

A Real Asthma Relief. Dr. J. D. Kellogg's Asthma Remedy has never been advertised by extravagant statements. Its claims are conservative indeed, when judged by the benefits which it performs. Expect relief and permanent benefits when you buy this remedy and you will not have cause for disappointment. It gives permanent relief in many cases where other so called remedies have utterly failed.

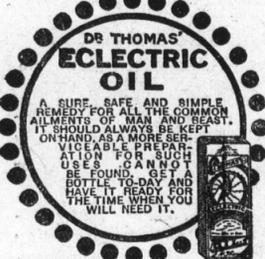
MOTHER!

Clean Child's Bowels
 "California Fig Syrup" is Dependable Laxative for Sick Children



Hurry Mother! Even a fretful, feverish, bilious or constipated child loves the pleasant taste of "California Fig Syrup" and it never fails to sweeten the stomach and open the bowels. A teaspoonful today may prevent a sick child tomorrow. It doesn't cramp or overact.

Ask your druggist for genuine "California Fig Syrup" which has directions for babies and children of all ages printed on bottle. Mother! You must say "California" or you may get an imitation fig syrup. 422-k



You can get at Us; then why trust the stranger?

HUNDREDS of people in Canada are being victimized these days by fraudulent, glib-tongued subscription agents who take the money but don't deliver the goods. This is particularly true of magazine subscriptions.

Next time a stranger tries to sell you a newspaper or magazine remember that—

We can sell you the same magazine for the same—often a better—price.

Further—we absolutely guarantee regular delivery of the magazine or your money back.

The stranger comes—you know nothing as to his bona fides—and goes.

We're here to stay. If anything goes wrong

YOU CAN GET AT US

Let us quote you prices on any magazines or papers you are interested in.

The Guide-Advocate

We will forward subscriptions to any daily or weekly newspaper, magazine or publication of any kind.

Thrills and Smiles

Talking once to a woman about his experiences crossing the Himalayas into Tibet, Mr. A. Henry Savage-Landor, the famous explorer and artist, used the words "sleepiness" and "drowsiness" so many times in the conversation that he thought he might express himself a little more poetically. He continued:—

"When the two natives and I reached the summit of a certain pass I was so exhausted that I lay down and fell into the arms of Morpheus." "Disgusting!" said his companion. "How could you let a dirty nigger like that put his arms round you!"

There are few more remarkable men in the world to-day than Mr. Savage-Landor, the famous explorer and artist, who has just written his life-story, "Everywhere: The Memoirs of an Explorer," in which he relates the above. He has many other stories, particularly of his childhood.

He was brought up in Italy. In Florence, in those days, he says, there rarely existed proper bathrooms, the local inhabitants seldom indulging in so great a luxury except on such occasions as a wedding day or in case of illness.

"My people had purchased a gorgeous high-walled bath-tub made of zinc," he remarks. "It was the admiration of all Italian friends who came to the house. When this article of necessity was conveyed to the house, I was the first to inaugurate it. It was early morning. The bath was brought into my room by a servant, and several pails of boiling water were thrown in. Then the maid went out for more. My mother called out from the next room that she would come in a moment. In order to surprise her, and thinking that the bath was ready, I got out of bed and jumped into the boiling water. I became one huge blister from head to foot.

"They had an idea in Florence that smearing a burn with ordinary writing ink was an excellent cure. The servant was despatched to the nearest stationer's to buy up all ink available. She returned with some bottles of violet and black ink, which were all poured over my poor body and limbs. By this time they had finished with me I looked on one side like a nigger child, and the other side like a violet child."

On two occasions the author nearly had his head cut off! The first time was when as a boy he was playing with another child who got hold of a sword and suggested he should behead the other!

"He plausibly gave me to understand that as we used to decapitate dolls and stick their heads on again, so he would do with mine. All that was necessary was a pot of gum, and there, on the table, was a pot full of it. There remained nothing for me to do, then, but lay my head on a wooden stool for him to perform the decapitation. He was already flourishing the sharp blade in the air when he had the thoughtful idea that perhaps my mother might enjoy seeing the execution. He called, 'Come quickly, and see me cut off Henry's head!'"

"Mother arrived in haste and the sword was snatched out of the boy's hands."

The other occasion was when the author was an unwilling victim, having been sentenced to death when he fell into captivity during a thrilling journey into unexplored Tibet. He was subjected to torture which resulted in permanent injuries. His life was saved by the intervention of the British political agent.

The author went to Italy after his Tibetan adventure, and took with him a native, Chanden Sing, who had shared his perils. They were both invited to go and see the King and Queen. The native, accustomed to walk about barefooted, wore a pair of the author's patent shoes "to create an impression." They were many sizes too small for him. When he alighted from the coach he gave a yell and hopped about on one foot. They were received by court officials and taken before their majesties.

"He is a magnificent fellow; and how brave!" exclaimed the Queen, referring to Chanden Sing, "but you can still notice on his face the intense agony he has endured, and perhaps is enduring still."

"Yes," the author replied, "your majesty's words are but too true!" "Poor fellow! What he must have suffered!" exclaimed the Queen, with a look of pity. "Oh, yes, one can see plainly that he is still enduring agony."

But that was not the end of the story, for outside in the hall Chanden Sing removed shoes and socks. Thus he descended the grand staircase after his master—before the astonished eyes of more than two hundred people!

It was Chanden Sing who, taken to an exhibition of knife-throwing, in which a man threw knives at a board, making the outline of a woman who stood in front of the board, exclaimed, "That man is no good! He has missed her every time!"

OUR CANADIAN ANIMALS

CURIOUS FACTS CONCERNING NATIVE WILD LIFE.

There Is No More Noble Animal In Our Western Woods Than the Wapiti—The Jumping Mouse Is Also Common In The West.

Comparatively few of the creatures native to Canada pass through so many unusual and eventful stages in their life cycle as do the toads and the frogs. Yet all of the diverse species of animal resident within our great forests and upon our plains and hills possess in greater or lesser degree, characteristics which are equally interesting and curious.

There is no more noble animal in our western woods than the Wapiti or American Elk. Dignified in bearing, majestic in appearance, a full grown bull Elk is, in truth, a magnificent creature. If one were to discover such an animal cavorting around on its hind legs and frolic about like a lamb or a kitten, the wonder would grow and the amazement would doubtless be great. Such behaviour on the part of the male elk is however not at all unusual. Shortly before the breeding season commences a mature bull may be found taking mud baths and apparently finding much virtue in favorite "wallows." After rolling over and over in the mudhole the animal emerges and shakes himself violently. Then, for some reason which is obscure to mankind, he cuts capers and performs antics which are so ludicrous as to almost exceed belief.

During the greater part of the year, elk are quiet, shy, and of harmless demeanor. Yet at breeding time the males are perhaps the most savage and dangerous of all wild animals. Less than a year ago the writer had evidence of this in viewing the mangled carcass of a once proud stag which had fallen in combat with a more powerful or dexterous rival. This furious duel lasted from dusk till dawn. Many stories have been told and pictures painted of the lone elk or moose surrounded by a pack of gaunt grey wolves, and selling his life dearly. An incident exactly the reverse of this happened last winter in a meadow in the Canadian Rockies. There, a band of female elk surrounded a prowling coyote and, jumping on the cowering creature with their sharp hoofs, broke every bone in its body. Afterwards the antlered bulls tossed the limp carcass high in the air as if in a spirit of triumphant revenge.

Creatures of the wild which are abroad during the daylight hours are in consequence more familiar to man than are the nocturnal wanderers. These latter are but seldom seen, their presence being evident only from sounds and by signs. In travelling at night by automobile one does however frequently catch fleeting glimpses of many small forms and figures. The sudden glare of high power lamps on the curve of a countering road startles the rabbit into a scurrying dash for the safety which darkness affords; at certain seasons of the year numbers of field mice may in like manner be revealed. These tiny furred folks have many curious habits and manners. For instance the White Footed Mouse, a type peculiar to North America, is known to sing. The prolonged and warbling notes might be likened to the subdued singing of a hen canary. The familiar house mouse, which originated in Asia and has since become distributed throughout almost all parts of the earth is also credited with power to sing sweetly and has a vocal range of almost an octave.

The Jumping Mouse, related to the European Jerboa, is common to western Canada. This small quadruped is a marvelous athlete. With a body length of but three inches the miniature kangaroo can cover a distance of ten feet at a single bound. A tail almost twice as long as the body serves as a balance to this champion long leaper. A female of this species has been known to run swiftly and to leap far with several young hanging to her teats.

Shrews are the smallest of all mammals and being nocturnal in habit are but rarely observed. The Common Shrew, a purely North American animal, has an extremely rapid digestion, being capable of consuming in the course of a night a quantity of food equal to three times its own weight. When full grown this "Tiny Tim" of the animal world weighs but forty-five grains, or about the tenth part of an ounce. During the winter months shrews may be found roaming and boarding in beaver "houses" where they apparently obtain warmth and find abundant insect food without putting their hosts to any inconvenience or trouble. In ancient times it was supposed that shrew creeping over a horse, a cow or a sheep, invested the larger creature with cruel bodily pains.

In hunting, killing and devouring their prey carnivorous animals display an amazing diversity of method. The Varying Hare or "Snowshoe Rabbit" is perhaps the most intensively hunted creature of the wilderness, being a desirable food animal to almost all birds and beasts of prey. Yet no two of his many enemies dispose of the carcass in precisely the

same fashion. When a cougar, a lynx or a cat has finished eating a rabbit the skin of the victim is almost invariably turned inside out; weasels suck the blood and may on occasion eat the brain; crows and magpies peck first at the eyes; the red fox usually leaves the legs and the hinder parts untouched; a wolf or a coyote will tear the body of "Bunny" to pieces in a very uncouth manner and will devour the remains in a haphazard way.

Longest Tunnel In The World.
 The longest tunnel in the world is the Shandaken Water Tunnel in New York, which is 13 1/2 miles in length.

GIRL GOES COURTING.
 Courtship and Marriage Among the Zulus.

When a Zulu girl goes courting, she wears her mother's kilt—for the excellent reason that hitherto she has worn no clothes at all, writes Grace L. Morrow. A few anklets and armlets, a "sporrán" of beads, constituting her whole attire.

In Zululand, just north of Natal, girls must marry early to replenish the cattle kraals. The maturity of a girl is celebrated by a "coming-out" party, her friends visit her, and a goat is killed and eaten. Henceforth she is an "Intombi," a marriageable young woman.

In the days of the terrible "Chaka," the Zulu Napoleon, they were a well-trained, disciplined people, and could easily exterminate the other tribes. Men were conscripted for military service, and could not marry until the chief permitted it.

When the cattle are scarce, all the marriageable "Intombi" are gathered into the chief's kraal, and set to re-hatch the huts, and make new sleeping mats. They probably have their little flirtations like girls of a whiter complexion, which all the Zulu matrons watch complacently. Meanwhile the bargaining for the brides proceeds. So many cattle down, so many to be paid hereafter.

After the marriages are arranged, all bargaining completed, the bride-elect begins the courtship. Donning her mother's kilt and accompanied by a younger girl, she goes to the hut where her "intended" is staying and asks for him by name, but cannot be induced to enter on this first visit.

Again she visits the beehive hut, and this time, if sufficiently well bribed by presents and promises, she will enter. In this kind of advances and retreats three weeks are passed before the marriage is consummated.

In the meantime, assisted by the women of the kraal, she is growing the marriage headdress, which once on is worn for life. Into her tight curls are woven, day by day, cocoon fibre and yellow clay, until a huge hourglass-shaped erection begins to form on her head.

For three weeks after marriage the bride is excused from all work, but after that she becomes more or less the drudge of the kraal, doing chores for everyone.

When a child is born, it is named after some current event. If born on a journey it will be christened after the river, the sea, or a moorland path. But if born during a smallpox epidemic, the unfortunate child may be labelled for life with such a name as "Nomjuya"—vaccination.

Pipes, Games and Harvest.

The pipes and harvesting are closely allied in the affairs of the Perthshire Highlands in Scotland. Pipes always discourse music throughout the day during reaping operations. Pipes are used also when "Camanachd" is being played. Camanachd is a purely Highland sport from which the lowland Shinty and the English Hockey are alike derived. Perhaps the aboriginal pastime of the Gaiel, Camanachd is played on a much bigger "field" than either of its derivatives, from which it differs in that there is no off-side rule, that the ball is hit with the sole of the triangular "bass" (or club-head) while in mid-air, and that both sides are played on to the ground by their pipers, who give a "screig" on the pipes at the scoring of each goal. Before the war the London Camanachd Club played annual matches on Wimbledon Common and in Parliament Hill Fields.

A Large Nugget of Silver.

The largest nugget of isolated chunk of pure or nearly pure silver on record is a mass weighing 3,850 pounds. It would contain 36,146 fine ounces troy if pure. It was reported in 1907 as having come from the Gibson mine at Aspen, Colorado. Really, however, the record seems to be a mass of 39,600 pounds avoirdupois, that came from the Calaverita mine in Eastern Durango, Mexico. It contained 75 per cent. silver, and was so nearly pure metallic silver that it could not be blasted, hammered or broken. It had to be cut with knives and saws.

A Large Crane.

A floating crane, built by a British firm and shipped to Japan, is probably the largest in existence. It can lift a load of 250 tons at 100-foot radius, or 300 tons at a radius of 121 feet.

WINDS OF ROMANCE.

Their Breath Brings Discomfort and Disillusion.

What romantic names are given to some winds, which are anything but romantic in character, says London Answers.

There is the Mistral, for example, the dry, cold wind that blows with considerable strength on the Mediterranean coast of France. Another violent, cold wind is the Bora, which those who have been much on the northern shores of the Adriatic have experienced, greatly to their discomfort.

Then there is the Simoom, which is as scorchingly hot as the Mistral and Bora are cold. The Simoom, in fact, is like a violent succession of gusts from a hot oven. It has proved a terrific enemy to travellers in the Sahara.

The Sirocco is much the same kind of scorching wind. A naval officer, describing an experience with this wind in the Mediterranean, says:

"We soon felt a sultry breeze, which conveyed innumerable insects into every crevice, and became so troublesome on deck that we were glad to retreat below, but in vain, for wherever the air reached, there they teemed in countless numbers, and our dinner was presently covered with them."

Romantic-sounding enough is the name Khamsin, but those who have encountered this hot, dry wind in the Egyptian plain do not have very pleasant memories of it.

The Harmattan is similarly unpopular among the inhabitants of Western Africa and those travellers who have been unfortunate enough to encounter this desert, dust-laden wind.

Fohn is the name of another dry, hot wind, which has an enervating effect upon the valley dwellers on the northern side of the Alps. The name of the Pelampero has a glamor about it which belies it in reality. This fearful combination of violent wind, rain, thunder, and lightning is only too familiar to the residents of the Argentine and Uruguay.

Gunners of the Insect World.

There are few animals better known than skunk.

In its wild state the skunk roams the whole of North America from Canada to Florida, and although it walks about in broad daylight is rarely molested. The reason is that, if annoyed, it can discharge from a special gland a spray, the odor of which is extremely obnoxious.

The writer speaks from experience when he says that there is nothing else to compare with it, and that a whiff of it will make any human being deadly sick. A sporting dog, if "skunked," is useless for days, losing all power of scenting game.

There is a small beetle known as the bombardier, which defends itself when attacked, by discharging an acid fluid. But this beetle's ammunition is not only offensive; it is also volatile, and actually explodes with a sharp little report when it meets the air. A bombardier can fire a dozen charges of this kind in succession.

There are other insects which have this peculiar habit, one of a kind ant lion of which a specimen can be seen in the London Zoo. The spray is formic acid, and the range is about twelve inches.

Another insect gunner is the peripatus, which is something between a scorpion and a worm. It is about three inches long, and has legs and powerful jaws. Crawling up to its prey, it shoots out a pellet of intensely sticky stuff which renders its victim incapable of movement.

When Shaving Is Very Painful.

In savage lands shaving is not the plain operation it is in civilized countries. Excruciatingly painful methods still obtain in some parts of the world.

For instance, the aborigines of Australia shave with pieces of glass or shell. Even more terrifying are the methods employed by some of the South Sea Islanders.

In some of the islands, a "treacle-ley" substance is pasted over the face, then allowed to dry, after which it is jerked off, piece by piece, bringing the hairs with it. One marvels that the natives do not all affect beads.

There is nothing about the New Guinea "shave" to recommend it, and certainly even the most fastidious European dandy would cultivate a beard were no other means of shaving available. A "barber" performs the operation, and the stoicism displayed by his clients is positively amazing, for the "shave" takes some hours to complete.

A few hairs are selected at a time, to which is securely knotted a length of a fibrous material. The hairs are then pulled out literally by the roots, this operation being continually repeated until at last the "shave" is completed.

Healthgrams.

American boys and girls are encouraged to invent "healthgrams," and here are four which have just come to hand:

"Up nights—down days": "Eat green and you'll never have the blues"; "Let your book of health contain vegetable leaves"; "If you digest well you won't die-just yet."