

News from Ottawa

Continued from Page 4

Mr. White a man who will make a success of this most important of all departments. He has been a man of mark among financiers for many years and those who know him say that he will bring to his new duties a deep sense of responsibility and that the Big Interests, which in the opinion of some he is supposed to represent, will find in the new minister a zealous guardian of public rights. As a Liberal Mr. White has all along been an advocate of a moderate tariff and there is at least good reason to hope that individual interests looking for fresh concessions from the government will not find Mr. White so willing to concede to their demands as they may have reason to hope at the present time.

Against Government Ownership

Hon. Francis Cochrane, minister of railways, and the man who organized Ontario so effectively for the Conservatives during the campaign is one of the interesting personalities of the new Federal government. He was minister of mines in the Ontario government and is noted rather for administrative ability than for marked initiative capacity. He is not particularly friendly to the idea of government ownership of public utilities and is credited with having opposed Hon. Adam Beck's hydro-electric policy which has been the foremost success of the Whitney administration in Ontario. But under the leadership of Premier Borden the minister of railways may broaden out. A journalistic friend who has known Hon. Mr. Cochrane well for many years describes him thusly: "There is a touch of the north about the Honorable Frank. You feel that he would look more in his element in a coonskin coat and shoe packs than in a dress suit. There is not much about his own particular business that he does not know, and he can be relied on to find out as much about any business he may lay his hand to, or die in the attempt. Though now accustomed somewhat to camps and courts, and of course likely to become more so in his new sphere, he is still something of a frontiersman, wide of shoulder and mighty of arm, kindly of heart, slow of speech, a little shy and inclined to be silent."

TEN WEARY YEARS

OF STOMACH AND LIVER TROUBLE

CURED BY

MOTHER SEIGEL'S SYRUP

People whose stomachs are disordered, or whose livers or bowels are sluggish and irregular, often suffer for years for the need of such a gentle aid as the herbal tonic, Mother Seigel's Syrup. Moreover, for the lack of so simple and sure a remedy, they often suffer the most cruel tortures—severe pains after eating, splitting headaches, violent bilious attacks, dangerous and prolonged attacks of indigestion and many kindred complaints.

"For ten years or more," says Mr. Clannon, Point Michaud, Richmond Co., Nova Scotia, "I have suffered from severe constipation. I had terrible pains after eating and always a nasty taste in my mouth. I lost flesh and my skin was very yellow. I had violent pains in my back and loins, and my head would swim so badly that I could scarcely stand up. This went on for a long time, and I tried various remedies to get relief, but nothing seemed to do me any good."

"At last I was advised to try Mother Seigel's Syrup, which I did. After the first few doses I felt relief. My food seemed to agree with me, and I lost the dreadful pains in my back. I continued the medicine for about six months, and am now completely cured, and have had no return of the old trouble."

In his case, Mother Seigel's Syrup, through its special combination of herbal extracts, regulated the flow of bile fluid from his liver, toned up and strengthened the stomach, and gently assisted the action of the bowels. In other words, the medicine assisted the organs of digestion, so that they could do their natural work. That is all that Mother Seigel's Syrup ever does—no forcing of Nature—simply helping Nature. It will help you! Try it today!

The Nationalist Group

Of the three members of the Nationalist group in the cabinet Hon. F. D. Monk alone enjoys a national reputation. As Conservative leader in Quebec for several years and more recently as the leader of the Conservative-Nationalist element in the opposition to the late Liberal ministry, Mr. Monk received his share of advertising in the columns of the press. His exposition of the Bourassa point of view in regard to the navy and anti-Imperialism gave him particular prominence during the past two sessions. He ran his own course irrespective of the opinions of Mr. R. L. Borden, his nominal leader, and did not attend the Opposition caucus. By what process of give-and-take Premier Borden and Mr. Monk have managed to arrive on common ground of understanding little has been revealed. Consent on the part of Mr. Borden to dispose of the naval question by a referendum vote would be satisfactory to Mr. Monk, and his French Canadian colleagues. Consent on the part of Mr. Monk and his cabinet associates from Quebec to agree to a direct contribution to the British navy would doubtless be satisfactory to the Premier and his colleagues from the English speaking provinces. The general opinion is that if either of these solutions of the problem has been arrived at it is more likely to be the former than the latter. The situation is likely to be revealed shortly after Parliament meets, if not before, because the Opposition will naturally take immediate steps to ascertain what the new government proposes to do in regard to the tenders which have been received for the construction of the eleven ships which under the Liberal programme were to constitute the nucleus of a Canadian Naval service.

Hon. L. P. Pelletier, the new Postmaster-General, who ranks next to Mr. Monk in the Nationalist group is strongly opposed to a Canadian navy. Speaking at Montmagny some days after the election he said: "We have been elected on the ground that the Canadian people would have a navy only if the majority was willing to have it, and if the men now in possession of the power neglect to carry out this article of our program, we shall take means to have it carried." Mr. Pelletier is a man of considerable ability and some administrative experience. He has been provincial secretary and attorney-general of the province of Quebec. He was one of the leading bolters from the Conservative party in the Nationalist movement which swept over Quebec after the execution of Louis Riel, and has since been actively identified with the Nationalist wing of the party.

Hon. Wilfrid Bruno Nantel, the new minister of inland revenue, and the third Nationalist in the cabinet is not likely to create any great stir politically. He has had little experience outside of municipal affairs in the little French Canadian town of St. Jerome. He speaks English with difficulty and has never been regarded as a heavyweight in the house.

The Spoils of Office

At a convention held in Ottawa last night to nominate a candidate to contest Ottawa West for the Ontario Legislature the first open threats that the spoils system would be applied to the civil service were made: Mr. A. E. Frapp, the English speaking member-elect for Ottawa said: "We can't take the Parliament buildings and turn the people inside out, but any partizan in the public service will receive proper attention when the time comes. Dr. Chabot (the French Canadian member) and I have visited all the ministers, but Ottawa does not own all the government. There is the West to consider and the East besides, and Ottawa must not expect everything. Those who have been faithful to the party will receive proper consideration." The Evening Free Press in commenting on the speech says: "We are afraid that the new members for Ottawa, in their desire to placate those who would have the axe wielded indiscriminately, have forgotten that one of the planks of their leader's platform is the abolition of the system of 'doing the best we can for the loyal party men.'"

Mr. Frapp's speech has caused much apprehension on Parliament Hill amongst the members of the service, but the great majority of people believe that Premier Borden will not stand for unfair dismissals. Besides, there are few vacancies in the inside service that can be given

Why Man of To-day is Only 50 Per Cent. Efficient

By WALTER WALGROVE

If one were to form an opinion from the number of helpful, inspiring and informing articles one sees in the public press and magazines, the purpose of which is to increase our efficiency, he must believe that the entire American Nation is striving for such an end—

And this is so.

The American Man because the race is swifter every day; competition is keener and the stronger the man the greater his capacity to win. The stronger the man the stronger his will and brain, and the greater his ability to match wits and win. The greater his confidence in himself the greater the confidence of other people in him; the keener his wit and the clearer his brain.

The American Woman because she must be competent to rear and manage the family and home, and take all the thought and responsibility from the shoulders of the man, whose present-day business burdens are all that he can carry.

Now what are we doing to secure that efficiency? Much mentally, some of us much physically, but what is the trouble?

We are not really efficient more than half the time. Half the time blue and worried—all the time nervous—some of the time really incapacitated by illness.

There is a reason for this—a practical reason, one that has been known to physicians for quite a period and will be known to the entire World ere long.

That reason is that the human system does not, and will not, rid itself of all the waste which it accumulates under our present mode of living. No matter how regular we are, the food we eat and the sedentary lives we live (even though we do get some exercise) make it impossible; just as impossible as it is for the grate of a stove to rid itself of clinkers.

And the waste does to us exactly what the clinkers do to the stove; make the fire burn low and inefficiently until enough clinkers have accumulated and then prevent its burning at all.

It has been our habit, after this waste has reduced our efficiency about 75 per cent., to drug ourselves; or after we have become 100 per cent. inefficient through illness, to still further attempt to rid ourselves of it in the same way—by drugging.

If a clock is not cleaned once in a while, it clogs up and stops; the same way with an engine because of the residue which it, itself, accumulates. To clean the clock, you would not put acid on the parts, though you could probably find one that would do the work, nor to clean the engine would you force a cleaner through it that would injure its parts; yet that is the process you employ when you drug the system to rid it of waste.

You would clean your clock and engine with a harmless cleanser that Nature has provided, and you can do exactly the same for your self as I will demonstrate before I conclude.

The reason that a physician's first step in illness is to purge the system is that no medicine can take effect nor can the system work properly while the colon (large intestine) is clogged up. If the colon were not clogged up the chances are 10 to 1 that you would not have been ill at all.

It may take some time for the clogging process to reach the stage where it produces real illness, but

no matter how long it takes, while it is going on the functions are not working so as to keep us up to "concert pitch." Our livers are sluggish, we are dull and heavy—slight or severe headaches come on—our sleep does not rest us—in short, we are about 50 per cent. efficient.

And if this condition progresses to where real illness develops, it is impossible to tell what form that illness will take, because—

The blood is constantly circulating through the colon and, taking up, by absorption, the poisons in the waste which it contains, it distributes them throughout the system and weakens it so that we are subject to whatever disease is most prevalent.

The nature of the illness depends on our own little weaknesses and what we are the least able to resist.

These facts are all scientifically correct in every particular, and it has often surprised me that they are not more generally known and appreciated. All we have to do is to consider the treatment that we have received in illness to realize fully how it developed and the methods used to remove it.

So you see that not only is accumulated waste directly and constantly pulling down our efficiency by making our blood poor and our intellect dull—our spirits low and our ambitions weak, but it is responsible through its weakening and infecting processes for a list of illnesses that if catalogued here would seem almost unbelievable.

It is the direct and immediate cause of that very expensive and dangerous complaint—appendicitis.

If we can successfully eliminate the waste all our functions work properly and in accord—there are no poisons being taken up by the blood, so it is pure and imparts strength to every part of the body instead of weakness—there is nothing to clog up the system and make us bilious, dull and nervously fearful.

With everything working in perfect accord and without obstruction, our brains are clear, our entire physical being is competent to respond quickly to every requirement, and we are 100 per cent. efficient.

Now this waste that I speak of cannot be thoroughly removed by drugs, but even if it could the effect of these drugs on the functions is very unnatural, and if continued becomes apocryphal necessity.

Note the opinions on drugging of two most eminent physicians:

Prof. Alonzo Clark, M.D., of the New York College of Physicians and Surgeons, says: "All of our curative agents are poisons, and, as a consequence, every dose diminishes the patient's vitality."

Prof. Joseph M. Smith, M.D., of the same school, says: "All medicines which enter the circulations poison the blood in the same manner as do the poisons that produce disease."

Now, the internal organism can be kept as sweet and pure and clean as the external and by the same natural, sane method—bathing. By the proper system warm water can be introduced so that the colon is perfectly cleansed and kept pure.

There is no violence in this process—it seems to be just as normal and natural as washing one's hands.

Physicians are taking it up more widely and generally every day, and it seems as though everyone should be informed thoroughly on a practice which, though so rational and simple, is revolutionary in its accomplishments.

This is rather a delicate subject to write of exhaustively in the public press, but Chas. A. Tyrrell, M.D., has prepared an interesting treatise on "The What, The Why, The Way of the Internal Bath," which he will send without cost to anyone addressing him at 275F College St. Toronto, and mentioning that they have read this article in The Grain Growers' Guide.

Personally, I am an enthusiast on Internal Bathing because I have seen what it has done in illness as well as in health, and I believe that every person who wishes to keep in as near as possible a perfect condition as is humanly possible should at least be informed on this subject; he will also probably learn something about himself which he has never known through reading the little book to which I refer.

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