

"the only  
and original  
FRUIT  
SALT"



## Mothers! Watch your Children's Health

THE sparkling eyes, rosy cheeks and bright vivacity of childhood can only come from perfect health. Mothers! Watch carefully your children's health and train them into regular habits. There is no safer corrective or preventive of children's ailments than—

# ENO'S FRUIT SALT

Not only a delicious and cooling drink but a mild natural tonic-aperient. It acts gently upon the stomach and cleanses and purifies the system by natural means. Insist on "ENO'S"—the only genuine "FRUIT SALT."

Prepared only by  
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(9)

Beware of Substitutes



Listen to what Nurse  
WINCARNIS says about  
being  
"Run Down"

WHEN your system is undermined by worry or overwork—when your nerves are "on edge"—when the least exertion tires you—you are in a "run down" condition. Your system is just like a flower drooping for lack of water. And just as water revives a drooping flower—so WINCARNIS gives new life to a "run down" constitution.

WINCARNIS is a tonic, a restorative, and a blood maker combined in one clear delicious beverage. It does not contain drugs. It does not merely "patch you up"; it gives you new life and new energy for the day's work and pleasure.

# WINGARNIS

The Famous English Tonic

If you cannot obtain Wincarnis from your dealer, write to our Canadian Agent, Mr. F. S. BALL, 67 Portland Street, Toronto, who will send you the name of our nearest representative.

streams of his reserve. He pays profound interest as the missionary reads of mighty hunters in Biblical days, and how the Great Master cast a net into the waters of Galilean lake.

What transformation scene has been wrought in the Indian life?

### CHAPTER II.

The Indian in years not remote assembled great gatherings of his tribes in council. Many localities of Manitoba, to-day scenes of pastoral activity, have witnessed these meetings. As example, the banks of Assiniboine river in the vicinity of Holland and Treherne; Rock Lake, a frequent location; the butte of Pilot Mound. It is a matter of authenticity that from the apex of Star Mound, an elevation situate near Snowflake, Custer in 1862 addressed a huge concourse of "Braves" congregated to discuss difficulties in connection with certain tribes located adjacent to the frontier on the American side. The result of this conference may be termed disastrous; upwards of one hundred of its participants are known to be buried in the immediate vicinity.

The natural propensity of the Indian, in northern latitudes, such as yet prominently identified with the aboriginal life, was to hunt and fish. Amid density of the forest he would spend months in the chase and trap line. His limited stock of powder and shot was utilized to the highest advantage. The lone duck upon the creek was not attractive to him. Rather would he await the arrival of other birds and thus secure a number of the prey.

In early years of the last century, the bow and arrow constituted the Indian's weapon. Even to-day the Indian capability with the bow is unique; the writer has witnessed a young Cree discharge an arrow three times successfully into the keyhole of a door at thirty paces.

The trait of locality is of extreme development in the aborigine. He will be observant of various landmarks on his walk through the woods; a stone odd in appearance, moss covered rock will form the finger post for the return journey.

Another Indian asset is retentive memory; once his friend, that attachment is perpetual. A custom in the long ago was never to violate faith in any promise or undertaking with him. An important factor of the tribes was the medicine man, his knowledge of roots and herbs—the inheritance of father and son. He was frequently a practitioner of clairvoyancy and this deceived the unwary Indian by alleged mystical power.

The rebellion of 1885 formed an object lesson in which the potentiality of the Great Mother (the late Queen Victoria) was impressed upon the aboriginal populace. Beattie, now a resident of the Swan Lake Reserve, present at Baloché and Duck Lake engagements, officiated as the scout for General Middleton, commandant of the forces. Many facts related by Beattie would be remembered by members of the Ninetieth Winnipeg regiment who were present during the campaign.

As a computer of figures the Indian is a born mathematician. His skill and that of the squaw is noticeable in the bead work designs upon cloth. The Indian was given to superstition. The bones of larger game were treated after the fashion of his ancestry; the skull of a bear he hung up at the place the animal was killed; the bones of a beaver were returned to the stream. His squaw was not permitted to eat certain portions of bear or moose, and the Indian who subsisted largely on a fish diet, was not considered fitting the requirements of a warrior, rather was this honor donated to those of flesh eating propensity. The meat of various animals is not consumed by him; his partiality is for muskrat; the lynx is considered of epicurean characteristic; the white owl a favorite food. As a last resort only will an Indian appease the cravings of hunger with mink or otter.

The dances comprised forms in which war, sun, moon, rain, dog played prominent part. The Indian annually elected (this practice is in vogue to-day) a chief and four councillors for each reservation. At the annual Treaty Day a cash grant of twenty-five dollars is made to the chief; each councillor a lesser amount and blue coat with brass buttons; to the ordinary Indian is awarded five dollars, a similar sum for his squaw and each child. Hence Treaty Day is the most important feature of his calendar; at its conclusion the

Agent is addressed by various speakers (Indians are possessed of great oratorical ability); if requisite an interpreter's services are always in readiness. In 1821 the Hudson's Bay Company abolished the sale of liquor to the Indians who are yet preserved from the ravages of alcoholic indulgence by statute of the Dominion Government. The Indian races in so far as Manitoba is concerned, are not diminishing; recent statistics assert the contrary.

Let us briefly consider the Indian as he is to-day. He is a farmer, his house and 160 acres of land is within the reservations. A small percentage do not avail themselves of this opportunity. This class will annually decrease. The children receive every educational facility on the reserves; schools for such are located at Brandon, Elkhorn, Birtle, Portage la Prairie and other places. To-day, 1915 that which has been done for the Indian is telling its own story. Why such change in the aboriginal life, what its chief basis? It is only attributable to one factor, that is the Bible. The missionary has taught the Indian that Britain's emblem the Union Jack means protection and prosperity; he points to the flag waving over the school-house on the reserve as planted upon God's word. Now we have the reason for the transformation scene in the drama of Indian life, habits, morals. The statement is made that before the scriptures were carried amongst the Indians, such were a better people than at the present time. A deliberate falsehood; not alone a vile insinuation upon the Bible but to the Indian himself, whose life is being modelled into accordance with civilization through means of that Book. Let those who knew the Indian a quarter century since, speak of what Christianity has accomplished for him.

The writer in closing this article is compelled to refer to certain statements concerning the Indian in a book of recent publication: "Good Indians died years ago, in fact at the time people who did not know his character and thought to do him a good turn, invaded his reserves with the Bible. As a result the Indians have learned every evil device of the white man and none of his virtues."

Readers of The Western Home Monthly can rely from the experience of many men, the writer himself has lived with Indians in the Far North, that the book's claim is a base and deliberate falsehood! Rather can we rely on the 130th verse of the 119th writing of the Psalmist; "The entrance of Thy word giveth light, it giveth understanding unto the simple."

The Bible is responsible for the transformation scene in the Indian life. There is no other agency by which he has been brought out of darkness into the light of civilization. None.

### True Courtesy

Civility has been defined as benevolence in small things. This is well illustrated by an anecdote told of Gen. William Napier.

Taking a country walk one day, he met a little girl, about five years old, sobbing over a broken bowl, which she had dropped in bringing it back from the field to which she had taken her father's dinner. She said she would be beaten on her return home for having broken it.

With a sudden gleam of hope, she innocently looked up into his face, and said, "But zu can mend it, can't 'ee?" He explained that he could not mend the bowl, but he would give her sixpence to buy another. However, on opening his purse it was empty of silver, and he had to make amends by promising to meet his little friend in the same spot at the same hour the next day, and to bring the sixpence with him, bidding her tell her mother she had seen a gentleman who would bring her the money for the bowl the next day. The child, trusting him, went on her way comforted.

On his return home, he found an invitation to dine the following evening with someone whom he especially wished to see.

He hesitated for some little time, trying to calculate the possibility of going to meet his little friend of the broken bowl and still being in time for the dinner party; but finding this could not be, he wrote to decline the dinner invitation on the plea of a previous engagement, saying, "I cannot disappoint her. She trusted me implicitly."