AND KEEP IT UP

glass of hot water before

breakfast.

Millions of folks bathe internally

now instead of loading their system

with drugs, "What's an inside

bath"? you say. Well, it is guaran-

teed to perform miracles according

There are vast numbers of men

id women who, immediately upon

arising in the morning, drink a glass

igestible material left over in the

ody which if not eliminated every

ay, become food for the millions of

octeria which infest the bowels, the

milck result is poisons and toxins which are then absorbed into the

omach trouble, kidney misery,

deeplessness, impure blood and all

of get feeling right, are urged to

all cost very little but is sufficient

make anyone a real crank on the

ubject of internal sanitation.

o hot water enthusiasts.'

It is a National Duty That All Should

Decide how much you can afford to put away every pay day. Having determined the amount you can save, resolve that that amount shall be taken FIRST from your pay and deposited,

Openan account next pay day in

The Royal Bank of Canada

Capital and Reserve...... \$ 35,000,000

625 Branches

THE

DOMINION

BANK

At the Forty-Ninth Annual General Meeting of the

Shareholders of The Dominion Bank, held at the Head

Office in Toronto, on 28th January, 1920, the following

statement of the affairs of the Bank as on the 31st

GENERAL STATEMENT

74,325,657 59

ASSETS

 Gold and Silver Coin
 \$ 1,980,842 69

 Dominion Government Notes
 15,843,726 00

 Deposit with Central Gold Reserves
 4,100,000 00

LIABILITIES

December, 1919, was submitted:

Capital Stock paid in.....

carried forward...... Dividend No. 149, payable 2nd Jan-

Bonus, one per cent., payable 2nd

including

Balances due to other Banks in

CanadaBalances due to Banks and Banking Correspondents elsewhere than in

Acceptances under Letters of Credit Liabilities not included in the fore-

going

Total Public Liabilities.....

Balances due by other Banks in

Canada

Balances due by Banks and Banking
Correspondents elsewhere than in

Dominion and Provincial Govern-

Canada

ment Securities, not exceeding Canadian Municipal Securities, and

British, Foreign and Colonial

Public Securities other than Can-

tures and Stocks, not exceeding

days) Loans in Canada on Bonds,

Canada

in Canada (less rebate of in-

elsewhere than in Canada (less rebate of interest).....Liabilities of Customers under Let-

ters of Credit, as per contra..... Real Estate other than Bank Premises Overdue Debts, (estimated loss pro-

less amounts written off....... Deposit with the Minister of Finance

Mortgages on Real Estate sold.....

E. B. OSLER, President.

for the purposes of the Circulation

We have compared the above Balance Sheet with the books and at the Chief Office of The Dominion Bank, and the certified returns a from its Branches, and after the chief office and certain of the principal Breaches on December 1919, we certify that, it our opinion, such Balance Sheet exhibits at a correct view of the state of the Bank's affairs, see arding to the best information, the lexibilitions given to us and as taken by the best

Other Current Loans and Discounts

Other Current Loans and Discounts

Debentures and Stocks....... Call and Short (not exceeding thirty days) Loans elsewhere than in

adian, not exceeding market value: 13,334,525 62 Railway and other Bonds, Deben-

interest accrued to

date

BEST DELIVERY

BAGGAGE TRANSFER CARTAGE AND MOVING Auto Service at all hours. Office: 18 Queen Street.

DR. J. .G. SUTHERLAND

After three years overseas has re sumed practice in diseases of the eye ear, nose and throat and presscribing of glasses. Office hours 9 to 11 a.m. 1.30 to 4 p.m. and 7 to 8 p.m. Tuesdays 7 to 8 p.m. Sundays

\$ 6,000,000 00

129,765,123 77

\$143,504,919 82

\$70.075.379 55

180,000 00

111.414.057 55

1,168,405 41

1,988,043 33

8.790.080 39

1,996,115 44

9,352,534 25

65,396,248 69

1,050,488 62

5.469 57

5,407,180.30

C. A. BOGICRT, General Manager

Banker Killed In His Bath By Boiling Water

New York and Philadelphia Financier Scalded by Stream FromShower_Believed He Fell in Trying to Get Away

NEW YORK, Feb. 11.-H. P. Cregar, 67 years old, a well known banker and broker of New York and Philadelphia, died at the HotelChatham here of scalds and shock received while in his shower bath. His wife heard him scream and ran to the bathroom, finding him under a stream of boiling water. Se was unable herself to pull him out and by the time she had secured help Cregar a Christmas appeal to every lover of was horribly scalded. He died soon period of time, no matter how short afterward. Physicians said his death was caused by scalding and something similar to shell shock in the

It is supposed that Cregar started suddenly when the first boiling water fell on him and in doing so opened the faucet fully, then fell and was covered with the scalding shower. covered with the scalding shower. His wife says she could not find the faucet to turn it off because the room was full of steam.

Argonauts beat Dons 7 to 5 in an O.H.A. senior bame last night. The street, Toronto. Contributions should Dons have an unbroken record of de- | 1150 be addressed to the secretary. leas, while last night's victory was Argos' first.

ASOUTTH ON RUSSIA Condemns Government's Attitude

This Issue of War. LONDON, Feb. 12. - Ex-Premier

squith last night declared the King's speech a colorless document, but selected one topic for remark—that normal conditions should be restored to Russia. He admitted the Prime Minister had always been opposed to intervention, and disposed to welcome efforts for settlement, but had been overborne by "more adventurous and reactioanry colleagues." The Governmen's Russian policy, he said, had only strengthened the power of the Soviets, and if continued would lead to the establishment in Russia of a of hot water with a teaspoonful of military regime, as after the French incestone phosphate in it. This is a revolution.
very excellent health measure. It is intended to flush the stomach, liver, idneys and intestines of the pre-

rious day's waste, sour bile and in- Hospital for Sick Children

Upkeep of Big Charity Requires Fifty

blood, causing headache, bilious atacks, foul breath, bad taste, colds,

The 44th annual report of the Hospital for Sick Children, Toronto, shows a notable advance in every People who feel good one day and department of its service to the sufpadly the next, but who simply an fering and crippled youngsters of this province. The ward accommobtain a quarter pound of limestone dation has been taxed to its capacity, posphate at the drug store. This and the summer annex, the Lakeside Home, was opened for the first time since the outbreak of war.

The daily average of cot patients has increased during the year from 192 to 223, including children Ontario. Even had the cost of supplies and labor remained stationary, the substantial increase in the number of patients would alone account or the addition to the charity's debt, which at the close of the fiscal year was \$109,000. This debt has become an embarrassing burden. Further increase must threaten impairment of an enviable efficiency.

The Hospital is in the forefront of all institutions upon this continent devoted to the care of sick children. It cost \$335,399 to maintain last year. This great sum not only puts at the service of the children of Ontario all the resources of medical science, but, in addition, provides for training school for 120 nurses and unsurpassed clinical facilities er the University students who are preparing to engage in their profession throughout the province.

The income which must be forthcoming to finance this absolutely essential work figures out at seven hundred dollars a day; and, as there is no endowment fund, all but a fraction of that amount has to be derived from individual benevolence. Therefore the Trustees are making it may be. A minute of mercy costs mity cents.

For churches, societies, lodges etc., who have more ample funds wherewith to assist the youngsters to a fair start in life, the naming of cots is suggested. A number of can be paid in annual instalments if

so desired. Literature, illustrative of all branches of the past year's work, together with any other information desired, will be gladly furnished on application to the Secretary, the Hospital for Sick Children, College

> IRVING E. ROBERTSON. Chairman of Appeal Committee

CANADA

EMPLOYMENT SERVICE OF CANADA

The Department of Labour and the Provincial Governments have organized a System of Employment Offices from Coast to Coast for Returned Soldiers and all classes of workers-Men and Women -trained and untrained.

A Special Section exists for Professional and Business workers.

To look after the special needs of the RETURNED SOLDIER there is in each of these offices, a representative of the

INFORMATION AND SERVICE BRANCH DEPARTMENT OF SOLDIERS' CIVIL RE-ESTABLISHMENT

NEAREST OFFICES

Brantford, 85 James St. N. Hamilton, Niagara Falls, 17 Peter St. Orilha 261 Ninth St. E. Owen Sound, 200 St. Paul St. St. Catharines, Toronto. Toronto. Welland, 15 Division St.

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2590 36 Dalhousie St. R. 1877 Newport Building 1221 60 1125 1269 M. 3501 43-45 King St. W. 1252 Bloor St. W. J. 1087 608

Tel. No.

DOCTOR WARD, The Specialist

BACKACHE, LUMBAGO, RHEUMMATISM, STOMACH AND LIVER TROUBLES, ACNE, SKIN EASES, CATARRH, ASTHMA, RECTAL TROUBLES, PILES, FISTULA AND BLOOD CONDITION DESCRIPTION OF THE PROPERTY OF THE The knowledge gained from many years' experience in treating diseases just like yours is of much he to you and assures the ailing man of prompt relief. When a man knows that he is again feeling wellhe is rid of his ailment—he feels that a heavy load has been lifted from his shoulders, I give e ent the benefit of the knowledge acquired through the long experience of a graduated, licensed and and specialist, in order to bring about the most satisfactory results in the shortest possible time.

NERVE EXHAUSTION CONDITION AFFECTING MANY MEN-THE GREAT AM-ERICAN DISEASE - IT IS BROUGHT ON BY OUR MAN-NER OF LIVING-OUR WORRY AND HURRY - AMERI-CANS EXHAUST MORE NERVOUS ENERGY THAN ANY

OTHER RACE OF PEOPLE. There are a great many men who need treatment for their nervous system. These men do not know what is the reason they don't feel right-why they can't work like they used to-why they tire so easily and why they are irritable, nervous, despondent, weak, pale and lack ambition. These conditions require the expert knowledge and treatment of a specialist who has had many years' experience in just such ailments. A specialist learns by experience to know just the right treatment at the right time so that the patient can be dismissed at the earliest possible time. Mer. affected with nervous exhausion have no endurance-no ambition everything they attempt is an effort. Life to them appears as a long, gloomy future. Their appetite is poor and variable—they become irritable, cross and discouraged. They have pains and aches in various parts of the body and there is often indigestion and

RHEUMATIC AII MENTS

pains in the stomach. Sleepless, wakeful and restless nights fol-

SCIATICA AND OTHER FORMS OF RHEUMATISM, LUMBA-GO, PAINS IN BACK, S WELLING, ACKING, PAINFUL CONDITIONS IN ANY PART OF THE BODY-INFLAMED AND SWOLLEN JOINTS OF LEGS AND ARMS - MANY OTHER SYMPTOMS.

Hundreds of men are suffering with some form of Rheumatism. Many of these men go from day to day suffering untold agonies thinking they cannot be cured. They have tried liniments, rubbing, massage, salts and other treatments without experiencing any relief, and they are now going through life thinking they are martyrs to that burden called Rheumatism. If these men could only know how easy it is to get rid of many rheumatic conditions I know they would not suffer another single day. Then all sufferers of rheumatism would be strong and healthy if they could get rid of the condition. Rheu matic patients are nearly all strong and robust before being attached by this ailment, and therefore it is so hard for the man to understand why he should suffer the agonies of such a condition. When a man gets rid of such a condition he feels that a heavy burden has been lifted from his life, and he starts right out to make up for lost time both in money and pleasure. When a man comes to my office suffering with the above condition he is given a most careful examination, and he is given treatment that he feels is giving him great benefit.



OFFICE HOURS:

Mondays, Wednesdays and Saturdays-9 a, m, to 9 p.m Tuesdays, Thursdays ar Friday s-9 a. m. to 6 p. m.

Sunday Hours-10 a.m. to

CONSULTATION EXAMINATION FREE

79 Niagara Square COR. NIAG . RASTREET

Opposite McKinley Menument

BUFFALO, N.Y.

Quick and Lasting Results Assured the Ailing Man

YOUR WHOLE HEALTH OF BODY AND MIND DEPENDS ON YOUR BLOOD, AT "building process" of the body and mind, of the muscle and tissue fermations, of any of the various vis organs, can be accomplished only by working direct through the blood stream.

Treatment Without Operations DR. WARD Dr. Ward

Buffalo's Leading and Mest Succe ssful Specialist 79 Niagara Sc., Duffele, P. Y.



The Mutual Life ASSURANCE COMPANY OF CANADA

Fiftieth Annual Report

CONDENSED STATEMENT

1918	1919	Increase
Income\$ 7,021,103	\$ 8,583,404	\$ 1,562,30
Paid to Policyholders	3.811.092	519.67
Assets: 34,755,736	38,020,949	3,265,21
Surplus Earned	1,302,801	489.09
New Assurances	40,625,656	19.084.58
Assurances in Force	170,706,305	33,065,69

Fifty Years of Progress

Our Jubilee Year. The year 1919 was notable inasmuch as it completed the first fifty years of the company's active operations, and at the same time marked the year of its greatest development and progress in all departments of its business. The first policies were offered to the public in the spring of 1870, and the end of the first half century sees the company with unimpeachable assets of \$38,000,000 and policies in force amounting

Remarkable Expansion of Business.-The most remarkable feature of the year was the flood of new business received, due largely to the awakening of popular apprecia-tion of the beneficent function of life assurance by the experiences of the war and the influenza epidemic that followed. The increase in new business acquired was nearly 90%. That the record for quality business was fully maintained is indicated by the large increase of \$33,065,691 in the total business in force, being over 80% of the new

The Surplus Earnings.-No item of the year's operations is more gratifying than the great increase in the surplus earnings. Not with standing a certain number of abnormal death losses arising from the war and the influenza epidemic, amounting to \$352,857.65, the surplus earnings for the year were \$1,302,801, an increase over the previous year of 60%, and showing earnings of \$34.27 for every \$1,000 of total assets held at the end of

Invested Funds.—Never in the history of Canadian life insurance has there been such a remarkable opportunity for the profitable investment of life insurance funds, and the effect of the past year's investments will be to enhance the surplus earnings over a long period of years, through holding up the average rate of interest earned on the invested funds. For the year 1919 the company earned the very satisfactory rate of 6.39%.

Comparative Statement of Growth

Year 1870	- 12 (-1895 fr)	Income 4.956	Assets 6.216	Paid to Policyholders	Assurance in Force \$ 500,000	
1880		88.691	225,605	\$ 26.681	3.064,884	
1890		489.858	1,696,076	176,151	13,710,800	
1900		1,164,875	5,165,493	424,815	29,518,626	
1910		3,020,996	16,279,562	804,759	64,855,279	
1919	,	8,583,404	38,020,949	3,811,092	170,706,305	
A copy of the	detailed rep	ort will be mail	ed to every n	olicyholder in	due course.	
CONCRETE STATE OF THE STATE OF	PER DAVING OF PRIMARY CONTRACTOR		MANUFACTURE CONTRACTOR OF THE PARTY OF THE P			

C. E. HANSELL - District Manager ST, CATHARINES, ONT.



Thick, Tender Savory Me

make your guests praise your pitality, your cooking, your enterta ment. Why not this kind of meat stead of the doubtful cuts and ferior meats? We want you to ke meats. A sirloin or porterho teak, a roast, chops from the will enable you to ju

MEATS AND PROVISIONS AKF ST. AND CHAPLIN A

S. KILLMER, D.D.S., L.D. Dentist Office-65 St Paul Str St Catharines. Phone 16. Reside

CARPET CLEANING IS THE TIME TO HA

22 Welland Avenue.

your carpet cleaned. We do work first-class by vacuum chines Furniture crated and ed. Upholstering in all its ora S. CARPET CLEANING CO. St. Paul Street. Phone 605. W Westwood, Proprietor.

Save Careless

cost of livin

Mountain the best pla

