

# The Soldier's Return

From "Down and Out" To "Up and In Again"

Dedicated To Private Pat and All His Comrades Of The Canadian Expeditionary Force

"I'm no returned soldier," said Private Pat, after hopping down the gangway from the hospital ship. "It's only a half-returned soldier I am—or half a returned soldier, if you like."—pointing down to his empty trouser leg.

He must always have his little joke but he was more than half serious now. "I mean, I've only got back to Canada," he said. "I'll be a proper returned soldier when I've got back to work. And the sooner the better; no loafing for me!"

"From the way my old father writes, and my wife, too, they seem to think there's nothing for me to do but some kid's job, like peddling pins, or bobbing up and down with an elevator; or else tramping around after odd jobs, like the old soldier in the fairy tale, with may-be a bit of a pension to keep body and soul together."

"I'll take whatever pension my old leg's worth, but blamed if I want to live on one, and rust away the rest of my life. I want to be a man again as I was before, and make my own living, not sponge on other people. How's it going to be done? Tell me all about it."

"Well," said I, "to begin with, every man is carefully examined by doctors here, and then taken to the hospital where his trouble can be dealt with best. In your case, it will be the orthopaedic centre, where they'll fit you out with a good walking leg."

"All the resources of modern science are brought into play; and you know what wonderful progress the art of healing has made in the last few years."

"You don't need to tell me that," said Private Pat. "The doctoring's been a strong point with the army in this war."

"Yes," said I, "surgeons nowadays can take a human wreck and make him an active man again, in a way that would have been thought miraculous a few years ago."

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on your plate

H.P. is thick, fruity, and delicious—can be taken with the meat just like mustard.

I'm a bit inclined to curse instead of blessing dressing time. . . But about that training for new recruits, now, suppose there's nothing to prevent most of the men from going back to their old occupations, and taking classes accordingly?

"No," and usually they get on better by doing that. They have less to learn. And next to doing exactly what they did before, the easiest plan is to take up some other branch of the same trade. It often happens that a man who used to be a mechanic, for instance, can take a better position than he ever had before, in the same sort of shop, owing to the mechanical drawing, and so on, that he has learned in hospital."

"That's what a good many of the men have got on their minds," said Private Pat—"how to get a man's job at a man's pay. Of course, the best way to get good pay is to make yourself useful; but sometimes a good man gets less than he deserves, all the same."

"That's what we all want to prevent," said I. "It will take some doing to get every man the job he ought to have; but every province has a special commission for that very thing, and there are local committees in hundreds of towns and villages for the same object."

"The federal and provincial governments, municipal authorities and most other bodies, when filling vacant positions give preference to returned soldiers who are able to do the work."

"All right for the men that want it," Private Pat chimed in, "but I'm on another tack. . . All I want from the government is what's coming to me."

"Your pay and the allowance for your family go on just the same as when you were active service, so long as you are a member of the force. And then, when you have finished your treatment and taken your discharge, you will still have three months' pay, field pay and separation allowance coming to you."

"Sort of a bonus, eh?"

"That's the idea—to tide you over between taking your discharge and getting employment. So it is given to every overseas man honorably discharged after at least six months' service, who is disabled or not, except such as members of the permanent force and the federal or provincial civil service, who can slip right back into their old job."

"And the knocked out man gets a pension, eh?"

"Yes. Every man is examined by a medical board, on his discharge, and if he is still suffering from a disability, he gets a pension or gratuity in proportion to the disability. You, with your leg knocked off at the hip, will get a high percentage of the total disability pension, besides a monthly allowance for help—things you can still be earning good wages."

"And you bet I will," said Private Pat. "But I don't want to be a pensioner. I want to be a man who works hard and better himself. His pension can be cut down on that account."

"Not by one cent! The law declares that 'no deduction shall be made from the amount awarded to any pensioner owing to his having undertaken work or performed his military or naval duty, or any other service, in any form of industry.'"

"After all, the country owes you disabled soldiers something that cannot be reckoned in money. We must pay you back the power to earn a good living."

"Honest now," said Private Pat, getting uneasy, "I don't half like people telling me all the time how much they owe me. I'm no debt-collector, any more than I'm a hold-up man. And more than I'm a hold-up man, I'll tell you the same, all but a few— that want the cold-water cure for swelled heads."

"Mother Earth from what we thought we right, and we only did our duty. If we hadn't we'd ought when a man takes his chance and loses, he don't squeal or try to make somebody else pay. Not if he is a man."

"If we're down and out, help us to get up and in again. That's all right and that's what you're doing, with your Military Hospitals Commission. Lend us a hand to get on our legs again, real or artificial, if we don't keep our end up and make our own living like the rest of you! Believe me, we've got as much pride and independence as any one else. Did I tell you that?"

"You talk like a real man," said I. "But if you make lines of what you've done, we can't— that couldn't fight. You saved us from the disgrace of national cowardice by going and fighting for us. You risked your life to defend everything we hold dear—honor and liberty, against unscrupulous aggression, against barbarism, against the world's peace, against deliberate peace-breaking. We should be—well, what you called those should be—well."

"Yes, those occupations at the hospitals are open to all. And they do a good deal more than set as a tonic. They increase a man's technical skill and his general education. That means, they increase his power to earn a good living. Many disabled soldiers already are earning far more than they did before the war, simply because they took the best of the instruction given in hospital."

"The wise man," said Private Pat, looking very serious, "takes all the training he can get, and a little more."

"It's a long trench that has no turning. A piling wage that takes no earning. And a lay loan that takes no learning."

"You're quite a poet," I answered carelessly. "I sometimes look out over the verse when I can get the words to rhyme, to please the doctor and the nurse at anti-septic dressing time. They seem to think I might do worse; for

other fellows, if we didn't feel we owed you a debt of gratitude."

"We can be grateful, too, if it comes to that," he said. "We are not likely to forget what you've been doing for us and our folk with the patriotic fund and the Red Cross and all that."

"And I'll tell you the best way of paying your debt, if you're bound to put it that way. By going over and taking our places at the front, if you possibly can. Or, if you simply can't, then by backing up the men you see at the front, with every ounce of food and munitions that you can possibly grow or make."

"And there's another little way you may not have thought of—by writing them letters. Not to the youngsters only, but the married men, too. Their folk are often not very great at letter-writing, and fellows get sick for home news. . . As for pity's sake, don't forget the prisoners!"

"But when we've done all that for the men over there, you surely don't expect us not to show what we feel for the men who have had to come back?"

"No," said Private Pat. "I'm no grump, any more than I'm a grinch. It's mighty good to be welcomed home again. I'll agree, so long as you don't lay it on too thick, or start plying us with cheering men at the station and end by giving them the cold shoulder if they happen to have cold feet. See what I mean?"

"What You Can Do"

"Yes, I see," said I. "The fact is, no matter how low the Military Hospitals Commission and the Pension Board and the Provincial Commissions may be, as I know they are, to do their best for the men, there's a lot that the private citizen can do. He can strike up a real and lasting friendship with some of the men who are not as well off in that line as you are. And I'm sure it will do him—or her—as much good as it does them. For one thing, he can encourage them to take full advantage of the treatment and training offered them. At least, that's my idea."

"True as gospel," said Private Pat. "Some of them feel a bit blue. They need all the encouragement they get, and a lot more. Buck 'em up now, and buck 'em up in hospital; and help to make 'em fit for a real man's job, and then help 'em to find it; and keep on bucking 'em up much like they've got it and don't feel much like working at first. Buck 'em up the word."

"Now I've got to hop along to my medical board, and I'll be late and tell 'em I've been looking for my leg," said he, with a broad smile. "They'll need help, but I'll be there if you don't put on a longer face than that," said I.

"Can't be done," said Private Pat, as he shook hands. "My face want's built that way, thank goodness. Look on the bright side, that's my motto; and, my word, it's the biggest side, too, after all!"

Couldn't Do It

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He stared at it wrathfully a moment, then a slow grin broke over his face. He took his pen, and wrote: "June 3rd, 1917.—Captain sober."

## Nuxated Iron to Make New Age of Beautiful Women and Vigorous Iron Men

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Critiques of Dr. Schuyler C. Jacques, Visiting Surgeon of St. Elizabeth's Hospital, New York City; Dr. James Louis Beyer, for Fifteen Years Adjunct Professor in the New Homeopathic Medical College, and Wm. R. Kerr, Former Health Commissioner, City of Chicago.

New York, N. Y.—Since the remarkable discovery of organic iron, Nuxated Iron or "Fer Nuxate," as the French call it, has taken the country by storm. It is conservatively estimated that over three million people annually are taking it in this country alone. Most astonishing results are reported from its use by both physicians and laymen. So much so that doctors predict that it will have a new age of far more beautiful, rosy-cheeked women and vigorous iron men.

Dr. Ferdinand King, a New York Physician and Medical Author, when interviewed on this subject, said: "There can be no vigorous iron men without iron. Pallor means anemia. Anemia means iron deficiency. The skin of anemic men and women is pale; the flesh is flabby. The muscles lack tone; the brain fags and the memory fails and often they become weak, nervous, irritable and undependable and unduly look iron goes from the blood of women, the roses go from their cheeks."

"In the most common foods of America, the starches, sugars, salt syrups, candies, polished rice, white bread, soups, crackers, biscuits, macaroni, spaghetti, tapioca, sago, farina, degenerated corn meal, no longer is iron to be found. Refining processes have stripped the iron of Mother Earth from these impoverished foods, and silly methods of home cooking, by throwing away the water in which our vegetables are cooked, are responsible for another grave iron loss."

"Therefore, if you wish to preserve your youthful vim and vigor to a ripe old age, you must supply the iron deficiency in your food by using some form of organic iron, just as you would use salt when your food has not enough salt."

"Former Health Commissioner, Wm. R. Kerr, of the City of Chicago, says: 'I have taken Nuxated Iron myself and experienced its health-giving strength-building effect, and in the interest of the public welfare, I feel it my duty to make known the results of its use. I am well past three-score years and want to say that I believe my own great physical activity is largely due today to my personal use of Nuxated Iron. From my own experience with Nuxated Iron, I feel it is such a valuable remedy that it ought to be used in every hospital and prescribed by every physician in this country.'"

"Dr. E. Sauer, a Boston physician, who has studied both in this country and in great European medical institutions, said: 'As I have said a hundred times over, organic iron is the greatest of all strength builders.'"

"Not long ago a man came to me who was nearly half a century old and asked me to give him a preliminary examination for life insurance. I was astonished to find him with the blood pressure of a boy of twenty and as fit as a young man. In fact, a young man he really was, notwithstanding his age. The secret, he said, was taking iron—Nuxated Iron had filled him with renewed life. At 50 he was in bad health; at 40 he was carefree and near 30 he was a young man. Now at 60, after taking Nuxated Iron, a miracle of vitality and his face beaming with the buoyancy of youth. Iron is absolutely necessary to

enable your blood to change food into living tissue. Without it, no matter how much or what you eat, your food merely passes through you without doing you any good. You don't get the strength out of it, and as a consequence, you become weak, pale and sickly looking just like a plant trying to grow in a soil deficient in iron. If you are not strong or well, you owe it to yourself to make the following test: See how long you can work or how far you can walk without becoming tired. Next take two five-grain tablets of ordinary nuxated iron three times per day after meals for two weeks. Then test your strength again and see how much you have gained. I have seen dozens of nervous, run-down people who were all the while doubling their strength and endurance and entirely rid themselves of all symptoms of dyspepsia, liver and other troubles in from ten to fourteen days' time simply by taking iron in the proper form. And, after they had in some cases been doctoring for months without obtaining any benefit."

Dr. Schuyler C. Jacques, Visiting Surgeon of St. Elizabeth's Hospital, New York City, said: "I have never before given out any medical information or advice for publication as I ordinarily do not believe in it. But in the case of Nuxated Iron I feel I would be remiss in my duty not to mention it. I have taken it myself and given it to my patients with most surprising and satisfactory results. And those who wish to increase their strength, power and endurance will find it a most remarkable and wonderfully effective remedy."

Dr. James Louis Beyer, for 15 years adjunct professor in the New York Homeopathic Medical College, says: "As a physician I have always been opposed to prescribing advertised remedies, and for fifteen years, while adjunct professor in the New York Homeopathic Medical College, I taught my medical students that such remedies were generally

valuable, but in the case of Nuxated Iron severe tests made on myself and on patients, have absolutely convinced me that it is a remedy of most extraordinary merit and one which should be generally prescribed by all physicians. Notwithstanding the fact that I am nearing my 80th birthday, a short course of Nuxated Iron has made me feel like a new man. Friends say: 'What have you been doing to yourself, you look so well and full of life?' In my opinion there is nothing like organic iron—Nuxated Iron—to put youthful strength and power into the veins of the weak, run-down, infirm or aged. But beware of the old forms of metallic iron which often do more harm than good. To be absolutely sure that my patients get real organic iron and not some form of the metallic variety, I always prescribe Nuxated Iron in its original packages."

NOTE: Nuxated Iron, which is prescribed and recommended above by physicians in such a great variety of cases, is not a patent medicine nor secret remedy, but one which is well known to druggists and whose iron constituents are widely prescribed by eminent physicians both in Europe and America. Unlike the older inorganic iron products, it is easily assimilated, does not injure the teeth, make them black, nor upset the stomach; on the contrary, it is a most potent remedy in nearly all forms of indigestion as well as for nervous, run-down conditions. The manufacturers have such great confidence in Nuxated Iron, that they offer to pay \$100.00 to any charitable institution that cannot take any more than 60 under 60 who lack iron, and increase their strength 100 per cent or over in four weeks' time, provided they have no serious organic trouble. They also offer to refund your money if it does not at least double your strength and endurance in ten days' time. It is dispensed in this city by all good druggists. Wasson's Drug Store.



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