



Kellogg's

TOASTED CORN FLAKES

10¢

WATCH your alert, keen-eyed, clear-headed business man at breakfast. You never see him eating heavy, soggy foods that clog the body and slow up the mental processes. No, as a rule, he selects some appetizing, easily digested cereals such as Kellogg's, for he knows that these thin, crisp, toasted corn flakes supply all the nourishment that the ordinary body needs without dissipating his energy in digesting and absorbing them.

Kellogg's Toasted Corn Flakes go well with fresh or cooked fruits in place of the usual milk or cream.

The only product made in Canada by
The Battle Creek Toasted Corn Flake Co., Limited
London, Ontario, Canada

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so ardently. He did, it is true, have a deep affection for France, on account of its quickness of perception and freedom from scientific ruts, but the last book he was reading on his last visit to the laboratory, I noticed, was a German critique of recent French advancements in science, and he did not scorn to read it in the original German.

"He left us a very painful task," said one of his pupils. "He made us promise we would dissect his body after death and report the ravages of old age. It was a terrible task for us, used as we are to constant dissecting. But we did it and found that he had actually died of heart disease uncomplicated by disease of any of his other organs. They were all in good condition—in much better condition than one would expect to find in a man of his years. The youthfulness of his

organs was undoubtedly due to his system of living, and, even in his death, he added proof to his contention that old age could be warded off by assisting the fight of the 'nobler' tissues against the 'microbe of old age.'"

Professor Metchnikoff's name was really Meeznikow, and his first name signed by him, Elie, was Elias. He was born May 15, 1845, at Ivanavka, in the Russian province of Kharkof, and he took the name Metchnikoff, meaning "sword-bearer," because the first ancestor of whom he had record was a Moldavian who followed Prince Cantemir into Russia in that capacity at the beginning of the eighteenth century. All his antecedents on his father's side were military, and his father was an officer in the Imperial Guard, retiring as a major-general. His mother, whose family name was Neva-

kowitch, was of Jewish origin. He did not, however, show the Semitic influence in his appearance.

Metchnikoff was a passionate researcher from childhood. After entering the Kharkoff high school at eleven and graduating from the Kharkoff University at nineteen, he began at once studying marine organisms, a pursuit he followed all his life leading to his most important discovery, the service of "phagocytes," the white corpuscles in the blood. These friendly organisms, developed in the body, according to Metchnikoff's demonstration, to fight off harmful microbes, were more easily studied in marine organisms. He did not, however, arrive at the discovery of "phagocytes," which has affected the whole of pathological study, for nearly twenty years. During the earlier part of his life he studied zoology under

Leuckart and Von Siebold in Germany and, returning to Russia in 1867, was given the doctor's degree at both Petrograd and Odessa for his studies in zoology. Later he was appointed to the chair of zoology at Odessa. He married twice in the meanwhile, his first wife, Ludmilla Federevitch, dying of consumption in the Madeira Islands. As Metchnikoff was with her there many months he had the best opportunity of his life to study the many varieties of sea life to be found in that part of the Atlantic. It was long after her death, however, and after his marriage in 1875 to Olga Belocoytch, then seventeen, that he began to be known as an embryologist. He and Kewalewsky of Petrograd spent the next ten years of their lives developing the cellular embryology of invertebrates, one of the foundations of modern zoology.