

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, 2 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 a 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 degenerating 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 on a body which feeds on the real fibre of the tree, weakening its grain."

"Dead Water."

One of the most curious marine phenomena known to seamen is that called by Norwegian sailors "dead water," which without any visible cause makes a vessel lose her speed and refuse to answer her helm. The sailors' only definite knowledge of its origin is that it exists solely where there is a surface layer of fresh water resting upon the salt waters of the sea.

Several explanations have been advanced by the captains of ships for the effect of dead water, the commonest of which is that the two water layers move in different directions. The true explanation, however, recently offered by Swedish navigators and verified by mathematical calculation and direct experiment, is that in addition to the "resistance waves" at the surface, the vessel creates a second line of subaqueous waves between the two strata of water.

Further experiments were made to verify the sudden loss of speed due to dead water. A boat model was drawn across a tank and the towing strain suddenly slackened when the boat was about half way across. In cases where the tank contained salt water only the boat stopped gradually, moving some boat lengths after the towing string had been slackened. When the tank contained a layer of fresh water resting on salt water, on the other hand, the boat slackened quite suddenly and moved only a short distance.

No prospective breeder should assume that the work is easy if he expects to master the details and succeed.

Buy Thrift Stamps.

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

No. 9221—Ladies' Dress. Price, 25 cents. With pleat; 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.

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 labour, 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 note 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.

Quarantine.

This is a very poor word for the meaning it now has. It originated from the Italian word "Quarante" meaning forty, and was used in Venice, where ships 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 smallpox; 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.

Save the celery tops for soup.

Seven Stages of Marriage

Which is the happiest period of married life?

Is it the first blissful months which follow the merry clash of the wedding bells? Or does this first almost-unbearable happiness grow bigger with the years? Or does it fade and grow less after the first bloom of "the most wonderful romance in the world" has been brushed away through a disappointing contact with the solid and sometimes harsh facts of life—the more familiar knowledge of each other's faults and failings; the constant pressure of increasing responsibilities; the occasional spells of monotony; the realization which comes to the man that his wife is a woman—not a sort of embodied radiance—and the realization which comes to the woman that her husband is just an ordinary man after all?

The writer has recently submitted these questions to a number of matrimonial veterans, who form a competent court of inquiry because each possesses the special qualification of having just celebrated either their diamond or golden wedding anniversary. Below appears their summing up:

"There are seven stages of married life, just as there are seven ages of man," said one of the veterans, who has recently celebrated his diamond wedding. Here they are: 1. Sentimental; 2. Romantic; 3. Disillusion; 4. Patience; 5. Re-Formation; 6. Contentment; 7. Rebirth of Romance.

"The period of sentimentalism comes to all healthy-minded boys and girls at some time. It marks the first stage toward the beautiful adventure of marriage.

"This is followed by the romantic period. The girl-wife is invested with qualities which raise her to the fanciful position of the queen of a golden realm. To her He is different and better than any other man in the world.

"Later there comes disillusion. The man realizes his wife is not a queen; she is just a woman, more desirable to him, perhaps, than any other woman, but still, just a woman. And the wife realizes that her husband is not a man—although better than most because she has chosen him. This third stage is all-important; it marks the beginning of real happiness to many. It marks the beginning of a new foundation on which a happy married life can be built.

"Next comes a period of patience. Each has got to adapt himself and herself to the new view of the other.

"Then comes the period of re-formation. Each bury the cellophane of youth, and the real man and woman emerge.

"Then comes the period of contentment. Each has become vital to the other. There is a mutual interdependence and a mutual need for each other. This period of contentment makes everything else worth while.

"Lastly, there comes the period of the rebirth of romance. The young couple have advanced with the years. They live again in the lives of their children—they represent to them once again a new and untold future, full of golden dreams. The 'looking back' also reveals an astonishing amount of happy life which is lived over again.

"If one can pass successfully the third stage of married life, real happiness grows and solidifies, and eclipses all the first ecstasies right up to the end. The secret of all divorce cases and unhappy marriages is bound up in the coming of the third stage of marriage."

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.

Canadian Poultry For France.

The Directors of the National Avicultural Society of France have been granted a substantial credit by the French Government for the purpose of acquiring breeding poultry for the restocking of the liberated regions in France. This need was brought to the attention of the Federal Minister of Agriculture by Monsieur M. Chevalier of the Credit Foncier Franco-Canadien, the Minister referring Monsieur Chevalier to the National Poultry Council.

The Council is now in communication with the Avicultural Society of France and pending receipt of information as to the quantity of the different breeds required, the Provincial Representatives of the Council are making a survey of their respective provinces in order to ascertain what stock may be available for export. The varieties favored by the French are the Barred Plymouth Rock, the White Wyandotte, Black Minorca and Rhode Island Red, and also Bronze Turkeys. An appeal is being made by the President of the Council to the Provincial Departments of Agriculture, Agricultural Colleges, and the Canadian Poultry Council, to do all possible to assist in the acquiring of the necessary information to carry on negotiations with the Avicultural Society of France, and to take advantage of the opportunity presented to place Canada in a favorable international light as a producer and exporter of breeding poultry.

The poultry officers of the National Poultry Council are as follows: P.E.I.—Dr. P. C. Gauthier, Vice-President. National Poultry Council, St. Louis; N.S.—Mr. H. H. Hull, Poultry and P. S. Ass'n, Glace Bay; N.B.—Mr. A. C. McCulloch, Poultry Division, Department of Agriculture, Fredericton, Que.—Dr. S. Lafortune, Pointe Gatineau; Ont.—Dr. Robert Barnes, Health of Animals Branch, Ottawa; Man.—Mr. H. P. Kerr, Vice-President, National Poultry Council, Brandon, Sask.—Mr. H. M. Arnould, Sask. Provincial Poultry Ass'n, Regina; Alta.—Mr. C. M. Baker, Alta. Provincial Poultry Ass'n, Calgary; B.C.—Mr. H. E. Waby, B.C. Provincial Poultry Ass'n, Enderby.

It is interesting to note that in a report issued by the Commissioner-General for Canada France, imports of eggs into that country in 1912 amounted to 303,243 (Quintaux Metriques), the exports for the same year being 51,155. In 1918 the exports fell to 71,162 and the exports 4,600. From these figures it will be seen that prior to the war France was a heavy importer of eggs, and no doubt efforts will be made to bring the poultry population of that country above the pre-war level in order that she may be self-sustaining. Canada should be in a position to supply all the breeding poultry required, but it will be necessary for all interested to give all assistance possible to the National Poultry Council in the locating and the selection of bred-to-lay stock.—Robert Barnes, President; Ernest Rhodes, Secretary, Live Stock Branch, Ottawa, Ont.

Monster: 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. It could give you a good certificate any time that you would like to have one. If any time I come to hear about Col. person sick of Rheumatism, I could tell them about this remedy.

ERNEST LEVIELLE, 216 Rue Ontario East, Montreal, Feb. 14, 1919.

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.

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—roughness 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 insured against flood damage. Near it 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 4,200 ft. to the power house is made in pipes of welded steel, 29 1/2 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.

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.

What We Accomplished.

I attended Brownsville school when a little girl and thus knew just to expect when I went there as a teacher. Thanks to the board of trustees I found the building in good repair but the walls were bare with the exception of one picture which the superintendent told me was fit only for the basement. There was not even a clock and as that is a very valuable asset in a country school we decided to work on the walls.

The children sold useful merchandise for cash premiums, taking most of the orders in their own homes. We secured a large calendar and wall clock.

The next year we worked for pictures in the same way. We now have thirteen nicely framed pictures.

Last year we had our first entertainment.

With the money received at our entertainment and a few donations, we bought two lamps, a small talking machine, records and a stand. We spent many a pleasant noon hour listening to the music when the weather was unfavorable for outdoor play.

When we tired of our cold lunches we had occasionally an egg day or potato day. At those times we brought eggs and potatoes from home, prepared them at recess and then at a certain time had one of the older pupils put them over the fire. I am sure eggs and potatoes never tasted better.

For the last two years we have gathered on an evening in May to work in the school flower bed and to plant vines. If there were a fence round the whole plot we should have better results. Therefore, I consider the securing of the fence one of our future problems, a reading table another, still another buying more books.

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

Thrill.

"Dere Mister Editor: I am sending you a poem 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."

Profitier'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. Barnes. 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 lunch on 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 mashing-machine twice."

A Matter of Spelling.

A sailor was taken ill with a bad attack of rheumatism while manceuvring 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.

Angrily he asked why his order had not been obeyed.

"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.

Food Hints For Health.

Eating simply because it is mealtime and because others are eating is a prolific cause for chronic indigestion. Unless there is a desire for food it is worse than wasted. Hunger makes the plainest food desirable; also it creates plentiful secretion of the gastric juices, which promote digestion.

Fasting wards off many a bilious attack. Eat slowly, masticate the food thoroughly and do not drink liquids while eating. Drink a glass of hot water before breakfast. Into the hot water put the juice of one-half of a lemon, if one is inclined to bilious attacks. Try eating toast for breakfast to overcome constipation, chewing every morsel well. Drink plenty of cool water.

Minard's Liniment Cures Garget in Cows.

An institution for the blind in London has a multicycle 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.

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

NEWSPAPER WEEKLY IN BRUCE County, splendid opportunity. Write Box 7, Wilson Publishing Co., Limited, 11 Adelaide St. W., Toronto.

WILL EQUIPPED NEWSPAPER and job printing plant in Eastern Ontario. Insurance carried \$1,000. Will go for \$1,200 on quick sale. Box 41, Wilson Publishing Co., Ltd., Toronto.

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 neatfoot oil.

Minard's Liniment Cures Distemper.

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 set screws.

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.

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 complications by the prompt use of Gray's Syrup over 60 years