

G.H. MUMM & CO.

By ROYAL WARRANT

TO HIS MAJESTY
KING GEORGE V.

CHAMPAGNE

LEGAL NOTICES

Thomas Ogilvie & Sons, Limited.

PUBLIC Notice is hereby given that under the First Part of chapter 79 of the Revised Statutes of Canada, 1906, known as "The Companies Act," letters patent have been issued under the Seal of the Secretary of State of Canada, bearing date the 16th day of August, 1913, incorporating Alexander Murray Garden and Charles Alexander Moss, barristers-at-law, Waldon Lawr, student-at-law, Fannie Bingham Cox, stenographer, and Gertrude Hancock, bookkeeper, all of the City of Toronto, in the Province of Ontario, for the following purposes, viz:—(a) To carry on all or any of the businesses of manufacturers, merchants, wholesale and retail importers and exporters, merchandise generally, but especially of woollens, silks, linens, textile fabrics and general dry goods; (b) To acquire the goodwill, rights, property and assets and to undertake the whole or any part of the liabilities or engagements of Thomas Ogilvie & Sons of Toronto, as a going concern, and of any other person, firm, corporation or association carrying on a similar business, and to pay for the same in cash, stock, bonds, debentures or other securities of the company or otherwise; (c) To enter partnership or into any arrangement for the sharing of profits of the union of interests with any person, firm or company carrying on or engaged in or about to carry on or engage in any business or transaction which the company is authorized to carry on or engage in; (d) To take or otherwise acquire and hold shares in any other company having objects similar to the company; (e) To take over, acquire, hold, use, sell, lease and exchange such property as may be deemed necessary or expedient for the purposes for which the company is incorporated; (f) To carry on any business pertaining to the objects for which the company is incorporated, whether manufacturing or otherwise, which may be carried on in connection with the purposes of the company, or which may be beneficial or profitable thereto; (g) To amalgamate with any company in Canada constituted for the purpose of carrying on a similar business, and to manage, operate and carry on the property, undertaking and business of any such corporation; (h) To apply for, obtain, register, purchase, lease or otherwise acquire and to hold, use, own, operate and introduce and to sell, assign or otherwise dispose of any trade marks, trade names, patents, inventions, improvements and processes used in connection with or secured under letters patent of the Dominion of Canada or elsewhere or otherwise; to use, exercise, develop, grant licenses in respect of or otherwise turn to account any such trade marks, patents, licenses, processes and the like, or any such property or rights; (i) To issue and allot, as fully paid up, stock, shares of the capital stock of the company as consideration for work done, guarantees given or agreed to be given, or services rendered or agreed to be rendered in furtherance of the objects of the company; (j) To sell or dispose of the property, mills, assets, undertakings and business of the company, in whole or in part, for such consideration as the company may deem fit, and in particular the stock, bonds, debentures or other security in any other company having objects similar to those of this company, and divide among the shareholders by way of dividend any cash, stock, bond, security so received; (k) To do all or any of the above mentioned things as principals, agents or attorneys. The operations of the company to be carried on throughout the Dominion of Canada and elsewhere by the name of "Thomas Ogilvie & Sons, Limited," with a capital stock of two hundred thousand dollars, divided into 2,000 shares of one hundred dollars each, and the chief place of business of the said company to be at the City of Toronto, in the Province of Ontario.

Dated at the office of the Secretary of State of Canada, this 20th day of August, 1913.

THOMAS MULVEY,
Under-Secretary of State.

NOTICE is hereby given that Alicia Hill, of the City of Toronto, in the County of York, in the Province of Ontario, married woman, will apply to the Parliament of Canada at the next session thereof, for a Bill of Divorce from her husband, George Erastus Hill, formerly of the City of Toronto, in the County of York, Dentist, but now of the City of Los Angeles, in the State of California, United States of America, on the ground of adultery and desertion.

Dated at Toronto the second day of July, 1913.

CORLEY, WILKIE AND DUFF,
Solicitors for the Applicant.

Should your copy of the
Canadian Courier not reach
you on Friday, advise the
Circulation Manager.

arrested with considerable roughness, and that further unnecessary violence was exercised on his fellow-prisoner.

Fritz was sober enough now to realize that he had witnessed an anarchist outrage, and sensible enough to appreciate that the woman anarchist had saved him from imminent peril. In fact, her capture was the direct result of her humanity in saving his life. This, coupled with the fact that his latent chivalry was roused by the rough way in which the police had handled her, sent his unsteady steps hurrying to the scene of the arrest.

He made his presence known by a polite "good-evening" to the officer, and taking off his hat.

"Who are you?" demanded a police sergeant gruffly.

"My name is of no moment," replied Fritz, "but I must ask you to release this young woman."

"The devil you must! Why?"

"She has saved my life."

"She has half-wrecked the Central Meat Market, and is evidently a most desperate character."

"Nevertheless I must persist in my request," maintained Fritz with polite determination. "she is only a woman, a girl almost."

"Go home to bed, sir," said the policeman who had originally accosted Fritz, and who was one of the woman's captors. The jeunesse doree has its privileges, but it must not interfere in the arrests of anarchists."

"Confound it!" said Fritz, "do you want me to have recourse to violence?" The idea of leaving this woman who had saved his life to the tender mercies of the police was abhorrent to his sense of honour, and in his present condition he felt physically equal to many policemen.

The sergeant, who could have pushed him over with one hand, and who knew it, was not disposed to take him seriously, and confirmed the advice given by his subordinate.

"Go to bed, sir, or you'll get into trouble."

"I most distinctly refuse to go to bed," said Fritz stubbornly. "I believe that anarchism is a disease, and that the cure—"

This time it was the woman who interrupted him.

"You can only do yourself harm, and me no good."

"But why—why did you save my life?" he stammered.

"I told you I warred against institutions, not men," she retorted.

"There you see," said Fritz, appealing to her captors, "she would not wish to kill a single human being."

"Only one," she said, "and him only because he is what he is."

"Who is he?" asked Fritz.

"The King!" cried Fritz in amazed indignation. "She would kill the King. Constable, you may take this woman to the police station."

The sergeant smiled grimly.

"I was going to," he said.

CHAPTER III.

Litera Scripta Manet.

DOWN the white highway that leads from Wolfsnaden to Weidenbruck, a big black and yellow sleigh was being drawn by three roan horses harnessed abreast, to the accompaniment of jingling bells, a cracking whip, and strange guttural noises of encouragement that issued intermittently from the throat of the black-bearded driver. The conveyance was the post, and a goodly quantity of letters and parcels, securely packed in green canvas sacks, each sealed with a big red seal, were heaped on the lurching vehicle.

Possibly the extreme beauty of the scene and the splendour of the day—for the route lay through some of the loveliest mountain scenery in Europe, and the sun shone out of the sapphire sky on to a snow-scape of shimmering whiteness—produced an exhilarating effect on the mind of the driver, for he varied his guttural ejaculations to the horses with snatches of old-time folk-songs, and his whip waked the echoes without pain or injury to the backs of his vigorous teamsters.

It was January in Grimland, two months since Fritz of Friedrichsheim had escaped annihilation in the Cen-

The Gospel of Efficiency—How it is Preached to and Practised by Canadians.

Fifteen years ago the word "efficiency" held the same place in the Dictionary that it does to-day, but in the popular mind it was a somewhat ordinary word used for describing the attributes of a certain engine, too, or perhaps a remedy of some kind—all inanimate things.

At that time the watchwords of the ambitious Canadian were "Initiative" and "Hustle," and with these he whipped himself into superlative effort, until he found that he was fast losing the ability to keep himself up to "concert pitch"—he no longer responded to the whip—something serious had happened—

Truth was, he had lost his efficiency.

Thus did the word Efficiency assume a new and great import among men and women alike, for without it we can have neither initiative, hustle or ability to keep pace with the business and social requirements of the twentieth century.

How to obtain and maintain the highest degree of Efficiency while we are about, rather than how to get well and efficient after we are ill—as a matter of fact, in this connection, those of us who consider ourselves well and strong are not consistently more than 50 per cent. efficient.

We may be able to get about and do our daily tasks with more or less satisfaction to ourselves, and without undue exhaustion, but that is not by any means one hundred per cent. of efficiency.

If our brains are clear, our intellects bright, and our condition such as to put enthusiasm and "ginger" as well as clear judgment into our work, we have a tremendous advantage over those who are half the time depressed, blue, and all the time nervously fearful that their judgment may be wrong—who lack the confidence that comes with perfect efficiency and makes so much for success.

But most of us are in the latter class, if we analyze our feeling, and for a very good reason.

Nature is constantly demanding one thing of us, which, under our present mode of living and eating, it is impossible for us to give—that is, a constant care of our diet, and enough consistent physical work or exercise to eliminate all waste from the system.

Nature has constructed us for a certain physical "speed," as it were. If you construct an engine for a certain speed, and then attempt to run it at a quarter of that speed, it clogs up and gets "wheezy at the joints," and needs frequent attention and assistance to operate satisfactorily—just so with the human body.

If our work is mostly mental, or confining, as it is in almost every instance, and our physical body runs at quarter speed or less, our system can not throw off the waste except according to our activity, and the clogging process immediately sets in.

This waste accumulates in the colon (lower intestine), and is more serious in its effect than is immediately apparent, because it is intensely poisonous, and the blood, circulating through the colon, absorbs these poisons, circulating them through the system and lowering our vitality generally.

That's the reason that biliousness and its kindred complaints make us ill "all over." It is also the reason that this waste, if permitted to remain a little too long, gives the destructive germs, which are always present in the blood, a chance to gain the upper hand, and we are not alone inefficient, but really ill—seriously sometimes if there is a local weakness.

Accumulated waste, for instance, is the direct, immediate and specific cause of Appendicitis.

Now, there have been many preachers of the Gospel of Efficiency, among them men high up in the literary, commercial and professional world, who have tried to teach us to conserve our energies by relaxation, avoidance of worry, habitual cheerfulness, etc., but this is useless advice when the seat of the trouble is physi-

cal first, and mental afterwards.

There have also been many practical men, such as physicians, physical culturists, dietitians, osteopaths, etc., who have done something towards actually removing this waste from the colon, at least for a time.

It remained for a new, rational and perfectly natural process, however, to finally and satisfactorily solve the problem of how to thoroughly eliminate this waste from the colon without strain of unnatural forcing—to keep it sweet and clean and healthy and keep us correspondingly bright and efficient—clearing the blood of the poisons which make it, and us, sluggish and dull-spirited, and making our entire organism work and act as nature intended it should.

That process is internal bathing with warm water—and it, by the way, now has the unqualified and enthusiastic endorsements of the most enlightened physicians, physical culturists, osteopaths, etc., who have tried it and seen its results.

Heretofore it has been our habit, when we have found, through disagreeable and sometimes alarming symptoms, that this waste was getting much the better of us, to repair to the drug shop and obtain relief through drugging.

This is partly effectual, but there are several vital reasons why it should not be our practice as compared with internal bathing.

Drugs force nature instead of assisting her—internal bathing assists nature, and is just as simple and natural as washing one's hands.

Drugs, being taken through the stomach, sap the vitality of other functions before they reach the colon, which is not called for—internal bathing washes out the colon and reaches nothing else.

To keep the colon consistently clean drugs must be persisted in, and to be effective the doses must be increased—internal bathing is a consistent treatment, and need never be altered in any way to be continuously effective.

No less an authority than Professor Clark, M.D., of the New York College of Physicians and Surgeons, says:—"All of our curative agents are poisons, and as a consequence every dose diminishes the patient's vitality."

It is rather remarkable to find at what would seem so comparatively late a day so great an improvement on the old methods of internal bathing, for in a crude way it has, of course, been practised for years.

It is probably no more surprising however, than the tendency on the part of the medical profession to depart further and further from the custom of using drugs, and accomplish the same and better results by more natural means, causing less strain on the system and leaving no evil after-effects.

Doubtless you, as well as all Canadian men and women, are interested in knowing all that may be learned about Efficiency—about keeping up to "concert pitch," and always feeling bright and confident.

This improved system of internal bathing is naturally a rather difficult subject to write about in detail, but there is a physician who has made this his life's study and work. He has written an extremely interesting book on the subject, called "Why Man of To-day is Only 50 Per Cent. Efficient," which he will send without cost to anyone addressing Charles A. Tyrrell, M.D., at Room 252, 280 College Street, Toronto, Ontario, and mentioning that they have read this article in The Canadian Courier.

It is surprising how little is known by the average person about the subject, which has so great a bearing on the general health and efficiency.

My personal experience and my observation makes me very enthusiastic on internal bathing, for I have seen its results in sickness as well as in health, and I firmly believe that everybody owes it to himself if only for the information available, to read this little book by an authority on the subject.