

NOTES AND COMMENTS

The Rev. Ernest Houghton of Bristol, England, has made an appeal to patriotic women of the nation to come forward and marry the maimed heroes of the war and devote their lives to ameliorating their sad condition.

Leaving this slightly obscure argument in favor of the plan untouched, we may point out the fatal weakness of this as well as of most other benevolent plans to cause people to get married on a large scale.

If the Rev. Ernest Houghton has devised a plan which will not only assure the maimed hero a wife but will also in an acceptable manner with the pressing problem of support which is sure to come to the front after the first brief period of patriotic exaltation, he is indeed a man of rare talents.

That war respects places as little as persons is the moral of the apparently trustworthy report from the Holy Land of target practice on Gethsemane and Cavalry by the Turks.

When the Kaiser made his now famous pilgrimage in 1918, and left a statue of himself in the likeness of a Crusader on the Mount of Olives, it was expected that after a few years, in the "reversed crusade" the alliance of Gaiour and Moslem would give the Turks license for gun play amid the treasured relics of the life of Christ on earth.

WHERE PEARLS COME FROM.

In Japan, Pearl Hunting Becomes Systematic Pearl Farming.

Many of the finest pearls in the world come from the little cluster of islands in the Philippines known as the Sulu group.

The crew of a Sulu pearling schooner consists of seven to ten men, who may be Chinese, Japanese, Filipinos, Moros, or East Indians.

The shells are about a foot in diameter, rough, and of a sombre drab color. It does not take many hundred to fill a net or many reefs to make a cargo.

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HEALTH

The Staff of Life.

Bread always has been called "the staff of life." That old saying came into existence when bread and its making was in the primitive state.

The wheat and rye were harvested and prepared for food in a more or less crude state. But that state left the grain almost whole, and all the virtues were allowed to remain intact.

To-day, bread, as made either at home or in bakeries, is more of a menace to health than "the staff of life."

Yeast, when combined with dough, changes a portion of the starch of the dough into sugar, and this sugar is alcohol and carbonic acid gas, and as this gas cannot escape through the gluten of the dough it collects in small bubbles throughout the mass and causes the loaf to greatly enlarge until the fermenting process is checked.

By the chemical changes which take place in the sugar alcohol and carbonic acid gas form 10 or 15 per cent. That takes away from the nutriment of the bread 10 or 15 per cent, rendering it unhealthful by the development and presence of the gas and alcohol.

Those elements of the grain which go to make bone, teeth and brain are largely removed by boiling, and the lime and phosphorus which nature has placed next the inner surface of the bran are mostly removed with the latter by bolting.

The coarse elements in grain are those beneficial to health. And these elements are, therefore, almost entirely absent in fine flour and the consequence is starvation of the teeth and bony structure of the body.

As long as people continue to use fine bolted flour, with nearly all the elements of bone sifted from it, they must expect to have decayed teeth, and feeble, slender bones.

If there is no reform in this direction but a few generations more our ossuaries systems will have dwindled down to dwarfish size, and natural teeth in the young will be found very much inferior to what they are in this generation.

If whole wheat, corn meal and rye were used exclusively for making bread, and no hot fine flour biscuits or bread were allowed to appear upon the table, there would be little indigestion (for indigestion is a condition of fermentation), no headaches and better regulated systems.

When you have growing children try feeding them with oatmeal bread, whole wheat, rye or corn bread, and place fine white flour bread and shirer you cannot fail to see a great improvement in their health, strength and sturdiness inside of six months.

Too much care cannot be given our children, even though we neglect our own systems. A future generation depends on our care of this one.

NAVIGATING THE SKEENA.

A Traveller Gives an Interesting Description of a Trip.

The frontier is the place for makeshifts and stop-gaps. Something that will serve must be made to do. Thus when you take a steambot on the Skeena River in northwestern Canada you must expect neither the comfort nor the safety you take for granted on the Hudson.

The bronze captain standing on the bridge gave a grin and nodded his head significantly at the waterway boiling and rushing at our feet.

"We don't navigate this river; we juggle our way down it," he said. "And if you don't do the trick neatly, what then?"

"Oh, we just go to the bottom, that's all. We manage as a rule to plump her nose into the bank and give the passengers a chance to get off."

"What happens to you if you lose the boat?"

"They just give us another in double quick time. We have no doubt of trade inquiries out here. What's the use? No one has a chart of the river; it never runs two days alike; captains are few and far between. If you lose the boat, it's just hard luck. That's all there is to it."

Such is the Skeena River steambot captain's happy-go-lucky philosophy. It is typical of those who have to steer their way up and down this fiercely moving channel of water.

These men have to learn from experience where the innumerable dangers lurk unseen, and knowledge of the position of a great many rocks has been gained in the Irish pilot's manner, by scraping the boat's hull over them, generally with no benefit to the boat! Numberless boats have gone down. Why, in one year the whole traffic between Hazelton and the coast was tied up, just because every vessel had hit hard luck, and was either a rusting shattered hulk at the bottom or lying a wreck on the bank. The Indian canoe was for months the only available vehicle of transport.

We soon came to close grips with the foe. We had cast off the last rope, and the speeding waters picked up our little vessel and hurried her along viciously. On each side the river bubbled and frothed, with fringes of combing foam, indicating the presence of sharp rocks just below the surface, ready to give a savage snap at the boat if she ventured too close.

The captain's telegraph rang continually; the engineer never left his station for an instant. Clang followed so hard after clang that it was strange that the engineer could interpret the instructions correctly, and without hesitation.

In this upper stretch the worst place is the "Hornet's Nest." Certainly no band of yellow jackets was ever readier to sting the interloper than are those jagged rocks. The surface is merely an expanse of short, choppy, milky waves tumbling and fussing in all directions.

The Great Seal of England that Lord Haldane handed to the King when he resigned the Lord Chancellorship is, says the London Chronicle, a more elaborate article than most people imagine. It costs about \$3,500 to make it, and it consists of two heavy silver plates, in one of which is cut the die for the front of the seal, and in the other, that for the back.

THE SUNDAY LESSON

INTERNATIONAL LESSON. NOVEMBER 7. Lesson VI.—Joshua Repairs the Temple, 2 Kings 11, 21 to 12, 16. G. T.—2 Cor. 9, 7.

I. Neglect to Repair the Temple (Verses 4-8).

Verses 4, 5. Joshua said to the priests—Several years after his accession to the throne. In 2 Chron. 24, 7 we have an account of the way the sons of Athaliah ruined the temple.

All the money of the hallowed things—that which was given for the vessels and accessories of the temple service. (See 1 Kings 7, 48-51). For whom each man is rated—See Exod. 30, 12; Lev. 27, 23-25; Deut. 16, 10.

Repair the breaches of the house—The word repair means to fill up, to talk, indicating the sort of holes in the temple walls.

7. Why repair ye not the breaches?—As no blame was attached to the priests by the king for their neglect in keeping the temple in repair, it is presuming that these really were no money on hand for the work of restoration. Their honesty was not impugned, for in verse 9 we read they were put in charge of the public offerings.

Take no more money—The "house to house" collection ordered in 2 Chron. 24, 5 was now to close and the offerings were to be made beside the altar in the temple itself.

II. The Chest of Money (Verses 9-12).

9. All the money that was brought—See 2 Chron. 24, 9, 10.

10. When they saw that there was much money in the chest—They could determine the amount by the weight of the chest.

Put up in bags and counted the money—As the money was uncoinced gold and silver, it was first tied in bundles, each bundle weighed and counted.

11. Into the hands of them that did the work—That is, it was paid in gross to the contractors, who in turn paid the carpenters, masons, etc.

THE GREAT SEAL.

A More Elaborate Article Than Most People Imagine.

The German Ministry has announced that owing to a scarcity of copper all chandeliers and lighting apparatus as well as works of art, such as statues, will be taken over by the Government. Lighting appliances not in daily use will be taken first, but it is stated that the Government soon will have to seize all the copper in Germany.

Germany Needs Copper.

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THE ORIENTAL FATALIST.

An Incident in a Caravan Journey to Bokhara.

We were standing round a small fire,—wrote Arminius Vambey, the Hungarian linguist and traveller, in his account of a caravan journey to Bokhara,—when we were startled by two reports from firearms and the loud yelling of some person who was badly hurt.

The cause of the affray was this: Several horsemen who were conveying the annual taxes from Shiraz to Teheran had come up with two Jewish sheepkeepers, whom they first insulted, neither of them a caravan man, and a Persian of our company interfered. One of the horsemen became so enraged that he lifted his rifle and shot at the Jews. He afterwards declared that he had intended to frighten one of the Jews by shooting through his cap, but he missed his aim and hit the Persian's arm.

The incident so exasperated the whole caravan that our men pursued the culprit and brought him back securely tied. The poor wretch was given such a beating that he was unable to walk, and was placed with his victim on a mule.

MISSILE FOUND BY X-RAYS.

Bullet Taken From Heart and Soldier Still Lives.

The opening of a chamber of the heart and extracting a bullet is reported by Professor Freund and Doctor Casperin in the Munich Medical Weekly. The patient was a young soldier who had recovered from a bullet wound through the liver. Upon X-ray examination preceding his discharge from the hospital a foreign object was discovered in the heart.

Shooting for Rain.

An Expert Says Cannonading Will Not Cause Rain.

At a recent meeting of the Royal Meteorological Society, Dr. H. R. Mill, director of the British Rainfall Organization, discredited the theory that the firing of a gun causes rain.

The Warm Bath.

Smythe's mistake, which is described in an English contemporary, must have been disconcerting, to say the least.

Much Alike.

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A Bird Home.

One day Philip Merrill and his father went to a beautiful little place in the country.

When they reached the station, they walked down the road until they came to some curious gateposts. On one post were the words "Birdcraft Sanctuary."

Philip asked his father what "sanctuary" meant, and his father said it meant a refuge—and that here birds could come and be sheltered and live safe from harm.

Philip's father took him inside of the gate. There were wide paths made through briery tangles, and there was a little pond of water, some hills, and plenty of trees.

Philip saw bluebirds, robins, song sparrows, and juncos. Only people

Fashion Hints

Odds and Ends About the Styles.

Dr. Thomas H. Norton says: "One way to solve the scarcity of dyestuffs is to educate the people to wear white hosiery."

Handbags are much more conspicuously elegant than they have ever been. Even the severe shopping bag of leather has a clasp of semi-precious cabochon stones.

The inside laced boot has certainly gained a victory over the buck lace. One sees every well-gowned woman wearing them.

The Runaway.

In spite of scoldings, Helen persisted in running away from home. One day, after a longer absence than usual, her mother asked, "Helen, dear, how do you get your conscience trouble?"

Peace Hatred and Prejudice

Peace Will Come to the World When Men Will Walk in the Creator's Paths.

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who wished to study the birds could go inside the sanctuary, and only by permission.

Stepping-stones led to the tops of little hills, and on one hill Philip and his father found an open summer-house, where they could sit quietly and see all that went on in the sanctuary.

Near the gate was a small museum. In the museum were stuffed birds in cases round the sides of the room; but Philip forgot that they were not live birds, for it was like looking into the real outdoors and seeing the birds were beautifully painted scenery and the foregrounds were like the ground in woods and fields.

On his way home Philip said that some day he, too, would have a bird sanctuary.—Youth's Companion.

and tumbling down one side of the skirt is a trail of delicate fairy-like flowers of silver tulle.

Handbags are much more conspicuously elegant than they have ever been. Even the severe shopping bag of leather has a clasp of semi-precious cabochon stones.

With the high shoe the white stocking is the same thing, anyway. It is cleaner, because it can be boiled in the washing; and, without doubt, the white stocking makes for comfort. Many women who hobble about on aching, twinging feet could secure comfort by avoiding dyed hosiery and wearing white.

Many women fabrics have wide borders of embroidery in heavy corded silver threads with openwork. There are many striped patterns, principally in Agnella, which resembles the old-fashioned Scotch homespun. Trimmings are chiefly of metal embroidery and fur, though some odd silk and wool embroidery is used on afternoon and street gowns.

Low shoes are very slipper-like in shape.

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