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## Town of Neepawa, Man.

Sealed tenders endorsed "Tenders for Debentures" will be received by the undersigned for the following Debentures up to Friday, 4th March, 1904.

### \$25,000 DEBENTURES.

Total amount of issue \$25,000.00. Term 20 years. Dated Sept. 1st, 1903, payable Sept. 1st, 1923. Interest 4 per cent. payable 1st January and July each year. Denominations of \$500 each, with half-yearly interest coupons attached.

Purpose of issue to extend the Electric Light and Telephone System, owned and operated by the town. Issued under By-law No. 276.

Total Assessment \$700,000 (exclusive of exemptions.) Debenture Debt \$70,000. Floating Debt nil.

### \$2,417.00 DEBENTURES.

Total amount of issue \$2,417.00. Term 7 years, dated Oct. 1st, 1903, payable Oct. 1st, 1910. Interest 5 per cent. payable yearly on 1st October. Denominations, 4 of \$500.00 and 1 of \$417.00. Interest coupons attached.

Local Improvement Debentures. Issued under By-law 284.

JAS. W. PATTISON,

Neepawa, Feb. 6, 1904.

Sec'y-Treas.

Sr., loss \$1,500; Miss Bernadin, boots and shoes and fancy goods store, loss \$1,200, insurance \$500; F. J. Wilson's stone residence, loss \$10,000, well insured; Campbell's Hotel, loss \$5,000, insurance said to have expired February 1st; F. Bonsall, agricultural implements,

loss \$5,000, insurance \$1,000; M. Gauthier, residence, loss \$5,000, insurance \$2,500. In a fire which took place on the same day in a dwelling house on Cadieux Street, in Montreal, four persons were killed and three others seriously injured.

### A NOVEL DOCTRINE ABOUT OATMEAL.

It is well that Sydney Smith, or the other clever founders of the Edinburgh Review, who "cultivated literature on a little oatmeal" in their young manhood, are no longer in the flesh. Else would their scorn fall upon the alleged Scotch doctor in London who has been telling the Daily Mail what a dreadful scourge oatmeal is. He admits it to be good food for those who do hard manual bodily labor, but declares it an over-rated article of diet, and "little short of poison to people who work with their brains and are subject to digestive disturbances." Dear, dear! Are there no other kinds of food that do not agree with the stomachs of literary dyspeptics? And are healthy people to discard a simple and nourishing food because London writers cannot use it? What does he say about potatoes, and how in the world do so many Irish people manage to subsist, and even to thrive mightily on them alone? It is absurd to generalize on such a matter. There are people who cannot eat apples without suffering indigestion. Would he, therefore, taboo the apple to those who love and enjoy it? Some folks have a horror of pork and beans, which makes them ill; but it would be difficult to persuade a Boston schoolboy or a French Canadian lumberman that there is anything wrong with them as a food. This alleged Scotch doctor further avers that "appendicitis is caused by oatmeal, and aenoliths, or oat-stones, are often found after operation." This must be the hundred and first article, the eating of which has been blamed for this modern and fashionable disease; and we no more believe the accusation against oatmeal than we would a like one against grapes,

if he should tell us that uvaliths would form in one's appendix from swallowing them.

This North British bred doctor may have some reason, based upon the finical peculiarities of his la-de-da Cockney patients, for recommending them to go back upon his accustomed "porridge, Scotia's darling food." But when he declares that "it causes a dry mouth," and "is responsible for much drunkenness," and tenthly and finally that it "has transformed many hundreds of healthy persons into martyrs to indigestion," we take the liberty of saying he talks through his professional hat. Anyhow, there have been plenty of persons, and doctors among them, to answer him, and to stand up for the oatmeal diet, "par-ritch, Scotland's halesome fare." Here are some quotations from various letters sent to the Daily Mail upon the appearance of this professional man's letter:

"Your doctor says it causes indigestion," writes one man. "A friend of mine, whose digestive organs were out of order, paid a guinea to a specialist, who prescribed its use. A plateful of oatmeal taken every morning soon cured him." "How ridiculous it is to say that the chances of suffering from appendicitis are increased by its use," says another. "There is less appendicitis in Scotland than anywhere." A well-known army surgeon asks: "What Englishman nourished on his beef and beer—the real curse of the nation—can endure the fatigue and exertion of a Scotch gillie fed on oatmeal, milk and a drop of whiskey? Even for Scotsmen who live in towns and work with their brains, oatmeal, if eaten judiciously, is far more wholesome, nourishing, and digestible than an ordinary town diet of meat and potatoes." The following are a few quotations from letters received: "Oatmeal is veritably a king among foods." "I have cured men of indigestion with exercise and a diet of oatmeal, wheatmeal, and mutton." "Does a Highlander know what indigestion is? No; he eats oatmeal." "Oatmeal has made Scotland foremost among the countries of the world as the land possessing the greatest proportion of clever people," says Scott." After all we cannot think this Scotch doctor in London is in earnest when he speaks as he does about oatmeal. Either he is joking or he is no Scotchman at all when he would wind up with such a sentence as this: "Dr. Johnson, you remember, said that oatmeal was a food only fitted for Scotchmen and donkeys. I entirely agree with him. The Englishmen who attempt to digest it are the donkeys mentioned by Dr. Johnson."

### KASLO BOARD OF TRADE.

The annual meeting of the Board of Trade of Kaslo, B.C., was held on 20th January, fourteen members being present. Mr. David L. Wiggins, a lumber manufacturer of Ashland, Wisconsin, was the guest of the board, and delivered an interesting address, giving his impressions of the Kootenay country. He ex-

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