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Are your hands shaky?

THE nerves are fed by the blood. Poor blood means starved nerve tissue, insomnia, irritability and depression.

Dr. Williams' Pink Pills will enrich your blood stream and rebuild your over-worked nerves. Miss Josephine M. Martin, of Kitchener, Ontario, testifies to this:

"I suffered from a nervous breakdown," she writes. "I had terrible sick headaches, dizziness; felt very weak and could not sleep; had no appetite. I felt always as if something terrible were going to happen. After taking other treatment without success, on my sister's advice, I tried Dr. Williams' Pink Pills, and now all these symptoms are gone, and I am strong and happy again."

Buy Dr. Williams' Pink Pills now at your druggist's or any dealer in medicine or by mail, 50 cents, postpaid, from the Dr. Williams Medicine Co., Brockville, Ontario. S29

Dr. Williams' PINK PILLS
"A HOUSEHOLD NAME IN 54 COUNTRIES"

Reform in Turkey

Harold Armstrong in the North American Review (New York): (Turkish women have not adopted European dress, nor have they abandoned the veil. "A great deal of nonsense has been written about the present position, mainly by newspaper correspondents). The mass of the Turkish women were little affected by the revolution. They live again much the same secluded lives as they did before. Men are forced by law to wear peaked hats instead of fezzes, but the veil for the women is optional. In Constantinople perhaps 90 per cent. of the women go unveiled; in Smyrna perhaps 60 per cent, and in Adalia perhaps 40 per cent. The rest, and in all the towns and villages of the interior, are strictly veiled. In Adana few walk about uncovered. . . . Even in Angora itself the majority were veiled or at least wore the old costume of charchaff with the veil thrown back over the head. And in the old town inside the castle walls on the hill above Angora, where live most of the minor Government officials, the women all went veiled.

False Modesty

The Lancet (London): It is refreshing to see how the newer generation accepts without thought or evil behavior that those of mature years have feared as threatening to violate principles . . . By insistence upon such these elaborate taboos (of the past), with their opportunities for more or less indecent jest and allusion, cultivated, or perhaps indicated the Peeping Tom state of mind. If we apply the standard of "evil to him who evil thinks," we must congratulate the present generation.

To some degree the vice-regal interest always shown by his Excellency, the Governor-General of Canada in the Royal Winter Fair carries forward in our self-governing Dominion the traditional and personal interest the Royal Family shows in promotive agricultural work and the practice of farming all over the Empire.

I hate all bungling as I do sin, but particularly bungling in politics, which leads to the misery and ruin of many thousands and millions of people. —Goethe.

Minard's Liniment for Neuritis.

Miniature cars won't help much. Picking one out of a pedestrian will be as tedious as pulling one out.—Hartford Times.

Could not Eat or Sleep after Husband's Death

Her husband's death left her very run down in health, unable to eat or sleep much. Now she is brighter in spirits and eats and sleeps well. What caused the difference? Let her answer in her own words:—

"I think Kruschen Salts are a splendid tonic. After my husband's death in December last I became very run down in health. Had terrible fits of depression and was unable to eat or sleep much. I was also troubled with rheumatism. I decided to take Kruschen Salts and have now taken the little daily dose for nearly two months, during which time my health has greatly improved. The rheumatism has completely left me. I am much brighter in spirits and both eat and sleep well."

When life begins to "get you down," when you begin to feel the results of modern artificial conditions—errors of diet, worry, overwork, lack of exercise—then you should turn to Kruschen Salts. They possess a wonderful power of giving new life and vitality to the countless millions of cells of which the human body is composed. The way to keep smiling is to take Kruschen Salts every morning—just a pinch in your first morning cup of coffee or tea.

The Vanishing Black Bear

By W. S. LONG

One of the commonest, best known, and least understood of the North American animals is the ordinary black bear. Most of the stories told of the bears are untrue, for they are usually pictured as ferocious beasts, ready to attack man with no provocation whatever. As is usually the case with "nature stories" this is absolutely untrue. One hundred and fifty years ago black bears might have been grouchy beasts, for they were larger then, and had not been taught the lesson of the white man's fear—that discretion is the better part of valor. They had little to fear from the arrows of the red man.

Now, however, their numbers have been greatly decimated by the hunters and the clearing of the forests, so that they are extinct over a great part of their former range. Those remaining have a wholesome fear of man, and flee at the first sign of the arch-enemy. Bears are powerful beasts and when aroused make fearful antagonists, but unless wounded, cornered, or in defense of their young, seldom show fight.

Bears are usually classed as carnivorous. They will eat meat, fish, berries and even carrion. They are extremely fond of sweets of all kinds, robbing every bee tree they can break into, and often raiding lumber camps for the syrup and sugar to be had there. They are fond of pork, and often raid farmers' pig-pens.

One of the most curious and interesting habits of the bears is that of hibernation. They are the only large American mammals which habitually choose a warm den an sleep away the cold winter months. The length of the death-like coma is from three to six months, depending upon the winter. Contrary to public opinion, the bears do not emerge from this long sleep ravenous, devouring, emaciated beasts, but in good condition. Bears probably do not eat much immediately after coming out in the spring, for examination has shown that the stomach is commonly shrunken until it would do well to hold a goodsized cat.

In this winter den the two or three young are born, and by the time warm weather comes are able to follow their mother in search of food. In this connection it is interesting to observe that the black bear has two color phases. Sometimes an old she bear will be followed by one black and one brown cub. In Alaska there is a color phase which is bluish gray. Some naturalists call it the glacier bear, and say it is a new species being named by old Mother Nature. Time alone will tell about this, but in both these color phases the black bear is the parent species.

Bears are usually nocturnal animals, that is, they sleep by day and roam about at night. However, in sections of the country where they are unmolested they often wander about by day.

Bear cubs are often captured and make very interesting pets, but are a nuisance because it is impossible to keep them out of things without a chain. They are so insatiably curious that they must investigate everything they can reach. I think in this respect, they are even worse than monkeys.

It is a sad fact that in most parts of the country bears are rapidly being killed off. Unless they are given protection they will ultimately become entirely extinct. The cutting off of the forests for farm land, and the fact that a bearskin rug is a trophy to be proud of, is fast spelling the end. If given protection part of the year they respond nobly, as proved by the experience of Pennsylvania and some other states, where the black bears roam in greater numbers than ever before. In Yellowstone National Park, where they are given complete protection, they will eat from the human hand. It is only hunting and persecution that make animals fear man.—Our Dumb Animals.

Gabby Gertie

"It's wise to pick up a pin that's lying on the floor, but if it's a rolling pin it's wiser to dodge it."

Coal Fields in Ontario

Toronto, Ont.—The province of Ontario, one of the world's richest areas in mineral deposits, has so far been without a coal supply of her own. Recent announcement was made of the location of important beds of lignite coal in the northern part of the province. Explorations which have been continued by the Department of Mines reveal that the deposits cover an area at least four times as large as was at first estimated, and that the coal is of better quality than expected. A bed occupying an area of two square miles with an average thickness of twenty feet has been located. The coal will be of great value to the pulp and paper manufacturers and the mining industries of Northern Ontario.

Doubtless our grandchildren will prize heirlooms all the more if they must finish paying for them.—Cedar Falls (Ia.) Record.

Britain's Trouble—Palestine Plague

Who's Who in Holy Land is the Hard Question to Decide

A HEAVY LOAD

The outburst of racial and religious fury in Palestine startled all sections of the British press and inspired some of them to question whether the British Government is administering the Palestine mandate competently or, indeed, whether England ought ever to have accepted the mandate. It is not surprising that Jews in all parts of the world should bitterly reproach Great Britain, remarks the London Daily Chronicle, for having failed to take adequate steps in advance to protect the lives and property of the inhabitants in the event of disorders. The authorities on the spot were either ill-informed, this newspaper adds, or they neglected their information. The conclusion the ordinary person will draw from this tragic affair, it is further stated, is that the Palestine Government has been living recently in a fool's paradise. The Palestine gendarmerie was brought to an end in 1926, it is recalled, and replaced by the mixed police force recruited from Arabs and Jews. In recent years the country west of the Jordan has been completely denuded of military forces, and we read:

"The ostensible reason for this sanguine policy was the alleged improved relations between the Moslems and the Jews. But the fanatical fury and the wide-spread character of the recent onslaughts on the Jews are sufficient to prove that the hostility of the Arabs, if masked, had not abated a jot. Throughout the last year intelligent observers have been prophesying trouble arising out of the disputes about the Wailing Wall."

The situation in Palestine has passed beyond the question of assessing the rights and privileges of Jews and Arabs, in this debatable peace of holy ground, declares the London Daily News, which believes that for some time to come British authority will be employed on the thankless task of keeping the peace in a very much wider stretch of Palestine territory. This journal also notes that:

"In all parts of the world Jews are complaining bitterly of the British failure to protect their brethren in Palestine. Wherever there are Arabs and Moslems, Arabs and Moslems are arraigning, indignantly the alleged 'pro-Jewish' administration. Obviously there is a certain danger of the spread of a general anti-British movement in the Islamic world; and this anxiety will not be removed until we have learned the attitude and intensions of Ibn Saud, the powerful King of the Hejaz, whose professed friendship for Great Britain depends upon many doubtful factors. In the meantime our plain duty is to do justice, without fear or favor, in Palestine, and to impose peace with the means at our command.

"The suggestion that we should renounce our Palestine mandate is not merely nonsense; it is dangerous nonsense. We are committed by an explicit and solemn pledge. However much we may dislike the job, we must go on with it, or submit to the derisive condemnation of the civilized world.

"It is within the power of Ibn Saud, King of the Hejaz, to keep the peace or to break it. The Daily News asserts, for he exercises an immense influence over a wide expanse of Arab territory. He is described as a religious enthusiast with a magnetic personality, 'who is commonly said to be well-disposed toward Great Britain. But, we are told:

"There are a number of acute problems still outstanding between him and the British Government—not least the British methods of defending the Irak frontier—and the complete failure of Sir Gilbert Clayton's mission last year to liquidate these questions has never been satisfactorily explained. Ibn Saud was both aggrieved and alarmed at the breakdown of the negotiations. Until a settlement has been reached we shall not regain his good-will. Yet it is true, that Ibn Saud remains the only indigenous element of genuine stability in modern Arabia. To come to a proper understanding with Ibn Saud would be to reduce our task in Palestine and to remove a far-reaching menace."

But the root of the whole trouble was planted, thinks the London Daily Mail, when the Coalition Government embarked on the "futile and perilous" policy of attempting to make Palestine "a national home" for the Jews. Against this "stupid and mischievous enterprise" The Daily Mail claims that it has protested for years, and also that it has shown from the outset that the undertaking was "unjust, dangerous and dishonorable," besides imposing a superfluous and intolerable burden upon the British taxpayer. This newspaper also declares that the "foolish mandate" runs counter to Britain's pledge at the close of the war to give Palestine a government based "on the free choice of the native population. We read then:

"There are 750,000 Moslems in the country and only about 75,000 or 80,000 Jews. To maintain the privileged position of this small body, mostly recent immigrants from abroad, over the Arabs, who have been settled in the territory for centuries, British bayonets have to be constantly in evidence or readily available. As far back as March, 1923, Lord Northcliffe, after examining the conditions on the spot, warned the British nation of the gulf that yawned before it in South-western Asia. 'Look at Palestine,' he exclaimed. 'Do you know that we are on the verge of starting a war in Palestine?' With his unerring instinct for realities, Lord Northcliffe saw that there could be no permanent peace from the Jordan to the sea under the artificial system we have set up.

"The Government seems to be dealing energetically with the present outburst, which must, of course, be firmly repressed. But when order is restored the matter, in its larger aspect, must not be allowed to rest. The Ministry is not bound by a casual declaration made to a very unrepresentative Jewish group by Lord Balfour. We hope that Mr. MacDonald and his colleagues will waste no time in accepting the question, and that they will go closely into the whole outrageous folly of endeavoring—with British backing—to convert an old Arab State into a sham Jewish nation at the expense of the British taxpayer."

DO NOT NEGLECT YOUR LITTLE ONES

At the time of life a delay or neglect more serious than at childhood. The ills of little ones come quickly and unless the mother is prompt in administering treatment a precious little life may be ended out almost before the mother realizes the baby is ill. The prudent mother always keeps something in the medicine chest as a safeguard against the sudden illness of her little ones. Thousands of mothers have found through experience, that there is no other medicine to equal Baby's Own Tablets and that is why they always keep a box of the Tablets on hand—why they always feel safe with the Tablets.

Baby's Own Tablets are a mild but thorough laxative which by regulating the bowels and stomach banish constipation and indigestion; break up colds and simple fevers and promote healthy, natural sleep. Concerning them, Mrs. Isaac Sonia, St. Eugene, Ont., writes:—"I have been using Baby's Own Tablets ever since Baby was a month old and have found that they reach the spot and do more good than any other medicine I have ever tried. I always keep the Tablets in the house and would advise all other mothers to do so." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville Ont.

Hunting Up to Date

In a praiseworthy editorial with the above title the Christian Science Monitor points out that many humane people in Britain are discarding the pounds and the gun in favor of the camera. It goes on to say:

The foundations of character are laid in early life. Shall there be encouragement to love and tenderness toward all those creatures that seem so completely at the mercy of mankind? Or shall the child be made indifferent to the sufferings of animals, and the naturally sensitive disposition be hardened by the presentation of scenes of sanguinary cruelty?

Early influences are often enduring, and a man who, as a boy, finds pleasure in hunting and killing beautiful wild animals is quite likely, in later years, to be insensible to the pathos of struggling humanity.

Children of to-day are provided with finely illustrated nature books, as well as with nature films of irresistible charm, and are encouraged in a score of different ways to look upon living creatures as objects worthy of intelligent study and protection. The modern boy who tormented an animal would be liable to receive a salutary lesson, even at the hands of his playfellows. Those who strive for a nobler civilization have reason, therefore, to be confident and cheerful.

A part of the harvest of the humanitarian's labors will be a happier life not only for the men and women, but also for the wild creatures of the countryside.

The latest motor-cars have two horns attached. The first sounds a gruff warning and the second a parting sneer.—Punch.

For Sprains—Use Minard's Liniment.

The horse took longer to get you here, but you didn't have to drive half-way back to hitch.—Publishers Syndicate.

Tanning the hide promotes health, and in the old days it also served to develop moral fiber.—Key West, Fla. Citizen.

Novel Culinary Creation

C. Anderegg, head chef, and O. Westerlund, pastry chef, of the Chateau Lake Louise in the Canadian Rockies, with the model made entirely of sugar of the "Countess of Dufferin," first locomotive in the Canadian West, which was prepared as a centre piece for the visit of E. W. Beatty, chairman and president, and other directors and officials of the Canadian Pacific Railway, on their recent tour of inspection in the west. Candied roses are in the tender and candy-floss issues from the smoke-stack. The "Countless," arrived in Winnipeg in 1877 up the Red River on a barge, and is now exhibited as a historic relic in a park in Winnipeg. She appears as a dwarf beside the new 100 foot oil burning giants of the "5900" class, the greatest in the British Empire, used by the Canadian Pacific on the main line in the Rockies and Selkirks.

The Canadian Boat Song

A hundred years ago there was printed in "Blackwood's Magazine" a poem, entitled "The Boat-Song of the Canadian Highlanders." Because it is, perhaps, more true than any other known composition to the atmosphere of the Highlands and the sentiment of Highland people, it has secured a remarkable place in the affections of Highlanders. The song indeed has been more widely quoted than possibly any verse of the kind, particularly the second stanza, which the late Lord Rosebery held to be one of the most exquisite that has ever been written about the Scottish Exile:—

From the lone shieling of the misty island
Mountains divide us and a waste of seas—
Yet still the blood is strong, the heart is Highland
And we in dreams behold the Hebrides.

It is remarkable that after the history to one has been able to trace the author with any degree of certainty. It has been ascribed to at least half-a-dozen writers.

The poem was first published in Blackwood's Magazine in September, 1829, included in No. 46 of the "Noctes Ambrosianae" series contributed by "Christopher North" (Professor Wilson). The particular article was written not by the Professor but, as it happened, by John Gibson Lockhart, who described the verses as a translation just received from a friend in Upper Canada of a boatman's song in Gaelic which he had heard on the St. Lawrence.

The first suggestion that the poem had another origin was made in 1849, when in an article in Tait's "Edinburgh Magazine" on the prosai enough subject of "Employment or Emigration," the writer, Donald Campbell, attributed the authorship of the poem to the twelfth Earl of Eglinton, who had a high opinion of the loyalty and bravery of the Canadian Highlanders and had left a translation of one of their boat songs among his papers set to music by his own hand.

The Rev. Dr. Norman Macleod, who perhaps did most to popularize the poem, although, like Robert Louis Stevenson in "The Silverado Squatters" and Mr Joseph Chamberlain in his famous Inverness speech, he badly misquoted it, attributed the authorship to Professor Wilson. Authorship has also been attributed to John Gibson Lockhart, John Galt, the Ayrshire novelist and author of "Annals of the Parish," James Hogg, the "Ettrick Shepherd," and even Sir Walter Scott.

If we accept the views of Gaelic scholars and experts on Highland life and culture, including Dr. Neil Munro, the novelist, the one thing certain about "The Canadian Boat Song" is that it is a translation from the Gaelic, but English in its thought and origin.

"What broke Smith down so and caused his death?"

"The heavy life insurance he carried."

Father Time

Dr. Eugene Fisk in the American Review of Reviews: Time is not a thing. These modern physicists have robbed Father Time of his hourglass, his scythe, his long grey beard, his raiment, his flesh and his bones, and have left of him notaing—pout! He is gone, and yet he is with them still. Time is just an abstraction like the future or the past or the rule of three. Can you imagine the rule of three hardening our arteries, ossifying our livers, softening our brains, even though his pesky rule may have added the brains of backword youth? No, Time is a nonentity; it has no absolute existence.

LUXO FOR THE HAIR

Ask Your Barber—He Knows

Eggs in Three Days

are guaranteed by crushing "Magic Egg Gland Tablets" in your fowls drinking water or mash, or your money back. Are rich in vitamins, proteins, and wonderful, scientific, egg-making ingredients. No special feeding required. Mrs. Crawford, Ontario, writes: "Your tablets gave splendid results on second day of use." Will keep your hens laying big through the Fall and Winter. Used for years by thousands of farmers. Free Bulletins for the asking. One big box 60c; two big boxes $1.00 post paid. Agents wanted. Reliable Stock Food Co., 239 Melita Ave., Toronto.

People who prize the finer things of life usually demand Red Rose Orange Pekoe Tea. A money-back guarantee with every package. 66

RED ROSE TEA "It's good tea"

RED ROSE ORANGE PEKOE is extra good

A Plea to Save Hawks and Owls

By DR. JOHN B. MAY

State Ornithologist, Massachusetts

A group of birds which are in need of encouragement are the much maligned "birds of prey," the hawks and owls. These birds are diminishing steadily and all too rapidly. Dr. Farmer Stone, editor of the Auk, states in the July, 1929, issue of that authoritative journal, "There seems no hope for our rapidly rarer species. It is all very well to claim that it is a matter of education, but the birds will be exterminated before we can educate the public, especially when game commissions are educating the men in the other direction. It would be therefore that the case of the hawks and owls is hopeless." And in Bird Lore for July-August, 1929, Dr. Bryant M. Chapman comments on the fact that the national Conservation Institute in New Jersey killed 296 hawks and 78 owls during a short period, and concludes by making any effort to distinguish between the different kinds of birds destroyed or to study stomach contents in the field certain which they were and injurious species.

Recently a prominent farmer asked me why we should be concerned with hawks and owls, as he had read "dope" about the economic feeding habits of our hawks and owls. There is plenty of "dope" on wild birds and their food habits. We do not claim that the question is not important. But we do claim that the question is one of balance. The search owls and hawks may have made a mistake in the degree of their depredations, but the mistake should be corrected by a balance of the good they do. Farmers should shoot Sparrow hawks on sight, as they are entirely insectivorous, but I saw one recently when made into a poultry hawk in New Hampshire until it was captured. Most hawks must have been poultry thieves, but the history is more than 50 per cent such later but the last 50 per cent tell tales of chicken raids. The animal killed by most species of hawks is northerly, and except in cases of the crying need of food, the hawks do not come into the open. In most cases of the hawks and owls, the majority of the birds are destroyed because of their habit of perching on fence posts, telegraph poles, etc., and spread disease germs. It was not destroyed, it would have been a case of the survival of the fittest. In Europe wild birds are used for food, and in Alaska has paid a bounty on wolves over 40,000 in New England kill every year we can reach, with the exception of the discredited report of its attacks upon chickens are molested by hawks, as are opossums, screech owls and a few others, then possession of the land.—Our Dumb Animals.

Minard's Liniment for Warts.

AERIAL FOREST PATROL

Aerial patrols of the forests of Saskatchewan in the summer of 1929 covered approximately eighteen thousand acres of country almost inaccessible in summer except by canoe. Forest fires were detected by the patrols.

EXTENSIVE WOOD TESTS

At the Forest Products Laboratory of Canada, Department of the Interior, 70,000 tests have been made by the staff on one project: "The Physical and Mechanical Properties of Canadian woods."

Colds with Minard's Liniment.

Just a tasteless dose of Phillips' Milk of Magnesia in water. This an alkali, effective, yet harmless, has been the standard antacid for years among physicians everywhere. One spoonful will neutralize acid many times its volume in the right way, the quick, pleasant, efficient way to kill the excess acid. The stomach becomes sweet, the bowels regular. You are happy again in a few minutes.

Don't depend on crude methods. Employ the best way yet evolved in all the years of searching. That is Phillips' Milk of Magnesia.

Be sure to get the genuine Phillips' Milk of Magnesia prescribed by physicians for 50 years in correcting excess acids. Each bottle contains full directions—any drug store.