



Synopsis of Canadian NORTH-WEST HOMESTEAD REGULATIONS.

Any even numbered section of Dominion Lands 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 may be made personally at the local land office for the district in which the land is situated, or if the homesteader desires, he may on application to the Minister of the Interior, Ottawa, the Commissioner of Immigration, Winnipeg, or the local agent receive authority for some one to make entry for him.

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 land owned by him in the vicinity of his homestead, the requirements as to residence may be satisfied by residence upon the said land.

Six months' notice in writing should be given to the Commissioner of Dominion Lands at Ottawa, of intention to apply for patent.

W. W. CORY,

Deputy of the Minister of the Interior.

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



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ENTERTAINING MISCELLANY

VARIOUS SUBJECTS CLEVERLY TREATED

The Mill.

The huge sails turn and twist
In the gusty winds of chance.
And with every turn, in the hopper the
grist
Doth merrily jostle and dance.
Each grain doth jostle his kin,
And perishes with his kind.
By the whirl of the grinding stones
sucked in
For the rolling grit to grind.
Into the hopper of life
By Time the miller thrust,
We dance and jostle in mirth and strife
Till time doth grind us to dust.
O winds that blow as ye list
Speeding the sails, do ye know
What yawning darkness consumeth the
grist
Of your grinding, and whither we go.

Castle Yesterday.

In the Valley of Contentment, just be-
yond the Hill of Old,
Where the streams are always silver
and the sunshine always gold,
Where the hour is ever morning and
the skies are never gray,
In the yellow haze of springtime stands
the Castle Yesterday.
Oh, the seasons that we spent there when
the whole wide world was young;
The friends we've had as maid and lad,
the songs that we have sung!
The echoes of their music cannot quite
have died away,
But still must thrill the rooftop of
the Castle Yesterday.
And the loving hearts we knew there
in the time of trust and truth,
Surely still they wait behind us in the
Pantheon of Youth!
But the angel of the valley at the por-
tal bars our way,
And a flaming sword forbids us from
the Castle Yesterday.
When the pilgrimage is ended, may we
turn, may we change
To the vanished and familiar from the
present and the strange?
Who so chooses to his heaven—I shall
be content to stay
Where the ghosts of dead years wander
through the halls of Yesterday.
—Saturday Evening Post.

Seven Ages Of Graft.

All the world is graft,
And the men and women merely grafters.
They have their sure thing and their
bunco games,
And one man in his time works many
grafts,
His bluffs being seven ages. At first
the infant
Conning his dad until he walks the
floor;
And then the whining schoolboy, poring
o'er his book,
Jollyng his teacher into marking him
A goodly grade. And then the lover,
Making each maiden think that she
Is but the only one. And then the
soldier,
Full of strange words and bearded like
a pard,
Seeking the bubble reputation,
Even the magazines. And then the
justice,
Handing out the bull con to the bench
And jollyng the jury till he thinks
He knows it all. The sixth age shifts
To lean and slithered pantaloons,
With spectacles on his nose—his is a
graft!
For he is then the Old Inhabitant
And all must hear him talk. Last
scene of all.
That end this strange, eventful history.
Is second childishness and mere oblivion,
Sans graft, sans pull, sans cinch, sans
everything.
—The Chicago Tribune.

Immigration to Canada, 1904-5, by Origins.

African, South	35
Australian	204
Austrian, N. E. S.	837
Bohemian	107
Buckowinian	1,123
Croatian	27
Dalmatian	4
Galician	6,926
Hungarian, N. E. S.	981
Magyar	5
Ruthenian	3
Slovak	47
Styrian	29
Belgian	796
Bulgarian	4
Brazilian	1
Dutch	281
French	1,743
German, N. E. S.	2,704
Alsace	5
Bavarian	6
Prussian	28
Saxon	10
Wurtemberg	6
English	48,847
Welsh	770
Scotch	11,744
Irish	3,998
West Indian	43
Bermudan	8
Jamaican	26
Greek	98
Hebrew, N. E. S.	1,000
Russian Hebrew	6,206
Polish Hebrew	151
Austrian Hebrew	240
German Hebrew	118
Italian	3,473
Japanese	354
Newfoundland	190
New Zealand	57
Portuguese	1
Poles, N. E. S.	247
Poles, Austrian	70
Poles, German	29
Poles, Russian	399
Persian	8
Roumanian, N. E. S.	270
Russian, N. E. S.	1,887
Finnish	1,323
Doukhobors	24
Spanish	10
Swiss	150
Servian	7
Danish	461
Icelandic	413
Swedish	1,847
Norwegian	1,897
Turkish	30
Armenian	78
Egyptian	2
Syrian	630
Arabian	48
Negro, Mulatto, etc.	5
India	45

From United States.... 102,614

..... 48,652

..... 146,266

Fiscal Year, 1903-04.... 130,331

Gain 15,935

The Delay of Old A

In a late issue of the Buffalo Medical Journal, Dr. Charles G. Stockton deliberates on a topic that is of interest to all mankind, namely, the consideration of what may be done to postpone age and to render it more tolerable when it no longer is avoidable. One of the aspects of the subject that deserves especial consideration, says the author, is the improvement in the nutrition of the aged as the result of good teeth. In his opinion it is doubtful if we fully appreciate how much the dentists have contributed to good health and longevity. Thereupon he pays his compliments to the oculists and observes: "Who can estimate the additional resources both of usefulness and happiness secured through the discovery of spectacles and the operation for cataract? Useful eyesight contributes much toward good health and long life, for the reason that it permits of a continued interest in living which otherwise would be lost. . . . Perhaps no one factor is so important in maintaining courage and health in old people as the creation and continuance of some keen interest in life." With reference to the time-worn but neglected subject of arterial disease, Dr. Stockton states that much may be done in the earlier steps of arteriosclerosis (a hardening of the arteries) if intelligent study be given to the individual, to his habits of life, to his excesses, and to his deficiencies. Emphasizing the importance of judging and correcting the disturbed balance between assimilation and waste, the doctor observes that there successful methods of lessening the extent of auto-intoxication and of widening the field for the play of nutritional processes. He points to the fact that middle age often brings luxury and at the same period the contracting arteries narrow the field of physiologic activities.

In considering the question of what may be done to make old age more tolerable, the author gives it as his opinion that most of the derangements from which the aged suffer can be classified as belonging to pathology. He fears there exists a tendency among physicians to dismiss these matters as necessary corollaries of senility without giving them that careful consideration which similar processes receive in younger patients. Those who make a speciality of senile diseases seem to agree that complaints of the aged arise for the most part from toxic causes, and there is good reason for believing that this toxic state which underlies the decadence of senility takes its origin for the most part in the colon. This organ harbors an immense number of bacteria leading to fermentations, putrefactions, and the production of alkaloids, fatty acids, and toxins which man has to combat for the length of his mortal days.

In concluding his very interesting paper, the author says: "The indications are obvious. In addition to the usual measures for improving the general circulation, old people are benefited by systematic colonic lavage, stimulating baths with superficial massage, prescribed pulmonary gymnastics, and an abundant drinking of pure water."

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