



BRITAIN'S FOOD SUPPLY.
Grain carriers in Montreal Harbor awaiting their turn to load and sail for England.

Shrapnel.

Easily the most destructive arm in light artillery is shrapnel, invented in its earliest form by Gen. H. Shrapnel during the Peninsular War. The steel, cylindrical body of the modern shrapnel shell is packed with bullets and carries the explosive charge. The cone-shaped head is fitted with either a percussion or a time fuse. The former type explodes on contact with a solid object and is used extensively against approaching infantry. Shrapnel carrying the time fuse can be set to burst practically at any range and is essentially useful for attacking entrenched infantry. Well-timed and well-aimed shrapnel is capable of inflicting far greater injuries upon entrenched troops than any other missile and, at the same time, is most unnerving.

The murderous execution done by shrapnel is intensified by the fact that not only are the bullets contained in the shell driven with terrific force in the desired direction, but the shell-case itself is shattered into small pieces by the bursting charge. While the contained bullets inflict clean, circular injuries, the jagged pieces of the steel envelope tear gaping wounds most ghastly in appearance. Shrapnel is also capable of inflicting widespread destruction on buildings, because of the fury with which the shell explodes.

Shrapnel travels at a rate of 500,000 feet per second, a speed produced by a pressure of 30,000 to 35,000 pounds per square inch from the powder propelling it from the gun.—*Tit-Bits*.

One of Our Annuitants Can Now Help Belgian Refugees.

Mr. Arden Brooke, connected with the West-End Branch of the Sun Life Assurance Company of Canada in London, England, was told the following by a Brighton medical man.

Visiting Worthington recently, Dr. S—— met an old lady of his acquaintance whom he was surprised to find devoting both time and money to the assistance of the Belgian refugees in the district. Dr. S—— expressed pleasure that his old friend found herself able to do so much. The old lady in a burst of enthusiastic confidence replied, "I am quiet delighted that it has been placed in my power to assist these noble people with money. A short time ago my income was not sufficient to do so, but I came across a most wonderful institution, the Sun Life of Canada, from whom I bought an annuity which has increased my income far beyond what it had been before. This is the secret of my ability to help, and if you ever know of anyone situated as I used to be, tell them that the Sun Life of Canada is *the* Company to go to."

A.D. 57, (delayed by censor in transit) "Gal-
lorum omnium horum fortissimi Belgae sunt."

—Julius Caesar, "Bellum Gallicum."

The Sun Life of Canada is
"Prosperous and Progressive."