

Was Columbus First?

The popular belief that Christopher Columbus was the first to discover America, in 1492, has had another shock.

The theory that Buddhist missionaries first visited America in the fifth century was put forward some years ago by Professor John Fryer.

Hieroglyphics have now been discovered on the foundation stones of the pyramids of San Juan Teotihuacan, in Mexico, which are stated to be similar to symbols used in the Chinese language. These lend color to Professor Fryer's beliefs.

He points out that from early times the Chinese classics, as well as the historical, geographical and poetical works, allude to a country or continent far to the east of China, under the name of Fusang or Fusu.

The narrative of only one visit to Fusang is on record in Chinese history—that of Hui Shen, a native of Copeland or Cabul, the centre of Buddhist missionary activities in early times.

The narrative states that Hui Shen, in the year 499 A.D., during the reign of the Emperor Yang Yuan, came from the country of Fusang to Kiangchow, the capital of the Dynasty of Tsi. He was treated by the Emperor as an envoy, and one of the principal feudal lords was deputed to interrogate him concerning the country and to take down his history in writing.

All the descriptions given of the country of Fusang and its people and their customs mark them as applying to the Pacific Coast in general, and to Mexico in particular.

Peopling the World.

The present population of the world does not exceed 1,500,000,000. With an even distribution of people, relatively to area and soil productivity, the planet on which we dwell might support 5,000,000,000.

But the distribution is exceedingly uneven. In India and China there are so many human beings that the falling of crops even slightly below the normal for a single season means famine, bringing death to multitudes. A prime cause of the appalling famine in Europe is overcropping, which makes frequent war inevitable.

There is plenty of room in Africa and South America, when the conquest of the tropics finally a matter of disease elimination shall have been accomplished. The latter continent—today relatively vacant territory for the most part—especially invites population, because, save in the far south, it is so beautifully watered.

A "Food" Flower.

The calla lily, which was cultivated on a large scale in Egypt and probably in Palestine, thousands of years ago, was and is grown as a food plant. It develops underground, fleshy tubers that somewhat resemble potatoes, though more elongated in shape. With preliminary boiling they may be cooked for the table by frying, baking, or in any other way that potatoes are cooked.

Large areas are nowadays devoted in Florida to the culture of the calla for its tubers. It grows admirably in swamp lands that are useless for other purposes, the yield of a single moist acre being enormous. In olden times, in Egypt, calla tubers were one of the most important food crops. They were grown over extensive areas in each annual season of the Nile's overflow.

Postman as Fairy Godfather.

The little French boy can experience a joy that is unknown in this country. His father or mother, or kind aunt, may have a generous impulse, and send him a postcard which will carry more fun with it than any comic card, such as they ordinarily love.

On the opposite side to the address is a large space devoted to close printing, which is signed by the generous relative, and commands the postman to hand over to that lucky boy, at his own door, some nice little sum, perhaps five or ten francs. The space devoted to correspondence is about an inch strip down the side, the right proportion for a small boy.

India's Gigantic Rice Crop.

Much work is being done by the Agricultural Department of India to improve the rice crop in that country. Seed is being raised when government farms, and as the result of demonstrations carried out by the agricultural departments in the villages transplantation of rice is gaining in popular favor. The Government is carrying out a very large program in developing communications and irrigations, even in remote corners of India, to combat the effect of drought on the crops. The first forecast of the rice under rice in British India for 1919-20 places it at 73,250,000 acres more than last year.

Buy Thrift Stamps.

The number thirteen, although considered far from being unlucky in these days, is missing from the sequence in nineteen well-known streets in London.

The Russian Empire consists of one-sixth of the land surface of the world. It has a total area of 5,850,000 square miles. Half of Europe and the whole of Northern Asia are included within its boundaries.

ANAEMIA ROBS ITS VICTIMS BY STEALTH

Conditions of Thin Blood That Could be Corrected Easily Are Stealing the Health and Energy of Many Men and Women, and Boys and Girls.

Anaemia, which literally means "bloodlessness," is one of the most prevalent troubles of the present day. If neglected it is apt to develop into pernicious anaemia, one of the most hopeless diseases. While anaemia attacks men and boys, it is more prevalent among young girls and women and for this reason every woman, particularly every mother, should know how to recognize the signs of the trouble which makes it approach so gradually and so stealthily that it is often far advanced before the nature of the trouble is noticed. One general symptom of anaemia is pallor. The cheeks gradually lose their color, and the lips become pale or white. With this loss of color there comes a tendency to fatigue, a paleness of the heart, and breathlessness after slight exertion, with occasional headaches. In the more severe cases fainting spells frequently occur.

In ordinary anaemic conditions, including the anaemia that affects young girls in their teens, Dr. Williams' Pink Pills are all the medicine required. Fresh air, sunlight and nourishing food will do the rest. Any woman or girl taking Dr. Williams' Pink Pills can tell by the growing redness of her lips that the pills are making her blood rich and red.

Miss Mabel Feener, Liverpool, N.S., says: "Before I began the use of Dr. Williams' Pink Pills I felt like a complete wreck of my former self. My blood was thin and watery. I suffered from faint and dizzy spells, and had headaches almost every day. I was taking doctor's medicine, but it was not helping me and at this time I was learning my trade as a tailress, and was forced through my illness to give up work. After reading an advertisement of Dr. Williams' Pink Pills one day I decided to give the pills a trial. After taking two boxes I felt that I was being benefited, and continued their use until I was fully restored to health. The pills certainly did wonders for me, and I cannot recommend them too highly."

The purpose of Dr. Williams' Pink Pills is to build up the blood. They do this one thing and they do it well. They are for this reason an invaluable remedy in diseases arising from bad or deficient blood, as rheumatism, neuralgia, after-effects of the grip and fever. The pills are guaranteed to be free from opiates or any harmful drug, and cannot injure the most delicate system. You can get Dr. Williams' Pink Pills through any druggist in medicine or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

Banjo at South Pole.

One can scarcely imagine a greater contrast than playing a banjo in a crowded meeting in the heart of London, and giving a performance in the icy atmosphere of the Arctic regions. At the hundredth lecture given by Sir Ernest Shackleton, when he told the thrilling story of his last polar expedition, he introduced some of his old colleagues, and insisted on the production of the old banjo which played so great a part in keeping up the spirits of the men who were marooned on Elephant Island for a dreary four and a half months.

At an informal gathering after the lecture some of the old songs were sung and specimens given of the impromptu ditties that helped to pass away the time and amuse the men the tale of whose fortitude and patience is being listened to by thousands of people from the cushioned seats of the Pharamont Hall in London. Sir Ernest Shackleton tells his adventure in simple, homely language, with a sense of humor that is a relief to the thrilling story. The penguins, in the pictures, all unconscious of their London audience, behave in their usual amusing way, familiar to stay-at-home people, who love to roam the world by the help of more adventurous spirits.

Human blood passes through the circulatory system at a rate of seven miles an hour.

For your breakfast Grape-Nuts

A ready-to-eat food that costs but little and is full of the sound nourishment of wheat and malted barley.

Appetizing Economical At Grocers Everywhere!



Make Up Your Mind.

He might have been something—he's plenty of brains. And to labor he isn't averse; Yet I'm sorry to say that the fact still remains He has never much done in his purse. He always considered just what he would do, And would hope something better to find; But the more that he thought, more uncertain he grew, And he never could make up his mind.

Quite often he might have got on the flood tide, And have ridden to power and wealth; But he never felt able at once to decide That the damp wouldn't injure his health. If Fortune would knock at his door he would wait, To her beck and her smiles he was blind; If he opened or followed 'twas always too late, For he never could make up his mind.

So he's plunging along, and he's always in doubt Whether this plan or that is the thing; But the chances that come never linger about, Being birds that are strong on the wing. He's provided with sail for each fugitive tail, And to drop it he's almost inclined; But it's certain and sure that he always must fail, Since he never can make up his mind.

Towers For Airships.

How will airships be anchored? General Maitland, the Admiralty senior airship officer, who took part in the R-34's Atlantic crossing, recently gave the following explanation, says a London newspaper. "We hope that in time," he said, "an airship arriving, say, from New York at an English terminus, will come over a single mast under her own power, drop a coupling, and be connected up by one or two men on the ground to the coupling inside the mast. Then the airship will be pulled down by a winch to the top of the mast, and the passengers will go down the mast in a lift."

Steel towers are now being constructed from which it will be possible to supply airships moored to them with fuel, water, gas, and goods; and crew and passengers also will be able to go aboard from the towers. The completed mooring-towers will be about 150 ft. high, and will be built of steel lattice-work. It is being furnished with a revolving head. To this the airship will be closely moored, bow on, and floating clear of the ground, the vessel will be able to swing round in accordance with the direction of the wind.

An airship making for the tower will send out a wireless message announcing her intention. From the tower head a wire cable will be dropped to the ground and there picked up by a man who will enter a small car and drive away some 300 yds. A second cable, weighted with sandbags, will be dropped from the airship when a ground signal has indicated the point at which it will be picked up, and the two cables will be coupled. The airship will then be hauled in, assisting where necessary with her own power, and when she has been moved it will be possible to uncouple the cables and rewind them. The airship will be released automatically from the mooring tower by mechanism controlled by one man, so that from first to last, apart from those on board, not more than three men will be needed to bring a dirigible to port and send her out again.

At Night.

The little stars, like armies, Are softly passing by— Marching with a noiseless step Up and down the sky— Who spoke of sheep and shepherding Little sheep like these, Who leap and laugh, and laugh and leap Round the old Moon's knees? There's Mars in all his glory, Orion in his might, Sirius with his flashing sword And his shield of light— Who spoke of gentle shepherding— And looked on such a sight?

Happiness.

There's joy in the song of the robin that rests on the twig of the tree, And there's joy in the blossoms of summer, and a thrill in the roar of the sea. Oh, the peace and the gladness we're seeking are clothed in all manner of dress, And some in the laughter of children may come to their dream of success.

There's joy in the smile of a comrade, and joy in the bliss of the sky. Who lives in the sunshine of friendship has joy that no money can buy. There is peace to be found in the valleys and calm in the shelter of trees, And millions of people are happy in claiming such pleasures as these.

The man that is proud of his children counts more than the man with his gold. And he that has chummed with the songbirds has found a delight he can hold. There are millions of ways to be happy, too many by far to recall, And who lives but for gold and for silver has chosen the poorest of all.

A MOTHER'S ADVICE

Once a mother has used Baby's Own Tablets for her little ones she is likely to be of the opinion of an English tourist who had circled the globe. That peerless playground of 1,000 acres of virgin forest, with many acres of priceless waterfront and over six miles of marine panorama of park foreshore, is the greatest municipal park on the continent. It is fringed by English Bay which abounds with mirrored reflections of forest trees and birds of every shade and plumage bank on the surface. No bulwarks or ocean wall mars the beauty, no roaring billows disturb tranquility, but there is all the beauty and majesty and novelty of its placid surface with a soft calling of the waves.

The park is picturesque with its magnificent firs and cedars, and is largely in its natural state, yet with touches of the conventional in that it is encircled by a perfect motor road which affords the pleasure of enjoying the innumerable points of interest in this wonderland. The unique brilliancy of the exquisite scenery in the distance where mountains of grace and stateliness form a group of peaks, grey and green and rose-colored, call one again and again by their enchantment. Down their pine-clad slopes, sylvan streamlets wind their way. A variety of enormous trees, spreading their branches on the green lawns, greet the eye, creeping ivy decorates the base of these giants of the forest. Walks through the park reveal picturesque scenes where the aroma of nature in all her bewilderment of luxuriant growth, sweetens the out-of-doors.

The "Lions," the "Sleeping Beauty," "Swash Rock," the grave of the Indian Princess Poetess, Pauline Johnson, who cast over the lovely surroundings a gracious direction of romance, are some of the points of interest.—C.G.

Sand is Guinea Baby's Cradle.

An infant in Guinea is usually buried in sand up to its waist whenever the mother is busy, and this is the only cradle it ever knows. The little Lapp, on the other hand, fares most luxuriously in its mother's shoe. Those Lapp shoes are big affairs of skin stuffed with soft moss, and can be hung on a peg or tree branch, safely out of the way. The Chinese baby is tied to the back of an older child, who goes about its play quite ignoring its burden.

Keep Your Health

TO-NIGHT TRY
Minard's Liniment
for that Cold and Tired Feeling.
Get Well, Keep Well.
Kill Spanish Flu
by using the OLD RELIABLE.
MINARD'S LINIMENT CO., LIMITED,
Yarmouth, N.S.

Edison's First Studio.

Edison's first studio was called the "Black Maria." It was an oblong wooden structure and had a movable roof. The roof could be raised and lowered at will. The studio building was painted black both inside and out. Instead of beautiful scenery for a background, only the bare black walls made a uniform back for all productions. The entire structure was set on a pivot so that it could be swung round to face the sun, which was the only available light.

As one lamp lights another nor grows less, so nobleness enkindleth nobleness.—Lowell.

Accept "California Syrup of Figs" only for the name California on the package, then you are sure your child is having the best and most harmless laxative or physic for the little stomach, liver and bowels. Children love its delicious fruity taste. Full directions for child's dose on each bottle. Give it without fear. Mother! You must say "California."

Real Trade Secrets.

There are at least two trade secrets which have been so jealously guarded that they have remained close secrets for hundreds of years, and may never be known to the world at large. One is the Chinese method of making the bright and brilliant color known as vermilion, or Chinese red, and the other is a Turkish secret—the infusing of the hardest steel with gold or silver. Among the Chinese and Turks these two secrets are guarded well. Apprentices, before they are taken for either trade, are compelled to swear an iron-clad oath to reveal nothing of what passes in the workshop. They must also belong to families of high standing, must pay a large sum of money as a guarantee, and must furnish certificates of good character and honesty. These secrets have been handed down faithfully from one generation to another for hundreds of years.

Nearly all accordions are made in Paris.

NEURITIS

So many have Neuritis, that painful, paralyzing inflammation of the nerves. Do not suffer another day if you are a victim, try

Templeton's Rheumatic Capsules

Nothing else brings relief so quickly and so surely. Send for free sample to Templeton, 142 King St. W., Toronto. For sale at reliable druggists for \$1.04 a box.

ASTHMA

Templeton's RAZ-BAH Capsules are guaranteed to relieve ASTHMA. Don't suffer another day. Write Templeton, 142 King St. W., Toronto, for free sample. Reliable druggists sell them at \$1.04 a box.

English Bay Road, Stanley Park, B. C.

Vancouver would be famous if it had only the attraction of "Stanley Park," was the opinion of an English tourist who had circled the globe. That peerless playground of 1,000 acres of virgin forest, with many acres of priceless waterfront and over six miles of marine panorama of park foreshore, is the greatest municipal park on the continent. It is fringed by English Bay which abounds with mirrored reflections of forest trees and birds of every shade and plumage bank on the surface. No bulwarks or ocean wall mars the beauty, no roaring billows disturb tranquility, but there is all the beauty and majesty and novelty of its placid surface with a soft calling of the waves.

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Nearly all accordions are made in Paris.

BITS OF HUMOR

FROM HERE & THERE

Not What She Meant.

He (after the proposal): "Why are you crying, dearest? Are you not happy to know I love you?" She: "Oh, no, dear, it's not that. I am crying from pure joy. Mother has always told me that I was such an idiot that I wouldn't get even a donkey for a sweetheart, and now I've got one, after all!"

Good Example.

A little Ontario girl who had a bantam was disappointed at the smallness of the first egg laid by the bird. Her ideal egg was that of the ostrich, a specimen of which lay on the table in the parlor. One day the ostrich egg was missing from its accustomed place. After a prolonged search it was found near the bantam's nest, and on it was written these words: "Something like this, please. Keep on trying."

A Poultry Problem.

"Tell me"—"was a question addressed to a maid farmering—"Should one say of a hen on a nest That it's sitting Or setting?" But a shake of her pretty, fair head Was her way of replying: "Tell me, when it cackles," she said, "Is it laying Or lying?"

MONEY ORDERS.

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

Firm "Demobilizes" Top-coats.

The swagger cut of the British army officer's regulation overcoat makes possible the maintenance by a Scottish dyestuff establishment of a service that is proving increasingly popular with demobilized officers. On receiving an army overcoat through the parcel post the firm removes all military insignia, and dyes it.

Auto Grocery Store.

The standardized travelling stores recently seen on the streets of many communities in the U.S. middle West represent one of the most promising of the many attempts now being made to force down the price of foodstuffs. The big trucks are being sold by a central corporation to operate throughout the country. Paying nothing for rent, heat, and light, and little for the few essentials, these operators can afford to sell meat and groceries at close to wholesale price.

Buy Thrift Stamps.



Anoint Irritations With Soothing Cuticura

First bathe with Cuticura Soap and hot water. These super-creamy emollients not only soothe, but in most cases heal annoying rashes, irritations, eczemas, etc. Nothing so insures a clear skin and good hair as making Cuticura Soap and Ointment your every-day toilet preparations. Soap 25c, Ointment 25c and 50c. Sold throughout the Dominion, Canada, U.S.A. by The J.C. Ayer & Co., Lowell, Mass., U.S.A.

ONLY TABLETS MARKED "BAYER" ARE ASPIRIN

Not Aspirin at All without the "Bayer Cross"

Only Genuine Aspirin Prescribed by Physicians for Eighteen years

The name "Bayer" identifies the only genuine Aspirin—the Aspirin prescribed by physicians for over nineteen years and now made in Canada. Always buy an unbroken package of "Bayer Tablets of Aspirin" which contains proper directions for Colds, Headache, Toothache, Earache, Neuralgia, Lumbago, Rheumatism, Neuritis, Joint Pains, and Pain generally. Tin boxes of 12 tablets cost but a few cents. Larger "Bayer" packages of "Bayer Tablets of Aspirin" contain 30, 60, 100, 200, 500, and 1000 tablets. There is only one Aspirin—Bayer's. Aspirin is the trade mark registered in Canada of Bayer Manufacturers of Monoacetic acid diethyl ester of Salicylic acid. While it is well known that Aspirin means Bayer manufacture, to assist the public against imitations, the Tablets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross."

Classified Advertisements.

FERTILIZERS

STEVENS' COMPLETE FERTILIZER will pay you. George Stevens, Peterborough, Ontario.

FOR SALE

WELL EQUIPPED NEWSPAPER and job printing plant in Eastern Ontario. Insurance carried \$100,000. Will pay \$1,500 on quick sale. Box 46, Wilson Publishing Co., Ltd., Toronto.

SOFT ELM WANTED

SOFT ELM WANTED, 2 IN. AND THICKER, shipped from saw. Do not call until you communicate with us. Keenan Bros. Limited, Owen Sound, Ont.

LADIES WANTED

LADIES WANTED TO DO PLAIN and light sewing at home, whole or spare time; good pay; work sent any distance, charges paid. Send stamp for particulars. National Manufacturing Co., Montreal.

TRAINING SCHOOL FOR NURSES

REGISTERED TRAINING SCHOOL for Nurses, St. Elizabeth Hospital, 204 South Broad Street, Elizabeth, New Jersey. Complete course. Monthly allowance: first year \$6.00, second \$10.00, third \$15.00. Address: Superintendent, St. Elizabeth Hospital.

MISCELLANEOUS

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

Antipodes island, not far from New Zealand, was thus named because it is directly opposite to London.

Minard's Liniment for sale everywhere

Coffee sold for \$29 a pound when first introduced into England about the middle of the seventeenth century.

GIRLS! DRAW A MOIST CLOTH THROUGH HAIR

Let "Danderine" save your hair and double its beauty



Oh, girls, such an abundance of thick, heavy, invigorated hair: a perfect mass of wavy, silky hair, gloriously fluffy, bright and so easy to manage. Just moisten a cloth with a little "Danderine" and carefully draw it through your hair, taking one small strand at a time; this magically removes all dirt, excess oil and grease, but your hair is not left brittle, dry, stringy or faded but charmingly soft, with glossy, golden gleams and tender lights. The youthful glints, tints and color are again in your hair. "Danderine" is a tonic-beautifier. Besides doubling the beauty of the hair at once, it checks dandruff and stops falling hair. Get delightful Danderine for a few cents at any drug or toilet counter and use it as a dressing and invigorator as told on bottle.

How to Purify the Blood

"Fifteen to thirty drops of Extract of Roots, commonly called Mother Selig's Curative Syrup, may be taken in water with meals and at bedtime, for the cure of indigestion, constipation and bad blood. Persistence in this treatment will effect a cure in nearly every case." Got the genuine at druggist.

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