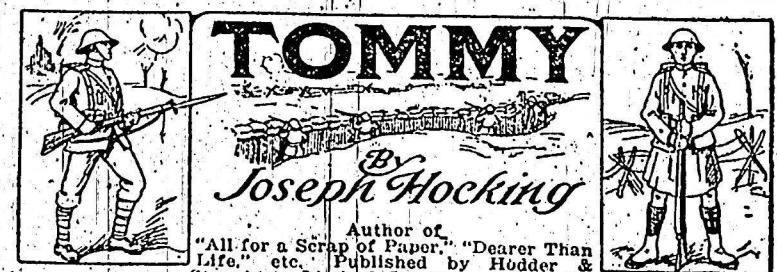


SHOCKLESS ERA
OF THE FUTURE



CHAPTER II.—(Cont'd.)

"Nay," replied the other, "but I don't see how it can affect us, except—and he laughed意味深长地—'except for our benefit.'

"How can it be for our benefit?"

"Why, can't you see? If the Germans join Austria against Russia and France, we shall be able to steal the German trade;—and we can do with it," was the reply.

"Ay, we can."

"Just see how Manchester is riddled with Germans. They have been rubbing out trade right and left, and even here in Britain Germans are poking their noses. I am about sick of them. Thirty years ago we hardly ever saw a German, and now they have nobbled our best-paying lines. If I had my way, all Germans should be driven out of the country; they are a bad lot to deal with; they have no business hon' or, and they don't play the game."

"Come now, it's not so bad as that." "Ay, but it is. For years they have been sending their lads over here on the pretence of learning the language. They take jobs in our offices for hardly any wage, and then when they have learned our secrets, and the names of our customers, they just play against us."

"Well, more fools we for letting 'em in."

But it is not my purpose to deal with the talk which was so prevalent towards the close of July 1914. Neither am I going to try to trace the history of the events which led up to the war which has staggered humanity.

We all know now what Germany had in her mind, how by pre-

tence, deceit, and fraud she worked her will; how she taught England without moving a finger, France and Russia without moving a finger, Germany thought that the English were blind, and that for the sake of gain we should remain neutral and never lift a finger while she swept over Belgium to crush France.

Waterman laughed. "We English are fools," he said.

"How's that?"

"Of course I am going to do my bit," said Waterman. "A an Englishman I must; but we shall never lick the Germans."

Waterman thought, "We English are fools."

"Why? Think of the millions the French have got; think of the French; think of our Navy."

"Ay, think of it all," replied Waterman, "but you don't know what the Germans are. I do. In that country every man is a soldier. Look at Brunford; here are thousands upon thousands of fellows who are hanging back, and who are worth nothing in time of war."

If this had been a German town every man you see would be a soldier. Then see how much in advance of us the Germans are in scientific matters. They have got mountains of guns, and ammunition. Besides, they have made a science of war, while Englishmen are only amateurs. Think of what they have done; already nearly the whole of Belgium belongs to them, and a great slice of France."

HOW TO PREVENT ACID STOMACHS AND FOOD FERMENTATION

By a Stomach Specialist.

In a stomach specialist who has spent many years in the treatment of stomach troubles, I have been coming to the conclusion that most people who complain of acid stomachs possess stomachs that are abnormally possessed and normal. The result is that they are often caused by the food and drink, which is often the case, usually due to, aggravated by, food.

Ach irritates the delicate lining of the stomach and foot fermentation causes wind which often results in abdominal pain, causing that full blooded patient to feel weak and retarded the process of digestion. The common cause of acid stomach is the lack of stomach acid.

Thus both acid and fermentation are the chief causes of acid stomach.

Windsor is a parliamentary and

municipal borough and market town in Berkshire, on the Thames, 22 miles west of London. The village of Old Windsor is about two miles to the east, where was situated the royal residence granted by Edward the Confessor to the monks of Westminster. William the Conqueror

regained possession of it and occasionally resided there. Windsor Castle, the chief royal palace of England,

stands on an eminence near the Thames, and the buildings and immediate gardens cover twelve acres,

while there is a park of 1,800 acres.

Henry I made extensive additions to the fortress constructed by William the Conqueror and the fortress became a palace.

Edward III was born there and after his accession he rebuilt and enlarged the palace. James II and

William of Orange added fine collections of paintings. During the reigns of George III and George IV, more

\$5,000,000 of public money was spent on the castle.

The principal Royal house in the Entente, the Windsors' course will no doubt have direct influence upon other monarchs, such as King Albert of Belgium, who is of the House of Saxe-Coburg-Gotha. Thus another step is

in the direction of a better world.

Tom never thought of joining the army. The idea of being a soldier was utterly strange to him. The soldiers whom he knew were mostly of the lower orders; fellows who had

About the HOUSE

DOMESTIC SCIENCE AT HOME

Fourth Lesson—Incombustibles.

The mission of food in the body is to repair, build new tissue and to furnish heat and energy to the body for the nutriment of the food, discarding all that has yielded its goodness and eliminating all waste products from the body.

The mysterious processes of digestion separate the food, so that we find portions of it are incombustible, that do not furnish material for repairing, building new tissues, heat or energy to the body. Upon close study we find that digestion starts in the mouth and stomach and finishes in the intestines.

The stomach and intestines are so constructed that they depend upon their contraction and expansion, as it were, for the performance of their duties, which consist of absorbing the nutriment of the food, discarding all that has yielded its goodness and eliminating all waste products from the body.

In order that these organs be kept in their usual working order, it is necessary that foods containing considerable bulk be eaten daily.

Vegetables, salads, whole grains

contain valuable incombustibles in the form of cellulose, which are necessary for active elimination of waste and undigested foods from the body.

Stronous efforts are also being made to increase the carload and to impress on merchants the importance of rapid unloading so that the freight equipment shall be kept busy to its utmost capacity, and terminals should be kept clear. The American railroads realize that speed in freight movement is one of the greatest aids they can give to help win the war and according to all reports are achieving remarkable results. It is up to Canadians to see that Canada is not left behind in this patriotic race.

SPEED UP FREIGHT MOVEMENT

In order to facilitate train movements and release passenger train crews for other work, the railways of the United States are making drastic reductions compared to which those in Canada early this year appear mild. Thus, for instance, the Pennsylvania Railroad, midway on its lines east of Pittsburgh has eliminated no less than 102 trains, or more than double the number taken off the whole of the Canadian railways. This will cut down the passenger movement on the roads by an amount equivalent to 2,268,000 train miles per annum or over 6,500 train miles every week day. A number of parlor cars, restaurant cars, and observation cars are being discontinued. The Boston and Maine has taken off no less than 235 trains or more than five times the number taken off in Canada, saving approximately 10,000 train miles per week.

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