

RAILWAY

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HEALTH

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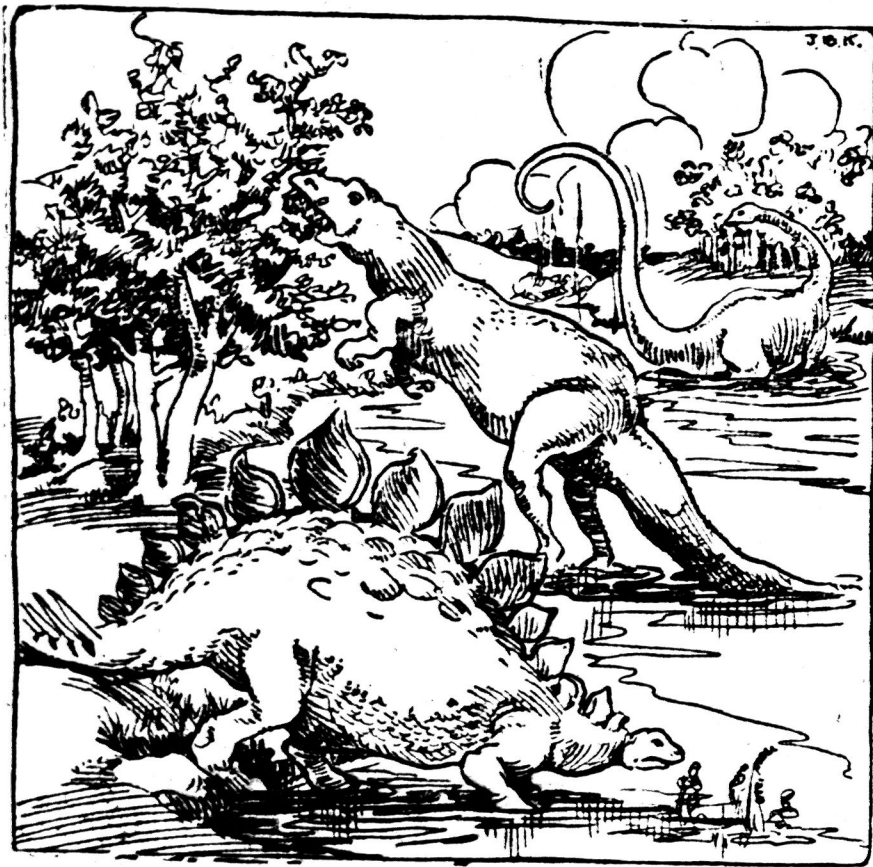
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CROCODILE HAD MIGHTY ANCESTOR

He Was the Gigantic Dinosaur, Who Once Ruled the Earth.



Three different types of dinosaurs are shown in the sketch. Scientists have given them names almost as formidable as their appearance. The one at the left is a stegosaurus, at the centre a tyrannosaurus, and at the right a diplodocus.

Secrets of Science.

By David Dietz.

The lung-fish which learned to gulp air was the ancestor of the first amphibian.

The amphibians survive today. Frogs, newts, salamanders and the like are amphibians.

The amphibian lays its eggs in the water. The young are hatched in the water and live there for part of their lives. Then they emerge upon land and spend the rest of their lives there.

The egg of the frog when first hatched is a tadpole. The tadpole lives entirely in the water. But in time it turns into a frog and emerges upon land.

The important development between the lung-fish which has learned to gulp air and the amphibian is the development of the terrestrial foot from the fin of the fish.

Emergence upon land demanded the evolution of a new type of locomotion. There is reason to believe from the study of fossils that the first amphibian lived mainly in marshes where the soft mud helped support their bodies.

The foot as first evolved from the fin

had only two digits. But gradually, with the passage of time, five digits, the standard in the world to-day, were evolved.

The amphibian, besides developing terrestrial feet, is thought to have developed for the first time in the history of life, true lungs, a three chambered heart, a movable tongue, eyelids and eardrums.

It is also thought that the amphibian developed a voice. Therefore it was the first creature upon the earth able to make a sound.

The reptile represents another step in the upward scale of evolution. It is entirely freed from the necessity of spending any part of its life in water.

The reptile lays its eggs on the ground. A tough casing or shell protects the egg from evaporation. The reptile, from the moment of its birth, breathes by means of lungs.

As we saw in our survey of geology, in the Age of Reptiles, these animals attained gigantic size, many of them being over 100 feet long. These were the great dinosaurs.

The crocodile of to-day is probably the nearest relative to the great dinosaurs which ruled the earth in the Age of Reptiles.

TRIALS OF INDIGESTION

Errors About This Trouble Into Which People Fall.

Many people so far misunderstand the digestive system as to treat it like a machine neglecting it until it works sluggishly, then irritating it to work again by the use of purgatives. The stomach needs help at all times, but a study of the process of digestion will show that purgatives, as commonly taken, are seldom necessary and often harmful.

To safeguard your digestion the diet must be controlled. Over-eating is always harmful, but one must assimilate enough food to supply the needs of the blood. Remember, the blood has to carry nourishment to all parts of the body and find fuel for its energy. Hence when the blood becomes weak and fails to do its work, indigestion arises. Therefore the sure remedy for indigestion is to build up the blood. If you suffer from any form of indigestion choose your diet carefully and take wholesome nourishment. Above all, start building up your blood by taking a course of Dr. Williams' Pink Pills. Then under the influence of the new blood supply, your digestive system will respond naturally, your appetite improve and your food will do you good. So begin to improve your digestion by starting to take Dr. Williams' Pink Pills now.

You can get these pills from your druggist or by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Heavy Surf.

I roar and I roar
As sea-gulls soar
With my spray-bubbles tossed to the air;
My ways are deep but my waters keep
Small sea-shells perfect and rare.

Above and below
My song full and low
You may hear if you listen with care
A lullaby, lullaby, born of a cloudy sky
Threading the tumult there.

My waters heave
As giants breathe
Great rolls and ridges of height.
But my wave soon breaks and the fringe that it shakes
Is fine and soft and white.

So though I may roar
And lift and lower,
And pound with a mighty power,
My heart sings on as lovely a song
As ever came from the heart of a flower.

—Flora Lawrence Myers.

Modern Version.

Said the teacher:
"And it came to pass, when King Hezekiah heard it that he rent his clothes." Now, what does that mean, children—"he rent his clothes?"
Up went a little hand.
"Well, if you know, tell us."
"Please, ma'am," said the child, timidly, "I s'pose he hired 'em out."

Cases of twins occur once in every sixty-nine births.



British Nursing Head Visits Canada

Dame Sanda McCarthy, G.B.E., of Africa War, 1899-1902. From 1902 to 1910 she was Matron of Queen Alexandra's Imperial Military Nursing Service and until 1914 was Principal Matron of the Q.A.I.M.N.S. War Office. In 1914 she was appointed Matron-in-Chief of the Q.A.I.M.N.S. British Armies in France, and in 1920 Matron-in-Chief of the Territorial Army Nursing Service.

In the above photograph, which was taken on board the S.S. Empress of Scotland, Dame McCarthy is seen standing with Commander Latia, beside the wheel house.



Two Motion Pictures.

I have seen Majesty, though not of kings.
For once, long since, among the wintry hills,
The Northern Lights, all silently, and low
Against the sky, moved in procession slow.

No glowing balls nor streamers flashing bright
From the horizon to the zenith, bold,
Compelling admiration and acclaim—
Not these. Only majestic motion, clothed
With light resistless. Slow, but with-
out rest,
It passed into the heart like silence blest.

I have seen Graciousness, though not of queens.
For yesterday, beside my cottage door,
A moonflower white, under the silver silence
Of the stars, unfolded to the night.

'Twas not the beauty of its pure white disk,
Nor yet the generous sweetness that it poured
Into the far dark reaches of the air—
Not these. But its most gracious motion, free,
Unlabored. Unrestrained and effort-
less
Its furtive beauty opened from duress.

Who looks on Majesty hastes not, I ween;
Nor does he strive, who Graciousness has seen.

—Clara C. Rowley.

Moonlit Peaks.

From the mountain top
We watched the sun's golden setting.

The eastern skies turned rose;
Long's Peak, mistily hooded,
Loomed in the northwest.
From our lofty vantage
Seven ranges we counted.
Our eyes feasted on
Indescribable mutations
Of dove and blue and mauve.

Far below
Vesper winds smote upon
Responsive pine-harps;
And rushing, unseen streams
Challenged with chanting voices.

From the mountain top
We watched the moon's silver rising.
—Heloise M. B. Hawkins.

Red Rose Used for Essence.

In the making of attar of roses only the red rose is used, and this must be plucked just before dawn, when the flower begins to open, but has not yet been heated by the sun.

Rub your scalp with Minard's Liniment

CHOLERA INFANTUM

Cholera infantum is one of the fatal ailments of childhood. It is a trouble which comes on suddenly, especially during the summer months, and unless prompt action is taken the little one may soon be beyond aid. Baby's Own Tablets are an ideal medicine in warding off this trouble. They regulate the bowels and sweeten the stomach and thus prevent the dreaded summer complaints. They are an absolute safe medicine, being guaranteed to contain neither opiates nor narcotics or other harmful drugs. They cannot possibly do harm. They always do good. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

British to Use Plane in Copper Prospecting

An airplane, for the first time in history, as far as is known, will supercede the diving rod in prospecting for precious mineral deposits when the British Aviation Company undertakes an aerial survey of 20,000 square miles in northern Rhodesia for a mining company.

Copper deposits are thought to underlie the region and an air photograph of the territory will reveal the location of the copper by showing the absence of vegetation, it is believed. Special aircraft with the new Nimbus engine will be used and the work has begun at the aerodrome base. As this country is not suited to forced landings, spaces are being cleared and leveled to serve as emergency landing grounds.

As soon as a woman begins to dress "loud," her manners and conversation partake of the same element.—Hall Burton.

One-sixth of the people in Great Britain live within fifteen miles of the Channel.

FREE REPORT

A Fortnightly Report will be sent to you regularly upon receipt of the Coupon below. Engineers and Correspondents on the spot in Northern Ontario and Quebec write these for your benefit and ours. This is valuable information, and being the latest news, will help you to choose the right stocks.

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RED ROSE TEA

"is good tea" TEA

Red Rose Orange Pkoe is extra good. Won't you try it this time?

Rabies.

"The most terrible death a man can die," said the doctor after he had returned from the bedside of a little boy who had been bitten by a rabid dog. "The thirst is intense—beyond imagination; his tongue is swollen to twice its size and hanging out of his mouth—yet he can't take a drop of water; his throat is paralyzed, and the sight of a drink produces choking and a paroxysm of the muscles used in swallowing, which no human being could look at without pity. And the tragedy is that there is no help under heaven for it, once the disease develops."

The boy had been bitten by a rabid dog; unfortunately his parents had delayed too long in getting the lad treated to prevent hydrophobia, and it was impossible to save his life. The treatment will absolutely prevent rabies if given ten days to three weeks after the person has been bitten.

Don't kill the dog that bites a person—the him up. If alive at the end of 10 days, you may be perfectly sure he did not have rabies; no dog suffering from rabies will live longer than 10 days.

If the dog is dead within ten days, send the head well packed in ice to the Laboratories of the Department of Health, Spadina House, Toronto. They will advise you immediately whether the dog died of rabies and whether it is necessary to take treatment, which is known as the Pasteur Preventive Treatment for Rabies and supplied free of charge to Ontario residents.

A child's life is worth more than a thousand dogs—let us muzzle Ontario dogs and keep out dogs from the United States which may spread rabies among our stock and kill our children.

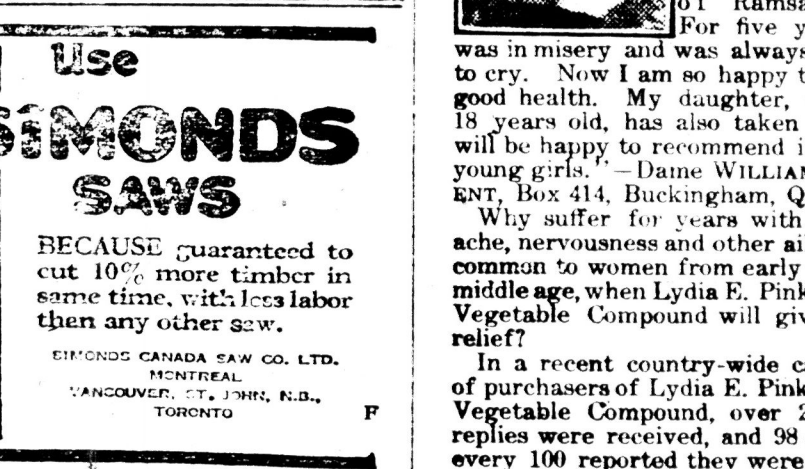
How to Carve.

The "Fine Art of Carving" is the title of an interesting booklet issued by the manufacturers of S. M. P. enameled ware. The proper way to carve fowl of different kinds as well as the various joints of meat is clearly set out and illustrated. There are also some valuable hints on the preparation of different meats for roasting. Copies may be had free from Sheet Metal Products, Ltd., Toronto.

Minard's Liniment relieves stiffness.

Dairy Farming in the West.

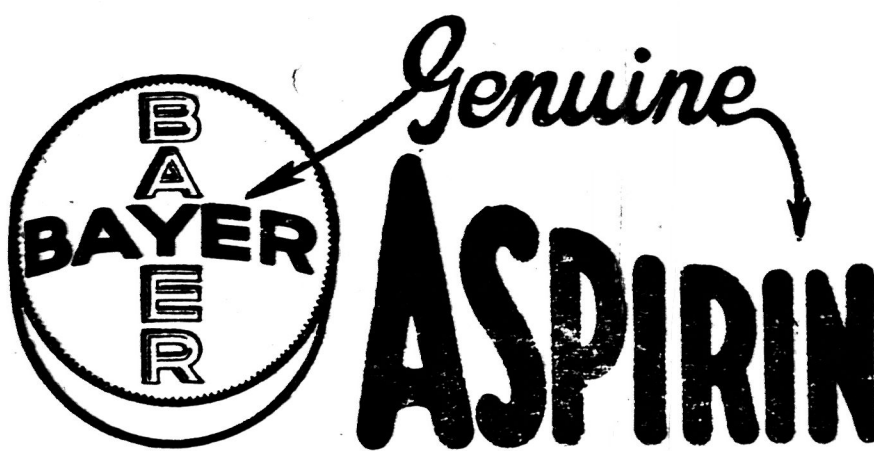
Canada has had many striking agricultural developments in the last decade, but none has been more surprising than the growth of dairy farming in the prairie provinces in the last few years. Not only has very substantial dairy production been obtained, but the quality of the products marketed has commanded immediate recognition at home and abroad. At the Dairy Show held in London, England, an Edmonton dairy won first prize in the salted butter class, and the second award went to the Shoal Lake, Manitoba, creamery. In the unsalted class a Regina creamery won the premier award.



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Pain Neuralgia Toothache Rheumatism

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Safe Accept only "Bayer" package which contains proven directions. Handy "Bayer" boxes of 12 tablets. Also bottles of 24 and 100—Druggists.

Aspirin is the trade mark (registered in Canada) of Bayer Manufacturing of Monacensis, a division of Salicylic Acid, A. S. A. While it is well known that Aspirin means Bayer manufacture, to assist the public against imitations, the Tablets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross."

Stiffness

of any kind can be quickly relieved by massaging with Minard's Liniment.



RESTORED TO GOOD HEALTH

Mother of Eleven Children Praises Lydia E. Pinkham's Vegetable Compound

Her Interesting Experience



Buckingham, Quebec. "I am the mother of eleven living children, five months old. I am only 38 years old and I have taken Lydia E. Pinkham's Vegetable Compound for weakness and my nerves. I know of it from my sister, Dame Edouard Bellefeuille of Ramsayville. For five years I was in misery and was always ready to cry. Now I am so happy to have good health. My daughter, who is 18 years old, has also taken it and will be happy to recommend it to all young girls."—DAME WILLIAM PARENT, Box 414, Buckingham, Quebec.



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