OCEAN AND MOUNTAIN BARRIERS

Scientists Think They Caused Division of Men Into Races.

The sketch shows the Nordic and Mediterranean types. These are divisions of the Caucasian race. The sketch also shows types of two other races the American Indian, native of the North American continent, and the Australoid, a primitive race found in Australia and New Guinea.

Secrets of Science.
By David Dietz.

One of the outstanding facts about man to-day is that he is divided up into races, each possessing distinguishing characteristics.

As we have seen, even several types of true men existed in the Old Stone Age.

Two great opposing forces have been at work throughout the story of mankind. One has been the tendency toward differentiation.

The other has been assimilation, the interminglings of different types tending to bring about similarity.

Different varieties, of men migrating about the world, and intermingling with the types they met, have tended to make for assimilation.

But certain great barriers, such as oceans and high mountain ranges, have tended to preserve differentiations in certain great cases.

These differentiations are thought to be the results of varying climates, foods, living conditions and the like.

Therefore we find certain characteristics prevailing throughout great areas.

Thus in the north and western Europe great numbers of peoples are characterized by white skins, fair hair and blue eyes.

About the Mediterranean we find people with white skins but dark hair and black eyes.

In eastern Asia great numbers of people have yellowish skins, straight black hair and more or less high cheek bones.

Most of the natives of southern Africa have black skins, flat noses, and thick lips.

The scientist who studies races, the ethnologist, divides mankind up into races which he has assigned names.

Thus the race which spread over Europe, the Mediterranean area, and western Asia, is known as Caucasian.

It is divided into three main groups. The first include the northern blonds or Nordics. The Scandinavians, Scots and northern Englishmen are Nordics.

The second division is the Alpine. The third is the Mediterranean or Iberian.

In eastern Asia there is a second race known as the Mongolian.

In Africa we find the Negro race, and in Australia and New Guinea, a black primitive race named the Australoids.

But we must remember that there are many groups of peoples which do not seem to fit well into any one of those groups and others which are undoubtedly the results of mixtures.

Three thousand years ago, as already pointed out, man learned to make implements of iron.

From that point on, we must leave the story of man to the historian.

We started out with a general survey of the universe. Then we narrowed our survey to the earth upon which we live.

Let us now narrow our field to the specific phenomena of life.

Next article—What Is Life?

NO MEDICINE LIKE BABY'S OWN TABLETS

For Either the Newborn Babe or the Growing Child.

There is no other medicine to equal Baby's Own Tablets for little ones—whether it be for the newborn babe or the growing child the Tablets always do good. They are absolutely free from opiates or other harmful drugs and the mother can always feel safe in using them.

Concerning the Tablets, Mrs. John Mandur, R.R. 1, South Monaghan Ont., says: "We have three fine, healthy children, to whom, when a medicine is needed, we have given only Baby's Own Tablets. The Tablets are the best medicine you can keep in any home where there are young children."

Baby's Own Tablets are a mild but thorough laxative which regulate the stomach and bowels, banish constipation and indigestion, break up colds and simple fever and make teething easy. They are sold by medicine dealers or direct by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Improvisations.

Far down there, far down where the river turns to the west,
The Telegraph Lights begin to twinkle
On the dusky arches of the bridge:
In the green sky a long cloud,
A smouldering wave of smoky crimson,
Breaks on the freezing wind; I and above it, unabashed,
Remote, untouched, fiercely palpitant
Sings the first star.
—Conrad Aiken, in "Priapus and the Pool."

Minard's Liniment for all pains.

Charming Thought.

It was after dinner and the talk had turned to psychology. This disturbing question had just been put: "When does old age really begin?"

Two establish a formula was proving rather difficult, when one lady, who did not look her years, found the following:

"To me, old age is always fifteen years older than I am."

Cheese Pudding.

Six ounces cheese, 3 ounces breadcrumbs, 2 eggs, 1 pint milk, pinch of salt, pinch of cayenne pepper. Beat up eggs, add milk and other ingredients. Put in a greased pie dish and bake in a slow oven till browned.

NURSES

The Vocational Help Bureau, 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.

At An Indian Railway Station.

An Indian railway station is a naive mixture of the old and the new, civilization treading on the heels of superstition. In the big cities, such as Bombay, the stations themselves are a fairly good imitation of their London prototypes. In them you will find large ticket, telegraph and inquiry offices, bookstalls, electric luggage trucks, long platforms and refreshment rooms. So much for the framework.

The figures in the picture, however, belong to an earlier day of traveling, when the children of Israel were marching through the desert to the promised land. Men of every caste and creed, with turbans of every shape and hue—Parsees in frock coats, cotton trousers, and shiny fish-shaped hats; erect Punjabi Mussulmans, walking with a swagger; soldiers in khaki wearing khaki turbans; white-clad "bearers" watching over their sahib's belongings like anxious hens over their brood; coolies staggering along with enormous loads balanced on their heads; a family squatting on the platform, and from its mother's arm two large black eyes set in a tiny brown face surveying the scene.

No one hurries; no one is impatient. It is doubtful whether the equivalent of the phrase "to catch a train" or "to miss your train" exists in the vernacular. In India you go to the "listeshun," and if you have just missed your train you squat on the platform and sleep, eat and exchange views with your neighbors until the appearance of another train. You are always sure of having neighbors, however small the station, because here a station is almost as much a social meeting place as a means of coming and going. In fact, many up-country stations at a first glance look like some sort of open-air hostel.

When the train arrives, innumerable hawkers collect like flies round the carriage window. A man with sticky sweetmeats in a wire cage balanced on his head, his wicker show stand tucked under his arm; a little Hindu boy with English magazines of doubtful age; men with trays of oranges, guavas, grapes, crying their wares in that ascending sing-song that trails off on a questioning note. At Jhansi a man sells dolls of all sizes, dressed in the gaudiest colors and braids, they sit tiffly on a tray poised on his head.

One particular scene will always remain with me. A gravel platform under the white hot glare of a noonday sun; scarlet flowers, and two white sleeping figures stretched out on the ground. A little boy is splashing under the pump. A tonga draws up outside the railings, and deposits its burden of veiled ladies. Like bayly plumed birds, in their green, red and yellow draperies, they flutter onto the platform and, with much jingling of bracelets and whispering, squat down in a circle. From the branch of a pipal tree is swinging a baby monkey, while its father, of wise and wizened face, sits at the trunk of the tree watching the train.

Nonsense.

"Whata's the use of saving $50?"
"None whatever. It's too little for a car and too much to give the wife."

How the Poppies Come to Lake Louise

1. Trail riding by Lake Louise. 2. Painting by Robert Holmes of the Lake Louise poppies.

Slender and fragile—snow-white, blood-red, and as yellow as the sun—a million poppies blow in the breezes that shiver over the emerald waters of Lake Louise, and bring as many lovely dreams to weary tourists.

They grow, these beautiful little Iceland flowers, that are just a shade more delicate and fairy-like than our native poppies, down to the very shores of Lake Louise, beside the winding paths, in among the rocks, and close to the grey walls of the Chateau. In the evening they are silver and copper and gold in the moonlight, and their magic steals over you like a delicious drowsiness.

There are all sorts of legends as to where the poppies came from. Some say that the first seedlings were brought to Lake Louise by a beautiful princess, while others tell you that a mysterious stranger scattered the seeds one night by moonlight; children are sometimes told that each little poppy is a fairy dream, and that they are put there by the fairies who wanted to be kind to the people who loved their Lake Louise.

But it was neither fairy nor princess who gave Louise her poppies of yellow and red and white. Visitors to Lake Louise owe their poppy dreams to one Mr. Krook, horticulturist of the Canadian Pacific Railway, who searched the world over for a flower that would grow and thrive in the high altitudes of the Rockies. On day when he was travelling in Northern Europe, he saw a field of Iceland poppies and there flashed upon his mind a picture of Lake Louise gay with poppies of red and white and yellow. He procured some seed and on his return to Canada planted it in the nurseries at Wolseley, Saskatchewan. In the Spring of 1912, two thousand Iceland poppy plants were shipped to Lake Louise and transplanted. Out of these have been propagated the enormous number to be found there to-day.

Before Mr. Krook introduced the Iceland poppy at Lake Louise, it was rather an obscure little flower, but to-day it is known the world over—made famous by Lake Louise. Poets make verses about its slender beauty—artists come to paint it. Above is a study of the poppies by an outstanding Canadian artist, Robert Holmes, which attracted great attention when it appeared at a Toronto art exhibition last spring.

WEAK AND NERVOUS

A Condition Due to Watery Blood—Easily Corrected Through the Use of Dr. Williams' Pink Pills.

Thin, pale girls lack the power of resistance to disease that rich, red blood gives. Nervous breakdown is the result of thin blood. So is indigestion, headaches, backaches and many other troubles. Girls suffering from thin, impure blood need just the help Dr. Williams' Pink Pills can give. For many years Dr. Williams' Pink Pills have been a world-famous blood-builder and nerve restorer. They actually make new, rich, red blood which imparts new vigor and life to all the organs of the body. Their first effect is usually shown by an improved appetite; then the spirits revive and restlessness at night gives way to health restoring sleep. For sufferers from anaemia, nervousness, general weakness or physical exhaustion Dr. Williams' Pink Pills are a restorative of the utmost value. This is proved by the experience of Miss Sarah A. McEachern, R.R. 3, Brule, N.S., who says: —"About three years ago I became very weak and nervous. I had pains in my side and back. I also had frequent pains in the back of my head and neck. I was very pale and very weak. I had attacks of nervous irritability and at times I was so nervous that life seemed hardly worth living. While in this condition a friend strongly advised me to take Dr. Williams' Pink Pills. I began taking these pills and used them for about two months with the result that there was such an improvement in my condition that friends would ask me what I was taking, and I was only too glad to tell them it was Dr. Williams' Pink Pills. I am now enjoying good health and am glad to give this statement for the benefit it may be to some other sufferer."

You can get these pills from any medicine dealer or by mail at 50 cents a box from The Dr. Williams Medicine Co., Brockville, Ont.

The Right Spirit.

Early comers to the Arc de Triomphe in Paris one morning recently saw resting on the tomb of the Unknown Soldier, beneath the arch, a wreath tied with the German colors and bearing two inscriptions. One in German read, "From the German League for the Rights of Man"; one in French said, "To the Unknown Soldier from Soldiers of Peace." A touching incident, but, if there were enough of them, how much difference it might make in the thoughts of two nations, traditionally hostile!

Hatred.

Mother (scrubbing Johnny's ears)—"I certainly hate dirt."
Johnny—"I do, too, ma."
Mother—"I'd never believe it! Why do you hate dirt?"
Johnny—"'Cause it make you wash me."

A BUSINESS OF YOUR OWN

Earn money—and get it every week. Sell fruit trees, flowering shrubs, shade trees, hedging, roses and evergreens. Outfit furnished. Old, established firm has an attractive proposition for man or woman of good standing and energetic.
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New and slightly used, $10 upwards. Transportation prepaid. Write for Price List.
PEERLESS BICYCLE WORKS
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Who Has?

Mrs. Aristah Kratt—"And you have forefathers, Mrs. Swelle, of course?"
Mrs. Woodby Swelle—"Four fathers? Gracious, no! Who has?"

One Chance in Twenty-Five.

A young man, a resident of Boston, twenty-eight years old and weighing 125 pounds, recently misspent a Jobless day in idleness flavored with liquor. At its close, remembering hazily that his mother, who was sick, would be distressed at his condition, he sought a place out of the rain where he might take a restorative nap before going home. Pushing open the door of a shed in a quiet open space, he entered, took off his coat, and lay down. If ever befuddled folly met with prompt, and it is to be hoped profitable punishment, his did! This is what he told the court when he was brought before it, tattered, battered and bandaged, accused of trespass, breaking and entering, cruelty to animals and assault.

"As I pulled my coat over me, something smashed me with terrific force on the chest. I couldn't see, and I got a terrible bang on the leg. I made for the door. I was blinded. I was getting a terrible beating from some one. I tried to protect myself, and couldn't. I knew some vicious animal around there was going to kill me. We struggled. We went down together. We hung on. I knew I would be killed if I didn't fight. I was knocked against the side of the wall. We rolled on the floor. "I had hold of something. I wouldn't let go. If I did, I was done. I had him by the neck. I was weak and frightened. I finally noticed the thing I was fighting was limp."

It was limp in death. His terrifying assailant was "Governor," a 250-pound cock ostrich belonging to the Franklin Park Zoo. Though the chances of an unarmed man against an ostrich are reckoned as no more than one to twenty-five, this young man had had the extraordinary luck in the very beginning of the fight to seize it by the neck and that at the one point of the entire sinewy and snakelike length which is sufficiently susceptible of compression to permit closing the windpipe. Granting even that strangle hold, but for the darkness, which kept the infuriated bird from delivering its deadly kicks with precision, it is doubtful that the man could have come off victor.

Poor Governor! He was only doing his best to overcome an unwarranted intruder. Few fighting male ostriches have so good an excuse. Never really domesticated, they are always likely to be vicious; carelessness on an ostrich farm may lead to maiming or death. In California, a special long crotched stick is carried, with bent prongs between which is a strong spring; with this the neck of the charging bird is seized, and it is held helpless, since to struggle is to choke. In South Africa the main dependence is still the primitive "tacky," a long, strong branch of mimosa, so heavily thorny at the end that after one experience no ostrich will face it.

When a Boy says: "There's nothing ahead of me in this office," there's usually something behind him—and pretty close, too.

Minard's Liniment for Burns.

When I Consider.

When I consider all the things I own
On the rich earth and on the ocean lone,
Treasures which none can steal away from me
'Tis then I feel how happy I should be.

And when I count my great possessions o'er,
Cloudland and woodland, mountain, cliff, and shore,
Birds on the bough and the sweet song they sing
'Tis then I know I'm richer than a king.

And when I ponder on my realm of thought,
Embracing all that sage and prophet taught,
Gems of the poets, speech of minted gold—
'Tis then I know my wealth can ne'er be told.

So, I consider I'm a man of wealth,
With books, with friends, with happiness and health,
And, owning not a single foot of earth,
A millionaire in all the things of worth!

Minard's Liniment for Sore Feet.

There's a Reason.

Two small girls were playing together one afternoon in the park.

"I wonder what time it is?" said one of them at last.

"Well, it can't be 4 o'clock yet," replied the other girl with magnificent logic, "because my mother said I was to be home at 4 and I'm not."

In England 569,000 women clerks and typists are employed.

A Simple Beauty Secret That Every Woman Should Know

According to the old adage "beauty is only skin deep," but it would be a transient thing indeed if it did not have behind it a strong, healthy body with all of the organs functioning properly. Just as warmth is radiated by intense fire so is beauty of face and figure the expression of glowing health. Without good health there can be no lasting beauty. Every woman has an inherent beauty, but so many unconsciously handicap themselves in the effort to look their best! Any physician will tell you that the basis of good health lies in keeping the system free from those poisons that accumulate so quickly if the body does not function naturally every day. Unfortunately, six out of ten women, it is estimated, are risking their good health constantly because of the fact that these toxic poisons do not naturally move out of their systems. And the result is that their health is impaired, not to the extent of putting them into a sick bed, but through little headaches, a constant feeling of fatigue, a heaviness that makes them dull and creates a spiritless attitude toward life and its duties. Their beauty is seriously affected. The color of the skin becomes sallow because of these poisons, circles appear under the eyes, the complexion goes. To overcome such a condition it is imperative to rid the body of this waste material. For over twenty years women have been aided by Sal Lithofos, a gentle cleanser and pleasant laxative which has been highly recommended by leading physicians for this purpose. A spoonful in a glass of water before meals is all that is required. Results are really marvelous. Health is restored, appetite returns, that heavy feeling disappears, the circles under the eyes vanish, complexion becomes natural, and, full of vitality, mind alert, one's beauty is recaptured and enhanced.

Summertime and the Baby.

In very hot weather the baby needs less food, but more cool boiled water to drink.

Baby's clothes should be loose and light. Protect the head and eyes from strong sunlight.

Much of his comfort depends on the condition of his skin, and nothing makes for baby's happiness in the summer as much as a warm bath morning and evening, and on very hot days, sponging before the afternoon sleep also. Keep the skin clean, dry and powdered and baby will be less restless.

Baby needs fresh air quite as much as fresh food. Keep him out of doors as much as possible, but avoid the sun in the middle of the day. In very hot weather take him out early in the morning and in the later afternoon. Take the baby to the beach and the country whenever you can. The change will be good for him, provided you watch his food and don't tire him too much.

Breast milk is the best for the summer. Give cool boiled water frequently between nursings in the summer. It is safer to postpone weaning until after the hot weather.

Summer diarrhoea is easier to prevent than to cure, and it can usually be prevented by: (1) Boiling all milk in summer; (2) Care in preparing baby's food, and diluting it during very hot spells; (3) Stopping all food if acute diarrhoea begins. If the bowel movements are very frequent and the baby has vomiting and fever, stop all food, give only boiled water and call the doctor at once.

The summer is the most wonderful time of the year for the baby and he will reap great benefit from his outings if care is taken in regard to his food, particularly his food.

Minard's Liniment for Rheumatism.

Couldn't Be Fooled.

Alex had donned his first pair of trousers and his grandmother was pretending she did not know him.

"It's Alex, grandmother," he insisted, earnestly.

"Oh, no! It can't be Alex because Alex wears rompers."

"But it is Alex, grandmother, because I was there and saw mother put them on me."

Although Switzerland is the home of the Brown Swiss breed of cattle, there are more Simmental cattle in that country than Brown Swiss.

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A round piece of heavy paper or oilcloth placed in the bottom of a wicker or other open-mesh waste basket prevents the pencil shavings and other waste materials from sifting through on the floor. This simple precaution saves many steps.

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Windsor, Ont.—"After the birth of my first baby I was very much run-down in health and the doctor said I would have an operation as I was suffering from a displacement. A friend wanted me to try your medicine, Lydia E. Pinkham's Vegetable Compound—and I took it steadily for a while. During this time I was carrying my second baby and I felt real well the time and did not have a bad confinement. I feel sure the Vegetable Compound did me a lot of good as all my people do, too. One lives in Leamington, Ontario, takes it and both sisters praise it as a good tonic. I am more than pleased with the result."—Mrs. W. PENN, 1257 Ontario.

Mrs. Corbin Relieved from Pain

Lawrence, N. S.—"I had pains in my back and in my side for two years after my first baby was born. My mother had taken Lydia E. Pinkham's Vegetable Compound and I took it in the papers, so I tried it for the pains all left me. I have a family of three children now, and the medicine helped me during the time before they were born. I recommend it to my friends."—Mrs. W. CORBIN, Main Street, Stewiacke, Nova Scotia.

High-class S.C. W. Leghorn and O. A. C. Barred Plymouth Rock
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Eight weeks old Pullets from select and registered Canadian Record of Performance stock for sale. Price, 75c. each, 100 per line, actual size week 1 65c., 51.00 per 100. 90 per cent. fertility guaranteed.
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Guaranteed because made from our own steel
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Minard's eases the pain and reduces the swelling caused by stings and insect bites. Keep it handy.

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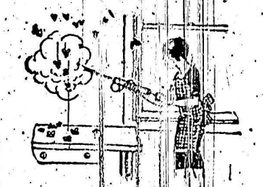
When a warm bath with Cuticura Soap and application of Cuticura Ointment do not afford immediate relief and prove to be permanent skin health builders in most cases when all else fails.

Soap 25c. Ointment 25 and 50c. Talcum 25c.
Cuticura Shaving Stick 25c.



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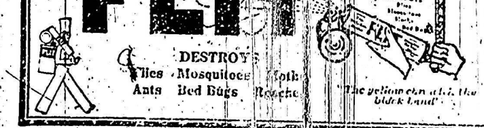
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