

and Andreas Amati of Cremona. The latter's instruments were rather small, and some authorities assert that they are only a species of viol.

By about 1820 the violin was becoming popular. Though still in the experimental stage, it met with the approval of both royalty and commoners. Dancing masters and strolling players found it a handy instrument for their purposes, and particularly favored the small violin, or Kit, which could be conveniently slipped into a pocket. The violinist's great bugbear at this time was the G string, being farthest from the right hand, it presented many difficulties, and all musicians were afraid to use it, until Merula of Cremona boldly attacked the subject and produced some sonatas in which the G string was frequently employed. Progress was steady, though the old hankering after frets died hard, and these did not finally disappear until the end of the eighteenth century. By Elizabeth's reign violinists had been admitted into the court's band, but they were much despised by players of the bass viol, the most popular instrument in fashionable circles. Charles II., in imitation of Louis XIV., instituted a band of twenty-four violins. This royal support was not to be especially commended, as the graceful monarch, in the words of a well-known writer, was not in sympathy with anything great or noble in art, and, although he had a superficial knowledge of music and sang a plump bass, he looked upon it merely as an incentive to mirth, and did not care for anything that he could not stamp time to."

Minard's Liniment for Garget in Cows.

States, and particularly Death Valley, the borax lake basin that lies in eastern California, is like an oven by day; but at night it takes on a chill that makes your teeth chatter. Owing to the heat by day prospectors and plainsmen who have occasion to tramp across the desert carry no more baggage than they actually need; seldom do they take along more than one blanket. Without an Indian "fire bed" therefore they would be exceedingly uncomfortable at night. To make a "fire bed" the prospector, if he is alone, scoops out a hollow in the sand the length of his body and perhaps two feet wide and one foot deep. In the pit he builds a roaring fire of greasewood and keeps it burning brightly for a couple of hours; the fire dries out the loose sand. Then the prospector permits the blaze to die down until all the wood has turned to glowing coals. With a stick he spreads the coals round until they are evenly distributed over the entire hollow space. Then he scoops up dry sand and sifts it over the red-hot coals until he has covered them to a depth of perhaps three inches. Folding one edge of his blanket into the hollow, he lies down upon it and pulls the rest of the blanket over his body. He is ready to go to sleep. Under ordinary conditions Bill or Tom, or both, can remain warm and comfortable during the night in such a bed. How to make it is one of the fine tricks of scoutcraft that the white man has learned from the Indian.

It is practically impossible to distinguish leather made from fish skins from that made from hides.

THE TEST OF TIME FOR RHEUMATIC SUFFERERS HAS PROVEN



Is a positive Remedy for Acute, Chronic and Muscular Rheumatism in all its various forms. COUNTLESS GRATEFUL TESTIMONIALS and Repeat Orders received during past 25 years. DOBSON'S NEW LIFE REMEDY is not an experiment but the product of a quarter century of study and research. Pleasant to take. Does not upset the stomach. No harmful drugs. DO NOT BE PREJUDICED. Dobson's New Life Remedy will give you a new lease on life by freeing you of pain. Thousands of enthusiastic customers have written us stating that after years of failure with other medicines, electric belts, etc., they were cured by Dobson's New Life Remedy.

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dancing, all in moderation, are fine, but nothing is better than a morning walk, with your head erect, shoulders back, as if you meant it. Calisthenics bring into play unused muscles. Consult a specialist occasionally regarding your eyes, teeth, and general condition. Be ambitious, painstaking, thorough, and diligent; success will be the result and give you that feeling of satisfaction that makes for health. Be temperate in all things. Control all your emotions. Keep your mind mentally alert for nothing is more killing than monotony. Make your word as good as your bond; be punctual.—A. Plodder.

Second Prize.

Having had an experience of twenty years in business life, I would like to join with the many others who will undoubtedly be sending in suggestions regarding the life of a business girl. After reading your article on "Health Confessions of Business Girls" I am taking it for granted that you are presuming that every girl knows the general laws of health. Of course, one realizes that it is in the keeping of the laws and not in the knowledge of them that the desired result is obtained. However, there are some things I have learned that have been very helpful to me. For thirteen years I was connected with an establishment where there were many girls employed and for the past four years I have been acting as private secretary and bookkeeper in one of our denominational offices. This last position means the carrying of heavy responsibilities and out of my experience I would like to suggest the following:

1. Be efficient—Inefficiency is no longer tolerated and if any girl desires to be mentally keen and happy she must endeavor to attain to this standing. If one is efficient there is a certain satisfaction in knowing that at least one has given her best and instead of the word of criticism which is oftentimes merited there will be only words of commendation. Try to make yourself indispensable.
2. Believe in your work.—Take a personal interest in your work and don't rob your employer of the time for which you are paid. In many offices this is most apparent and no girl can be either mentally alert or happy if she stoops to such a practice.
3. Store up for the strenuous days memories of happy outings taken in your leisure time. A trip across the lake, a corn roast, a day spent among the beauties of that wonderful paradise, "Niagara Glen", a summer holiday when all your holiday allowance is not spent on hotel bills and clothes. And do not forget such places of interest as our Royal Ontario Museum or the Art Gallery at the Grange.
4. Be a dreamer.—Not a day dreamer, but have something to which you are looking forward with keen anticipation. It may be that you are now preparing yourself, by obtaining a higher education, to enter a profession in life or it may be that you are interested in travel. Whatever your dream may be, make it count for something. If it be travel (and this appeals to many of us), study the time-tables, obtain all the knowledge you can regarding the entire trip, and even if your dream is never realized you have learned something which will always be an asset to you.
5. Last, but not by any means the least: Cultivate a sense of humor. If at any time when the strain is heavy and the atmosphere tense, you

before retiring, at first symptoms. Resolutely refrained from violent anger and assumed an outward calm which soon became real. I thus saved my self-respect and nervous system. I have found long walks cheerful companions, or visiting someone in distress a cure or at least a panacea for the "blues" and even real sorrow.

THE WAY TO BE WELL

Good Health Maintained Through Rich, Red Blood.

There are many men and women who, every few weeks, have spells of weakness, during which time they are little better than invalids; yet at other times they feel very well. Why does their health fluctuate so?

In the case of men worry and overstrained nerves are usually responsible for this state of unfitness and inability to face the anxieties of daily life.

As for women, her back aches, she is dizzy with sick headaches, and often has stabbing pains in the side. The only real health is all-the-year-round health; and the secret of it is good, red blood and plenty of it. One way to keep the blood in good condition is to take Dr. Williams' Pink Pills. There is scarcely a nook or corner in Canada where someone will not be found who will tell you the benefit they have had through the use of these pills. And the reason is that through the improved condition of the blood they strengthen and tone up the nerves of worried, enfeebled men and women, and at the same time have given new vigor to pale, delicate girls and thin weedy boys. The value of these pills in all run down conditions is shown by the statement of Mrs. Lawrence Brown, Walton, N.S., who says:—"When I began taking Dr. Williams' Pink Pills I was in a weak, bloodless and nervous condition, suffering from all the depressing symptoms that accompany this run down state of health. I had taken much medicine but it did not do me any good, and as I had a family of small children, I was much discouraged. Then reading about Dr. Williams' Pink Pills I decided to try them, and I can honestly say that I feel these pills have saved me from prolonged misery. My health is now good, and we now keep the pills in the house for use as a family medicine."

You can get Dr. Williams' Pink Pills through any dealer in medicine or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

Prevention is free—cures are costly. God has mixed a feeling of content with everything finished.

One of the first lessons in life is to learn how to obtain victory out of defeat.

Success is not sold on the installment plan. You must pay for what part of it you take.

Minard's Liniment for Colds, etc.

school and home, while the ships with others, for the common good. He knows that nothing can spoil sunshine and that clouds carry refreshing winds.

Be of good cheer through life. Faithfully yours,
JAMES W. ROBERTSON,
Chief Commissioner for Canada.

The Thing That Controls Success.

Most people seem to think that success comes in some mysterious way; that they cannot do very much in the way of bringing it about; that it is largely a question of luck, of just happening to be in the right place at the right time, of having pull, or influence, or outside capital. But the real truth is that these people haven't the grit to try. They don't half try and they know they don't half try. They are cursed with inertia; they are lazy; they are not willing to get right down on their marrow bones and hustle; they are not willing to pay the price for success.

On every hand we see youths and young men of this type playing at life, playing at work, accomplishing nothing worth while, lazing about, waiting for something to turn up, for some lucky chance to give them a lift. And when "luck" does not come to them, they blame the circumstances and conditions which have been "against" them not perceiving that those have been under their own control.

Multitudes go pinching along all their lives in mediocrity, pointing envious fingers at those who by industry and effort have won advancement and crying "lucky dog!" "It's better to be born lucky than rich."

It isn't luck, but grit that controls success. The fellow who forms the habit of waiting for something to turn up never succeeds.—O. S. Marden.

The average life of an insane person in an asylum is 10 years.

The Egyptians sometimes used stones 30 feet in length in their masonry.

Minard's Liniment for Warts.

MONEY ORDERS. When ordering goods by mail send a Dominion Express Money Order.

A thickness of nine feet of vegetation is required to make one foot of coal.

Popularity is more often a reward for not displeasing people than for pleasing them.

NURSES

The Toronto Hospital for Incurables, in affiliation with Bellevue and Allied Hospitals, New York City, offers a three years' Course of Training to young women, having the required education, and desirous of becoming nurses. This Hospital has adopted the eight-hour system. The pupils receive uniforms of the School, a monthly allowance and travelling expenses to and from New York. For further information apply to the Superintendent.

Jack and Jill," which the farmer in these matters say represents the form of a nursery rhyme the complete fusion of Saxon and Norman, and "Jack the Giant Killer" who had the invisible coat, the cap of wisdom, the shoes of speed, and the all-conquering sword, and Jack Horner who "sat in a corner," and "The House that Jack Built," and Jack Sprat who could not eat fat, and Jack-in-the box, which is a child's toy.

There is, too, the term Jack-ass, sometimes applied to an animal and sometimes to a human, and Jack-hare, and Boot-Jack, and Jack-daw, and Jack-boots, and Jack-plane, and Jack-towel, and last, but not least, there is Jack Robinson—the volatile gentleman who is gone before you can pronounce his name!

SAVED BABY'S LIFE

Mrs. Alfred Tranchemontagne, St. Michel des Saints, Que., writes:—"Baby's Own Tablets are an excellent medicine. They saved my baby's life and I can highly recommend them to all mothers." Mrs. Tranchemontagne's experience is that of thousands of other mothers who have tested the worth of Baby's Own Tablets. The Tablets are a sure and safe medicine for little ones and never fail to regulate the bowels and stomach, thus relieving all the minor ills from which children suffer. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Where Ignorance—A youth wrote home after the elopement: "I am married now, and all my troubles are over." Married men, please don't laugh.

There are now about 8,500 miles of railway in Japan.

The man who is constantly disappointed in others is likely to be a disappointing fellow himself.

For Sore Throat, Cold in the Chest, Etc.



Burns' Clubs, in all parts of the English-speaking world, number over 300.

The age-old custom of the Japanese of sitting down on their folded legs on a cushion or mattress is going out of fashion. All the schools are using chairs and benches of the Western style. Public gathering places now have benches, even the Buddhist temples, and in many families chairs and tables are in regular use.

MACHINERY TORONTO



4 daily trains via the Santa Fe. Pullman via Grand Canyon Park, also to Southern Arizona. Fred Harvey meals "all the way." May I send you our picture folders? F. T. Hendry, Gen. Agent Santa Fe Railway 404 Free Press Bldg., Detroit, Mich. Phone: Main 6847 Grand Canyon Line

BABY DISFIGURED WITH ECZEMA

In Blisters. Itched and Burned. Cuticura Heals.

"My nephew's face and hands were badly disfigured with eczema. He was only three weeks old when it broke out in blisters, and the skin was sore and red. It caused itching, burning and loss of sleep, and the child was so worrisome. He could rest neither day nor night."

"I was advised to use Cuticura Soap and Ointment and after using three cakes of Soap and three boxes of Ointment he was entirely healed." (Signed) Miss Mary Worr, Youngs Cove, New Brunswick.

Make Cuticura Soap, Ointment and Talcum your daily toilet preparations. Sample Book Free by Mail. Address: "Cuticura," Dept. 564, P.O. Box 56, W. W. Bourke, Inc., New York, N.Y. where Soap, Ointment and Talcum are sold. Cuticura Soap shares without measure.