

A TANK VETERAN, Canadian Back After Long Service.

St. John, N. B., Jan. 7.—Four special trains, carrying 960 returned invalided men and a few on furlough, left here to-day and to-night for the upper provinces.

The first tank driver to return from the battlefields has reached here in the person of G. H. Merrick, of Ottawa. Driver Merrick took part in the big tank offensive of Cambrai. He is a member of the Imperial army.

"I endeavored to enlist in the Canadian army at the outbreak of the war," he told reporters, "but they refused to take me, owing to my lack of height. I applied to the Imperial army and they accepted me. I crossed to England, and was put on a tank, after much training. It was my luck to become a tank driver in France, and I was in practically every battle in which the tanks participated. In the big drive at Cambrai I was at the wheel, and we certainly did take the Germans by surprise."

Among the officers returning was Lieut. G. Earle Logan, of St. John, who had twice been reported dead, and whose obituary had been printed in the St. John papers. During the early fall Lieut. Logan was officially reported dead from the effects of gas and bullet wounds. This report was followed by a cable from the officer himself, saying he had been admitted to hospital, but was on the way to recovery. Later his name again appeared in the official casualty list as having died of wounds.

Minard's Liniment Cures Diphtheria.

SINGLE COMBAT.

The lighthouse was almost in the fairway of ships entering and leaving one of the great harbors of the world. It was not near the coast, but marked the convergence of ocean paths toward it; beyond the lighthouse all followed the same track.

The rock on which the lighthouse stood was completely submerged at all tides, so that only a solid column of steel was visible, rising from the sea. The light was the only thing on the rock.

The submarine, lurking in these waters at night, saw that if it were to accomplish anything, it must be done before the light was turned on. Approaching carefully, the submarine saw that a hole had been torn in the base of the column.

A white streak appeared upon the dark surface of the sea, moving swiftly toward the steel pillar. But after the strike the light shone brightly. Approaching carefully, the submarine saw that a hole had been torn in the base of the column.

The sea was calm. It was possible, despite the darkness, to begin mining laying. The destruction could be completed before morning. And the lighthouse would claim victims long, long after the submarine had crept away.

And high in the steel tower whose fate was hanging in the balance, the wife of the light tender, abandoned a desperate struggle to repair the broken radio, broken by some slight accident a day before, and rushed to the light chamber.

With smooth ease the occulting machinery performed its task of equipping at regular intervals the tremendous white ray lighting the level distances of the sea. She worked for several minutes, and when she had finished the light shone steadily, without eclipse of any kind.

Far down the coast this inexplicable phenomenon was noted by the looking on board a naval vessel. The naval vessel transmitted its observation to the shore and receiving orders started off at full speed.

An hour later a terrible explosion rent the rock on which the lighthouse stood, and the tall column, no longer supported, toppled into the sea. But of this the woman within was unconscious, and could see five flashes from a big searchlight vessel two miles away. The immense commotion caused by the fall of the lighthouse was succeeded by an insistent turmoil as a floating black shape, its armor all open and pouring oil upon the troubled waters, sank beneath the waves.

NOTHING LIKE IT FOR BRONCHITIS AND WEAK THROAT

Remarkable Cures in the Worst Cases Reported Daily
CURES WITHOUT USING DRUGS

Doctors now advocate an entirely new method of treating bronchitis and irritable throat. Stomach dosing is no longer necessary.

The most approved treatment consists of a heating vapor resembling the pure air of the Adirondacks.

This soothing vapor is full of germ-destroying substances, and at the same time is a powerful heating agent. It is sent to the bronchial tubes and lungs through a skillfully devised inhaler that can be carried in the vest pocket. Simply itself is the keynote of this splendid treatment.

CATARRHOZONE is the name of this wonderful invention that is daily curing chronic cases of weak throat, bronchitis, and catarrh. Every breath through the inhaler is laden with soothing, healing substances that destroy all diseased conditions in the breathing organs. It cannot fail to cure because it goes where the trouble really exists, and doesn't attempt to cure an illness in the head or throat by means of medicine taken into the stomach. Catarrhozone is a direct, breathable, scientific cure.

There is no sufferer from a grippe, cold or any winter ill, that won't find a cure in Catarrhozone, which is employed by physicians, ministers, lawyers and public men throughout every foreign land. Large size lasts many months and costs \$1.00, and is guaranteed, small size 50c, sample 25c. All storekeepers and druggists, or the Catarrhozone Co., Kingston, Canada.

CUTICURA HEALS BURNING ITCHING

Pimples on Back and Scalp.
Hair Came Out. Healed at Very Trifling Cost.

"I found red pimples coming out below my right shoulder blade. The pimples festered and then spread over my back. This had a burning itching feeling. Then an eruption broke out on my scalp in a patch and hair came out. I used Cuticura Soap and Ointment, and after I had used two boxes of Ointment with three cakes of Soap I was healed."

(Signed) Geo. Jones, Edmonds, British Columbia, July 4, 1917.
Cuticura Soap daily and Cuticura Ointment occasionally prevent pimples and other eruptions. Nothing better. For Free Sample Each by Mail address post-card, Cuticura, Dept. A, Boston, U. S. A. Sold everywhere.

WHERE DUTY CALLED.

He Was "At the Front" When the Crisis Came, and He Won.

In the spring of 1915 occurred the disastrous floods in Ohio. Daniel Willard, president of the Baltimore & Ohio, could not rest content with merely directing relief from his office in Baltimore. He rushed immediately to the scene of suffering and destruction, where he remained till the danger was past.

A New York banker, whose influence and friendship were much needed by the Baltimore & Ohio, ran down to Baltimore. He was a man to whom time is money—in capital letters—and he had a positive date with Daniel Willard. But when he reached the railroad offices the president was gone.

"He's at the front," said one of his secretaries and explained how the chief had gone out to Camden station on the preceding night. A message cancelling the engagement had been sent to New York—Willard is most punctilious in such matters—but it had failed to arrive.

The banker frowned. He was not in the habit of hurrying to see railroaders who were seeking loans and then having them fail to keep appointments with him. But when he was back in his own office the next day and the newspaper extras were telling of the catastrophe that had swept over Ohio he sent a personal message to the president of the Baltimore & Ohio. It told him that he might draw for as much money as he needed to put his railroad on its feet again.

"That was the thing that had hit the Wall street man clean between the eyes—Everybody's."

Minard's Liniment Cures Distemper.

ALSACE-LORRAINE.

Originally German, They Became French After Louis XIV.

The history of the German imperial province of Alsace-Lorraine dates, of course, from the treaty of Frankfurt, which was concluded between France and Prussia after the Franco-Prussian war, in the way of 1871. By that treaty the whole of Alsace and that part of the province of Lorraine known as German Lorraine were ceded to Germany, and incorporated in one territory known to the Germans as Elsass-Lorraine, or simply as the Reichsland. The separate histories of Alsace and Lorraine stretch far back into the beginnings of things in Europe. The whole region, especially Alsace, was always disputed territory, and in ancient times, often formed the battleground in the contentions of rival races. To trace, therefore, the history of the two provinces through all the mazes of medieval European history would call for much more space than is now available. Suffice it to say that they both belonged to that loose confederation of states known as the Empire, and, from the tenth century onwards, were governed by various sovereigns, dukes or princes, under Germanic suzerainty, chiefly that of the house of Hapsburg.

The modern history of Alsace-Lorraine may be said to date from the famous peace of Westphalia, which concluded the thirty years' war. By that treaty a large part of Alsace was ceded to France, but Louis XIV. had set his heart on securing much more of it. In those days, when territory changed hands rapidly, it was never difficult for a country to set up plausible claims to adjoining lands, and Louis XIV., shortly after the peace of Westphalia, turned his attention to Alsace. It did not take him long, as might be supposed, to discover much to his "righteous indignation" that large tracts of surrounding territory had been "torn from Alsace," or to decide that they should most certainly be restored to that country by the various German princes who were in possession. With much show of judicial fairness, the grand monarch laid the case for France before two chambers of inquiry, which he established at Brisach and Metz, but the result was a foregone conclusion. In vain the princes appealed to the Emperor, the Emperor could afford them no aid, and in 1681 French troops seized Strassburg. A further war broke out, but by the treaty of Rastatt in 1684, Strassburg was secured to France, and, although the war was renewed in 1688, and dragged on until 1697, the peace of Westphalia, which was concluded in that year, definitely confirmed the annexation of Strassburg to France.

Thence onward Alsace and Lorraine seem to have settled down to make

themselves thoroughly French. Although originally Celtic, the population was greatly modified, during the Roman period, and afterwards, by the steady inflow of Germanic peoples, and at the time of the signing of the peace of Westphalia there could be no doubt as to the German character of the inhabitants. They seem, however, to have determined to come to rest on French soil. Gradually, the French language came to be the predominant one, whilst, in sentiment, outlook, and attachments the people, as time passed, became essentially French. It was for this reason that they offered such a stubborn resistance to the German invasion in the autumn of 1870, and it was for this reason that, after the country had been formally handed over to Germany, some 160,000 inhabitants of Alsace-Lorraine elected to remain French, in spite of all that the decision involved: while of these at least 69,000 actually carried out their intention and emigrated to France.—Christian Science Monitor.

Chats With the Doctor (By a Physician)

GOUT IS HEREDITARY.

There is no doubt that some people are much more liable than others to attacks of gout, and it is equally established that it is, to a large extent, an hereditary disease—that is to say—that it runs in families. At the same time cases are constantly occurring where no family history of the disease is obtainable, and it must not be forgotten that not only diseases, but habits of life leading to disease also to some extent run in families.

Traditionally gout is regarded and commonly spoken of as a result of high living and excessive alcohol drinking. Since cases by no means infrequently occur which can be accounted for by neither of these causes it would clearly be unfair to draw inferences as to habits of life without further evidence than the presence of this disease affords.

Still there is no getting away from the fact that gout is much more common among those with little tendency to restrict their libations and their appetites than among those who lead a simpler and more ascetic form of life. And in those persons with a gouty tendency it is commonly observed that a fresh attack is brought about by even a comparatively moderate indulgence in the matter of alcohol.

But over and above these causes there are many others contributory. Thus sedentary habits, unsystematic domestic surroundings, mental and physical indolence, all tend to bring about a state of affairs which makes the individual peculiarly susceptible to an attack of gout. Among the lean and active gout is much less common than among the complimentary division of mankind.

An ordinary, acute attack of gout is characteristic in its symptoms and method of onset. Generally with startling suddenness the patient is awakened from sleep by a severe pain in some joint—most commonly the proximal joint of the great toe. Soon this joint swells and becomes hot and red, and the skin smooth and shining. With intervals of a few hours' partial relief, this continues for several days, when, in a favorable case, the symptoms generally subside and the patient gradually recovers.

During the attack there is more or less of a general feeling of ill-health while the pain is often intense. In less favorable cases, as the inflammation in the first joint subsides another joint becomes affected, and this may continue until half the important joints of the body have been attacked in turn. Often, after a few acute attacks, takes on a less acute but more chronic form, and certain joints become permanently affected, and the movement of the limbs consequently much impaired.

In the matter of treatment the onset of an acute attack demands complete rest, and the patient is not usually in

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SIR WILLIAM TRITTON, ONE OF THE BRITISH EXPERTS WHO HELPED TO EVOLVE THE "TANK," IN HIS OFFICE, WITH A MODEL OF A "TANK" ON HIS TABLE.

FOUR WEEKS IN HOSPITAL

No Relief—Mrs. Brown Finally Cured by Lydia E. Pinkham's Vegetable Compound.

Cleveland, Ohio.—"For years I suffered so sometimes it seemed as though I could not stand it any longer. It was all in my lower organs. At times I could hardly walk, for if I stepped on a little stone I would almost faint. One day I did faint and my husband was sent for and the doctor told me to come. I was taken to the hospital and stayed four weeks but when I came home I would faint just the same and had the same pains.

A friend who is a nurse asked me to try Lydia E. Pinkham's Vegetable Compound. I began taking it that very day for I was suffering a great deal. It has already done me more good than the hospital. To anyone who is suffering as I was my advice is to stop in the first drug-store and get a bottle of Lydia E. Pinkham's Vegetable Compound before you go home."—Mrs. W. C. Brown, 2844 W. 12th St., Cleveland, Ohio.

A condition to resist this prescription. In addition a strictly liquid diet is desirable, and this should, in most cases, consist of water, lemon water, soda water and milk. Alcohol in any form must be strictly avoided. Among drugs, colchicum, and iodide of potash are especially valuable in selected cases, but they should only be taken when prescribed by a doctor familiar with the individual patient. In any case, a smart dose of Epsom salts may almost always be advantageously taken at the beginning of an attack, and where there is, as is commonly the case, a tendency to constipation this may be followed at intervals of six, twelve, or twenty-four hours by repeated salicylic powders.

Locally much relief can often be obtained by bathing the affected joint in warm water, or by the application of heated cotton wool. When the acute stage has passed the importance of wisely feeding up with light nourishing foods, such as milk, fruit, fish, eggs and vegetables; fresh air, and steadily increasing outdoor exercises, can hardly be exaggerated.

THE IMPORTANCE OF VENTILATION.

There is a great deal of talk about fresh air, and probably numerous illnesses may be traced to an unreflected acceptance of much of the wild talk. Of course the value and importance of fresh air are as difficult to over-estimate as the value and importance of good food. Fresh air can be purchased at too high a price. Still, the besetting sin of our fellow-countrymen, and even more of our fellow-countrywomen, is hardly in the direction of over-indulgence in ventilation and fresh air.

Much harm has been done to the very necessary propaganda in favor of a more wholesome, open-air life, by an exaggerated statement of the benefits that may be expected to follow, and by the omission to indicate that there are occasions when the body may be in such an abnormal state that abnormal conditions are for the moment necessary for its restoration to health.

At the same time there are certain measures which may desirably be taken by practically all healthy persons and by the over-sharing reaction of even those who are sick. It may safely be said that there is no one who would not be better breathed pure air than impure air; which means that every occupied room should be furnished with the means for the constant entry of fresh air and the equally continuous elimination of air which has already been breathed.

For, by the act of respiration, not only is the proportion of oxygen in the air steadily diminished and the amount of carbonic acid gas steadily increased, but there also is going on both from the lungs and the skin a steady excretion of animal products which, inhaled in any but the most limited quantities, are definitely harmful to health. But in the healthy, fresh air has another less important part to play.

It has been found that much of the feeling of lassitude and malaise which afflicts one after a short stay in a stuffy room or hall is due, not so much to the lack of oxygen in the air and the pres-

ence of poisonous exhalations in it, but to the absence of the stimulating effect of cold and moving air on the sensitive nerves of the face and other exposed parts of the body. It is to this fact that much of the refreshing effect of fanning, whether by hand or by mechanical means may be attributed. No one who, at any rate, in the hot months of summer, has enjoyed the luxury of sleeping on a comfortable mattress in the open air, the body being adequately covered with blankets, but must know what a world of difference lies between the feeling on awakening in the morning under such conditions, from that experienced after a night spent in a stuffy bedroom.

IN PORTUGAL.

Ceremony With Which a Visitor is Greeted and Dismissed.

That Portuguese politeness is most ceremonial and may proceed to an extraordinary extent is indicated in the case, say, of a visit to a high dignitary.

The caller ascends a magnificent staircase, passes through a long suite of rooms to the apartment in which the dignitary is seated. He is received with many bows and smiles.

When the visit is concluded the caller bows and prepares to depart. When he reaches the door he must, according to the inevitable custom of the country, make another salutation. He then discovers that his host is following him and that the inclination is returned by one equally profound.

When the caller arrives at the door of the second apartment the dignitary is standing on the threshold of the first, and the same ceremony is again passed between them. When the third apartment is gained the caller observes that his host is occupying the place the caller had just left in the second. The same civilities are then renewed, and these polite reciprocations are continued until the caller has traversed the whole suite of apartments.

At the balustrade the caller makes a bow and as he supposes a final salutation. But no; when he has reached the first landing place the host is at the top of the stairs; when the caller stands on the second landing place his host has descended to the first, and upon each of these occasions their heads waltz with increasing humility. Finally the journey to the foot of the stairs is accomplished.

THE ONLY MEDICINE THE BABY NEEDS

Baby's Own Tablets is the only medicine a mother needs for her little ones. They are a gentle but thorough laxative which instantly relieve all stomach and bowel disorders thus banishing all the minor ills of little ones. Concerning them Mrs. Jos. Sheehan, St. Simon, Que., says: "Baby's Own Tablets are a marvelous medicine for little ones. They never fail to cure stomach and bowel troubles and neither my sister-in-law or myself would use any other medicine for our little ones." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Worth Knowing.

A soft leather stretched over the palm of the hand is excellent for polishing gilt frames that have previously been rubbed with a flannel cloth wet in alcohol.

Spanish sweet peppers and onions added to beef and potato hash have variety to the dish. Serve on slices of toast with a poached egg on the top of each.

It is a good plan in cleaning white or light kid gloves to put the gasoline into a wide-mouthed bottle with the gloves, close it tight and shake until the dirt falls off. The same fluid can be used several times.

Red hands and red noses are often caused by an unwise diet and by the use of impure soaps. Tight clothing is another cause. Keep red hands out of hot water as much as possible. Eat lean meats, fruits and vegetables and avoid all pastries, greasy foods and strong coffee.

Germany may find looking for her lost trade as easy as finding a needle in a haystack.—Memphis Commercial Appeal.

Mrs. Crawford—Did your husband surprise you with a present at Christmas? Mrs. Crabshaw—No, he didn't. I told him exactly what I needed, and he was mean enough to go out and get it for me.—Life.

Minard's Liniment Cures Colds, Etc.

Brief Mention.

H. M. Bandy, of Norton, Va., was digging in his cellar for the installation of a heating plant, when he struck a vein of coal which affords him a supply at a cost of 30 cents a ton.

The newest flagpoles to be erected on the tops of high buildings are jointed at the bottom so that they may be easily lowered for paintings and repairs.

A new mechanical fan for use where there is no current, is operated by means of an alcohol motor.

For the course of demonstrating model conditions, Dr. Greenbaum, of Cincinnati, Ohio, has built a number of models of the human mouth, each of which is two feet deep and 18 inches in width.

Nearly all of Europe is suffering from influenza. Each of the countries gets a little, but not nearly enough for its demands.

The Boston baked beans now used by the armies of the world come principally from New Jersey. One establishment alone has a capacity of 9,000 cans per hour.

"You always act like a fool," snapped Mrs. Kieckly. "Well, I always follow your advice, don't I?" replied Mr. Kieckly.—Illustrated Magazine.

ISSUE NO. 3, 1918

HELP WANTED.

WANTED—PROBATIONERS TO train for auto. Apply, Wellandria Hospital, St. Catharines, Ont.

WANTED—EXPERIENCED WAITERS and apprentices; steady work; highest wages paid. Apply, Shugbey Mfg. Co., Ltd., Brantford, Ont.

MILLER WANTED—SECOND-NIGHT men; steady position. R. M. Finlayson, Stratford, Ont.

LOOM FIXER ON CROMPTON AND Knowles looms, running on heavy woollens and blankets. Good steady position for right man. Advice free, send for full particulars to Shugbey Mfg. Co., Ltd., Brantford, Ont.

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REMIT BY DOMINION EXPRESS Money Order. If lost or stolen, you get your money back.

FOR SALE.

RIGLET CABINET AND WOODEN furniture. Assorted sizes. Never used. Will be sold at bargain. Address Canada Ready Print Co., Hamilton, Ont.

FARMS FOR SALE.

BARGAIN—FOR QUICK SALE ONLY—640 acres choice level wheat land in Central Alberta; price \$5.00 acre; terms arranged; first crop should more than pay for the land; free on terms. 25 bushels per acre. J. C. Leslie & Company, Farm Lands, Calgary.

The Months.

January brings the snow,
Makes our feet and fingers grow.

February brings the rain,
Thaws the frozen lake again.

March brings breezes sharp and chill,
Shakes the dancing daffodil.

April brings the primrose sweet,
Scatters roses at our feet.

May brings floods of pretty lambs,
Sporting around their pretty dams.

June rings tulips, lilacs, roses,
Fills the children's hands with posies.

Hat July brings thunder, showers,
Apples and gilly flowers.

August brings the sheaves of corn,
Then the harvest home is born.

Warm September brings the fruit;
Sportsmen then begin to shoot.

Brown October brings the pheasant,
Then to gather nuts is pleasant.

Dull November brings the blast;
Hark! the leaves are falling fast.

Cold December brings the sleet,
Blazing fires and Christmas treat.

May Be the Oldest Book.

In an ancient Samaritan synagogue at Shechem a double roll of parchment is guarded jealously and is carefully preserved. It was to Shechem that Nebuchadnezzar came in his first visit to Canaan. Near Shechem, Jacob sank his famous well, and the returning Israelites heard here for the last time the voice of Joshua. Shechem was the first residence of the kings of Israel and was a city of refuge. Here at Jacob's well Jesus met the woman of Samaria. Here the great Justin Martyr was born. After the division of Israel into two kingdoms, Shechem became the religious center of the northern kingdom. The Samaritan worship of our Lord's day which is perpetuated in the Samaritanogue which holds the scroll. This double roll of parchment, possibly the oldest in the world, contains the "Fifty-five books in the Old Testament and may be as old as the days of Jeremiah.—"Christian Herald."

Minard's Liniment Cures Garget in Cows.

Worth Knowing.

Ink is an enemy to the delicate, light-colored waists and all white dresses of the present, for with the greatest care spots or tiny splashes will often appear in most inconspicuous places. For colors, salt of lemon, which can be obtained at a drug store, can be lightly strewn over the spots and will draw out the color. Repeat the powder when it becomes dark until the stain is faded out.

Left-over fish that is too oily to be improved by the warming over process may be removed from the skin and bones and put in spread vinegar for a few hours. It will make an excellent luncheon or supper dish.

To prevent the croquetists from sticking to the wiper dip the croquet basket into the hot fat before taking it.

A thick paring should be taken from cucumber, rubbed to remove the bitter portion lying directly under the skin. A very thick slice should, for the same reason, be removed from the stem end.

OVERWORKING NATURE.

(Courier-Journal)
"How's your bungalow? You told me it was cooled by wood-burner brooms in the summer."
"That part was all right, but the landlord is working nature overtime. My wife's, trying to heat it solely with the sun."

"To me a pacifist always smiles with a German accent."—Glaucus Darrow.

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