he obtained the strength that enabled him to undergo some emergency that called for unusual physical exertion

when under ordinary conditions he would be unable to control a tithe of

that strength. It was from the adre

nal glands, two little glands situated

above the kidneys which secrete what is known as adrenaline and when

stimulated discharge the same into the

blood. The effect of this addition to

the blood is to release sugar from storage in the liver and bring it into the

blood, drive the blood from the ab-

dominal regions into the heart, jungs

central nervous system and limbs. The

resulting effect is to excite the muscles

to irritability and enable unusual effort

Either fear, rage or pain will sup-

ply the stimulus required to set the adrenal glands into action. When a

muscle is fatigued without any ac-companying degree of excitement it

may take a couple of hours for it to

recover its normal condition, but if

adrenaline is injected, or if through

excitement the adrenal glands are

stimulated to discharge and secrete.

sugar set free from the liver and cir-culated in the blood stimulates the

muscles, for sugar is the source of

muscular energy. Fear, rage and pain

are thus given us by nature as agen

cies to enable us to use our physical powers to their fullest extent in the

crisis that produces the excitement-

BEARDS IN BATTLE.

And Why Clean Shaven Men Became

Prized as Warriors.

The habit of shaving is not of a very

ancient origin. According to James

Stephens in "Here Are Ladies," when

humanity lived a quiet, rural and un-

ambitious life men did not shave;

their hair was their glory, and if they

had occasion to swear, which must

have been infrequent, their hardiest

and readlest oath was "By the beard

of my father," showing clearly that

this feature was held in veneration in

early times and was probably accord-

ed divine honors upon suitable occa-

With the advent of war came the

habit of shaving. A beard offered too

handy a grip to a foeman who had

got to close quarters; therefore, war-

riors who had no true hardihood of

soul preferred cutting off their beards

to the honorable labor of defending

Many ancient races effected a com-

promise in order to retain a fitting

military appearance, for a barefaced

warrior has but little of terror in his

aspect. The ancient Egyptians, for

example, who had cut off or could not

cultivate or had been forcibly deprived

of their beards, were wont to go into

battle clad in heavy false whiskers,

Clean shaven men became by this

cowardly stratagem very much prized

as fighting men, and thus the founds.

Names of Nations.

The names of the great nations of

Europe set many puzzles to the philoi-

ogist. There is no doubt that France

is the country of the Franks, the free

men, or that Austria is the eastern

empire. But one would not so easily

guess that "Russians" means rowers

or seafarers-a word of Swedish ori-

gin commemorating the Scandinavian vikings. The Britons have been sup-

posed to take their name from a word signifying variegated, in allusion to

their staining their skins with woad.

Most puzzling of all is "Germans."

which is not the Latin "germanus,"

own brother, but of Celtic origin, and

has been variously interpreted as meaning "the people" or "the shout-

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the digestive organs, there is no surer medicine to be had anywhere.

A German automobile builder is ex

ers."-London Chronicle.

tion of the shaving habit was laid.

their chins.

day evening and aracter sketch, Everybody

Brooke Farmers' Tuesday even-oject is an inter-at the Scientist untry than the tive side will be Mr. Dan. Fisher on, while the by Mr. Thomas Annie Tanner A good crowd

at the home of on Thursday
Ith. Seventeen
lavery succeescall was ane bible containfter which the lealt with. A eign Children' ce Fisher, and also gave a very nadian Foreignmany of our them, by not a. After these liss Cassie Mc-ith prayer. The e of busy hours

9th. orville Farmers' om on Wednes-ded success and s in attendance. these meetings on goes to show intercourse is y locality. The fulfils this idea ould be only the ld have votes"
d the captains ngratulated on debate was ina recitation by

e speakers are resident of the dress the Club body welcome. FF.

roy, fell down wrist bones. of the I. O. D.

e in Strathroy, e town of Both-

f the reeve of

oss fund. chased 90 acres

e of London of Middlesex, ton, on Satnr-

rly of the 27th pinted to "D." ment, Middleis the Indian

Alex McDongong was all final period. nimal husband in addressing broughout the ers refrain, as ashing in" on present time uet, who broke time ago was riday and was ion. She was nd though do-:pected, suffers

DOCTORS DID **NOT HELP HER**

But Lydia E. Pinkham's Vegetable Compound Restored Mrs. Bradley's Health-Her Own Statement.

Winnipeg, Canada.— "Eleven years ago I went to the Victoria Hospital, Montreal, suffering with a growth. The doctors said it was a tumor and could not be removed as it would cause instant death. They found that my organs were affected, and said I could not live more than six months in the condition I was in. "After I came home I saw your adver-

tisement in the paper, and commenced taking Lydia E. Pinkham's Vegetable Compound. I took it constantly for two years, and still take it at times, and both my husband and myself claim that it was the means of saving my life. I highly recommend it to suffering "-Mrs. ORILLA BRADLEY, 284 Johnson Ave., Winnipeg, Manitoba, Can.

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For thirty years it has been the standard remedy for fe-2 male ills, and has remale ills, and has re-stored the health of thousands of women stored the health of thousands of women who have been troubled with such ailments and the state of the state ments as displacements, inflammation, ulceration, tumors, irregularities, etc.

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uide-Advocate

NOTE AND COMMENT

The Emperor of Germany and the Czar of Russia are said to be personally watching their armies contending for positions. How nervous the soldiers must feel.

Permission of polygamy in Europe after the close of the war is foreseen as a possibility. A plurality of wives may be necessary in order to make ed his friend. "Oh," Mr. Hughes reup for the great loss of men.

A lecturer in Detroit declares that Moses was not the real author of the ten commandments. Notwithstanding, it is probable that Moses will get the credit for them for many years to come.

Philadelphia Record. - Whether paper blockade will be more effective today than they were one hundred years ago, when Napoleau by the decree of Milan proclaimed the closure of British ports, remains to

A man was recently canvassing in Atchison, Kan., for members to organize a new lodge, which is to be unique. It is to be free of assessments and only married men are

has plenty of food and rav material | But the best policy is one that is paid for a war of unlimited length were up.

really true, we should have thought that the very notion of "starving Germany" would have been derided Instead of that, it is treated very seriously as to be used as a justifi-cation for a "reckless" submarine war against British merchantmen.

London Express:-The man of serviceable age and wit out ties who remembers that he turned away in the days of Great Britain's travail will bear his shame to the day of his death. He will be ashamed to meet the mothers of the men who have died. He will be ashamed to speak to his fellows home again bearing the sears of war. He will be ashamed to look his children in the face.

What is going forward at express speed behind the walls of Britain's navy yards, if it were known to the German authoritios, would dispel decisively any Teutonic belief that Admiral Jellicoe's fleet intends to restrict its activities to blocking the North Sea and keeping the Atlantic and other oceans clear of the enemy's vessels. Within six months the list of the royal navy will be augmented by six super-dreadnoughts and eight battle cruisers from its yards at the fatigued muscle may regain its Devonport and Portsmouth alone. "irritability" in three minutes. The All of these ships will be equipped defensively and offensively more powerfully than any man-of-war of their respective class that is now afloat. At least one of the superdreadnoughts, for example, has an arrangement of turrets which is quite new and which permits big Los Angeles Times. calibre guns to be fired broadside or straight ahead with equal facility.

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days, these are the means by
which a clever girl surrounds
herself with an intangible perto dispatch him while in a trance of between sheets of blotting powfume that is always delightful.

Where Was Wales? Spencer Leigh Hughes, M. P., tells of the following amusing experience: He was once passing the war office building in Whitehall when his com-panion, a Scotchman, pointing to the emblematic devices engraved over the door, indicated the Scotch thistle, the English lion and the Lrish harp. "Where is the emblem of Wales?" askplied, "I expect there is a leak in the root."-London Express.

Badly Scared. "Were you frightened during the

"Dear me, ves. The windows were all open and I was so afraid of the lightning that I didn't even stop to wake up John. I jumped right up and closed them myself."-Detroit Free

Prohibitive. "What's the matter, daugher?" "Father, I want a duke." "That can be arranged my dear. I

was afraid you might want a baseball pitcher."-Baltimore Sun. There is no fatigue so wearisome as that which comes from want of work.

-Spurgeon

eligible for membership. Its purpose will be to work for two "days of rest" every week, one to be devoted to doing just as their wives please and the other to doing just as their wives please and the other to doing just as they themselves please.

Westminister Gazette:—If the confident statements that Germany has plenty of food and ray material.

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ALL KINDS OF GRAIN TAKEN IN EXCHANGE Chapping and Rolling Done While You Wait PHONE 39

perimenting with hammock seats, suspended from steel spring seats, which he claims are the easiest riding seats yet developed. What will be the highest concrete structure of the kind in the world is a railway viaduct being built in Pennsylvania, 242 feet above a stream and 2,350 teet long. Mrs. Margaret B. Laird, the wife of a Newark (N. J.) druggist, has been ap-pointed a member of the board of Health in that city.

AT THE GUIDE-ADVOCATE

The War Tax and Business

From Montreal Pharmaceut February number

Two very important meetin taken place in Montreal—the Drug Association of Canada a prietary Trade Association These meetings were both purpose of considering the proposed, and which very ser both the manufacturers of m perfumes and the trade of butors—the wholesale druggi eral meeting or the retail been called and will take pla government and a deputatl sent the views of the trades

an early date.
The objections to the new taxation as voiced in these m unanimity are several in nu tax proposed, it was shown, a from 15 per cent. to 40 per usual trade selling prices. Th imposed on the price of sale the public represented on calculation from 10 per cen cent. No other business or taxed to any such extent, and portant lines would actually the measure were persisted

Instead of yielding for the amount the prohibitory nat tax would defeat the object ruin prosperous and legitima enterprise in manufacturing. The Minister of Finance

treatment of the manufacturer ass well in the branch unfair and unjust. The good it can be shown, cannot stan charge, and also have already for the same purpose in respective crude material employed in turing same. The general tariff advance cent. applies to the ingredient as well also certain advances e year at the War Session of

Alcohol is one important item manufacturers who have to be ust to tax one and the same a different headings. It is a poor and sick. The manufactor bear it on goods that can sale. Medicines are the doctor. This attribute of Medicine was recognized by t ment of the United States onl Perfumes were taxed by stamp cines were struck from the pr list in recent revenue measu about through the present wa the Income of that Government hoped the Government will and it is confidently expecte be the case if the Minister will details available which demon an injustice is being done by proposed and which cannot mature or careful considerate Officers of Department reco

Church Advertisi

Churches are doing less from the pulpit and more in papers, says the Bowmanville This is right, too. The sacred never intended for an medium. The Belleville Or many sensible things, editor day to day and on this quest says:—Opinion will differ abo priety of using display advenaking announcement of chings. But it has become the recent years for all churches when services are to be held subjects will be discussed by ster. The size of type can difference in the principle invo mewspaper is surely more dignizate and satisfactory than for himself to become a living but by making all kinds of anno

Telegraph poles have been with entirely in one Welsh tow the residents have permitted the strung from house to house Women are now eligible to

and Sciences at Cornell University Miss Freda Boss, of Supe has sailed for China, wher supervise the play of Oriental



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