

## "Hang Up the Fiddle and the Bow."

An English country gentleman named Maj. Robert Basing, invalided home after a wound received at Waterloo, took up music to mitigate the dullness of a life without the vigorous sports he loved. The instrument he selected was the violin, and he practiced persistently under the instruction of a foreign violinist, an amateur of noble birth and of brilliant gifts who had been driven from his native land by the catastrophic turmoil of Napoleon's wars. The violinist never praised his British pupil and frequently tore his hair during the gentleman's performance; but for three years the lessons continued. Then, so a descendant of the major's recently related, the unexpected happened. The excited musician was recalled; a distant relative had died and left him a fortune, which, however, he lived but a few months to enjoy. In his will he bequeathed to Major Basing a sum double that which the major had paid for his violin lessons "as an act of justice, since I permitted him to waste time and money in attempting the impossible, my necessity compelling me to a course repellent to my conscience." He furthermore provided in his will for doubling the bequest if the recipient would pledge himself never again to touch a violin. But with true British tenacity and his own ideas of what was fair to the musical major refused to accept a sou of the legacy and continued blissfully to produce ear-torturing sounds from the instrument that he insisted his teacher had successfully taught him to play.

Captain Paris, a scathing man of old-time Newburyport, was also taught to play by a Frenchman, who once spent a few months in the ancient city, which was then at the height of its water-borne prosperity. The captain delighted in his fiddle; he did not call it a violin, for it helped to break the monotony of many a long voyage, and for a number of years was innocently proud of his skill. Then, for this happened twenty years before the experience of Major Basing—he found himself one day in the port of Marseilles during the French Revolution. It was, indeed, in the days of the Terror; and as he rowed one evening from the shore back to his ship, he passed close alongside a French vessel where suspected and condemned men were confined awaiting swift trial and almost certain execution. Suddenly a voice called to him from a port-hole, and, looking up, he met the eyes of his old music master.

"Can I do anything for you?" asked the captain, distressed.

"Not! Not! I die to-morrow," replied the gallant little fiddler with a smile and a shrug. "But, can you play me, there is one little favor I ask of you and it is this: If anyone asks who taught you to fiddle do not give him my name!"

Captain Paris was less tenacious than the British major and less conceited. He never fiddled again.

## The Sad Sea Waves.

Ninety persons out of a hundred if asked to describe the motion of a wave would smile at the apparent simplicity of the question, and say that, of course, the motion was forward and horizontal.

Wrong! The motion of a wave is vertical—just up and down. Up and down in the same place, too. Waves do not move forward. If they did they would go on and on until shoreward were flooded. They would overrun flat country until hills barred further advance.

The apparent onward motion of a wave is an optical deception, and the best illustration of the deception is that afforded by a corkcreeper. Turn the latter round, and the thread appears to move forward. We know that it doesn't, however.

The cause of waves is the wind. It presses unevenly on the surface of the sea, and depresses one part more than another. Each depression causes a corresponding elevation, and these undulations make the waves. The motion goes forward, but the actual water remains where it was.

It may be asked: "What about tides? Surely the water advances then?" The reply is that a tide is caused by the elevation of the whole ocean. The moon rises the mass of water. When the ocean sinks, the water runs back. Thus we get tides. Two of these occur in a lunar day of twenty-four hours forty-nine minutes; but some places, owing to their peculiar position, get second, or minor, tides after the first has begun to fall.

**Admiralty Will Save Nelson's Flagship.**

The fate of the Victory, Admiral Lord Nelson's flagship, has been disturbing British hearts since it became known the old vessel could not float much longer. It inspired questions in the House of Commons with the response from the Government that the Admiralty was carefully considering the necessary steps to preserve it and are determined that the ship must not sink at her moorings.

Among the suggestions for the vessel's preservation is that of Rear Admiral H. P. Wood, that it should be broken up in parts and distributed among the churches of the country, but there is decided disapproval of destroying the historic ship. Another suggestion is that it should be lifted complete and placed in a cement basin in Victoria Park in Portsmouth.

## HEALTH EDUCATION

BY DR. J. J. MIDDLETON  
Provincial Board of Health, Ontario

Dr. Middleton will be glad to answer questions on Public Health matters through this column. Address him at the Parliament Bldg., Toronto.

Vacation days at the seaside may be full of pleasure but also full of danger. Drownings are very common, and in most cases unfortunately due to carelessness, or indifference to circumstances that are important. For instance, many people learning to swim are enthusiastic about the progress they are making and overestimate their strength in endeavoring to swim a longer distance each time. Beginners usually exert a lot of energy in swimming and become rapidly exhausted. It is therefore most necessary to give attention to one or two points before striking out in the water. To begin with, a spot for swimming should be selected where the bottom can be comfortably reached. In places where the beach is sloping, every swimmer should make his efforts towards the shore and not parallel to the shore. It often happens that the beach slopes down more sharply a few paces further along, so after having made some progress in the water, the swimming novice may be unable to touch bottom only a short distance from the starting point. Then there is the possibility of a level beach or bathing pond having holes or depressions which cause drowning accidents. There may also be a growth of weeds below the surface in which the bather's legs may get entangled. In learning to swim it is always better to see or know the kind of bottom of the bathing place, and to keep strictly in water that can be bottomed by an ordinary individual. One can learn to swim very well in water that does not reach above the shoulder. Another important point for swimmers to remember is that bathing after a heavy meal or a plunge into cold water with the body super-heated, is liable to cause muscular cramps which may result fatally. People troubled with heart disease, hardened arteries or weak kidneys are warned against taking cold plunges or staying too long in the water. The increased work thrown on the heart trying to force the blood through surface blood vessels that are contracted by the cold, is often too much of an effort.

"Rocking the boat" in another cause of drowning accidents, and this applies especially to canoes, a type of craft that is very easily upset if the occupants are not used to it or if they are careless and move about in the canoe or try to exchange seats, etc. Another important point is for the users of dinghies and small sailing craft to take precautions regarding weather conditions and the possibility of squalls. These seem trifling and commonplace warnings but it is the

neglect of commonplace precautions that cause most of the accidents. Moreover, the record of drowning fatalities already this summer shows that timely advice is needed badly.

Every vacationist should have a little knowledge of first aid treatment for the apparently drowned. A recognized method of procedure is as follows: As soon as the victim of the accident is brought ashore, loosen all clothing about his neck. Turn the body face downwards, and standing astride the ground by clapping your hands about the abdomen. This act tends to expel the water from the stomach. Next, turn the person on his back with the head turned to one side and the tongue drawn forward to avoid interference with the breathing. Kneeling on one knee at the victim's head, grasp both arms just below the elbows, and with an outward sweeping motion draw them away from the body, raising the hands above the head. This draws the ribs outward and causes respiration. The arms are then brought down and the elbows pressed against the lower ribs with sufficiently steady force to expel the air from the lungs. This should be repeated at the rate of 16 times per minute and continued until normal respiration returns. To revive artificial respiration, wrap the patient in warm, dry blankets and massage the legs and arms to encourage circulation. Stimulants should be administered preferably by a physician, and if there is a pulmotor or lung-motor handy, it should be operated by someone skilled in its use.

Another good method of restoring the apparently drowned is Schaefer's, by which the patient is turned over on his face, the body resting on a barrel or a pile of clothing so that the head hangs down lower than the body. The mouth is cleared of mucus with a cloth or handkerchief, and the tongue is kept protruding. The body is then placed face downwards, and the doctor or person who is attempting the resuscitation, kneels either to the right or astride of the patient's back and with a firm pressure squeezes the lower part of the ribs for three seconds duration, then allowing the pressure to be taken off so as to extend the lungs. Repeat the pressure and relaxation alternately. The mouth should be kept open with a cork, stone or knot of a handkerchief. Continue this method of artificial respiration for a long time if necessary, and do not give up hope for at least two hours.

**Satan's Pigeons.**

The real dogs of war were hardly the ferocious monsters that mythology has pictured. Even Satan, the little black dog that Mr. Ernest Harold Baynes tells of, showed in extremely trying circumstances none of the qualities that his name implies.

Not far from Verdun a small town held an important position in the Allied line. It was garrisoned by a few hundred French soldiers who had orders to hold out at all costs until they were relieved. The Germans succeeded in cutting them off from the rest of the army and placed a battery at their left to pour deadly fire into the town.

The garrison might yet hold out if it could only let the French army, now two miles away, know the position of that battery. The telephones were destroyed, a shell had killed the last homing pigeon, but with the garrison was a dog trainer named Duval. He had been sent from the dog school at Satory, with two messenger dogs, Rip and Satan. Rip had been killed in action, and Satan had been left with the French army two miles away. Duval and the dog had many times walked together over the ground that stretched between them, and the trainer knew that if a message could be brought Satan could bring it. Again and again he looked across the short, torn ground, and at last he started forward with a loud cry, "Voilà! Satan, Satan!"

His companions looked, too, but all they could see was a black speck moving toward them—until the black speck took the form of a black dog that seemed barely to touch the ground. The men declared that he was flying. Some of them cried out that they could see his wings; but none of them except Duval believed that he could get through the artillery fire alive.

And it seemed as if they were right. A missile struck him. Duval saw him fall—saw him stagger to his feet, confused and faltering. The man took his life in his hands. He leaped upon the parapet and shouted at the top of his voice, "Satan! Come! Mon ami, come!"

The dog saw and heard. With a frantic yell, he got into his stride again. On three legs, with the fourth swinging helplessly, he swept into the town, where a dozen hands were outstretched to catch him.

In a metal tube on his collar they found a message that read, "For God's sake, hold on. Will relieve you tomorrow."

But the dog had brought something besides the message. What the men had mistaken for wings were two little baskets, and in each of them was a homing pigeon. The garrison could now communicate with the army. A duplicate message giving the exact position of the battery was fastened to the pigeons, one of which got through. Then the French artillery silenced the battery.

## Good Turns by Boy Scouts.

Every Boy Scout agrees to do at least one good turn daily. In a world where so many people spend each day looking for profits, or pleasure, or power, or revenge, it is a most hopeful sign when the boys go out each morning on the watch for opportunities for doing acts of kindness.

Some of these "good turns" are very simple little services; some mean real sacrifice. Not infrequently a Boy Scout risks his own life to save someone who is in danger. In good turns great or small there is the same spirit—the spirit which animates the Scouts of every civilized nation under the sun. The good turn is the heart of the Boy Scout Movement.

Here are some of the kindly acts which have come to the attention of Provincial Headquarters in Toronto: "A man," wrote one boy in his diary, "had a horse and it was young. It would not stand for him so he asked me if I would please get him his mail for him, so I did."

"There was a boy," writes another youthful knight-errant, "and he had to get out of a team to take the bars down. It was raining hard so I took them down for him."

"I saw a dog that was hungry and I fed him," was the entry of another lad who remembered his Scout Law, which says: "A Scout is a friend to animals."

And other good turn reports were as follows: "There was a man and his tire on his bicycle was flat, and I asked him if he wanted to take my pump, so I let him take it."

"As I was coming out of the Post Office I met a lady who had many bundles, so I held back the door until she had gone in."

"I carried wood and water for an old lady who lives alone."

"Lifted an empty barrel up to a wagon for a man that was paralyzed in one hand."

Parents have sometimes remarked that it is more difficult to get boys and girls to be courteous at home than among strangers, but here is a report which proves that the "good turn" reaches its highest development right in the family circle: "Sunday, helped Mary with her Sunday School lesson. Monday, I buttoned Mary's dress because Mamma was busy."

What boy of ten years ago could make a report like this? "I was walking along on a road near a woods, and I had my brother with me and I said, 'I think I hear a cry.' So I went to go into the woods, and I saw a squirrel that had its head in an old tin can, and I picked it up and I took its head out of the can and let him go."

Mr. Squirrel had canned himself before the days of the Boy Scout Movement. His adventure would probably have ended in a cage or in a pot pie.

There is strict neutrality in these reports, received two days apart from the same Scout: "There was a cat in a steel trap so I went and let him out." "I picked up a little bird under a tree and climbed up the tree and put it in its nest safely."

And so they go on and multiply—thirty thousand good turns a day—nearly eleven million a year in Canada alone, not to mention those done by other people as a direct result of the example furnished by the Boy Scouts.

Only a very small percentage of them are ever reported, for Scouts do not talk about these things unless asked.

More important than arithmetic, or grammar, or spelling, is this systematic teaching of thoughtfulness and kindness, for when selfishness is eliminated poverty and crime cannot exist.

**GUARD BABY'S HEALTH IN THE SUMMER**

The summer months are the most dangerous to children. The complaints of that season, which are caused by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Great Britain is at work on formation of an empire cotton growing corporation to stimulate cotton production throughout the empire under royal charter, with a grant of one million pounds sterling, says a London despatch. It will not be a profit making organization, its object being development of cotton growing by extension of opportunities for training in tropical agriculture, promotion of research, establishment of experimental farms, and otherwise.

In the administration of the corporation the London Government, the governments of cotton growing areas of the empire and trade interests are to participate.

The cotton industry in England, the report said, had agreed to a voluntary levy of six pence a bale on all cotton consumed for a minimum period of five years, and the intended grant of approximately one million pounds by the Government is proposed on this support from the trade.

Roads made of glass have been suggested for permanent wear.

## PALE AND NERVOUS SCHOOL CHILDREN

Need Rich, Red Blood to Regain Health and Strength.

Many children start school in excellent health, but after a short time home work, examinations, hurried meals and crowded school rooms cause their blood to become weak, their nerves over-wrought and their color and spirits lost. It is a mistake to let matters drift when boys and girls show symptoms of nervousness or weak blood. They are almost sure to fall victims of St. Vitus dance, or drift into debility that leads to other troubles. Regular meals, outdoor exercise and plenty of sleep are necessary to combat the nervous wear of school life. But it is still more important that parents should pay attention to the school child's blood supply.

Keep this rich and red by giving Dr. Williams' Pink Pills and the boy or girl will be sturdy and fit for school. The value of Dr. Williams' Pink Pills in cases of this kind is shown by the statement of Mrs. Watson, Grand Falls, N.B., who says: "In the spring of 1919 my daughter Thelma, then 12 years of age, began to show symptoms of nervousness which developed into St. Vitus dance. She seemed to lose control of her limbs and at times every muscle in her body seemed to be twitching and jerking, and the trouble seemed to be growing worse. We finally decided to give Dr. Williams' Pink Pills, and the result was better even than we had hoped for, and she is now enjoying the best of health."

You can get Dr. Williams' Pink Pills through any dealer in medicine or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

**A Game That Stopped Tyranny.**

Several hundred years ago there lived a young and dissolute Indian prince named Behub. So deeply were his subjects afflicted by his excesses that a native named Nassir determined to bring the tyrant to reason.

With this end in view, he invented a game, in which the king, impotent by himself, is protected by his subjects. The game of this extraordinary game spread quickly, and at last it attracted the attention of Behub. Nassir was summoned to teach him the game.

The young Brahmin availed himself of the opportunity to instill into the mind of the tyrant the principles of good government.

Struck by the truths which Nassir presented, the prince expressed his willingness to confer a liberal remuneration upon the young native. He asked him to state his terms.

Nassir demanded as many grains of wheat as would arise from allowing one for the first square, two for the second, four for the third, and so on, doubling the number for each of the sixty-four squares on the chess-board.

The king, piqued at the apparently trivial nature of the demand, desired him, somewhat angrily, to ask for a gift which would be more worthy of acceptance. But when Nassir adhered to his request, the monarch ordered the required quantity of corn to be delivered to him.

Upon calculating the amount, however, the superintendents of the public granaries found the demand to be so enormous that not only Behub's kingdom, but all Hindustan would have been inadequate to discharge it.

Behub admired the young Brahmin for his remarkable ingenuity, and Nassir was installed as the king's prime minister.

The game seems to have been known in Hindustan by the name of Chaturanga. It was changed by the Persians into Chess, but the Arabs, who took possession of that country, had neither the initial nor the final letters of that word in their alphabet. Consequently they altered the name to Shatranj. Though at one time the Chinese claimed to have played chess in 174 B.C., the Hindus played it long before that time.

**Naming Mount Everest.**

It is a striking fact that Mount Everest is almost the only one of the great Himalayan peaks that has not a native Indian name. The reason is still more striking. It has been the invariable custom of the Survey of India to adhere to the native names. The English maps therefore contain Kinchinjunga and Kaskulu and Sandakphu and other foreign words; but for Everest, the highest peak of all, the most careful search failed to find any native name, and so it was called after Sir George Everest, the great English geodesist. There is something pleasingly poetic in the thought that by leaving the mightiest of their great peaks unnamed the people of India have been content to think of it as the great Unknown.

**MONEY ORDERS.**

When ordering goods by mail send a Dominion Express Money Order.

**Changed for the Worse.**

"Ethel, can't you tell us the shape of the world?" asked teacher, dear, encouragingly.

"Yesum; it's a pretty bad shape just now," replied the precocious child, who had heard her daddy say a few things at home.

Minard's Liniment Relieves Neuralgia

## BITS OF HUMOR FROM HERE & THERE

**Uddie First.**

"Hank, I wish you fix that leak in the roof over our bedroom."

"Don't get impatient, Abbie. You know quite well that's a leak in the cow barn I got to tend to first."

**Of Course He Did.**

Patient—"You pulled me through, doctor."

Doctor (modestly)—"No, it was the work of Providence."

Patient—"Yes, but you'll charge for it!"

**Doubtful.**

"Mom, won't yer gimme candy, now?"

Mrs. Casey—"Didn't Ot tell you Ot wouldn't give ye anny at all if you didn't kape still?"

"Wes'm, but—"

"Well the longer ye kape still the sooner ye'll get it."

**Easy in the Dark.**

Two Irishmen were being shown round a colliery for the first time. When they saw the coal coming up the shaft from the pit, Mike remarked to his companion:

"Shure, and I'd loike to see the men who put those great lumps of coal in the skips. They must be terrible strong."

"Don't be absurd," said Pat. "Why, it's that dark down there they can't see what they're lifting."

**Cheaper Than Leather.**

The waiter was trying to look uninterested, but at the same time he kept on eye on the guest whom he had just served with a portion of stewed steak.

He had sampled that stewed steak himself, and was feeling doubtful about his tip. He was astonished, therefore, when the customer beckoned to him and asked: "Can you get me two more portions of this steak?"

"Yes, sir! Certainly, sir!" replied the waiter. "And some more potatoes, sir?"

"Oh, no! no! I only want the steak to patch my boots. It will be cheaper than leather."

Oats have been successfully replaced by dried seaweed as fodder for horses during an experiment by the French military authorities.

**O. McPherson.**

Furniture Dealer and Undertaker, Armstrong, B.C., Yarmouth, N.S.

Dear Sirs—Since the start of the Baseball season we have been hindered with sore muscles, sprained ankles, etc., but just as soon as we started using MINARD'S LINIMENT our troubles ended. Every baseball player should keep a bottle of your liniment handy.

Yours truly,  
W. E. McPHERSON,  
Secretary Armstrong High School Baseball Team.

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TORONTO SALT WORKS  
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**America's Pioneer Dog Remedies**

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and How to Feed  
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**ASPIRIN**

"Bayer" is only Genuine

Warning! Unless you see the name "Bayer" on package or on tablets you are not getting genuine Aspirin at all. In every Bayer package are directions for Colds, Headache, Neuralgia, Rheumatism, Earache, Toothache, Lumbago and for Pain. Handy tin boxes of twelve tablets cost few cents. Drug-gists also sell larger packages. Made in Canada. Aspirin is the trade mark (registered in Canada), of Bayer Manufacture of Monocetacidester of Salicylicacid.

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## OWES HER LIFE TO TANLAC, SHE SAYS

HAD SUFFERED TWENTY-FIVE LONG YEARS.

**Mrs. Nelles Declares the Medicine Has Completely Restored Her Health.**

"I firmly believe I owe my life to Tanlac, for it has completely restored my health after suffering twenty-five years," was the statement made by Mrs. S. Nelles, 208 Parliament St., Toronto.

"During all those years I hardly know what it was to eat a good meal without suffering dreadful pains in the pit of my stomach and also palpitation of the heart afterwards. My liver was badly out of order and I was troubled a lot with nausea. I generally woke up in the mornings with a fearful headache and had such spells of dizziness that I had to hold on to the furniture to save myself from falling. I was just tired out and weary all the time and every now and then had such a sinking sensation come over me that I thought my end had come. In fact, I was almost a confirmed invalid and used to lie awake for hours at night worrying about my condition, and never expected to be well again."

"But the way Tanlac has built me up has been really wonderful. The first few doses seemed to do me good, for I began to sleep better and had less distress after my meals. After taking eight bottles of this medicine I can honestly say I am as well as I ever was in my life. All my stomach trouble has disappeared, I sleep fine at night and am so much stronger that I can do my housework with ease. I have recommended Tanlac to lots of my friends and am glad of this opportunity to tell everybody what a grand medicine it is."

Tanlac is sold by leading druggists everywhere. Adv.

**What They Needed.**

"Now, my friends," said the Parliamentary candidate, making another effort to arouse the enthusiasm of his audience, "what do we need in order to carry this constituency by the biggest majority in history?"

The response was immediate and enthusiastic.

"Another candidate."

**Minard's Liniment for sale everywhere**

A British ex-officer claims to be the only blind chartered accountant in the world.

Drugs and toilet preparations, have been discovered in tombs dating back 3000 B.C.

**Cuticura Insures Thick Glossy Hair**

Shampoos with Cuticura Soap prepared by light applications of Cuticura Ointment to the scalp skin do much to cleanse the scalp of dandruff and promote the healthy condition necessary to producing luxuriant hair.

Sole U.S. Distributors: E. C. Taylor & Co., Sold throughout the Dominion. Canadian Depot: Lyman, Limited, 244 St. Paul St., W., Montreal. 1922. Cuticura Soap Cheaper without name.

**TO WOMEN OF MIDDLE AGE**

**This Woman's Letter Tells You How To Pass The Crisis Safely.**

Lascelles, P.Q.—"During the Change of Life I felt so weak and run down I could hardly do my work. The perspiration would pour over my face that I couldn't see what I was doing. We live on a farm, so there is lots to do, but many who felt as I did would have been in bed. I took Lydia E. Pinkham's Vegetable Compound and it did me a world of good. I tried other remedies but I put Vegetable Compound ahead of them all, and I tell every one I know how much good it has done me."

Mrs. DUNCAN BROWN, Lascelles, Prov. Quebec.

Such warning symptoms as sense of suffocation, hot flashes, headaches, backaches, dread of impending evil, timidity, sounds in the ear, palpitation of the heart, sparks before the eyes, irregularities, constipation, variable appetite, weakness and dizziness should be heeded by middle-aged women, and let Lydia E. Pinkham's Vegetable Compound, carry them safely through this crisis as it did Mrs. Brown.

**You are invited to write for free advice**

No other medicine has been so successful in relieving women's suffering as has Lydia E. Pinkham's Vegetable Compound. Women may receive free and helpful advice by writing the Lydia E. Pinkham Medicine Co., Lynn, Mass.

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