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J. M'DOUGAL,
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VALUABLE PAPERS AT CONVENTION

GEOGRAPHY TAUGHT IN A NOVEL MANNER

How One Teacher Would Instruct His Class on This Subject—A Talk on Literature.

Of further sessions of the Provincial Teachers' Institute convention at Revelstoke, which has been held during the week, Miss Agnes Deans Cameron writes entertainingly as follows:

On Tuesday, the 14th inst., in the afternoon session of the Provincial Teachers' Institute, A. Sullivan, of Nelson, gave one of the brightest and most practical papers of the whole session. His subject was "The Teaching of the Geography of British Columbia." Mr. Sullivan would begin his first lesson by asking his class: "How many of you were born in this province?" This question put to his class of thirty pupils, brought out the fact that only two of them were natives of British Columbia, nineteen were, however, born in Canada, seven in the United States, one in Mexico, and one in Scotland. Each pupil was then required to tell briefly what he knew of his native country. In this way the provinces were reviewed, six having a new interest because represented in the class. Among th pupils from the United States one boy came from Montana, another from Washington. Upon enquiry the boy from Montana told that he came to the province direct, and described his trip by saying that he got on the Great Northern train at Helena, he came through that state, through the state of Idaho to Spokane, Wash., there he took the Spokane Falls & Northern railroad to Nelson. From this boy then the class learned the states which touch British Columbia on the south. The four pupils from the Territories named Alberta and Athabasca on the East and Mackenzie and Yukon on the north.

Since there were no pupils in the class who had been as far as the disputed boundary line, and no Chinese nor Japanese in the class to tell about the trip across the Pacific, Alaska and the Pacific were merely mentioned as the western boundary. The writer of the paper, Mr. Sullivan, claimed, and rightly, that in teaching in this vivid and natural way no one could justly accuse him of "plugging for exam," yet the knowledge the pupils gained would successfully carry them over at least two of the last High school entrance questions. Incidentally, he went on to say that (contrary to the text-book definition) parallels of latitude are not imaginary lines. You find this out when stealthily carrying a pair of new shoes across the 49th parallel in the middle of a dark night.

In the next lesson to the class, Mr. Sullivan would take up the main line of the C. P. R. Each pupil was provided with a railroad map. The Rocky mountains, "that massive stone wall erected by the Creator to protect the chosen people of British Columbia from the biting winds of the prairies," were crossed and looked into. Along the map, the pupils were asked to follow the Columbia from Golden to Beavermouth, then leaving the Columbia to cut across country. They stopped off a day at Glacier House, noticed the Swiss guides and were led to compare Switzerland and British Columbia. Taking to the Columbia again, Mr. Sullivan showed that that river at Revelstoke afforded a good illustration of a favorite passage in Evangeline where the river "seizes the hills in his hands and drags them down to the ocean." The Columbia dragged down a hill which has cost the government of this country about $50,000 to replace with mattress work. Down a little further the class was asked to notice that the Columbia apparently takes a notion to turn around again and pay for the soil it has taken away, but, fickle as ever, it turns away again—consequently it is a dirty river, and it takes some of this good Canadian soil and gives it to the United States. Geography and history are sisters, so the Columbia river was made to bring to mind the Ashburton treaty. Had the Columbia river not made the Big Bend, but had continued to flow northward, it would have come out at the disputed boundary line. The versatile teacher hazarded the opinion that if the disputed territory were a delta of the Columbia formed of soil from this province, the territory would be still in dispute. Continuing the journey, the class, at Revelstoke, took the train for Arrowhead, down the Arrow lakes to Robson, by boat. At Robson they see the trains from Rossland and Trail, and the Boundary train from Greenwood, Phoenix, Grand Forks; the two former supply ore for the smelter of the latter.

Then Nanaimo is compared with Fernie; they are both in the same latitude, one at the extreme east of the province, the other at the extreme west. New Westminster was visited that the class might inspect its canneries and saw mills and see its penitentiary and asylum before returning to the Upper Country, where there are no penitentiaries nor asylums. The Capital City and the C. P. R. terminus were not overlooked. The teacher goes on to ask his class: "What are the products of this province? What are the industries of its people?" So long as we have snow-capped mountains and crystal glaciers we shall always have natural reservoirs for our clear lakes and our flowing rivers. Upon our lakes and rivers float vessels with the products of our valleys and seas, our forests and mountains. Where our rivers are unnavigable, the power of the falls and the cataracts will be utilized to propel the machinery of our manufacturing establishments. We see, too, that of all the provinces of the Dominion, ours is the greatest in area; and the class having seen something of the rich natural resources with which nature has dowered us forms a unanimous conclusion that British Columbia will yet be the greatest province of the Dominion in population, in commerce, and in wealth.

Wednesday Evening's Session.

Wednesday evening brought a great treat in the way of a combined talk on "Literature, Drawing, Nature Study," by the principal of the Normal school, W. Burns. In speaking to the paper, at its conclusion, one teacher voiced the feeling of many when he said that the intellectual treat given by Mr. Burns was worth the time and expense of the whole Revelstoke journey.

Mr. Burns prefaced his lesson proper with a few remarks on the subject of literature generally. He said: "This word 'literature' is so loosely applied that it may be considered both as exactly applicable and absurdly inapplicable to our present thoughts. The Standard Dictionary gives these definitions: 'Written or printed productions of the human mind' and "All that is power-giving, inspiring or elevating.' Evidently we cannot discuss all these aspects even as regards our public school work and can only take a glance at it as referring to our senior grade work.

"As only two per cent. of our pupils reach the High school, the striking question is, 'Can we not do something towards giving the remaining ninety-eight pupils some standard of literary taste, some real culture?' I answer 'Yes.' We can, I think, teach literature to even young children. By literature we imply: 1st. Some insight into hidden meaning. 2nd. Trying to induce thought and enlarge the intellectual view. 3rd. Showing beauties of expression."

Mr. Burns then outlined his method of presenting a class-lesson on literature. He would first have the piece carefully read; he would then obtain the meaning of peculiar words and phrases, their appropriateness, rhythm, etc.; then get from the class the "story" of the piece. After the children have thus gotten from the selection all that they can unaided, the teacher will read the piece for them, explaining the meaning of new words and obscure points. He would then give the meaning and structure of the poem, bringing out its higher thoughts. Should the selection so lend itself it would then be treated as a work of "high art." When all this is done the pupils with their widened and deepened knowledge are turned back to the old-new poem to read it once more. Mr. Burns exemplified his methods by actually taking up a lesson on O. W. Holmes's "Chambered Nautilus." His treatment of it was very deeply appreciated by the whole body of teachers.

Thursday Morning's Session.

At the opening of the Thursday morning session, the secretary read a letter of regret from the Minister of Education, whose public duties prevented his attendance.

The superintendent of education begged leave to call the attention of the teachers to a very valuable and educative exhibit of Morang & Co.'s publications and of school aids and supplies from the Pope Stationery Co., of Victoria. He considered them deeply worthy of the close inspection of the teachers present.

Everybody who has the welfare of the public schools at heart, should be interested in the convention of teachers at Revelstoke last week. Readers of the Times have been kept posted on the proceedings through the letters of Miss Agnes Deans Cameron, who describes Wednesday's session in the following:

Wednesday brought out no less than eight papers, the day was divided into three sessions—morning, afternoon and evening, and one member of the Normal school staff began each session. In the morning J. D. Buchanan spoke on Arithmetical Ratio; D. Blair began the afternoon's meeting with Illustrations of Blackboard Work in Drawing, and Mr. Burns spoke on Literature in Senior Grades to a crowded house in the evening.

Manual training work formed an important feature of the convention, and Mr. Dunnell, as the exponent of the Macdonald Manual Training schools in British Columbia, by his kindness and patient explanations, won golden opinions from all sorts of people. Mr. Dunnell's very interesting paper on Hand and Eye Training appeared in the Times on Saturday night.

Following Mr. Blair's Drawing Lesson in the afternoon session, Miss M. E. Grenfell, B. A., read a well-thought-out paper on "Elementary Arithmetic." In passing, it is significant to notice that something very nearly approaching a law salique seems to prevail in the conduct of these provincial convocations of teachers. Although numerically in so vast a majority in the teaching ranks of British Columbia, the women are given very little representation in their annual free parliaments, a glance over the personnel of institute officers for the year just closed shows that the president, the 1st, 2nd and 3rd vice-presidents, the treasurer and the secretary are all men, and that five out of the seven members who constitute the executive committee also are men. The three committees named by the chair at the opening of the 1903 session, viz.: the committees on resolutions, nominations and question drawer were, without a single exception, composed of men, and the slate of officers for 1904 suggested by this nominating committee contained as leaven the names of three women only. Yet the women teachers of British Columbia who listened to the scholarly papers by Miss Grenfell, B. A., and Miss Winter, have no reason to be ashamed of their side of the house pedagogic. The woman who teaches often finds it more restful to listen than to take part in controversial debates, but her silence doesn't always mean consent: like the Irishman's parrot, although she doesn't talk much she's "a jewel of a man to think."

Miss Grenfell struck the same keynote as Mr. Burns, making her plea for the boy and girl who drop out of our school system long before the High school is reached. She said:

"In a comparatively new country such as ours, public schools are of necessity attended by numbers of pupils whose opportunities for education are limited to the time that they can be of no use to their families as bread-winners. Hardly one per cent. of the entire school population ever attains to what we call higher education, less than two per cent. to the grade of our High schools, while much more than half leave on or before the completion of the elementary grade. By far the larger number of pupils leave school as soon as they have acquired the rudiments of learning, as soon as they have enough of the symbols of reading, writing and calculating to be of practical use to them in getting a living; and this while our educational leaders are talking of culture for the individual and the development of personality.

"With such pupils a teacher is obliged to lay aside some of the ideal aims of education and consider each subject in the light of its practical value. And first arithmetic: Arithmetic has been long recognized as a valuable educator from the formal or disciplinary point of view, and it certainly is of the greatest possible value as a preparation for business life. Not only is the boy trained in a clear logical method of thought which leads to rational manner of thinking in manhood, but also he is given the basis of the knowledge necessary in commercial life. It is with the second object more prominently in view that the course of arithmetical study must be arranged for the pupil whose time is limited."

Miss Grenfell's paper was a special plea for practical arithmetic work with absolute accuracy for its aim as the basis of instruction for the short-time pupil, the boy who has to leave school early before the senior grades and the High school teachers have a chance to work their will on him.

She went on to say: "Of late years there has been an outcry against the over-prominence given to the subject of arithmetic because valuable time was being wasted on 'problems' in present worth, compound interest, etc., which had little connection with the actualities of life. For the sake of mental discipline children of 12 or 13 years of age were obliged to go through loss and gain calculations and various forms of bank discount so complicated that bankers had long ago dispensed with them.

"An attempt towards reformation along this line has been made with the result that arithmetic is apt to be slighted while prominence is given to nature studies, drawing and elementary science. There is now a looseness in the number work done in many schools which did not formerly prevail. The question with which we are continually confronted in educational journals, 'Why cannot our public school pupils add correctly?' might suggest a guiding principle for the teaching of number work.

"Thoroughness must be the aim in teaching the fundamental operations—addition, subtraction, multiplication and division, and thoroughness can be attained only by constant practice. Not only must the pupil know how to add, but he must add. The importance of addition is due to its psychological relation to the other number processes. All arithmetic depends upon addition and subtraction. All number is treated under two heads, increase and decrease.

"Subtraction is often regarded as a phase of addition, and is taught so. The clerk counting change to you does not say 73 cents from $1.00 is 27 cents, but he says 73 cents and 2 cents and 25 cents make $1.00—he counts into your hand, never subtracts. Again multiplication is implied in the simple act of counting, and has its origin in addition; and in the same way division has its origin in subtraction, the inverse of addition. Addition is the corner stone of the arithmetical structure, and thorough understanding of and accuracy here insures skill and accuracy in the other three processes.

"Busy business men ask of an applicant: 'Can you add accurately and quickly?' not 'Can you work problems?' Of course any boy entering business, enters as a novice, but given this foundation he is soon taught all he needs to know.

"Again, rapidity as well as accuracy is to be aimed at, though accuracy must come first.

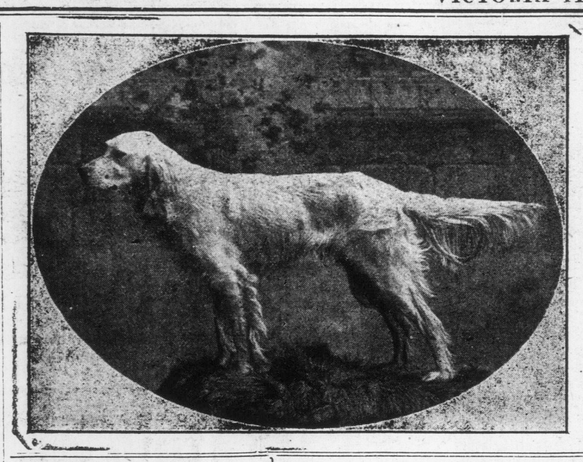
"Another phase of arithmetic invaluable for business equipment is the power of making rapid mental calculations. A teacher will often find that sluggish interest and indifferent work may be corrected by appealing to every-day affairs, simple actual problems in buying and selling, requiring all the calculations to be done mentally. The reality of it all appeals to the child's judgment. Manual training is a great adjunct to the accurate teaching of arithmetic, and here again the practical side, the real need of true calculation is presented to the pupil. In laying out the five or six parts of a simple box from a long piece of wood, multiplication and division of inches and fractions of inches must be used. Subtraction of fractions enters into the cutting of the ends to fit the sides of the box."

Concluding, a paper every thought of which was practical, lucid and logical, the writer declared that arithmetical training such as she had outlined, i. e.: 1. Thorough training in making rapid and correct calculations. 2. Graded problems dealing with existing business conditions accompanied by systematic mental work, may be given to the pupil in a comparatively short time, and will give him the acquirements necessary to make an easy transition from the school to business life.

Very little discussion followed Miss Grenfell's paper, the feeling of the meeting being that the speaker had made her point well. The afternoon session closed with "Some Practical Points on Teaching," by R. Landells, B. A.

What's in a Name?

Revelstoke was full of teachers. That's what they called themselves. Other names for them are instructors, tutors, governesses, preceptors, and (the favorite word of American school journals), educationists. But Revelstoke is not far from the cattle country, cowboys congregate there, and the post office displays a notice calling for mounted police volunteers. Two young cattle men had ridden into town when the teachers' convention was in full sway, and the streets were full of pedagogues. The cowboys, legging-clad and sombrero-surmounted, leaned against the drug store corner smoking contemplatively as the teachers dismissed after Miss Grenfell's paper. "What kind of a round-up is it?" asked one. The other removed his pipe, sent a spiral of smoke curving gracefully upwards, and answered solemnly, "Kid-punchers"!



DIAMOND.

This English setter dog made his first appearance this year. He started his career in a most promising manner, being awarded the blue ribbon in novice classes and the red in limit at the Seattle show. At the same show he captured the Albert Hansen cup for the best dog or bitch in novice classes, beating Rex Montez, the winner of the special for best dog in puppy class, and also J. D. Quine's Duchess, which was awarded the first prize for best bitch in novice class. At Victoria he was not quite as successful, but made a very good showing. He won second in novice class, being beaten by Real John, the winner of the silver cup for the best English setter dog in the show. Diamond is only 13 months old, and is owned by C. F. Banfield, of this city. He is by Victoria L. out of Victoria, and was bred by S. Whittaker.

A POPULAR BELIEF.

THAT RHEUMATISM IS DUE TO COLD, WET WEATHER.

Such Conditions Aggravate the Trouble, But It Is Now Known to Be a Disease of the Blood—Outward Applications Cannot Cure It.

The once popular belief that rheumatism was entirely the result of exposure to cold or dampness, is now known to be a mistake. The disease may be aggravated by exposure, but the root of the trouble lies in the blood, and must be treated through it. Liniments and outward applications never cure, while Dr. Williams' Pink Pills always cure because they make new, rich, red blood, in which disease finds lodgment impossible. Concerning the use of these pills Mr. A. G. Lacombe, Sorel, Que., says:—"For upwards of five years I was a victim to the tortures of rheumatism. At times the pains in my knees, shoulders and hip were almost past endurance. At other times I could not dress myself without assistance. I tried several remedies, some of them very costly, without getting any more than temporary relief at the most. At this juncture a friend urged me to try Dr. Williams' Pink Pills, and spoke so highly of the pills that I decided to try them. Almost from the very first these pills helped me, and by the time I had taken seven or eight boxes every twinge of rheumatism had disappeared and I was feeling better than I had for many years. I would strongly advise similar sufferers to give Dr. Williams' Pink Pills a fair trial, as I am confident they will not only drive away all pains and aches, but leave you strong, active and happy."

Dr. Williams' Pink Pills are the greatest tonic medicine in the world. These pills not only cure rheumatism, but all troubles whose origin comes from poor blood or weak nerves, such as anaemia, consumption, neuralgia, kidney trouble, St. Vitus' dance, partial paralysis and the irregularities which make the lives of so many women a source of misery. Some dealers offer substitutes, and in order to protect yourself you must see that the full name, "Dr. Williams' Pink Pills for Pale People" is on the wrapper around every box. Sold by all dealers or sent by mail, post paid, at 50 cents a box or six boxes for $2.50, by writing direct to The Dr. Williams' Medicine Co., Brockville, Ont.

THE BALKAN CRISIS CANNOT BE AVOIDED

SULTAN'S BLOWS MAY FALL ON MACEDONIA

Recent Uprising Declared to Be Revolt of Albanians Against Drastic Nature of Reforms.

A recent dispatch from London dealing the Balkans situation says:

It has become increasingly evident that a crisis in the Balkans can no longer be avoided or postponed. Hopes were entertained in certain quarters for a few days after the Sultan's acceptance of the Austro-Russian reforms that the ameliorating effect of that scheme might suffice to postpone hostilities for another twelve months. Later developments have not only dissipated these hopes, but have demonstrated to an unprecedented degree those qualities of crafty cleverness whereby the Sultan more than once has amazed and confounded Europe. His prompt acceptance of all the demands made by the powers aroused instant suspicion, and well it might.

"It will be remembered that when he agreed to introduce mild reforms in Macedonia, he said, in effect: 'This is such a good thing I will apply it not only in Macedonia, but in the other vilayets of Albania and Roumelia.' He forthwith began the application of the reforms not where they were needed for the protection of the Christians section of the population of Southern Macedonia, but in Mussulman Albania, a fierce, lawless country, where such interference was certain to provoke instant revolt. Cause and effect were almost coincident; so close, in fact, that it is difficult to doubt they were both carefully prearranged. The Sultan is now able to point out to the powers a situation which is the opposite of what they expected.

"It was well understood by Austria and Russia that their scheme of reforms was utterly inadequate for the relief of the Christian population of Macedonia from the grave evils of misgovernment, and it was feared that a revolt could not be averted on account of this inadequacy. Now the Sultan points to the serious uprising, culminating in the shooting of the Russian consul, which was all due, he declares, to the spontaneous revolt of his faithful Albanians against the drastic nature of the reforms.

"It is further announced that the Sultan is in mortal terror of his life on account of the resentment of his Albanian bodyguard over the slaughter of 000 of their countrymen by Turkish troops. So we have once more the familiar picture of Abdul Hamid with his back to the wall fighting for his existence, while the exasperated powers who wish to coerce him look helpless.

"The next step in the Sultan's programme is quite clear. He is hurrying thousands of Kurds and similar troops from Asia Minor to Salonica. He will use them to subjugate and devastate Macedonia without mercy. In other words, the Christian population of the south will largely be victims of the Albanian revolt further north.

"It is a mistake, by the way, to allow the Albanian problem to be overshadowed by the more familiar Macedonian question. A writer who has just returned from Albania says: 'Here we have a land unknown, shunned; its maps more inaccurate than those of Central Africa; peopled by a nation of fierce, reckless warriors; a country unique in Europe, for while even little Montenegro has its schools and law courts, and newspapers, Albania knows none of these things. Even their language is entirely distinct from any other European tongue; in fact its origin, as well as that of the Albanians themselves, is a mystery. The people are spoken of collectively as Albanians, or sometimes as Arnauts. The idea of the united nation is quite erroneous. They are divided into three, according to religions, Mohammedans, Orthodox Greek and Roman Catholic Christians; three factions constituting three different peoples, each animated with fanatical hatred of the others, and united only in case of common danger. The anarchy that exists all over Albania can only be faintly imagined. It is the writer's firm conviction that the immediate future of Europe is centred in Albania, and not for nothing do these barbaric but exceptionally intelligent clansmen view strangers with suspicion.'

"It will thus appear that the Sultan's dilemma in dealing with his Albanian and Macedonian subjects is a very real one, and certainly would not be simplified if taken over by any of the great powers. There is practically no government at all in Albania, where the Turks have no real authority, while the unreconcilable nature of the various races and factions in Macedonia makes autonomy there practically impossible, even if the Sultan was willing to concede it. His next policy of subjugation will be speedily applied, and as it is known that there will be extensive resistance, a long series of terrible massacres seems assured.

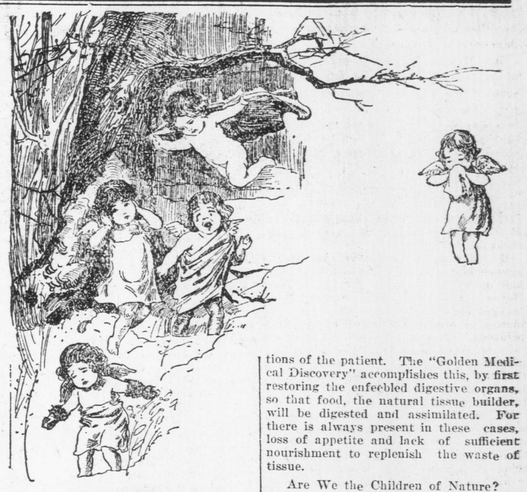
"The chief point now debated in Europe is at what point will Russia and Austria intervene? It is even represented that Russian patience is weakening under the influence of the outrage on her consul at Mitrovitza. It is hardly probable that Russia will seek to execute her ultimate programme so early in the game.

"European public opinion finds it difficult just at this moment to harmonize the Czar's pacific language with his gift of millions of cartridges to Servia and quick-firing guns to Montenegro, and asks what is the need of these gifts if there is to be no fighting.

"Renewed Russian military activity also adds to the uneasiness, and the conviction grows stronger daily that the hour for the settlement of the Balkan and the whole Near Eastern question is at hand, and furthermore, that it will not be settled without serious bloodshed. The fall in consols, rentes and other government securities has given rise to a certain amount of apprehension in regard to the danger of a general European war, but these fears, at present at all events, seem entirely unjustified. It may safely be said that Great Britain would not fire a shot to keep Russia out of Constantinople, and when that is understood it is difficult to see what could cause a general conflagration."

An English correspondent at Vienna claims to have certain knowledge, despite the denial of Austrian military authorities, that the army corps of Agram, Gerajevo and Temesvar is already on a war footing, but that the officials are embarrassed because these troops are not fitted for mountain campaigning, such as would be inevitable in the event of their being required in the Balkans. The Bosnian and Tyrolese regiments would be suitable for this purpose, but the former consists mainly of Mahommedans, and therefore cannot be used, and the latter cannot be moved eastward without publicity, which would create alarm. The Mahommedan population of Bosnia and Herzegovina, which Austria occupies militarily by the treaty of Berlin, is growing dangerously excited. The men are secretly arming, and smuggling arms and ammunition from Montenegro. It is feared that they contemplate an armed emigration to old Servia to join the insurgent Albanians. The Austrian military authorities realize that the situation is consequently most critical.

R. E. Gosnell, who has been attending the teachers' convention at Revelstoke, has returned.



COLDS.

Their Proper Treatment and Cure

BY DR. VALENTINE.

Commonly, the first symptom of a "cold" is a chilly feeling, accompanied by sneezing, or a tickling in the throat. The most frequent of external causes are draughts, wet or cold feet, or going from hot rooms suddenly into cold ones. More frequently there is an inner cause—namely the stagnation of the blood caused by constipation or billiousness. Almost the first symptom is the feeling of cold in the feet and increased discharge from the nose. The nerves act like telegraph wires carrying the news to the great vaso-motor centers, and as a result, the capacity for work of the pores of the skin is diminished. This crowds the work of the internal organs, and there results a congestion in some one part of the body, usually the weakest part; there may appear a nasal discharge, or a slight cough at first, followed by bronchitis, catarrh, grip, or possibly—even by consumption. However, there is no great danger in a cold unless it is neglected. Of course when the blood is in this stagnant condition the germs of grip, catarrh, consumption, malaria or any other disease find a fertile field in which to take root and grow. At the first symptoms the careful person will heed the warning by taking a mild laxative; some vegetable pills that will not disturb the system or cause griping. About the handiest and best thing to take at such a time is "Dr. Pierce's Pleasant Pellets," little sugar coated granules, which come in vials and are perfectly harmless to the system. Sometimes a druggist will try and get you to take his own make of pills which may contain calomel (mercury), or drugs harmful to the system whereas the "Pleasant Pellets" are warranted to be composed of vegetable ingredients. If the cold starts with a cough, and it persists then some local treatment for this condition should be taken. A well known alternative extract which has been on the market for a great many years, and which has been highly recommended by thousands of users, is Dr. Pierce's Golden Medical Discovery. This tonic compound is composed of an extract of roots and herbs and has a soothing effect upon the mucous membrane, allays the irritation and at the same time works in the proper and reasonable way, at the seat of the trouble—the stagnated or poisoned blood.

Common Sense Medication.

No one ever takes cold unless constipated, or exhausted, and having what we call mal-nutrition, which is attended with impoverished blood and exhaustion of nerve force. Tonics consisting of large portions of alcohol, iron or cod liver oil do not bring the desired changes in the blood, because they do not enter the system and are not absorbed into the blood, with the exception of the alcohol, which shrivels up the red blood corpuscles when it does come in contact with them. We recommend this botanical extract of Dr. Pierce's because it contains no alcohol, and offers a reasonable and scientific method of treating the blood, by improving the nutritive functions of the patient. The "Golden Medical Discovery" accomplishes this, by first restoring the enfeebled digestive organs, so that food, the natural tissue builder, will be digested and assimilated. For there is always present in these cases, loss of appetite and lack of sufficient nourishment to replenish the waste of tissue.

Are We the Children of Nature?

Who can but admire the beautiful things in nature—the glory of the landscape, the trees, the meadows, the beauty of the sea and heaven! When we can admire we know that we are children of nature. The earth has nourished us through unknown ages of human existence. A mystical bond of sympathy connects us with the earth. Is it not true that the earth supplies us with everything that we really require for existence? We can live on vegetables and fruit which the earth produces. We would probably be better off to-day as a race without meat. Have you ever thought that it is probable that the earth supplied us with the means to keep our bodily vigor, our health, if we only knew it? The animals know by instinct what is good for them and will search until they find in some plant what they need for correcting indigestion or constipation, etc. Is it therefore not probable that there are roots and herbs supplied by nature which will cure the diseases that afflict human kind? That is why we have such faith in Dr. Pierce's Golden Medical Discovery. Years ago when Dr. Pierce was in general and active practice he found that a combination of certain herbs and roots made into an alternative extract, without the use of alcohol, would always put the stomach into a healthy condition, nourish the tissues, feed the blood and nerves and put healthy tone into the whole system.

This "Medical Discovery" is an "all-around tonic," which restores tone to the blood, nerves, organs; restores nutrition by imitating Nature's methods of restoring waste of tissue, and feeding the nerves, heart, lungs and liver on rich, red blood. In this way, vitality is increased, and one can resist the outward attack of all germ diseases.

Accept no substitute for "Golden Medical Discovery." There is nothing "just as good" for disease of the stomach.

"In pursuit of my chosen profession I found three years ago that through getting suddenly chilled and neglecting the same over again I contracted sciatic rheumatism," writes Alex. McBain, Champion Skater of Manitoba and Quebec, of 271 Balmoral Street, Winnipeg, Manitoba. "I also found that the frequent strains told on my nervous system, causing acute dyspepsia and extreme nervousness. The trouble grew worse and worse until I feared I would have to give up my work altogether, when I was advised to use Dr. Pierce's Golden Medical Discovery to drive the poison out of my system and restore its equilibrium. I am pleased to say that within six weeks after I first began taking it I was once more in fine health. The rheumatism had disappeared and my appetite and digestion were all that could be desired. I now have nerves like steel and am glad to give highest endorsement to your very efficacious medicine."

We advise anyone wishing a Common Sense knowledge of ordinary diseases and their cure, of physiology, anatomy, and everything pertaining to the human system, to read "The People's Common Sense Medical Adviser," which is now in its sixty-first edition—as it costs only the amount required for postage. Send twenty-one cents in one-cent stamps for the paper-bound book, or thirty-one cents for a cloth-bound copy. Address Dr. R. V. Pierce, Buffalo, N. Y.

LEGAL NEWS.

Applications Made in Chambers Before Mr. Justice Martin.

The following applications were made in Chambers Friday morning.

Pither & Leiser vs. Conlin—F. Bennet obtained leave to sign final judgment against the defendant.

Massam vs. Standard Copper Co.—An application by plaintiffs to strike out amended statement of defence was adjourned until to-morrow. J. H. Lawson, jr., for plaintiffs, G. H. Barnard contra.

Noble Five vs. Last Chance—Judgment was reserved on plaintiffs' application for leave to have a question of law argued. A. P. Luxton for plaintiffs, E. V. Bodwell, K. C., contra.

Hopper vs. Dunsmuir—The plaintiff has filed a bond by the American Surety Company, of New York, amounting to $2,500, as security for defendant's costs. An application for approval of this bond was stood over until to-morrow. W. C. Moresby for plaintiff, A. P. Luxton contra.

Mr. Justice Drake heard argument of a motion to continue an injunction granted in the suit of the Davies-Sayward Mill Co. against Buchanan et al. Thornton Fell appeared for plaintiffs, A. E. McPhillips, K. C., opposing him. The injunction restrains Buchanan from operating his mill on Goat river, in Kootenay, or cutting timber off lots over which there is a contest as to title. His Lordship granted an order continuing until trial so much of the injunction as relates to lot 280.

The Full court will continue its session in Vancouver on Monday next.