

"Taking the Fall" In the Circus Ring

"Aren't you afraid of falling?" is the inevitable question asked of a circus performer. Alfredo Codomo, performer, who does a triple somersault daily in the Ringling Brothers and Barnum & Bailey circus, tells how it is done in an article in the Saturday Evening Post, by Ryley Cooper. We read:

The question necessitates a qualified answer. We fear falling, but we are not afraid we are going to fall. We know we're going to fall, and all we can do about it is to prepare ourselves that the results will be as negligible as possible.

By lumps and bruises, we learn to take more bumps, bruises and often broken bones in later years, so that we may avoid death or permanent injury. Those eventualities are the only two major accidents of the performer's life. They stop the act. Anything else, even months in the hospital, is unfortunate, but not disastrous.

The somersault forms the bulwark of protective falling—that plus the giving of ground for an instant to break the speed of impact. Every muscle of a performer, in falling, becomes an instinctive spring, necessary to the throwing of the body into a somersault, a flip-top, a slide, or anything else which can be used to make it a grazing fall instead of straight smash.

There is no other tremendous factor—that of the circus performer's lifelong knowledge of timing. During various falls I have been able to survey an entire region beneath me, decide which way I wanted to roll, noticed objects to avoid, and even turned in the air to gain the proper position by which to go in an opposite direction from that which might mean my death.

Several years ago at the Coliseum in Chicago, my father and the French boxer, Georges Carpentier, were in the audience and I wanted to do a particularly good act, with a hat-raising swan dive for the finish. In this I plunged straight down from my trapeze and continue thus until within about two feet of the net. Then, with a quick twist, I jerk my head under my hand on my shoulders and bounce upward in a forward somersault. So, with my arms for a good act, I drove my trapeze steadily higher, until the absolute limit was reached. Then I shot over the bar, curved in the air and straightened into the bullet-like descent to the net. Two feet above it I jerked inward for the forward somersault position, struck the net—and went straight through! It had rotted. I was, at the most, eight feet from the ground, and in that position which meant my death. In that eight feet I jerked out of the forward somersault into a backward one, lit on my feet, instantly turning another and a third and a fourth, swung into a succession of roll-overs and came to my feet for my bow, absolutely uninjured! It was a long moment before the audience could applaud.

Taking for granted the possibility that the slight resistance of the net broke my fall to a speed of only 32 feet a second, I had been fortunate enough to pull myself out of a fatal position in a quarter of the time necessary to the tick of a watch.

Education and Business

London Times Supplement (Ind.): The contrast between the attitude of American and British men of affairs towards education for a business career is startling. Here a very large proportion of the employers think that when a boy has a good sound education he should enter a commercial house and work his way up; further education at a university they regard as a handicap and speak of the years so occupied as wasted time. In America, on the other hand, firms are accustomed to select graduates from the business colleges to recruit their administrative staffs, believing that there are many subjects that a prospective business man should study before entering upon his career, and that a trained man is better than an untrained. The consequence is that it is much easier for a young man of promise who has no influence to make his way in the United States at an early age than it is for a young man similarly placed in Great Britain.

Chlorine Gas Escapes

Vienna.—A three-hour panic was caused in Leoben, Styria, by the escape of 15,000 kilograms of chlorine. The chemical was being transferred in liquid form from a tank car to a reservoir in the Hinterberg paper factory when the pipe broke.

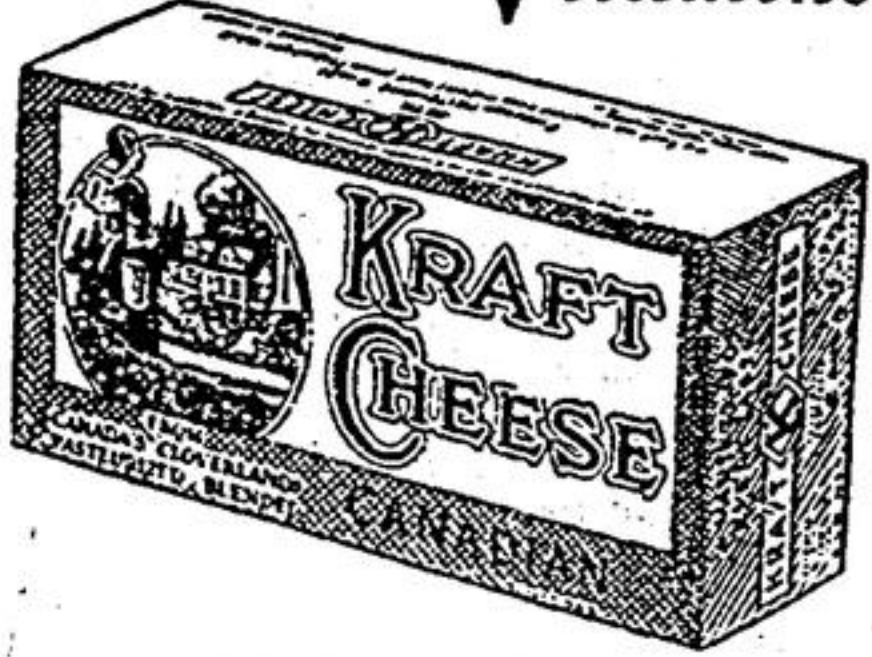
As the deadly yellow clouds poured out workmen donned gas masks and endeavored to close the valve, but they were overpowered, eight collapsing in the attempt.

Three men in the factory fell unconscious before the alarm could be sounded. Ambulance men in gas masks carried the victims to a hospital, but one of their own number collapsed despite his mask.

Two hundred women and children fled in panic from the factory dwelling homes into the fields. All dogs and cats in the neighborhood dropped dead and every particle of food was immediately poisoned; railway and road traffic had to be stopped for three hours until the gas dissipated.

A false rumour gains currency quicker than the average man.

Rich in Body Building Vitamins



KRAFT CHEESE

Made in Canada by the Makers of Velveta and Kraft Salad Dressing

Greenland Guards Geology Secrets

Though Depths of the Ice Cap Have Been Sounded, a Vast Land Area is Unknown

Fixing the depth of the Greenland ice cap at 8,850 feet, as the German scientific group recently did by sonic depth soundings, has solved a puzzle which has perplexed investigators since the earliest days of Arctic exploration, writes Russell Owen, in the N.Y. Times. Greenland has turned out to be a rim of mountains encircling a bowl of ice. It is an anachronism, a survival of the Ice Age relatively close to civilization.

The known geology of Greenland has always been meager, as is natural in a country of which only one-sixth is not covered by ice. It is a much larger land than is usually realized, for it covers an area of 827,000 square miles, as big as France, Germany, Spain, Poland, England and Hungary put together.

In its southern part the mountains rise from the sea and fold after-fold of them extends back many miles until they are overwhelmed far inland by the ice cap. But further north the inland ice pushes out more and more until it becomes difficult to tell where glacier ice ends and sea ice begins, and where for many miles the entire coast line is ice, the mountains are completely hidden beneath the white crust. During the great Ice Age all of Northern Europe and also Canada and the Northern United States were covered with a vast shield of ice, which has left its traces all over the land. In Greenland this shield remains, held in by the mountain rim.

It was not always a cold country; in fact, it was probably semi-tropical at one time, for fossils indicating that have been found, and it has coal beds which supply the local inhabitants. The mountains, at least in the north, were much higher than they are now.

A Chain of Islands
These mountains extend westward to Grinnell Land, and eastward they run as a submarine ridge across to Spitsbergen and then down through Bear Island to the north of Norway and form the Scandinavian chain which continues through Scotland, So which continues through Greenland to the upper part of Europe. But all around the edge of the island the mountains rise majestically from the sea, not always of great height, but coming as they do directly from sea level they are most beautiful and imposing. Fold after fold they pass back into the interior until the ice swallows them, and tiny peaks, the tops of large mountains, peep through the crust as small snow hills or nunataks. Finally they also disappear and only the level ice is left before the traveler.

When the Ice Age came on the land a little snow collected in these inland valleys and did not melt. It was added to year by year until the valleys filled and the snow overflowed the lower peaks. Under pressure it became ice and then flowed outward through the fjords, making the glaciers, of which there are 200 in Greenland.

"Only the man who has traveled for weeks day after day along the inland ice without seeing land can rightly appreciate the nature of the Ice Period," says Koch. "The first thing which impresses one is the enormous dimensions with which one must reckon. The landscapes, which with their big fjords and huge mountains seem so large from the sea, now lie far beneath the spectator as narrow rims of land, quickly disappearing, to give room for a perfectly even snow plain. A journey across this from north to south would be as long as from Copenhagen to the Sahara, and during this journey the landscape would not alter for a single instant. Nowhere would one see land; infinite as the sea lies the snow field, and life is represented neither by animal nor plant. Even the Sahara has its oases, between which men and animals move about; but here is nothing but snow—this is the region on earth most inimical to life."

What the Snow Shield Shows
An examination of this snow shield shows curious stratification, for even at such an elevation and latitude the sun is hot enough in the middle of the Summer to melt partially the surface, which immediately freezes again, forming a crust. Nansen found that under soft newly fallen snow there

New Head for "Mounties"

Ottawa.—After forty-five years in the service Colonel Cortland Starnes has retired from the command of the Royal Canadian Mounted Police, formerly known as the Royal Northwest Mounted. He is granted a pension with the rank of Major General, and goes into private life with a distinguished record of service in a unit which has a unique tradition.

Colonel Starnes is succeeded as Chief Commissioner by Major Gen. J. H. MacBrien, a veteran of the South African war and the World War, former chief of the General Staff, Canadian Department of National Defense, and still later president of the Aviation League of Canada.

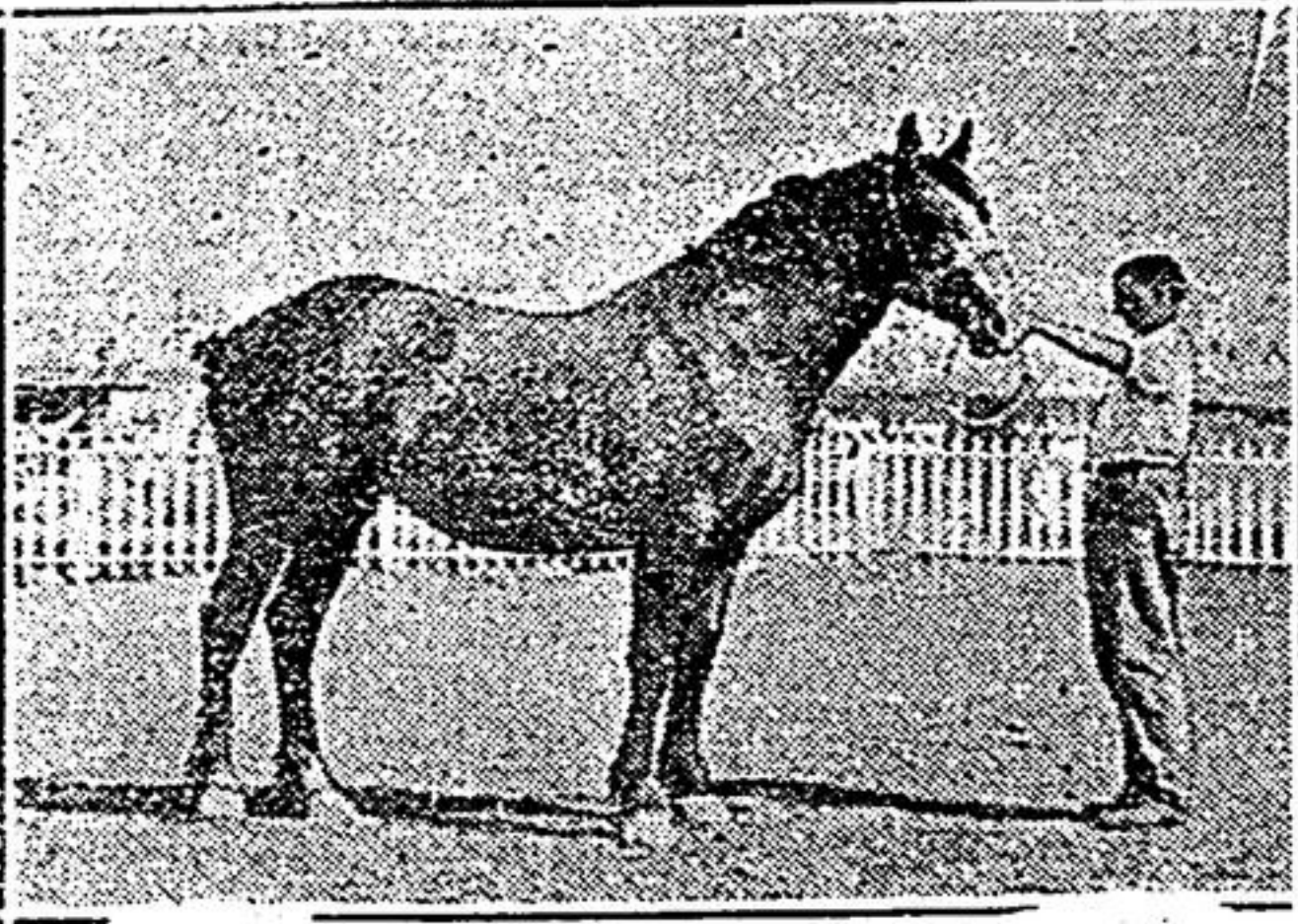
The retired Commissioner joined the force in 1886 as an inspector, and advanced on merit through all the ranks to the chief command. He had personal acquaintance with all phases of the multiplex duties of the mounted police. They patrol the international frontier, keep peace and order in the vast sub-Arctic region, and maintain posts on the shores of Hudson Bay, in the Yukon, on Herschell Island off the mouth of the Mackenzie River, and on some of the Arctic Islands. They represent Canadian authority among the native Eskimos and their record in the prevention and the detection of criminals has made them famous throughout the world.

The Two Roads
When he was young and days were full and bright, He came through every kind of youthful fight
By winning well,
No praising word his many friends would speak,
But someone came and whispered he was weak,
And so he fell.

When he was frail and bled by sorrow's pain
And shunned the fight and would not face again
A hill so long,
There came a voice, as if from hopeless grave,
That called him strong and said that he was brave,
And he was strong.
—Cabal Bradley, in Songs of a Commercial Traveller.

Happiness
We may safely call that man happy who, however lowly his position, and limited his possessions, can always hope for more than he has, and feel that every moment of exertion tends to realize his aspiration.—Prof. Stanley Jevons.

Win Honors at Fair



Percheron filly bred by Canadian Pacific Ry. experimental farm at Tilley, Alta., which was reserve grand champion at recent summer exhibition at Regina.

Owl Laffs

"I refuse to send my girls to college," boasted Windy Wolf of Pea Ridge, "because after all, education will not take the place of a husband."

Softly the leaves on the trees talked together,
Early fall fashions and colors their theme;
"Paint us, Jack Frost, in the latest and gayest,
The tints of the sunset's red gleam.
Each goldenrod yellow, her color will bring,
Matchless brown and orange take from the butterfly's wing."

But we need not all be alike, they agree, so
Each chooses a color, some two or three.
Round and round the orchard they danced,
When Jack Frost in the beauty of each had enhanced.

They call a sailing vessel "she," not because her rigging is so expensive, but because she makes her best showing in the wind. There may not be much in a name, but some names have an awful lot of names in them. It's fortunate for the average man that he doesn't know half the things he would like to know. Inevitable poetry is the kind folks pay for have printed. We can't recall ever having heard a soprano singing, in such a way that her words could be understood; but then, we never remember feeling that it made much difference. Even if you can't tell a mother and her daughter apart nowadays there is little that you can't tell them together. The more ignorant she is of everything else, the better posted a gossip is on domestic affairs of everybody in the neighborhood.

Daybreak in a Garden
I heard the farm cocks crowing, loud, and faint, and thin,
When hooded night was going and one clear planet winked:
I heard shrill notes begin down the spired wood distinct,
When cloudy shoals were chinked and glit with fires of day,
White-misted was the weald; the lawns were silver-grey;
The lark his lonely field for heaven had forsaken;
And the wind upon its way whispered the boughs of May,
And touched the nodding peony-flowers to bid them waken.
—Siegfried Sassoon, in "Selected Poems."

TO SUIT YOUR TASTE
Special chair covers, tablecloths, and other draperies have been devised by French manufacturers so that travellers may alter their train or steamer accommodation to their own taste.

Horseless vehicles should be run with horse sense.

At First Signs of Pimples
Use CUTICURA
As soon with the Ointment. After five minutes bathe with the Soap.
Soap 25c.
Ointment 25c. and 50c.

Reynolds—"Worry keeps me thin."
Jenkins—"Joke, what on earth have you got to worry about?"
Reynolds—"I worry about getting stout."

Barber—"Your hair is very dry and harsh, sir."
Voice—Culture Expert—"So is your voice, but I didn't like to mention it."

Hood—"I went to a spiritualist yesterday."
Fankbender—"Any good?"
Hood—"Oh, just medium."

Visitor—"Well, Joe, how do you like your new little sister?"
Joe—"Oh, she's all right, I guess; but there are lots of things we needed worse."

To coin a phrase: Richard Rich paid the bill so often the young folks all began to take him as an after-dinner mint.

The following item is taken from a recent issue of The Corpus Christi, Texas, Collier-Times:
"Harrell's Business School, in the Furman Building, announce the birth of a daughter, Carolyn, Friday, February 13th."

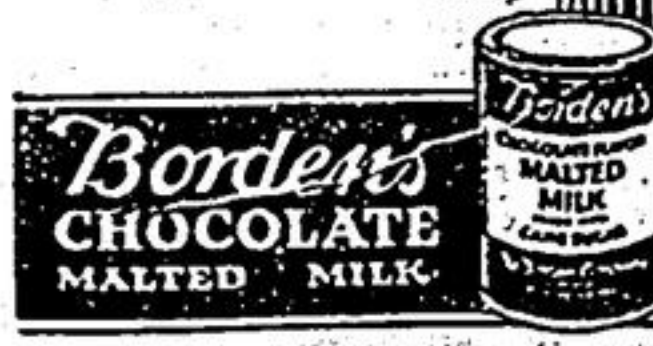
This column thanks H. S. of Corpus Christi for this pert item.

A young girl from Brushville says she hates to move away from her home town and lose the reward of all her hard work she has done on her boy friends. "They're not hard to get,



Children love it

THE delicious flavor of Borden's Chocolate Malted Milk makes an irresistible appeal to youngsters. Its wonderfully good for them too.
It restores energy spent on work or play and builds strong sturdy little bodies.
CM 15



ISSUE No. 36-'31.

"Not a chance"

We guarantee money back if you don't like this tea. That's how sure we are.

RED ROSE TEA

"is GOOD tea"

2 CHOICE BLENDS - Red Label & Orange Pekoe

Counsel to a Young Sister

Carry your head up, proud and high,
Thinking no goal unworthy of a try.
Pattern your life more from the
... I preach
Than from the void my poor ex-
amples teach.

Decide which path your toes should
rightly take,
And though it seems your tender
heart must break—
Falter not once, but keep eyes
straight ahead—
A woman is hurt if rose-thorns make
her bed.

Should moments come with powerless-
ness rife,
Think: "These are but the lesser oves
in life";
And if thy vestal reason chance to
swoon,
Remember! There's a man up in the
moon!

Surrender not on earth, but know full
well—
He is the only man who will not tell.
—Eleanore Austin, in the New York
Sun.

The worms inside chestnuts are
hatched in the nuts from eggs laid in
the blossom by beetles.

"Best for You and Baby-tea"

Baby's Own Soap

10 cents Individual cartons

Scientific Safe

Feen-a-mint
The Chewing Gum
LAXATIVE
For Adults and Children
No Tearing
But the Right

FOR CONSTIPATION

Feen-a-mint

LET EDDY'S STERILIZED TISSUES

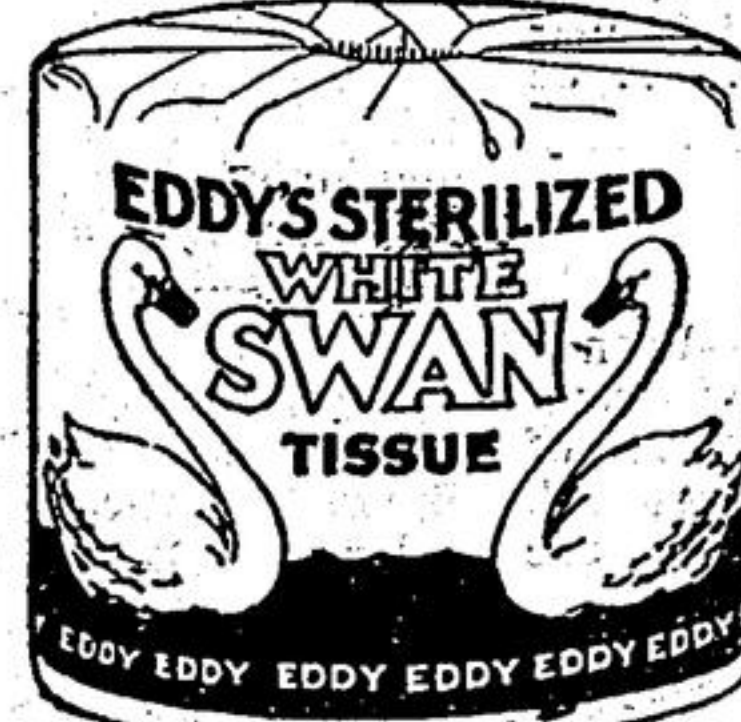
GUARD THE HEALTH OF THE FAMILY

Eddy's soft, absorbent Tissues are hygienically safe because they are thoroughly sterilized by a process that removes all impurities and harmful irritants.

"WHITE SWAN" A snowy white Sterilized Tissue. In wrapped, dustproof Rolls of 750 sheets. Also made in "RECESS" size to fit modern built-in fixtures.

"DREADNOUGHT" A big value Eddy line. Seven ounces of Sterilized creped tissue in every roll.

"NAVY" A full weight Roll of Sterilized quality Tissue—700 sheets of soft, safe, sanitary paper.



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Manufacturers of a Wide Range of Quality Papers for Commercial, Professional and Domestic Purposes.

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LADIES WANTED TO DO LIGHT sewing at home, good pay. Work sent, charges paid. Stamp for particulars, National Manufacturing Co., Montreal.

REMNANTS

3 LBS. PRINTS, SILK OR VELVET, 31199 A. McCreery Co. Chatham, Ontario.

Love

That which is to be loved long, must be loved
With reason rather than with passion.
—Dr. Johnson.

LOSS OF TIME

Let him who regrets the loss of time make proper use of that which is to come.

Kennedy & Menton
421 College St., Toronto
Harley Davidson Distributors
Write at once for our bargain list of used motorcycles. Terms arranged.

for BITES
Insert, snake, or animal
the best treatment is plenty
of Minard's at once. It
soothes, heals and cleanses.
Draws out the poison!

MINARD'S LINIMENT

"KING OF PAIN"

ONE WUNDER ABOUT HER WEIGHT

"I started taking Kruschen's a month ago. I have lost 5 pounds in weight, and I feel as if I have lost 20 lbs. I am full of vigor, whereas before I was worried about my condition, as I was listless and worried over little things. But I am thankful to say that, were my troubles doubled, they would not worry me to-day—thanks to Kruschen."—Miss V. P.
Here's the recipe that builds you—take one-half teaspoon of Kruschen Salts in a glass of hot water before breakfast.

Be sure and do this every morning, for "It's the daily dose that gets off the fat."—Don't miss a morning. Kruschen daily means that every particle of poisonous waste matter and harmful acids and gases (are expelled from the system).
Modify your diet, and take gentle exercise. The stomach, liver, kidneys and bowels are tuned up, and the pure, fresh blood containing these six salts is carried to every part of the body, and this is followed by "that Kruschen feeling" of energetic health and activity that is reflected in bright eyes, clear skin, cheerful vivacity and charming figure.

Maternity Nurse Gives Advice



"Helped me so much"

"I AM a maternity nurse. In my 42nd year I used to have a sick spell every two weeks."
"A woman always seems to have some derangements at Change of Life."
"The Vegetable Compound helped me so much that I recommend it to mothers and young girls as well as older women." Mrs. Eugene St. Germain, 1604 Gladstone Ave., Core St. Paul, Montreal, Quebec.

If you have any weakness or pain, try Lydia E. Pinkham's Vegetable Compound. It has benefited 98 out of every 100 who have used it.

Lydia E. Pinkham's VEGETABLE COMPOUND