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is soothing and comforting, when other foods cause pain. It is the most easily digested of all foods, but is not pre-digested.

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Advantages of Canada's National Parks

By Max. McD.

IN estimating the assets of a country few people take into account the value of a mountain region. It is true that the mineral wealth of the mountains of North America is beyond calculation, but has never been exploited. The forests have been used but little, and it has not been necessary to establish fishing industries on the streams which fill every mountain valley. Be it admitted that there is no money yet in the development of these resources there is still left another source of revenue, and one from which large sums of money are annually taken in. Railway companies have been able to see an immense tourist traffic in mountain centres of beauty, and have pushed with commendable energy into every mountain pass where steel rails can be laid.

The establishment of national parks by the government of Canada has done much to conserve the beauty and preserve the wild game of Canada's mountain regions. From them the people of Canada secure benefit, advantage and enjoyment, through the unequalled means of recreation which they provide. National parks are to the nation what local parks and playgrounds are to the city. Everything that a city park can do for the people of the city, the national parks can do more thoroughly and on a larger scale. National parks are the natural result of a recognition that man requires the pure, wholesome, healthful recreation of the great outdoors.

National parks attract an enormous tourist traffic, and tourist traffic is one of the largest and most satisfactory means of revenue a nation can have. The tourist leaves large sums of money in the country he visits, but takes away with him in return for it nothing that makes the nation poorer. He goes away with, probably improved health, certainly with a recollection of enjoyment of unequalled wonders of mountain, forest, stream and sky, of vitalizing ozone and stimulating companionship with nature; but of the natural wealth of the country he takes nothing.

The commercial potentialities of tourist traffic are almost startling. In 1907 the annual income of France from tourists was \$500,000,000; while the tourist toll of Italy was \$100,000,000. The expenditure of American tourists in England is placed at \$25,000,000 a year. During the past five years there has been a constantly increasing tourist traffic, so the above figures are probably much lower than the amounts now spent. Other figures which have been secured indicate that Switzerland's annual revenue from tourists last year was \$150,000,000.

Tourists spend at least \$5,000,000 annually in the pine woods of Maine, and six or seven million dollars each year in the Adirondacks. The following figures from the report of Commissioner Whipple of the Adirondack parks in New York show that Adirondack hotels in Clinton county accommodate 3,153 persons; Essex, 7,719; Franklin, 4,626; Fulton, 410; Hamilton, 2,395; Harkness, 2,415; Lewis, 510; Oneida, 150; St. Lawrence, 1,223; Warren, 3,060; or a total of 28,502 persons. This does not include the private camps and sanitariums. The average length of time spent in the Adirondacks by each visitor is about two weeks; hence it is figured that in those days about 200,000 people sought recreation and health in that region. This estimate was proved to be about right by the reports of the railroads—the Central and the Delaware and Hudson—which showed that 225,000 passengers were carried during the summer season. It was estimated that more than \$7,000,000 was invested in hotels and boarding houses, and about \$4,000,000 in private camps and cottages. The total wages paid to 18,307 guides, clerks,

servants, cooks, &c., were \$991,550; cash paid for board, carriages, boats, &c., amounted to \$5,213,210; for railroad fares, \$875,000. Thus more than seven millions were spent by summer resorters.

At Banff, the popular resort in the Canadian Rockies, the number of visitors registered for season of 1912 was 73,725, and these were drawn from more than fifty nations of the earth. The season just closed saw an immense increase in the tourist traffic of the Canadian Pacific Railway, and it is estimated by those in a position to judge that the number of visitors to Banff and its adjacent beauty spots, would total 100,000 persons. If each of these visitors spent the least possible sum upon which this resort can be seen the total amount would be more than a million dollars. As a matter of fact the sum expended by tourists in the Banff district this year amounted to over \$5,000,000.

Reliable figures point to the fact that the tourists of North America spent abroad in 1910 the enormous sum of \$350,000,000. On every hand there is evidence of a powerful and prevailing desire on the part of the people to see and commune with the beauties of nature. They are willing to pay for it, and the pecuniary benefits to the locality concerned are great.

Extraordinary scenery is one of the greatest assets a country can have. Canada possesses 200,000 square miles of high snow-clad mountain ranges, unique in their scenic beauty and Alpine attractions. "Twenty Switzerland in one" is the boast of a great mountaineer. Maine's Adirondacks cannot be compared to Canada's national parks. The parks branch of the Canadian government is carrying on an aggressive campaign to develop the national parks of the Dominion with the object of making their wonders and beauties available and accessible to all the people of Canada.

WONDERED WHY And Found the Answer.

Many pale, sickly persons wonder for years why they have to suffer so, and eventually discover that the drug—caffeine—in tea and coffee is the main cause of the trouble.

"I was always very fond of coffee and drank it every day. I never had much flesh and often wondered why I was always so pale, thin and weak.

"About five years ago my health completely broke down and I was confined to my bed. My stomach was in such condition that I could hardly take sufficient nourishment to sustain life.

"During this time I was drinking coffee, didn't think I could do without it. (Tea is just as harmful because it contains caffeine, the same drug found in coffee.)

"After awhile I came to the conclusion that coffee was hurting me, and decided to give it up and try Postum. When it was made right—dark and rich—I soon became very fond of it.

"In one week I began to feel better. I could eat more and sleep better. My sick headaches were less frequent, and within five months I looked and felt like a new being, headache spells entirely gone.

"My health continued to improve and to-day I am well and strong, weigh 148 lbs. I attribute my present health to the life-giving qualities of Postum."

Name given by Canadian Postum Co., Windsor, Ont. Read "The Road to Wellville," in pkgs.

Postum now comes in two forms:

Regular Postum—must be well boiled.

Instant Postum—is a soluble powder.

A teaspoonful dissolves quickly in a cup of hot water and, with cream and sugar, makes a delicious beverage instantly. Grocers sell both kinds.

"There's a Reason" for Postum.