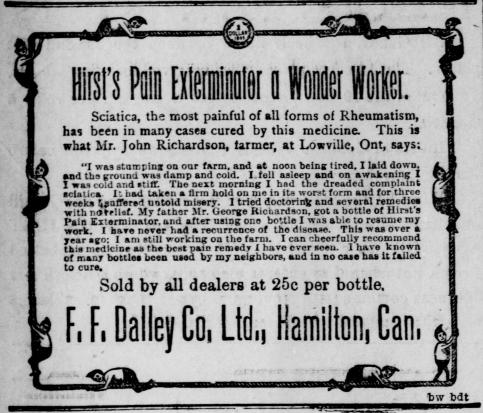
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Their Breakfast Cocoa is absolutely pure, delicious, nutritious, and costs less than one cent a cup. Their Premium No. 1 Chocolate is the best plain chocolate in the market for family use. Their German Sweet Chocolate is good to eat and good to drink. It is palatable, nutritious and healthful; a great favorite with children. Consumers should ask for and be sure that they get the genuine Walter Baker & Co.'s goods, made at Dorchester, Mass., U. S. A. CANADIAN HOUSE, 6 Hospital St., Montreal.





DO YOU DESIRE TO BE GOOD

BEAUTY has been described as a glorious gift of nature, as a delightful tinuity of their national life was brodice, as a favor of the gods, whilst others have said that "Beauty is better than all the letters of recommendation in the world."

than good-looking.

Age will come, all too soon, to every one of us. Meantime we can try to prevent the clear rosy tints of health being nerged into a sickly pallor, and to avoid the affliction of eruptive blemishes on the face and skin.

A WOMAN needs a good complexion and a soft smooth skin, else her happiness is lessened and her charm to the other sex diminished. She needs also color in her cheeks, sparkle in her eyes and strength in her nerves, else she is pale, dejected and her duties weary her.

A MAN needs a clear skin and a wholesome complexion in business, from royal or elerical or Puritan tyrelse other men fight shy of him. He needs also strength, energy and vitality, else he will be a laggard in life's struggle.

EVERYBODY should have a smooth, rosy, firm skin, free frem erupave detacement. Neither men nor women can attain these things unless they have pure, rich, red, vitalizing blood. It is a law of nature that it should

If you are pale, wan and anæmic you cannot be good looking, but if you take Dr. Campbell's Safe Arsenic Complexion Wafers and use Fould's Medicated Arsenic Soap regularly you can be, because they will gradually restore the roses to your cheeks, the fire to your eyes and brightness to your complexion. If you are of eruptive tendency or subject to pimples, boils, lived at home at ease had forgotten olotches, Blackheads, Freckles, or breakings out, it is needless to tell you how this handicaps your attractions and also your usefulness in life. But Dr. Campbell's Safe Arsenic Wafers will both purify the blood and restore its ples that belong to the innermost nerve and fiber of our beings. "It be vital powers, and hence do you more real good than any other blood medicine

DR. CAMPBELL'S SAFE ARSENIC COMPLEXION WAFERS und FOULD'S MEDICATED ARSENIC SOAP can be had at any firstclass drug store in CANADA, the UNITED STATES and GREAT BRITAIN. Wafers, per box, 50c and \$1; 6 large boxes \$5. Soap 50c per

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144 Yonge Street, Toronto, Ont. jall and see our new line of Toilet Preparations just received.

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Headquarters for Shultze and E. C. Powder

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was awarded for furniture at the Western Fair, and the judges decided in our favor. This is another proof that we are leaders in the manufacture of fine furniture. All the latest designs and patterns will now be found in our warerooms.

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The Article in "The National Review," by Rev. Principal Grant, to Which Prof. Goldwin Smith Has Replied.

communities which are apt to see the beyond their immediate horizon.

which have determined and will con-

ment, makes the historian. A cyn-

cism which is partly natural and

ered him incapable of sympathizing

in Dr. Johnson's serene conclusion,

'It seems to me that all foreigners

which Mr. Lowell has marked, unit-

times appalling. The late accomplish-

never able to get it out of his head

that a friend of mine, a graduate of

the University of Toronto, who sub-

sequently spent four years in Balliol, had come from Newfoundland. "So

greeting to the Canadian. Another

his return how he had "managed to

letter of diquiry from the Secretary

ed to me, at the instance of another

U. S. A."! Dr. Goldwin Smith is well

acquainted with this crass ignorance,

and has himself given some curious

instances of it, over which he is wont

to make merry, all unconscious that he himself is possessed of the very

limitations and the very spirit which

make it possible. For all that he knows of the deeper feelings and con-

lived for the last twenty or thirty years in an English cathedral close;

and he is therefore continually rasp-

ascribed b dyspepsia or disappoint-

ons of Canadians, he might have

of a royal commission, was address

Oxford authority-"Kingston,

Newfoundland?"

make it pissible.

the Britist politician!

(From the National Review, London, Eng.)

Geography and the French-Cana- | by politicians who aspire to Cabinet rank. For ignorance is still the en-emy; ignorance in the mother coundian element in our population unite try of the deepest feelings of the self-governing colonies, and ignorance among colonists of the real heart of England. To fight against it is a duty incumbent on all of us, and it is a in forbidding Canadians to dream of becoming a nation; the union of Canada with Great Britain means for the former commercial atrophy and for the latter political weakness to the point of mational peril; Canada and Australia will give no assistance to Britain in the hour of danger; and the ignorant exceed the enlightened in number, and, what is worse, they are always ready for action. Sinister in-'that mysterious unity called the British Empire" is a myth, these docfluences, too, are at work on the trines are so surely believed by Dr. Goldwin Smith that he is never wearfalse light that seems to come from heaven, because it comes from a man ied with impressing them on the English-speaking world, in season and hardly be questioned. In saying this I have in mind Canada and Professor out of season. As he has lived for Goldwin Smith. Long ago he left England for the United States; but soon after took up his residence in Toronto, where he received a most many years in Canada, and is known to be Unionist to the core, it is not wonderful that his testimony, or rather testifying, has weight with influwas flattered by the open preference ential persons in the mother country. for life in Canada shown by a great But Canadians generally, while still English scholar; while reflecting men felt that he would interpret us aright respecting him as a benevolent and a literary personage, know that he is to the reading people at home, and the victim of preconceptions, and so blind to the outstanding facts of their would contribute to our own current literature that element of criticism past and present that his testimony is required most of all in raw democratone, however, has written so voluminously about Canada in the organs He might have been a potent factor for good, for "Young Canada" long-ed for a leader. Had he set himself which are supposed to represent or influence British opinion. He has abundance of leisure and literary patiently to work to study our hisskill, so far as the art of putting things is concerned. Few Canadians torical development, his wide knowledge and quick insight would have soon led him to divine the forces are similarly endowed; and even if they were, they would be unknown to British editors and little likely to tinue to determine our course. But from the outset he assumed to teach be asked for contributions. Consequently, the British public hears only with the dogmatism of a god* Not one side, and what is set before it only had he formed his conclusions contains scarce a morsel of bread to an intolerable quantity of sack. It before coming to Canada, which, of course, rendered further study unnemay therefore not be amiss to make a brief statement of the case from cessary, but—in spite of his nervous energy, a force, by-the-by, not to be mistaken for the power of continuous work—he has always shrunk from the drudgery of that close personal examination of innumerable details which, when combined with the the other side should be heard. Last century England lost her Amintelligent classes did not understand the temper, aims, and character of the philosophic and imaginative temperacolonists. She lost much more. Dra-gons' teeth were sown that have borne a plentiful crop for a century and a partly cultivated, accentuated the defects of his Oxford training, and rendquarter. Alienation took the place of alliance, and persistent suspicion the place of the old loyal feelings. In every crisis since then, the Republic with popular feeling. Nowhere is that John Bullism, which was expressed has acted as if she had a right to consider herself what the New York Sun says she is, "the hereditary foe" are fools," so securely entrenched as of the mother country, "whose ruin they should survey with undisguised The loss was not only on the one side. The States lost as much as Britain, perhaps more. The continuity of their national life was broken; lower ideals became increasingly predominant in all regions of pub-It isn't possible for all women to be beautiful, but none need be other spirit took the place of that self-restraint, without which no man or nation can be great. And it is still a matter of doubt whether the unity of the race, with a common citizenship, which much of the world's welfare depends, can ever again be secured. rance in the past. Strange, too, that there should have been such dense ignorance and misunderstanding. If Englishmen had but realized that "Yankee" was only a French-Indian name for "English"; that the people of Massachusetts and Virginia were anny because they loved liberty, Englishmen a little more determined, even than their fathers had been, to assert individual rights, and a little more inclined to be obstinute in contending for constitutional rights owing to the atmosphere and the rough training of a new world, difficulties that arose would soon have disappeared. Peaceful separation might have come as a

> of our race would have been pre-It was not to be. The people who see that the colonists were standing on one of those fundamental princiagainst the right of Englishmen to be taxed but by their representatives," Alexander Spotswood, of Virginia, had on a former occasion affirmed, as bluntly as if he had never been a royal governor. George Washington took his stand on precisely the same ground. "We are contending for a principle," he said; and statesmen should have known that Britons have always fought, and, let us hope, always will fight, as resolutely for a principle as other races for bread. "As Englishmen," Washington wrote in 1774, "we could not be deprived of an essential part of our constitution. Hampden had taken the same stand in the previous century. This memorable lesson, that in grave national affairs ignorance is almost criminal, should never be forgotten

matter of temporary expediency, but the moral union of the two branches

of food that an infant takes is not the measure of its nourishment. A child may fail to be nourished either because it is unable to digest its food or because the food does not contain the food does not contain enough nutriment; in either case the child's hunger is not satisfied. Mellin's Food as prepared, contains sufficient nourishment in a digestible form to satisfy a child and promote the growth of its body.

MELLIN'S FOOD Makes Milk Like Mothers Milk

of those wretched colonies "that were a millstone around our neck," and the mayal station at Esquimalt." There is more of the same, to which one would think that no answer except "Fudge!" should be given, were it not for the fact that the Contemporary and the Saturday Review are not supposed to print mere monsense. The Camadian Pacific Railway had no more to do with the recent war scare in the States and with the cry to arm than had railways in China or at the Cape. How England's presence can be "menacing," when she has not a soldier, a fort, or a gunboat along the 4,000 miles seems, has built the railway. She has done no such thing. She has not contributed "one brass farthing" to construct the Canadian Pacific. Canada Britain ask or desire? If they die built it, and never before in history did a people so weak, numerically and fin-ancially, undertake a public work of never-ending battle that has to be fought. In this campaign there can be no periods of truce. Every victory is a summons to a new conflict; for such magnitude. It was necessary to our national existence. It is the symbol as well as the material bond of our national unity. Therefore, it had to be built. Of course, the shareholders hope that the Imperial Government may find it useful, the more frequently wrong side; and worse than all is the the better, for the transportation of stores, reliefs, munitions and men, bewhose ability and good intentions can pay. cordial welcome. Popular sentiment

It seems, too, that it is all Mr. Chamberlain's fault! "Till lately Americans rested in the belief, created by the concession of virtual independence to favorably situated, still look to him cession of virtual independence to favorably situated, still look to him Canada, that Great Britain was gradually relaxing her hold upon the conmaking ignorance more dense and tinent, and that in due course the line misunderstanding more probable. of manifest destiny would be allowed to have its way; but Chamberlain pro-claims that you intend to tighten instead of relaxing your grasp." The recent outburst of Anglophobia was due, then, to the expressed desire of Mr. Chamberlain to increase trade be-Mr. Chamberlain to increase trade between Britain and her colonies, and to his faith in the unity of the Empire! I tory—and not the opinion of any man his faith in the unity of the Empire! I think it was Mr. Dillon who pleaded that bad language had been provoked from him by wicked conduct on the part of the British authorities or the out that the bad language had preceded the conduct complained of. Smith is in the same box with Mr. Dillon; for he himself, in the North American Review of May, 1890, explained why Americans "identify patriotism with hostility to Great Britain." The explanation made no reference to Mr. Chamberlain, and the hatred of England was admitted to be "gonuine years before Mr. Chamber-lain became Colonial Secretary."

Could more melancholy illustrations be given of the extent to which a man, naturally truthful, can so poison his in Oxford. There, too, we find that "condescension towards foreigners," ed Master of Balliol, for instance, was you have determined to return to was his pertinent f my friends who had been on duty in Hong-Kong for some years, was asked by a distinguished scholar on live under Chinese law"! Recently a

Wherever superficial notions are enspread of annexation views in English-speaking Canada, or the weakness of Canadian sentiment and the geographical impossibility of our ing the thin-skinned among them by oracular celarations which would be than by any other man. He has been a diligent sower for a long time, and continues his labors as earnestly as if considered insulting were they not

ment. Ye he is about the only writer on Canadan topics who ever reaches Two or three comparatively recent specimensmay be given. In his "Canada and he Candian Question" (page views were held by very eminent men, who constituted a prevalent, if shal-271, he says: "If England ever has oclow, school of thought. As far back casion to all on her children in Canas 1828, Mr. Huckisson, then Colonial ada for ; real sacrifice, she may Minister, thought that the time had chance to repeat the experience of The sacrifice which he thinks we should make is that of our body and soul; and since Canada will not offer these she must be a Regan or Goneri. "United to the States, Canadian would render to the mother country he best of all services and the only service in their power, by neutralizing the votes of her enemies. "Since there is no wickedness which may not possibly be committed by demarogism pandering to Irish hatred," we are to try and stop the possible vickedness of others by ourhave hitlerto been and done and pro-

More ecently, writing in the Contemporay Review for January, 1895, concerning the Intercoronial Conferwhich semed to thoughtful observers the mos significant object-lesson yet given to the world of the feelings and aims of the self-governing colonies, he calmly sserts that "morally speaking we may take it as pretty well settled that the colonies will not contribute to the defase of the Empire"! The delegates hd met to discuss specific and specifie questions, and because they did the work given them to do, and not other work which, in his opinion, they shuld have done, he coolly draws intrence, unwarranted, odious, and so well calculated to inspire distrust o the great colonies in the minds of peole at home, that we may be pardond for saying that that must have ben the intent of his words. Still nore recently, in the Saturday Reviewof 22nd February last, he says: "At th urgent call of their military adviser, Americans are going to vote \$60,000,00 for coast defenses. Of this expendiure, the menacing presence of England is the sole cause. England has carled a road, avowedly military,

* True the sources of early Canadian history vere not accessible at Toronto, as all tat were there had been burned when th United States forces got tem porary ossession of the little capital in 1813-a fact, it may be mentioned, which, ke their burning of our for-mer cartal, Niagara, is not dwelt on with so nuch fervor by American authorities as the subsequent reprisal, the buring of Washington by the

used the Union. Central and other a nation is a complex organism, and Pacific roads, and probably would use that the excellent law of buying in Pacific roads, and probably would use them more, to the unfeigned satisfaction of shareholders and directors, if trouble should arise in the Japanese and Chimese seas. Would there be one man in the British Empire to object?

If there were, his friends would surely if there were, his friends would surely in Bedlam within the strength of the probably would use the cheapest and selling in the dearest market, far from expressing the fullness of its life, may be checked or transcended by other laws.

Dr. Goldwin Smith, however, will not learn. No Bourbon could refuse more resolutely to be enlightened by events. want to put him in Bedlam within resolutely to be enlightened by events.

the hands of the spirit that denies? His alms are good, but as he insists He loves his native country, yet mis- Involved, a generation later, in the represents its action. He sees that the war of 1812-15 by no interest or fault best hopes of civilization lie in the di- of theirs, but solely because the warrection of the unification of the Eng- hawks of the States thought it a good lish-speaking race, yet he excites evil time to fall on the rear of continuous and resolute struggle to be- in Canada was then under arms." It is not to be wondered at, there-

he had to write for money to buy his daily bread, or as if he were working out his soul's salvation. In justice to Dr. Smith, it should

come for the separation of Canada from the mother country, and her assumption of the position of an inde-pendent state. In 1854 Lord Ellen-"What was Huckisson's testimony: the use, what the practical advantage of continuing our connection with the colonies? The connection might becoming false to all that we chances of collision between this coun- war came, Canada would be the theaconcerning the Intercotonial Conference which had met in Ottawa, and which semed to thoughtful observers totally unconnected with the colonies, they must, from their connection with be drawn into the war, and their whole frontier would be exposed to the greatest calamities." He thought, therefore, that the Government should consult with the leading men in the Legislative Assemblies of the North American Colonies, in the most friendof one and the same family, with the view of ascertaining their opinion on the subject of a separation. The Duke of Newcastle spoke on the other side, a separation of Canada from the mother country. The idea of separation, he said, was by no means novel. "It had been entertained and expressed by many eminent men. It was an opinion shared in by Lord Ashburton and Lord St. Vincent; and those who held the doctrine of separation did certain period of time, after what was called 'the passing the youth of na-tions,' that of a colonial life, the best thing that could happen to a country in colonial connection with an older state was that, without any quarrel, without any coldness or alienation of

British troops—but it is doubtful whether Dr. Smith would have taken the troule to study archives had the whether Dr. Smith would have taken the troule to study archives had they John Bright held the same views. On one occasion, even Mr. Disraeli spoke

*Letter to the Right Honorable Mr. Adderley, by Joseph Howe, December 24, 1862.

fort, or a gunboat along the 4,000 miles of frontier between Halifax and Esquimalt, is beyond the comprehension of ordinary mortals. But England, it lived by bread alone. The colonies would continue to have from ther country as long as it was their interest to do so, and what more could Britain ask or desire? If they did Join a rival or hostile nation, that was their own business, If Canada united politically with the States, so much the better. The free trade area would be enlarged, the general prosperity would be increased, and the workshops of Britain would share in the prosperity. All this prattle was the prosperity. All this prattle was accepted as expressing absolute truth, the whole truth, and nothing but the truth. But now the glittering generalities are seen to be only half truths stores, reliefs, munitions and men, be-cause the Imperial Government is good it new points of view, and it is felt even by the man on the street, that

> Though in an excellent position for in our national evolution. Even the briefest summary is sufficient to show or woman, which should be opposed

to oracular assumptions. from him by wicked conduct on the part of the British authorities or the police, till Mr. Chamberlain pointed the Chamberlain gained the liberties of British subjects, with generous recognition of their ancient customs, laws, and religion, and the people who had fought us with all the gallantry of their race for a century were thereby made contented. Accordingly, when in 1775 Montgomery and Arnold invaded the province, though there were in it only one battalion of regulars, numbering about 500 men, and though Montreal was captured, the invasion failed. The people refused to join the continentals and all attacks on Quebec were successfully repulsed. It is enough to point out that of the 1,600 bayonets that opposed the combined forces of mind with preconceptions that he be-comes blind to facts and helpless in Montgomery and Arnold, 1,400 were in the hands of Canadian volunteers. Then came the migration of the Unitthat they shall be carried out in his ed Empire Loyalists from the revolted of whom language fails to do justice

suspicions between its different mem- while she was engaged in a life and bers. He believes that the saving ele- death struggle with the enemy of the ments in the Canadian people are so liberty of Europe, our fathers accepted strong that they could do much for the it and bore its brunt during three healing of bitter waters in the States, campaigns without a murmur. "Pracyet he belittles us and mocks at our tically almost every able-bodied man In 1837, sympathizers crowded across the frontiers of Upper Canada to aid fore, that he is now without the rebels. We put them down without slightest weight in Canada. Yet in the aid of a single British soldier. Soon England he is still regarded as an after, Governor Fairfield of Maine authority on Canadian matters. called out the militia of that State to settle the northeastern boundary questertained regarding French-Canadians tion by an invasion of New Brunsas a people hermetically sealed wick. While that Province prepared against the influences and principles for action, Nova Scotia fell into line, of anodern civilization, or regarding revising its militia law in a single day giving power to his Excellency Governor to spend every pound of the revenue and call out every man in Nova Scotia for the defense of the becoming a nation, or the duty of sister Province. Then, the members Britain to conciliate the States by of the Legislature, standing in their abandoning the Dominion, there the places, with the Speaker in the chair evil seed has been sown by him more gave three cheers for the Queen and gave three cheers for the Queen and for New Brunswick! That demonstration prevented invasion, collision, and probably war. What followed? What Lord Palmerston called "the Ashburton capitulation." Lord Ashburton, a ent member of the school which held that the colonies should separate Canada should annex itself to the States, gave away the territory in dispute, and thus drove a huge wedge between New Brunswick and Lower Canada. "The provincials laid down their arms, and accepted peace on such terms with shame and sorrow, not much relieved by the subsequent discovery of an old map, which showed borough urged the same views in the how our diplomatists had been practiced upon." *

Again, when war broke out between the Northern and Southern Canada sympathized with the North. The storm of abuse that followed the be of some small use in time of Queen's Proclamation of Neutrality, peace; but on the other hand, and the insult to the flag, when Mason consider the danger arising from it in matters relating to war? the deck of the Trent, changed the There could be no doubt that the current of feeling. We knew that, if try and the United States were great- ter, and at once drilling commenced all increased by our connection with over the land. We hate war. It would the North American Colonies. It was be as absurd, too, to charge us with equally certain that in the event of being aggressive towards our big neighbor as it was for the wolf to complain of the lamb, or as it is for the Kurds to descend on unarmed Armenians because of their aggressiveness. But we know that the cry of "peace at any price" simply means "selfish indulgence at any price." Our interests and everyday thoughts are in accord with our immediate neighbors. Why should they be angry because we live our own life, under free ly spirit, as if they were members institutions which we have wrought for ourselves, along British lines, and because we live in amity and unity. with our common parents? So, too, last Christmas, when Mr. but Lord Brougham followed him and Cleveland's message threatened in-declared himself of those who desired vasion, in connection with the Venezuela dispute, doubtless we could have arranged by negotiation for peace with the States, and have kept en tirely out of the quarrel. The thought did occur to one man, and he was quietly ignored. I know of only two newspapers, among our thousands, which advocate separation. The tone not because they were disposed of those two was as stout and calm

to undervalue the importance of Can-ada, but rather because they highly Scots round their King at Flodden, estimated the importance of that no one failed the old mother. Every estimated the importance of that no one failed the old mother. Every country. They believed that after a man and woman accepted the necessity, and without a word of complaint began to prepare Homes in England were safe, and ours in peril. What of that! Britain had been threatened, and therefore we, as part of the British Empire, accepted our responsibilities. Already the scare any sort, but with perfect amity and has cost us three millions of dollars, good-will, and on purely voluntary grounds, there should succeed to that connection a connection between two Does all this—and the story might