

Before this war we heard much of decaying nations. We heard the prediction that war would test and reveal their weakness.

Where are those decaying nations? Where must we now look for that deflection of fibre of a race?

Not in France, where the people steeled to the struggle, fight on with grim courage that fills the world with admiration.

Not in Great Britain, which continues to exhibit, both in the western area and in the east, proofs that the fibre of the race is as strong as ever.

Not in Italy, where the united nation moves heroically to its tasks and vindicates on the cloud-capped summits of great mountains the courage and purpose of the race.

Not in Serbia, that little giant of the Balkans, never more national, more courageous, more deserving of praise than now.

Not anywhere—neither on the land nor the sea nor in the regions of the upper air—has any nation been found wanting.

This, then, the war, at least, has proved: The nations upon the continent of Europe, judged by the most tremendous test that came upon a people, have a right to live—to work out their destinies—to be themselves.

They have been weighed in the awful balance of war and have not been found wanting.

Incas Discovered the Only Drug That Cures Disease. There is good reason to suppose that men of talent received more encouragement from the Incas than they would from a modern democracy.

Statistics of Red Cross Work in Ontario. In a great many towns joint Red Cross and Patriotic Fund campaigns have been conducted, in which either 50, 25 or 40% of the proceeds went to the Red Cross.

In Bowmanville, for instance, nearly \$22,000 was raised, in Midland \$17,000, in Campbellford \$11,000, in Orangeville \$7,000, in Alliston \$5,000, in Shelburne \$5,100, in Beeton \$2,000, in Cromore \$2,500, in Staynor \$2,500, and in Sault Ste. Marie \$70,000.

This campaign method produces large sums of money, as can be seen in the published results of Trafalgar Day, but that should give no discouragement to the small branches which by faithful systematic work keep alive the Red Cross idea from one end of the year to the other.

These few figures are a good indication of the way in which, in Red Cross matters, Ontario is discharging its duty, as the province of largest population and greatest wealth.

Red Cross News. The Beaches Red Cross Auxiliary of Toronto have in the past year collected \$4,700 cash and have made 14,800 articles.

The Vancouver Red Cross reports a total cash contribution of \$75,147 during the past year. Shipments of Red Cross supplies have consisted of 1,080 cases, containing 861,000 articles.

The year's record of the Toronto Red Cross Society shows a total cash contribution of \$166,873 and supplies comprising 675,000 articles of a value of \$108,500.

Since August the St. John Red Cross has used 52,000 yards of material in making garments for wounded soldiers.

Berlin, Ont., is raising \$20,000 for the British Red Cross by the issue of debentures. Miss Mary Hall, an African explorer, who is a member of the Royal Geographical Society, is on a lecture tour in Nova Scotia in aid of the Red Cross.

Not Necessarily. "Do you believe in marrying for love?" asked the sentimental girl whose face was her principal misfortune.

"Not necessarily," replied the gray-haired parson. "As a rule, I usually marry for money."

HEALTH

Nervousness. Women who suffer from nervousness can generally attribute the cause to overindulgence of some sort, or to the use of liquid beverages consumed with food.

The symptoms which indicate the nervous action of tea are sufficiently characteristic. They are intensely severe, headaches, constipation, flatulence, unsteadiness and feebleness of muscular power, and not infrequently low spirits amounting to hypochondriacal despondency.

Women who have two or three cups of tea with each meal find themselves in a semi-hysterical condition. Taken before going to bed, it prevents with the process of sleep.

Coffee, though less injurious than tea, is even in slight excess a source of derangement of nervous action. Its effect is to relax the minute vascular network and increase glandular secretions.

Coffee, like tea, induces dyspepsia and perhaps with even more activity than tea. It keeps the brain awake (as the caffeine in it acts as a great stimulant) when that organ ought, according to nature, to be asleep.

Coffee is not as dangerous as tea, as it is not an astringent and does not, like tea, suppress the secretions of the kidneys and does not lead to mental depression or nervous irritability.

Tea when taken as a refreshing beverage is really very beneficial. One cup of tea for breakfast is sufficient. One for luncheon, hot or cold, will never cause distress, but when tea is taken for luncheon it should never be taken in the afternoon. The mistake is made in taking it too often. Two cups each day is sufficient.

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ADDRESS TO BRITISH GIRL MUNITION WORKERS



The picture shows Mrs. Winston Churchill opening a Y.W.C.A. building for girl munition workers at Edmonton, a suburb of London, England.

The Connaught Red Cross Society is the name of a new branch recently organized in Grand City, Man. The city Post Office employees in Ottawa have donated to the Red Cross a motor field ambulance received by the Ottawa Red Cross.

Richard Livingstone, charged in the London police court with making a false statement that the Red Cross is selling socks to soldiers, before securing his release was forced to sign a legal affidavit repudiating this allegation.

\$1,575 has been raised by the Melford, Man., branch of the Red Cross, as shown by its annual report. Members of the Brook Chapter of the Daughters of the Empire have organized a new Red Cross branch at New Dublin near Brockville.

A new Red Cross auxiliary branch has recently been formed in Naskapi. The Red Cross at Eganville near Ottawa has collected \$973 during the past year.

The inmates of the Hospital for Incurables in Toronto have, during the past year, made for the Red Cross 2,000 bandages, 5 cases of surgical supplies, and over 500 knitted articles.

Andrew Schaab, of Wilkie, Sask., has donated a town lot, to be sold at auction for the Red Cross. The St. John, Newfoundland, Red Cross Society has raised \$1,500, which is to go toward the establishment of a Newfoundland ward of 25 beds in one of the British Red Cross hospitals.

In addition St. John's raised over \$5,000 on Trafalgar Day. Employees of the Saskatchewan Division of the C.P.R. recently donated \$500 to the Red Cross. The Cobalt branch has recently sent out its record shipment of Red Cross supplies. It amounts to 89 cases, making a grand total of 475.

The Railwaymen's Patriotic Association at Barrie have just ordered a second motor ambulance for the Red Cross. This association has raised \$3,700 to date. The annual report of the Barrie branch of the Red Cross shows a total membership of 264 and annual receipts of \$12,278.

The Ogden Hotel, presented to the Alberta Red Cross by the Calgary Brewing Co. as a home for wounded soldiers, was formally opened last week in Calgary by the Lieutenant-Governor. The building has 64 rooms and is completely furnished with beds and all accessories. In each room three or four beds can be installed. The building cost the donors \$125,000. There are already ten soldiers in the home.

The London Red Cross, the shipping port for Western Ontario, has expanded its operations so much that it is now shipping directly to Montreal and Halifax instead of, as formerly, through the head shipping office in Toronto.

Over 20 religious communities in the Province of Quebec have contributed supplies to the French Canadian section of the Red Cross. Metcalfe Red Cross Society near Ottawa have collected in the last year \$937 with a membership of only 20. A Chatham boy, seven years old, sold two pet rabbits to make a contribution to the British Red Cross.

The year's revenue of the Louisville, N.S., Red Cross has been \$618. Over \$17,000 has been collected by the hands of the treasurer of the Barrie branch of the Red Cross during the past year. The United Growers of Okanagan, B.C., have sent over 5,000 boxes of apples to the Red Cross hospitals.

The Red Cross realized \$409 by a fair at Glace Bay, N.S. One of the prizes was a sale by auction of a live pig. The International Society of the Red Cross at Geneva has notified the British War Office that the Great Red Cross Society has volunteered to furnish information to the families of English prisoners of war in the hands of Turkey. 1,200 wounded men were brought in one Red Cross train from the northern theatre of war to Biberich in the south of France, the famous fashionable health resort.

Keep Food for Army Hot. One difficulty of the Italian commissariat is to get food from the valleys to the camps in the mountains. The difficulty has, however, been solved by a device which is "cooking cases" designed by an Italian. The food is contained in a huge pan of aluminum with a circular opening, which can be closed hermetically by screws. The pan is enclosed in a case lined with cotton and cork and the food keeps hot for more than ten hours.

Fashion Hints

What to Wear and How to Wear It. The average woman looks with cold-storage suspicion upon border fabrics, and she may well do so. Only the cleverest of designers can use these materials with good effect, for too much trim.

A very beautiful evening gown is made of Dresden bordered chiffon, and it bears the cachet of the artist. The underpiece is of fine net with narrow ruffles with picot edge. The tablier, with front panel of lace, is made of the chiffon, the figured border forming a wide band that droops slightly in the front, lifts at the sides and drops again at the back. Attached to the chiffon is an insertion of lace, then a picot band of chiffon. The lace panel that extends down the front of the costume parts at the waist line and continues in two pieces to the shoulders, permitting a bit of the Dresden design to appear as a tiny vestee.

The sleeves of chiffon are unique. They have merely the short under-sleeve, which takes the form of a square-cut shield, held over the upper arm by means of crossed bands of narrow chiffon. The centre is a silver cord.

If you are thinking of getting a new blouse for your street suit select the same color as that of your coat lining. It is said that this must be. The effect is very pretty, when the coat is being removed. If your jacket lining is too gay and dizzy, then have your blouse of plaid or stripe, with one shade of matching.

The humorous waists of the moment have pantallettes attached to them, and the separate skirt is slipped on last. Another new note is the narrow ruching of taffeta sewed to the inside of the hem of the skirt. The color may match the trim of the suit, or the blouse. When the creature walks or canters, little circular skirt swings very bright and cheerful, fluttering about hither and yon.

Small fur pastilles, always short-haired, soft-surfaced pelts, are used as decorations for blouses of soft fabrics. They are appearing not only on blouses of satins, chiffons, crepes and silk veilings, but also on lingerie waists, which—to say the least—is a bit startling.

Fitch, seal, squirrel, beaver—all the short-pile furs, in fact—are utilized in this manner. They are sometimes sewed on, but more generally are attached by means of tailors' gum.

Perceptible length of life may be given to all embroidered edgings by running a straight row of close machine stitching just at the head of the scallops or points. This is easiest done in the flat, but can be done on this treatment the whole inside of a ruffle will often give way before the edge. Judgment has to be used as to the size of the thread employed. No 50 is coarse enough for heavy embroideries, higher numbers for finer grades. The stitching is not noticeable after laundering.

Candle Puts Itself Out. It has been found that candles can be fitted with attachments to extinguish the light at a set time. To determine the length of time it is necessary to mark a candle with a certain length of it will burn. Then it is sufficient to suspend a small metal dome or cap, to which a string is attached, directly over the flame, and run the opposite end of the string over nails or through screw eyes, so that it can be tied around the candle such a distance from the flame as to that the part between the flame and the string will be consumed in the time desired for the light to burn. When this point is reached the string slips off the candle and the cap drops on the flame.

Plain Talk. British Tommy (somewhere in France)—Speak English, Moosoo? French Shopkeeper—But—yes—a lecture, M'sieur. British Tommy—Righto, then give us ten pounds of spuds, an arnee of bacon, a packet of fags, and a box of 'lights, an' be slippy!

GERMANY'S IGNOBLE BACK-DOWN.

By Chas. M. Bice, Denver, Col. After much "crimination and re-crimination" between the governments of the U. S. and that of Germany, the Kaiser has at last yielded to the American demand respecting submarine depredations.

Some people call this a diplomatic victory for the Yankee nation; but others are equally insistent that Germany has yielded only because "the waters were made too hot" for her by the activity of the British naval force. Whatever may be the real cause of Germany's acceding to America's demand, the result is equally glorious and reassuring. Regret, disavowal and indemnity are all conceded by Germany, with the assurance that the Teuton will hereafter be good.

We are assured that the Kaiser's order to his submarines has been made so drastically stringent that the recurrence of incidents similar to the Arabic and Lusitania cases is considered out of the question.

At the outset of the negotiations Germany asserted her right in unmistakable terms to continue her original submarine policy, and stated in its first note that "the German Government is unable to acknowledge any obligation to grant indemnity in the event of the commander of the submarine should have been mistaken as to the aggressive intentions of the 'Arabic.'"

But, in the note a month or so later, we were informed by Count Bernstorff, that Germany is prepared to negotiate concerning the amount of the indemnity to be paid for the disaster, and this is expressly stated, whether the submarine commander was convinced or not, that the Arabic intended to ram the submarine; and Germany has gracefully yielded to the testimony of the British officers to the contrary. The Imperial government, in the same note, assured America that "the attack of the submarine was undertaken against the instructions of the commander," and that "the Government disavows the act and has notified the commander, Schneider, accordingly."

We have some recollection of a "war zone" decree, and the liberal dimensions thereof, as set by the German naval officials, but all this is now a mere reminiscence, it seems, and we are to hear no more about it. This is a signal and surprising victory for the whole world, for it fixes the limits of submarine activity for all time, and demonstrates how ill-founded were Mr. Bryan's direful apprehensions that found expression in his resignation as a cabinet officer. What a chance for immortal glory his evil genius induced him to throw away!

This is not merely an American victory. In principle the U. S. has been defending the rights of all neutrals, and all will rejoice over the success of American diplomacy. The result will make it easier to broaden and strengthen the code of international rights when the present war is ended. Force has bowed to reticence, and morality has dominated power once more. President Wilson's statesmanship, inflexible will and lofty courage have again triumphed, and though based at home by the impatient, and heckled by Teutonic sympathizers, he deserves and will receive the adoration of a grateful people.

Certain papers in this country that stand for America's preparedness, however, are disposed to belittle the achievement, and claim, if there is a triumph, it is naval rather than diplomatic, for, say they, "Germany has abandoned her submarine warfare against merchant shipping and the rights of neutrals because the British fleet has made the submarine question a dead issue."

What about the Lusitania? demand unsettled. That question is still unsettled. But Germany's answer in the case of the Arabic, and the concessions therein made, and principles enunciated, should easily apply to the Lusitania when the time comes to settle that dispute. It is enough to know that the weapon she relied upon has been struck from her hand, and that ends it.

The President got nearly everything he demanded, bit by bit, and the American public kept its head and backed the President. The war-toters and peace-at-any-price fawners, and the angry hyperbated citizens have had their day in court. The public has had enough of them. Whether the President "muddled through" in the diplomatic controversy, as some claim, or not, we have escaped the danger of being dragged into an ignominious war.



The Dreamland Boat.

It was a beautiful, golden afternoon in summer, and Lawrence, as he lay on the white, hard sand, could not help thinking that the ocean had never seemed half so lovely.

"How I wish I could dance and play like those great waves!" thought the boy sadly, for he was not like the other boys; he was lame.

"I don't see how I am going to stand it all my life. If I did not love my dear music so much, I don't know how I could get along."

At these words he placed his curly head on his arm, and in a second was away in the land of dreams. "What a very pretty sight!" he whispered. "What can it mean? What lovely little boats! I do believe they are the 'rests' that I was learning in my new piece of music, and that I had such a hard time with last evening. But what a strange place for them to be in!"

NEW HYMN OF HATE. German Chant of Sword Expresses Pride in Wanton Murder. The Berne correspondent of the Pall Mall Gazette says Germany's "Hymn of Hate" has been supplanted by "The Chant of the German Sword"—a composition brought out in Leipzig a week or so ago, which has already run into half a dozen editions.

This is what the anonymous author makes the "German sword" say: "It is no duty of mine to be either just or compassionate; it suffices that I am sanctified by my exalted mission, and that I blind the eyes of my enemies with such streams of tears as shall make the proudest of them cringe in terror under the vault of heaven."

"I have slaughtered the old and the sorrowful; I have struck off the breasts of women; I have run through the body of children who gazed at me with the eyes of the wounded lion. 'Day after day I ride aloft on the shadowy horse in the Valley of Cyphresses; and as I ride I draw forth the life blood from every enemy's son that daves to dispute my path. This is what the anonymous author makes the 'German sword' say: "It is no duty of mine to be either just or compassionate; it suffices that I am sanctified by my exalted mission, and that I blind the eyes of my enemies with such streams of tears as shall make the proudest of them cringe in terror under the vault of heaven."

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"When Germany the divine is happy, then the rest of the world basks in smiles; but when Germany suffers, God in person is rent with anguish, and, wrathful and avenging, He turns all the waters into rivers of blood."

Next-Door Neighbors. For six years a bitter feud existed between the Browns and Robinsons, next-door neighbors. The trouble had originated through the depredations of Brown's cat, and had grown so fixed an affair that neither party ever dreamed of "making up." One day, however, Brown sent his servant with a peace-making note for Mr. Robinson, which read—"Mr. Brown sends his compliments to Mr. Robinson, and begs to state that his old cat died this morning." Mr. Robinson's reply was bitter. "Mr. Robinson is sorry to hear of Mr. Brown's trouble, but he had not heard that Mrs. Brown was ill."

Sending Power Under the Sea. The first instance in Europe of the use of a submarine cable for the transmission of high voltage electric power current will be in connection with the project for supplying practically all of Denmark with cheap electricity for both light and power, generated by water power in Sweden. When completed power sufficient to provide for an area of 600 square miles will be brought across three high-pressure cables laid under "the sound" at the entrance of the Baltic Sea. The electricity is to be generated with power from the Swedish River Lagan supplemented with the use of low-grade coal.

Be Not Therefore Anxious. "Be not therefore anxious for the morrow, for the morrow shall take thought for the things of itself."—Matthew vi., 34. Anxiety, not forethought, is the forbidden thing. Anxiety is another word for worry, and the old Teutonic it is wargen, or worry, carries with it the picture of a wolf catching a sheep by the throat. Worry is well named. It strangles happiness and strangles efficiency. It is a condition of chronic fear. It is all the evil effects of fear upon both mind and body.

Worry, even in its chronic forms, is curable. The first step toward eradicating it must be taken on the physical side. The body must be trained to obey the will unhesitatingly, because worry is a sign of indecision, and indecision cannot be controlled. "What Thou Doest Do Quickly," said Jesus. There is no better remedy for irresolution. Think things over, count the cost, make decisions with all the wisdom and foresight available by it. Let hand and foot decide, instantly and perfectly with the manner of the will.

The next step taken must be mental. Where worry comes, as it often does, from absorption in a narrow range of interests, the interests should be enlarged. A field cannot be planted with the same crops year after year without becoming impoverished. A mind cannot be filled with the same thoughts without becoming jaded. Specialists in any line of work should cultivate hobbies as a matter of self-protection. Their reading may well be directed along lines quite foreign to their ordinary occupations.

The Final Cure for Worry is religious faith. The normal man is religious by instinct, but often drifts into irreligious ways, and something within him is stifled. Much of the anxiety that is attributed to external causes has an internal cause. It is the protest of a violated moral nature meant for higher uses and degraded by a merely physical existence. "Is not the life more than meat?" In prayer, in worship, in all the practices of faith, the profoundest and most wholesome instincts in a man's whole nature find release and expansion. When these are given their freedom they act as wings, and upon them the spirit of a man mounts out of gloom and anxiety to the sunnier spaces that are now within his reach.—Rev. Howard C. Robbins.

THE SUNDAY LESSON

INTERNATIONAL LESSON. NOVEMBER 21.

Lesson VIII.—Jonah's Missionary to Nineveh, Jonah 3, 1 to 4, 11. G. T.—Matt. 23: 19, 20.

I. Jonah Goes to Nineveh (Verses 1-4). Verse 2. Preach unto it—Jonah was not a novice at preaching. He was chaplain to Jeroboam the second (2 Kings 14, 25).

3. Three days' journey.—That is, twelve hours of the day.

II. The Ninevites Repent (Verses 5-10). 5. Believed God.—Not only because they were religious, but because Jonah mightily stirred them.—They proclaimed a fast.—This was not official, but a spontaneous response to the religious fervor created by Jonah's preaching.

6. The tidings reached the king.—It is meet and right that I should cry aloud my praise, for am I not the flaming messenger of the Lord Almighty?

"Germany is so far above and beyond all the other nations that all the rest of the earth, be they who they may, should feel themselves well done by when they are allowed to fight with the dogs for the crumbs that fall from her table.

"When Germany the divine is happy, then the rest of the world basks in smiles; but when Germany suffers, God in person is rent with anguish, and, wrathful and avenging, He turns all the waters into rivers of blood."

7. Neither man nor beast.—Showing the intensity of the revival. Even the brute creation was to be affected. Compare Rom. 8, 22.

10. God repented of the evil.—A broken and contrite heart God will not despise. He cannot visit anger on the repentant (see Psa. 34, 18).