REVOLUTION BROUGHT FIRST FISH

They Came Into Existence With the Swift-Flowing Streams.

Evolution isn't something that happened in the past and then stopped. It's still going on to-day. The Australian frilled lizard, shown in the sketch here, is evolving into a two-legged animal. He gets up on his hind legs and runs for a short distance.

Secrets of Science.

By David Dietz.

The next step in the evolution of life upon this earth was the development of the fish—the first backboned animal.

Previous forms of life, as we have seen, from the one-celled animals to the sponger and jellyfish and molluses were all extremely sluggish forms of life.

The fish is the first form to show that characteristic activity which we commonly think of as the chief attribute of animal life.

The geologist finds the first records of simple types of fish not in rocks formed from sediment laid down in the ocean, but in fresh water.

Therefore it is evident that the fresh-water fishes were evolved first and that ocean fishes descended from fresh-water fishes which were carried into the ocean by the streams and learned to live in salt water.

This important fact gives us a clew to how fish evolved.

It was the result of one of those "revolutions" or upheavals of the land which brought great mountain ranges into existence.

As a result of this upheaval of the land, placcid, sluggish streams were turned into swiftly flowing ones.

The sluggish forms of marine life were swept into the sea as a result.

There were great disadvantages to this. Organisms accustomed to fresh water would find life disagreeable and for the most part impossible in salt water.

It now became necessary to combat the swift current in the streams or be evicted from them.

There is a form of eel to-day, known as the stream-borne lamprey, which clings to the stream bottom by its mouth and lets its body be whipped about by the stream in the same way that a flag is whipped about by the breeze.

Biologists believe that creatures of this sort were the first to learn to maintain their places in the swift streams.

This eel, in swiming, merely reproduces the motions which are to it by the stream when it passively clings to the stream bottom by its mouth.

In this way, it is believed, the first fish learned to swim. Now the act of swimming requires a certain play of muscles. This action is such as to be facilitated by a stiffening along the axis of the body of the fish.

As a result of this, fish were first evolved with a pliant cellular membrane along their axis. In time this developed into a supple rod of cartilage. Next this was supplanted by a bony axis. When this took place, the true fish—the first back-boned animal—had been evolved.

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344 Adelaide St. West,
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Not His Patient.

The doctor hurried into a downtown restaurant and sat down at a side table. A languid waitress plumped down a glass of water in front of him and announced: "Boiled tongue, stewed kidneys, fried liver——"

The M.D. interrupted her. "Never mind your symptoms," he said. "Let's have something to eat."

All the children of a bass singer who marries a soprano will have the same types of voices as their parents, according to a new scientific theory.

Curses on thee, little pest Filthy fly, unwelcome guest!

NO need to tolerate a single fly in your house. Flit kills flies.

Flit spray clears your home in a few minutes of disease-bearing flies and mosquitoes. It is clean, safe and easy to use.

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Flit spray also destroys bed bugs, roaches and ants. It searches out the cracks and crevices where they hide and breed, and destroys insects and their eggs. Spray Flit on your garments. Flit kills moths and their larvae which eat holes. Extensive tests showed that Flit spray did not stain the most delicate fabrics.

Flit is the result of exhaustive research by expert entomologists and chemists. It is harmless to mankind. Flit has replaced the old methods because it kills *all* the insects—and does it quickly. Get a Flit can and sprayer today.

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If you would regain your vigor and ambition, keep your blood and nerves in good condition. Anaemia, or thin blood, lowers the vitality, starves the nerves and causes a general run-down condition. When the blood is thin the skin loses its color, the shoulders droop and weight is lost. The victim of anaemia loses appetite, suffers from indigestion, headaches and sleeplessness, and is nervous and exhausted after slight exertion. If you have any of these symptoms do not delay but begin treatment now with Dr. Williams' Pink Pills and you will be gratified with the prompt improvement in your condition. Among the thousands who have found new health through the use of this medicine is Mrs. Herbert Nagle, Ludlow, N.B., who says:—"I had not been feeling well for some time and was gradually growing weaker. I would take dizzy spells and often faint. I was subject to severe headaches and found it hard to do my work. I took doctor's medicine for some time, but it did me no good, and I was still growing weaker. In this condition I began the use of Dr. Williams' Pink Pills and in a short time found they were helping me. I continued the use of the pills for a while longer, and found that the trouble that had bothered me was gone and I was once more a well woman."

Get Dr. Williams' Pink Pills at your druggist's or write The Dr. Williams' Medicine Co., Brockville, Ont., and the pills will be sent post paid at 50 cents a box.

Mountain Dawn.

Across the dark linked loveliness of lakes
A sign goes, and a bird awakes;
A sleepy thrush, a mottled thrush, whose wings
Shake off the dew the moment when he sings;
And like the drops of crystal on the ground,
After the song there is no other sound.

Dim, dim, oh, beauty that awaits the gold,
Gray as an ousel's wing, and cold,
Yet with me pause a little while, and stay
The more familiar coming of the day;
Bring me faint sounds I cannot hear until
I hear the haunted waterfall and hill;

The echo of the night, among the trees;
The echo of the slight, moon-shivered breeze;
And that calm . . . which enchants the hills
From twilight on, and all the valley fills
With dreams and dreaming radiance and hush—
Wait! Wait! Ah, wait, till once again the thrush!

—Maxwell Struthers Burt, in Harper's Magazine.

Hay Fever.

From thousands of patients tested during the last few years, it has been found that Hay Fever is seasonal and caused chiefly by pollenating grasses in June, rose pollen in July, ragweed pollen in August. Nine out of every ten people suffering from Fall Hay Fever in Ontario can blame ragweed. This plant begins to pollenate August 15th. The pollen, being as light as down, is blown by the wind to a distance of 100 miles in all directions.

Cause: Some people can breathe the pollen of certain plants and the lining of the nose treats it as ordinary dust; but others suffer extremely after breathing air laden with pollen, due to inflammation of the nose and eyes because the lymph in their blood (for some unknown reason) tries to digest the pollen as it touches the lining of the nose. Once a person becomes susceptible to this irritation, he will suffer from it for the rest of his life.

Helpful Hints: Prevent the attack by avoiding the pollen; during the pollenating season of the particular plant which irritates you, go to a district where the air is free from that pollen. Three days in such air will see a complete cure.

Treatment: No inhalation or other treatment for the nose is of any use; no patent medicine will cure hay fever. The only helpful treatment found as yet is injections of an extract of the particular pollen causing the individual case. It is effective and many people who have been victims for years have found the treatment reduced their suffering to about only one-twentieth of the usual time; it must, however, be repeated each year. The treatment is rather costly and can only be obtained from the few physicians who have given it special study.

Useful Discovery.

A Frenchman of Science declares that he has found out how to decompose the molecule of water so cheaply that a hydrogen engine may be employed to run your automobile for almost nothing. It sounds incredible, but so did much else that we have come to take for granted.

A Give-Away.

Magician (to small boy he has called to the stage—"Now, my boy, you have never seen me before, have you?"

Small Boy—"No daddy."

Minard's Liniment for Corns and Warts

SHE DANCES TO THE WATERFALL

The wonderful setting of the little waterfall known as the Giants Steps, Paradise Valley, near Lake Louise, apparently inspired this nature-dancer with the spirit of life, and with the song of the water and the soft whistling of the bird-life abounding in the woods around. She was photographed while dancing to the music of her soul. Miss Bozlee is spending a few weeks at the Canadian Pacific Railway hotel, the Chateau Lake Louise, from where early every morning she saddles a pony and rides to these falls where she can dance undisturbed, with only the blue sky and multi-colored birds to see her and marvel at the rhythm of her movement.

KEEP CHILDREN WELL DURING HOT WEATHER

Every mother knows how fatal the hot summer months are to small children. Cholera infantum, diarrhoea, dysentery, colic and stomach troubles are rife at this time and often a precious little life is lost after only a few hours illness. The mother who keeps Baby's Own Tablets in the house feels safe. The occasional use of the Tablets prevent stomach and bowel troubles, or if trouble comes suddenly—as it generally does—the Tablets will bring the baby safely through. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Blood Speed.

How fast does your blood flow? Two Boston doctors have measured its speed by injecting radium into one arm of a subject and detecting its appearance in the other arm after the blood has necessarily carried it through both heart and lungs. It only takes from fifteen to twenty-two seconds to make the circuit of the body.

No Hope.

"Oh, Mister Officer, I've lost my doggie."

"That's all right. Put a want ad. in the paper."

"Oh, but Petsy can't read."

The Bridge You'll Never Cross.

It's what you think that makes the world
Seem sad or gay to you;
Your mind may color all things grey
Or make them radiant hue.
Be glad to-day, be true and wise,
Distinguish gold from dross;
Waste neither time nor thought about
The bridge you'll never cross.

There's useful work for you to do,
For hand and brain and heart;
There's urgent human service, too,
In which to take your part;
Make every opportunity
A worth-while gain, not loss;
The best is yours, so do not fear
The bridge you'll never cross.

If life seems drab and difficult,
Just face it with a will;
You do not have to work alone
Since God is with you still.
Press on with courage toward the goal,
With Turth your shield emboss;
Be strong, look up, and just ignore
The bridge you'll never cross.

Keep Minard's Liniment handy.

"The ideal kit for the schoolboy is a soft shirt, wide open at the collar, with shorts," says Dr. E. Graham Little, M.P.

Only three varieties of roses are natives of Britain; they are the dog rose, the double Scotch rose, and the sweet brier.

Freed His Skin of Psoriasis

The discoverer of SOREMA, a Canadian Druggist of 35 years' experience, finally freed his skin of Psoriasis after 14 years of the usual treatment had failed. SOREMA has since been used with equal success in long standing cases of Psoriasis, Eczema, Acne, etc.

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Use this Recipe for **MUSTARD PICKLES**

Use an earthen jar:—
1 gallon vinegar
1 cup Keen's D.S.F. Mustard
1 cup salt

Add onions, sliced green tomatoes, small cucumbers, and cover in the usual way. These pickles will be ready to eat at the end of six weeks, and will keep perfectly.

This is only one of the many recipes for delicious home-made Pickles, Catsups and Relishes in our Recipe Book. Write for a free copy.

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Keen's Mustard aids digestion

Rose Gardens.

"Say it with flowers" has now assumed the dignity of an international slogan. The president and forty delegates of the American Rose Society have recently been paying a round of visits to the principal rose gardens of Canada, thereby further fragrantly cementing the friendship between the two nations.

Clever Answer.

Teacher—"Now, who was the father of the Black Prince?"

Bright Lad—"Please, sir, old King Cole."

Sunburn

Mix Minard's with sweet oil or cream and apply. Quick and permanent relief.

MINARD'S "KING OF PAIN" LINIMENT

TO WOMEN OF MIDDLE AGE

Mrs. Wilson's Experience a Guide to Women Passing through the Change of Life

Hamilton, Ontario.—"I have taken several bottles of Lydia E. Pinkham's Vegetable Compound and I cannot speak too highly of it as I was at the Change of Life and was all run-down and had no appetite. I was very weak and sick, and the pains in my back were so bad I could hardly move. I got very sad at times and thought I had not a friend on earth. I did not care if I lived or died. I was very nervous, too, and did not go out very much. A friend advised me to try a bottle of Lydia E. Pinkham's Vegetable Compound, so I did. I am a farmer's wife, and always worked hard until lately, and was in bed for two months. I began to feel like a new woman after the first bottle and I recommend it with great success, also Lydia E. Pinkham's Liver Pills. I am willing to answer letters from women asking about your medicines, as I cannot speak too highly of them."—Mrs. EMMA WILSON, 471 Wilson Street, Hamilton, Ontario.

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Was In Agony With Blisters On Hands Cuticura Healed

"Eczema broke out in very small blisters on the backs of my fingers. After a few days the blisters would break and then dry up. It itched and burned terribly and scratching caused very red eruptions. I could not put my hands in water or do any work without wearing rubber gloves. I could not sleep nights on account of the irritation, and was in agony most of the time. The trouble lasted about a year.

"I read an advertisement for Cuticura Soap and Ointment so purchased some. After using them a short time I could see an improvement. I continued the treatment and now I am healed." (Signed) Miss Bernice Shannon, R. F. D. 2, Orleans, Vt., Sept. 15, 1925.

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