WITH THE LONE SCOUTS

Figures recently released from Dominion Headquarters at Ottawa indicate that Scouting is steadily growing in Canada, and especially in this Province.

According to the ceasus there were 52,572 Scouts in the Dominion at the end of 1930, which is an increase of 2,404 over 1929. It is interesting to note that Ontario increased its membership in 1930 by 2,158 Scouts, and of course quite a few of these were Lone Scouts who enrolled during that year.

At the present time there are considerably over 300 Lone Scouts in this Province, and applications for membership are received daily at Lone Scout Headquarters.

Other interesting figures revealed by the report show that, during 1930, 14,653 Proficiency Badges were awarded to Canadian Scouts, showing that much keenness prevails amongst the boys to maintain an efficient standard.

Also one bronze, eighteen silver and six gilt crosses for bravery were awarded to Scouts in this country, as well as nine medals for meritious service in the Scout movement.

Thus it will be seen that of the population of Canada about one person in every two hundred is a Scout, and this is a very wonderful fact, for if everyone was imbued with the Scout Spirit, what a wonderful place Canada would be to live in, wouldn't it?

We publish below two messages which are of interest to every Lone Scout. The first is from His Excellency the Right Hon. the Earl of Bessborough, Chief Scout of Canada, and is as follows:

"On assuming the position of Chief Scout for the Dominion, I am delighted to have the opportunity of sending my greetings to all the officers and members of the Boy Scouts Association of Canada.

"I am eagerly looking forward to having many occasions, during my term of office, of becoming acquainted both with Canadian Scouts and Canadian Scouting and of observing their progress. It is most gratifying to me, as Chief Scout, to know that E. W. Beatty has consented to undertake the important duties of President of the Association.

"With all my heart I wish the new President and the Boy Scouts of Canada every possible success."

The second message is from Mr. E. W. Beatty, K.C., who is President of the Canadian Pacific Railway, and also President of the Boy Scouts Association. He says:

"It is gratifying to think that so fine a movement as that of the Boy Scouts has captured the imagination of the youth of the world and become so truly international. For Canada it is peculiarly fitted, as the campcraft which it teaches is so well suited to our geographical conditions. Nothing could be better than its gospel of self-reliance, self-respect, unselfishness, and the pledge to help others whatever it may cost; moreover, it appeals to the boy, as he gets a lot of fun out of this process of developing the spirit of true sportsmanship. The qualities inculcated are the qualities of the good citizen and one is not surprised that another name for a good citizen is 'a good Scout'."

Space will not permit us this week to continue our "Camp Hints" very fully, but we will content ourselves with reminding all Lone Scout Campers that "A Scout's duty is to be useful and to help others."

Here are a few of the things which last year's Boy Scout Campers did as their "Good Turns": Cut and burned all weeds on camp property, repaired nearby road, cleaned refuse from nearby field, put up signs at dangerous places on road, built protecting fence around plot of young trees, built a stairway leading to beach, built a fireplace for neighboring campers, helped newly arrived cottagers to get settled, took neighbors' mail to and from post office, erected small bridge for farmer, made rustic seats for a farmer, helped farmer dip sheep, assisted short-handed farmer with chores and crops, found lost cattle, made winter woodpile for farmer who loaned camp site, helped at country church garden party, cut weeds and tidied up around country church, made rustic seats for country churchyard, made seats near a bus stop, put out bush fires, guarded timber limits against fire, gathered firewood for future campers.

Lonies, when in camp don't forget your good turns. —"Lone E."

Universe Expanding Declares Einstein

Berlin—Dr. Albert Einstein, in a treatise submitted to the Prussian Academy of Sciences, offers further proof of the theory of an expanding universe which holds that cosmic masses are constantly moving outward.

The theory received confirmation by Dr. Edwin Hubbell's observations of the spiral nebulae and star clusters from Mt. Wilson Observatory at Pasadena.

Dr. Einstein's treatise works it out further and adds to his earlier writings on the uniform field theory in which electrical and gravitational phenomena are considered together from uniform viewpoints.

The new treatise occupies itself especially with the so-called Riemann spaces and teleparallelism—the non-Euclidean conception that space is not limited to three dimensions and that the Euclidean postulate that parallel lines never meet is erroneous.

In Dr. Einstein's conception, space is "the only theory representing reality." In his view space is truly non-Euclidean and Riemann is right.

The treatise deals also with compatible field equations as applied to the Riemann spaces. On a rigidly mathematical basis which requires most concentrated abstract thought, Dr. Einstein draws certain conclusions regarding the structure and movement of the cosmos consonant with Dr. Hubbell's observations, which indicate that cosmic masses are moving away from our solar system at a rate of hundreds of miles per second.

Preliminary Steps Census of Retail and Wholesale Trade Now Being Taken

The fifteen thousand enumerators who have been engaged since June 1st in taking the Population Census have also been making a record of the name and address of every retail and wholesale establishment in the Dominion. These names are to be the basis for the Postal Census of Merchandising and Service Establishments.

It will be some weeks before all the lists are in the hands of the officials in the Dominion Bureau of Statistics. When they have been carefully scrutinized and certain other preliminary work done, schedules will be mailed to each retail or wholesale establishment. It is expected that somewhere between 150,000 and 200,000 names will be received and, though, a very great amount of preparatory work is necessary before schedules can be mailed, it is expected that they will be sent out in August.

The Need of Sanity

We tend to swing too swiftly from optimism to pessimism declared Sir Arthur Salter, formerly director of the League of Nations' Economic and Finance Section, speaking at the luncheon of Columbia Alumni. We swing from complacency to panic. It is just those who, in 1929, said that we were in a new economic era, that there would be no more depressions, who are now in the blackest of pessimism.

In 1929 there were needed people to say, "Steady! Things are not always going to be so good." And now people are needed who will say, "Steady! Things will not always be so bad as they are now."

This tendency is also true of the world political situation. It is those who in times of calm go about saying, "War is unthinkable," that say in times of danger that war is inevitable, support policies that bring it nearer and press their countries to precipitate action.

Only recently there has been much mischievous talk of the possibility of immediate and imminent war. This is not true, but such talk creates situations and exaggerates unimportant ones. There will be no war this year or this decade.

Estate of Germany's Pre-War Chancellor Shows Few Assets

Berlin—Appraisal of the estate of Prince Bernhard von Buelow, pre-war Chancellor of Germany, has shown that he was practically impoverished at the time of his death. After liquidation of all claims only a few thousand marks will remain for distribution among his heirs, it is announced.

It is learned that the Prince, who never had a large private fortune, had to borrow money frequently during his long career as diplomat and leading statesman of the Reich, in order to meet the costs of adequate representation. The only assets of the estate are the proceeds of the sale of his home in Rome and the royalties for his memoirs which were published recently and created a sensation.

Flight To Be Made By Glider Over Alps

Frankfurt Am Main, Germany.—In an effort to conquer the Alps by sailplane the Rhoen-Rossitten Gliding Plane Society of near-by Wasserkuppen has organized an expedition to the Bernese Oberland, headed by Gunter Groenhoff, record holder for flights without motor.

Herr Groenhoff will use the sailplane in which he flew 165 miles into Czechoslovakia in May. He will take off from Jungfrau Joch, 11,600 feet in the air. Swiss aviation societies promise co-operation.

An Additional Thrill

Photo shows Harold L. Osborne dangling from his entangled parachute 2,000 feet over Chanute Field, Rantoul, Ill. For forty-five minutes Osborne was caught in mid-air before his rescue by means of knife lowered by flier in pursuit ship. Osborne gently glided to earth with an extra chute he had strapped on his back.

Calgary Exhibition

Calgary, Alberta.—Entry forms to prospective exhibitors in the poultry classes at the Calgary Exhibition and Stampede, to be held July 6 to 11, are being sent out by the exhibition board. Entries close on June 20. A covering letter from Dr. D. S. Macnab, president of the Calgary Poultry Association, urged that some entries be made by all breeders, even though only one or two birds. "Shows and exhibitions are necessary if we are to continue to breed birds true to type," he says. "The value of the opportunity of placing your birds alongside those of other breeders of the variety and comparing them far outweighs the value of any money prizes you may be awarded—welcome as those undoubtedly are."

Volcanoes Scatter Ashes 150 Miles Over Alaska

Dutch Harbor, Alaska.—Newly arrived fur seamen on the Pribilof Islands, puzzled at the white ashes silvering their golden brown coats, sniffed sulphur filled air.

Volcanoes in the vicinity of Chignik are in violent eruption. Ashes have fallen a distance of 150 miles in every direction. Mushroom-like clouds of dense smoke hang over Katmai, and several other craters in the Alaska peninsula. Visitors to western Alaska will witness the marvelous scenes, say steamship officials, who expect the eruptions to continue for several months.

Explorations Link Arabian Period to Christian Past

Cairo.—Science is poking an explorative finger into the history of the Upper Nile valley, and the first season's work of the archaeological survey of Nubia has produced much new material.

The large cemeteries also were discovered with the tombs surrounded by small domes on pillars. This last feature is very important, from the standpoint of history, as this type of architecture shows the transition from the first centuries of the Christian era to the Arab period.

"Aren't we fools?" "Speak in the singular." "Certainly. Aren't you a fool?"

The Three Languages of Old England

From 1100 English more rapidly took on the form in which we know it. By 1200 every educated man was expected to know three languages—English, French and Latin. English was the common speech, French the language of polite life and literature, Latin the scholar's tongue. In the thirteenth century, Robert of Gloucester wrote in English a Rhymed Chronicle on Britain. Professor Lounsbury gives us some lines of it, in modern English:

"For unless a man knows French,
he is little thought of,
But low men keep to English and to
their own speech."

From 1272, when Edward I was crowned, to the close of the fifteenth century, French was used in public acts. . . .

In the fourteenth century, for a scholar to write in English took a degree of courage which may easily be underrated now. But this courage on the part of two great writers did much to shape the first literary English.

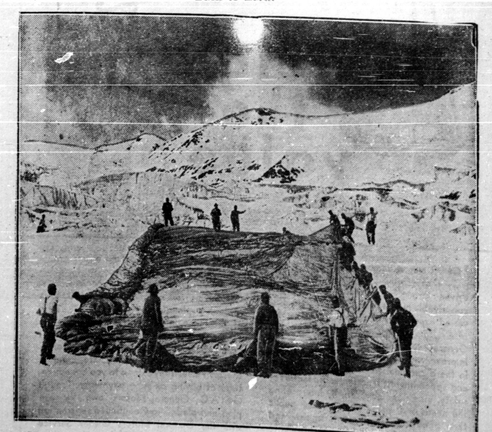
In spite of the scorn of scholars who lacked insight into the vast possibilities of English and still used French and Latin, Wyclif and Chaucer came forward as the fathers of English literature. Wyclif finished his English translation of the Scriptures in 1380, and it is to him that we owe much of the simplicity and force and peculiar beauty of later translations of the Bible.

What Wyclif did for the language and literature of religion, Chaucer did for poetry and letters. Before this, no one dreamed of the power and beauty latent in the English language. . . . Even in 1623, two centuries and a quarter after . . . Lord Bacon turned his English works into Latin, that they might be "preserved"! He thought of Latin as the universal and permanent language of learning, while English was a humble speech for the less learned, and might die out altogether!—From "A New Study of English Words," by Jessie Macmillian Anderson.

"We need beauty in everything and culture should be a thing of practice, not something apart."—Henry Ford.

"Economic prosperity rests ultimately on ability to defend it."—Admiral Bradley Fiske.

"Back to Earth"



Workmen dismantling huge balloon that carried Prof. Auguste Piccard and his assistant ten miles above earth to stratosphere, in an eighteen-hour exploration of upper reaches of sky. Scene of dismantling is huge glacier near Ober Gurgl in the Tyrolean Alps, on which scientists landed.

C.G.I.T. Plan Active Summer Program

Thirty Camps in Ontario Will Offer All the Delights of Out-door Life

To all Canadian Girls in Training who read these words, I am glad to be able to send greetings, which at this time of year must certainly include a wish for success at examination. The examinations seem like a mountain to be climbed, perhaps a few words about what may be found on the other side of the mountain might be encouraging. For some of you there is a summer vacation in the northland; for others, perhaps, a job at home; and for others, camp. It is of this last that I would speak.

"Who hath smelt wood smoke at twilight,
Who hath heard the birch logs burning,
Who is swift to read the voices of the night?
Let him follow with the other,
For the youthful feet are turning
To camps of proved desire and known delight."
—Kipling

There will be in this province almost nearly thirty camps for Canadian Girls in Training and other girls in the Sunday schools. There will be two Leaders' Camps at Beaux Rivages, July 17-27; and Beausoleil, August 31-Sept. 9. There will be six provincial girls' camps for senior girls, 15-18 (on birthday) at Normandale, July 21-29 and August 11-21; Beaux Rivages, July 17-27, and July 29 - August 8; Beausoleil, August 22 - September 1; Victoria Point, July 6-16. And there will be nineteen or twenty city and district camps; some for seniors, others for intermediates. Information about these camps can be obtained by writing to Miss Jessie Macpherson, Room 61, 299 Queen St. W., Toronto, Ont.

What camp may mean to the girls who attend, to the groups and Sunday school classes from which they go and to their associates at home, only campers or those who have been campers can tell. They do not cost money. But the returns in fun, health, in friendship, in new ideas, in new enthusiasm, in new purposes, are such that the cost is relatively small. And even in this year of scarcity of money, wonders can be worked with a little sacrifice of other things for something greater. Camp is more enriching than almost any other experience, and therefore worth more sacrifice. It is my hope that many girls will be able to say with W. B. Yeats:

"I will arise and go now, and go to
Innisfree,
And a small cabin build there, of
clay and wattles made;
Nine bean rows will I have there, a
hive for the honey bee.
And live alone in the bee-loud glade.

And I shall have some peace there, for
peace comes dropping slow,
Dropping from the veils of the morning
to where the cricket sings;
There midnight's all a glimmer, and
noon a purple glow,
And evening full of the linnet's
wings.

I will arise and go now, for always
night and day
I hear lake water lapping with low
sounds by the shore;
While I stand on the roadway, or on
the pavements gray,
I hear it in the deep heart's core."
—W. Y. Yeats

—Jessie Macpherson

Autogiro Foreseen As Fighting Craft

Washington.—After several months in the navy's new autogiro, David Ingalls, Assistant Secretary of the Navy for Aeronautics, is convinced the windmill plane ultimately will be endowed with double its present speed and take its place as a formidable fighting craft.

By comparison with his Curtiss plane, with its cruising speed of 75 to 100 miles an hour, the 75 to 80 mile gait of the autogiro, in which he piloted Charles Francis Adams, Secretary of the Navy, seems "pretty slow," Mr. Ingalls said.

"But," he added, "there are a dozen ways in which the speed of the autogiro can be increased by the application of stream lining and other well-known principles of aircraft construction."

Mr. Ingalls predicted eventual improvements in design would give the autogiro a speed almost if not quite equal to that of a navy plane of similar size and power.

Even if some slight disregard of speed might remain, he said, it would be outweighed by the advantages of being able to take off and land in a small space and to descend vertically at less than the speed of a parachute, if disabled.

Hard-working Clock Does Not But Shave Ingenious Inventor

Dayton, Ky.—Life is a simple matter for Henry Fahrenholz. He has devised a robot which consists of a clockwork installed in a shaving machine.

When the alarm sounds the shaving machine starts and the lights are turned on.

At the end of the record the clock is turned on, the furnace comes on and the coffee percolator starts.

Warless World Is Impossible

British Scientist Declares War is Nature's "Pruning Hook"

London.—Man's dream of a world without war can never come true, Sir Arthur Keith, the British anthropologist, said recently in an address at Aberdeen University, where he is the rector.

"Nature keeps her human orchard healthy by pruning," he said, "and war is her pruning hook. We cannot dispense with her services."

That "harsh and repugnant" assertion was wrung from him, he said, even though the future of his own dreams is a time of everlasting peace.

Even race prejudice has its place in the development of mankind, he said, and sooner or later the nations will have to consider whether it is a good thing not only to overcome such prejudices but to eliminate them altogether.

"I am convinced," he said, "that these inborn dislikes must be given an assigned place. The human race is like a British football league with divisions of white and yellow, black and brown, between which no transfers are possible.

"Nature endowed her tribal teams with a spirit of antagonism for her own purposes. In us it creeps out as national rivalries and jealousies. The modern name for that spirit of antagonism is race prejudice."

Earth Yields Building Outlines of Paestum, Ancient Greek City

Naples.—The excavations of the Forum at Paestum, the ancient city of Greek origin, are nearing completion. The Forum, which was added to the city in Roman times, measures about sixty-five yards by 150, and numerous remains of temples, law courts, stores and houses have appeared.

Paestum possesses the two finest Greek temples outside of Greece, and with the new excavations the old city is revealing its topography clearly.

"People are taught to be impudent or greedy; they are not naturally so." —G. K. Chesterton.

...nkling Stars Puzzle Scientists

...such a simple and every-...tter as the twinkling of the ...ed properly understood by ...e really explained by rar-...ntific theories is argued by ...nge in a recent communica-...the London scientific periodi-...Philosophical Magazine. Star ...e usually is explained, Mr. ...xplains, by what opticians call ...e; that is, by the bending ...ed ray from the star by the ...yers of the earth's atmos-...that the ray alternately en-...ye and falls outside it, ...the star seem to twinkle. ...conventional theory, Mr. ...explains, is that the light ray ...e star interferes with itself ...ame way that colors are pro-...a butterfly's wing or in a ...ed on water. The interfer-...adjacent light rays which ...these colors may even result ...seem to be black spots on ...; that is, in complete ex-...of the light. This is sup-...happen to the light ray ...e star. These theories of ...seem all right on super-...ce, Mr. Synge agrees, but ...no shows, he maintains, that ...ot explain the real twinkl-...ch the bending and the in-...of the star's light rays are ...t. Instead, Mr. Synge sug-...third theory blaming the ...on another optical effect ...refraction, like the colors ...en light shines through a ...e. These ruled on a plate of

Letter

...ether is a story
...a shred of rag,
...a cloud of glory,
...the postman's bag.
...e but a feather,
...ing-weight, no more;
...in any weather,
...R, to the door.
...n I hear the ringing
...the postman's bell,
...man, singing—
...it comes, all is well.
—F. Fiske Cornett.

...ow of no more deplorable ...than the current effort to ...fit' the machine."—Louis Un-...er.

...ation is the art of living to-...in an ordered society.—D. ...George.

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The Tonic He Needed

Jim Hatherton was right in the middle of his final examinations at Varsity when as he said himself something snapped and he was just a bundle of nerves. He went to a doctor and told his story. The medical man, not so long out of university himself asked a good many questions about Jim's examination and his home folks.

Finally he said "You sit right down here at my telephone and call up your mother and have a real good chat. I know you write every week and all that, but just have a good chat and don't hurry for it will not cost much anyway."

Jim did more than that; he called his home every evening from his rooms while the exams were on. The sound of his mother's voice seemed to be just the tonic he needed.

The Blackberrying Season

Somewhere along in May the exquisite white of the blackberry blossoms began to foam down the back lanes in Waverly. At the same time, and almost every day, there fell a little, slender, silver rain, stopping for a while and beginning again; this was called a blackberry rain. The country grew a very fair thing, mist-white, cloud-like; the smell of the blossoms, together with the drip of the rain, gave the whole weather an unexpected strange loveliness. You felt yourself a new-comer in a separate world. A month or so later, the fruit appear, first scarlet, then a round, glossy black. The blackberrying season was on.

By what favor of the gods my sister and I were included in the party which set out from the old house some June afternoon, intent on filling sundry kettles and baskets with the ripened fruit, we never knew. It was always in the afternoon; it was always hot. We started off, each carrying a tin kettle, crossed the orchard and the Old York Road, climbed a fence, and let ourselves down in Macdonald's pasture. A breathless moment. A thick dry odor hung in the air. A fiery sun stood in the parched, clear sky. We started again, we small ones trudging unimportantly in the rear. Nor for all the kingdoms of the world would we, by sign or word, have attracted adult attention to our delighted pinforced selves. We were in a different and strange country, sky overhead, ground underneath, but of wide spaces, miles of leather-bued fences, a tree here and there, an elder bush with its broad fragile blossoms, or a patch of the first yarrow, bitter, crude, grey-white, straight as spears. It was as though we were walking to the ends of the world. Suddenly we came to a hollow, and a huddle of briers, showing patches shining black from top to bottom. Here were our berries. In a minute or two they were falling with a pleasant clop-clop into our kettles, the sound turning into a duller one as the latter began speedily to fill up.

All about was the scent of the berries, like something spicy boiling over on a stove, and of the wind in the fence, and the earth under our feet.—Lizette Woodworth Reese, in "A Victorian Village."

Sunlight Is Best Medicine On Market

As Much Bare Skin Should be Exposed as Modesty Permits

By JOHN BURKE INGRAM

"Free medicine folks, walk up and get your free medicine. Greatest cure-all in the world and it's free!"

This is not, as you might think, a patent-medicine seller's spel. It's just to remind you that the open season for sunlight has commenced and that sunlight is the greatest "unpatent" medicine in the world, even though it is only recently that we have begun to realize just how important it is.

Did you know that when sunlight falls upon your skin it makes a kind of food which your body needs very badly? This "food" is known as Vitamin D. You've probably heard about Vitamin D because a great deal has been written and talked about it during recent years. The reason why people take cod liver oil is that it is rich in Vitamin D but cod liver oil is only a substitute for sunlight. The vitamin is produced in the cod's liver by the action of sunlight and you get it second-hand. It is much better to get it first hand which in Canada one can do most easily in the summer time. Sunlight when it falls upon your skin produces a certain chemical reaction and this reaction produces Vitamin D.

Now the moral of this article is a very simple one. Get out into the sunlight as much as you can this summer and get your full share of sunlight and of all medicines. It is possibly even more important that children should do so than grown-ups because some authorities claim that in this northern climate almost all children have at least a touch as some time in their lives of the disease known as rickets. This disease is caused by lack of Vitamin D which the system needs in building good strong shapely bones.

There is one very important thing to remember however. If the sunlight is to effect your skin as it must do to produce this health giving result the rays must fall directly upon the bare skin. Even if they pass through glass or the lightest of clothing the invisible rays which produce Vitamin D are filtered and do not reach the skin. At the same time one must be careful in taking sun baths to go easy at first; otherwise that painful and well-known phenomenon sunburn, will result, but while taking this precaution see to it that you get out in the sun this summer as much as possible wearing as few clothes as modesty and the local police force will permit.

Britain Plans to Save Beauty Spots

London.—The appointment of an authority to formulate a national park policy for the preservation of famous British beauty spots is recommended by a committee which was appointed by Mr. Ramsay Macdonald in 1929, with Dr. Addison as chairman.

The committee's report, issued recently, states that the objects to be achieved would be to safeguard areas of exceptional natural interest against disorderly development and spoilation, to improve the means of access for pedestrians to areas of natural beauty, and to promote measures for the protection of flora and fauna.

Preservation in many cases could be ensured by a planning scheme.

The question of providing camp sites in natural reserves should be examined.

Provision of huts or hostels might be facilitated.

Areas examined and suggested by witnesses as suitable for national parks were: Snowdonia, Dartmoor, New Forest, Exmoor, Dovedale, Peak District, Lake District, South Downs, Bowland Forest, Forest of Dean, Carnock Chase, West Riding, Cairngorms, Trossachs, Black Mountains, and Brecon Mountains.

The Invar Tape

The invar tape used in land surveying by the surveyors of the Topographical Survey, Dept. of the Interior, is composed of an alloy of iron and nickel in the proportion of 64 per cent. of the former to 36 per cent. of the latter. As its name implies, it is invariable or nearly so; that is to say, it is not subject to as large changes in length due to temperature variation as is the ordinary steel tape.

Native Runners Vanishing As Mexico Builds Highway

A highway is being built by the Mexican government from Laredo to Mexico City, a distance of 750 miles, writes a correspondent of "The Christian Science Monitor." It is a vast engineering problem to bridge mountains and dales, for the route selected veers purposely from the easier flat and barren desert stretch that was used by the builders of the existing railway.

The route is through virgin territory in many districts unaffected by the trend of modren civilization. There is at present no telegraph and no postal service. The native has never heard of an automobile, and his method of communication dates back centuries to the Aztec period. Runners are used to carry word from one village to another.

But the runners are preparing, as water carriers of Mexico City did a few years ago, to retire. Noisons are being trained by runner fathers to succeed them. As when the pioneers made their way west in the early days of the United States, native scouts point to the camps of the surveyors as an inevitable sign that their offspring must be service station attendants, hotel clerks and what not, but certainly not follow in their fathers' footsteps.

"The world has never failed to return to religion after a period of scepticism and agnosticism."—G. K. Chesterton.

Winifred: "When I am married to Bob I am to have three servants." Freda: "Possibly, but not all at once".

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Color Combinations

For a contrast of form and color use specimens of dwarf French marigold in maroon among masses of campanula loreyi.

The golden Santa Barbara poppy, Hunnemannia, looks well in front of tall autumn lupines in blue.

For color mass in a "neglected" corner: blue cornflower, maroon and yellow calliopsis, and red and white Shirley popples. The white Shirleys, especially those with the fascinating green and black centers, combine well with blue, lavender, or purple flowers.

Gilia capitata has finely cut foliage and feathery flowers of lavender-blue. It will enhance groups of coarse plants, such as the zinnia.

Where there are huge, old specimens of hollyhock, start one or two annual vines at their roots. The vine-covered hollyhocks will prove very effective, whereas ordinarily they would have to be cut, leaving a great gap in the borders. The feathery cypress-vine is one of the most useful for this purpose.

Direct Action

A wild duck was seen taikng drastic measures to guard the crumbs thrown to her ducklings by kindly passers-by. These crumbs were attracting sparrows, and the ducklings hadn't a chance.

The mother duck felt this couldn't go on. She attacked the sparrows and sent a few of them scuttling away minus their tail feathers. Two of the worst offenders met a still more dreadful fate—she seized them with her beak, dragged them to the pond near by, and held them under water until they were drowned.

The farmyard duck has been known to take similar action in the same circumstances.

A man is bound to think of all just excuse for his offender.—Marcus Aurelius.

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When you take vitalizing Kruschen Salts for a few days that old indolent sluggish feeling deserts you—it doesn't matter how fat you are—the urge for activity has got you—and you're "stepping lively."

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Kruschen is a combination of the six salts Nature has already put into your body to keep you active—if it were not for these vital salts you could not live.

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A half teaspoonful in a glass of hot water every morning is all you need to keep healthy—keep your stomach, liver, bowels and kidneys in splendid condition—free your system from harmful toxins and acids.

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