



His Temples.

BY BURGESS JOHNSON.

Last night, somewhere from out the dark,
I heard a whip-poor-will
Cry thrice his sharp muezzin's call, then
leave the night more still.
My camp-fire was an altar flame, its
lowly priest was I—
The pine-tree fingers overhead made
markings on the sky.

To-night I rode in a Broadway car amid
the cries and clang;
My deafened ears could not descry what
call to prayer they sang.
The temple walls seemed grim and cold;
the vault that yesterday
Hung close, with all its friendly stars,
seemed dim and far away.

'Twas God who made the country; but
God He made the town.
The guard who growled, "Step lively,
there," masked smiles behind a
frown,
And had a ready wink and jest for me,
his fellow man;
I saw the traffic stay its tides to save a
child who ran.

Last night His temple was so still; yet
whispers stirred at whiles
To hint that other worshippers were
crowding those dim aisles.
To-night so loud a symphony of harsh
and strange design!
Yet who am I to say which note is less in
tune than mine?

I heard a heavy-burdened lad shrill forth
a gay refrain—
A frail old man sought helping hands and
never groped in vain.
Yes, God He made the country and God
He made the town;
I found Him there by gazing up, and here
by looking down.
—In *Harper's Magazine*.

Changing the World in a Generation.

BY "PUBLICUS."

POSSIBLY some of you noticed in the newspapers, a fortnight or so ago, a paragraph to the effect that a minister, Rev. W. Melville Harris, who was visiting in Toronto on his way to the Congregationalist Conference at Boston, had spoken of a movement to be brought up at that convention.

The writer of this has seen no report of the conference—possibly it was well reported in the United States papers—but that is neither here nor there. The movement itself is so great that surely it needs only to be mentioned to secure for it the most wide-spread support and encouragement from every denomination, every organization, every individual who hears of it. It transcends—or should transcend—church or creed, and surely there is no supporter of either church or creed so small as to withhold from the Congregational body the greatest honor for conception of the idea.

The idea, in short, is a movement to "remould the mentality of the world"—that means change its ideals—in the course of one generation, by working through the children. The method, Mr. Harris explained, is to be largely based on a book by the late Benjamin Kidd, entitled "The Science of Power," in which is shown how the mentality of both Germany and Japan had been changed entirely, in a generation, by just that method—working through the children. Upon the face of it, had not the thing

been done in Germany and Japan, such a proposition might have been scorned as impossible.—But the thing has been done by those countries. In forty years Germany taught the creed of force and made Germany—the one-time Germany of Goethe and Schiller—the most militaristic country in Europe, yes, in the world. Within the memory of men and women still living Japan was an inconspicuous tea-growing country, noted, it is true, for its excellence in Oriental arts, but without knowledge of modern learning, modern science, or, (alas that the West should have taught it to her!) the arts of modern warfare. To-day Japan is a nation to be reckoned with, rapidly absorbing the learning of the western world as well as building up an army and fleet that must be mentioned in the same breath that tells of the greatness of these among the nations of the earth.

Doubtless, under existing conditions, it was necessary for Japan's nationhood that she should build up such machinery of defense and offense. For it has been quite in accordance with modern progressive (?) ideals that every nation should arm to the teeth. But is that ideal never to change? Is there not one, anywhere, better for the happiness of all mankind? Must nation forever arm to the teeth against nation? The billions of dollars so required must be put eventually to one of two ends: (1) to blow men and structures to pieces; (2) to be thrown to the scrap-heap, say in ten years' time.

Is there no better use for them? That this question is being already answered in the affirmative may be

the parents the burden of teaching the children, from the beginning, their responsibility for the world's upbuilding and general welfare of mankind. Germany and Japan taught the creed of force; and they began with the children: the world's children to-day and to-morrow are to be taught instead the gospel of peace and service. They are to be taught the necessity of:

(1) A strong body as instrument for righteousness ("right-ness," might be a less misunderstood term).

(2) A sane and pure mind, (with which to use the strong body).

(3) Spiritual domination over the whole life. (Making the lower ideal of "grab" look cheap).

(4) Instead of restoring ruined characters, the aim will be to prevent characters from being ruined. The children will be taught the ideal of work for love of the work itself, and service for its own sake rather than for financial or material gains.

"Oh, the Millennium will be here when all that is the rule," says someone, impatiently.

But would it be such a bad thing to have the Millennium?

At all events the "Children's Era Movement" is fraught with such wonderful possibilities that it deserves the strong support of every man, woman and organization. Even though the aim be only partly realized the results must be tremendous. "He who aims a star shoots higher far than he who aims a tree."—And who can tell where, or how soon, every single effort may end? "The greatest things from small beginnings rise."



Home of Hon. Arthur Meighen, the New Premier, in Portage la Prairie.

judged from the very real interest taken in the League of Nations and general disarmament. Sooner or later, despite the timorous on the one hand and the protagonists of militarism on the other, these things must come to pass.

But will it be in one generation, or in forty, or one hundred, or one thousand?

This is the problem which the promoters of the "Children's Era Movement" seek to solve, and they say it can be done in one generation.

"Do you think it can be done in one generation?" the writer of this asked a man of great sanity and vision.

"Perhaps not in one generation, but probably in two," he answered, with great confidence.—Even in two!

Briefly the idea is this: To lay upon the schools, the churches, the press and

Your Health.

BY "MEDICUS."

Anemia.

MRS. W. T. A., Hastings Co., Ont.: Could you give me any information as to what foods one should eat if one is anemic? Also for weakness caused by a run-down condition of the blood?

Ans.—There are two forms of anemia, primary and secondary, the latter being the more common of the two. It is secondary to some known cause, (1) profuse or frequently recurring hemorrhages, e. g., in phthisis (tuberculosis of the lungs), in fibroid disease of the uterus, (2) insufficient or improper food, e. g., in rickets of children, (3) profuse chronic discharges that drain the blood of many of its important elements, e. g., albumin. The

person suffering from Bright's Disease becomes pale and pasty. (4) Fevers also cause a destruction of the blood cells and cause anemia.

The primary form of anemia is one of the many mysteries of medicine. We don't know what causes it, and therefore we don't know how to cure it. At present there is a tendency to blame absorption of poison from diseased teeth and tonsils. It is well worth while to have an X-ray of the teeth and have competent advice on the conditions found by the specialist.

It is very important in your case to know definitely what form of anemia you have. Ask your doctor to examine your blood, to count the number of red and white cells in a cubic millimeter and to estimate the percentage of hemoglobin. He will gladly give you a copy of his report, and then, when you have another examination in another month, you can see exactly how much your blood has improved. Keep a record of your weight also. That should increase as your anemia lessens. In anemia the white blood cells (normal 5,000 to 10,000) per cubic millimeter are not much affected, but the red cells are lessened (normal 4,500,000 to 5,000,000 per cubic millimeter). The hemoglobin is the red coloring matter in the red blood cells, and as the red cells are destroyed or lessened in anemia, so there is a fall in the percentage of hemoglobin. This pigment is of especial interest, as it carries the iron of the blood. Every day some of your red cells wear out and are destroyed, and the iron is eliminated from the body largely by the colon or large bowel. Normally we should take into the body sufficient iron to replace the iron that is eliminated from the worn-out red blood cells.

Where do we get our daily supply of iron? Why don't we all get anemia? We get our iron three times a day with our food. What foods should we eat to give us sufficient iron? An interesting piece of research was recently done in a California University. They compared the beneficial effects of treating anemia by foods alone with treatment by iron, and they found every time that they could cure the anemia much more rapidly with food than they could with iron. They found beefsteak among the best foods to cause the hemoglobin and the red cells to come back to normal. Other foods rich in iron are eggs, wheat (bread, etc.) and most of the vegetables, especially spinach. The specialists in children are now recommending that all babies over 6 months of age should be given strained vegetable soup, because it is rich in minerals, especially iron, and because, since milk is especially poor in iron, even the breast-fed babe may become anemic because of the lack of iron in the food. Iron is usually prescribed for the adult in the form of Bland's Pill—3 grains. The extravagant statement made in the advertisements of "Nuxated Iron"—well is it necessary to say any more?

I am convinced you can cure anemia without iron of any kind by a proper diet. Iron is useful, but to be most efficient it must be given along with a proper diet. If I were anemic and had my choice of treatment, iron (nuxated or otherwise). By the way it has been proven the iron is not nuxated or combined with nuxvomica) along with an improper diet, or just diet alone—that is a diet rich in iron—I would certainly choose the dietetic treatment. I got started on Nuxated Iron and I wish I had space to talk on patent medicines. They are not so important as they were ten years ago. People are not swallowing nearly so much patent medicine as formerly. If any of the readers would like to know the composition of any of the patent medicine write to me, in care of this Department.

The primary anemia is usually treated with arsenic, Fowler's Solution, or Liquor Arsenicalis, 1-5 drops in water after meals.