

# How To Know The Spruces

By B. R. MORTON

The spruce is Canada's most important tree to-day. Both as a lumber and a pulpwood producer it has for some years held first place. More than 1,250,000,000 feet board measure are cut each year, that is, approximately one-third of our annual cut of lumber is made from the spruce trees. In addition over 4,000,000 cords of spruce and fir are cut each year for pulp-making, spruce accounting for some 75 per cent of it. This is equivalent to a pile of wood four feet high, four feet wide and over 6,000 miles long.

At present the white spruce forms the greater part of all the spruce cut. It is one of our most widely distributed trees, extending from the Atlantic coast to the Mackenzie River. There are two species of spruce native to Canada. Red spruce is confined to the marine provinces and the eastern part of Quebec. Black spruce occupies generally the same range as the white spruce. Black spruce is confined to the Pacific coastal region. European spruce is found in the island possessions of British Columbia and the east slopes of the Rockies in Alberta.

**Sitka Spruce Glands.**

The white spruce in the spruce and fir zone of the coast of British Columbia has glands and is therefore distinguished from the other spruce. White spruce in the interior has glands and is therefore distinguished from the other spruce. White spruce in the interior has glands and is therefore distinguished from the other spruce.

## —AND THE WORST IS YET TO COME



Ch. Wellington

**A Mighty Four-in-Hand.**  
Kingdom Ward, who has returned from Burma after eleven months spent in the Tibetan-Yunnan marches, made a complete traverse, east to west, of that extraordinary belt of the earth's crust through which the waters of the Tibetan plateau escape.

Here four of the greatest rivers of Asia flow in a strip of mountainous country not more than seventy-five miles wide.

There is nothing elsewhere on the earth's surface to compare with these mighty rivers—the Yantse, Mekong, Salween and Irrawadi—running parallel to each other for a hundred miles and separated only by rock partitions which in places attain altitudes of 25,000 feet. London Times.

**Siam's White Elephants.**  
With regard to the phrase "white elephant" Mr. Hermann Norden, in "Phen Golden Gate to Golden Sun," gives some interesting information.

The white elephants are kept by the King of Siam in the Royal Stables at Bangkok, and are not really white, but merely lighter in color than the normal beast.

They are supposed to be animated by the spirit of some great king or hero. According to Siamese faith the soul of Buddha existed in the body of a white elephant before it was incarnated again in Prince Gamaoni. In ancient times worship also the white elephant was a sun emblem.

The King keeps these sacred animals in great luxury. But the owner-ship of one by a prince was by no means a piece of good luck, for the king made war on him to obtain possession. This is the source of our commiseration of anyone who has a "white elephant" on his hands.

The smooth stock salesman is around again. When he calls at your home, propose inviting in several of your good neighbors. Then all get in the silver and go to your local banker to place the proposition before him.

**Hon. James Lyon**  
Ontario Minister of Lands and Forests, who has pledged the government to development in Northern Ontario, and advocates the building of a highway from Sault Ste. Marie to Fort William to link up with the highway which is being built to Winnipeg. This would give Canada a coast to coast highway.

## MAKE UP YOUR MIND TO GET WELL.

Perhaps you have heard of the French gentleman called Dr. Emile Coue, who is not a doctor of medicine, yet is having a great deal of attention because of what he has to say about getting well of disease. He has written a book which is enjoying a wide sale in this country partly because it is very well advertised and, of course, we know that it does pay to advertise, no matter whether it is pure-fied chickens or a book on getting well.

The advertisements say that his plan has helped to greater health, happiness and success. "Countless thousands, from the rheumatic octogenarian to ailing children." It is frankly admitted that the plan is one of auto-suggestion, and it is claimed that in all Europe and much of America, Dr. Coue's formula is on every tongue. It might be well, for it is a pleasant formula and easy to repeat. The words are: "Day by day, in every way, I am getting better and better."

Like the sugar-coated pills of our childhood this is an alluring prescription. There are two questions that naturally arise, however. First, does it do any good? Second, can it do any harm?

Question number one can only be answered with proper consideration of the case to which it is proposed to make the application. Should this be a case that is not of a progressive and destructive character it will do good. The very act of bravely summoning your spirit to declare that you are winning your way to health removes some of the inhibitions of fear and gives a better chance for cell repair and construction of new tissue.

But question two is also worthy of consideration: For the plan can do harm. You may be fighting some morbid agent that is both progressive and destructive. It may be some active and virulent disease, such as diphtheria. Science has discovered an anti-toxin for this disease and it is urgent that such anti-toxin should have early administration. All the pleasant and cheering words that you can repeat will do nothing against the poison of diphtheria. And while you are trying to comfort yourself, with their repetition the disease is making headway to the point where it will be beyond control by anti-toxin or any other agent. There lies a terrible danger.

After all, every good doctor understands about giving suggestive advice and practices it in every smile and encouraging word. The safe way is to leave it to the doctor, or at least to combine the formula with the best care that the doctor can give.

# The AUTOMOBILE

**CARBON MONOXIDE GAS FUMES STEAL THE ENEMY OF**  
**MOTO RISTS.**

Serious illness or death may result from allowing the automobile engine to run in a closed garage, while the owner is making adjustments, or driving closely behind a closed body truck or bus is the warning given by Dr. L. S. Colter, vice-president of the American Automobile Association. Dr. Colter cites the narrow escape from death resulting from carbon monoxide gas poisoning of two young men who were piloting an automobile float in a recent civic parade in Cincinnati.

The parade was moving slowly and in close formation and the young men were enclosed in a specially built cabin. The carbon monoxide gas fumes from the exhausts of the cars and trucks ahead resulted in both young men being hurried to the hospital for emergency treatment. Women on the float were affected by the gas to a milder degree.

"Poisoning from carbon monoxide gas from the shaft of the automobile engine is prevalent than the owner appreciates. Often motorists do not recognize that the symptoms of fatigue, headache, shortness of breath, dizziness and possible poisoning." Dr. Colter reports from the Ohio State Journal in a recent report from the Ohio State Journal in a recent report from the Ohio State Journal in a recent report from the Ohio State Journal.

## THE ATTRACTIONS OF CANADA

The attractions of Canada are many and varied. From the rugged mountains of the Rockies to the rolling hills of the St. Lawrence Valley, the scenery is of a beauty that is almost unparalleled elsewhere.

The climate is also of a character that is most inviting. In the north the winters are cold but not harsh, and in the south the summers are warm but not oppressive.

The people are friendly and hospitable, and the food is of a quality that is most excellent. The cost of living is low, and the opportunities for advancement are many.

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## The Pains of Picture Framing

Probably few of us, when we admire great pictures, realize what labor and peril have often gone to their making.

Many of Mr. A. D. McCormick's wonderful canvases, for example, have been painted amid the solitudes of the highest Himalayas, with snow-capped ridges and peaks stretching for a score of miles on every side, and with not a vestige of any form of life to be seen anywhere.

This is a feat of which Mr. McCormick makes little, though he pleads only a little pride in having painted a picture a few thousand feet higher than any other artist who ever lived.

At that height he was but 3,000 ft. below the summit of the Pioneer Peak, in the Himalayas—he says, "the slightest exertion makes me gasp, the strongest man gasps through the air being so rarefied; and when I sat down it required strenuous exertion to cross one leg over the other. At this twenty-thousand-foot high camping place I did one water-color painting, which has at least the merit of being the record as to being painted at a vast height. Though I made several water-color drawings not many thousand feet below."

**Slung from the Bowprit.**  
King Edward's marine painter, Commander Martine, often practiced his art under conditions which few men would find not only most uncomfortable, but for physical reasons impossible. "What I do," he says, "is to arrange a large basket either at the end of the bowsprit or at the stern, and they crawl inside it and get the sitters to lower me a few feet by means of a rope. Here I remain suspended as the ship tosses her nose, watching the tumbling water and taking rough notes in my sketch-book.

But the Chevalier has had more than one predecessor who pursued art with an equal enthusiasm. Turner, once, when overtaken by a storm at sea, had himself lashed to the mast, so that he might observe it without fear of being pitched into the tumbling waters; and Claude Veruet, a famous eighteenth-century marine painter, always made a point of going out to sea when a storm was raging. On one occasion, when everyone else on board was praying for a safe deliverance, he threw up his hands in an ecstasy of admiration and exclaimed: "How glorious it is!"

Mr. Callidon "Cambrown" ran terrible risks when he was painting his enormous picture, "Niagara in Winter," spending scores of hours suspended from the cliffs at dizzy heights at the end of a rope.

"Hoyas," the greatest of Japanese artists, has many a time risked his life to procure a desired sketch. On one occasion, when a fierce fire was raging in Tokio, he took his easel and sat down in the midst of the furnace of

thrustful admiration of Landseer himself.

Mr. Holman Hunt spent months in the desert fringing the Red Sea when he was painting "The Scapegoat," and took with him the very goat he wished to paint. To get local color for his "Triumph of the Innocents" and other Eastern pictures, he built a house and studio for himself on the outskirts of Jerusalem, and there he spent many years producing his wonderful canvases.

So exacting a critic was he of his own work that he often destroyed a picture on which he had spent months of hard labor rather than allow it to go out into the world branded with what he considered an imperfection.

**The Story of "The Doctor."**  
Before Sir Luke Fildes painted his pathetic and beautiful picture, "The Doctor," he spent several weeks travelling over the country to get thoroughly acquainted with the interiors and their tenants, and when the cottage-room he wanted was finally pictured in his brain, he had the room carefully built, exactly to size and perfect to the minutest detail, at the end of his studio, so that he was able to transfer to canvas exactly what he saw, even to the massive rafters of the ceiling.

For the doctor, he says: "Several people sat for me, but I knew perfectly well the kind of man I wanted—that is to say, I had the type in my

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BUSSY SUCKERS.

The suckers keep on sending their coin to sinful sharks, in spite of my unending gasp counsel and remarks. These suck-like civilians who won't to me give ear are blowing hard earned millions for gold bricks every year. In vain, the village banker expounds the safer plan; for sudden wealth they hanker, and seek the gold brick man. Of unearned coin they're dreaming, and in their sleep behold the glittering and gleaming of bricks all lined with gold. You'd think when once they've tasted the fabled glitter draft, their coin would not be wasted again on such a bluff. Betrayed by some false mucker, you'd think they'd quit, but no; the sucker is a sucker while he remains below. The sucker's hopes are builded on dope of rainbow hue, on promise gilded they never could be true. The millions that are wasted would buy the suckers homes, with goldleaf neatly-pasted upon the shining domes. The millions they have squandered would buy them rich sedans, in which they might have wandered, in joyous caravans. The millions sent to fakers would buy them airy ships proud, and they might sail through acres of space above the cloud.

**Photograph Clouds.**  
When the clouds are seen at the top of the mountain, they are seen to be of a different character from those seen at the bottom. This is due to the fact that the clouds are of a different character from those seen at the bottom.

**Science and Peace.**  
I held the use of scientific belief that Science and Peace will triumph over Ignorance and War, that Nations will come together, not to destroy but to construct, and that the future belongs to those who accomplish first for suffering humanity.

**Consumption Among Children.**  
Consumption among children is largely due to the fact that busy or careless mothers allow their children to crawl on dirty floors and play with equally filthy toys. Sir Arthur Newbold.

**Stories About Well-Known People**

**Princess on the Stage.**  
The Princess of Wales, when she appeared on the stage in the London Theatre, was met by a crowd of admirers who were so excited that they were unable to see her.

**As Hall Came Looks Today.**  
In a beautiful suite at this hotel, affording a wonderful view of the Thames and a vast part of London, I found "The Maxman." Time, which has transformed us all, has not neglected Sir Hall Gaine. His famous shock of red hair has now the yellowish white of old age, and he has become a frequent reminder of the "The Maxman." The well-known comedian and actor, "The Maxman," is now a frequent reminder of the "The Maxman."

**Walt Mason Rippling Rhymes**

Hand the hand...  
Feel the hand...  
Walt Mason