

THURSDAY, DECEMBER 14, 1916

## WE MUST BE PATIENT

They are such dear, familiar feet that go along the path with ours—feet fast or slow that trying to keep pace if they mistake, or tread upon some flower that we may take.

Our heart, or baulk some road;

Our foot, or stop until it bleeds,

We must be patient.

Not turning quickly to implore

Grave fault; for they and we

Are not like children—can be

Together a little while along the way,

But will be patient while we may.

How little faults we find!

We see them, for not blind;

In love, We see them, but if you and I

Look more than, some by and by,

They will not be

Faults—grave faults—to you and me,

But just odd ways, mistakes, or even lies,

That we can't see.

Days change so many things—yes, hours;

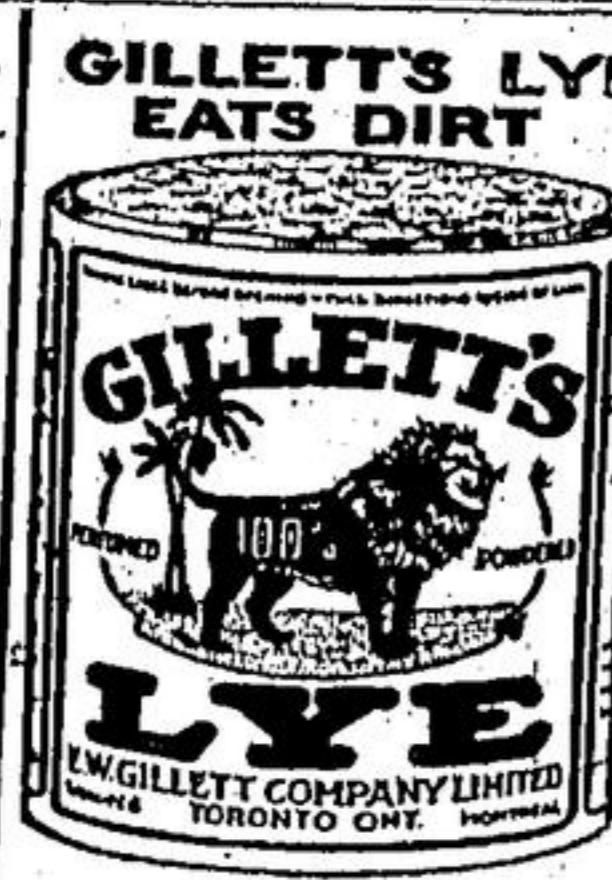
We see so differently in sun and shower;

Light comes to-night;

Moons to the clouds, and mornings light.

We must be patient; for we know.

There's such a little way to go:



## Christmas Cribs of the Tyrol

**T**HREE Christmas cribs, showing the first earthly place of the infant Christ, which have been occasionally in the church of St. Peter's at Innsbruck, are not to be compared with those of Europe, especially the remarkable ones made by the peasants of the Tyrol. In the latter country there has been of recent years a decided revival of interest in these groups representing the scenes of the nativity.

It is not unusual to see one with several hundred figures. Not alone the birth of the Saviour, but the adoration of the shepherds, the arrival of the kings with their gold and crowns, the flight into Egypt, Jesus in the temple, and even the marriage at Cana are represented.

The Tyrol's cribs have been famous for centuries, and the people were justly proud of them. Until the spirit of modern enlightenment came, the Tyrolean cribs were built and crib building was done as child's play. Enterprising Christians and art sellers eagerly bought up old cribs and then sold them at considerable profits.

Many fine cribs have disappeared from the land, but fortunately a few of the best were acquired by the National Museum.

The best two Tyrols are known to have had, the "Urninkrippe" of Innsbruck and the "Moser Krippe" of Bozen, are now in the Bavarian Museum at Munich. A third, the "Kaufenthaler crib," is in the Vienna museum.

Originally it belonged to a family of Witten, now a part of Innsbruck. It contained 154 painted figures, 24 built and 130 wooden figures. It included solid wood buildings, figures whose heads and limbs were moveable. Some of these date back as far as the year 1700. Seven scenes were represented.

The Moser crib of Bozen was much more extensive. Moser's "city" was in itself a masterpiece and included a gushing fountain, monuments of King David and towers with six-city clocks striking the hours of the day.

The Ursninkrippe was particularly famous on account of the superb dressing of the figures. The angels were clad as couriers of heaven in the court costumes of the seventeenth century.

These masterpieces are now lost to Tyrol. It can hardly cause surprise, then, that serious minded men began to entertain grave fears for their remaining works of art. This fear had a peculiar origin, in the formation of a society which aimed to prevent the further desecration, corruption and selling of old cribs and to revive the spirit that produced them.

Tyrol's cribs may be divided into two great classes, the oriental type, in the latter case the crib owner takes the crib apart to be carried to the church. The crib means much to the family. After weeks of careful planning, labor, everything is ready, but God is not there.

On Christmas eve the parents, domestic and children, sit about the crib, the gospel song is read, and the little ones quick to detect the absence of the "Christkind," are told the holy family are still seeking the crib of oriental type.

The Ursninkrippe is the most famous of all. It is a masterpiece in the style of the Virgin Mary in the robes of the Virgin of the Annunciation.

It is a simple affair on the monastic lines.

Brooklyn is more often mentioned than

The cheapness of Mother Graves' Work Exemplar pants is within reach of all, and it can be got at any druggist's.

The debt account paid in the one that is suspended.

## PALPITATION OF THE HEART

## SHORNESS OF BREATH CURSED BY MELBOURNE'S HEART AND NERVE PILLS.

Mrs. G. Walker, Mississauga, Ont., writes: "I wish to let you know how good I have received by taking Melbourne's Heart and Nerve Pills. I was terribly afflicted with heart and was so bad I could not even sit up. I was advised to use Dean's Kidney Pills, and before I had used them my heart was greatly improved, and my back was completely cured. I am really grateful."

Dean's Kidney Pills are put up in a Maple Leaf, no second rate either. Price 50c. per box, 2 boxes for \$1.00, at dealers, or mailed direct on receipt of 50c. by Mrs. T. McLean, Co., Lethbridge, Alberta, Canada.

When ordering, direct specify "Dean's."

Sympathy is more often imagined than real.

The cheapness of Mother Graves' Work Exemplar pants is within reach of all, and it can be got at any druggist's.

The debt account paid in the one that is suspended.

The October tide is beginning to wash away a few things she didn't know.

And officially the doctor is more dangerous than the disease.

Many a man's failure is this, and may be attributed to the fact that he uses blank cartridges when firing at the source of trouble.

Children Oxy FOR FLETCHER'S CASTORIA

He who is not afraid to take a few risks, and who is not afraid to pay a few dollars, will be surprised to find that he can get rid of his trouble.

## CHRISTMAS CARDS



Are you  
Bilious?

Take these  
children Oxy  
FOR FLETCHER'S  
CASTORIA

## HOW TO KEEP WELL

BY JOHN W. H. MCGUIGAN, M.D., D.P.M., CHIEF OFFICER OF THE PROVINCIAL BOARD OF HEALTH.

## WATER SUPPLIES FOR TOWNS AND CITIES.

A SAFE WATER SUPPLY FOR a town or city may be secured from artesian wells, springs, lakes or streams, provided that certain well-defined rules respecting the source of supply are followed.

Artesian Wells usually give a safe supply unless the well is sunk in fissured rock which may provide a channel through which to carry pollution to the well. If the well is sunk through clay, sand, or gravel, there is commonly the case in this country, the water will as a rule be of good quality. Any chance of contamination should be avoided.

ARTESIAN WELLS by having the sides of the pipe for say four or five inches closed against outside impurities, and the sections of the pipe

is securely closed together.

Unless the area whence a spring drains is protected against surface

pollution the spring is not a very safe supply. In addition the general chance of pollution from the surface of the earth near the spring should be protected against surface wash.

SPRING Niagara River water is the best because of the amount of troops on an adjacent

communieating the spring water is on an average perfectly pure. Within

springs show no signs of pollution and is unfit for domestic use. Some minor

purification is necessary to remove the supply from springs unless the drainage area

is securely protected against pollution.

It is a popular idea that running water purifies itself and the ordinary observer seems to think that water passing over rapids or falls and exposed to the influence of air and sunlight rapidly loses its impurity. There is no truth in this.

As an example one may cite the Niagara Falls, where the water which

STREAMS after receiving the sewage of Buffalo, Falls, and other

towns tumbles over the falls and is whitened by the

rapids, but the matter of fact the water of this river,

despite all the narration and sunlight given to it, is no better at the mouth of the river than it is above the falls. It is not the falls that great falls and twisting rapids have done for it, it is to mix the sewage

of many towns and cities with the water. If the same water were placed in a reservoir for thirty days it would be improved, for the reason that bacteria occurs and sunlight anderation have some robbing effect.

The water of the stream is unwholesome, mountainous district

is apt to be of good quality since it is subject to the action of

several of human beings, which is, after all, the usual situation of agricultural lands.

On the other hand the stream has its origin in populous

towns and cities, through a district closely peopled

water will very likely be ready to use in its natural state.

Home streams, however, such water may be readily purified and made fit for use.

Others, notably those having the water impure, which are colored

because of the dissolved organic matter that is present.

While these impurities, let us repeat, are the dangerous ingredient of polluted water.

Many urban centers take their water supply from lakes. These are subject to the same forms of pollution referred to in connection with streams. The supply of streams and lakes is usually provided by the rains and snowfall which drain to them and which in the course of time become contaminated and are found on the surface of the ground. In addition to the sewage which is carried from the land the boats carrying

on navigation contribute to the pollution of human excreta. This is more dangerous in the case of rivers than with lakes, because the water of rivers is more rapid and carries the sewage more rapidly.

From the St. Lawrence and Lake Ontario water taken at a considerable distance from the shore to the sea, through a neighborhood of cities and large towns which frequent our waterways into the most convenient water, the supply from lakes must be effectively treated in some manner in order to make it safe for household purposes.

## CHRISTMAS MESSAGE

## The Hospital for Sick Children

COLLEGE ST., TORONTO.

Dear Mr. Editor:

Thanks for the privilege of appealing through your columns to the public.

Our Hospital is in great need.

Our Hospital is in great need, and we

are in urgent need of help, and we

judge how great that need is.

For the past year 1500 sick little

children have been admitted and will

be admitted to the Hospital every year.

Patients are admitted from all over

the world, and are treated free of charge.

Our Hospital is in great need.

Our Hospital is in