True British



Skilled labor being unobtainable, the boys of an Essex, England, school are painting the railings themselves. Photo shows them on their "day off."

TOOTH PASTE

Ready for inspection at all times are the teeth which are brushed regularly night and morning with Royal Vinolia Tooth Paste—at all times pearly

This dainty dentrifice, so pleasing in itself, leaves so delicious a sensation of healthful purity in the mouth that the whole system seems to be refreshed by its use. Certain it is that when Royal Vinolia Tooth Paste is the order of the day the general health of the system is guarded from many

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white, lustrous, protected from decay.

dangers because the mouth is kept pure.

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## THE TRUTH ABOUT BEER

To the Editor of the Times-Star:
Sir,—Dr. Alfred Plehn—a world famous professor of hygiene, says: "The man who drinks ale or beer or stout, drinks it because he likes its narcotic and stupifying effects. If he thinks he gets any other effects from it he is deluding himself.

"We know exactly how much nutriment a glass of beer contains. It con-To the Editor of the Times-Star:

ment a glass of beer contains. It contains about five per cent of malt extract, the food value of which is vari-

"This extract consists of protein mat-ter, converted and unconverted sugar-hop resin, and other substances of no

"This extract consists of protein materater, converted and unconverted sugar, hop resin, and other substances of no dietary value, lest as a residue after complete evaporation. In addition beer sometimes contains preservatives, such as sodium fluoride and salicylic acid, together with soda bicarbonate to neutralize the acidity and to help put the foaming head on it; also salt to overcome the disagreeable taste, and perhaps inspire a thirst for more.

"This leaves us a few grains of proteid and a small amount of sugar as the food in the beer. If the hissues are supplied with a liberal quantity of water, life can be sustained for a considerable length of time. Dr. Tanner fasted for forty days. Perhaps some expert might do better if he could rid the beer of the alcohol which it contains, which in the absence of other food to attack would prey upon the tissues like a myriad of infinitesimal teeth."

Even the brewers say in one of their leaflets, that beer would be better without alcohol if it could be made with the same taste. Thus we see that beer contains an exceedingly small quantity of nourishment and that any benefit that might come from this, is offset by the alcohol and other poisonous substances which it contains.

It is a safe conclusion that those who drink large quantities of beer do so, not for its food value, but for the dope effect of the alcohol and other narcotic drugs which it contains.

It plead for the co-operation of all who can in spreading these truths.

H. ARNOTT, M.B., M.C.P.S.

Wm. Miller Collier, Auburn, formerative to Scale her.

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Wm. Miller Collier, Auburn, formerly United States minister to Spain, has been informed that King Alfonso of Spain has made him a Knight of the Grand Cross of the Order of Isabella the Catholic.

## Germany Must Free Belgium

Hugo Muensterberg Voices Opinion That Other Course Would Lead to Another War

(New York Times.)
The hope that the United States would soon mediate between England and Germany and aid in the construction of a lesting well access by byticing the

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those who believe in peace.

"The establishment of a peace that will last is the greatest task of the immediate future. And the world wants such a peace. The masses of the people in every country now at war want such a peace. And as soon as the nations are brought together in good-will, as soon, above all, as Germany and England are brought together in good-will, such a peace can be established.

"Nationalism is the faithful belief by the people of a nation in the eternal vale of that nation's unique contribution to the world. That belief does not imply that other nations are worse, but that they are different.

that they are different.

The effect of the war has accer ism, but at the same time furthered the development of socialistic idealism. This socialistic idealism has taken hold of all of the nations of the globe. The people of each of them realize that national organization is necessary, that the common unit, the nation, must be organized. This spirit will grow tremendously after the war, and in every nation there will arise a new self-consciousness.

sciousness.

"But still stronger will grow the spirit of internationalism. Through the war, the nations have learned that they belong together, that no nation can be crushed.

"If this internationalism is to make a lasting organization and a lasting peace, however, the nations must not forget the lessons of the war. The first lesson is that there exist absolutely no safety appliances that will prevent war. Before the war it was said that the Socialists, or the financiers, or the women, would prevent war—but they did not.

"And the second lesson is, that no treaty can be held in all circumstances. The statistics show that every nation has broken treaties under the pressure of national necessity, and the United

## Tuberculosis Rapidly Increasing Among Children of Belgium and Northern France.

More Food Urgently Needed to Keep up Their Strength

An interview with Mr. W. L. Honnold, American Director of the Belgian Relief Commission, brings to light a new danger threatening the population of the territory occupied by Germany.

Mr. Honnold reports that about 5,000,000 wholly or partially destitute people, who have been dependent on the Commission, generally show diminished vitality. The effects are most apparent among the older children, particularly those in the adolescent stage. Among these there is an alarming increase of tuberculosis, due to the lower power of resistance consequent on an inadequate dist an inadequate diet.

To overcome this serious danger, the Commission appeals for extra contributions so that a special meal can be served every day in the schools. Efforts are also being made to provide as far as possible for children outside the schools.





Note the construction of the Klosed-Krotch Union Suit-sensible, comfortable, convenient.

A WATSON Klosed-Krotch union suit can by no chance prove uncomfortable. The Krotch is closed like a pair of drawers. Therefore, there is no binding, gapping or sagging. And there are no buttons between the legs, no loose bunching folds to rub and get into the crease of the seat. And yet as you see the seat flap is so constructed that it folds back, opening the entire seat. Sold by nearly all good haberdashers







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