

MIND over MATTER

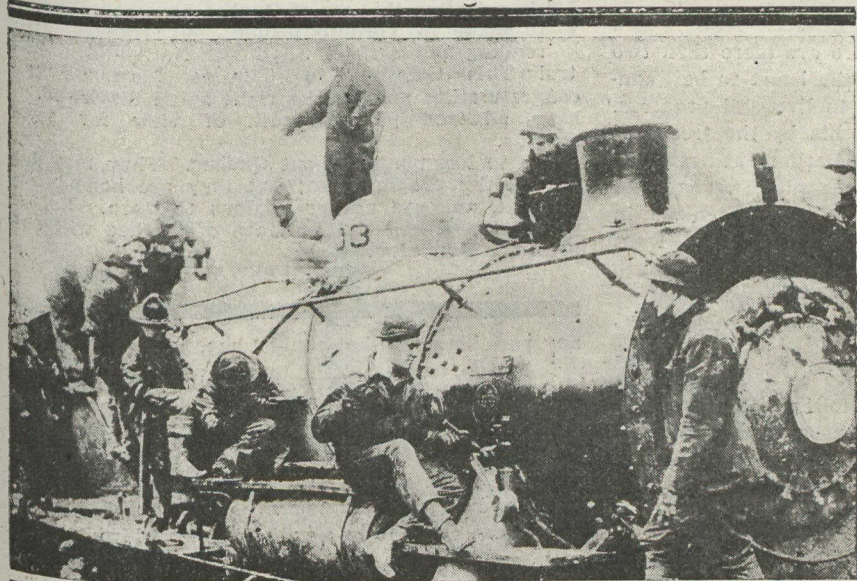
THAT healthy boys can be reared without white flour is pretty well demonstrated by these two sons of Harvey Wiley, the noted food expert. Mr. Wiley declares that neither of them have ever eaten any other cereal than whole wheat and coarse cereals. Sons of food experts are rather up against it on principle, because, as a rule, they can't escape the regime. If all the children in Canada can do as well on no white flour as these junior food experts, there should be no hesitation in leaving white flour alone in Canadian homes. But, of course, we are not all food experts—yet



HERE is the spirit of Fighting France down in a cellar to be out of shell reach. It is the great statue of Marshal Ney, famous under Napoleon at Waterloo. The fighting statue may be in the cellar, but Fighting France is on top.

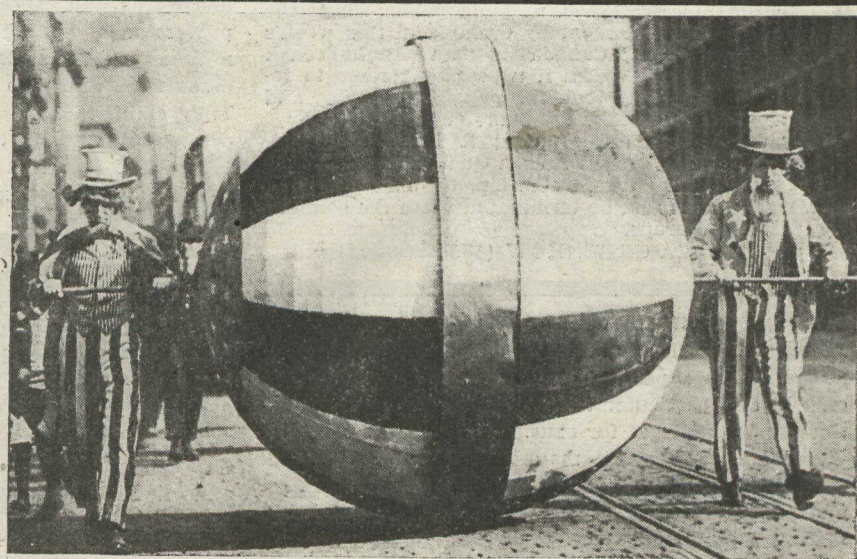
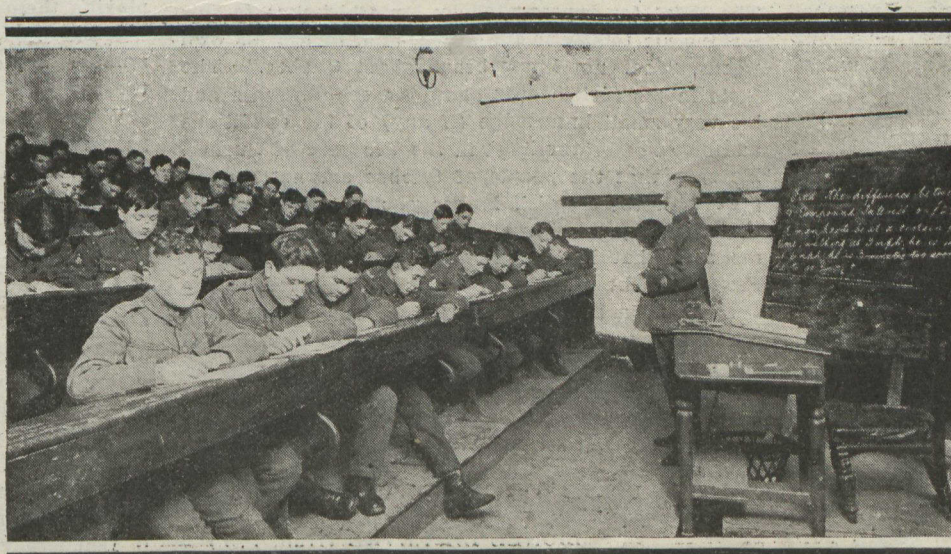


FLIGHT Commander Frank McGill was—still is—Canada's champion swimmer. Here he is, home on furlough from the swimming tanks of the air. Frank is now in Washington as instructor in the U. S. Naval Air Service.



AMERICA'S big push on the war front could never reach its height without locomotives. These men are putting together a huge Baldwin for use on the west front. As Americans are born speed-men, we suppose this Baldwin is now hauling munitions and food to the American army and getting ready for more. Foch needs everything American he can get that has weight, speed and endurance. And the real American push has not yet started.

A "New Movement" has sprung up among the soldiers of the Allies, a movement similar to the "Y" which began to do for young men in America years ago what this new searching after knowledge has begun to do for men at the front and in the camps behind the lines. You have heard about the Canadian Khaki College at Witley Camp, and of the University of Vimy Ridge. What these curious colleges are that spring up in the camps of the Allies, notably the Canadians, is expressed very well by "Canadian" in the United Empire for March. Not so much a desire to attain distinction in the educational world, says the writer, nor to have it said that one had com-



JUST to celebrate one year of America in the war and to boost the Liberty Loan, these twin Uncle Sams recently started the 473-mile journey from Buffalo to New York—keeping the seven-foot ball a-rolling. The ball started on the first day of the Liberty Loan drive, and is expected to make 16 miles a day until May 4, when it rolls on to Broadway. It was pushed by Liberty Bond buyers to the tune of "If the Hun is in the road we will roll it over him."

pleted a certain standard course of education, but it was a desire to know, because knowledge itself was attractive, a desire to know in order to be able to do; a desire to "get on" because men realized that there was something great to be done.

This is the life that is going on among some of the Allied soldiers. Do you know of any such movement among the Germans? Likely not. There's a reason. And the reason, in the long run, is the force that will beat Germany, not only in the war, but afterwards, when knout-culture has to give place to citizenship of the world at large.