

METAL FILLINGS IN TEETH.

The Use of Different Materials Does Not Cause Electrolysis.

Among dentists there is a difference of opinion as to whether the filling of two cavities in one tooth with different metals—one with mercury amalgam, one with gold, for instance—will cause rapid decay of the tooth through electrolytic action between the two metals.

The matter was submitted to the editor of the Electrical Review, who replies that if the amalgam is thoroughly mixed there is no danger of electrolysis, but that if the mercury be not properly incorporated in the mass chemical action is quite likely to follow. He says that he and a dentist experimented with voltaic piles made of gold and amalgam, with blotters wet with sodium chloride and later with acetic acid, and when the amalgam had been properly mixed they were unable to measure any electrolytic action.

When decay does follow in such cases, he says, it is due not to electrolytic but to chemical action. This causes disintegration of the filling, and, of course, as soon as this has begun the acids of the mouth and the juices of the food can penetrate to the unprotected surface of the cavity and start further decay. And this takes place irrespective of whether or not gold has been used near by.

IT'S AN ILL WIND.

When It Comes Out of the East It Bears an Evil Reputation.

No one has a good word for the east wind. In whatever part of the world it blows it is of ill repute, and this evil name began in old times.

At least one of the plagues of Egypt came on the wings of the east wind. "The Lord brought an east wind upon the land . . . and when it was morning the east wind brought the locusts." "Thou, Lord, breakest the ships off Tarshish with an east wind," cries the psalmist. "I will scatter them as with an east wind before the enemy" was the word concerning Judah that came to Jeremiah from the Lord. "Thus saith the Lord God of Jerusalem, according to Ezekiel: 'Shall it not utterly wither when the east wind toucheth it?' And the east wind dried up her fruit," says the same authority, speaking again of Jerusalem.

Thus the stigma has come down the centuries. "Wind of the clinging mists and gray, harsh rains," a modern poet calls it.

Good old Isak Walton knew its malefic influence when he wished, for the honest angler, that the east wind might never blow when he went fishing.

Animal Sentinels.

Man is not alone in using sentries to guard him from danger. Birds and animals have been doing this for countless ages. Every gunner who knows anything about hunting geese is familiar with the fact that if he is to be successful he must always evade the wild goose picket.

Most birds that congregate in flocks, particularly in winter, always put a picket on guard. The golden plover is an example of this. The British starlings conduct their movements on military lines.

The beaver always posts a picket on guard, and that probably accounts for the reason that so few are ever seen, although their work is much in evidence. Sentries of the wild are often killed "doing their bit."

Evidence Required.

The editor of the local paper believed that he was doing a kindly act by suppressing from the list of "drunk and disorderly" on market day the name of a country subscriber that by rights belonged there. The subscriber, however, did not regard the omission as a favor.

"I suppressed your name for your wife's sake," the editor politely explained.

"Well, that's the awkward part of it," the farmer said, "for, not seeing my name among the rest, she won't believe I came to town at all."

Her Self Sacrifice.

"She's awfully self sacrificing." "How do you make that out?"

"Well, she stayed at home from church Sunday to sit up with a sick woman."

"Huh! She isn't a regular churchgoer. I don't see anything self sacrificing in that."

"You don't? But, my dear, she had a new gown and a new hat that had just arrived Saturday night."—Cleveland Plain Dealer.

East and West.

A trifle of a trinket for his women folk is the only saving as an insurance for the poor against famine and starvation for a rainless day, a native writes in the Times of India. Kipling was right. East is east and west is west.—London Punch.

Its Chief Merit.

Clara—I don't see why you liked that group picture of our society. It wasn't particularly good of you. Isabelle—I know it, but it was so perfectly horrid of that conceited Miss Gushing.

Easily Mended.

"I thought you broke your engagement?" "I did, but I've had it—er—reset."—Browning's Magazine.

Usual Thing.

She—The moon is under a cloud. He (bitterly)—Everybody is who gets down to the last quarter.—Baltimore American.

CARELESS LIVING.

The Awful Toll It Takes in Needlessly Shortened Careers.

There are more than 600,000 preventable deaths in the United States every year. There are a million and a half people lying on sick beds in the United States any day in the year who should not have been there. Such are the declarations made in the University of California Journal of Agriculture by the distinguished economist Irving Fisher, professor of political economy in Yale university.

"Human life is needlessly shortened at least fifteen years in the United States," declares Professor Fisher. "Moreover preventable diseases, even when not fatal, cripple the power to work and mar the joy of living. I venture the opinion," he says, "that the average man or woman in the United States is not doing half of the work nor having half of the joy of work of which the human being is capable."

While there is now a decreased loss of life from infection by the germ diseases, there is an increased loss of life after middle age from the degenerative diseases, such as hardening of the arteries or Bright's disease. Neglect of individual hygiene is declared by Professor Fisher the chief cause of this degeneration, and he urges every one to observe absolute cleanliness, to eat the proper foods, to work hard, but to play and rest and sleep, too, and to avoid worry.

"The secret of life and of happiness," says Professor Fisher, "seems to be in taking one's life and work cheerfully. Almost any one can assume this attitude if the proper desire is present."

Dispelling an Illusion.

When you think you can see a ghost, how can you tell whether it really is a ghost or not? A writer gives the following scientific method: "We assume that a person sees an apparition. It may be objective—i. e., having existence outside the observer's mind—or merely a creature of a disordered brain, subjective. The seer, while looking at the vision with both his eyes, gently depresses one eyeball with the forefinger from outside the top eyelid, so causing a squint. If objective, whether bogus or not, two outlines of the 'ghost' will be seen, but one, of course, if it be subjective. One may prove this by trial any time with any object, near or far. I mention this because of the many nervous and brain-wearied people who see ghosts and to whom it would be better that they should know that the trouble is within themselves and so seek a capable doctor than continue to be haunted, as they believe, by the supernatural."

A Pat of Butter.

One pat or serving of butter is a little thing. There are about sixty-four of them in a pound, says the department of agriculture. In many households the butter left on the plates probably would equal one pat, or one-quarter of an ounce daily, scraped off into the garbage pail. But if every one of our 20,000,000 households should waste one-quarter of an ounce of butter daily on the average it would mean 312,500 pounds a day—114,062,500 pounds a year.

To make this butter would take 285,261,560 gallons of milk, or the product of over half a million cows.

The United States department of agriculture, Washington, or your state agriculture college will tell you how to use every bit of butter in cookery.

Died For His Mates.

There is a tablet in the sailors' home at Melbourne to James Marr. He was a sailor before the mast on the Rip. On July 15, 1873, the Rip was caught in a squall. Marr sat astride of the gaff when a great wave broke over the boat and brought down the mainmast. There was only one chance to save the Rip. That was to cut away the litter. But Marr clung to the broken spar, and to cut away meant to send him overboard to his death. So, looking at him doubtfully, the men hesitated, their axes in their hands. Marr, helpless, pondered. He saw that his death would be the boat's salvation, and he shouted: "Cut away, mates! Goodbye!" Then he let himself fall into the cold, wild sea.

A Divided City.

Lying on either side of the Danube, just at that point where it definitely sets south, Pest spreads itself out over the flat sandy plain on the left bank, while Buda rambles over the series of small and steep hills which characterize the land on the right bank. Pest is modern in aspect. It is regularly laid out and presents a splendid frontage to the river. Buda, ancient and capricious, wanders in and out among the hills, finally shouldering its way up to the Blocksberg, nearly 400 feet above the river. Behind it all are the mountains, rising in great terraces, one behind the other.

Constituents of Soot.

Soot consists chiefly of carbon, tar and mineral matter, with smaller proportions of sulphur and nitrogenous compounds, and frequently has an acid reaction. The proportion of the various constituents varies greatly with different factors, such as the nature of the coal, the completeness of combustion and the distance from the fire at which the soot was deposited.

Identification.

"I shall try to leave footprints on the sands of time," said the man who is earnest, but not original.

"Very good," replied the absent-minded criminologist, "but thumb prints are now considered more reliable."

ONE WAY TO WOO SLEEP.

Travel in Memory Some Road You Know Well in Childhood.

It is hard for me to remember now that my knowledge of the sleepy road, gained so many years ago, came only through the chance bit of advice dropped by a wise, kind, weary old doctor as he shuffled at midnight down the corridor of the silent hospital, says the Atlantic Monthly.

Whatever was the errand of life or death that had called him in such haste, he had time to stop and give me a friendly word, although I, a small and incorrigibly sleepless patient, was sitting bolt upright among the pillows in defiance of all his orders and was staring wide eyed into the hot, pain-battered dark.

"You think you are never going to be able to sleep again, don't you?" he observed. "Well, shut your eyes and do just what I tell you. Think of some road that you know well, a good long road that winds and turns and shows you water and woods and hills. Keep your eyes tight shut and travel along it in memory. Go as slowly as you can, recall every sight and sound and perfume as you pass by."

"I have such a road of my own, the one I used to walk to school when I was eight years old. I have started out on it a hundred times when I thought I could not sleep, but I never get very far. I come just about to the old stone bridge over Damon's creek or perhaps to the swimming hole, where the willows dip into the brown water, but I never reach the end."

FACING THE CAMERA.

Don't Dress Up and Don't Pose When Having a Picture Taken.

"There are many things I would like to say to the woman who intends having her picture taken," said a famous photographer the other day.

"Many women come to me and say: 'Of course you prefer taking actresses. They must have many advantages over those women who never have time but to give an occasional glance in their mirrors.' This is entirely a mistake. The conscious pose never makes a satisfactory portrait. I would say emphatically to the woman who goes to have her photograph made not to rehearse her pose and facial expression beforehand."

"I always find it difficult to impress on the woman coming to my studio that clothes and jewels are of absolutely no account in a photograph. If a woman comes to be photographed in the clothes she is used to wearing she will feel at ease and therefore look her best."

"One of the curses of our present day civilization is the ever changing question of fashion. How much more civilized were the Japanese, who realized that the kimono was perhaps the most perfect dress for women at all times—who only varied it with different brocades and girdles. The photograph that concerns itself with clothes is soon out of fashion, and no matter how good a likeness of the face has been obtained, the picture is grotesque in a few years because the clothes are passe."

The Professor Worried.

The absent minded professor from the university town was in Indianapolis attending a convention. While in the city he took a tour of the larger department stores. In one of them he was much perplexed.

He read the sign over the door of the elevator:

"This car express to fifth and sixth floors. Up only."

Absently he read the sign again. Then the car door opened.

"I would like to know," he asked the elevator boy, "if this elevator goes only up, how on earth did you get down here?"

The elevator boy grinned, frowned, scrutinized the man closely and then said in a dignified voice, "Oh, I just came down."

Putting the Cat Out at Night.

The practice of turning the cat out of doors at night is as cruel as it is unnecessary. No animal is fonder of warmth and comfort, and the pet's happiness certainly is not increased by a night spent outside in cold and dampness.

If as much energy was expended in keeping the cat indoors as too often is expended in putting her out, how great would be the boon to human nerves and unfortunate wild things! All felines are normally nocturnal, and it is at night, if ever, that a curb on their activities is needed.—Lee S. Crandall, in "Pets."

True Economy.

There are great joys in practicing true economy in the right spirit. True economy, you see, is not abstinence from necessary things—not at all. The joys of true economy are for those who make the most of what they have; who, finding what may be theirs, proceed to the extraction of the greatest benefit from what is within reach.

Too Much Flirting.

First-Cord—Why, Doris, how tired your eyes look! Tired One—Yes, my dear; I rolled them too much this evening.—Syracuse Orange Peel.

No Time For Her.

Physician—Your case is such, madam, that time alone will effect a cure. Mrs. Randall—Then it is hopeless, for I never have even five minutes.—Life.

He Knew Her.

Mrs. Gable—I met Mr. Brown today while I was shopping. Her Husband—That so? What did you have to say?

TITLES OF THE ROMANOFFS.

Alexander III. Was Proud to Be Called the Peasant Emperor.

The late czar of Russia is now known as Nicholas Romanoff in the great land over which he held autocratic sway. It is not the title by which he expected to go down to posterity.

M. de Biowitz, the famous correspondent of the London Times at Paris, was responsible for putting on record a story regarding Alexander III., the father of Nicholas, which is worth recalling in this connection. The czar and his courtiers had been discussing by what added title he should be known in history. His father had been called Alexander the Liberator and Alexander the Martyr. What should the son be called? "Alexander the Just," suggested one. "Oh, no," replied the czar. "I am and shall remain the peasant emperor. So some of my nobility have styled me in derision, scoffing at my affection for the moujik. But I accept the title as an honor. I have tried to procure for the humble the means of livelihood, and this, I think, is the best and only means of keeping the people going. . . . My greatest ambition is to deserve to bear to the last the title of the peasant emperor."

Little could Alexander III. have thought that the world was so near the time when his son would run the chance of becoming the "last of the emperors of Russia."

THE FIREPLACE.

Social Importance of Its Position in the Home.

The center of hospitality in the home is that point about which the family itself gathers most often. This point is in most homes the fireplace; hence its location and construction are of vast importance in building a home.

The fireplace, if there is only one, should be in the living room, for there the family and friends can enjoy it most. It should be located in the center of a wall space, either on one side or at one end of the room. Select the space which will permit the greatest number of people to sit around it.

In the construction of the fireplace you must not forget that its chief purpose is for a fire. The more simple the lines of construction the better taste is displayed and the more room the open fire receives.

There is a great variety of material suitable for a fireplace, and your individuality and taste can be well expressed in this important factor of the home. Brick, tile, wood and many tile substitutes may be used. These offer great possibilities both for good color and design and lend themselves to any style of architecture.—Farm and Fireside.

The Value of Birds.

Without birds successful agriculture would become impossible and the destruction of the greater part of all vegetation would take place. New York state now pays an annual insect tax of \$10,000,000, and birds are the chief agents in keeping this tax from increasing yearly. As consumers of weed seed a single species, the tree sparrow, is estimated to consume about 900 tons in New York state each year. The ravages of field mice and other rodents are kept in check by hawks and owls, and the farmer upon whose land a hawk or owl stays is saved upon an average \$20 a year by each owl or hawk. The damage done by some few species of birds to growing crops is more than offset by the benefits of their work in destroying insects, rodents and weed seeds.

The Sea of Space.

The mind cannot comprehend what is meant by the four little words in the expression "the sea of space." If the volume of "space" included within our solar system—which is perhaps but a single train of planets among hundreds of millions of a similar kind—were occupied by one single globe 5,000,000,000 miles in diameter it would be but as a feather in the marvelous spread of "vacancy" surrounding it. In fact, it has been calculated that in the space occupied by our solar system 2,700,000,000,000,000 globes of the size of our earth could revolve, each at a distance of 500,000 miles from the other, and the whole business would be nothing, for there is no wall to the treasure vault of heaven.

Personal Responsibility.

There is such a thing as personal responsibility which cannot be delegated to another. In the navy, for example, we dock ships, and the docking officer is held personally responsible. Disbursing officers in the navy are personally responsible for every payment made not only by themselves, but by their assistants. They cannot delegate responsibility to the pay clerks even for the petty cash.—F. C. Coburn in Industrial Management.

The Operation.

Putting on one's overcoat is sometimes so much of an effort that one is disposed to agree with the old negro who said:

"Fust yo' puts in one ahm, den yo' puts in de udal ahm, an' den yo' gibs a gen'ral convulsion."—Exchange.

Sure Enough Expert.

"You claim to be a food expert?" "I do," replied Farmer Cornstossel. "I'm the kind of a food expert that can raise the stuff instead o' talking about it."

Under Water.

Willis—Where is Land's End? Gills—It is where that lot which I bought from the real estate company begins.—Puck.

Freedom from out of a wound shall rise.—Sidney Lanier.

PHYS.

As Good For the Business Man as For the Soldier in Training.

If physical culture is needed for those who bear arms in defense of the country why should it not be applied also to the soldiers of the business and professional world, the men in the commercial trenches? If a certain number of our citizens are compelled to go through a rigid course of physical training, why should not all others be called upon to follow suit?

The soft muscled clerk, the devitalized student, the overworked business man—they need awakening. Now, in many instances they are but little more than human ciphers, 25, 50 or 75 per cent men. With a little properly directed exercise they could be fitter for the ranks of the 100 per centers.

Six hours weekly, two hours for three days each week, would put the average flabby muscled, sedentary worker in fine shape. It would square his shoulders, stiffen his backbone, put some energy and enthusiasm into his makeup. It would make a real man of him.

Every man who is not in training should begin now. If he cannot train with other men let him follow a system of home training. Hard muscles, strong, stable nerves, high grade endurance—in short, a physique as "hard as nails"—should be the ambition of every sensible man.—Physical Culture.

BRIGHT BOYS AND GIRLS.

The Head and Physical Marks of Intelligence in Children.

In summing up his conclusions on the relationship of intelligence to the size and shape of the head Karl Pearson is quoted in the Journal of Heredity as making these statements about the intelligence of children:

"To sum up, then, while no characters in school children so far dealt with show very high correlation with intelligence, we may yet say that the intelligent boy is markedly conscientious, is moderately robust, athletic and popular; he tends rather to quick than to sullen temper. He is more self-conscious and quieter than the dull boy; he has a slightly bigger head and possibly lighter pigmentation than those of more mediocre intelligence. His hair has a larger percentage of curliness."

"The intelligent girl is also markedly conscientious, moderately robust, athletic and popular. She, too, tends to quick rather than sullen temper. She is less self-conscious than the dull girl and noisier than the girl of mediocre intelligence. It is the slow girl who is quiet and shy. The intelligent girl has a slightly bigger head than the dull girl, and her hair is more likely to be wavy and much less likely to be curly."

St. Sophia's Palimpsest.

Travelers who have visited the great Mohammedan mosque of St. Sophia in Constantinople tell of the visibility of inscriptions made in the interior of the building when it was a Christian church. These had been painted over by the Moslem conquerors, but time defeated their purpose of total effacement, says the Christian Herald. Over the entrance is the inscription in Latin, "I am the door; by me if any man enter in he shall be saved and shall go in and out, and he shall find pasture." The bricks in the great dome in the interior reveal this inscription: "Deus in medio eius; non commovebitur. Adiuva-bit eam Deus vultu suo." The translation may be found in Psalm xlii, 5. These facts are of interest in view of the present tottering condition of the Moslem power.

Presidential Golf.

At the Columbia Country club links at Washington during one of the tensest days of the crisis with Germany President Wilson came up to drive from one of the most difficult tees. Two members of the club stood aside to let the president "go through." That's a way they have at Washington. Mr. Wilson drove, and his ball shot off into precisely the place where he didn't want it to go. Experiences of that sort come even to chief magistrates; golf is no respecter of persons. The president turned to the two and remarked, "You see even out here I can't keep out of trouble."

Homely Philosophy.

No hustler wants Time to wait for him. He's on time to meet Time when the train rolls into the station.

Trouble likes company, in order to exercise his voice in telling how it happened.

We'll all need rest when we get where rest is, and the good thing about it is there'll be room enough for all—

First Principles.

"Do you think that new recruit will ever learn to be a soldier?" asked the commanding officer.

"Well, he's acquiring the foundations," responded the drill sergeant. "He had not been in camp a day before he was putting up a howl about the food."

Taking Steps.

Redd—He's taking steps to reduce his flesh.

Greene—What steps is he taking?

"What do you mean—what steps? He's walking."

Old Fashioned.

"He's very old fashioned."

"That so?"

"Yes. He still shines his own shoes and spits on the dauber when he does it."

The man who is always trying to save himself trouble is likely to save a lot more than he can take care of.—Yonth's Companion.

NOMINATION MEETING

Notice is hereby given that a meeting of the electors of the village of Athens will be held in the Town Hall on Monday evening, December 31st, 1917, and that nomination will be received from the hour of 7.30 to 8.30 for the office of Reeve, four councilors, to serve as such for the year A.D. 1918, and if an election be required, the poll will be taken in the two polling subdivisions of the municipality, on Monday, January 7th, 1918.

51-2 GEO. E. HOLMES, Clerk.

NOMINATION MEETING

The Public Meeting for Nomination of candidates for the office of Reeve and Councilors for 1918 for the Municipality of Rear Yonge and Escott will be held on Monday, December 31st, 1917, at the township hall, Athens, at the hour of one o'clock afternoon, and in case a poll is required, the vote will be taken in Polling subdivision No. 1 at W. P. Burnham's residence, J. A. Rowsom, D.R.O., W. C. Brown, P.C.

In polling subdivision No. 2 at Albert Morris' residence, T. D. Spence, D.R.O., George Heffernan, P.C.

In Polling subdivision No. 3 at Wallace Darling's residence, John Mackie, D.R.O., Philip Yates, P.C.

51-2 R. E. CORNELL, Returning Officer.

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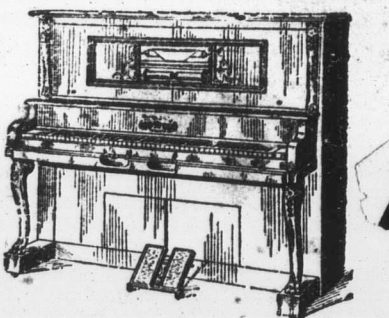
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