

## THE VITZTHUM GYMNASIUM.

### Things Were Conducted Rigorously at This Institution.

The German system of education fifty years or more ago was of a more Spartan kind than that of either France or England, and nowhere was discipline stricter than among the upper classes. It was not for nothing that both Bismarck and Moltke remembered their school days with repugnance. Of the former, it is on record that when out walking with his school-fellows, the tears would come to his eyes at the sight of a plough, which reminded him of home; Moltke never shook off the hardening effects of his early years. Still I am inclined to doubt, declares Mr. Sidney Whitman in his "German Memories," that things were anywhere else quite so rigorous as at the Vitzthum Gymnasium at Dresden in the years in which I belonged to it.

Sleeping accommodations were of the most primitive, not to say barbaric, description; in every way inferior to those that I have since seen among the Russian soldiers in their barracks. In the winter, the water was frozen in the jugs, so we had to go without washing, for no hot water was supplied. We were called up at five o'clock in the morning in the summer and at six in the winter. In exactly half an hour from the time we were first called we had to appear downstairs to claim the meagre meal called breakfast—a cup of thin coffee and a piece of dry white bread, the cost of which was one-third of a penny in English money. There was no breakfast for late comers, and not a mouthful to eat until a quarter to ten, when another variety of white roll was distributed among the boys.

The dinner consisted of soup drawn from stringy beef, which was served up afterward with vegetables. The Sunday dinner was a banquet in comparison, for the single helping of braised beef was followed by a slice of cake. Although the food was poor, it must be stated in fairness that it was partaken of by one and all.

To be deprived of dinner or supper was a penalty that could be inflicted for any misdemeanor—even simply exchanging a word with another boy during class time. When the boys had taken their seats, an usher walked round the different tables, notifying different boys that they were only permitted to partake of bread and water. The only limitation was that a boy could not be deprived of his dinner two days in succession.

After a life of many vicissitudes, I can say that nothing in after years has ever given me such a thrill of ecstatic joy as I experienced when one day I was called up before the head master and curtly informed that my father had arrived from England, and that I was at liberty to visit him at the hotel. Yet such were the conditions under which the sons of the nobility of Saxony, Prussia and Mecklenburg—even sons of the reigning houses—were trained; and under this system the men were brought up who supplied the officers to an army that within five years laid Austria and France in the dust.

### The "Mosquito Fleet."

Steam trawlers play an important but little-known part in the present war. According to the Army and Navy Journal, thousands of these fishing vessels are now engaged in mine sweeping, in protecting battleships from hostile submarines, and in military operations against the Germans in the shallows of the Belgian coast. After the German raid on Scarborough and other English east-coast towns in December, steam trawlers picked up no less than 1,500 floating mines in a week. The work is dangerous, for many of the German mines, with their bristling contact points, explode in the nets. "Nothing affords such protection against submarines," says the Army and Navy Journal, "as a cordon of trawlers round a fleet. The submarines must come close to be effective, and on rising to the surface to use the periscope, they are easily detected by the trawlers. There is also the chance that they will get in a shot at what the navy calls 'tin whales.' A large fleet of trawlers will soon take part in the Belgian coast operations, and some already are there. They carry one gun forward, another aft, and two abeam. The weapons are quick-firers of comparatively small calibre, but the boats, sailing close in under the lee of the sand dunes and increasing the general volume of fire, help to prevent enemy guns from taking a base along the shore, and making a direct target of the big monitors and cruisers."

### Cheerful Influence.

How many great men have testified that their whole lives have been influenced by some single remark made to them in their boyhood! And who cannot recall words spoken to himself in his childhood to which perhaps the speaker attached no importance, but which sank deep and immovably into his memory, and which have never lost their power over him? Make sunlight! The world at best is dark enough. Do what you can to make it more cheerful and happy.

## SPRING REMINDERS OF RHEUMATISM

### Raw, Damp Weather Starts the Pain, But the Trouble Lies in the Blood

Spring weather is bad for rheumatic sufferers. The changes from mild to cold, the raw, damp winds start the aches and twinges, or in the more extreme cases, the tortures of the trouble going. But it is not the weather that causes rheumatism. The trouble is rooted in the blood—the changeable weather merely starts the pains. The only way to reach the trouble and to cure it is through the blood. The poisonous rheumatic acids must be driven out. Liniments and rubbing may give temporary relief, but cannot possibly cure the trouble. The sufferer is only wasting time and money with this kind of treatment, and all the time the trouble is becoming more deeply rooted—harder to cure. There is just one speedy cure for rheumatism—Dr. Williams' Pink Pills. They act directly on the impure, acid-tainted blood. They purify and strengthen it and thus root out the cause of the rheumatism. Here is strong proof of the above statements. Mr. J. Routley, Sydney, Man., says: "I was so badly crippled with rheumatism in my hips and knees that I could hardly go about. I began the use of Dr. Williams' Pink Pills, which I took steadily for a couple of months, by which time all traces of the trouble had disappeared. I can most strongly recommend the Pills to all rheumatic sufferers."

Sold by all medicine dealers or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

### "VIM."

(This stirring poem is being enclosed in all garments and packages sent to the Canadian soldiers in the hospitals and the front by the Canadian Red Cross Society.)

Did you face the trouble that came your way?  
With a resolute heart, and cheerful?  
Or turn your soul from the light of day  
With a craven heart, and fearful?

Oh, a trouble's a ton, or a trouble's a pound,  
Or a trouble is what you make it;  
But it isn't the fact that you hurt that counts,  
But only how did you take it?

Come up beaten to earth? Well, well, what's that?  
Come up with a smiling face!  
It's nothing against you to be knocked flat,  
But to lie there—that's disgrace.

The harder you're thrown, the higher you bounce;  
Be proud of your blackened eye!  
It isn't the fact that you're hurt that counts,  
But how did you fight—and why?

And the 'you' be done to death, what then?  
If you did the best that you could,  
If you played your part in the world of men,  
Why, the critic will call it good.

Death comes with a crawl, or comes with a bound;  
But whether 'tis slow or spry,  
It isn't the fact that you're dead that counts,  
But only how did you die?

### Does It Now?

Hobbs—I wish someone would invent an alarm clock that would not only wake one, but make one want to get up.

Dobbs—Mine does that—it makes me want to get up and fire it out of the window.

### THE WAY OUT

Change of Food Brought Success and Happiness.

An ambitious but delicate girl, after failing to go through school on account of nervousness and hysteria, found in Grape-Nuts the only thing that seemed to build her up and furnish her the peace of health.

"From infancy," she says, "I have not been strong. Being ambitious to learn at any cost I finally got to the High School but soon had to abandon my studies on account of nervous prostration and hysteria."

"My food did not agree with me, and I grew thin and despondent. I could not enjoy the simplest social affair for I suffered constantly from nervousness in spite of all sorts of medicines."

"This wretched condition continued until I became interested in the letters of those who had cases like mine and who were being helped by eating Grape-Nuts."

"I had little faith, but procured a pkg. and after the first dish I experienced a peculiar satisfied feeling that I had never gained from any ordinary food. I slept and rested better that night and in a few days began to grow stronger."

"I had a new feeling of peace and restfulness. In a few weeks, to my great joy, the headaches and nervousness left me and life became bright and hopeful. I resumed my studies and later taught ten months with ease—using Grape-Nuts every day. I am now the mistress of a happy home, and the old weakness has never returned."

Name given by Canadian Postum Co., Windsor, Ont., Read, "The Road to Wellville," in pkgs. "There's a Reason."

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

### BITS BY THE WAY.

Centenarians are more frequently met with in warm countries than in cold ones.

The Scottish, Irish, Welsh, and Breton tongues are all varieties of the Celtic language.

About 300 species of turtle and tortoises are known. Some of these attain a very large size.

In Austria a man and woman are supposed to be capable of conducting a home of their own from the age of 14.

The soil in China is so rich that a square mile is said to be capable of supporting a population of nearly 4,000 people.

False teeth of ivory, on plates of the same material, and held in place by gold wires, were in use in the year 1000 B.C.

The cold of Siberia is so great in winter that many kinds of provisions, which are with us either sealed up or salted, are there kept by simply freezing.

### THOUGHTS FOR THE DAY.

So long as there are increases in taxation there must be increases in rent.—Mr. John Harrison.

However mean your life is, meet it and live it; do not shun it and call it hard names.—Thoreau.

Be charitable before wealth makes thee covetous, and lose not the glory of the mite.—Sir Thomas Brown.

When a man has got good reason for doing a thing he has a very good reason for letting it alone.—Scott.

Politeness has indeed about it something mystical; like religion, it is everywhere understood and nowhere defined.—Chesterton.

The comfort which poor human beings want in such a world as this is not the comfort of ease, but the comfort of strength.—Kingsley.

The people who speak good English are those who have always spoken good English, and have not learned it in after-life.—Prof. Wyld.

## When a Woman Suffers With Chronic Backache

There is Trouble Ahead.

Constantly on their feet, attending to the wants of a large and exacting family, women often break down with nervous exhaustion.

In the stores, factories, and on a farm are weak, ailing women, dragged down with torturing backache and bearing down pains.

Such suffering isn't natural, but it's dangerous, because due to diseased kidneys.

The dizziness, insomnia, deranged menses and other symptoms of kidney complaint can't cure themselves, they require the assistance of Dr. Hamilton's Pills which go direct to the seat of the trouble.

To give vitality and power to the kidneys, to lend aid to the bladder and liver, to free the blood of poisons, probably there is no remedy so successful as Dr. Hamilton's Pills. For all women irregularities their merit is well known.

Because of their mild, soothing, and healing effect, Dr. Hamilton's Pills are safe, and are recommended for girls and women of all ages. 25 cents per box at all dealers. Refuse any substitute for Dr. Hamilton's Pills of Man-drake and Butternut.

### Hints to Husbands and Wives.

Common, ordinary sense is as essential to a happy marriage as flour is to bread.

### To Husbands.

When your wife is becomingly gowned, tell her so.

When she waits dinner until late for you, act pleased.

Call her the "dear" once in a while that you worked overtime before she took your name.

Don't demonstrate your affection as if from force of habit. Some men kiss their wives in the same manner that they glance at the clock before leaving for work.

Don't read the newspaper at the breakfast table.

Go into your own kitchen once in a while. Wash and wipe the dishes or scour the frying pan. Laugh while you are doing it.

Develop a sense of humor.

Don't complain about your wife's cooking, for when a man marries a woman he does not always marry a cook.

### To Wives.

Don't permit yourself to get too stout.

Don't be cross when he is late for supper or when he returns late at night. Don't subject him to the third degree.

Don't burden all the household troubles on him.

Don't be backward in waiting upon him. Play and sing for him evenings whether his favorites be "Annie Laurie" or not. If you can't sing, learn to read aloud.

Have his slippers and easy chair ready for him, and if the telephone or doorbell rings while he is reading, don't complain but answer it.

### The Connection Plan.

Brown—What a rig that woman has on.

Jones (looking)—By Jove, that reminds me I've got to get some castor oil for.

Brown—Eh! I fail to see how that rig can remind you of castor oil.

Jones—The bad taste of it, my boy.

Anger is the thunder that sours the milk of human kindness.

## Doing Wonders For Rheumatism

WHAT PETER F. PATTERSON SAYS OF DODD'S KIDNEY PILLS.

Gaspe County Man Gives Advice to All Who Want to be Cured of Kidney Troubles.

Haldimand, Gaspe Co., Quebec, April 12 (Special).—"I have just opened the third box of Dodd's Kidney Pills, and find they are doing me wonders of good for the Kidneys and Rheumatism," so says Mr. Peter F. Patterson, a well-known resident of this place.

"My troubles came through a cold and strain," Mr. Patterson continues, "and I suffered for many years. I had headache, backache and rheumatism. My sleep was broken and unrefreshing. I had a bitter taste in my mouth in the morning and I perspired freely with the slightest exertion. I was often dizzy; I was troubled with heart fluttering; I was nervous and my skin itched and burned at night."

"After using Dodd's Kidney Pills I recommend them to everyone who wants to be cured."

Everyone of Mr. Patterson's ailments was a symptom of Kidney disease. That's why he found such prompt relief in Dodd's Kidney Pills. They only cure Kidney disease.

### What Corn to Grow.

An investigation conducted by the Seed Branch shows that about sixty so-called varieties of corn are grown for ensilage in Ontario and Quebec, and many farmers do not know what variety they are planting.

Late varieties are being used in districts where they will not mature one year in five to the glazing of the grain, which is the necessary condition to make sweet ensilage.

Some ordinary feed corn imported from the Central and Southern States is used for seed. Most of this is of a late variety entirely unsuited to Canadian conditions and is often injured by heating.

The following recommended varieties of corn are arranged in order of their maturity: Quebec Yellow, Longfellow, Sandford or North Dakota, Compton's Early, Golden Glow, Early White Cap, Wisconsin No. 7.

In selecting varieties for our Northern districts, later-maturing, heavier-yielding varieties may be planted on a warm sandy soil than on a cold clayey one. The proper maturing is essential to high quality ensilage, and this should be aimed at even although an increased acreage is needed to give the desired quantity.

There are now living in cities many men with fair-sized families who have had experience in truck farming and who are paying as much as \$200 per year rental for a house and small lot. An equally good home with 20 acres of land suitable for truck farming might be had in the country at lower rental and be quite capable of yielding even larger net returns for the family than would the city occupations.—Seed Branch, Ottawa.

## Cure Children's Colds By External Treatment

Mothers Will Find Nothing so Speedily and Reliable as Old-Time "Nerviline."

It's really a shame to upset a young child's stomach by internal dosing, when external treatment will so promptly break up a cold.

When your boy comes in after play with his feet soaking wet, his throat hoarse and sore, his little chest tight and congested, just apply Nerviline.

Give him a vigorous rubbing over his throat, in put lots of Nerviline on his chest and rub it right in. To make Nerviline penetrate more quickly cover his chest and throat with a hot flannel bandage. This treatment won't fail. Your boy will be feeling better in half an hour, and you will have the satisfaction of knowing you have ward off perhaps a cold, or gripe, or illness that might have laid him up.

Nerviline is mighty good for preventing colds and for breaking up a bad one, too. For general family use it cures all sorts of external aches and pains—your simply can't beat it.

Try it for earache, toothache, neuralgia, sciatica, lame back, rheumatism, or lumbago. Whenever there is congestion, inflammation or pain in the joints or muscles, Nerviline will cure mighty quick. The large 50c. family size bottle is so economical, so useful, it should be in every home. There is also a small 25c. size. Dealers anywhere sell Nerviline.

### Heard Down Town.

"'Spose my face is dirty," said the office boy in the elevator, "what business is that of yours? You ain't my father."

"No, but I'm bringing you up," replied the elevator man.

LOW FARES TO THE CALIFORNIA EXPOSITIONS VIA CHICAGO & NORTH WESTERN RY.

Four splendid daily trains from the West to Chicago, to San Francisco, Los Angeles and San Diego. Choice of scenic and direct routes through the best of the West. Something to see all the way. Double track. Automatic electric safety signals all the way. Let us plan your trip and furnish folders and full particulars. B. H. Bennett, G.A., 46 Yonge St., Toronto, Ontario.

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### Raising Heifer Calves.

The records of two herds of dairy cows owned by two neighbors furnish a striking example of the utility of dairy records to the man who really wants to build up a good herd. The first man has been cow testing for four years and has selected his cows carefully, studying their various preferences and capacities, each one as an individual. He raises heifers from his best cows; four two-year-olds gave last year an average of 7,144 pounds of milk, while his herd of ten gave an average of 8,039 pounds of milk and 239 pounds of fat.

The neighbor considers it simpler to buy just what cows he can, he does not raise any calves. Last year his nine cows, all upwards of six years old, except two heifers, gave an average of only 2,240 pounds of milk. This is only just about one-half as much milk per cow as in the first herd. The best cow gave only 3,335 pounds, less than the average of the four heifers in the first herd. He has nothing on which to start building up a good dairy herd, unless it be his judgment in "picking a winner."

which judgment, by the way, does not appear to be of A1 quality. The owner of the first herd has the advantage of four years of dairy records, therefore he is always to the real dairy farmer, besides matured judgment in handling cows to better advantage. Cow testing pays.—C.F.W.

### Enough, But—

"Why didn't you enjoy the party, Harry? Didn't you have enough to eat?"

Young Hopeful—Oh, yes; but there's no fun in having just enough.

**Sore Corns Go!**

No cutting, no plasters or pads to press the sore spot. Putnam's Extractor makes the corn go without pain. Takes out the sting overnight. Never fails—leaves no scar. Get a 25c. bottle of Putnam's Corn Extractor today.

### The Borrower.

The borrower, at the phone: "Is this you, Miller? Yes, pretty well. Say, Miller, I've got half a dozen books of yours that you let me take last spring. I wish you'd stop for them as you go by. And, say, Miller, I want you to bring over your set of Plutarch and that early edition of Pepsy and your French dictionary. If I'm not at home, you can leave them with the maid. Yes, that's all. Good-by."

### INFORMATION FOR INVENTORS

Messrs. Pigeon, Pigeon & Davis, the patent solicitors of 71a St. James St., Montreal, report that for the week ending March 9th, 1915, 138 Canadian patents were issued, 101 of which were granted to Americans, 23 to Canadians and 14 to residents of foreign countries.

Of the Canadians who received patents, 11 were residents of Ontario, 2 of Alberta, 2 of Quebec, 2 of British Columbia, 2 of Manitoba, 1 of Saskatchewan, 1 of New Brunswick and 1 of Nova Scotia.

In the United States for the same week, 954 patents were issued, 15 of which were granted to Canadian inventors.

### Advice to Heiresses.

Girls who marry for a title, Ere their fortune's lost— Ought to count the cost and reckon What the Count will cost.

Minard's Liniment for sale everywhere.

### The Afterthought Sale.

"Every time I see grandfather's sword and medals," said Bill, "I long to take part in a universal war." Then, as an afterthought, Bill said, "but every time I look at grandfather's wooden leg I long for the advent of universal peace."

I consider MINARD'S LINIMENT, the BEST LINIMENT in use.

I got my foot badly jammed lately. I bathed it well with MINARD'S LINIMENT, and it was as well as ever next day.

Yours very truly,

T. G. McMULLEN.

### Wall of a Dyspeptic.

"I used to think how I'd wine and dine to my heart's content when I got rich."

"And do you, now that you are rich?"

"Alas, no! I can only dine and whine."

Minard's Liniment Relieves Neuralgia.

The Scotch minister rose and cleared his throat, but remained silent, while the congregation awaited the sermon in puzzled expectancy, says The Ladies' Home Journal.

At last he spoke: "There's a laddie awa' there in the gallery 'a-kissin' 'a-kissin'!" he said. "When he's done ah'll begin."

Minard's Liniment Cures Dandruff.

### A Strange Rock Dweller.

One of the strangest creatures known to science is the pholas, or boring clam. When still very minute the animal bores into the sandstone ledges at extreme low water, by means of its sharp shell, which is replaced by secretions as it is worn away. It penetrates the rock to a depth of six or eight inches, and hollows out its burrow as it increases in size. Shaped roughly like a top, it could not leave its rock dwelling for food even if it wished to do so. For food, it depends on the animalcules that float in sea water, which it seizes by its long siphon, or tongue. The pholas is in great demand at the seaside resorts along the Pacific coast, for its meat is very tender, and makes excellent soup. The clams are dislodged in great numbers from the ledges by the use of dynamite, although it is possible to obtain them with a pick or crowbar.

## BABY'S OWN TABLETS USED ELEVEN YEARS

Mrs. McEachern, Glencoe, Ont., writes: "I have used Baby's Own Tablets for the past eleven years for my children and have every reason to praise them as they always do good." Once a mother uses the Tablets for her little ones she will use no other medicine. They are absolutely safe, pleasant to take and never fail to regulate the bowels and stomach. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

### Something To Go On With.

Gent (interestedly).—And what are you going to give your young brother for his birthday?

Little Boy—I dunno. I give 'im the measles last year.

### Minard's Liniment Cures Burns, Etc.

### Way Back.

The Lady—"You say the dog has a long pedigree?"

The Dealer—"Yes, marm. 'E has. One of 'is ancestors chewed off the corner of the 'Manny Charter, and another of 'em bit a hole in good King Alfred. Yes, marm."

**Sore Eyes**

Your Druggist's 50c per Bottle. Marine Eye Salvein Tubes 25c. For Book of the Eye Freack Druggists or Marine Eye Remedy Co., Chicago

**Causes of Soft Pork.**

Soft pork, unsuited to the production of a high quality of bacon, is due to unthriftiness and lack of exercise. Imperfect feeding, marketing before finished, held too long after finish, and undue forcing are causes. Feeding too much corn to young pigs is objectionable. Wheat and rye middlings are unsatisfactory, and beans, soy-beans, produce a soft, oily pork. Barley ranks first in producing the best grade of bacon, skim milk and whey with cereal grains, including corn, make a solid flesh particularly desirable.

Rape, roots and clover are helpful, but must be judiciously used. Exercise favors firmness of flesh. Pigs properly fed, with exercise, up to 100 lbs., if in this condition may be finished on almost any of the common meal mixtures, and produce fine bacon. Feed slightly less than a full ration. A little corn can be used at all times, and a very considerable amount when finished, if combined with dairy by-products and barley, oats and peas.

Doctor—Are you feeling very ill? Let me see your tongue, please!

Patient—What's the use, doctor? No tongue can tell how bad I feel!

Don't waste time on inferior salves because they're a few cents cheaper.

I have proved Zam-Buk best for Eczema, Piles, Skin Diseases, and Injuries.

As a mother, you owe it to your family to use the best, that's Zam-Buk!

All Druggists and Stores.

**ZAM-BUK**

THE HERBAL HEALER

## Canoes, Skiffs, Motor Boats

### THE PETERBOROUGH LINE.

If any canoe can give you satisfaction, it is a "PETERBOROUGH." Always and over the acme of service, model, strength and finish. Over fifty styles and sizes. Write for catalogue. The latest canoe is the Peterborough canvas covered. Ask for illustrated folder. Skiffs for the popular Outboard Motors. Power Launches, all sizes and powers. Get folders telling all about these.

THE PETERBOROUGH CANOE COMPANY, LIMITED, PETERBOROUGH, ONT.

## "Overstern" V Bottom Motor Boat \$55.00

Freight Prepaid to any Railway Station in Ontario. Length 15 Ft., Beam 3 Ft. 6 In., Depth 1 Ft. 6 In. ANY MOTOR FITS.