

NAMED VICE-PRESIDENT OF CANADIAN NATIONAL

Albert T. Weldon Will be in Charge of Traffic and Express.

The new Vice-President of the Canadian National Ry., was born in Dorchester, N.B., in 1876, and entered the employ of the old Intercolonial Railways messenger at Moncton in 1890. In December, 1901, he became Chief Clerk to Divisional Freight Agent, Nova Scotia Division, with headquarters at Halifax. In 1904, he resigned from the railway to accept the position of manager to the Halifax Board of Trade, and two years later was appointed General Sales Agent, Port Royal Coal Company, with headquarters at Halifax. After being less than a year with the Port Royal Coal Company, he could accept a position with the Intercolonial Railway as Divisional Freight Agent at Halifax, in charge of the Nova Scotia territory. It continued in this position for two



Albert T. Weldon, Vice-President of Canadian National, years, and again resigned to accept a position with the Dominion Coal Company at Montreal, as General Freight and Passenger Agent of what was then known as the Black Diamond Steamship Line, operating between Montreal, Newfoundland, and Gulf Ports. In October, 1914, he again re-entered the service of the Intercolonial Railway in the capacity of Assistant General Freight Agent, with headquarters at Moncton, and in 1917 was appointed to the position of General Freight Agent of the Canadian Government Railways, and about one year from that time, when the amalgamation took place, between the old Canadian Northern and Canadian Government R.R.s, was appointed first Assistant Freight Traffic Manager, with headquarters at Moncton, and a little later Assistant Freight Traffic Manager of the S.S. w.s. appointed, first, Assistant managers at Montreal. He continued in this position until the final consolidation of the Canadian National. In 1923, at which time he was appointed to the Miners' Atlantic Regol, with supervision over both freight and passenger business, with headquarters at Moncton. Mr. Weldon was appointed to the office of General Traffic Manager of the System in August last.

Fitting Words.

You bring to me such heavenly bloom, Great gold and crimson dahlias, Under my sun-baked oaken rooms' With bows of pink azaleas.

With my friend, your talk filled With gossamer and strange stories, Until I see the room grow cold.

And dimmed the petal'd glory,

When you would return to me, To find the hat, and bring out the chosen coin, mysteriously finding it from among the others!

R. Henklein, Boston.

Pigeon Picked Up at Sea.

A pigeon belonging to a Staffordshire fancier which was liberated at Bordesley on June 5 was picked up in the Bay of Biscay and carried to Australia.

FOR SALE

Pair Polson Iron Works 22" x 50" right and left hand Brown Valve Engines, coupled together, 46ft. x 45" Fly Wheel, 3-1/2" 700 H.P., 84 R.P.M. Also Canadian Westinghouse 55 K.W. Direct Current Generator, 125 x 40 Amp., 560 R.P.M. Running now. Open for inspection.

FIRSTBROOK BROS. Limited 283 King St. East, Toronto, Ont.

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CANADIAN SCHOOL OF ELECTRICITY

DEPT. 50, 533 PHILLIPS SQUARE, MONTREAL.

Stays lit
in Any Wind
Does Not Smoke
SMP BEACON LANTERNS
SOLD EVERYWHERE

The Squirrel.
A ruddy streak of joy, the squirrel plays About the forest trees, And waits himself to lightest, leafy sprays, Or seems upborne upon the very breezes.

He launches gayly into empty space, A light-rope runner without sine, Then makes a dashing, nimble, cursive race To reach the topmost refuge of pine.

He bright, alert, brown eyes will startle peer To see if you will stay. But when, in breathless calm, you look him near, Little he is half a mile away.

He dashes with sweep of waving tail, surprised, Adroit epitome of active joys; Or sits demure a moment overhead, A charming bit of dignity and poise.

—Florence E. Buck.

Promaine Poisoning.

Poisonous foods fall into two classes—those which contain a poison produced by the action of bacteria on the food substance, and those which contain a poison manufactured in the bacteria and excreted by them. Poison, by the first class, is often called promaine poisoning, a poisoning being a poisonous alkaloid formed from the protein in the food through the action of bacteria.

Promaine poisoning occurs from eating stale "leftover" food in which decomposition has begun, though it may not have advanced far enough to be perceptible to smell or taste. It is very common, and mild attacks of it have been experienced repeatedly by most of us. The symptoms come on in a few hours after eating and consist according to the severity of the attack in nausea and vomiting, diarrhea, cramps in the abdomen, and calves of the legs, headache, fever and nose or larynx prostration.

In the milder cases the sufferer complains of a little nausea and diarrhoea with a distaste to walk or work but in a day or so, after a good night's rest, he is as well as ever. In the severer cases the digestive disturbances are very marked. The mouth is dry, the tongue coated, and the breath very offensive, but the most striking symptom in the extreme prostration. This is often excessive. If the patient is seen early enough, the stomach must be emptied and washed out with quantities of water in which salt has been dissolved. The operation, however, is fatiguing and must not be repeated too often if patient shows signs of exhaustion. A full dose of castor oil should be given. Stimulants are called for and strong black coffee is the best, as it combines both heat and caffeine.

To prevent promaine poisoning, however, must not only be warmed over but cooked over, especially if they have been kept more than a day or if the food in the refrigerator has been low. Delicatessen foods, especially salads and meat pies and pastries must be regarded with suspicion unless they are known to be freshly made, especially in warm weather.

The Best Trick of the Week—The Coin Divination.

Place a number of coins in a hat, and ask that each be removed marked and passed around for identification. When this has been done request one person to hold it in his hand, and press his hand against his forehead for a few seconds. Then take the coins back in the hat with the others.

With your eyes blindfolded, and your hand turned away, you may then reach in the hat, and bring out the chosen coin, mysteriously finding it from among the others!

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Every High Grade Man—Deserves a Low Grade Joke—grade yours!

Takes a pride in high grade work—rate yourself.

Holds himself in high respect—inspects yourself.

Is considerate of lowly friends—watches yourself.

Is as interesting at home range as at long range—watches yourself.

Respects his friendships as responsibilities—judges yourself.

Minard's Liniment for Colds.

THE TONIC THAT GIVES STRENGTH

After Acute Diseases the Blood Must be Built Up Before Recovery is Complete.

Fever and other acute diseases like pneumonia and influenza leave the patient weak, with thin blood and aching nerves. The period of convalescence is often long and trying, and years of poor health have frequently followed so far off an illness as an attack of influenza or pneumonia.

Much of this sort of misery could be avoided by taking steps to build up the blood so that it can carry to the nerves and other tissues of the body the elements they need to restore their normal functional activities. To build up the blood and restore it to its rich, health-giving vigor, no other medicine can equal Dr. William's Balsam Pills. From first to last, it is their mission to improve the blood, and thus restore good health and vigor.

The value of these pills in conditions described above is shown in the statement of Mrs. Rebecca O'Brien Pontrance, Out, who says: "In Nov., 1923, I was stricken with pneumonia and at that time but little hope was held out for my recovery. However, with the help of Dr. Williams' Balsam Pills, I was able to walk about after some months. But I did not recover my strength. The doctor told me I was anaemic. My appetite was poor. I grew nervous and restless. I was deadly pale and actually gave up hope of ever being strong again. How very remunerating that in my grief-stricken days I had taken Dr. Williams' Balsam Pills with decided success! I decided to try them again. By the time I had used three boxes there was no doubt the pills were helping me. Considering their use I was soon able to attend to my household duties. I continued taking the pills, however, until I had used twenty boxes, by which time I was enjoying better health than I at any time in the previous ten years. In gratitude for what the pills have done for me, I give this statement in the hope that it may prove the way to health to some other weak, dependent woman."

You can get these pills from any druggist or by mail at 50 cts. a box from Dr. Williams' Medicine Co., Brockville, Ont.

Headed for Adventure.

"Why," asks the moral tenderfoot, "did God make it harder to do right than to do wrong?" Why does the man who always tries to do right often go unrewarded? "For a man can see?" Let us answer these questions by asking others. "What glory would there be in doing right if it was as easy as it is to do wrong?" What would there be in doing wrong if it was as easy as it is to do right? What would there be in being rebuked before a dead if you knew there was no blame? Wouldn't a poor check every Sunday night for levers kind or noble bring you more pleasure than the thrill of having done during the week obtained these fine things? The boy Scouts understand this. They do a little direct each day, but refuse only for it. To each day you won't take away all the glory of the Ethical dog."

No, you're headed straight for adventure. When you undertake to live a fine, strong, heroic life, the diecious always dashes the web of risk to the test.

This is no fun in doing a thing that you know perfectly well you can do, unless you are a moral tenderfoot who always tries to do right, often go unrewarded. "For a man can see?"

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