

BODY

Secrets of Health Regular Work Actually Needed To Keep You Well

By DR. L. K. HIRSHBERG

It has been said that idlers are the busiest, and the least of men. Men of pleasure never find time for anything. No lawyer, statesman, no killing rascally to eternally offend as a fountain of town.



He has been linked to labor by a series of indelible nothings.

course, work is a thing of which you tire at times, and the hour you can stop working is always enjoyable one. Handies are generally happy looking forward to. Few men like to get up in the morning, wish some one would leave you a line so you wouldn't have to work more, yet your own good "horas" tells you that work is really best.

Every day you see the evil sequences that follow when men and women—even those who have plenty of money to amuse themselves—have no work to do.

It is the worst kind of sin, an old darkey. He was not wrong, he was two classes of people with eyes—those who find work for themselves, in spite of their money, and those who make their money an excuse for idleness. The first class is probably happy because their money does them no harm and offers them the opportunity to do much good. Those who find no work to do are always the worse for money.

Human beings must have occupations purposes in life. Man is made in body and cell and mind, and he has to do, to form purposes, and to carry out.

When a man who has worked all his life and is so unlucky as not to get a good hobby to work at in his old age, he soon discovers that all and no work is just as bad as all and no play.

order to know your possibilities of your body must be kept in top condition. It does not pay to work the human body. Your body does so much and no more on the moment it is given. Regular hours, food, the proper amount of sleep, air and exercise keep the body in a condition that is far better work like clockwork than only infrequently.

Answers to Health Questions B. A. Q.—My son has a bald spot on his head about the size of a silver dollar. What will grow hair on this bald spot?

There is nothing that will grow on a bald spot. INSTANT READER. Q.—Kindly advise a remedy for oily hair with large amounts of dandruff in it. Kindly advise what to do for hair on the ends.

The scaly discs of dandruff may be removed by washing the scalp either with ocean salt and water or Castille soap and water. Then the surface may be treated with the following lotion: Sulfur, 1/2 ounce to 4 ounces of water. Rub gently, after a wash shaking, with a little brush, so that the bristles reach the scalp. The amount of the color of the sulphur is visible to use it at bedtime.

Impregnate and tuff the hair too or washing it in soaps that have much alkali in them often causes the scalp to split at the ends. The ends should be cut and the scalp massaged.

Hirschberg will answer questions readers of this paper on medical, surgical and sanitation subjects that are of general interest. He cannot always take to prescribe or offer advice individual cases. Where, however, of general interest letters will be read personally, if a stamped and sealed envelope is enclosed. Address: INQUIRIES to Dr. L. K. Hirschberg, care of this office.

Today's Fashion Horn Hat Trimmed with Gauze Roses in Pastel Tones.

NOTE: the prettiest hat to wear with the afternoon frock of sheer materials is of natural leghorn. Its crown is wide, and rolls gracefully down the sides. Usually the hat boasts of a veil of lace, and in this particular instance it is of opaque blue tulle.

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THE CAR THAT GLIDES WITHOUT EFFORT

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PRICE OF GASOLINE WILL COME DOWN

Production Will Be Brought Up to Demand Within a Year

SOURCES OF CRUDE OIL FAILING

Origin and Explanation of Use of Term Gasoline

Dr. N. F. Rittman, the expert on petroleum of the United States Bureau of Mines and the discoverer of the Government's process by which a much greater amount of gasoline is obtained from a gallon of oil, agrees with Dr. C. F. Chandler, who was quoted recently to the effect that a wider use of the new "cracking processes" will result in a reduction of the price of gasoline. Rittman predicts that the price to lower prices will come within the next six months; the installation of the new processes will bring production up to demand within a year. He says and the decline in the price will follow. It is planned to add fifty new Rittman plants to the present ten as soon as possible. Three hundred thousand automobiles are now running on "cracked gasoline."

Dr. Rittman's views on the gasoline situation were expressed as follows: "Expenditures of gasoline are greater to-day than ever before. One thing that has knocked the bottom out of the gasoline market is the falling off of Oklahoma crude oil. Less than a year ago Oklahoma field produced 300,000 barrels of crude oil, which was analyzed from 25 per cent. to 30 per cent. of gasoline. In other words, 180,000 barrels per day. Now that source of supply has fallen off until it is below one-third that amount. "That means that despite the discovery, which was brought out eight months ago, and is represented to-day by expenditures exceeding \$8,000,000 and is now being installed in ten additional plants, with twenty more wanting it, but we simply cannot take care of them—it means that despite this progress we cannot cope with the problem, and it will be some time before our curve catches up with the demand curve.

"No two crude oils are the same. As a matter of fact, two wells in the same oil field are different, and one will contain more gasoline than the other. The average gasoline content of petroleum is about 12 per cent. By breaking processes we can bring that up to 60 per cent.; in other words, five times what it was. The term gasoline means nothing. It is a commercial term which originally meant those constituents which in natural distillation boiled off below 150 degrees centigrade. That temperature has been successively raised until it is now about 175 and is going progressively higher. That means that where a Pennsylvania oil 10 years ago produced say 10 per cent. gasoline—and that same oil if anything has deteriorated, that they are digging deeper in the bowels of the earth—that same grade to-day is producing 25 per cent.

"The heat-containing oils, exemplified by the Oklahoma oils, are also very valuable for gasoline production. Some of the oils as found in Texas, in the Hemble field, which has been opened up recently and is producing 100,000 barrels per day, contain virtually no gasoline, but contain kerosene to the extent of about 70 per cent. California oils and Mexican oils contain very little gasoline. The average contained in California oils for about 100,000,000 gallons produced per annum is about 3 1/2 per cent. But we can produce gasoline from other materials such as kerosene, gas oil, etc."

"Now, how much gasoline can we hope to get by this method? On those Eastern crudes we should get from 70 to 80 per cent. of the crude oil. On crude such as the Mexican we should get 40 to 50 per cent. So you see we can hope to solve this gasoline problem by various 'cracking processes.' I do not wish to limit myself to the Bureau of Mines processes. I am trying to speak broadly. There are hundreds of men working on this problem, hundreds of intelligent men, and that means only one thing—that there is going to be a variety of solutions and processes.

"Now then, a plant that would turn out 1,000 barrels of gasoline a day would make just enough to take care of 20,000 automobiles, which is only five days' supply—remember—a big plant, so it seems. "But merely to make up the deficit in gasoline production which has occurred since last July in the Oklahoma field alone, we will have to build fifty of those plants instead of our present ten, and we are going to be some time catching up with it. But once these operations come to be standardized, they will no longer engage the attention of those of us who have worked them out and who are familiar with them.

"But the people will carry it further than we have ever hoped to carry it. That is why I say that synthetic gasoline will catch up with the demand in the next six months. You can look for higher prices before lower prices, but in the course of a year or so most certainly we will have an available supply of gasoline. We will catch up with the demand."

WATER FOR HEALTH

Water drinking is one of the simple laws of health that is neglected because of its simplicity. The human body, says Health Culture, is practically a sack of water. The body of the average man contains over half a barrel of water. This water, in the form of twenty different fluids, is constantly fluctuating back and forth among the tissues, doing the work of the body, and if there be any deficiency of water in the body this work will suffer. The excretions of the body especially can be promptly carried off only when the supply of water is sufficient. Two quarts daily of pure water, preferably distilled, is little enough for the average person in ordinary weather. In hot weather this may be increased somewhat, not only without danger, but with positive relief. The greatly accelerated action of the kidneys and skin is the best assurance of the safety of the individual.

"HANDSOME HENRY"

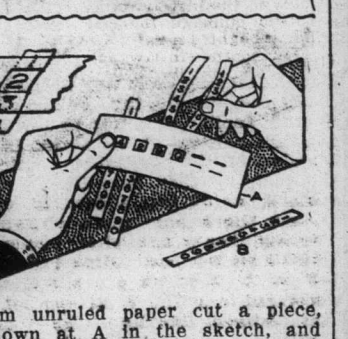
Nearly Fifty Years an M.P. in Record of Henry Chaplin

Mr. Henry Chaplin has had a seat at St. Stephen's for a longer period than any of his present colleagues in the Lower House, although he is not a member of the "Father" of the Commons, because his term of membership has not been quite continuous. That position belongs to Mr. Thomas Burt, who was first elected for Morpeth in 1874, a respectable term. Mr. Chaplin was first returned for the Mid (afterwards the Stafford) Division of Lincolnshire in 1882, so that, with a break of some eighteen months, his career as a legislator extends over some forty-eight years.

Mr. Chaplin has been a central figure in some stirring Parliamentary incidents. It was while he was addressing the House on April 27th, 1875, that Mr. Biggar called the Speaker's attention to the presence of "strangers," and thereby was instrumental in compelling the Prince of Wales (afterwards King Edward) to withdraw from the gallery. As it happened, Mr. Biggar did not know that the Prince was present at the time, but he declined to give way none the less, and the incident led to the suspension of the Standing Orders then governing the matter that the Prince was able to resume his place.

Another episode in which Mr. Chaplin figured was more amusing. This was in August, 1892, on the evening of the division on Mr. Asquith's amendment which brought about the defeat of the Salisbury Government, when Mr. Chaplin was put up to speak against time from the Treasury Bench, amid the riotous and interruptions of the Opposition, all of which Mr. Chaplin bore with imperturbable good humor. Matters reached a climax when Dr. Tanner, one of the unprincipled of the Irish members of the day, rushed up the floor of the House with a glass of water, which he placed on the desk of Mr. Chaplin, and then began thumping. For the moment there were lively apprehensions of a "scene," but Mr. Chaplin, still preserving his splendor, did not even notice the incident and continued his speech with unimpeded sang-froid to the end.

EASILY MADE COUNTER



From unruled paper cut a piece, as shown at A in the sketch, and make slits parallel and evenly spaced with a sharp knife. Also cut six strips similar to the one shown at B, to fit the slits cut in A. The strips are numbered as shown and inserted on the under side of A, and by pulling the strips as shown, one can count the number of parts or keep tally on any game. By making more slits and using more strips very large numbers can be recorded.—Popular Mechanics.

THE COUNTRY CHURCH

Newness in Everything Demands Modernized Rural Church

Garland A. Bricker, Professor of Agricultural Education in Syracuse University, writes: Anyone with sight and sense can readily see that a new civilization is rapidly developing in rural North America. New systems and standards, new methods and processes, new aims and ideals, and a new agriculture and farmer have ushered in the new age and are building a new structure upon the firm foundation which the pioneers hewed out of the wilderness. The chief factors in the building of the new rural civilization are: (1) The modern industrial system; (2) The new agriculture; (3) The new farmer; (4) New transportation facilities; (5) New transmitters of intelligence; (6) A new country; (7) A new country people; (8) A new spirit of cooperation; (9) A new rural government; (10) A new rural life; (11) Reorganized rural institutions, including a new country church.

Motors in Africa

In recommending a further supply of motor vehicles to the Gold Coast Colony, the Acting Colonial Secretary at Accra mentioned that in 1915 there were in that colony twenty-two motor cars, seventy-eight motor lorries, 128 motor cycles, and 1,600 bicycles in use. The "manumotive" machine is evidently in very high favor on the Gold Coast, and if motors increase, the bicycle may be depended upon to do the same.

In Turkey clocks are set to stand at 12 when the sun goes down.

Studebaker advertisement for Series 17 Four. Features include: MORE POWER—a big 3 1/2 inch bore 5-inch stroke motor that develops FORTY Horse Power—the most POWERFUL 4-cylinder car at the price. MORE ROOM—plenty for SEVEN full-grown people to ride in comfort—more room for driver and more in tonneau—DIVIDED and adjustable front seats. MORE BEAUTY—a handsome car, luxurious in its finish and graceful in its long, smooth, flowing lines—finest straight-grain, semi-glazed leather upholstery. Many NEW Conveniences—such as the gas tank removed from the cowl to the rear of the chassis—Stewart Vacuum Feed System—the new design, overlapping, storm-proof windshield—the adjustable front seats—the more conveniently arranged instruments on the dash. STUDEBAKER, Walkerville, Ont. Four Cylinder Models: Touring Car, 7-passenger - \$1225; Roadster, 3-passenger - 1200; Landau-Roadster, 3-pass. - 1500. Six Cylinder Models: Touring Car, 7-passenger - \$1425; Roadster, 3-passenger - 1425; Landau-Roadster, 3-pass. - 1700. F. O. B. Walkerville. S. B. MILLER, Showroom and Garage, 18-20 Clarence Street, Bell Telephone 146.

Dunlop Tires advertisement. Text: CLOSE YOUR EYES AND CHOOSE—YOU'RE SAFE WITH EITHER TIRE. "I Want to Tell you Tire Buyers That if I Didn't Believe in Dunlop Superiority I'd 'swap jobs.'" —Handy Andy. Dunlop Tires have no friends other than those quality has made and the reputation of that quality has retained. When you see that countless number of cars, large and small, equipped with either "Tractions" or "Specials" remember those motorists—every one of them—bought those tires on merit—not because they did not have a measure of satisfaction with their original equipment, but because something told them they would not settle the tire question definitely until they got "Dunlop Traction Tread" or "Dunlop Special." Dunlop Tire & Rubber Goods Co., Limited. Head Office and Factories: Toronto. Branches in Leading Cities.

Old World Notes and Picture Sale. Old World Notes: An old seafaring figure at Liverpool has passed away in the death of Captain J. Tenery at the age of eighty-two. One of his experiences eventually the "Queensmore" sank, but the crew were landed all of them suffering more or less from burns, scalds and the effects of blinding smoke. The match tax is unhappily promoting a depraved code of honor between husbands and wives. Wives are hiding their match boxes more carefully than ever and falsely assuring their husbands that there "isn't a match in the house, dear; the stores are sapping the prestige and authority of their wives by way-laying the servants and offering them paltry bribes to tell them where the match-box is. One husband says—"I am playing a fool's game every evening now in my house that reminds me that silly excitement of childhood when some idiot hid a thimble in some incredible place, and all the other idiots wore themselves out looking for it. Every day my wife hides the matches in a fresh place, and every night I determine to find them. I was a whole hour last night after dinner before I got my pipe alight. I found the matches at last in a palm pot—twelve fat boxes of them—and I'm sticking to the lot to punish her." PICTURE SALE: A fine assortment of Pictures from 25c up. Try our new line of Ganong's Chocolates, boxed or loose, 50c lb. All the latest Magazines, English Periodicals, etc., always on hand. Developing, Printing and Enlarging for amateurs. Try us. H. E. AYLIFFE, 420 Colborne St. Phone 1561.