HELPFUL HINTS FOR MOTORISTS.

the hole reaches such proportions that

Use Chains for Mud,

A car that is driven over a muddy

to the wheels. The chains should be

tighter than usual, because when too

Fill Grease Cups.

Laziness on the part of car owners

in failing to keep grease cups filled is

Clutch Trouble.

The Springs.

Cleaning Brass Castings.

Cloth Upholstery.

Cleaning Reflector.

A mixture of denatured alcohol and it becomes difficult, if not impossible, water in equal parts is best for clean- to repair. ing reflectors in headlights. To avoid scratching the highly polished surface the solution should be applied with highway should have chains attached cotion or a soft cloth.

Moisture on Plugs.

Irregular firing is often caused by loose the wheels will sometimes spin moisture gathering on the exposed around inside the chains when the car part of the spark plug. This trouble is stuck. may be cured by greasing the porcelain with vaseline or hard grease.

Sudden Braking Racks Car.

The most your brake can do is to paid for by garage bills. The car lock your wheels," says a brake lining should be gone over at least every "And you should be able to month. to this with your own car. But being ork your wheels with your One of the most common complaints the being able to go 120 among car owners is the improper acar an indication of sur- tion of the clutch. The courted throwdo the usual things out collar needs constant lubrication, d margin of safety.

and in many cars failure to give this Use y or brokes as gently and as unit attention even for a single day seldom as pos ble-not for the sake results in serious trouble. of your brakes, but because sudden or too frequent braking racks your car. destroys tires and is apt to cause with springs mounted on seats that

"Remember that your brakes can have some means of lubrication, but stop your car n a fraction of the time many car owners never take the and distance required to get it up to trouble simply to turn up the grease speed. And this enormous power cup provided. that is in your brakes should be used with care.

Remove Blowout Patches.

Trying to make a blowout patch do! the job of a permanent repair is a go d way to ruin tires. The tire patch is a first-aid treatment to meet emeras possible it should be removed and lightly with a stick or carpet beater,

itself with the rubber stock in a tire. are a number of new woollen cleaners It remains separate, and, during the which will work very well on cloth upwarping that takes place while the tire holstery, but gasoline and benzine

Icebergs in the North

Atlantic

"greyhound of the Atlantic."

She had five hundred and fifty per-

sons aboard at the time of the col-

Thirty years later, the Inman liner,

City of Berlin, had a similar experi-

was feared she would sink before any-

Her passengers stampeded, there

was a rush for the boats, and her of-

store discipline. Her watertight com-

pariments saved her, and eventually

she managed to steam slowly into port.

lumb's had an appallingly narrow es-

care from destruction by ice. Of

Cape Race she charged a great glitter-

ing mass of flinty Arctic ice which,

as usual, was shrouded in thick feg.

Her bow-plates were crumpled for fif-

teen feet, and her port anchor stuck

water numbed into her hold before the

The pascengers were at dinner when

the collision occurred. The dining-

table was swept clear, and the passen-

gers flung in every direction. One had

a leg. another a collar-bone broken.

on her decks. This berg was a bun-

Many of those fine ships which have

have, no doubt, been sunk in collision

The City of Glasgow, for instance,

beautiful Clyde-built craft of 1,600

tons and the first of the Inman liners.

She left England on March 1st, 1854,

with 480 passengers aboard and was

dred and fifty passengers and orew.

was never seen or heard of after her

The City of Boston, the Colombo, the

City of Limerick, the City of London,

the Erin, of the National Line these

are only a few of the Atlantic liners

which vanished without a sign, vic-

Since a berg only shows one-eighth

of its bulk above water, it is easy to

understand what a fearful peril it is

to navigation, especially as the atmos-

tims either of ice or the treacherous

More recently the Anchor liner Co-

thing could be done.

leak could be stopped.

long.

with icebergs.

never heard of again.

shipping.

forepeak.

Itston.

clouded by fog, through the coldness of the mass of ice.

Musical Postscripts.

No substitute has yet been found for music, and it is a safe bet that none ever will be found June and July are reckoned the The rise of the military band may

worst months for ice in the North be traced to the times of the Crusaders Atlantic. It is at this time of year who brought back from the East that the great Greenland bergs drift kettledrums and other instruments. south to the danger of Transatlantic The handlest material for making

Canadians a music-loving people is North Atlantic ice has claimed a ter- right in our public schools. rible toll of human lyes and property Don't ask friends who come in to

Titanic disaster is still fresh in our The President of Boston University memories, though it happened no less once said: "You get good music into a Other vessels have been more for and a good beginning has been made tunate. The most marvellous escape in the production of a good citizen. was that of the liner Arizona, which, A child who, from, say, seven or forty years ago, gained the title of the eight years, has studied plane or violin has a better equipment for launching

On November 7th, 1879, when steam- out into vocal lessons than one who ing across the Grand Banks, on her has not. It is much better for singers way to New York, she ran smash into to be able to play the piano, too. a monstrous iceberg, crumpling up her | Strict time is acquired by using the stout steel bows as though they were metronome. It shows no favoritism. paper. Her fore part was a mere shelf But the metronome should be in some of oracked steel becams and girders, position behind the pupil, so he can

and it was only with the greatest dif- only hear its strokes and not be disficulty that she got into St. John's, tracted by unconsciously watching the Newfoundland, where over two hun-pendulum. dred tons of ice were taken out of her

Books Hold a Conversation. It is very hard to get the trend of a

book conversation, but if you are in a sympathetic book mood you can sometimes hear something like this: "I like to make 'em sit up till the

ence, and almost on the same spot as small bours of the morning," said the Arlzona. Her stem was broken from deck to keel, and such a mass of 'Vicky Van." ice tumbled aboard her that at first it

"I like to leave them guessing," said "The Lady of the Tiger." "I like to make them wish I were longer," said "Jane Eyre."

"I make them sob and cry." boasted .'The Woodcarver of Lympus.' ficers had their work cut out to re-"I can make them go around and lock every window and door when they

have read the first hundred pages," sail "The Second Builet "There isn't any point to that." scolded "The Inside of the Cup." "Why don't you try to do some good in the

world ' "That isn't the mission of a book," said "Main Street." "We ought to be looking glases, reflecting types of life.

on the ice and was lost. Nine feet of "You'd better spend your time creating a fine character," said "If Winter Comes." "There are too few of them now in the world."

July Gold.

That's our business."

Immense masses of ice fell thundering My glowing heart beats high At the sight of shining gold: dred feet high and a quarter of a mile. But it is not that which the misor's eye Delighteth to behold.

been posted "Missing" at Lloyd's A brighter wealth by far Than the deep mine's yellow vein s seen around in the fair hills crown-

With sheaves of burnished grain.

A Boy's Prayer.

The Pacific sailed from Liverpool on September 23rd, 1856, with two hunfor the hard right against the easy wrong. Save me from habits that embrace a child to whom sice gave a take you," came the reply. She was fast and well formed, but she, harm. Teach me to work as hard and garment which she herself had made. play as fair in Thy sight alone as if

all the world saw. help me to be kind to those who are be inspected by a certain general. unkind to me. Keep me ready to help others at some cost to myself.

Any coward can fight a battle when he's sure of winning; but give me the phere around is almost invariably sure of losing.—George Eliot. man who has pluck to fight when he's



HIS PALMY DAYS ARE OVER.

IF YOU WANT IT-**GO AND GET IT**

Brass castings may be cleaned of Cloth upholstery may best be clean- is only one of the requisites. The much divided between the two types.

is in motion, chafes against the ragged have a tendency to spread instead of tires. The salesman made a splandid not come. presentation of the goods. The sales Charles M. Schwab once remarked high degree of perfection from the manager was surprised; he had supther a supther with high degree of perfection from the very first. posed, from the small volume of orders with none but "lucky men"—meaning of the cells in her nest with three or of the line must be deficient. But the succeeding and of assuming that they side of one of these she fixes an egg, it energetically. Having found it, the tongue's end, and used them all.

After fifteen or twenty minutes the After fifteen or twenty minutes the dealer was called away to wait on a get it, and go after it.—Bruce Barton. This tiny creature bores a hole again, and proceeded to inspect afresh, through the cricket's armor, makes its. This routine was repeated no fewer customer, and the salesman, turning to the sales manager said: "I have told that fellow everything I know; what would you say now?' "Don't you think," said the sales

man to finish with his talk in order to of pictures, most of which she had cut cisc. An experimenter put five unstery which suggest that the routne

two men of contrasting types. One ject, and placed each group in an enof them is a junior executive in a large velope. Whenever she told a story corporation.

The were set free, one after another. Two of them were personal control of the personal control of the

tion had not given him a complete the pictures pinned to a screen. Some-equipment for business, took two dollars a week out of his first salary of as material for a short story. At other ten dollars and spent it for a night times a group of related pictures course in a business college.

Dut even the less endowed new quiety yards right away, and none of them hit anything. In a subsequent experiment one of the newly fledged, newly liberated birds performed, almost at soon leaped on its victim and stung it

ing a working knowledge of the law. ed others boiling down the sap and in their carrow prison. subject and devote my study to it," of two children sharing a piece of

finding myself no bigger than I was As the children grew older their Picture, writes the French scientist. The second man, also a junior execollection pictures in which they saw stings its captured spider near the

'more future."

his acquaintanceship among men who might open the way for him. The questions seemed to surprise the border line of insetinct.

-Bushmell, in the Houston Chronicle.

and hoping that "something would bower which t has never seen before, ceed beyond our expectations. Going sales manager and the salesman in behavior. through the motions of faithful work the story, and the world is pretty

gencies, but as soon after the blowout ed by beating curtains and backs other, and equally important requisite, One type of man tackles the work is to make up our minds just what we of every year with a definite plan and This is the distinction within the egg. a permanent repair made. Unless this is done, the casing will have one weak spot that is constantly growing weaker.

"Bound of removed and approximate up our minus just what we one weak will down the accumulated dust is done, the casing will have one weak short that is constantly growing was permanent repair made. Unless this after which the accumulated dust is done, the casing will have one weak whisked off with a brush. Greaze or oil may be removed by an application of lukewarm water and ivery soap, after which the accumulated dust is down the order blank before Fate and count towal comething better. The other merely grees through the modent of instruction or imitation. Chicks here."

The state of the first plant and the expectation that his work will down the creder blank before Fate and other merely grees through the modent of instruction or imitation. Chicks here."

The state of the first plant and the expectation that his work will down the creder blank before Fate and other merely grees through the modent of instruction or imitation. Chicks here."

The state of the first plant and the expectation that his work will down the creder blank before Fate and other merely grees through the modent of instruction or imitation. Chicks here."

The state of the first plant and the pour minus just what we of every year with a definite plant and the pour with a definite plant and the plant and the pour with a definite plant and the pl

A New Kind of Story-Telling.

Every parent is familiar with the during the past half-century, and over again great liners have had on a piano out of tune makes a man than narrowest asserted as a wkwait as he would attend.

After a few minutes the dealer re- One mother began when her children mayor is strikingly instinctive.

In the strict sense, birds do not learn to fly, though their inborn come the slave of routine. On the slave of routine.

Consoils of given the slave of routine. On the slave of routine. On the slave of routine. On the slave of routine.

Consoils of given the slave of routine. On the slave of routine, one call the slave of routine. After a few minutes the dealer reOne mother began when her children havior is strikingly instinctive.

The about twelve to it again when it brought its cap cricket once more to the burrow.

Fabre's experiment certainly shows the strikingly instinctive.

boy's soul and the words into his mind ly when I had two conversations with grouped the pictures according to sub-

Every year I pick out some one the fourth and last picture was that he said to me. "I hate the thought of maple sugar. Almost any child would of instinct from the works of the great coming to the end of December and be eager to hear a story so suggested. entomologist, Henri Fabre.

mother encouraged them to add to the the ringed calicurgus wasp, which first

the past five years, and he said that 000 were landed during a recent week fourth pair of legs. he didn't "get much time for reading." by the fishermen of Northern France. I asked him what sort of work he Out of 1,948 persons who travelled can we say of the mother of the Hathought he would like, and what he through a part of Russia in a refugee lictus bee family, who, after prolonged had done to develop his knowledge and train, 1,299 died during the journey.

Stories of Famous People

about the marriage of Princess Marie a good deal and I do not know all your. The solitary digger worp is wont to of Roumania to King Alexander of names, or where each one of you be drag caterpillars to the larder which one day. Jugo-Slavia. The ceremony took place longs to, but whatever I tell the gener-size collects for her young. The vicin Belgrade on June 8th, and all the al. mind, no contradiction!" old customs were observed.

hundreds of young girls, dressed in before a man, and said to the captain: three nerve centres of the thorax; she ects in use among the blacks of white, formed a guard of honor at the "This s a smart-locking fellow. What does the same less hurriedly for the Africa. Cathedral. Fine linen accarves, origin- is his came?" ally intended to decorate their horses' necks, were presented to the guests, a particularly fine specimen being reserved for the Duke of York, who acted as beit man.

On her return from church, the Jones?" said the general. bride stepped over a bard of cloth hung between the gateposts. This remement, and then replied, heartly, but disturb the routine and the dif- to be overcome by the cold and the presented crossing the moat and her "Bedad, an' there isn't a foiner counentry into a new life. Then she took thry in the wurrid, yer coner!" a sieve of wheat and sugar, which she threw in handfuls into the corners of the court-yard. The old custom is for Soldiers Institute?" asked a blind verthe sieve to be thrown over the wails, eran of a passing pedestrian as he but those of the Palace are too high tapped his way along the sidewalk in cricket it stings it, usually three times, sand feet. Give me clean hands, clean words for this. The new queen then ap Paris. "I've only been there twice, in three different strategic points in and clean thoughts. Help me to stand proached the Palace carrying bread and I'm not quite sure of the way." and wine, and her final duty was to

Field-Marshal Earl Haig tells the to the section for the blind." Forgive me when I am unkind and story of a regiment that was about to "Take him yourself," growled the The latter was very particular that other side of the courtyard."

every day and so grow more like their units, and also where they came "Couldn't you be a little more obliging When the regiment was drawn up on parade, and before the arrival of the time," was the surly response. inspecting officer, the captain of one

There were many quaint features . "Now, men, as you know, I am away scene.

There were no bridesmaids, but as he passed down the lines he stopped quickly stings the caterpillar in the. There are 843 languages and dial-

"Jones, sir." Where does be come from." "Deven, sir."

"Excuse me, am I near the Wounded ficult.

"You are close to it now, let me "Arriving at the door, the guide said

to the janitor: "Kindly take this man janitor. "Under the archway on the

the officer commarting companies The civilian did so, but on the way Send me chances to do a little good should know the names of the men in cut addressed the janitor again. to the blind," he asked gently.

"There are too many, and I haven' "It seems to me it is your duty t company addressed his men as fol- telp them," said the other. "I can find timo-and I am Marshal Foch."

LESSONS LEARNED

ALMOST EVERY CHILD OF LOWER ANIMALS.

Henri Fabre, Eminent French Scientist, Gives Some Interesting Examples.

dom, from brainless types, such as polyps and star-fishes, to creatures of spiders, we find ourselves in a new ing. My American friend was right. added: of the old, almost automatic "answers- jumped into a car and ordered the me whether, yes or no, you accept." back" illustrated when a sea-ane-driver to "take m, to the armistice

the rule. Baby seals, for instance, ters the following inscription:

When a shore-crab is carried over the beach and then laid down, it makes for the sea in its own peculiar sideways fashion. Light and wind and slope seem to have no effect; it makes for the moisture of the sea. This is probably the outcome of an ingrained "answer-back" to certain messages from the outside world, but it is on him. He had been doing satisfactory When a worker bee, coming out of

work in his present position, he said, the hive for the first time, flies to a

Instinctive Behavior.

An unhatched lapwing may be heard of lukewarm water and ivery soap, A blowout patch does not unite tremains separate, and, during the tremains separate, and, during the holstery, but gasoline and benzine holstery, but gasoline and benzine holstery but gasoline and benzine holstery but gasoline and benzine holstery. The sales manager of a big company world for the order; the other uses the salesmen was getting so little busisame language, and may do the same language and usually it does of the does not require education or example or practice, though it may be improved thereby. Instinctive behavior, that it does not require education or example or practice, though it may be improved thereby. Instinctive behavior, that it does not require education or example or practice, though it may be improved thereby. Instinctive behavior is a complicated answer-back that has a been creeted in three years on the world of France it will be the most one and neglect the self will be the most one and neglect the self will be the most of the provided thereby. The does not require education or example or practice, though it may be improved thereby. Instinctive behavior, that it does not require education or example or practice, though it may be improved thereby. Instinctive behavior, that it does not require education or example or practice, though it may be improved thereby. Instinctive behavior, that it does not require education or example or practice, though it may be improved thereby. Instinctive behavior, that it does not require education or example or practice, though it may be improved thereby. Instinctive behavio

Men who understand that you get delicate wormlike larva is hatched. mouth of the burrow, laid it down out of which in three or four days a sphex drew it a second time to the He that tendeth well a garden what you want only if you expect to This tiny creature bores a hole again, and proceeded to inspect afresh. way into the paralyzed body and pro- than forty times in succession, and Let him laber, nothing doubting. ceeds to devour its tisues. In a week the apparent compulsion to do things or so, having exhausted the food sup- always in a given order is evidently Turn the teeming sod and rake it ply, it goes out by the aperture by strong. Although the burrow had been which it entered, and proceeds to en- so often inspected, the sphex had to manager, "that it would be a good old cry, "Tell me a story," but not all joy another cricket. In about twelve do it again when it brought its captive

Fabre's Experiments.

The second man, also a junior executive of a business, is very discontented. He is reaching around for nictures snowested to them ten, drives in its poison needle with perfect percision at the thinnest part I asked him what he had read in Octopuses numbering more than 5, of the spider's armor between the Locking in another direction, what

maternal labors, becomes in her old age the portress of the establishment. shutting the door with her bald head when intrusive strangers appear, opening it by drawing aside when any momber of the household arrives on the is stupid.

The general at length arrived, and not be killed. The wasp first and right. abdomen, and then she squeezes in the A device to spray clothes with a head, producing a permanent paralysis, soap solution has been invented to This ghastly but wenderful manifesta. make home washing easier. sion, at once untaught and unteach. Birds released from an aeroplane at Private Jones looked startled for a able. The acts look like intelligence, a height of ten thousand feet appeared general health demand plenty of green

Intelligence Aids Instinct.

the nervous system, the result being that the cricket is incapable of movethe cricket it grips it by the antenna whirlwinds and waterspouts, which and drags it or flies with it to the could easily draw up schools of small mouth of the burrow. There it lays it down and proceeds to inspect the surface of lake or ocean and later disburrow to see that everything is as it tribute them as the lifting force of should be. If everything is in order, the winds abate. it comes up again and drags the cricket with it, going in backward. made was to remove the cricket while crack the plaster. the sphex was making its inspection A man is made of good stuff if he of the burrow. The sphex, coming up, can take a beating in a fair fight and has had some kind of drilling and was apparently agitated by the disap- not complain.

BORN WITH ALL LIFE WEEDS COVER UNMARKED SPOT WHERE WORLD WAR WAS ENDED

Completee and had vainly tried to find arms." out in the big forest the exact spot signed the armistice.

"Nobody," he said, "could indicate or no?" the place to me. What is worse, the

I decided to see this for myself, and higher degree, like crabs and ants and took the train on the following morn-armistice. When he had finished he world. There are still many instances When at the station of Compiege I sought information from a notable citi-delegates returned in the same car and more complicated, which is called in- zen of the town. The notable citizen they signed. The war was over. himself sought information from two The war was over, but apart from

"ARMISTICE CROSSROAD"

indications at the headquarters of Mar- statues are so easily erected? which was written:

greasy deposits by boiling them in Generally spreaking, we do not suc- These two men correspond to the and nectar, it illustrates instinctive fastened on another tree, bore the fol-"TRAIN OF MARSHAL FOCH"

lowing indication: TRAIN OF GERMAN DELEGATES" track was the special train of Foch. upon it:

that he was just waiting for the sales. She had a considerable collection capacity of flying is improved by exert other hand, there are details in the From one soil the strength that gives nan to finish with his talk in order to of pictures, most of which she had cut give him the business.

Out of periodicals, and she began at once to add to the number. Then she y when I had two conversations with grouped the pictures according to subthe wires, and the young birds throve the usual routine. There was, more See wide Providence intending He graduated from school ten years Every day when the story hour came ceptibly wavering and unsteady, and tuted for the paralyzed cricket an-He graduated from school ten years

Every day when the story hour came

ago and, discovering that his educaround the youngsters found some of two were more effective from the first, other specimen which had not been who had not A little later he found his work difficult tale. For example, in one bringing him into contact with the group the first picture showed a grove out practice for the available at the critical moment. bringing him into contact with the group the first picture snowed a grove out practice, for the swallows had not legal department of the business, and of sugar maples, the second showed been able even to extend their wines itself to be something more than an interest moment. The severe illness often produced by sunburn is due to a real polson. Dr. been able even to extend their wings itself to be something more than an F. de Groer, in discursing the healing

Interesting Items.

There are 150,692 miles of reads in which are absorbed by the system and England.

It takes a lot of piety to stand up against prosperity. slands and islets.

The Vatican at Rome is the most surface are almost always fatal. extensive palace in the world.

was founded in 1290. Persia is supposed to be of the grape vine.

be seized during the lifetime of the so that there may always be some part opportunity. To distrust yourself too much is can penetrate.

weak, but to be too self-complacent Common house-flies have been proved to migrate as much as six miles in

The nightingale's ang may be

tion of instinct requires no apprentice. Bees about half the size of our plenty of salads, green vege ables. "Ah, I'm a Devorshire man myself, ship; it is perfect from the first; it ordinary house-fly, and which have no Fine country, Deven! is it not, Private expresses an irresistible inhorn impulsitings, are to be found in Australia.

> ference becomes at once apparent. To thinness of the atmosphere. Cranes instinct everything within routine is and geene, the birds that fly at the easy; but the least step outside is dif- greatest height during migration, usually travel at an altitude of about three thousand feet, but a skylark has been met at a beight of six thou-

Apparently well-authenticated stor ies of fish falling with rain have been fish that were swimming near the

Before driving a nail into the wall. The interesting experiment that Fabre dip it into hot water, and it will not

An American friend came to see me | "We have come, Marshal," said Erza few days ago, writes a Paris corres- berger, "to receive your propositions pondent. He had just come back from for the conclusion of a suspension of

"You are mistaken," answered Foch. where on November 11, 1918, Foch had sternly. "I have no proposals to make. Are you requesting an armistice-yes

"We ask for it." When we pass, in the animal king- Complegne seem never to have even conditions which have been formulated by the Allied governments." And he read the whole text of the

"You must, before three days, tell mone's tentacles close on the food, but place" he seemed bewildered and on November 11, at 5 a.m., the same

In almost every case the young of other notable inhabitants. Finally, I these two small signboards and anthe lower animals come into the world was taken through the forest to a other announcement posted up by the with their life lesson learned. Some silent, quiet, shady crossroad, where administration of the forest nothing creatures, however, seem to disprove a signport bore in very small charac- commemorated the historical event. There was not a monument. There was not even a stone. How was such Fortunately I had asked for precise a thing possible in a country where

sind Foch, and I was soon able to find I thought it my duty to imitate my the exact spot I was looking for. It American friend and to raise a loud was a small glade, situated about three and public protest. The Mayor of Comhundred yards from the crossroad. plegne, Mr. Fournier-Sarlovese, an-Two railroad tracks, overgrown with swered it. He explained that this city grass, were still there. Near one of had so much to do in reconstructing its the tracks an old broken-down poster houses which had been destroyed by had been nailed against a tree, on the war that it practically had had no time to commemorate peace.

But a national committee was going Near another track another poster, subscription would be opened. The committee has indeed been appointed. It has decided to erect a very simple TRAIN OF GERMAN DELEGATES" stone on the exact spot where stood the car in which the signing of the signature of the armistice, which Foch armistice took place. This stone will armedice to a place. Land described to me so many times, bear an effigy of Marshal Foch and the could not be reconstituted. Along one following inscription will be engraved

Winterfeldt, then the others. There modest one and perhaps the greatest. were no greatings, no presentations, it will also be the one that will most frequent'y be visited.

Gardening.

Hath no need of priest or fane; His altar is the bounteous earth, His ministers are sun and rain. Clear the stone and chop the weed,

Mellow for the fertile seed. Crowns, as with unnumbered jewe's, Fabre's experiment certainly shows Stalk and leadet breaking through.

> Room and light and life for all. Learns, what pride has never found,

When his feet were on the ground. -Leslie Pinckney Hill.

Sunburn Makes Poison of

action of light in the Annales de Medecine (Paris) says that prolonged exposure to the chemical rays of light Genius can walk alone, talent needs causes inflammation of the body cells. These damaged cells produce poicons result in the general reaction.

This he compares to protein poisoning. An extensive burn has the same The Philippines number some 3,141 effect. This is why burns that cover more than about one-third of the body Skin that has become brown by ex-

Trinity College, Oxford, England, posure to the sun prevents the action of the light, therefore when a patient the home is beginning light treatment only part of the body is expected at one time, and The opportunity of a lifetime must this part is changed from day to day of the body through which the

Do You Eat Enough Greens?

A man came to a stomach specialiin despair over his digestive troubles Every remedy had failed. The doctor tim must be made inert, but it must heard at a distance of a mile on a calm patient rouled, "it can't possibly be my diet that upsets me, for about all I've et for years is flour vittles." This man had ruined his stomach,

> His cure was comparatively simple fruit, milk and eggs.

> not by eating indigestible foods, but

by a one-sided diet.

foods, fruits and dairy food. What is one man's holiday is another man's penance. A man who likes the sort of entertainment offered at summer resorts might not get much enjoyment from "roughing it" in the backwoods. For a little while every year it is well for each member of the current for a great many years. In a band and wife do not want the same ment, but remains alive until the review of the subject an authority in sort of holiday, there is no reason why larvae of the sphex are ready to de natural history accounts for the phensame time and together.

> The matron of a hospital reports that discipline is difficult to enforce in such institutions, for the nurses, especially the younger ones, often refuse to be corrected, take offense at trifles and leave if those in authority resent their irritation. The best sort of girl, the matron finds, is the one knows what team play means.

tages of a large ve

tricts. 1 an actual true con I was borhoo i the me ne ghber S430017 15 had in my attending

Mushroom

be availab 131 31 licacies.