

Every person who lives long appears to think that her longevity is the result of her medical diploma, and that she will tell you what the secret of longevity is. I have heard of a very old man who said that he often high-

man who died in the other day, at the age of 104, knew all about it. She said she had wanted to live 100 years, but she never did, adding that she drank coffee and tea.

Some people who have occurred to me, in drinking tea, she consumed a quantity of water. For either that she took or she must have had, we have heard that they never drank any other spirits —

or brandy; yet that their fiery beverages, or drink water immediately afterwards. A person who lived to the age of 100, and never drank water in his life. Persons of a month, but not of a year, without of any kind of medicine.

We will admit that the human system is not a perfect one, and that it has its own way of working. But it is not to be too hard on it, and to let it do its own thing.

John B. Balfour, who is both a philosopher and a practical man, has said that he has known a man who lived to the age of 100, and was never ill in his life. He said that he was a very active man, and that he had many children.

But he also said that he was a very simple man, and that he had no great wealth. He said that he had a good wife, and that he was a very good father. He said that he was a very good friend, and that he was a very good citizen.

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'SALADA' TEA

is delicious

Rainbow Gold

by
E. C. BULEY

Dan Prescott and Gordon Westerby find gold in the arid bush of Australia. They stake their claim and start the long journey to the coast.

Westerby has a fiancee, Gladys Clements, in England, but when they arrive in Sydney he marries a pretty blonde. Gordon forwards a photo of Dan to London and when Dan arrives she believes he is Gordon, Eve Gilchrist, a typist, obtains work in Medlicott's office, the broker who is floating the mine.

"And if he doesn't write at all?" "Then we must consider what steps to take against Prescott, if any. But remember, Mrs. Clements, nothing is to be said or done about that matter without consulting me."

For nearly a week Gladys had waited, and every day the burden of action had seemed more intolerable. In her own mind she was quite sure that she had only to meet Dan, face to face, and offer to kiss and be friends. After that the man in Australia might do what he liked.

When she read the story published in the "Record Courier" Gladys fairly kicked over the traces. Her mother was still sleeping peacefully; so she scrawled a few lines of explanation and hurried away by the early train to London. But her short talk with Eve Gilchrist shattered any dream of an easy re-conquest of Dan Prescott.

Walking away from Medlicott's office, Gladys raved under the sense of inferiority, which makes so many people want to hurt and destroy. She was just a little frightened too; she had been so sure that she had found her true love, and that she had found it in Dan Prescott.

Walking away from the city passed through Fleet Street, and the sign of the "Courier" caused her to alight hastily. Her inquiries disclosed the circumstance that she had approached the advertising department of the paper; but an office boy was specially deputed to conduct her to the editorial branch of the organisation.

A junior reporter in plus fours rather scared the girl, and she became evasive and reticent. She could have taken no line more calculated to awaken his interest. He could make neither head nor tail of the garbled story she told, but he gathered the fact that she owned letters written by this man Prescott, who had been masquerading under another name.

Thereupon Gladys was conducted to a cosy room; where a man older and snarver beamed upon her. Gladys was still difficult, for visions of a reproachful Mr. Peters clogged her speech.

"Now you seem to have a very good story, Miss Clements," said the beaming journalist. "Why shouldn't you show it to me?"

He said that he was a very good friend, and that he was a very good citizen. He said that he was a very good friend, and that he was a very good citizen. He said that he was a very good friend, and that he was a very good citizen.

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King George The Fifth

(Died Jan. 20, 1936)

The King is dead, gone to eternal rest. The Empire's lost a noble friend indeed; Regardless of his peoples' class or creed: He loved them all; their welfare was his quest. His noble heartedness was manifest. He had no brief for selfishness, nor greed. Nor did he ever fail to show the lead. In state affairs for that which was the best. For twenty-five hard years he graced the throne. Of England with great fortitude and zeal. At all times in his heart the Empire's weal. And now the Empire mourns, but not alone, A stricken world feels, too, the painful sting. The King is dead. God bless our noble King. JOHN W. LEWTHWAITE. Toronto.

Skin Turns Blue

Silver Solutions to Cure Colds Responsible For Discoloration

Ten little American girls and five little boys have within the last year turned blue. They have developed argyria, a rare discoloration of the skin resulting, in these 15 cases, from the use of solutions containing silver brought to cure colds. Medical circles in the United States are alarmed at a sudden increase in this hitherto rare complaint. Seventy cases have been recently reported. During the last five years the grand total of argyria sufferers has been more than doubled. According to medical authorities, the discoloration of the skin is permanent. Of present no treatment for the condition is known. The human body can retain only so much silver. If more than the equivalent of seven grams of silver arsenic are taken, argyria develops. Slaty-blue blotches first appear on the face, hands, and the half-moons of the finger-nails as the result of the silver in the system being chemically acted upon by light. In chronic cases the whole body is affected and goes a silver-black color.



Rudyard Kipling

The Empire is plunged in mourning by the death of our beloved sovereign, King George V. The world of literature, too, has lost its greatest creative literary genius of modern times, Rudyard Kipling. Kipling, with that true genius of the born writer, seized the material closest to hand, and transformed local, domestic and barrack-room life into universal literature. His writings traced the log of his roaming, varied life over the Seven Seas. "Plain Tales from the Hills," "Departmental Ditties" and other early works recorded his life with the British Tommies after he came back to India (he was born in Bombay) from school in England. "If—" that poem which stirred the hearts of all when it first appeared in print will go down to posterity, keeping the Poet of Empire's name forever alive. If you can dream—and not make dreams your master; If you can think—and not make thoughts your aim; If you can meet with Triumph and Disaster And treat those two impostors just the same; If you can bear to hear the truth you've spoken Twisted by knaves to make a trap for fools, Or watch the things you gave your life to broken— And stoop and build 'em up with worn-out tools; If you can talk with crowds and keep your virtue, Or walk with Kings—nor lose the common touch, If neither foes nor loving friends can hurt you, If all men count with you, but none too much; If you can fill the unforgetting minute With sixty seconds' worth of distance run,— Yours is the Earth and everything that's in it, And—which is more—you'll be a Man, my son!

More Spent On Faces Than On Character

TORONTO.—The "building-up" of a face, by purchase of cosmetics, is six times as important to Canadians generally than the "building-up" of a character through education, Dr. W. E. Blatz, director of the St. George School for Child Study, declared here recently. He noted further that eight times as much money was spent on tobacco and 12 times as much on automobiles, as on education.

Dr. Blatz noted that, although the whole future enjoyment of life of the individual depended upon the training in youth, such over-expenditures are constant. In the most formative years of development from birth to five years of age, nothing at all is spent on education. "I question if the child of today will ever become an adult in the true meaning of the word under our present educational system," he said. "Education to-day is directed to the wrong end of life. There isn't one of us who will not admit that to-day we send our children to school for the sole purpose of their financial gain."

The true educationist doesn't educate the child with the end in view of developing his ability to make money, but to develop his ability to enjoy life, he said. "Applicants should enclose a recent photograph and particulars of height, weight &c., together with a doctor's certificate of good health. Letters to be addressed to Gordon Westerby, Esq., at the above address."

Bridegroom Bit His Nails — He Would!

FOND DU LAC, Wis. — County Clerk A. J. Krenner gave the first 1936 bride who proved she "popped the question" a free marriage license, just like he said he would. The bride, Rosella Kranig, blushed and said she had asked Lester E. Snyder to marry her. Asked whether Miss Kranig had proposed the marriage the bridegroom bit his finger nails nervously and said he guessed there wasn't any sense in talking about that.

Dowers and Forked Twigs Detect Water From Maps

(From the Hamilton Spectator) What is known as water divining or "dowsing," in other parts of the world, is known as "witching" to the good people who live along the shores of Lake Erie. Scientists may look down the nose at water divining or turn these useful appendages away from any suggestion that there may be something in the method of locating water below the earth's surface, but in Hamilton county they take "witching" for granted. No one up there would think of digging a well without first consulting one or more of the best known "water witchers." Long experience has convinced them that the sceptics are "all wet." They have societies of dowers in England and Europe, and some remarkable statements are made before these bodies, which out of deference to the scientist we refrain from describing as "learned." The most astonishing assertion made before a meeting of one of these bodies, a statement which strained our credulity to breaking point, is that some dowers did not require to go over the ground with their forked twig. They could detect underground streams miles away from their location by a ring suspended to a thread over an ordnance map. It is reported that the British Columbia government surveyed out all the mineral areas in the province by this method. They employed a lady of unusual powers to go over their maps in the government house. Be that as it may, the certainty with which water is found by a good dower is something not to be laughed at. We have seen the bark of a Hawthorn twig torn off in the firm grip of a "water witch" as the point turned toward the earth; witnessed a dried twig snap in two at a distance from the hands. One dower averred that he could judge the distance of the water underground by the strength of the pull. This was not the experience of Mr. H. M. Budgett, who recently read a paper before the British Society of Dowers in London. He was taken up 5,000 feet in an airplane by Air Commodore Baldwin, where they were able to locate water courses without looking down. But the strength of the action appeared to be independent of the distance. He was able accurately to locate the galleries of the Sneyd colliery, Burslem, about 3,000 feet below the surface of the ground. Here, again, the influence was undiminished. More people have the power of dowsing for water than is ordinarily thought. We have seen a group of children run about with forked twigs, getting a lot of amusement from feeling the pull as they crossed an underground stream. They were all agreed as to where the influence was to be felt.

The Book Shelf

BY MAIR M. MORGAN

The Empire is plunged in mourning by the death of our beloved sovereign, King George V. The world of literature, too, has lost its greatest creative literary genius of modern times, Rudyard Kipling. Famous the world over in verse and song, but how many can recite completely the lines of "The Road to Mandalay"? Here we have a vivid picture of a soldier's yearning: "Ship me somewhere east of Suez, where the best is like the worst. Where there aren't no Ten Commandments 'an a man can raise a thirst; For the temple-bells are callin', and it's there that I would be— By the old Mouleim Pagoda, lookin' lazy at the sea; On the road to Mandalay, Where the old Flotilla lay, With our sick beneath the awnings When we went to Mandalay. Where the flyin'-fishes play, An' the dawn comes up like Thunder outer China 'cross the Bay."

THOUGHT

"Thought is the wind, knowledge the sail, and mankind the vessel." —Hare. "Reflection increases the vigor of the mind, as exercise does the strength of the body." —Levis. "They are never alone that are accompanied with noble thoughts." —Sir Philip Sidney. "We must form perfect models in thought and look at them continually, or we shall never carve them out in grand and noble lives." —Mary Baker Eddy.

Do You Ever Wonder

Whether the "Pain" Remedy You Use is SAFE? Ask Your Doctor and Find Out

Don't Entrust Your Own or Your Family's Well-Being to Unknown Preparations

THE person to ask whether the preparation you or your family are taking for the relief of headaches is SAFE to use regularly is your family doctor. Ask him particularly about "ASPIRIN." He will tell you that before the discovery of "Aspirin" most "pain" remedies were advised against by physicians as bad for the stomach and, often, for the heart. Which is food for thought if you seek quick, safe relief. Scientists rate "Aspirin" among the fastest methods yet discovered for the relief of headaches and the pains of rheumatism, neuritis and neuralgia. And the experience of millions of users has proved it safe for the average person to use regularly. In your own interest remember this: "Aspirin" Tablets are made in Canada. "Aspirin" is the registered trade-mark of the Bayer Company, Limited. Look for the name Bayer in the form of a cross on every tablet.

Demand and Get "ASPIRIN"

Why Not Employ Them Regularly? Specialized training leads to increased efficiency. Increased Efficiency means Overcome Inferiority Complex, develop mental power, and equip yourself for better things. Study leisurely in the quiet of your own home. Write for particulars of fascinating correspondence courses. The Institute of Practical and Applied Psychology, 910 Confederation Building, MONTREAL, QUEBEC.

Those Leisure Hours

Why Not Employ Them Regularly? Specialized training leads to increased efficiency. Increased Efficiency means Overcome Inferiority Complex, develop mental power, and equip yourself for better things. Study leisurely in the quiet of your own home. Write for particulars of fascinating correspondence courses. The Institute of Practical and Applied Psychology, 910 Confederation Building, MONTREAL, QUEBEC.

VIGNETTE STORY CONTEST

Perhaps in your life or the lives of your friends there are striking human episodes which may suggest a story that can be told with clarity and force in a few words, and not more than 500 words. A constructive criticism on each story submitted is given, a suggested market for every practical story offered. Each entrant must send in the name and address, and number of words in the true life story, postage. Typewrite if possible or even legible handwriting in ink accepted. Send your results in on or before February 15th, 1936, with an entry fee of twenty-five cents. 25 per cent. will be shared between those who send in a correct list, 15 per cent. with one error, and 10 per cent. for two errors. All entrants will receive the results by mail. GIFF BAKER, 39 LEE AVE., TORONTO

Army Throws Over Its Old Technique

(From the London Times)

The changes outlined in the War Office announcement are the first really large step in Army reorganization since the War, while also in a technical sense the most definite change that has taken place in the history of the British Army.

The reorganization now announced is an attempt to reconcile the lessons of the War with the present stage of technical progress and with the clearer indications of the trend of development now available. Although the decision has only just been taken, the general outlines of the reorganization were expanded a year ago. Since then experimental tests have helped to provide data on the problem, and by the end of this Summer's training had proved sufficiently satisfactory to clarify the issue.

The final scheme shows certain modifications and developments of that originally outlined. The new mechanized mobile division will have two mechanized cavalry brigades instead of one, in addition to the Tank Brigade. No horsed cavalry brigade will remain. Each mechanized cavalry brigade will have an armored cavalry regiment, and will comprise two motor cavalry regiments instead of three. The mechanization of the cavalry brigade in Egypt is another good step, well justified by the ground conditions there.

This mechanization of the cavalry has been decided upon in preference to their reduction and the expansion of the Royal Tank Corps. It is rather hard on the new arm, which has borne the burdens of developing the means and methods of mechanized warfare, it enables the cavalry tradition, general and regimental, to be preserved. But some doubt must remain, until experience proves the contrary, as to the ability of horse-minded soldiers to become mechanically minded, and to get as much out of their machines as a corps who are natural enthusiasts for machinery. Past experience, as a whole, does not lessen this doubt.

The other big change, the reorganization of the infantry, conforms closely to what was foreshadowed. If this year's tests with the 4th Infantry Brigade have brought to light difficulties — especially the need for a higher standard of intelligence and of training — they have shown that the balance of advantage lies with the new model. With the development of the armored machine-gunner carrier, these twenty-eight mechanized machine-gun battalions will acquire an added power, and may pave the way for important changes in the sphere of tactics.

The creation of a smaller and handier division is a necessary step if there is to be any prospect of future operations avoiding suffocation under the mere weight of the formations employed. All in all, the thoroughness of the reorganization now decided upon is a matter on which the responsible authorities must be congratulated. It is an auspicious beginning to the term of the new Secretary of State for War, and a notable ending to the term of the Chief of the Imperial General Staff.

The Athletic London Girl

Observes the Manchester Guardian:—The statement by Mr. E. Major, Warden of the Carnegie Physical Training College, Leeds, that "women are leading a keep-fit movement throughout the country" is well attested by the experience of London. It is difficult, of course, to estimate the amount of physical training which lady and young man undergo in clubs, polytechnics, Scout organizations, and athletic and games clubs.

But there is nothing on the male side to equal the Women's Health and Beauty League, which was founded by the late Mrs. Bogot Stack in 1930 with 16 members and now numbers 87,000, of whom 10,000 are in London. Mostly they are girls from offices and shops, who spend 45 minutes to an hour on one, two, or three evenings every week after business hours at physical drill under qualified teachers.

London young men are not so keen on drill. One of the largest blocks of business offices keeps a resident drill instructor who supervises physical exercises on the roof during the lunch hour, but while the girls resort there with enthusiasm, few men attend. This is a general experience. No doubt the slimming effect applies, in the case of the girls, a powerful attraction which does not appeal urgently to the other sex. But however mixed may be her purpose, the London business girl certainly achieves a remarkable standard of health.

Alberta To Gain By License Shift

Calgary.—Inauguration of a new system of issuing automobile drivers' licenses will be a good thing, financially, for Alberta. A revenue of \$250,000 annually is anticipated. Licenses at present are issued in perpetuity for 50 cents.

A NICE SURPRISE FOR DICK

I WONDER IF THIS MAGIC BAKING POWDER IS AS GOOD AS THE ADS SAY — GUSS I'LL TRY A TIN

WON'T DICK BE SURPRISED WHEN I TELL HIM I MADE THIS GRAND CAKE! MAGIC IS THE BEST BAKING POWDER I'VE EVER USED

DON'T RISK FAILURES... Baking with Magic means sure results. That's why Canada's leading cookery experts recommend it. They know this famous baking powder can always be depended on for delicious cakes, muffins and biscuits. What's more, Magic is very inexpensive to use. Less than 1¢ worth makes a big cake!

MAGIC BAKING POWDER
MADE IN CANADA

GET DOWN WHERE THE PAIN IS!

To end aches, pains and sore muscles... rub in Omega Oil! It actually penetrates right to the spot. Brings a clearing flow of fresh blood, quiets irritated nerves. Soothing relief is prompt. 35c a bottle. Ask your druggist.

break up congestion with
Omega Oil

Issue No. 5 — '36

FROM GIRL TO WOMAN

CROWING girls are often sufferers from female irregularities, catarrhal drains, Dr. Pierce's Favorite Prescription is the vegetable tonic to give your daughter strength at such times. Hear what Mrs. Wm. E. Cole of 13 Hamilton Road, London, Ont., says: "When I was developing into womanhood I was rundown, weak and pale. I suffered so badly with cramps that I would almost double up with pain. Mother gave me Dr. Pierce's Favorite Prescription and it helped to build me up so that I developed into womanhood with very little pain or discomfort and had no more cramps." New size, tablets 50 cts., liquid \$1.00, Large size, tabs. or liquid, \$1.35.

THE ATHLETIC LONDON GIRL

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