

FAT IS WORST FOE OF LONGEVITY

TESTIMONY OF LIFE INSURANCE MEN.

Thin Man's Chances of Reaching Ripe Age Exceed Those of the Corpulent.

Life insurance actuaries have plenty of statistics on old age, but they have no dictum regarding how to live to be one hundred years old. They tell you, for example, that after seventy women live longer than men. The first year of one's life is the most dangerous. If you survive you will reach the same death rate at the age of sixty-five. You will have the least chance of dying between the ages of ten and twelve. Women, as a rule, live longer than men. But life seems to lose color after sixty-five. The fact that 28 per cent. of all persons over sixty-five in this country must depend upon charity for a living is emphasized by the fact that thirty-six persons out of every thousand more than sixty-five years old take their own lives.

If a woman survives the period of forty to forty-six and a man the period from fifty to sixty, both are likely to live to a ripe old age. At sixty-five you have a chance to live an average of 11.6 more years. At seventy the expectation is 9.1 years; at eighty, 5.25 years; at ninety, 3 years. But women have better chances than men.

Rules For Long Life.

There is no one recipe for longevity, but there are certain well established suggestions, most actuaries agree.

1. Don't worry.
2. Be temperate.
3. Get plenty of fresh air.
4. Be examined thoroughly once a year.

5. Don't get fat.

The carelessness of the average man regarding his health is the despair of medical examiners for life insurance companies. "The average man," one of these men said, "will send his motor car to the garage every six months for overhauling, but he will refuse to let a doctor examine him as frequently. He is afraid of what will be found. One day he falls over in a faint, and then finds a disease advanced too far for cure. He could have detected the first advances of that disease by a careful examination once a year. He would have been told to quit eating so much sugar, to leave alcohol alone, or to do this and that before it was too late."

Science Benefits Young.

At present there is little evidence to show that people are living much longer. This is because most of the benefits of modern medical science go to the young. Infant mortality and tuberculosis are being greatly reduced, but haec victory over death will not show in the mortality tables for many years. Meantime older persons have no such aid to prolong their lives, but are actually threatened with an alarming increase in the degenerative diseases of heart and nerve strain. Prohibition, however, is going to prolong life, all insurance men agree. The moderate drinker, insurance men say, is a poor risk, and the heavy drinker a very bad risk.

Are you a fat man? If so, you have less chance to live to be one hundred than a thin man.

"Fat," says the head of the medical conservation department of perhaps the biggest insurance company in the country, "is a parasite and breeds heart failure. Brewers' horses fed on malt are fat, but they can't stand hard work. There is a fat tree in Africa on the inside of which grows a parasite which feeds on the real fibre of the tree, weakening its grain."

Quarantine.

This is a very poor word for the meaning it now has. It originated from the Italian word "Quaranta" meaning forty, and was used in Venice and other Italian ports in the middle ages, when ships with pestilence on board were detained for a period of forty days. The object of quarantine is to destroy, detain or isolate infection with the least possible hindrance to business, trade and travel.

The cure for quarantine is sanitation. A city with few rats could not have an epidemic of plague; a port supplied with a pure water supply need not fear a water-borne epidemic of cholera; a thoroughly vaccinated community need have no fear of small-pox; a people free from lice need not fear an outbreak of Typhus fever.

Removing Insulation.

In removing insulation from stranded wires, be very careful not to cut any of the fine threads. These are so small that it is an easy matter to slice off five or six with the insulation. Each of these strands does its share in carrying the current to the lamps.

Three Charming Styles



No. 9219—Ladies' Dress. Price, 25 cents. With or without tunic; two styles of sleeve; two-piece skirt and three-piece tunic attached to waist at low waistline; instep or shorter length. Cut in 7 sizes, 34 to 46 ins. bust. Size 36, instep length, with tunic, 5 1/2 yds. 36 ins. wide, or 3 1/2 yds. 54 ins. wide; without tunic, 2 1/2 yds. 54 ins. wide. Width, 1 1/2 yds.

No. 9243—Ladies' Dress in Eton Effect. Price, 25 cents. With or without back panel straps and tunic; two-piece skirt; 38 or 36-inch length. Cut in 6 sizes 34 to 44 ins. bust. Size 36 with tunic, 38-inch length, 3 1/2 yds. 44

ins. wide; contrasting, 1 yd. 40 ins. wide; without tunic, 3 1/2 yds. 40 ins. wide. Width, 1 1/2 yds.

No. 9221—Ladies' Dress. Price, 25 cents. With peplum; with or without tunic attached to waist; two styles of sleeve and vest; two-piece underskirt in 38 or 36-inch length. Cut in 6 sizes, 34 to 44 ins. bust. Size 36 requires, 36-inch length, without tunic, 3 1/2 yds. 40 ins. wide; with tunic, 38-inch length, 5 1/2 yds. 40 ins. wide. Width, 1 1/2 yds.

These patterns may be obtained from your local McCall dealer, or from the McCall Co., 70 Bond St., Toronto, Dept. W.

A MOTHER'S TRIALS

Care of Home and Children Often Causes a Breakdown.

The woman at home, deep in household duties and the cares of motherhood, needs occasional help to keep her in good health. The demands upon a mother's health are many and severe. Her own health trials and her children's welfare exact heavy tolls, while hurried meals, broken rest and much indoor living tend to weaken her constitution. No wonder that the woman at home is often indisposed through weakness, headaches, backaches and nervousness. Too many women have grown to accept these visitations as a part of the lot of motherhood. But many and varied as her health troubles are, the cause is simple and the cure at hand. When well, it is the woman's good blood that keeps her well; when ill she must make her blood rich to renew her health. The nursing mother more than any other woman in the world needs rich blood and plenty of it. There is one always-unfailing way to get this good blood so necessary to perfect health, and that is through the use of Dr. Williams' Pink Pills. These pills make new blood abundantly, and through their use thousands of weak, ailing wives and mothers have been made bright, cheerful and strong. If you are ailing, easily tired, or depressed, it is a duty you owe yourself and your family to give Dr. Williams' Pink Pills a fair trial. What this medicine has done for others it will surely do for you.

Hydro-Electric Engineering Feat in Tasmania.

Of all the technical works of man that signal the march of civilization, the hydro-electric development is the most romantic figure. Indeed, it is at once the pioneer of industry, and its most finished achievement. It goes into the wilderness primeval with all the refinements of the sheltered laboratory; and always it must break its own trail—roughen its aggressive way against all the obstacles an unfriendly nature can devise. And because nature broke her rule for once, and played engineer herself in the laying out of an ideal site for such a project, the story of Tasmania's hydro-electric development is exceptionally interesting.

Out of the south end of the Great Lake flows the river Shannon. Parallel with the lake and the Shannon runs the river Ouse—120 ft. above lake level, 1,120 ft. below Shannon level, and only a few miles from either. So much engineering had nature accomplished in readiness for the electrical pioneers; and then added, to clinch the deal, a wonderful natural reservoir alongside the Ouse, just where it was needed as a restraining basin. All the builders had to do, then, was to dam the Shannon at the lake outlet, cut a canal across to the reservoir, and install the machinery.

But kind as nature had been, this providential basin could not be used without improvements. Three low earthen dams were built, from 980 to 1,863 ft. long, 2 ft. to 3 ft. 9 in. high, with provision for added altitude as the future demands. A 30-ft. concrete spillway in the south dam insures against flood damage. Near it is the reinforced-concrete penstock pit, from

which the water enters the big pipe line. For 5,500 ft., following the configuration of the land through rough clearings, runs the twin line of 4-ft. woodstave pipe, the second run just recently installed. Assembled on the ground, of selected Oregon staves, and with four relief valves and a vacuum standpipe, the long wooden tubes have given no trouble whatever. The final run of 4,300 ft. to the power house is made in pipes of welded steel, 29 1/2 to 37 in. in diameter, anchored in concrete piers. Thereby the descending water comes finally to the wheels.

Little has been said of the difficulties of construction, because they are the common lot of hydro-electric engineers. The building of 18 miles of 42-in. gauge wooden railway through the unbroken forest to a road, and the discovery that the road was a deceptive thing of no bottom, doubtless would make a good story in itself. It is sufficient to say, however, that all these obstacles were overcome without losing any equipment, and that an ultimate 70,000 to 100,000 hp. has been made available in the wilderness.

The Ladder of Gold.

Each day that comes to us
With dawn of rose,
Each common day filled full
Of common toil
A ladder is, let down
By One who knows
Our passionate desire
To rise above
The littleness of life,
The lack of love,
The grime, the greed, the strife,
The sordid fear—
To find the higher way,
The vision clear.

A ladder stretching from
The Hills of Gold
To this old workshop which
Men call the world,
The topest rung held fast
In God's right hand,
The lowest at our feet,
That we may climb by rungs
Of broken prayer,
By self-forgetfulness
And pure desires
And lowly labors grandly done,
A little nearer heaven
Each setting sun.

—Jean Blewett.

WELL SATISFIED WITH BABY'S OWN TABLETS

Mrs. A. Bernard, La Presentation, Que., writes: "I have used Baby's Own Tablets for my baby and am well satisfied with them. I have recommended them to several of my friends who have also used them with beneficial results." The Tablets are a mild but thorough laxative which regulate the stomach and bowels and thus prove of benefit in cases of indigestion, constipation, colic, colds, etc. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Clutch Leather.

Whenever the clutch leather, which should be inspected once a month or oftener, shows signs of becoming dry or glazed, it should be touched up with pure castor oil or neatsfoot oil.

CANADA'S SIX THOUSAND BLIND

Idle Pity Giving Way to Practical Effort on Their Behalf.

You have doubtless been interested in what you have read or heard regarding the progress of a national effort on behalf of the blind of Canada. Do you realize just what this effort means?

Here are some of the things that are being done:

Industrial training and employment is being provided for the blind in centres established in Halifax, Toronto, Winnipeg and Vancouver.

Useful handicrafts and the reading and writing of embossed characters are taught in the homes of those blind people who for various reasons are unable to take training at one of the regular centres.

The product of the home-workers is bought and sold.

Personal contact is established with recently-blinded persons, and with cases which are sometimes so old that they become new in a very real sense. This work is done by an experienced Field Agent.

Books, magazines, and music in embossed types are circulated free to the blind of Canada. The monthly average circulation of books, etc., is close to eight hundred. The Institute also arranges for the transcription of music for any of its members at cost price.

An active publicity propaganda dealing with various dangers to which the eye is subject is carried on, and this is followed up with personal work, looking to the larger co-operation of medical men and nurses, employers of labor, Boards of Education, etc., in the vital matter of preventing blindness.

A residence and training centre, "Pearson Hall," has been provided where blind soldiers may find congenial conditions while taking vocational instruction. In this connection it may be interesting to know that the Institute has entered into an agreement with the Department of Soldiers' Civil Re-establishment, under which the Institute has established an after-care department for Canadian Soldiers blinded in the war. There are other things, but they may all be summed up by saying that the Institute endeavors in every practical way to advance the interests of the blind and to ameliorate the conditions under which they live.

Will you aid in supplying the most vital need of this work?

Then mail your cheque to the CANADIAN NATIONAL INSTITUTE FOR THE BLIND, 36 King St. East, Toronto, Ont.

The Scholar's Psalm.

The Lord is my teacher,
I shall no lose the way.
He leadeth me in the lowly path of learning,
He prepareth a lesson for me every day.
He bringeth me to the clear fountains of instruction,
Little by little He showeth me the beauty of truth.
The world is a great book He hath written,
He turneth the leaves for me slowly.
They are all inscribed with images and letters,
He poureth light on the pictures and the words.
He taketh me by the hand to the hill-top of vision,
And my soul is glad when I perceive His meaning;
In the valley also He walketh beside me,
In the dark places He whispereth to my heart.
Even though my lesson be hard, it is not hopeless,
For the Lord is patient with His slow scholar.
He will wait awhile for my weakness,
And help me to read the truth through tears.

—Henry Van Dyke.

Monsieur.

For 15 days in the month of January I was suffering with pain of rheumatism in the foot. I tried all kinds of remedies but nothing did me any good. One person told me about MINARD'S LINIMENT; as soon as I tried it the Saturday night, the next morning I was feeling very good; I tell you this remedy is very good; I could give you a good certificate any time that you would like to have one. If any time I come to hear about any person sick of rheumatism, I could tell them about this remedy.

Yours truly,
ERNEST LEVEILLE,
216 Rue Ontario East, Montreal,
Feb. 14, 1908.

Snails Are Long-Lived.

Snails have remarkable vitality. A naturalist once received some specimens after they had apparently been dead for 15 years, and one that had been glued to a card in a museum returned to life after being immersed in warm water.

In Copenhagen the police convey any person found intoxicated in the street to his home in a cab, the fare being charged to the establishment where the liquor was served.

BITS OF HUMOR FROM HERE & THERE



Thrift.

"Dere Mister Editor: I am sending you a pome to print in yore magazine and some stamps for return in case you can't. If you buy it, please keep the stamps and I will call for them."

Reckless Doctoring.

Doctor—"Madam, I shall have to paint your husband's throat with nitrate of silver."

Pratt's Wife—"Please use nitrate of gold, doctor. The expense is quite immaterial."

Plain Enough.

In the zoology class at a primary school the children had just been studying the rhinoceros.

"And what is this?" asked the teacher, turning to a picture of a giraffe. "Well, Johnny, tell us," she said, in answer to an eagerly raised hand. "It's a unicorn. You can tell by its periscope!"

How It Happened.

Little Elizabeth Tilton had been at school but a few days when she became ill. Upon her return, some weeks later, she bore a note of excuse from her mother, signed Mrs. Bares. Thinking that perhaps she had misunderstood the child's name, the teacher asked for an explanation. "It's this way," said Elizabeth, confidentially, "my mother got married again, but I didn't."

A Too-obliging Ocean.

Cornelius on his first visit to the seaside went down to the beach at low tide and saw a big fishing smack lying high and dry on the mud flats.

"Hey, mister," he said to a fisherman, "how do you get that big boat down to the water?"

"We don't take the boat down to the water, mate," said the fisherman. "The water comes up to the boat."

Cornelius gave a harsh laugh.

"Say, mister," he said, "I may be from the country, but I ain't goin' to swaller that."

She Made Sure.

Bridget was one of the new type of "domestic help." She knew all about the science of the thing. One day her employer—there are no mistresses nowadays!—remarked to her:

"The water you brought for luncheon this morning tasted rather peculiar, Bridget."

The Irish handmaiden—that is the only way of calling them "maids" in our times—bridled as she replied:

"Sure, ma'am, there's wan thing about it. I know there wasn't a single germ left in it, for I ran it all through the mincing-machine twice."

A Matter of Spelling.

A sailor was taken ill with a bad attack of rheumatism while mince-sweeping on a trawler.

The sick man was promptly ordered to hospital, but later on the doctor found out, quite by accident, that he was still on board ship.

Angry he asked why his order had not been obeyed.

"Well," replied the captain, "we tried to send him ashore, but a sergeant of police hailed us and said that on no account was he to be landed or we'd be fined £100, so we just kept him on board."

"But did you not signal to the depot, as I said?"

"Yes, we did; but neither me nor the signaller knew how to spell rheumatism, so we called it smallpox."

MONEY ORDERS.

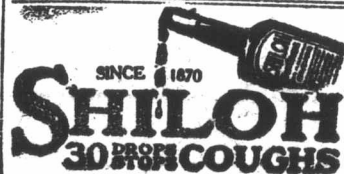
Dominion Express Money Orders are on sale in five thousand offices throughout Canada.

Weights on Cattle Horns.

An English inventor undertakes to change the shape of the horns of cattle by hanging weights on them while they are growing. The weights are pear-shaped, with a tapered hole lengthwise to fit the horn, and are held in place by setscrews.

An institution for the blind in London has a multicyle which can be ridden by twelve men, the steersman being the only one required to have his sight.

Begin now to make your life hell by getting a definite objective. We are building for eternity. Builders do not construct material houses without a plan. Have a plan and begin at once to work it.



Classified Advertisements.

AGENTS WANTED.

PORTRAIT AGENTS WANTED good prints and finishes—lowest prices on frames—ask for catalogue. United Art Co., 4 Brunswick Ave., Toronto.

MISCELLANEOUS.

CANCER, TUMORS, LUMPS, ETC. Internal and external, cured without pain by our home treatment. Write us before too late. Dr. Bellman Medical Co. Limited, Collingwood, Ont.

NEWSPAPER, WEEKLY, IN BRUCE County. Splendid opportunity. Write Box T. Wilson Publishing Co. Limited, 18 Adelaide St. W., Toronto.

WELL EQUIPPED NEWSPAPER and job printing plant in Eastern Ontario. Insurance carried \$1,500. Will go for \$1,200 on quick sale. Box 62. Wilson Publishing Co. Ltd. Toronto.

The man who has business capital and little brain power to use it is poor indeed. There is always plenty of money with which to capitalize active, earnest brains.

Minard's Liniment Cures Dietsemper.

If you desire light and flaky mashed potatoes, add a teaspoonful of baking powder to the milk in mashing them.

Coughs and Colds Mean Restless Nights

which sap the vitality. Danger lurks in every hour a cold is allowed to run. Assist nature to bring your children quickly back to health and strength and avoid serious complications by the prompt use of Gray's Syrup—over 60 years in use. Always buy the Large Size.

GRAY'S SYRUP OF RED SPRUCE GUM Montreal D. WATSON & CO. New York

America's Pioneer Dog Remedies Book on DOG DISEASES

and How to Feed. Mailed Free to any Address by the Author. H. Clay Glover Co., San. 113 West 31st Street New York, U.S.A.

Irritated Itching Skins Soothed With Cuticura

Bathe With Cuticura Soap Dry and Apply the Ointment

These super-creamy emollients usually stop itching, clear away pimples, redness and roughness, remove dandruff and scalp irritation and heal red, rough and sore hands. If used for every-day toilet purposes they do much to prevent such distressing troubles. Nothing better, surer or more economical at any price.

Soap 25c, Ointment 25 and 50c. Sold throughout the Dominion. Canadian Depot: Lyons, Limited, St. Paul St., Montreal.

Cuticura Soap shaves without mug.

SATISFYING RELIEF FROM LUMBAGO

Sloan's Liniment has the punch that relieves rheumatic twinges

This warmth-giving, congestion-scattering circulation-stimulating remedy penetrates without rubbing, right to the aching spot and brings quick relief, surely, cleanly. A wonderful help for external pains, sprains, strains, stiffness, headache, lumbago, bruises.

Get your bottle today—costs little, means much. Ask your druggist for it by name. Keep it handy for the whole family. Made in Canada. The big bottle is economy. 50c, 70c, \$1.40.

Sloan's Liniment Keep it handy

How to Cure Biliousness

Doctors warn against remedies containing powerful drugs and alcohol. "The Extract of Roots, long known as Mother Seigel's Curative Syrup, has no dope or strong ingredients; it cures indigestion, biliousness and constipation. Can be had at any drug store." Get the genuine. 50c. and \$1.00 Bottles.

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