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say. If Germany is as short of food as she professes to be, her herds and flocks must be far below par. France suffered severely, but from information we are able to obtain, male breeding stock has been sacrificed there in order to conserve cows and heifers. The cattle in France were reduced by over 2½ millions, and sheep by 40 per cent. Serbia has approached the United States Government regarding 50,000 head of cattle, chiefly grade heifers, we believe, with which to replenish her herds. Some months ago a similar enquiry was received by the Canadian Government. The situation in Russia is bad enough, but information from that source is not of such a character as to warrant any definite conclusion.

In the Live Stock Department of this paper are some figures vouched for by Sir William Goode, of the British Ministry of Food, which give some information regarding live-stock conditions on that continent. Another very important factor is the great shortage of feeding stuffs, and even fertilizers with which to produce feed for the future. There must certainly be a constant and continuous demand for meat products from this continent for almost a decade at least. We are of the opinion, however, that anyone looking for an export trade in pure-bred live stock from Canada to Europe is unduly optimistic. In spite of the heavy demands imposed upon Britain during the war, her pure-bred stocks were well safeguarded, and now she is in a good position to supply Europe with herd and flock sires.

Those any way qualified to interpret the signs of the times look for a splendid outlet for the animal products Canada may be able to export, and see no reason for doubt and misgivings concerning the future of the live-stock industry. In fact, the proper course to pursue will probably be one where live stock enters largely into the economy of the farm, so that grain and roughages can be marketed through this medium.

The order compelling the use of substitutes in bread has been repealed, but the high extraction must still be observed by the millers.

The Food Board says: "Peace does not alter the food demands upon Canada and the United States, but in fact increases the load and the demand for economy."

Sandy's List of Heroes

BY SANDY FRASER.

"If ye can believe all ye read in the papers these times," says Jean tae me the ither night, "there's mair heroes in the world noo than there ever has been at any time in the past. In aboot every second page ye will be readin' o' some chap that will be gettin' honorable mention for somethin'. The boys in France hae been gettin' sae mony medals an' Victoria Crosses an' such like things that it's na wonder there is a scarcity o' brass an' ither metals for the makin' o' ammunition. The Kaiser has been handin' oot his Iron Crosses too, and I suppose we may tak' it for granted that it's no' always for cowardly actions that they are presented to his men. They say it tak's a pretty smart man to conduct a successful retreat, and that there is aboot as big a risk in gettin' back oot o' the enemy's reach as there is in continuin' tae face him. Sae whatever happens, retreat or advance, there's a chance for the makin' o' heroes."

"Sure thing," says I, as soon as Jean stopped for breath, "We're livin' in an age o' Opportunity, and tae those that tak' advantage o' it we are inclined tae gie the credit. Na doot future generations will be callin' this the age o' the 'Hero Worshipers.' However, it has a guid effect on all concerned, sae dinna worry aboot the result o' it. It has a tendency to mak' the person act the part, when he kens that he is gettin' credit for bein' a hero, and for those o' us that dae the 'worshipping' as ye might call it, it does us na harm to hae an ideal o' some kind tae look up to. The effect is guid all around, sae tak' care that ye dinna discourage the tendency."

"Bad an' all as my experience has been," replied Jean, "Ye needn't be afraid o' anything like that frae me. I'm on the look-out for the best there is in humanity, wherever I can find it. But it willna dae to be shuttin' yer eyes to its failings an' weaknesses either."

"No, I suppose not," says I, "but ye can follow the advice o' the fellow that said the best way to keep oot o' trouble wis tae gae aboot wi' yer eyes open but yer mouth shut. To neglect the latter part o' this warnin' aboot keepin' one's mouth shut, he said, wis tae rin the risk o' not bein' able to follow the first part o' his advice. In ither words, someone wad be shuttin' yer eyes."

"But talkin' aboot heroes," I went on, "I hae been thinkin' durin' the past few weeks that we dinna need to gae to France for all the material that gaes intae the makin' o' that sort o' thing. We've had somethin' amang us for the last while back that wis aboot as dangerous as anything ye'd find on the firing line at the front. I'm talkin' aboot this influenza sickness that we hae all been gettin' pretty weel acquainted wi' this fall. It seems tae me that the doctors an' nurses that undertake to pull their patients through, at the risk o' their ain lives, are as weel deservin' o' the Victoria Cross, or somethin' o' the kind, as any soldier that ever pit foot in a trench. In fact, I'm thinkin' that the nurse in the hospital deserves mair credit than the ither fellow, for the reason that there is but little o' the excitement an' glory o' war, in attendin' to a person that is doon sick wi' the 'grippe.' The nurse or doctor kens that in a day or twa they may be in the place o' their patient, wi' a guid chance for passin' oot and naethin' aboot gettin' their names intae the 'Roll of Honor' either. Sure thing," I concluded, "if it's heroes or heroines ye're lookin' for ye can juist turn around once and count them by the dozen."

"Weel," said Jean, after thinkin' aboot this for a meenute, "ye were oot to the Kirk this mornin'. How mony heroes did ye see there?"

"Three," I replied, "the meenister, anither chap and mysel'." "Hoot," says Jean, "ye're unco' modest to be placin' yersel last on the list. But how came you three tae be in the 'hero' class?" "There wis juist us three there, and gin ye had seen the roads that we passed through tae get there ye wouldna dispute oor claim tae the title. Gosh, Jean, they're awful," I said. "I wouldna' want the job o' mail-driver on any o' our rural routes these days, hero an' all as I am," says I.

"I suppose you will be pittin' the mail-carriers ahead o' the soldiers an' doctors an' nurses next," observed Jean.

"Gin they knew what kind o' a career the future had in store for them when they volunteered for the job, they deserve a place amang the best o' them. I wis talkin' tae the carrier on the Seventeenth Route the ither day and he's got a job for a real man, I can tell ye. It wis nigh dark when I met him, an' he had nine miles to mak' after that and no macadamized highway either, let me tell ye that. Some industrious an' thrifty farmer had taken advantage o' the late wet spell to draw his hay to the station, an' the result is that oor mail-man has to get oot o' his buggy noo an' again an' push the mud awa' from in front o' the axle o' the rig. The ruts cut by the wagons are juist aboot two feet deep, he says. And it's a guid sticky clay at that too. There are times, if ye can believe him, that ye canna see a spoke in any o' his wheels. Ye'd think they were made oot o' a solid piece o' plank. When I wis leavin' him I says to him, 'Cheer up, the warst is yet tae come.' 'I ken that,' he replied, 'it's in the winter we catch it, wi' its forty below, alang wi' the bad roads. But there's one thing aboot the business tae its credit,' he said as he started off, 'an' that is that ye earn yer salary at it. I dinna hear onybody sayin' that we're profiteers.'"

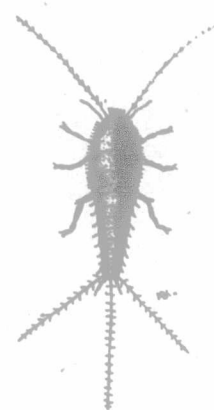
"The mail-carriers hae my sympathy all right," said Jean, lookin' oot o' the window at the rain that wis still comin' doon as though it wis needed. "For the man that mak's his round ilka day in the week an' fifty-twa weeks in the year there should be some kind o' a medal or something in the way o' a recognition o' his services."

to his country, in the face o' hardship the equal o' any-thing oot o' jail. Life in the country wouldn't be what it is if it wasn't for his daily round wi' the paper an' the rest o' the mail. Set him doon as one o' the world's heroes, gin ye like, Sandy; I'll no object," concluded Jean. "He may no' hae had the chance tae gang tae France, and be daein' the thing that cam' next. Ony-way, as auld Robbie said, 'A man's a man for a' that,' sae what does it matter what kind o' a job ye happen tae find him workin' at. Whatever it is it will be done, and weel done."

Nature's Diary

A. B. KLUGH, M.A.

Very common little animals are the Sow-bugs, otherwise known as Wood-lice, Pill-bugs, and Crawly-pigs. They are quite frequently termed insects but are really not insects but crustaceans, that is animals allied to the Cray-fishes, Crabs, Shrimps, etc. By far the great majority of the crustaceans are aquatic, in fact they are a large and dominant group which hold about the same position in point of the number of species and of individuals in the waters, both salt and fresh, that insects do on land. Among the Sow-bugs we find species which live in the sea, in fresh water and on land, the majority being marine, while the land species are our only common



The Silver Fish.

terrestrial crustaceans.

We have several species of land Sow-bugs in Canada. By far the commonest is *Porcellio ruthekei*, a species which, in spite of its commonness, has no common name. In view of the fact that it can be distinguished from all other species by the three pale, longitudinal lines on its body I propose to call it the Three-striped Sow-bug. Our next commonest species, *Porcellio scaber*, may be known by the warty projections on its upper surface and a translation of the scientific name, the Rough Sow-bug, would make a suitable common name. Ranking third in abundance is *Cylisticus convexus*, a species which is not easily distinguished by its appearance, but which may be known at once by its habit of folding itself into an imperfect ball when touched. This species likewise has no common name, and the name Convex Sow-bug would be applicable. A fourth species, which as far as my experience goes is not common in Canada is *Armadillidium vulgare*. It will be seen that the name of the genus of this Sow-bug is derived from that of the Armadillo, that peculiar mammal which has the power of rolling itself into a perfect, armour-covered ball when attacked, and it fits this species very well as this Sow-bug when touched rolls itself into a perfect ball, and is the species which has given rise to the name "pill-bug."

Sow-bugs feed upon vegetable substances. As a rule they live upon vegetable material of no economic importance, but sometimes they attack potato tubers, sugar beets, and cucumber vines. In cases of such attacks the use of poisoned baits is effective.

They breathe by means of gills which are protected by flat plates on the under surface of the body.

A peculiar little insect which is not uncommon in houses is the Silverfish. This species is about half an inch in length and is glistening silvery-grey. It occurs both in Europe and North America and has a number of common names, among which are Slicker, Fish-moth, Sugarfish, Woodfish, Silver-louse, Silver-witch and Bristle-tail.

Because the Silverfish shuns the light and has the ability to run very rapidly to places of concealment, it is not often seen. The rapidity with which it runs and the slipperiness of its body, due to the scales which clothe it, make it almost impossible to catch the Silverfish without crushing it.

The Silverfish often does a very considerable amount of damage. Its favorite food is starch paste and glue, and in its endeavors to get at these substances it eats labels, starched clothing, silks which have been stiffened with size, heavily glazed paper, the gold lettering on books, and the paste from the back of wall-paper.

This insect causes little damage except in cases where its food has been left undisturbed for long periods, and consequently its work is most noticeable where books, clothing, etc., have been packed away for some time in drawers, closets and book-cases. This fact gives us the clue to the best method of prevention—frequent handling of stored articles. If the insects are very abundant they may be poisoned with the following bait—a paste made of 1 pint of flour and ½ ounce of arsenic. The flour paste should be boiled and the arsenic added, and then spread on pieces of cardboard.

The Silverfish is active in our climate only during the summer, and becomes most abundant in houses which are shut up during the hot weather.

The Dominion Government requires that all persons having claims relating to loss of life as well as property arising out of illegal methods of warfare by the enemies during the war, shall file them without delay. These claims arise through the torpedoing of ships without warning and other similar acts, including commandeering and destruction on land. Attention is called to the fact that the making of this list does not imply that the Government will put forward the claims at the peace conference, or any assurance that if put forward they will be paid. The list is intended merely to enable the Government to make a demand if the occasion arises. Instructions can be secured from the Under-Secretary of State, Ottawa.