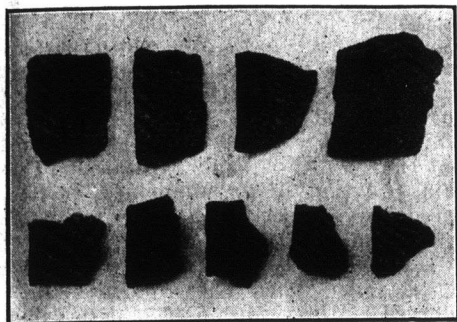


mound builders. The soft red ones are unquestionably of Indian manufacture, and are made of a rock found on an Indian Reserve in Minnesota. I am told that this particular rock occurs only in one place, but it must be well known among the Indians, for I have seen pipes made of it not only in many parts of Manitoba, but in Saskatchewan and Alberta also. A former trader living in Moose Mountain in Saskatchewan has a very handsome pipe in the form of a hatchet, but, like many others, it is modern. Formerly the Indians attached great importance to tobacco and every ceremony began and ended with the use of the pipe. It is probable that the two pipes in the photograph were for individual use, the ones kept for ceremonial purposes being larger and generally rather elaborately ornamented.

In handling these weapons, one cannot help wondering at the individual history of each piece. Were any of them war-arrows and were any of them used? This one was perhaps embedded in a bison, only to be released when flesh and sinew rotted. Some may have been used in play or practice, and the little ones may have been used by children. All, however,



Prehistoric Pottery

is imagination, for now it is impossible to find out anything about the various pieces. Although the gap bridged—however slightly—by these little bits of stone is not great, it is great in a country to which the last few years have meant so much, and one looks back to a period in which the imagination likes to roam—a period favored by the novelist. There are many brilliant histories and accounts of the Indians to be had, but none have the interest and fascination of the primitive weapons and utensils found upon the spot where the original owners left them.

The Effects of Impure Air

By Mrs. D. W. Rose

M. Leblanc states that the odor of the air at the top of the ventilator of a crowded room is of so noxious a character that it is dangerous to be exposed to it, even for a short time. The organic matter of expired air "contains minute cellular bodies named putrefaction cells, and in sick rooms it is associated with pus cells and other emanations of disease." Tomlinson says: "If expired air be passed through pure water the water soon exhibits all the phenomena of putrefactive fermentation."

There are scores of churches whose sextons, after keeping all means of ventilation closed during service, when the congregation is dispersed, close the doors, turn the key and leave the foul air safely housed, to be breathed when the worshippers shall return. Such places always have a disagreeable odor. The most thorough airing will scarcely be able to rid them of the offensive smell that has been produced by the decaying organic matter that permeates the breath. Who has not seen this loathsome vapor condensing on the walls and windows and trickling down in fetid streams?

"As much as forty-six per cent of organic matter has been found in plaster taken from the walls of a hospital ward in Paris." Statistics tell us that it is not uncommon to find air in public assembly rooms and even in dwellings, containing from ten to fifteen times the amount of carbonic acid found in pure air. Of this gas Tomlinson says: "It acts as a poison. If we attempt to inhale it, by putting the face over the edge of a beer vat, the nostrils and throat are irritated so strongly that the glottis closes, and inspiration becomes impossible." One need remain but one-half hour in an unventilated room to have inhaled six hundred times of the foul and poisonous fluids; the blood will have carried them to every portion of the body, and the entire system will have become saturated.

Who has not felt his mental and bodily energies deadened, and found himself unable to resist the chilliness which seizes him upon emerging from such a place? "Indeed the effects are visible in the expression of the features; either a relaxed pallor of the surface, or the hectic flush of fever is observable." Headache often follows, which may last for hours and end in a bilious or nervous attack.

In an army report it was proven beyond question that the excessive mortality from consumption among the soldiers was due to lack of ventilation in the barracks; a reformation in this line brought with it a material decrease in the number of cases of this malady.

Fresh air is one of nature's germicides, a great natural disinfectant. Yet some persons are as much afraid of fresh air as victims of hydrophobia are of fresh water.

"I, myself," says Benjamin Franklin, "had formerly this prejudice, this aerophobia, as I now account it, and dreading the supposed dangerous effects of cool air I considered it an enemy, and closed with extreme care every crevice in the rooms I inhabited. Experience has convinced me of my error. I now look upon fresh air as a friend. I even sleep with an open window."

In order to maintain a degree of purity of the air necessary to perfect health, Wilson and others insist that we must be supplied with three thousand cubic feet of pure air per capita per hour, and that a space of at least one thousand cubic feet should be allowed per capita in buildings permanently occupied. If gas is burned in the room, each jet requires the same provisions as are necessary for five persons

We inhale on an average twenty-six cubic inches of air (I wish I could say pure air) at a breath. Oxygen is food to our lungs, blood and tissues, and should be as free from poison as any other food of the body. "We shun impurity in every form," says Steele, "we dislike to wear the clothes of another, or to eat from the same dish; we shrink from contact with the filthy, and yet sitting in the same room, inhale their polluted breath."

The potato bug is a familiar and old acquaintance with a hearty appetite. The prescribed remedy is used as a spraying mixture and consists of
Paris Green..... 8 ounces
Water 40 gallons

She is Mistress of the Art of House-keeping

A lady is not afraid to be industrious. In her home she is mistress of the art of housekeeping, and she can control her needle. She may never need to do this, but it is a womanly art which she, this very well-bred woman, comprehends thor-

oughly. No matter what your position may be to-day, how can you tell where you will be twenty years from now? When Marie Antoinette learned to sew from her German governess she little thought that the daughter of the Empress of Austria, the future wife of the King of France, would need to avail herself of this homely knowledge. But Marie Antoinette, sitting in prison, was only too glad to mend the clothes of her little ones, to darn her husband's coat, and to forget, as she sewed, the sorrows that multiplied over her head. If she is employed by some one else a lady does her work well. No matter what it may be she gives the best of herself to it, and she tries as far as possible to excel in that special branch of work, since it is due to her employer, who pays her for the best that she can do. Do you understand what I mean when I say that a lady is honest? I mean that she is not only honest as far as money is concerned, but honest in giving full value for all that she receives. Consequently, you who dally over your work, who are given to eye service, are not copying the example set before you.

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