

NOTES AND COMMENTS

The Germans are evidently seeking to convince themselves and the wretched population of the occupied French provinces that they have come to stay, and they carry this idea so far that they are actually changing the departmental limits in those regions.

In the little village of Olley, Conflans, which originally had about 400 inhabitants, there now remain only five men eight-three women and children.

The following order of the day, signed by Governor von Heinrich, has been placarded over Lille: "All the inhabitants who have barley or wheat, rye, potatoes, rice, oatmeal, salt, sugar, hay or straw, shall make a declaration of the same to the government commissariat."

And, lest it be thought that we are more outspoken than our ancestors in characterizing the Germans, this is how Wellington described them in 1870: "I can assure you that from the general of the Germans down to the smallest drum boy in their legion the earth never groaned with such a set of murdering, infamous, villainous, they murdered, robbed, and ill-treated the peasantry wherever they went."

CO-OPERATIVE EXPERIMENTS IN WEED ERADICATION. During the past three years (1912-1914), the Department of Botany of the Ontario Agricultural College, in connection with the work of the Ontario Agricultural and Experimental Union, carried out co-operative experiments in the eradication of weeds.

Some of the Practical Information Gained from These Co-operative Weed Experiments. 1. That good cultivation, followed by a means of eradicating both Perennial Sow Thistle and Twitch Grass.

Terrors Above but Worse Below. Kate (just returned)—Yes, I happened to be in this very city when the German aeroplane dropped the bombs.

HEALTH

Muscular Rheumatism. Rheumatism is a malady caused by cold and damp in combination; and is, therefore, naturally prevented by carefully avoiding damp clothes, damp sheets, damp cushions, exposure to cold and wet.

Some people are much more liable to rheumatism than others; the predisposing depends on constitutional tendency. They should carefully adapt their clothing to the season. It is an error to wear too many garments in a hot July.

Much depends on the choice of habitation. Dry sites on sandy, porous soils are infinitely preferable to houses built on clay, or in damp hollows, and with unsound foundations.

For medicine when a person suffers from any form of rheumatism nothing is better than salicylate of soda, given in 10 grain doses every three hours; and sometimes 10 grains of saltpetre (nitrate of potassium) may be given in addition.

Tonics. The word "tonic" comes from the Greek word tonos, which means tone or tension, and is applied to all remedies that physicians give to a patient who is in a state of bodily weakness, and who needs something to improve his tone and increase his strength.

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Tonics fall naturally into three classes: gastric tonics, blood tonics and general tonics. The gastric tonics are given in cases of impaired digestion and poor nutrition; all the so-called bitter tonics come under that head.

Naturally anyone who is "run down" should know just which kind of tonic ought to be used, and no one should use any tonics that have not been prescribed by competent physician; and above all no one should recommend tonics to another merely because they have benefited himself. Most people who need any tonic at all need a scientific combination of several, and only a physician is competent to decide which.

Pat Replied. An Irishman, having recently arrived in New York, got employment with a wood merchant. Later he was ordered to take a load of wood some distance away.

Made the Clyde Themselfs. The river Clyde has been brought to its present drafts by dredging, and the Scotch are very proud of it. A party of Americans scorned it one day.

When a man falls he never seems to hit the bottom.

MAKING HIS LAST DRIVE ON WARSAW



Von Hindenburg, Germany's Hero, and His Staff.

This remarkable group was posed outside the German headquarters in Posen during the campaigns in Poland and East Prussia, had been spectacular. He has so far warded off serious invasion and is, therefore, lionized, but he has been signally unsuccessful in his offensive operations.

THE SUNDAY SCHOOL LESSON

INTERNATIONAL LESSON, APRIL 11.

Lesson II. David Anointed King.—1 Sam. 16. Golden Text, 1 Sam. 16.7.

Verses 4. Came to meet him trembling—Samuel's visit often been made to recruit abuses. Hence the elders, surmising that he came for such purpose, would tremble.

And he sanctified Jesse and his sons—He superintended the sanctification of Jesse and his sons. This would place in Jesse's house and give Samuel an opportunity for closer acquaintance with Jesse and his sons.

Called to the sacrifice—He told the elders of the city to come with him to the sacrifice. He was careful that Jesse and his sons would be present.

6. And said—That is, he thought within himself, Samuel will remember Saul, who was head and shoulders above the rest of his tribe. So when Eliab appeared, Samuel concluded that he was the Lord's chosen.

7. But Jehovah said unto Samuel—Something in Eliab must have struck Samuel as unfavorable, and he heard the voice of God prompting him to be careful in his observations.

For Jehovah seeth not as man seeth—See Luke 16: 15; Acts 1: 24. Israel's first king was a man after their heart: large in stature, commanding in appearance; but their choice of Saul was entirely wrong.

11. We will not sit down—The Hebrew word around, meaning "We will not sit around the sacrifice table until David appears."

13. The horn of oil (see verse 1 of this chapter) and anointed him—See 2 Sam. 24. Just as Saul had been anointed twice (1 Sam. 10: 1; 11: 14, 15), so David was twice anointed.

In the midst of his brethren—In the presence of his brethren. It is evident, from the after history, that David's brothers did not realize what had happened to him.

And the Spirit of Jehovah came mightily upon David from that day forward—So the Spirit came upon Saul at first (1 Sam. 10: 6).

Fashion Hints

Skirts Short, Bodices Tight.

Possibly a summary of just what the fashion houses in Paris exploited might help women to understand the approaching fashion, rather than a dissertation, for which there is plenty of time later.

Do you, for example, made a specialty of three-piece suits, a few long coats and many short ones, which had a slightly empire waist line. Midnight blue and old rose were the colors used.

Callot showed evening frocks in mauve, rose, black and salmon pink. Several of the best evening frocks were in violet and lavender. A sensation was caused by a bridal gown, which Callot has not shown before, made of white satin with green embroidery, the bodice quite décolleté.

Mr. George then declared that the Government, inspired by the action, or rather the results of prohibition measures of Russia and France in suppressing the use of vodka and absinthe, had decided to take hold of the problem firmly.

Everywhere one sees draperies of tulle flowing from the shoulders to the hem in another color from the gown. Here and there were frocks with the empire waist line, very much like those Josephine wore, with the huge ornament in the front holding sweeping skirt lines of plain satin.

LLOYD GEORGE ON DRINK.

How the Nations Are Handling the Drinking Cure.

A few months ago, and since the beginning of the great European war, the world was amazed to learn that the czar of Russia, by one stroke of the pen, had put a stop to the manufacture and sale of vodka, the Russian favorite intoxicating beverage.

The Imperial ukase which forbade the manufacture and sale of vodka in the Russian Government will cost the government nearly half a billion dollars each year, in loss of revenue from that source alone!

He has been a foe to vodka from his youth up, having witnessed its terrible ravages. It is said that while in his teens, a book was put into his hands, describing the poisoning effects of vodka (alcohol) on the human body.

He was elected mayor of Samara, and attempted to curtail the traffic in this favorite intoxicant in that city, but failed. Later he was sent to the Duma, Russia's Parliament, and managed to get that body to pass a bill to label every vodka bottle "Poison."

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facts that he had spent anxious hours in gathering. The czar became alarmed at the disclosures and made a personal investigation.

For a month the effect of compulsory temperance was tabulated and strictly observed. The ukase worked so satisfactorily and splendidly that the czar ordered a final closure of all saloons and the stoppage of all manufacture of vodka.

It is difficult to conceive the tremendous effect of the czar's order, for Russians consumed more liquor proportionately than any other people, and there are about 170,000,000 of people in Russia.

Reports from the empire show that Russia found the change so beneficial that no one would now listen to a proposal to go back to the vodka. The results have fully justified the drastic order of the czar. Russia has been regenerated and revolutionized, if her Press speak the truth.

Crime has diminished over 40 per cent, policemen are not needed to keep the peace, and the prisons and asylums are being emptied rapidly.

M. Bark, the distinguished Russian financial minister, made a statement recently, that though the suppression of vodka had cost the czar's empire many millions in revenue, the government is determined in Russia if an attempt were made to re-introduce it.

France, too, has shown her true stamina and power to deal with drink, and has insured her future greatness by her action in killing the sale and importation of absinthe, the great enemy of the nation.

The question of restricting the drink evil in Great Britain was recently handled by the Chancellor of the Exchequer in a remarkable speech at Bangor, Wales.

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THE RED CROSS SOCIETY.

Toronto, March 16th.—In connection with letters and circulars that have been sent broadcast throughout Canada, especially from neutral countries, for the purpose of bringing the attention of the public to the red cross movement.

Letters and circulars in praise of peace have been issued, calling on women all over the world to unite in a great effort to stop the war.

Few, indeed, are the men or women who would hesitate to declare themselves "in favor of peace."

He Liked the Soldier. The Master recognized war to this extent, that He drew a parallel from the strategies of a king, who watched anxiously the progress of an invading army on his borders.

That it was His bidding is evidenced from His own words in reference to the attempt of the angels who would have made short shrift of His persecutors.

It is not our favorite reminiscence of the Christ, but it has its place and meaning. It shows us only tends to prolong a period of terror and insecurity.

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only tends to prolong a period of terror and insecurity. We have drawn the sword to defend the rights of the weak, the liberty of the many, and the pledged honor of the Empire.

Shall not the women of this country bear their part in the war with the same high courage and steadfastness of purpose as our troops? And what is our share?

To possess our souls in patience during war's hardships and uncertainties; to refrain from embarrassing our rulers by demands for a premature and illusory peace; to prepare ourselves for the new conditions and duties which peace will inevitably bring while applying ourselves to the peculiar tasks imposed by war; and, above all, to bear ourselves, as to be an inspiration in courage and self-sacrifice to the men who are fighting for our Empire—and for us. This is our share.

When Germany has learned that right is stronger than might; when the mailed fist no longer threatens Europe, then may we hope for a peace which our children's children may inherit.

Such are some of the conditions before we unreservedly condemn war, or make petitions for immediate peace.

Signed on behalf of the National Committee. MARY R. GOODERHAM, President. ADELAIDE M. PLUMPTRE, Secretary. 77 King St. East, Toronto.

"Dinah, did you wash the fish before you baked it?" "Law, ma'am, what's de use of washin' er fish what's lived all his life in de water?"

She had left her little son Randall, to play with his baby brother. Shortly after she heard the baby screaming lustily. Hurrying to the place where the children were playing, she found Randall picking up his marbles, while the youngster was trying vainly to get hold of some of them.

"But," protested Randall, "he means to keep them always, mother." "Oh, dear, no, I guess not," replied the mother. "What makes you think that?" "Well, I guess yes," howled Randall. "I know he does, cause he's swallowed three of 'em already."

THE TEACHINGS OF JESUS

He Knew That Physical Violence Reacts and They Who Take to It Shall Perish by It

It has been shown by Dr. James Hope Moulton that the teachings of Jesus were framed in the terms of Oriental thought— terms which never anticipated a king, who had been the curse of biblical exegesis.

Jesus was the supreme idealist, but he also possessed an unequalled sanity. When He instructs us to turn the other cheek to the smiter, we remember that He did not do this, but rebuked the creature that smote Him.

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Young Folks

Playing Animals. Danny and Daisy are brother and sister, in the yard behind their home where they live there is a mound of soft, loose earth where they play with their animals.

The animals are wooden and they are painted different colors. They came in a Noah's ark at Christmas time. The children mould the earth into the shape of a mountain, the top of which is as high as Danny's shoulders.

They dig into the side of the mountain until they make about twenty little caves. They place the animals in these caves with their heads pointing out. Some of the caves are larger than others.

In the largest cave of all they put the elephants, and that cave is on a level with the ground. To the giraffes they give the highest caves.

When the caves are all inhabited, Danny takes his spade and hoo and digs a trench round the mountain. Then the children pat the earth on the bottom and sides of the mountain until it becomes firm.

Then, with the garden hose, Danny fills the trench with water. In this canal they place the ducks and swans. They have made two boats out of safety-math boxes; with tooth-picks fastened in the centre of these boats they make splendid sails.

Every afternoon when they have finished the game, they put the animals back into the ark. Then Danny wrecks the mountain with his hoe. That he does so that they can have the fun of building it again and digging a new canal.

Humoring the Vicar.

The humorists understood that a certain amount of jealousy existed between the dignified vicar and his energetic young curate, says a British weekly, but they never overlooked the fact that the material benefits came from the vicarage.

It is estimated that the sustenance from smuts in grain crops amount to 500,000 annually, about two-thirds of which occur in oats, which is the next greatest sufferer, with this danger Buletin of Smuts and Rusts of Cereals, prepared by J. E. and R. E. Stone, has been by the Ontario Department of Agriculture, for free distribution to those who may apply.

FOOD QUESTION

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BRING IMPURITY INTO THE BL

Tonic Medicine is a N City at This Season

Dr. Williams' Pink Pills for Pale People are an all year round tonic for all ailments.

They are especially valuable for spring when the system is being purified by the system of indoor life of the months. There is no other medicine when the blood is so much troubled by purifying agents.

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