

th those of the brain. in indigestion in any laboring under mental Sudden news of an cases, frequently cause sia or a billous attract ia or a bilious attack. nsue, or a severe nerv. hen nervous headaches be regarded as merely mental and emotional in excess of the phy-

ative treatment is there-Drugs are strictly to e of narcotics for the criminal, for, however at first, after a time and finally work unreis more insidious than the "headache powders" the neadache powders aches are distinctly in-ed her own cure. Her sunshine, while careful art in restoring health. ady stated, is necessary, and certain cure. Only, erers, when rest is pre-the full benefit of the adwrong meaning to the not synonymous terms! the case of the woman Rest means, or should age of scene, and change vork, for work it must, too constantly run in plenty of gentle exng all violent or fatigue "bad habit" of headequal, will be speedily asure, bathing the nape er will often prove of eadache.

uld then be removed. a shoulders. The head a basin, and a sponge should then be apthe brain. Afteroffee, put on a kimona a couch in a darkened When by long. ache, or become tired, using an India rubber ich no family should be alf or two-thirds full of wrap it in flannel, or ade to fit the bag, and one side of the face, brehead above the eyes,

same way for twenty

he face (on the temple se the eyes for some ppear, and the eyes will per cent of water. Ada medical journal, it quantity is necessary al physiological pro ly in proper condition also appear plausible any way be greatly rerough normal processes esses, this lost quantity plied. Should such a litted to be unduly proders will assume grave pliability of muscles, nd even bones depend ter they contain. Water ter they contain. f bodily heat, and reguthe physical process of Inder normal conditions ealth this supply is orthe food, and partly by ming. A generous in-provided it is not carever, be productive of ed water is particularly in eliminating uric acid, natter from the system. remedial uses in cases of nd rheumatic or gouty

HE DAY

nengarde," by Maxwell tale, relating the ex-

ed for the Canadian club luncheon, the guest, crowds were wending their way to Manitoba hall, says the Winnipeg Free Press. By six

o'clock, a quarter of an hour before the openevery seat in the hall was taken, so great the desire to see and hear the distinguished British statesman. On entering the room in company with Sir Thomas Shaughnessy, W. much as in war. If wars were altogether to D Mathews, director of the C.P.R., and the officers of the club, Lord Milner was accorded. a rousing reception. Grace was said by Archbishop Matheson. On his lordship's right sat empire. Sir Thomas Shaughnessy and on his left W. D. Mathews. Amongst others at the table of honor were Rev. Dr. Bryce, Rev. Principal Sparling, Rev. Principal Patrick, Rev. C. W. Gordon, Rev. Clarence Mackinnon, Dr. D. W. cDermid, J. A. M. Aikins, A. Congdon, D. M. Duncan and Lord Milner's secretary, A. D.

Steel-Maitland. Introduced by William Whyte

In introducing the guest of the evening William Whyte referred to Lord Milner as one whose abilities had placed him in the front rank of diplomatists, statesmen and administrators. He was also in the front rank of empire builders. Great Britain had done more han any other nation to shed light on the dark places of the earth, and he trusted that nothing yould ever occur which would dim the lustre and glory of that empire. As a Canadian he thought that Canada would assist materially in maintaining the power of which they were all so proud. He believed that the sea power of Great Britain would do more to maintain the peace of the world than anything else. He was glad that Lord Milner on visiting Canada had refrained from doing what so many visitors from the other side did, viz., from expressing strong and pronounced views on the country. Lord Milner had wisely waited till he crossed Canada from ocean to ocean and until he had conferred with many of Canada's leading men before speaking publicly. (Cheers.) What the Empire Is

Lord Milner rose amidst one of the most enthusiastic greetings ever accorded by the Canadian club to one of its guests. It was some time before he was able to speak. His lordship said: "Speaking last week to the Canadian club

of Vancouver, I dwelt at some length upon what I conceive to be the advantages which Canada and other members of the British imperial family, such as Australia, New Zealand, or, for that matter, the United Kingdom itself, derive today, and may derive, in still larger measures in the future, from facing the world as a single great power. If anyone is sufficiently interested in the matter, and cares to see what I said then, there is a full report of referred rather sooner than other people. my remarks not indeed a faultless report, but wonderfully good one, in the Vancouver press. I do not wish to repeat myself, and I shall deal with quite a different aspect of the life of the empire today. But there are just

in South Africa than we do today.

"That, then, is my position, the position of an Imperial Unionist, using that word in its broadest and in no party sense-a Unionist in that I wish to see all our common affairs the cease, as we all hope and believe that they will grow less and less frequent, I should not on that account attach less importance to a united

"And now only one more reference to what I said at Vancouver. In answer to those that hold that the growth of a Canadian spirit, of Canadian patriotism, in which I rejoice, is incompatible with the imperial idea. I tried to point out how decisively the history of this country itself belies such fears. There are no greater contrasts within the British empire today, and at any rate within the self-governing states, than existed in Canada before Confederation, and indeed still exist. You had physical distance and inaccessibility. Nova Scotia is further from British Columbia than from Great Britain, and the then unbridged prairies and Rocky mountains were out and away a greater obstacle to intercourse than the Atlantic ocean. You had likewise differences of race. But in spite of all these, United Canada is a great accomplished fact today. And it has become so without loss of individuality in the several and very diverse states which comprise it, and without violence being done to their distinctive character and traditions. The principles which have been so satisfactory in the making of Canada are applicable in a wider field, and Canada is not the only example. The history of our race and of other kindred races for hundreds of years, has many instances in it, where never, indeed, without doubt, opposition and criticism at the outset, but with complete success in the end, independent communities, intensely jealous of their independence, have nevertheless solved the problem of effective and enduring union for common purposes without injury to their individual existence and patriotism. (Cheers.)

Old Idea on Large Scale

"There is nothing at all new in the idea. What is novel is the largeness of the scale on which it is sought to realize it. But then the novel conditions of human life, the great and progressive improvement in the means of travel and communication, the triumphs of science over distance-what has been called the shrinkage of the world-are favorable to political architecture on a large scale. Imperialists are only men who realize the facts of the world they live in, who have grasped the bearing and consequences of the changes to which I have

"And now, gentlemen, I have done with my recapitulation. I am going to break new ground. Enough has been said, for the moment, about the value of imperial unity for purposes of external protection. Let us look at We imperialists are irequently represented as

people who think only of national power, of

armies and navies and of cutting a big figure

ALF an hour before the time arrang- Zealand had had a voice in it, if the organiza- exception, British citizenship is the most valution of the empire had been sufficiently advanc- able citizenship in the whole world. Regarded at which Lord Milner was to be ed to make that course practicable, I think we as a free pass, it has the widest currency. The should see a more satisfactory state of affairs man of white race who is born a British subject can find a home in every portion of the world, where he can live under his own flag, enjoying the same absolute freedom, and the same protection for person or property as he has always enjoyed; using his own language subject of common management in peace as and possessing from the first moment that he sets foot there, the full rights of citizenship; and that without sacrificing anything, without forswearing his allegiance to the land of his birth, as he must do in order to obtain citizen rights in any foreign country.

THE VICTORIA COLONIST

LORD MILNER'S SPEECH AT WINNIPEG

Advantages of the Colonials

"It is needless to dwell on the vast advantages which it is to the people of the United ingdom to be able to make homes for themselves in so many parts of the new world, without ceasing to be Britons. There is nothing which more excites the envy and admiration of foreign nations. But is there no corresponding advantage to the younger nations of the British family in the fact that they have a home, and a footing, and a place as of right, in the old world, which no other denizens of the new world possess. Take the people of the great republic on your borders. They come to Europe as visitors by tens and hundreds of thousands, and many of them come to stay. And welcome visitors they are, especially in Great Britain. The sense of relationship strong and growing and we are all very glad of it. But much as he may feel at home in Great Britain, much as we may do to make him feel so, the citizen of the United States can never be at home there in the same sense in which a Canadian or Australian can. The great historic sites to which he makes his pilgrimage, the monuments of art and antiquity, the accumulated treasures of centuries of civilized existence, great as may be the attraction they possess for him, are yet not his, and they are yours and mine. And, of course, he cannot take his part in the public life of the country without abandoning his own nationality. The Canadian can do so at any time and for just as long as he likes without any such sacrifice.

"The privileges of British citizenship are without parallel in history. I cannot dwell at greater length upon all that is involved in them, either in the way of material benefit, or in their effect on character, though I feel strongly that the multiplied sympathies and the wider outlook, which the citizenship of a world-state gives have an educating influence of the highest value. And, here, if I may, without appearing to be egotistical, refer to my own case, I would just say that I am conscious how my own life has been enriched by my experience in Egypt and South Africa, ar-, duous and even painful as they sometimes have been. I am not now thinking of the political or business aspect of these experiences, but simply of the education, which it was to me to be brought into close touch with the life of these two countries, so extraordinarily dissimilar and yet both so interesting. That was an experience which I could never have had in it today in its bearing on internal development. the same degree as a mere foreign visitor.

that she can give to Canada in return. I speak ed as to yield all the benefits, which it is capfrom a brief experience, and I may be quite wrong, but you will wish me to say frankly what strikes me. The younger states of the empire have taken all their fundamental institutions from the old country. I am not sure that they have yet reproduced all that is best in their public life. Without ignoring the excesses of party spirit in the United Kingdom, which I am the last to defend, I think that as a rule, the tone of public controversy there is comparatively high. (Loud and prolonged cheers). The number of men who engage in public affairs, contrary to their own interests and even inclination, from a sheer sense of duty, is considerable. The civil service, impartially reunited, entirely free from party bias, absolutely independent and yet self-effacing, is probably the best in the world.

"Now turn from the political to the intellectual life of the country. I think the general level of education and intelligence is higher on this continent. But I also think that on the topmost plane, of literature and learning, of course with individual exceptions, there is something in the maturity of thought and perfection of scholarship, which distinguishes the old country and the old world generally, which seems entitled to peculiar respect. But I will say no more on these points. On the whole it would be better for Canadians to look out for what is best and most worthy of imitation here. That would appear to be the right division of labor in the present case. (Laughter).

Will Boom Canada at Home

"And now before sitting down, I want to answer two criticisms, not external but internal criticisms. I mean doubts which have arisen in my mind as to the appropriateness' of what I have been saying today. The first is this: For the past fortnight, during which I have travelled thousands of miles and conversed earnestly with scores of able people, I have been ceaselessly in contact with, hearing all day and dreaming all night, and imbibing, so to speak, through the pores of the skin, the story of that immense development present and future of western Canada, which necessarily pre-occupies the minds of all its inhabitants today. The only thing which everybody cares about, so says my internal critic, is the one thing I have said nothing at all about. But not because I am not impressed with it, or fail to realize its importance alike to this country and to the future of the empire." If the plains, which I have just been traversing are going to become the principal granary of the United Kingdom, and I don't see how they can fail to become that. This is evidently a new factor of tremendous moment. But then it would be carrying coals to Newcastle to dilate upon it here. There is not a man in this room who does not know much more about it than I do. If I am going to dwell on the great future of the Canadian west and all that it involves, let me do so, not in Winnipeg, but in London. (Laughter.)

Still Faces Great Problem

"Now I have silenced one internal critic, up jumps another and a more formidable

able of yielding to every one of its inheritors. It is no use a few of us, even a large number of us, working away for the common cause on the other side of the Atlantic, unless others are working for it over here, working for it as Canadians, keeping it in their minds from day to day, and watching for every opportunity which may further, and be on their guard against every slip which may injure it. It is only by a long pull and a strong pull and a pull altogether, that we can place our great common heritage, the British Empire, above the danger of external attack or internal disruption." (Loud cheers.)

It was moved by J. A. M. Aikins and sec-onded by Rev. C. W. Gordon that the names of Lord Milner, Lord Strathcona and Lord Roberts be added to the club's roll of honorary membership. Amidst loud applause this motion was carried unanimously. J. B. Mitchell, secretary of the club, then read letters from Lord Strathcona and Lord Roberts regretting their inability to visit Winnipeg during their visit to Canada this year and expressing the pleasure it would give them to address the Winnipeg Canadian club.

THE GERMAN NAVY LEAGUE

The Berlin correspondent of the London Times, writing under date of September 28. said: The presidential committee of the German Navy League, which was in conclave on Saturday and yesterday, occupied itself in discussing the conflict that has arisen in connection with the attitude of the extreme supporters of General Keim among the members of the League towards the leaders of the Bavarian section. After considerable deliberation it was decided that the committee could not interfere in the matter, but could only express regret at the dispute. A statement which was submitted by the Bavarian leaders was placed on the minutes.

The meeting, which was under the presidency of Grand Admiral von Koster, then adopted a long resolution with regard to the policy of the League, which is to be sent as a circular to all the members. In this resolution it was urged nat, whereas the supplementary Navy Law of 1908 had provided for the more rapid construction of battleships during the next four years, it was now the duty of the government to turn its attention to the problem of bringing the cruiser squadrons up to date. The moment when the financial system of the Empire was about to be reformed was particularly opportune for advancing the de-mand that all needful provision should be made for maintaining the efficiency of the national defences. In the opinion of the League the prospective scheme for the reform of the finances ought in particular to be framed in a way which would guarantee that the Navy Law would be carried out in the spirit as well as in the letter. The progress which had been made during the last ten years in the education of public opinion with regard to naval policy warranted a demand of this kind.

With regard to the question of large . cruisers, it was asserted that, out of the 20

selfish young wife who holiday on the Riviera, not a sadder, at least a etter woman." For her etter woman." For her at ungrammatically expossible to feel more Ermengarde, her "sus-

Incle John," by Annie ss record of the experi-ired by certain Ameri-ore famous show-places ore famous show-places The book will prove into the writer's fellow are planning a pilgrim-term "the effete old

by Fred. Whishaw, is a f fiction, though it lacks red Mr. Anthony Hope's ly popular. Neverthey popular. of its kind.

st novel, "A Laughing example of his versatil ound and serious book, k's masterpiece so is earliest works, those studies, in which commsically mingled love story of modern ural story, peopled with with the fluency and author of Mr. Bullock's

by Ada T. Browning, is an ordinary novel writollowing is a fair speci-

e way; they were too nent there; how not a

lson Kernahan's latest is such a charming people with whom she with such a clever, vi-hes the author had empurpose than the enbristling with improb-

CLIPPINGS

il is done,

best, eyes and says.

sings, is nest: nking low,

will do so as briefly as I can, in order to explain to you from what point of view I approach the subject. The word British, as apolied to the empire, does not mean English, nor yet yet English, Scotch and Irish all together.

one or two things which I must repeat, though

"The empire is not something belonging to the United Kingdom any more than to Canada, or to Australia, or to any other single portion of it. All the subjects of the King ought to be equal sharers, and so to regard themselves. For my own part, I firmly refuse, and shall always refuse, to regard any quarter of the empire as otherwise than a part of my country, or its inhabitants otherwise than my fellowcitizens and my fellow-countrymen, and that not because I happen to be an Englishman. If I were a Canadian, I should feel, or be entitled to feel, precisely the same. No doubt since the empire has tumbled up in a very casual manner, and its organization is still very imperfect, this view is today somewhat a counsel of perfection.' The people of the United Kingdom do in fact at the present time control the foreign policy of the empire, and provide for its defence in a very different measure from the inhabitants of other parts of it. But that is a state of affairs which I hope to see gradually altered, and it has been to some extent altered already. A good deal has been said recently about the self-governing states of the empire, other than the United Kingdom, taking a greater share in imperial lefence. I think that is right, and I believe that they recognize it. But from my point of view, it is no less essential that they should

(Cheers.) All Contributed in South Africa For instance, and by way of illustration only, they all contributed to our success in the outh African war. It was right that they

should do so, for the great issue at stake there

as not of local but of general interest. But

ough they took part in the war their par-

cipation ended with its conclusion. It was

garded as a matter of course that the United

on in South Africa as the war left it. In my

inion, the policy to be adopted after the war

ould have been, like the war itself, the busi-

ess of the whole empire and not of the United

hingdom only. If Canada, Australia, New

ngdom alone should deal with the situa-

take their part in moulding imperial policy.

in the world, in fact, in one word, of the material and external aspect of national life. Most emphatically do I enter my protest against any such misconception. Give me that political organism, be it small or large which affords to its members the best opportunities of self-development, of a healthy and manysided human existence.

"I believe that the close association of the several people under the British crown, their leading a common national life, tends to promote all these things, and that there would be a distinct and immense loss, if the tie were broken, alike to the various communities as wholes and to the individuals who compose them.

A Migratory Age

"Take just the individual. We live in a migratory age, and mankind, as far as one can foresee, is likely to become more rather than less migratory. Men find the older countries too crowded and go forth to seek fresh opportunities and more elbow room in the new, or they go for purposes of business and study. or from mere inclination, from the new to the old. Again there is a growing intercourse, this for business reasons mainly, between the tropic and the temperate zones, and generally between countries of diverse climate and products. The economic interdependence of the different parts of the world is constantly increasing this tendency.

"Now, in this constant movement so characteristic of our age, the citizens of a worldwide state have a great advantage. The British empire, comprising as it does an area in both hemispheres, and on every continent in the globe, containing every variety of climate and of product, and almost every form of human activity and enterprise, offers to every born subject of the King, of European race, a choice of domicile within its own borders, and opportunities of migration without expatriation, which no other state in the world affords. The United States probably comes nearest to it in this respect, but the United States are not its equal in the number and variety of the opportunities which it offers to its citizens within the confines of their own country.

And I feel the same about my present sojourn in Canada. It is much too short, but I am getting more out of it, in the way of my own improvement, than I would out of a stay of equally brief duration in any foreign country.

Dealing With Communities

"Now turn from the individual to look at the community. Despite a general similarity of spirit and aim, which distinguishes the selfgoverning states of the empire throughout the world from other nations, there is no doubt great activity between them. They are developing distinct but closely related types of civilization and character, and that being so they have much to learn from one another, which can best be learned and perhaps can only be learned if they draw closer together instead of drifting into separation and that inevitable separation, potential antagonism. This is a big subject, much more than I can elaborate at the end of a long address. But I may just indicate what is running in my mind. My personal experience of the younger communities of the empire is limited. But as far as it goes, it confirms what has often been asserted by careful observers. In the freer and less conventional life of these communities, men are more readily judged by their essential worth than they are in the old country. Social distinctions are of less account. "A man's a man for a' that." In this respect the younger states are in the best sense of the word more democratic. Again the supreme importance of education is more generally recognized. It is impressive to see the new provinces of the Canadian west, which have only existed as political entities for a few years, already equipped with such stately school buildings, already starting universities and resolved to start them on no mean scale. Again it is a commonplace that new departures in social organization are more readily attempted here or in Australia or New Zealand than in the United Kingdom. There is not the same excessive caution about making experiments, or the same difficulty of breaking loose from the domination of time-honored theories and routine. For one who, like myself, is somewhat of a radical, at any rate in the field of economics and social reform, there is much encouragement in all this, as well as much instruction.

"But if there is much that the old country "It is no exaggeration to say that, without can learn from Canada, is there not also much

'What?' he says to me, 'Have we not heard enough of all their fine generalities about Empire and Imperial union?' 'Is it not time to come to something more definite and practical?" Now that objection appeals to me very much, for, absurd as it may seem to say so at the end of this interminable rigmarole, I am not a man of speech but a man of action. No amount of practice will ever make speaking anything but pain and grief to me, and especially speaking in generalities. It is very much easier to discuss a particular definite proposal. But then, in the first place, this is a club for the formation of opinion and not for the discussion of programmes. And I must reluctantly admit that there is still a great deal to do, quite as much, or more, in the old country as here, in creating a sound attitude of mind on Imperial unity. It is not that in a vague and after-dinner-speech sort of way there is not great enthusiasm with regard to it. But of the people who share that enthusiasm, very few take the trouble to think out what they themselves can do to turn it to practical account. Men are waiting for a sign, for some great scheme of Imperial constitution, which, as it seems to me, can only result from and not precede the practice of co-operation in the numerous matters in which it might be practised now without new institutions. And so opportunities are missed every day, which would not be missed if there was a more general and vivid sense of what is incumbent on those who sincerely aim at being citizens of Great Britain. On another occasion I may try to point out some of the directions in. which, even under present conditions, much might be done to make close union a reality. But I have trespassed too long on your patience tonight.

Asks Assistance from This Side

"I have tried in my imperfect way to live up to that ideal all my life and have found it a constant source of strength and inspiration. I do not think I have been a worse Englishman because I have never been a little Englander, but have tried to realize beyond my duty to England, the duties and obligations of a wider patriotism. May I put it to you, quite bluntly, it is only if a similar spirit prevails in all parts of the Empire that the great heritage of our common citizenship and our world-wide dominions can either be preserved or so develop-

ships of this class for which the Navy Law makes provision, six are being employed for special purposes, and are thus withdrawn from their proper sphere. Nevertheless, new cruisers cannot be laid down in their place, since they will not reach the age-limit until the years 1914 to 1919 inclusive. The League accordingly demands that these six cruisers should be struck out of the list of large cruisers, and that modern armored cruisers should be constructed in their place as soon as possible. The League further draws attention to the fact that only 16 battleships have been constructed out of the 17 battleships which, as the Navy Law enacts, ought to constitute the first double squadron of the high sea fleet. It was further urged that every effort ought to be made to maintain highly trained nucleus crews for the ships in reserve, and that these crews ought to number at least one half of the normal ship's complement.

The essence of this programme seems to be that the League is preparing to conduct an agitation in favor, not only of the early con-. struction of the outstanding 17th battleship, but also of laying down as soon as possible at least six new large cruisers, which, it is needless to say, would be of the most modern type. The German press will presumably plead that cruisers, which will of course be described as being designed solely for the protection of commerce, do not possess the political significance of battleships, while the government would find no difficulty in inducing the Reichstag to believe that merely another "error of calculation" in the Navy Law was being corrected.

The death of Mrs. Macready, says the Pall Mall Gazette, severs a long link with history. She was W. C. Macready's second wife, married to him forty-eight years ago, and for fiveand thirty years his widow. And he, born in 1793, took the last of his farewells as Macbeth at Drury Lane in 1851. G. H. Lewes has left a brilliant record of that memorable night, where, however, the note of pathos was not wanting. For the beneficiare was in mourning for his favorite daughter ,and wore the jet studs of those days when he came on in evening for his favorite daughter, and wore the jet following year found him a widower, and eight years later, when he was not far off seventy, he married Miss Spencer, who has now joined the majority in her turn.