

Have you any Symptoms of Kidney Trouble?

YOU may be one of the many thousands of people who have kidney trouble, yet are unaware of the fact. Read this list of symptoms carefully. If you have any of them, you are suffering from kidney trouble.

Pain in the back; in the region of the kidneys.
Swollen hands and joints.
Dark rings around the eyes.
Brick dust deposits in the urine.

Black specks floating before the eyes.
Too frequent or scanty urine.
Puffiness beneath the eyes.
Burning sensation when voiding urine.

It is useless to treat these symptoms. You need Gin Pills. They get at the cause of the trouble—the kidneys. Gin Pills aid these organs to rid the blood of all impurities and so rid you of all aches and pains. Don't wait until more serious troubles arise—get Gin Pills now. They are the one specific remedy for kidney disorders.

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To Annex the Arctic by Air.

A few million years from now, more or less, it is said, Alaska may again become a tropical country and the United States may need whatever land the Shennandoah may discover between that country and the North

Pole. Fifty years ago, we were told in last week's Digest, it was thought impossible to grow wheat in Western Canada, yet these prairie provinces last year produced 75 per cent. of all the wheat grown in Canada. Also, we are informed, the apple-belt is moving northward. The northward course of other plants and flowers and the retreat of glaciers are held by some to show that the world is

growing warmer. Then, too, Spitzbergen, the world's "ugly duckling," a few years back, now is known as one of the very few places in the world where good grades of coal and iron are found in close proximity to each other. In fact, so many are the arguments for settling what have been known as "the waste places" of the North—and discovering others—that Vilhjalmur Stefansson has written a book on the northward course of empire.

But this is not a book-review. These are merely some of the reasons why the good airship Shennandoah should carry out her program and explore the million square miles of area between Alaska and the North Pole. Moreover, believes the Washington Post, "if there is a great continent in that area, it should be added to Uncle Sam's domains." This, it should be noted, is the main purpose of the Shennandoah expedition. Then there is the matter of national defense. According to the Indianapolis Star:

"Secretary Denby is looking forward to a time when hostile Powers in Asia—possibly Soviet interests of Siberia—may seek an easy path to our country by way of the Arctic. The possibility may seem remote now, but what may develop in ambitious Russia or restless China in the course of time, when these countries with vast populations, realize their power and desire to demonstrate it, no man can say. The time to lay claim to these uncharted lands is now."

"And Secretary Denby is right," declares the Rochester Herald. "If the United States doesn't explore the polar area, some other nation will." There was a time when Alaska was considered a bad bargain for the United States, another editor recalls even at \$7,200,000, yet that territory has in the past fifty years produced more than \$1,000,000,000 in wealth. Alaska was called "Seward's Folly." "Further north," suggests the New York Tribune, "it is not entirely fanciful to picture a 'Denby's Folly' which time will equally vindicate."

On the other hand, the Springfield Republican is certain that "no greater future will be caused by the declaration of the Shennandoah's real purpose—the discovery of land with a view to annexation." For, this paper reminds us, "until land has been discovered, nobody gets unduly excited about its ownership." This is also the view of the Buffalo Express and the Columbus (Ohio) Dispatch. The Des Moines Register and Baltimore Sun also attack the military reasons for annexing this hypothetical continent. Moreover, reports the Norfolk Virginian-Pilot:

"There is every reason to believe that the majority sentiment in Congress does not like the principle of spending money and risking valuable property and lives in Polar exploration by the Government at a time when the public is clamoring for reduction of taxation."

The Louisville Courier-Journal doubts the advisability of the voyage because of the "ideas of imperialism suggested by the word annexation." Other editors resort to ridicule. "In our next war," we read in the Brooklyn Eagle, "all we shall have to do is to invite the enemy to attack us in the Arctic, where, without military bases or shelter, his armies will inevitably freeze to death." In fact, the frigidity of this unexplored area suggests the name "Coolidge-land" to Senator Dill, of Washington. Still others hint satirically that naval oil reserves might be found on the hypothetical archipelago or continent. A real objection, however, is set forth by the Philadelphia Inquirer:

"What will the other 'Arctic Powers' say to Secretary Denby's suggestion that the object of the Shennandoah's proposed trip to the North Pole is not wholly scientific. Canada might protest any attempt to bring under the American flag any lands that may be found. Then there are Russia, Denmark, Norway, and Finland."

That Canada is not to let any grass grow under her feet is indicated in a recent dispatch to the New York Tribune. According to this Canadian correspondent:

"Any move that the United States may make toward annexing areas in the Arctic Circle, as a result of the airship Shennandoah's polar flight, will be closely watched by the Dominion Government. Already a communication is being prepared in the form of a query asking just what is contemplated by the American Government in the move of Secretary Denby."

The whole outlook is discouraging to the following editorial:

"All these years we have gone along in the comforting belief that with the Panama Canal, with Hawaii and Guam and the Philippines, and Porto Rico and the Virgin Islands we were in a fairly secure position. But we were mistaken. We need the North Pole to strengthen our defenses."

"After the Shennandoah expedition has annexed the North Pole and adjacent ice-fields we shall have to annex other ice-fields and cover them with long-range guns to protect the North Pole. Then we shall need whole chains of icebergs as keys and bases for our flying fleets. And to protect the keys and bases established at

Corns

Never Use a Knife!

It is so easy to get rid of a corn. Blue-jay ends them. Stops the pain instantly. Then the corn loosens and comes out. Does away with dangerous pricking. Get Blue-jay at your druggist.



fixed intervals we shall need no end of ice-cruisers and destroyers. It looks almost as tho the job would never be done."—Literary Digest.

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"Mickey Donohue"; "Eileen Asthore"

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Song That Won a Wife

Quite trivial things have inspired musicians. Chopin caught the idea of a waltz from watching a puppy that was trying to catch its own tail. One of Bach's cantatas was written solely as an argument. His wife thought that he drank too much coffee, so the composer wrote the cantata in praise of his favourite drink.

Rossini was so fond of eating and so reluctant to work that an impresario, who had commissioned an opera from him, had to lock him in his room and make him write so many pages of music for each course of dinner served to him.

Romance is often the keynote of musical masterpieces. Schubert was in love with a beautiful girl, but was too shy to make any advances. He translated his feelings into music and wrote his famous song, "Blossom Time."

Too shy to sing it to the maiden himself, he got a friend to sing it for him. Instead of furthering Schubert's interests, however, the singer himself won the girl's love and married her! The composer had unconsciously helped his own rival.

Wake Up Your Mind

Deep Thinking is as Essential to Thought as Deep Breathing is to Health, and it's quite easy.

What is your "thinking depth"? Now and again, in political controversy especially, one man describes another as a "shallow thinker."

The expression, if justified, means that the process of thinking has been too quick. This, that, and the other factor have not been considered. It may not be that the shallow thinker could not think deeply, if he liked. "Shallow thinking" may be due merely to mental laziness.

In some cases, too, conceit is responsible. We have such a good opinion of ourselves that we think that our shallow thinking is as good as the deeper thinking of other! But many of us, though not at all conceited, are still "shallow thinkers."

The sure and certain way to become a deep thinker is to do what a runner does—he uses all his lungs! The majority of us only use a portion of our lives, save on those rare occasions, in running, when we have got "our second wind."

This merely means that, for once, we have brought the whole of our lungs into action! We are breathing deeply, and not shallowly.

To think deeply we must bring all our brain power into action, and that is done by going on thinking! There always comes a time while we are thinking out something when we tire. There seems nothing more to do then but cease thinking and accept the conclusions we have arrived at. But if we went on we should bring all our grey matter into play. Deep thinking would then begin. We should plumb mental depths we never thought we possessed.

And just as deep breathing becomes a habit from practice, so would deep breathing. Not to think deeply is just as bad in the battle of life as it would be in warfare, a commander with heavy guns didn't use them.

Household Notes.

Lemonade is delicious and very wholesome when spiced and served hot.

A cake batter should be thoroughly beaten after each new addition.

Make nests of spun sugar tinted a pale green and fill with frozen cherries.

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Estimated production of Buicks for 1924

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Feb 16, 1924