

### METHUSELAHS ALL!

At the rate science is conquering disease and perfecting methods of sanitation there is a possibility that man may soon know how to live for one thousand years, notwithstanding the fact that today he falls short, by twelve years, of the Biblical life span of "three score and ten." That is to say, a baby born to-day should live for fifty-eight years. That may not strike everyone as a "ripe old age," yet it is twice as long as the average person lived at the time of Shakespeare.

A noted German chemist, Professor Fritz Haber, recently stated his belief that men would learn eventually to live for ten centuries or more, basing his belief on the fact that the human body has various essential chemical agents known as "enzymes." These deteriorate until death results, so if science can supply a substance to prevent these important chemical agents from wearing out, life can be prolonged as long as the old enzymes are replaced.

Because it does exactly what Professor Haber suggests, insulin, used in the cure of diabetes, has been acclaimed the greatest discovery of the century.

Another scientist believes that old age may be caused by a still unknown chemical substance—a poison—that finds its way into the blood and attacks the body cells. The groups of cells that are weakest, he believes, succumb first, and the particular part of the body that they make up actually dies, while the rest of the body continues to live—What we call death, he believes, does not occur until the various parts of the body have surrendered one by one.

**Solving Mysteries of Life and Death.**

Many times Dr. Alexis Carrell, of the Rockefeller Institute, has kept alive human tissues long after the burial of the body from which they were taken. The transplanting of an organ from a dead body to a living one, where it continues to act perfectly, is an operation performed quite frequently.

Professor J. E. Wolsdalek has demonstrated an ability to control at will the life processes of certain species of insects. Merely through scientific methods of feeding he has caused mature laboratory specimens to live their lives backwards again to the hatching age. Then he has caused them to redevelop to maturity. He has succeeded also in arresting their development at any age he chose, causing them to live without growing older or younger.

Dr. George W. Crile sees the human body as a great electrical plant. The "vital spark" is an electric spark passing through the body over specks of tissue known as "neurons" that make up the nerves. When the body parts or functions become defective, the contacts are broken in the bodily electric current, and eventually we die.

Various names are used by scientists in describing processes by which the "vital spark" flames and is extinguished, yet in essentials the theories are amazingly similar—an indication perhaps that science is on the right track in attempting to solve the mysteries of life and death.

### "Honest Jack Fuller."

"The tremendous John Fuller," as he was called by Wilberforce, "Honest Jack Fuller," as he called himself, is probably a person few Canadians have ever heard of, yet he once made a speech in Parliament that it can scarcely be doubted is oftener quoted on this continent, as well as in England, than the most eloquent utterance of Pitt or Burke. For it was in the peroration of a speech otherwise forgotten that Fuller—who was a "tremendous" Tory—adjudged his partisans and fellow Tories to action in a phrase that may fairly be said to have passed into the English language as the standard expression of a "tremendous" triple emphasis: "a long pull, a strong pull, and a pull all together."

Honest Jack, or tremendous John, Fuller, is described in a volume of recently republished reminiscences by a resident of his county as having been a rather rustic, coarse and obstreperous person, with small knowledge of the arts, graces and refinements of life. His native place was Brightling, in Sussex.

The story goes, writes his fellow countryman of that county, that once upon a time the leading man of the church choir asked Squire Fuller to give a musical instrument or two to assist in the singing. He promised when next in London to see to it, and he took the way to be right by applying to the shopkeeper at the music store for advice in a matter of which he was entirely ignorant.

The man of melody recommended a bassoon.

"Send a dozen!" shouted the patron, and out of the shop he booted; and down to the village of Brightling, in Sussex, addressed to the churchwarden, came a case containing twelve bassoons for the free use of the choir, more to the chagrin than the delight of the rustic singers. Fancy, the first time the square appeared again in church, twelve bassoons in a circle in the gallery, each man doing his best with the coy but stubborn instrument! I would rather be away in the fields. However, the gift showed good-nature, which is akin to charity, and that virtue covereth a multitude of sins. So we will suppose the old squire to have been as good a man as any to have his fellows, his neighbors and his contemporaries.

## RED BLOODED MEN AND WOMEN

Get More Pleasure Out of Life and Are of More Use in the World Than Sickly, Rundayn People.

There are people who lack the red blood to give color to their lips, warmth to their hands and brightness to their eyes.

These people tire easily and cannot compete in school, store or shop with the more energetic. Their blood being thin they are nervous and do not sleep well. Arising in the morning unrefreshed they begin each day badly and miss much of the pleasure of living.

To become active and energetic like most red-blooded Canadians, these people need a blood-building tonic.

A tonic that gives strength, that revitalizes weak nerves, that increases the appetite and aids digestion will put color in the cheeks and lips and give vigor to the step. That means new joy in living, increased usefulness and longer life.

Where ever you find a person who has taken Dr. Williams' Pink Pills faithfully you find an enthusiastic friend of the tonic that has made life mean more in many ways. These blood-making pills have been used by three generations of Canadians and in almost every community, however small, can be found those who owe health and happiness to this famous household remedy.

**Weak and Run Down.**

"I wish from my heart I could persuade every person who is run down in health to give Dr. Williams' Pink Pills a trial." Thus writes Mrs. Louie Mitchell, Oak Point, Man., who further says:—"About a year ago I was a weak woman, suffering from a run-down system and impoverished blood. Any little exertion would cause my legs to tremble and my heart to throb violently. I could not sweep a room or walk fifty feet without being exhausted. Then I began taking Dr. Williams' Pink Pills and after taking only six boxes I am as well and strong as ever. I can walk and run without stopping every few seconds gasping for breath as previously. Dr. Williams' Pink Pills will be my stand-by in the future if ever my blood needs building up again, and I shall always find pleasure in recommending them to anyone needing a tonic."

**Polish Cops Study Languages.**

Polish policemen are being taught foreign languages. Those proficient in other tongues besides their own wear on their arm the first letter of the name of the other language spoken.

**Testing a Tradition.**

Near Ullensaker, in Norway, is a grass and tree-grown tumulus, 60ft. high and over 200ft. in diameter. An ancient legend says it contains a stone chamber in which are the remains of an unknown king, lying on a couch between two white horses.

In 1870 an attempt was made to open the mound, but after several perilous falls of tons of earth and sand the excavators abandoned the work. Archaeologists are now preparing to make a fresh attempt to test the truth of the tradition.

**Sammy Knew.**

"Why, Sammy," said a father to his little son, "I didn't know your teacher whipped you Friday."

"I guess," replied Sammy, "if you'd been in my trousers you'd know'd it!"

**WE WANT CHURNING CREAM**

We supply cans and pay express charges. We pay daily by express money orders, which can be cashed anywhere without any charge.

To obtain the top price, Cream must be free from bad flavors and contain not less than 30 per cent. Butter Fat.

**Music, the Great Civilizer.**

Music is the greatest civilizer in the world—its language is universal, its magical effect is the same, to black or white, red or yellow. It can stir the emotions of every race.

Fill the world with song by every means available. Let music be broadcast, as it were, to the remotest parts of the earth, and the beneficent results will be, more beauty in life, greater prosperity in the world of commerce, less unemployment in the ranks of labor, and a golden age of good-will to men of every race and in every clime.

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**Help for Nervous People.**

Are you pale and weak, tired most of the time, out of breath on slight exertion?

Are you nervous, is your sleep disturbed so that rest does not refresh you?

Is your appetite poor, your digestion weak and do you have pains after eating?

If you have any of these symptoms you need the help of such a reliable tonic as Dr. Williams' Pink Pills. Read what Mr. W. W. Francis, of Calgary, Alta., says of this tonic. "After returning from overseas," writes Mr. Francis, "my whole system was in a badly run down condition. I became nervous, irritable, pale and lost weight. Of course I was given treatment and recommended many tonics, some of which I took, but with no apparent result. At last I could not even sleep. My sister, who is in England, wrote and urged me to give Dr. Williams' Pink Pills a trial, and I can scarcely say how glad I am that I took her advice. My friends were surprised at my complete recovery, but I assured them it was due entirely to Dr. Williams' Pink Pills and I now always keep a box on hand in case of emergency."

**Keep Your System Toned Up.**

Dr. Williams' Pink Pills assist digestion, correct the lassitude, the palpitation of the heart, shakiness and the pallor of the face and lips that are the results of thin, impure blood.

Try Dr. Williams' Pink Pills for anemia, rheumatism, neuritis, nervousness. Take them as a tonic if you are not in the best physical condition and cultivate a resistance that will keep you well and strong. Get a box and begin this treatment now.

**Send for These Health Books.**

Two useful books, "Building Up the Blood," and "What to Eat and How to Eat," will be sent free by The Dr. Williams' Medicine Co., Brockville, Ont., if you mention this paper.

Dr. Williams' Pink Pills are sold by all dealers in medicine or will be sent by mail, post paid, on receipt of price, 50 cents per box.

**The Frontier College.**

The first calendar of the Frontier College strikes a new note in education. This institution endeavors to relate an Arts course to life, and is therefore designed to open the door of opportunity to manual and other workers, hitherto neglected. This institution claims, and with a good deal of reason, that too many of our young people have been sent away from home to acquire an education. This has detached them from the busy work-a-day world, and unfitted them for the daily round and common task of earning a living and helping their families and neighbors.

The Frontier College has broken new ground, and studiously avoids competition with the older universities. It seeks to create an interest in the homestead, farm, camp, shop and other forms of isolated employment—no long overlook.

There can be no question that the time is ripe for such a university. In a country like Canada where manual workers are needed most of all, and where this class will settle in large numbers in the future, it is necessary to bring education to the worker rather than take him away from his work to obtain an education elsewhere. For matriculants who have the ambition, energy and capacity to study alone, courses of study are outlined therein, and due provision will be made so that candidates may write their examinations locally.

Perhaps one of the most interesting features of the Frontier College is the fact that no boy or girl living in the city can win a scholarship. These are offered as a premium to encourage a "trek" back to the land. Substantial fellowships running from \$100 to \$500 are offered to young men and women who go to the frontier and combine manual labor and a few hours of teaching with private study. This is something decidedly new in education and every fair minded person interested in Canada will wish the experiment successful.

Fuller information may be obtained by writing to the Frontier College, Toronto.

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### A Poem You Should Know.

**"The Happy Heart."**

Thomas Dekker was a contemporary of Shakespeare and a popular poet and dramatist in his day. Charles Lamb said of him: "He had poetry enough for anything," and it is quite certain that the following song would not have disgraced Shakespeare himself:

Art thou poor, yet hast thou golden slumbers?  
O sweet content!  
Art thou rich, yet is thy mind perplexed?  
O punishment!  
Dost thou laugh to see how fools are vexed  
To add to golden numbers, golden numbers?  
O sweet content! O sweet, O sweet content!  
Work space, apace, apace apace;  
Honest labor bears a lovely face;  
Then hey nonny nonny, hey nonny nonny!

Canst thou drink the waters of the crisped spring?  
O sweet content!  
Swimmi't thou in wealth, yet sink'st in thine own tear?  
O punishment!  
Then he that patiently wants his burden bears,  
No burden bears, but is a king, a king!  
O sweet content! O sweet, O sweet content!  
Work space, apace, apace apace;  
Honest labor bears a lovely face;  
Then hey nonny nonny, hey nonny nonny!

**Light Brains Are Good.**

Anatole France was a tall and well built man, and the weight of his brain, which is given by Regault as 1,017 grams, did not express its quality. The average weight of the male brain in English tables is a little over 1,350 grams and in French text-books is given at 1,350, so that the brain weight of Anatole France was considerably below the average.

It is obvious that in this case the common belief that the weight of the brain bears a definite proportion to the scope of genius was not exemplified. Autopsies of distinguished men reveal so many variations in the weight of the brain that no deductions even of a general character can be made.

Regault does note that the convolutions of the brain of Anatole France were specially marked and the furrows deep. As it is clear that the convoluted condition of the surface admits of a great increase of the gray matter without the sacrifice of large additional space, so it is reasonable to suppose that the number and extent of the convolutions as well as the depth of the intervening sulci should bear a direct relation to the intellectual powers of the individual.

There is evidence from the examinations of many post-mortem conditions that such is the case, and the weight of the brain of another great Frenchman, Bamberga, is being quoted in support of the generalization, as Bamberga, like Anatole France was found to have a comparatively light brain, with many well defined convolutions separated by deep sulci.

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### Flowers Get Seasick.

Flowers, in common with human beings, suffer from seasickness. This is particularly the case with daffodils, violets and lilacs of the valley. To keep these in good condition requires a great deal of ingenuity. The softest tissue paper is one of the main standards, and in this the flowers are wrapped. They are kept in an even temperature, without water, until the day they are wanted.

Then they are plunged into iced water. The effect is magical. Very soon they are making the "greenhouse redolent with their smell."

### GUARD THE BABY AGAINST COLDS

**By Keeping Baby's Own Tablets in the House at All Times.**

To guard the baby against colds nothing can equal Baby's Own Tablets. The Tablets are a mild laxative that will keep the little one's stomach and bowels working regularly. It is a recognized fact that where the stomach and bowels are in good order that colds will not exist; that the health of the little one will be good and that he will thrive and be happy.

Thousands of mothers have become convinced through the actual use of the Tablets that there is nothing to equal them in banishing constipation and indigestion; breaking up colds and simple fevers; expelling worms and making teething time easy. Among the thousands who praise Baby's Own Tablets is Mrs. Alex. J. Perry, Atlantic, N.S., who says:—"I always keep Baby's Own Tablets in the house as I know of no other medicine for little ones to equal them."

Baby's Own Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

**The World's Best Joke.**

What is the world's best joke?  
It isn't about some man's mother-in-law.

Neither is it what Pat said to Mike. Nor is it what one colored man said to another man during a crap game.

The world's best joke is "Per Capita."

Here is how per capita is determined:  
A man has a million dollars.  
Another man hasn't a dollar.  
But according to per capita, the wealth of the two men is \$500,000 apiece.

**Minard's Liniment for Distemper.**

The preparation of a salesman consists in an analysis of all the different types of customers and the framing up of the arguments that are best suited to convince each before starting out on a trip. Going over the sales list, if you please, and finding out exactly just what people he is going to visit and sizing up exactly what will best suit each of them.

**PUZZLE. Find SANTA CLAUS**

First 4 Prizes each a Wrist Watch  
100 Prizes of each a Fountain Pen

Hundreds of other Prizes

If you can solve this Puzzle and will sell 24 Frosted Perfumes at 10c each, you can win one of the above prizes. Will you do this? It is very easy. If so just mark Santa with an X and send it to us at once and if correct we will send you the Perfume to sell right away.

Selfast Specialty Co., Dep. W. Waterford, Ont.

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### You have been intending to try "Red Rose."

Why not now before you forget.

# RED ROSE

## TEA "is good tea"

The ORANGE PEKOE is extra good. Try it!

### Artificial Niagara Runs All Trains in Switzerland.

Taking a leaf from the rich book of nature, the Swiss have just completed an artificial Niagara Falls which will produce enough electrical power to operate all of the trains in Switzerland. Located at an altitude of 6000 feet in the Swiss Alps, the falls were put into operation the other day by the canton of Valais.

The falls are slightly higher than the American Niagara. Covering an area of more than 250 acres, the dam is 818 feet long and holds 39,000,000 cubic yards of water. Three years were required to build the dam, which cost approximately \$12,500,000.

Mankind has long appreciated the power possibilities in moving water. There is ample evidence of this fact in his early development of the water wheel and in his attempts to harness the tides and even the waves. The increasing emphasis in recent years on both sides of the Atlantic on the development of hydro-electric power is an earnest of what the future holds. And the creation of artificial sources of such power as well as the harnessing of natural waterfalls are engineering feats of which ingenious man may well be proud.

The great advantage in "water fuel" for the production of power is that it can be used over again, indefinitely. When a ton of coal is burned it is gone forever, but after the descending water runs through the turbines, nature picks it up into the air again. The moisture will still be evaporating into the air and the rains descending into the streams, long after our great coal belts shall have been exhausted.

**Ask for Minard's and take no other.**

Borneo has many strange tribes, among them the Likits, who follow the trails of wild pigs and live upon the roots which these animals grub out of the ground.

**Wit is the wine of intellect and ill-nature turns it into vinegar.**

**CAPO POLISHES FOR ALL PURPOSES**

**KLEANALL AUTO POLISH RENUALL TOP DRESSING**

**LESS WORK BETTER RESULTS**

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**FOR RHEUMATISM**

**ASPIRIN**

Proved safe by millions and prescribed by physicians for

Rheumatism Colds Neuritis Neuralgia  
Headache Pain Toothache Lumbago

**DOES NOT AFFECT THE HEART**

Safe

Accept only "Bayer" package which contains proven directions. Handy "Bayer" boxes of 12 tablets. Also bottles of 24 and 100—Druggists.

Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Mononacetic-acidester of Salicylicacid (Acetyl Salicylic Acid, "A. S. A."). While it is well known that Aspirin means Bayer manufacture, to assist the public against imitations, the Tablets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross."

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**At the Railway Station.**

A penny in the slot—down come  
The roasted peanuts, crisp and brown,  
And with a whiff of soft gray wings  
The eager pigeons flutter down  
To eat from out the tender hands  
Of the quaint figure standing there.  
Each morning, waiting for the car—  
A kind old man with snowy hair.

He little knows the picture fair,  
The music sweet, I hear away  
Upon the noisy train to town  
To linger with me through the day:  
Those outstretched hands, that gentle face  
So full of love for helpless things—  
How fine a sight! What music sweet,  
That melody of whirling wings!

—Louella C. Poole.

**NURSES**

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