

DANGER LURKS IN EVERY ONE OF US

We Are As Full of Deadly Poisons As A Germ Laboratory.

AUTO-INTOXICATION OR SELF-POISONING

"FRUIT-A-LIVES" Absolutely Prevents This Dangerous Condition.

The chief cause of poor health is our neglect of the bowels. Waste matter, instead of passing from the lower intestine regularly every day, is allowed to remain there, generating poisons which are absorbed by the blood.

In other words, a person who is habitually constipated, is poisoning himself. We know now that Auto-intoxication, due to non-action of the bowels, is directly responsible for serious Kidney and Bladder Troubles; that it upsets the Stomach, causes Indigestion, Loss of Appetite and Sleeplessness; that chronic Rheumatism, Gout, Pain In The Back, are relieved as soon as the bowels become regular; and that Pimples, Rashes, Eczema and other Skin Affections disappear when "Fruit-a-lives" are taken to correct Constipation.

"Fruit-a-lives" will protect you against Auto-intoxication because this wonderful fruit medicine acts directly on all the eliminating organs.

50c. a box, 6 for \$2.50, trial size 25c. At all dealers or sent on receipt of price by Fruit-a-lives Limited, Ottawa.

Maria Botchkareva Has Written Story of Her Life. Let the Battalion of Death.

MARIA BOTCHKAREVA, leader of the Battalion of Death, is one of the most dramatic figures that have flashed across Russia in all that country's history. She has told the story of her life in Yashka, which ran as a serial in the Metropolitan Magazine and is now published in book form. Illiterate peasant, she is possessed of an intelligence concerning governmental affairs almost statesmanlike; a helpless woman, ill-treated by those in whom she put her trust, she became a soldier for her country and organized and commanded the regiment of women soldiers whose bravery put that of Russian men to shame on various occasions and who savagely fought the Germans after the remainder of the army had laid down their arms.

She was a political prisoner in Siberia; she has been four times wounded in battle, besides injuries received in turbulent uprisings; she has been under sentence of death and reprieved at the ultimate moment; she has suffered many humiliations in prison. She has had to flee for her life from the country for which she has sacrificed and endured so much, lest the Bolsheviks put her to death. Yet after visiting America to plead that aid be sent to Russia she has gone back to face whatever may await her there.

During her stay in America Maria Botchkareva, or Yashka, as the soldiers affectionately called her, told her experiences in Russian to Isaac Don Levine, who has put them into English. Though the narrative seems

the confusion was indescribable. I grasped five hand grenades that lay near me and threw them at a group of about ten Germans. They must all have been killed. Our entire line across the river was advancing at the same time. The first German line was occupied by our troops and both banks of the Styr were then in our hands.

Thus ended my captivity. I was in German hands for a period of only eight hours and I amply avenged even this brief stay.

Most wooden toys in Japan are manufactured by hand in the mountain regions of the country where wood is plentiful and cheap.

CAN THE WORLD STARVE?

One Authority Answers With an Emphatic "No."

Will the time come when the world cannot feed its inhabitants? Not, according to a writer in the magazine Power, if the farmer goes about the business of increasing production on scientific lines. To quote:

"Mr. Crooks, a great English landowner, after studying the question carefully, came to the conclusion that during the last seventy years there was an average increase of six million bread-eaters a year, and that at such a rate the time might be foreseen when, all the arable surface of the globe being used up, there would be all necessity for a bread scarcity. The year 1931 was given as the approximate date. But that was before the war.

"Though the danger does not seem very threatening as yet, it is advisable to lend a willing ear to the patient investigators who point out the remedy before it is too late. Prof. H. Coutant, well versed in agricultural questions, has contrived a method which would procure a harvest ten times greater by using ten times less fertilizer. This abrupt statement seems at first somewhat radical, but when you follow the professor's simple and practical demonstration.

"Why waste on acres of ground tons of fertilizing substances that are mostly absorbed by weeds, whereas the tiny grain of wheat drains an enormous portion of them? We should blush for shame at the thought that in our century of intense life and culture, cereals are still left to strive or die in the same old way as five hundred years ago! Instead of always breaking up new lands for the raising of crops, let us turn to the old and increase the output. Each grain of wheat should yield not one but thirty or forty ears; and in its turn each ear should contain not merely thirty, but sixty new grains.

These figures are not given at random; they are the fruit of experiments such as were witnessed by Dr. Emile Rey, the Senator of the Department du Lot, M. Felix, professor of agriculture at the Professional School of Vierzon, etc., and many well known men specialized in the domain of farming.

"Not only cereals, but potatoes, vegetables, flowers, etc., can be treated in the same way, though, of course, the proportions of fertilizer used vary somewhat for each different species. As an example, fifteen specially prepared tubercles have produced 275 pounds of potatoes.

"Now for the general principle. Any grain or tuber contains a nutritive reserve that will feed the new germ until its roots can take from the environment all the principles it needs to increase the reserve? Why not saturate the soil with some fertilizing substance, feed it forcibly, and only plant it afterward? A few pounds of manure will bring about superior results to those formerly obtained by hundreds of pounds of fertilizer. The ton fixed by the starch of the grain is potassium nitrate (18 grams to a litre of water. Between twelve and thirty-six hours are necessary for complete saturation; the grains then drop to the bottom of the jar. In the case of tubercles, another formula is used—23 grams of potassium nitrate plus two gram of copper sulphate for each litre of water; according to their size the potatoes are to be immersed from two to five hours.

"To insure a still better result the cereals should then be powdered with a mixture of copper sulphate and lime; and once the tubercles have been thoroughly dried, the operator will sprinkle them with sublimated flower of brimstone, which keeps them free from disease.

"To those who follow his advice Prof. H. Coutant promises a harvest such as they have never yet beheld."

Sleepless Eyes.

All fishes which sleep do so with their eyes open, as they are not provided with eyelids, and cannot, therefore, close their eyes. From experiments made it was discovered that some fishes have no preference for the night time, but sleep equally well during the day, says a writer in the Post-Intelligence of Seattle. They may be observed resting quite motionless for periods, apparently in sleep, except that, having no eyelids, they are unable to close their eyes to exclude all influences from without.

The hare also sleeps with its eyes open, for the simple reason that its eyes are unprovided with eyelids. Instead of these there is a thin membrane which with certain birds folds like a curtain in the corner of

the eye, and, by an instantaneous action, flies back when sight is required, leaving the eye immediately and fully open for the exercise of sight.

Some birds, such as the eagle, also have this membrane, which, when at rest, lies in the corner of the eye, folded up like a drawn curtain.

The "Breeches" Bible.

"Then the eyes of them both were opened, and they knew that they were naked and they sewed fig-tree leaves together and made themselves breeches." The quotation constitutes a version of the Adam and Eve story of Genesis. It was taken from the rarest of the various editions of the Bible known as the "breeches" Bible. It was printed in London in 1615 by Robert Barker, "printer to the king's most excellent majesty."

As if the fact that Adam and Eve were naked, and had decided to don breeches, were insufficient, a footnote on the subject was introduced. It specified that the breeches "were things to gird about them." Reference books say that it was the most popular Bible that ever appeared in England and that for sixty years it held its own against all rivals, contesting the ground with authorized version.

The word "regatta" originally applied to the contests of the gondoliers at Venice.

State of Ohio, City of Toledo, Lucas County ss.

Frank J. Cheney makes oath that he is senior partner of the firm of F. J. Cheney & Co., doing business in the City of Toledo, County and State aforesaid, and that said firm will pay a sum of ONE HUNDRED DOLLARS for each and every case of Catarrh that cannot be cured by the use of HALL'S CATARRH MEDICINE. FRANK J. CHENEY

Sworn to before me and subscribed in my presence, this 6th day of December, A. D. 1919. A. W. GLEASON, (Seal) Notary Public.

Hall's Catarrh Medicine is taken internally and acts through the Blood on the Mucous Surfaces of the System. Send for testimonials, free.

F. J. CHENEY & Co., Toledo, O. Sold by all druggists, 75c.

Hall's Family Pills for constipation.

VOCANIC JAVA.

The Place Where "Hell Blew the Lid Off."

The recent eruption of the Klot (or Kalut) volcano in Java cost 40,000 native lives, destroyed 20,000 acres of crops, principally rice, by its flow of hot mud, and did millions of dollars' worth of damage by the falling ashes in regions outside the devastated districts.

Volcano-made in the first place, and constantly being remade by them, Java has more volcanoes than any area of its size in the world. Estimates of the active and extinct craters range from 100 to 150. Everywhere in Java, in the huge crater lakes, in fissures that now are river beds, even in ancient temples, half finished when interrupted by some fiery convulsion, are evidences of cataclysmic forces—such turbulent forces as now are in continuous hysteria in the Valley of the Ten Thousand Smokes in Alaska and break their crustal surface cage intermittently in Java.

The "rancherous Klot," as the natives call it, all but wiped out the town of Britar, but even its devastation, as reported to the State Department, was mild compared to the violent upheaval of Krakatoa in 1883. Then Mother Nature turned anarchist and planted a Gargantuan infernal machine on the doorstep of Java. Krakatoa is a little island in the Sunda Strait, between Sumatra and Java. Australians, as far from the explosion as New York is from El Paso, heard the terrific detonation, more than half the island was blotted out, parts of it were flung aloft four times as high as the world's highest mountain, and to such bottom below the water's surface, where most of the island had been, henceforth required a plumb line twice as long as the height of the Washington monument. Sky-scaper waves flooded adjacent islands and rolled half way around the earth. Every human ear-drum heard, though it may not have registered, the air waves as they vibrated three or four times around the earth.

Krakatoa leaved a smaller tall in human life than Klot, because of its isolation, and many of the 35,000 deaths from Krakatoa's eruption were at far distant points by drowning.

"Naturally the native religion is fatalistic. A free translation of an inscription on an old tomb runs:

"What is the use of living, of kissing lovely flowers,

If, though they are beautiful, they must soon fade into nothing."

In the native folklore are innumerable stories of the earth opening up to swallow a dancing girl. Such tales betoken another physical feature of the island fraught with human tragedy. Not only has it steaming vents, spouting geysers, sulphur lakes, but great chasms open and close, and they have been known to swallow villages.

Children Cry FOR FLETCHER'S CASTORIA

Ever 10c Packet of WILSON'S FLY PADS WILL KILL MORE FLIES THAN \$8.00 WORTH OF ANY STICKY FLY CATCHER.

Clean to handle. Sold by all Druggists, Grocers and General Stores.

Do you consider your bread a Luxury as well as a Necessity? If so, then you want the best. Our ever-increasing trade and satisfied customers are reasons why you will not be disappointed if you give us a trial.

Now is the time for Weddings and your wedding will not be complete unless you have one of our cakes.

F. H. Lovell BAKERY, CONFECTIONERY AND ICE CREAM PARLORS

Miller's Worm Powders are not surpassed by any other preparation as a vermifuge or worm destroyer. Indeed, there are few preparations that have the merit that it has to recommend it. Mothers, aware of its excellence, seek its aid at the first indication of the presence of worms in their children, knowing that it is a perfectly trustworthy medicine that will give immediate and lasting relief.

TOO MUCH SPEED.

Reason for the Increase of Heart Disease in Dominion.

The coming census will strikingly show how, while the death rate from some diseases has greatly fallen off, it has steadily and rapidly risen from certain other maladies during the last few years.

Most noteworthy is the fact that heart disease has leaped to the front as the foremost cause of mortality in Canada, taking in this respect the place formerly held by tuberculosis. There are now as many deaths from heart disease in this country per 1,000 of population as were attributable to tuberculosis twenty years ago. In the meantime mortality from the latter plague has so far lessened that fewer than sixty persons die of it where it killed eighty in 1900. But heart disease takes nearly eighty lives to-day where in 1900 it destroyed fifty.

Heart disease fifty years ago was a relatively rare malady. It has now become exceedingly common. Why? Physicians say that the increase is due to the excessive "drive" of Canadian life. The strain to which the heart is subjected is too great.

It is the same way with apoplexy, the death rate from which has risen steadily and fast during the last twenty years. And the cause is the same. A blood vessel breaks in the brain, and there you have it. Four people will die of apoplexy this year for every three that succumbed to it in 1900.

Again, it is the same way with kidney trouble. Bright's disease will kill four this year for every three that died of it in 1900. Too much drive; too much strain. Heart and kidneys work together; what affects one will almost surely affect the other.

Three people will die of cancer this year for every two that succumbed to this fell complaint in 1900. As a killer it is gaining ground much more rapidly than heart disease. Already it destroys nearly half as many lives as the latter, and it is going ahead by leaps and bounds.

But cancer is a problem all by itself. Nobody knows what causes it, or why it should spread and increase in the way it does. It is a total mystery—which makes it all the more horrible.

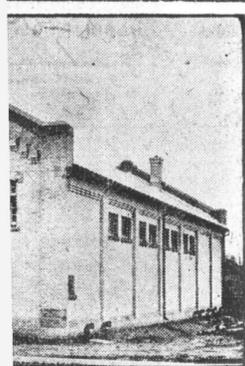
The decrease of tuberculosis is due to improved sanitation, the malady being typically infectious. Typhoid (thanks chiefly to preventive inoculation, but also to sanitary measures) has so diminished that only one person will die of it this year for every four killed by it in 1900. The death rate from diphtheria has declined by two-thirds during the same period owing to the use of a specific antitoxin. Pneumonia has just about held its own. It is a disease hard to deal with, frequently following measles, or "flu" or other sickness. Commonly its germs are present in healthy mouths and throats, waiting for a chance to make an attack.



ALFRED WOODWARD Killed in action at Langemark.



o left for Valcartier per left hand corner.



WATFORD.



GEN. CASTELNAU.

DR. THOMAS' ELECTRIC OIL. There is no better for sprains and contusions. It will cool the swelling that follows a sprain, cool the inflamed flesh and draw pain as if by magic. It will take the heat out of a bruise and prevent the from discoloring. It seems as if it was magic in it, so speedily does injury disappear under treatment.

is the best remedy known for sunburn, heat rashes, eczema, sore feet, stings and blisters. A skin food! All Druggists and Stores—50c.

CHANNY FARM Do you want to increase your egg supply? Try a few utility Black Leghorn Eggs, only \$1.50 per 15; special rates for 100 or more. Handsome, hardy and regular "egg machines." An ideal farm fowl. Or are you aiming at a good table fowl and winter layer? Try the Silver Grey Dorking. Cockerels 9 to 10 lbs. at 6 months. Can spare a few settings only. ED de GEX, Kerwood P.O.

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SOLDIERS' DAY at Watford, Wednesday, August 20. SOLDIERS' DAY, WATFORD, AUG. 20. Reserve the date.



MARIA BOTCHKAREVA.

wild and incredible, in all probability it is essentially true. The tone is so simple and straightforward, with a stolid frankness and with an amazing effect of the dramatic. The book is of value not merely as a record of an extraordinary woman but as a picture of a nation in chaos.

Yashka reveals herself as a rough, coarse, high-spirited and unselfish woman. It is best to give a sample of her narrative:

"The larger part of the wounded were in No Man's Land and their cries of pain and prayers for help or death gave us no peace. I climbed out of the trench and crawled under our wire entanglement. There was a comparative calm interrupted only by occasional rifle shots, when I would lie down and remain motionless, imitating a corpse. Within a few feet of our line there were wounded. I carried them one by one to the edge of our trench, where they were picked up and carried to the rear. The saving of one man stimulated me to continue my labors, till I reached into the far side of the field." Here I had several narrow escapes. A sound, made involuntarily, was sufficient to attract several bullets, and only my anticipating that by flattening myself against the ground saved me. When dawn broke in the east, putting an end to my expeditions through No Man's Land, I had accounted for about fifty lives.

On another occasion Yashka was taken prisoner by the Germans. But as the enemy started to retreat with their prisoners the Russians again went over the top.

"It was a critical moment. As we were lined up the 'Hurrah!' of our comrades reached us. It stimulated us to a spontaneous decision. We threw ourselves, 500 strong, at our captors; wrested many of their rifles and bayonets and engaged in a ferocious hand to hand conflict, just as our men rushed through the torn wire entanglements into the trenches.