

THE OTTAWA MINT.

Mr. John McKeen, manager of the Ottawa branch of the Bank of Nova Scotia, has a most interesting article on Canada's Royal Mint in a recent issue of the Nova Scotian. Hundreds of Ottawa people have taken advantage of the general invitation which is extended to the public to go over the institution, and Mr. McKeen's very clear explanation of the process of coining will be appreciated. In the course of his article Mr. McKeen says:

The process from the raw material to the finished product is essentially the same as in any high class metal industry, with this important difference, viz.: the scientific accuracy with which owing to the value of the material used, the work is carried on. The manufacture of the very latest type, and said to be superior to any in use even in the Royal Mint, London. The workmen report at eight o'clock a.m. and do not leave the mint until 5 o'clock p.m. Each one is made responsible for the metal weighed out to him, and must give an accurate account before leaving for the day. The first process in order is melting the bullion which, in the case of subsidiary coins, involves expert mixing of the metal. The ingots are melted in platinum crucibles in furnaces heated by gases from crude oil fires. The liquid metal is then poured into moulds, and after cooling sufficiently is taken out in bars, each cast is submitted to the assayer and if of the proper quality is turned over to the rolling machines. The bars are first broken down by a hot ton roller, afterwards passing through two others of lighter weight until reduced to the desired thickness. The metal is then put through a process of annealing. This is done by gradually heating and gradually cooling, the object being to reduce brittleness and increase the softness and toughness of the metal. It is now passed along for punching, a process by which the metal is cut out of the attenuated sheet in different sized discs. After these discs have been carefully assorted and acid cleaned they are ready to receive the image and superscription of the King.

The next process, that of stamping, is probably the most interesting of all. The impressions and legends on the obverse and reverse sides of the coins are similar to those now in use. Experience and science furnish reasons for a metallic money of right weight and hardness neither too light nor too heavy. This is assured by an automatic weighing device of marvelous accuracy, gauging to 100th part of a grain. The stamped coins are admitted to this weighing machine through a small tube, at the bottom of which there are three trays or divisions. By some mysterious occult device these coins are automatically sorted, the light dropping into one tray, the heavy into another, and the true weight into a third. The light and heavy are passed back to the crucible again to be melted, while the true coin passes out into circulation to discharge its functions in the world of commerce.

It only remains to be said that the capacity of the mint is ample. Coins from the stamping machine can be turned out at the rate of 100 per minute.

The estimated cost of a bridge over the Straits of Dover is \$34,000,000.

The largest serpent ever measured was an anaconda, which Dr. Gardner found dead in Mexico. It was 37 feet long and it took two horses to draw it.

In Hertfordshire two wild ducks sat on the same nest incubating the same clutch of eggs. The same thing has been observed in the case of partridges.

THE QUESTION OF EXERCISE.

In the matter of exercise, the question for us is not—How much exercise will bring good results? That is a theoretical, not a practical, consideration. The real question is—How much exercise is it worth while for a man to take if he wants to keep on the top level of efficiency?

Enough exercise, then, to keep the muscles of the body firm and sensitive is what we aim at. For a man whose chief business in life is headwork, there is little to be gained in building up muscular tissue beyond that point. He may do it for recreation, if he likes; but that is a different matter.

The kind of exercise that hits the mark is the kind a man likes for its own sake; and the kind a man likes for its own sake has something of the play-spirit in it—the life and go of a good game.

The good a man gets out of a brisk ride in the park is something more than what comes simply from the activity of his muscular system, or from the effect of the constant jolting upon the digestive organs. There is the stimulus to the whole system which comes from his filling his lungs with fresh air; there is the exhilaration of sunshine and blue sky and of the wind on the skin; and there is the excitement of controlling a restive animal.

The best forms of exercise will call the big muscles of the body into play—the muscles that do the work. This gives bulk effects. It reaches the whole system.

Exercise should not be too severe. Tennis is a game that nervous, excitable, overworked people like to play. They ought to avoid it. It works them too hard and too fast. Instead of resting them, it wears them out. There is no better out-door exercise for a city man than a game of golf. The alternate activity and rest that it provides for, the deep breathing caused by the necessary hill-climbing, the sociability of the game—all these are admirable features.

A LYRIC OF EARTH.

Grief was my master overnight;
To-morrow I may grieve again;
But now along the windy plain
The clouds have taken flight.

The sowers in the furrows go;
The lusty river brimmed on;
The curtains from the mists are gone;
The leaves are out; and lo!

The silvery distance of the day,
The light horizons, and between
The glory of the perfect green,
The tumult of the May.

The bobolinks at noonday sing
More softly than the coldest lute
And lighter than the lightest lute
Their fairy tambours ring

—Archibald Lampman.

WOMAN'S RIGHTS.

"Every woman has the right—a right so inalienable as to become itself a duty—to cherish and comfort herself; to let flowers bloom in her heart; to lighten her burdens by allowing, or, if need be, requiring others to share the weight of them. It will be found that a household, all of whose members share alike in the daily routine, is more cheerful and charitable than one conducted on the single slave plan. It is more agreeable, all around, to contribute something than to accept everything; and it produces better hearts and minds and manners. And even if the housework does get neglected occasionally, that is better than a neglected life; and it may sometimes be wiser to buy a new garment than to patch the old one."—Julian Hawthorne.

CHILDHOOD DANGERS

No symptom that indicates any of the ailments of childhood should be allowed to pass without prompt attention. The little ailment may soon become a serious one, and perhaps a little life passes out. If Baby's Own Tablets are kept in the house minor troubles can be promptly cured and serious ailments thus averted. And the Tablets can be given with equal safety to the new born babe or the well grown child. Mrs. H. Gordon, Martinville, Que., says:—"I have used Baby's Own Tablets and have found them in every way satisfactory. I always feel safe when I have them at hand." Sold by medicine dealers or by mail at 25c a box from The Dr. Williams Medicine Co., Brockville, Ont.

ENGLISH ROYALTY IN NORWAY.

The King and Queen have had so many experiences in life that they find it increasingly difficult to procure a new sensation. Norway provided them with several. Denmark and Sweden are democratic countries, but have so long been accustomed to Royal pomp and ceremony in their midst that they let it pass. But the kingdom over which King Haakon rules is by far the most democratically minded in Europe, and in the days when it was united with Sweden it saw little more of Royalty than Ireland does today. Consequently there were no courtly traditions to maintain, and when Prince Charles of Denmark was offered the new throne it was on condition that he gave himself as little as possible the airs of a king.

Norway wanted an official head, and had no liking for an elected president; but Haakon is president rather than king. His Court is of the smallest, and he is expected to mix freely with the people, to be good friend and comrade to the lowest as well as the highest. This is rendered simple by the fact that there is practically no distinction of classes in Norway, no social barriers. One man is as good as another, and the merchants and artisans of Christiania feel no undue elation when their king sits down beside them in a tramcar and enters into genial conversation.

Prince Charles of Denmark, brought up a sailor, took readily enough to his altered life; but Princess Charles at first found Norway a little trying. She was careful not to admit it, and soon schooled herself. To one brought up in the atmosphere of the English Court, with its glittering splendour and remoteness from the rank and file, the conditions might well seem a little drastic, and the Norwegians made allowances, and were willing to concede something to the pretty queen. They do not resent the fact that she uses a carriage instead of the tram, and they like to see her wearing Paris frocks and glittering with jewels on great occasions. At Christiania, however, even the King of England on a State visit is expected to fall into line with the customs of the country, and King Edward, with his usual tact, readily adapted himself, and, as far as his linguistic capabilities permitted, hobnobbed with the people.

The welfare of mankind does not now depend on the State or the world of politics. The real battle is being fought in the world of thought, where a deadly attack is made with great tenacity of purpose, and over a wide field, upon the greatest treasure of mankind, the belief in God and the Gospel of Christ.

Advance: That the success of a men's movement depends upon the extent to which the men are moved.