

Owl Laffs

Reading of a case where a girl loved a man from drowning and later the two were married, a man remarked: "I'd hate to have that happen to me. She'd always be bringing it up."

"If For Youth If you can live as youth to-day is living. Add deep your feet at such a dizzy pace. If you can greet life's subtleties with candor. And turn toward all its eyes a smiling face:

If you can feel the pulse of youthful vigor Beat in your veins and yet yourself subdue; If you can see amidst trees deep about you And still it God and hope and self be true;

If you can cross the brimming flood of folly, And not dip from the stream to quench your thirst; If you can hope life's changing scale of values, And still in your own life each part things first;

If you can feel the urge of disobedience, Yet yield yourself to conscience's right rule; If you can leave untouched the fruit forbidden, And daily learn in virtue's humble school;

If you can play the game of life with honor; And, losing, be inspired to strive the more; If you can reach men how to live life better, The world will beat a foot-path to your door.

—The Rev. Alan F. Bain.

And here's another sentence you may correct: "I know you owe, but keep the money. I don't need it now."

Ann—"Why did you buy that referee's whistle?" May—"I have a date with a football player to-night."

Once while walking through the land of imagination, I saw a dull-eyed man, sitting at the door of a small, dingy cottage.

I asked—"Why are you so poor?" Dull-eyed man (indignantly)—"I am not poor. There is coal under my garden—100,000 tons of it."

I asked—"Then why don't you dig it up?" Dull-eyed man—"Well, at present I have no spade and I don't like digging."

On a recent trip of the Leviathan a woman passenger gave birth to a baby girl. As she was a poor woman the other passengers on the ship decided to take up a collection for the baby. After the collection had been taken up a meeting was held and the chairman announced that the sum of \$475.02 had been collected.

Chairman—"From the odd two cents, I take it that we must have a Scotchman on board."

MacDougal—"Ye're wrong about that, Mr. Chairman. There's two of us on the ship."

Photographer—"Do you want a large or small picture?" Sitter—"A small one."

Photographer—"Then close your mouth, please."

Life will not be one grand sweet song until some folks who can't sing stop trying.

Physic professor—"Does anyone know anything about violet rays?" Student—"I do, but I promised not to give her away."

"I guess the only reason I don't own a sacred white cow, confessed old Rapson Tatters from Brushville, is because I have never been offered one on easy payments."

Jeff—"Say, Shorty, are you drinking any more?" Shorty—"Well, not any more, but dust as much."

"Know thyself" is good advice so long as you are not advised to tell.

Cause of High Blood Pressure Due to Ions? What are believed to be important clues to the long-standing mystery of why changes of weather affect many human beings, like the rheumatic patients who can feel an approaching storm "in their bones", are being discovered by the researchers of a distinguished German physician and X-ray specialist, Dr. Friedrich Dessauer, of Frankfurt-on-Main. Ten years ago Dr. Dessauer conceived the idea that these effects might be due to differences in the number or kind of ions in the air, ions being electrified gas atoms known to vary in number and character from time to time and in different kinds of weather. To test the idea, apparatus has been constructed to manufacture artificial air containing definite numbers of ions of two kinds, those electrified with positive electricity and those carrying negative electricity. Experiments on animals have now been extended to healthy human beings. An excess of negative ions, Dr. Dessauer finds, lowers the blood pressure and makes the breathing slower. An excess of positive ions on the other hand, raises the blood pressure and quickens the breathing. Other bodily effects are now being investigated. The number of ions in the air is known to vary not only with the weather, but in different localities, like the mountains and the seashore. Positive ions are known to be plentiful in city smog, which possibly may help to explain the many cases of high blood pressure in modern cities.

Science will cure unemployment." Charles M. Schwab.

He who thinks he is raising a mound may only in reality be digging a pit.—Chinese Proverb.

OTTAWA TO HOLD BIG WINTER CARNIVAL



Ottawa takes to the hills in earnest when she holds her annual winter carnival, which this year embraces a complete week of sports events from February 2 to February 7. There will be the renewal of the 100-mile dog derby for the Chateau Laurier \$1000 Gold Cup; National and International speed skating races; ski jumping competitions; fancy skating; international hockey matches, and, since the young people are as ambitious as the grown-ups, a junior dog derby for which boys and girls of Ottawa and district towns are now training their dogs.

Photographs show, top, International speed skaters preparing for their championship race; Lower left, Emile St. Godard, defender of the Chateau Laurier Gold Cup which he won in 1929 hundred mile dog derby, and right, one of the ski-jumping champions of Canada going off the take-off at the Rockcliffe Park jump in an attempt to establish new distance records.

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Veteran Retires



Forty-five years of continuous service with the Canadian Pacific Railway earned rest and pension for Dugal Carmichael, who retired December 31, 1930. More than half of his service was as conductor on the Montreal-Toronto run and it was there that his service ended on New Year's day when he brought his train for the last time to the Union Station. In addition to his work as conductor, he was trainmaster in 1904, assistant superintendent and terminal superintendent, but ill health forced him to return to the less strenuous duties of conductor on the old run in 1917. Photograph shows him signing in for the last time on New Year's Day at the Toronto Union Station.

A Simple Treatment for Children's Colds

Cold in the head is very common at this time of year, especially in the very young. Neglect of a cold is prone to lead to serious consequences. To relieve all congestion of the system is the first step in treating a cold, whether in infants or adults. For the very young, Baby's Own Tablets are the ideal means of doing this. Containing no narcotic or other harmful drugs they soothe the child's fretfulness, relieve its suffering and ensure convalescence. Baby's Own Tablets are without an equal for relieving indigestion, constipation and colic. They check diarrhoea; break up colds and simple fevers; promote health-giving sleep and make the dreaded teething period easy. They are sold by all medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Discovers Control Seat Of Glandular Activities

The "tuber cinereum," a small projection from the base of the brain, has been discovered, so he believes, to be the seat of the control for gland activities by Professor L. O. Morgan, of the University of Cincinnati, who has been studying this organ in the brains of dogs. His findings were reported as including the discovery of certain groups of living cells which control the secretion of body chemicals by the various glands, including the adrenal glands and the thyroid glands. Professor Morgan has found this organ in the body of rats and even men to be full of these cells. He recalls that experts have already discovered that disease or disturbance of this organ often causes body changes, hot and cold flashes, changes in blood pressure and changes in eye pupil size, which were thought to be controlled by glandular activity. This brain cell activity indirectly guides almost every bodily function through the direct control of these functions by gland chemicals sent out in the blood like written messages carrying orders to the many organs of the body.

Overwork or Worry Taxes the Health of Thousands of Young Girls

In the "teen-age" years when school or office work is exacting and outside many girls undermine their health and spoil their happiness for years to come. At such a time Dr. Williams' Pink Pills will be found most valuable. They purify and enrich the blood; build up the nerve cells and correct run-down conditions. Concerning them Miss Margaret Torrey, Indian Road, Toronto, Ont., says: "When I was attending high school I suffered a complete breakdown. My heart would palpitate at the least exertion; I could not sleep and nothing I ate agreed with me. I began taking Dr. Williams' Pink Pills and before long I gained weight and every distressing symptom left me." Dr. Williams' Pink Pills are sold by medicine dealers or by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Northern Pines

These giant trees, these green, rough-shouldered towers, Shelter our lanes and make our homesteads snug; They halve harsh winter with a boughy shrug Or double springtime in their singing bowers, And scoring all the arguments of storm Protect the owl and keep winged beauty warm. For them the year has only unpeaching days; They draw earth's secret from the stony deep And bear it in their hearts, as soft as a sleep. Or build with it towards heaven, seeking the blaze of universal noon or star-spread stream That lifts them, rooted-like the things we dream. —T. Morris Longstreth.

Mexican Journalists Demand Greater "Freedom of Press"

Mexico City.—Freedom of the press was the principal topic discussed at the National Journalism Congress, attended by representatives of leading newspapers throughout the republic, which has just adjourned in Mexico City. A tentative amendment to Constitutional articles 6 and 7, which dealt with freedom of thought and speech, was adopted by the congress, and a committee was named to present it before Congress at its next session. One of the points of the amendment project provides that "free criticism of the acts of public employees and officials is an essential element of every democratic regime, and for this reason never can be considered as criminal any allusions, assertions, information, or comments relative to their public life."

England Plans More Television Broadcasts

London.—Plans for next year's broadcasting in England call for closer co-operation between officials of the British Broadcasting Corporation and the Baird television group preparatory to developing television broadcasts. Advanced experiments with the Baird process have been conducted by B. B. C. officials of which announce the system will be employed in connection with sound broadcasting as soon as possible.

British Potato Yield Declines

London.—A reduction of 1,000,000 tons, or 35 per cent, in the potato crop of England and Wales for 1930 is reported by the Ministry of Agriculture. The total crop is estimated at 2,500,000 tons, compared with last year's 3,588,000 tons.

Advertisement for BUCKLEY'S Mixture. Text: "For Instant Ease From COUGHING take BUCKLEY'S MIXTURE. It's like a Flash. A SINGLE SWALLOW!" Includes an illustration of a person's face and a bottle of the mixture.

The Little Field Answered

It was the woman's first evening at the ranch of her Montana cousin, there, to which she had come on a visit. As children they had played together in their native Maine village, but since those days had known one another only through letters.

"Are you too much of a tenderfoot to take a short ride with me after supper?" he asked, as they stood on the front veranda awaiting the call to the evening meal.

"I am not a tenderfoot at all," she promptly returned. "Just what do you mean by ride? Do we go by motor, by airplane, by water, by land?"

"Guess again, cousin. You're forgotten that you are in Montana. We go on horses."

An hour later found them on their tandem ride to what the man referred to as "the little field." The horses, saddle horses slender of build and sure of foot, trotted along an untraveled, dirt road. As they rode, the man and woman bridged over the years that lay between their childhood and their maturity.

"And now tell me," she asked, "something about this country and what keeps you here, away from us all, away from everything."

The man was silent for several moments, and grave; then he smiled, much as one smiles at a child who asks a question, with little understanding back of it.

"You'll answer that question yourself, I think, before you have been here long. Knowing how you value essential things, I think I am assuming that when you have seen a bit of things, you'll understand what keeps me away from everything—as though one could be away from everything in these days with air mail service, radio and the automobile. It was different when I came into the Valley twenty-five years ago. I arrived in Butte with exactly seventy-five cents, the clothes that I wore and an enormous stock of courage and determination to own a ranch in this Valley, or know the reason why."

"You haven't had to know the reason why, have you? How did you do it?"

"In the beginning I went to work by the day. Then because I liked folks and had a knack of getting along with men I took over the job of telegraph through this section. After that I could get credit at the banks; I took up land, using both my honest rights and my timber rights; I bought all that I could swing; worked from early until late, summer and winter, on the ranch, in the store, on the road. When, a few years later, I had put by enough money, I returned to my first love—agriculture. Up to that time it was generally conceded that this was the prime country for stock raising, but not a farming land."

"I believed that it could become a wheat belt. That project offered as much of a lure to me as did ever the prospect of gold to the thousands who trekked to the Klondike. As you see, I was not mistaken. I was a pioneer in wheat raising in the Valley, but today—well, today, it is wheat for which the Valley is renowned."

So, that was it. It was the conquest of the soil that had held him there. Almost as he finished speaking the horses passed through a thick growth of cottonwood and willows that bordered the river. The man and woman looked over a golden sea of ripened wheat. Instinctively they pulled rein.

As far as the eye could perceive was a yellow expanse, unbroken by trees, by fences, by buildings. On the western horizon the foothills, now high, now low, were buttressed against a crimsoning sky. To the east the Rockies were high and jagged, but clothed in fold on fold of purple velvet.

"At the horses' feet grew bunch grass and sagebrush, along the ridge of the river bank. The immediate foreground of fallow wheat shone like burnished gold. The air was crisp and fresh. A glory of amethyst and blue rose from the undulating sea of grain. The horses, growing impatient at the silence, pawed the earth. But the riders were reluctant to leave the vista of promise, with its richness and stillness. Then came a natural question from the tenderfoot.

"Why do you call this the little field?"

"Because there are only two thousand acres in this field," he answered, unconscious of the effect of such figures on one unfamiliar with the great spaces of the West.

They turned the horses' head toward home. The woman, looking again on the glory of the scene, was reminded of the Psalms.

"I will not ask you again," she said, "why you remain here. The little field has answered me." The Christian Science Monitor.

The Orchard

Dark Hesperian leaves upon thick boughs, Dark lovely boughs hung with the year's ripe fruit. Still, unstarred by the wind, silent, ye spread Green lovely shapes low over Pan's soft flute.

Through interstices blorched among deep green. Full of the moon, fall of the soft flute's sound. Pale occasional stars flicker. Deep down, Pan's shining eyes gleam from the moon-flecked ground.

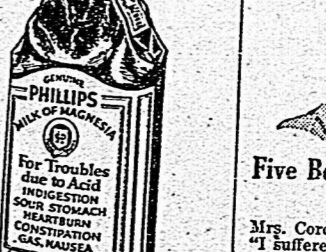
Romer Wilson. in The Saturday Review.

Traffic control in London streets calls for the services of nearly 1,500 policemen.

Advertisement for MINARD'S LINIMENT. Text: "For CHAPPED SKIN. Disinfectant with one-half ounce of glycerine. For Frost Bites use the Liniment freely and undiluted. 25 No trouble. Very healing!" Includes an illustration of a bottle of the liniment.

Advertisement for MINARD'S LINIMENT. Text: "MINARD'S LINIMENT 'KING OF PAIN'". Includes an illustration of a bottle of the liniment.

PAIN after eating



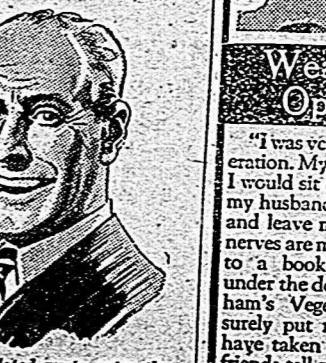
WHAT many call "indigestion" is very often nothing but excess acid in the stomach. The stomach nerves have been over-stimulated, and food sour. The corrective is an alkali, which neutralizes acids instantly. The best alkali known to medical science is Philip's Milk of Magnesia. It has remained the standard anti-acid with physicians in the 50 years since its invention. One spoonful of this harmless, tasteless alkali neutralizes instantly many times as much acid, and the symptoms disappear at once. You will never use crude methods when once you learn the efficiency of this more pleasant way. A small bottle is sufficient to show its merit. Be sure to get genuine Philip's Milk of Magnesia prescribed by physicians for more than 50 years in correcting excess acid. 50c a bottle; any drugstore. Complete directions for its many uses are enclosed with every bottle. The Genuine Milk of Magnesia is always a liquid—never a tablet. Look for the Philip's name on bottle. Made in Canada.

DREADED GOING TO ENGLAND

Lumbago Always Crippled Him

NOW KRUSCHEN KEEPS HIM FREE

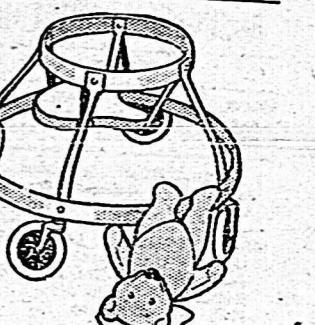
England hasn't any monopoly on Lumbago. Yet, although this disease has lived in many parts of the world, it was always when he went home to England that lumbago attacked him. Eventually he tried Kruschen, and now—living permanently in England—he keeps free from his old trouble. He gives us permission to publish this: "I some, time ago spent ten years in China, and every time I came home on leave I was crippled with lumbago. About nine years ago I came to England to reside permanently. Wishing to keep clear of the trouble, I started a course of your Kruschen Salts exactly as prescribed on the label, taking same in my breakfast coffee each day. During these nine years, apart from one mild attack about four years ago, I have been entirely free from lumbago and in good health. You may make what use you wish of the above, with the understanding that my name is not published."—N. B. AMLEE. Lumbago, Rheumatism and all other uric acid complaints can be traced to nine cases out of ten to intestinal stasis (delay). Poisons bred in the accumulated waste enter the blood and cause all kinds of trouble. The untiring effect of Kruschen is to rid the intestinal tract of all clogging waste matter. Your pains cease, then disappear. And so long as a condition of internal cleanliness is maintained by the "little daily dose," you will really enjoy life—because the six salts in Kruschen keep the system sweet and clean—the eyes bright and the brain active and alert. Kruschen Salts is obtainable at all Drug Stores at 45c. and 75c. per bottle.



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When BABIES are Upsat

BABY ills and ailments seem twice as serious at night. A sudden cry may mean colic. Or a sudden attack of diarrhea. How would you meet this emergency tonight? Have you a bottle of Castoria ready?

For the protection of your eye one—for your own peace of mind—keep this old, reliable preparation always on hand. But don't keep it just for emergencies! Let it be an everyday aid. Its gentle influence will ease and soothe the infant who cannot sleep. Its mild regulation will help an older child whose tongue is coated because of sluggish bowels. All druggists have Castoria.

Advertisement for CASTORIA. Includes an illustration of a bottle of Castoria.

Advertisement for Deafness. Text: "DON'T let Deafness HEAD NOISES LEAD you to LEONARD EAR OIL." Includes an illustration of a person's head.

Advertisement for Cuticura Soap. Text: "Protect your skin, scalp and hair from infection and assist the pores in the elimination of waste by daily use of Cuticura Soap. 25c. Everywhere." Includes an illustration of a person's face.

Advertisement for Five Boys. Text: "Best Evidence. Mrs. Corcoran, of Leigh, writes: 'I suffered with biliousness accompanied by sick headaches for days at a time, and every medicine I tried failed to bring relief. A friend gave me some of your wonderful Carter's Little Liver Pills and the first dose gave me great relief. For three years I have taken them every night as a regulator and I find they prevent these bilious and sick headache attacks. I have five little boys and I give them three or four every week. I have great faith in them.' Take Carter's Little Liver Pills. All druggists 25c and 75c red pkgs."

Advertisement for Five Boys. Includes an illustration of a young boy's face.

Advertisement for Lydia E. Pinkham's Vegetable Compound. Text: "I was very weak after an operation. My nerves were so bad I would sit down and cry and my husband would not go out and leave me alone. Now my nerves are much better, thanks to a booklet that was left under the door. Lydia E. Pinkham's Vegetable Compound surely put me on my feet. I have taken eight bottles. My friends tell me I look fine. My sister has taken this medicine too."—Mrs. Annie Walton, 67 Stanley St., Kingston, Ontario.

Advertisement for Lydia E. Pinkham's Vegetable Compound. Includes an illustration of a woman's face.

Advertisement for Lydia E. Pinkham's Vegetable Compound. Text: "Lydia E. Pinkham's Vegetable Compound. 25c. and 75c. per bottle." Includes an illustration of a bottle of the compound.