will show.

Mrs. Martha Mason, Marlbank, Ont., writes:- 'Just a few lines to let you know what Milburn's Heart and Nerve Pills have done for me. I have been troubled with weakness and palpitation of the heart, would have severe choking spells and could scarcely lie down at all. I tried many remedies but got none to answer my case like your pills did. I can recommend them highly to all with heart

Price, 50 cents per box, or 3 boxes for \$1.25 at all dealers, or mailed direct on receipt of price by The T. Milburn Co., Limited. Toronto. Ont.



Your Guide and Safeguard



Your Guide

Do you want the softest and most delicately perfumed Talcum Powder? Buy NA-DRU-CO Talc.

Are you looking for a pleasant flavored, economical dentifrice, that will clean and whiten your teeth without harming them? You'll find NA-DRU-CO Tooth Paste exactly what you want.

Would you preserve and enhance the fresh beauty of your skin? Used NA-DRU-CO Toilet Cream. It is a true skin food, and quite harmless.

Is your hair losing its lustre? NA-DRU-CO Hair Restorer will bring back its natural color and vitality. And so on through the lengthy list of Toilet and Medicinal Preparations which you or your family need, your surest guide to quality and satisfaction is the NA-DRU-CO Trade Mark.

It is easy to recognize NA-DRU-CO preparations, for besides bearing the NA-DRU-CO Trade Mark, they are smartly dressed in a pleasing shade of red.

Your Safeguard

The NA-DRU-CO Trade Mark is your safeguard, too, as well as your guide. Behind it stands the National Drug and Chemical Company of Canada, Limited, with the largest wholesale drug business in Canada, and a Paid-up Capital of over Five Million Dollars, guaranteeing the absolute reliability of everything bearing the NA-DRU-CO Trade Mark.

When you buy NA-DRU-CO products you are certain of the purest materials, skilfully compounded by expert chemists. You are sure of articles which are the best that brains, organization and money can produce, and that will give you satisfaction.

If by any chance any NA-DRU-CO preparation

should not entirely satisfy you return it and your druggist will refund the full purchase price.

Ask your druggist, who is a man of standing in your community, about the NA-DRU-CO line. He is in position to tell you, for we will furnish to him, or to any druggist or physician in Canada, on request, a full list of the ingredients in any NA-DRU-CO preparation.

If your druggist hasn't the particular NA-DRU-CO article you ask for in stock, he can get it for you within two days from our nearest Wholesale Branch.

A Few NA-DRU-CO Favorites:

Ointment and Salves: Carbolic Salve Stainless Iodine Ointment

National Drug and Chemical Company of Canada, Limited

Wholesale Branches at: { Halifax, St. John, Montreal, Ottawa, Kingston, Toronto, Hamilton, London, Winnipeg, Regina, Calgary, Nelson, Vancouver, Victoria.

You can use direct or circulating heat for baking in oven Suppose you are baking in oven by circulating heat (the usual method) and want to use direct heat. Simply do this: Open the slide in the oven bottom. This exposes the oven burners and brings the flames directly under your pans. This is only one of the several new features you'll find on McClary Gas Ranges this year. Go to our nearest agency and see the white enamelled broiler and drip pans, the

spring balanced oven and broiler doors, Anti-Rust linings and other new features. You have your choice of eight different styles of McClary Gas Ranges. Each style can be supplied with or without two burner extension, oven therneater, reservoir, high shelf, high closet and canopy top. Can be changed from

artificial to natural gas in a

For Sale by J. A. Brownlee, Gas Appliance Co., J. A. Page.



INVEST YOUR MONEY SAFELY AT

be safe than sorry. Our 4 per cent Debentures are an asolutely safe investment. Interest halfyearly. \$2,000,000 assets as security

Agricultural Savings and Loan Co., 109 Dundas Street, London. Ont.=

towpath, which became a stock subject for jest, has been ennobled by the Suez and Panama undertakings, and in the

ANALYSIS OF present day of traffic complications is across country from Toledo to Chicago, ern sweep of the lakes. The steam locomotive proves to have been extremely premature with its threat

to relegate the canal to complete oblivion. Poky though that humble highway of traffic may be, the possibilities of its usefulness have only just begun to be discerned. Toledo and Chicago and the places between have extensive railroad facilities, and the proposed canal will cost a prodigious sum, but the need for additional means of transportation indicates that there is no limit to the trade of the country, nor to the value of a mode of commerce that not long ago seemed outdistanced and exhausted .-Omaha Bee

MINARD'S LINIMENT FOR SALE



awrence THE STANDARD OF PURITY

Laboratory of Provincial Government Analyst.

MONTREAL, 22nd February, 1909.

I HEREBY CERTIFY that I have drawn by my own hand ten samples of the St. Lawrence Sugar Refining Co's EXTRA STANDARD GRANULATED SUGAR, indiscriminately taken from four lots of about 150 barrels each and six lots of about 450 bags each. I have analyzed same and find them uniformly to contain 99-99/100 to 100 per cent of pure cane sugar, with no impurities whatever.

(Signed) MILTON L. HERSEY, M.Sc. LL.D. Provincial Government Analyst.

The St. Lawrence Sugar Refining Company Limited, Montreal.

we try to ignore! Alas, no! To an unused animals? A truly "lovely" world, derstanding heart a world of selfish- my masters.

O it is excellent To have a giant's strength; but it is To use it like a giant.

-is a source of universal admiration. girth and mighty of limb, that excites is true of both nations and individuals. fellows is the cynosure of all eyes. but desires strength of sinew and

muscle. possessor of it has an advantage over onies, her memory is a nightmare others. He can use it either for the She gave way before a power animatwelfare or injury of society. If he ex-ercises his strength in a tyrannous The United States when she subdued way, instead of being the most admired Spain, in her hour of victory she was of men, he is the most despised, and is generous. She took over Cuba and the known as a bully and a brute. His Philippines not for her own aggranstrength is not his own. It is human- dizement, but for their good, holding ity's. It is his to enable him to bear ing the weak over the rough places of one most in favor. In captivity he becomes docile; he returns affecton for affection, and a child can lead him. He has power to be an engine of destruction; instead he is a willing help-

O. it is excellent tyranno To use it like a giant,

er of men.

The passage:

is used in "Measure for Measure" not concerning physical strength, but regarding the exercise of vested power. And this guarantee is backed by A pleader is in the presence of a stern lesale drug house in judge whose unrelenting atitude calls

spires love. Shakespeare repeatedly forces on his reader the fact that there is something higher than justice in the o use it like a giant.

-Measure for Measure, Act III.. Sc. 2. | world. Mercy, love, "is mightiest in the mightiest." To have power is an excellent thing; to temper power with Strength-physical, mental, material mercy is a ruler's highest privilege. The abuse of power in the end usual-In the forest it is the oak, great of ly works out its own punishment. This enthusiasm. In the animal kingdom Take the example of Spain. Of her. the lion and the elephant attract the might have been said what Byron said most attention. In a crowd a man who of Persia: Men in nations and ships stands head and shoulders above his by thousands were hers. She is now the least among the European powers Strength is coveted; there is no man Spain had a giant's strength. She used it like a tyrannous giant. She bullied weaker powers. A giant's strength is excellent. The and crusned ner dependents in Cuba and the Philippines, her last great col-

them in tutelage until they would be able to govern themselves. England to vanquish the Boers. History does not present an example of as great generosity as she displayed towards the people she finally conquered. Her strength in men and ships is admirable, but the helping hand she has ex tended to the weak is divine.

Napoleon is a striking example of an individual with a giant's power. Through his gift for controlling men

There are many men who through their wealth have a giant's strength, In the twentieth century crowned kings are shorn of their power; in word if you want your money The judge has crushed out the man in his heart. Such a being never in- childs, the Morgans, the Rhodes and

white races are now realizing that they have a duty towards the weaker races

be subdued the half of Europe. He made a tyrannous use of his To have a giant's strength; but it is and his name is for the most part abhorred. He was "a vulgar conqueror,"
"the scavenger of Europe." His sins found him out, and he perished a miserable exile on a lore Atlantic