

# WIDE WATERS

by CAPTAIN A.E. DINGLE

## CHAPTER I

Alden Talbot Drake possessed characteristics which fitted all three of his names. But chiefly he was restless. The urge, which had taken him to sea on leaving school, had never left him. He had left the sea. That, he now believed, had been a mistake. The sea was in his blood. Even where his horizon was bounded by terraces of dull brick and sooty trees, his nostrils ever quivered questioningly whenever the wind blew from the eastward. To the eastward lay the muddy river, and the docks, and the ships; ships and the ports where Romance still beckoned to bold youth.

He stood awhile at the gateway of his house, nostrils all a-tingle, his black eyes a-gitter, a discordant grin of discontent marring the good-humored lines of his strong mouth. He had come from golf, and there was a trace of contempt in the fashion of his unslinging and dropping the bag of clubs he carried.

The big house which he called home was one of those stately old places which always seem to have had owners provided for them as they were built, stone by stone, timber by timber; owners to fit their dignity, growing, maturing as the years mellowed them. And Alden Drake had the looks



"OH, DEAR—THAT HORRID TOBACCO AGAIN!"

and the dignity to fit smoothly into the groove worn so unbrokenly by his immediate forbears. Trouble was, they failed to fit him. In externals he was part of the picture. His face was brown and clean shaven, his hands were brown and well kept, his golf toggery was brown and of fine tailoring; and all appeared in exquisite harmony with the fine old house within the gate. But there was that glitter in his eyes, that vague something about his mouth which jarred the harmony.

He turned in and flung the gate to with a harsh iron clang which started a pair of fat horses just trotting past dragging an old-fashioned low chaise. The discontent fled from his face, giving way to a genuine smile of amusement. Those horses looked as if nothing short of a cataclysm could startle them, so fat were they, and so staid. He realized how tremendously he must have slammed the gate to startle them, for they regained their steadiness in a moment, trotting placidly on. It was one of the two occupants whose tranquility was less easily restored, and the innocent offender raised his eyebrows surprisedly at the turbulent flood of deep water expletives that issued from somewhere in the thick grey beard of a sturdy, copper-bronzed gentleman of nautical



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dinner gong. The den was filling up with smoke and fog. The fog outside grew denser. He was lost in himself until the door opened, and his aunt burst in protesting:

"Alden, dear! Are you ill? Your guests! Oh dear! That horrid tobacco again! Why, Alden, this is a shame, upon my word it is! You positively reek, reek of that beastly old pipe. Come down, do. But you must really use some perfume tonight! Here!"

Alden stole away at the first opportunity and revealed in the dank fog along with his pipe, defying auntie and all her kind.

Like many another scion of good family, Alden had gone to sea upon leaving school. When the lordly clipper ship reigned on the sea, sons of rich fathers as well as sons of tradesmen served an apprenticeship in sail simply for the experience. Few stayed on in the profession. Many never made more than the first voyage, because he loved the life. He had secured his second mate's ticket at first attempt. And since there was no hurry for him to settle down at home, and since he would not have to worry about earning a living, he stayed on in the grand old Patriarch until he passed to first mate and then master in turn. Then, inheriting his fortune, he had quit the sea. Quit it professionally, that is. He had built another Patriarch for his pleasure, a smart brigantine yacht capable of cruising the world around; and he chose to command her himself.

(To be continued.)

### Fasting for Health

#### How and When to Give Your System a Rest

By DR. FISHER

We are unmerciful nigger-drivers of our own organs. We work our stomachs, livers and kidneys from morning till night, in a most ungalant manner, and the wonder is that they put up with it at all.

Most of us, I think, would consider ourselves under-fed and ill-done by, if we had less than three meals a day. There are people who are always taking "snacks," who believe that if they are not eating something at every possible moment, they will waste away. Did they but know it, they are heading for disaster and an early grave. Our digestive organs can only absorb a certain quantity of food at one time. Each individual's powers of absorption varies. Put in more—and it is merely wasted.

This excess only imposes additional strain upon our secretory and excretory systems. The glands, which secrete digestive juices, and the liver, work overtime for nothing. And our kidneys find themselves faced with a formidable quantity of waste products to dispose of.

Day by day this goes on. Is it any cause for surprise that our organs wear out before their time?

The Overfeeding Danger

More people are in danger of over-feeding than of underfeeding. Those accustomed to live freely would benefit immeasurably from an occasional day's fast.

Choose one day every fortnight when you will make a point of studying your own internal economy. That day will be your organs' period of rest. On that day eat nothing except, perhaps, some buttered toast. The more non-alcoholic fluid you drink the better.

It is surprising how much after everybody feels the next day, after the harmful excretions of overwork have been expelled, and the blood has been cleansed.

Apart from the hygienic importance of a fast, there is a psychological value; the more we feel that our food—and we shall feel that our food—the day after—the better will be our digestion and absorption.

A fast not only purifies our blood and organs, but muscular growth is benefited. It is Nature's own cure for fever. What better method is there of treating a severe cold or influenza than by strict starvation for a day or two, in conjunction with the liberal drinking of warm water.

It was Mark Twain, I believe, who said that "no cold in the head could survive 24 hours unmodified starvation."

Many diseases respond favorably to short periods of fasting. Acute pneumonia, acute nephritis, diabetes, gout, indigestion, high blood pressure, rheumatic affections, skin disorders are examples. For severe obesity strict dieting is essential.

But fasting, while an excellent practice if indulged in with care and judgment, can be very dangerous. Long periods of starvation do more harm than good.

When food is withheld the body feeds on its own store of fat and carbohydrates. At the start, the weight falls rapidly; then it settles down to a steady loss of a pound a day. Excepting the fat stores of the body and the glycogen in the liver and muscles, the loss falls first on the glands.

Then the liver, spleen, and pancreas suffer; and, in their turn, the muscles. Finally, a call is made on those vital organs—the heart and brain.

### Not Made in Canada

Toronto Mail and Empire (Cons.): It is apparently the determination of the government that no tariff aid shall be given to any new industry. What is not already made in Canada will stand little chance of being made here, so far as Government policy is concerned. If not made in Canada now a given article will continue to be admitted free of duty, so that the setting up of works to make the article will be hampered by unrestricted competition from outside countries.

### A Geographical Inexactitude

London Free Press (Cons.): (The Saskatoon Star-Phoenix received a letter from the assistant editor of the National Geographic Magazine, Washington, D.C., in which reference was made throughout to "Saskatoon, British Columbia.") If all the other information published in National Geographic is equally as accurate as the above, it is no cause for wonder that the Americans picture Canada only as a land of igloos and England as a country of beer mugs and plus-fours.

### NURSES WANTED

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 traveling expenses to and from New York. For further information write the Superintendent.

### Magistrate: "What is the charge?"

"Driving while in the state of extreme infatuation."

## Scottish Heroes Honored as Prince Unveils Statues

### Ceremonies for Edinburghs 600th Anniversary End in Colorful Pageantry

Edinburgh.—The season of pomp and pageantry, which this city has en-commissioned, closed on May 28th, with the unveiling of statues to the national heroes, William Wallace and Robert the Bruce.

It was exactly 600 years ago (on May 23, 1329) that Edinburghs oldest existing charter was signed by the Bruce. The Duke of York, as Lord High Commissioner, unveiled the statues at Edinburgh Castle and the Duchess, who is a descendant of the Bruce, also took part.

The ceremonies began with a service in St. Giles Cathedral, after which the Lord Provost, magistrates and representatives of public bodies proceeded on foot to the castle. Beautiful sunshine lit up the gay-colored robes of the dignitaries and Knights of the Thistle, the heralds and representatives of law, art and natural sciences, and added variety to the red robes of Edinburgh and other Scottish corporations.

Messages were received from famous burghs who were unable to attend, among them one from J. Ramsay MacDonald, which said: "Either the Bruce or Mr. Baldwin is much to blame—the one for dating your royal charter May 28th, the other for having fixed a general election for May 30th."



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### Elections

An interesting editorial in the "Christian Science Monitor" explains the chief difference between British and American electoral systems. It reads as follows:

One of the most interesting features of the British election—at least to Americans—is the shortness of the period allowed for the active campaign. The electoral laws make it certain that the struggle will be over quickly. On the eighth day after the proclamation of the election is issued, nominations take place. The poll is held on the ninth day after nominations. Parliament assembles not less than twenty days after the date of the proclamation summoning it. Thus this year Parliament was dissolved on May 10. Candidates are nominated on May 20. The election takes place on May 30.

This time-table is in striking contrast with the time-table of American elections. The British election is an express train which runs as rapidly as possible. An American election is a local train with many stops. From February to June of presidential years is the period during which delegates to the nominating conventions are chosen. After the convention, four months are given over to the presidential campaign. The election takes place in November. The electoral college meets in January and the votes are counted by Congress in February; the President takes office on March 4. Unless he calls a special session, Congress does not meet until the following December.

There has always been a tradition in the United States that presidential years were disturbing to business. The statisticians have shown that this is not the case. Fluctuations in business activity between 1888 and 1924 have been exhaustively examined by Col. Leonard P. Ayres, vice-president of the Cleveland Trust Company. He found that business has improved in election years more often than it has declined. In seven of the twelve cases the year closed with business at a higher level than it held when the year opened. In the remaining five cases the level of business was lower at the close of the year than it was at the beginning. But it is doubtful whether the election had any effect.

The speed with which British elections are conducted makes it impossible for the effect on business activity to be marked. Great Britain is particularly favored, it should be noted, by the fact that only parliamentary elections are held. The poll for members of the House of Commons is complicated by a simultaneous choice of local governmental bodies. In the United States the Chief Executive, members of two branches of the National Legislature, governors, state legislatures, mayors and other officials are voted for at the same time; in addition, many laws go before the people of different states for a popular referendum.

The American system of nomination, furthermore, seems extremely complicated, in comparison with the British practice. A candidate may

run for the House of Commons if he is proposed in writing by a registered voter of the constituency and assented to by nine other voters. Frank candidacies or candidacies by those who have no chance of polling any considerable strength are prevented by a provision of the electoral law requiring a deposit of \$750. This deposit is forfeited if the candidate fails to receive one-eighth of the votes which are polled. This year, however, more than 1,600 candidates have presented themselves for the 615 seats in the House of Commons. It is likely, therefore, in view of the many three-cornered contests, that there will be a number of forfeited deposits. This device, however, is a safeguard against too many nominations, and enables the ease of nominations to contribute to the quickness with which a British parliamentary election can be concluded.



"That congressman is sick, suffering from exposure."

### HOW TIMES DO CHANGE

"Talking about Christmas reminds me that my better half gave me a book last year entitled 'A Perfect Gentleman.' This year she gave me another one, entitled 'Wild Animals I Have Known.'"

It is recalled that Mr. Bernard Shaw was once in the Salvation Army. No doubt that is where he learned to beat the big drum.—London Star.

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# Firestone TIRES

Feat of B Ag Stowaway Weight of M Paris, June 3 Frenchmen swoon clouds this evening that had awaited for being the first over the Atlantic. Jean Assolant, Armano Lotti, the heart of France, right without sea Maine, to Comille, Maine, short of a territory. They link in two down on Le Bour, their relatives had awaited them.

Assolant gave by his dramatic over the field at an hour and land. But was still 6 miles an hour. "The last day worst," he said, "the cockpit and him with kisses, the experience, he said. "The problem has not."

Motor Stopped How close to finding a way many others he was told when the papermen in the fathers hotel, in mid-ocean, "I secured," he said. Assolant into "Speak for yours were scared, to be scared."

It developed due to a looking, thought had they took-off from day.

Aviation Miss The Duke In a His First The Motor States The recently motorized Staines, came in a bridge, combining bridge.

The bridge crosses outskirts of the motor car was tried on at the time.

A motor coach the opposite direction, prof. few yards from the club.

"At the same cycle combination hind the coach, and between it as.

"The motorist side of the Duke, damaged, an complaint received.

The Duke for the motorcyclist, cyclist looked holding his right was injured.

"He was most said 'No, sir, was pulled, and the accident, which side the car."

It was fortune of the motorist, empty, on their own more serious.

The Duke cyclist if he did motor car duty. A little crowd of spectators, who were cheerfully as.

West In Saint John (1-1). Canada for the fruits and products of the W. buy such products that it is in the past to grow into with the British, rather than sell what they way of them.

Empire Victoria, Col. should be the a British Empire's supporting as possible to make constituent parts buy goods made in the Empire. The support. In the buyers become E