

The South African Union.

Many interesting side lights on the accomplishment of the union of the South African states are contained in the last volume of the 'Times' History which has just been published.

Following the sequence of events through which four states that were at war seven years ago are now banded together in a mutually satisfactory confederation, the result suggests a happy chapter of accidents rather than inspired and concerted action.

When fears throughout the whole country were apparently at their worst the Boers uncertain as to the use to which they would put the unexpected power placed in their hands, the loyalists disheartened and almost helpless at what they considered the sacrifice of all the war had gained, a happy combination of circumstances forced conviction upon all the warring elements that confederation was what the country needed.

The psychological moment arrived when the conference of customs and railways assembled at Pretoria, faced with the prospect of an absolute breakdown of the existing arrangements. The conference resulted in the frank declaration that the problem was insoluble without political union, and instead of drifting away towards a local ideal represented by a group of small states each surrounded by a protective barrier, the gathering affirmed the principle of union and declared for a united South Africa.

The influence which the study of Hamilton's works in connection with the federation of the United States, had upon those who drafted the constitution of South Africa, is quite apparent, not so much from what it adopts as what it avoids. The original loose confederation of the United States which subsequently needed a civil war to demonstrate the dominance of federal over state authority, was contrasted with the strictly defined provincial powers of strong national executive provided in the British North America act.

Aching Joints.

In the fingers, toes, arms, and other parts of the body, are joints that are inflamed and swollen by rheumatism—that acid condition of the blood which affects the muscles also.

Sufferers dread to move, especially after sitting or lying long, and their condition is commonly worse in wet weather.

Hood's Sarsaparilla

Removes the cause of rheumatism—no outward application can. Take it.

of autonomy, defined their powers as strictly as possible, so as to avoid clashes of authority in the future. The South African constitution makers reverted still further towards the limited monarchy idea, and vested practically all the power in the federal government, so that the provincial administrations are little more than executive bureaus.

When the war was over, the Boers were not only disappointed but also alarmed at the return of the Boers to power, reassurance was afforded by the unexpectedly friendly attitude of Botha and his colleagues, due partially to revenue necessities. Then followed a movement in the Transvaal in favor of a high protective tariff against the other states, and this proposal precipitated trouble with the railways.

Echoes of The Press conference.

Mr. P. D. Ross of the Evening Journal, who was the Ottawa representative at the Imperial Press conference, has returned from England, and emphasizes in an interview the excellent results which have been achieved in bringing about a mutual understanding between the Mother Country and the colonies. The reflection has been thrown out, even in the columns of some Canadian newspapers, that the press representatives who attended this conference had really no official standing, and inferentially, that any such unofficial interchange of views must of necessity be barren in results.

The British government by the calling of this conference has been the first to officially recognize, in a practical and substantial way, one of the

forces in the national life of a free country of which statesmen and politicians are ever ready to avail themselves, but seldom accord adequate recognition. In Canada it is not unusual for public men who have used the press as a ladder, who have appropriated the ideas originated in its columns, and who have taken advantage of an arrayed force of public opinion marshaled by the press to subsequently belittle and depreciate the influence that has projected them, into positions of official importance.

For some years past there had been a general feeling in the Mother Country and in the colonies, that some system of united naval defence should be inaugurated. But hitherto the mother country and the over seas dominions have not been able to crystallize this feeling into a line of action. The idea existed in Britain that the over-seas dominions should make a cash contribution towards the upkeep of the fleet. The over-seas dominions were quite ready to shoulder their share of the burden, but not in that particular way. Neither side seemed to understand the viewpoint of the other. According to the report of Mr. Ross this deadlock and inertia seems to have been overcome. Henceforth the British press will understand the view-point of the over-seas press, and vice versa. And when the newspapers of all portions of the Empire have a general understanding on great imperial questions, it will not be long before the statesmen and politicians fall into line.—Ottawa Citizen.

The Grand Trunk in London, England.

The crowning importance of the Grand Trunk Railway System, the expansion and extension of business, necessitated the building of a new Grand Trunk building in London, England. The need of more room has been made all the more apparent since the Grand Trunk Pacific was projected. The Company has been fortunate to secure a site at No. 17-19 Cockspur Street, E. W. from the London County Council. Upon this site they have erected a splendid building, The Canadian Government Emigration Office, are at Charing Cross, but a stone's throw from the Grand Trunk building. It is at the very hub of London. It is within five minutes of half a dozen leading hotels and near the intake to the tube at Trafalgar Square Station. Motor buses pass the door every few seconds, and all parts of London, North, South, East and West.

The inside furnishings of the new building are luxuriously complete; mail is picked up every hour of the day. A noticeable feature of the building is the range of circular front balconies on the fifth floor in front of deeply recessed windows, which are surmounted by a very effective heavy moulded and medallioned main cornice.

The carrying on the front wall, which includes the Coat of Arms of the Canadian province traversed by the Grand Trunk System, was executed by Mr. W. S. Frith. The graceful figures over the principal entrance, emblematic of travel by land and sea, are the work of M. A. Bert Drury, A. R. A.

The public offices entered from Cockspur Street, through the great central doorway, is a fine room forty feet long and eighteen feet high. The floor is marble, the walls are paneled in teak, with inlays of ebony and holly. In this room there is a magnificent fresco, by Mr. Frank Brangwyn, A. R. A., which pictures Canada in the wild, hunting scenes, Indian life; the meeting of the pathfinder—the engineer, with the Indian chief, and finally the opening of the province of the railway and the white man upon the red man's country.

The new offices was opened on Dominion Day, and hereafter the European Trade Department of the Grand Trunk Railway System and Grand Trunk Pacific Railway will occupy these new premises, which have already become one of the sights to be seen in London.

Rest and Health.

Modern medicine is displaying unbounded faith in rest as a satisfactory remedy for nervous collapse. It is heralded as the return of the realm of self compensating nature and its advocates announce its achievements with an emphasis and persistence that is interesting if not convincing. Names held in high honor in the world of medicine are quoted to sustain the theory and practice and their authority is supposed to overawe the timid and unknown doubter. The confidence of those who have espoused the cause of rest is of such arrogance that we should be unable to resist their aggressive assurance if we had not detected a notable and fatal omission in the prerequisite conditions for the application of the treatment.

It is too intangible to be at the command of an external agent. It must come from within and must be attained by the faithful observance of the laws which confer peace to the mind and heart. A physician may wisely prescribe a complete rest for an overworked and exhausted bank clerk, but it will be unavailing if the accountant has been dishonest, if he has made false entries in the books to conceal his theft and lives in daily dread of detection and punishment. To that man rest becomes almost impossible. He may discontinue actual labor, but the anxiety that gnaws at his heart wastes his strength even more than the routine work of the day. To recommend rest to such a man is as useless as to advise a carriage ride each day to a consumptive weaver who has never been able to save from her scanty wages and whom illness finds destitute after the first two weeks of enforced illness.

Rest will not come to the body until peace comes to the soul. The remorse and despair over a disastrous past must be removed before the patient can obtain that tranquility of mind which is an indispensable element in physical rest. This peace is so precious that it is unobtainable save through One Who promises us peace, not as the world gives it but a deeper, more satisfying peace than the world knows. Without the calmness of mind and undisturbed tranquillity of soul the weakened forces of the body are unable to regain their strength and beseaf science, conscious of her limitations, is forced to fall on her knees to implore the assistance of religion.

A religion that cannot definitely impart the peace of Christ through divinely instituted sacraments is powerless to render aid and a tribunal which cannot exact restitution as well as exact contrition would be at emptying to give peace founded on injustice. The inability of science to accomplish desired results, is significant intimation of her weakness and gradually she is learning the wisdom of seeking the direction of true religion which restores harmony between the immortal spirit and an Infinite God, effecting a condition which is most conducive to the recovery of physical health.—Boston Pilot.

The Poverty of Riches.

Pity the sorrow of a poor tenor. The unfortunate Caruso, whom the public pays a mere pittance of \$300,000 a year to sing some two or three songs, has been confiding to a reporter that he is far from happy and that he has troubles of which the public would not. The rascally Italian reporters, who he confesses are far more mendacious than their American colleagues, have been spreading the report that he has had a throat operation and that his voice is gone.

This is bad enough, but Caruso piles on Ossa of woe on this Pelion of trouble. He calculates that he has but five more years to sing, for he is determined to retire with the glory of his fame still unswayed. Yet he fears that he will scarcely be able to save more than a million dollars wherewith to spend the rest of his life in elegant leisure. Living in America is so expensive, especially for tenors. And then, too, Caruso plainly confesses that he has to support great retinues of dependents in Italy.

The querulous tone of Caruso's complaint seems somewhat absurd; the troubles of the man are so petty. Here is one endowed by nature with one of the most wonderful vocal organs of this generation, and with the intelligence and the temperament to use it. Under the wizardry of his voice thousands sit spellbound. For the exalted enjoyment he gives, he is rewarded as no other singer was ever rewarded. Gold flows into his lap in an unceasing stream. He is honored and acclaimed. Yet he complains. He fears that when his singing days are over he will not be a millionaire.

It is easy to complain when there is really nothing to complain about—so hard to be thankfully content when fortune showers its richest blessings. Contentment, after all, is a gift that transcends wealth and fame and power. It is a gift, moreover, that may be acquired more easily than any of the others. Caruso the tenor and all the other Carusos might well ponder the words of Phillips Brooks: "It is good for us to think no grace or blessing or gift truly ours till we are aware that God has blessed someone else with it through us."—Ottawa Citizen.

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Price, 50 cents per box, 3 boxes for \$1.25. At all dealers, or will be mailed direct on receipt of price, by The T. Milburn Co., Limited, Toronto, Ont. In ordering specify "Doan's."

He (desperately)—Tell me the truth. Is it not my poverty that stands between us? She (sadly)—Yes. He (with a ray of hope)—I admit that I am poor, and so, unfortunately, is my father, but I have an aged uncle who is very rich and a bachelor. He is an invalid and cannot long survive. She (delightedly)—How kind and thoughtful you are! Will you introduce me to him?

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Mary Ovington, Jasper, Ont., writes:—"My mother had a badly sprained arm. Nothing we used did her any good. Then father got Haggard's Yellow Oil and it cured mother's arm in a few days." Price 25c.

The Client—How much will your opinion be worth in this case? The Lawyer—I'm too modest to say. But I can tell you what I'm going to charge you for it.

Muscular Rheumatism.

Mr. H. Wilkinson, Stratford, Ont., says:—"It affords me much pleasure to say that I experienced great relief from Muscular Rheumatism by using two boxes of Milburn's Rheumatic Pills. Price a box 50c."

For goodness sake, Harriot, why so sad? The cook's left, but that isn't the worst of it. She took with her the recipe book for all the things John's mother used to make.

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WAS WEAK AND DISCOURAGED.

DR. FOWLER'S EXTRACT OF WILD STRAWBERRY CURED HIM.

Mr. T. W. Robertson, Elm Valley, Man., writes:—"I was taken very ill with diarrhoea, and tried everything I had heard of as being good for it, but without success until I was finally advised to try Dr. Fowler's Extract of Wild Strawberry. I was so weak and discouraged that I didn't expect to derive much benefit from it, but I am happy to say that, after I had taken two doses I was greatly relieved, and a few more entirely cured me. I shall always be pleased to recommend your medicine to all sufferers and I consider myself fortunate to get such a marvelous relief after expecting to die."

We wish to warn the public against being imposed on by unscrupulous dealers who substitute the so-called "Strawberry Compounds" for Dr. Fowler's. If you want to be on the safe side, ask for Dr. Fowler's Extract of Wild Strawberry and insist on getting what you ask for. The original is manufactured only by The T. Milburn Co., Limited, Toronto, Ont. Price 35c.

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