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AUSTIN G. L. TRIBUTE,
Editor and Proprietor

The Toronto Globe fears that a number of Ontario school books this year will be scrapped and new ones put out. This would mean a great waste inexcusable in war time. The books the authorization of which expires this midsummer are: Public School Arithmetic, History of England, Hygiene, Composition, High School Reader, English Grammar, Physical Geography, French Reader, German Grammar, German Reader, Physics and Book-keeping.

Lake Frozen Across
Very seldom is Lake Ontario frozen clear across, but last week officials of the forries stated that they had broken ice from Charleton to Cobourg. This is the first time in about five years that this has happened. This year, though, the ice is heavier than it was five years ago, and in the harbor here it was quite thick.—Ganan-

MADDENING PROFESSIONS.

Your Work and Your Chances of Not Becoming a Lunatic.

In view of the great increase of insanity during recent years, it is interesting to note the various classes of employment which are, more or less productive of madness.

A French scientist has recently been investigating this question, and his researches go to show that, apart from the terrible nerve strain of war, the military and naval professions are the very worst a man can enter if he wishes to go sane to the grave. Out of every 100,000 who enter the army and navy 100 become confirmed lunatics.

The liberal professions come in as a good second to the army and navy, the list being headed by artists, who are very close followed by lawyers and somewhat more distantly by the clergy, doctors of medicine, men of letters and civil servants. The number of people in these professions who become occupants of lunatic asylums is 177 to each 100,000.

The professional men are run very close by domestic servants and day laborers, of whom 150 out of each 100,000 are sent to the asylum. There is a big falling off before we arrive at the next group, which is that of mechanics, only 66 of whom go mad in each 100,000.

And, curious to relate and contrary to all general belief, the group which is most highly favorable to sanity is that of commercial men, which sends only 42 per 100,000, or one in every 2,380, of its ranks to confinement.

A COMPETENT WITNESS.

In This Case Action Was Much More Eloquent Than Words.

Judge Pollard of St. Louis, originator of a widely known probation system, is the subject of a story illustrating his novel method of dealing with troublesome cases. A driver had been brought before Judge Pollard charged with cruelty to animals. He had been driving a galled mule, but he had an expert witness in a veterinarian, who testified that the sore on the mule's back did not pain the animal in the least.

The judge listened attentively to the long technical opinion and then demanded to know the mule's whereabouts. He was informed that it was harnessed to a wagon that stood in the street in front of the courthouse. The judge then ordered that court be adjourned for five minutes. He took his cane and proceeded to the street, went up to the mule and with the end of his cane gently touched the sore spot on the animal's back. The mule promptly tried to kick the dashboard off the wagon. Once again the judge touched the sore spot with his cane, and the mule responded as before.

Judge Pollard returned to the bench. The prisoner was called before him. "With all due respect to the expert testimony you have had introduced in your behalf to show that the mule's back does not pain him, I will fine you \$50," announced the judge. "I asked the mule if the sore hurt him, and he said it did."

The Way You Do It.

One reads that Darwin never understood an equation, and the chances are that Isaac Newton could not have passed any examination in literary or aesthetic subjects with his idea that poetry was ingenious nonsense and stately only stone dolls. Faraday had no gift for mathematics, and it is a mooted question if Napoleon Bonaparte could have passed a college entrance examination in French. But it was their ability to do some one thing well that has turned the world upside down at various times in its forward march, not their inability to do badly what all the world would do just as well. It is not the way you do it, but the way you do it. The business world is overstocked with men people looking for good positions, and good positions are waiting for good people to fill them.

Sparrows.

The white-throated and white-crowned sparrows may be told by their names. The fox sparrow is the larger, bluish, rufous streaked and big spots on breast. The song sparrow is about the size of an English sparrow, but with a longer tail, streaks and large spot on breast. The chipping and field sparrows are smaller, with no spots on breast. The former has lines on head; the latter is rufous and sings very sweetly.

Fables in the Bible.

Of the fables as distinguished from the parable there are but two examples in the Bible. The first of these is that of the trees choosing their king (Judges IX, 8-15); the second that of the cedar of Lebanon and the thistle (II Kings XIV, 9).

Fetters.

The use of fetters goes back to ancient times. Fetters were usually made of brass and also in pairs, the word being in the dual number. Iron was occasionally employed for the purpose.

Equal Rights.

Wife—Henry, if you didn't smoke I could have a new hat. Hubby—And if you would live on steved pines I could have a steam yacht.

True.

"I don't see anything remarkable about that baby."
"Oh, but you would if it was yours."

The child trusts because it finds no reason in itself why it should not.—J. G. Holland.

DOLLARS GIVE COURAGE.

To Be Penniless Makes a Man Feel Dependent and Cowardly.

There is this to be said about wealth: It gives courage to the owner. Poverty makes cowards of us all. "The man who is suffering with fear," says a writer, "because he does not know where the next dollar is coming from is in no condition to earn or to attract dollars. Fear always makes a man think he is weak, a nobody. It always pictures the worst, sees no light ahead."

We hear a great deal these days about efficiency and about inefficiency. The fellow who has saved a few dollars and has them in the bank or where he can put his hand upon them is more efficient than the fellow who is penniless. Start out to find a job with never a dollar in your pocket. You'll have a hard time. You appear at a disadvantage when you approach a business man. You feel your dependence. You have a cowardly air about you, an inefficient air. You realize that you will have to accept anything that is offered. You are in no position to look the business man in the face and tell him your qualifications. Want is at your back, causing you to cringe.

But with money in your pockets you assume a different attitude. You realize that you are to that extent independent. You meet the business man more nearly upon an equal footing. You are more courageous, more self assertive, more efficient. You know that you are not compelled to accept the first job offered you. You can discuss wages and contracts and conditions of employment if you are not "broke." So if for no other reason the young man should seek first of all to have a bank account, to have something right in the beginning.

PUFFBALLS ARE GOOD FOOD.

And of All the Edible Fungi They Are Called the Safest.

Puffballs are the safest of all fungi for the beginner, none of them being poisonous, and they are at the same time excellent and easy to obtain. writes William A. Murrill, assistant director of the New York botanical garden, in the American Museum Journal.

Being tender, they cook quickly and are easily digested. They should as a rule be cut open before cooking to see that they are not too old and that they are really puffballs. If they are white and firm like cream cheese inside, showing no yellow or brownish discoloration, they are of the right age to use. If the interior shows no special structures, then one may be sure he has a puffball.

The "egg" of the deadly amanita contains the young cap and stem inside, which are readily seen when the "egg" is cut, and the "egg" of the stinkhorn shows the stem and a green mass inside, surrounded by a layer of jelly-like substance.

Puffballs may be cooked alone in various ways or used in stews and omelets and for stuffing roast fowls. When used in omelets they should be steved first. All kinds except the very small one should first be peeled and cut into slices or cubes, after which they may be fried quickly in butter or dipped in beaten egg and fried like eggplant or cooked in any of the ways recommended for the ordinary mushroom. The smaller kinds are much inferior in flavor to the larger ones and need a few specimens of some good mushroom to make them attractive.

Sensitiveness.

The old-fashioned notion that a good dose of sensitiveness was beneficial was due wholly to the fact that upon recovery the victim of mal de mer is usually so delighted that he is apt to imagine that he never felt better in his life, while feeling normal again is merely so great a contrast to the exceedingly wretched condition which this disorder brings about that exaggeration of one's feelings is the most natural thing in the world. Sensitiveness is far from pleasant. It is not beneficial, and in rare cases it terminates fatally.

Round Shoulders.

An excellent exercise to straighten round shoulders—good for girls or women who have to sit a good deal—is performed by placing a thin stick or wand across the back and letting it run out through the bent elbows. The arms are bent so that the hands rest on the chest. Keep the arms and shoulders pressed back and down and walk about the room in this way for five or ten minutes.

Moisture and Temperature.

A cubic foot of air at the temperature of zero (F.) can contain only .5 of a grain of water vapor, at 32 degrees it can hold 2.13 grains, at 65 it can contain 6.8 grains and at 95 it can hold 18.96 grains of moisture in suspension. These figures go to show that summer air can hold at least nine times the quantity of dampness that air can when reduced to the temperature of freezing.

Longer Than Expected.

Vandewater—So at your request he spoke at your dinner?
Broadway—He did.
"And did he come up to your expectations?"
"Why, he went an hour beyond it."

One of Life's Tragedies.

Among the tragedies of life is the good wife who has just observed her twenty-fifth wedding anniversary, but is still hoping for a set of silver spoons.

To enjoy true happiness is impossible while those about us are unhappy.

How the Germans Propose To Restore Population

By Secondary Marriages

GERMAN militarism has seen to it that no Teuton organ of democracy protests against the new suggestion of polygamy within the empire, which a spokesman of kultur proposes. Silent assent is given by the powers that be to this seriously discussed abandoning of morals and to the pamphlet of Carl Hermann Torge, a scientist, in which "secondary marriages" are urged for the perpetuation of the fighting stock.

Herr Torge calls his pamphlet "The Secondary Marriage as the Only Means for the Rapid Creation of a New and Powerful Army," and its publication by the Cologne firm of Oscar Muller has been aided by the Government in that several million copies of it have been distributed gratis to Teuton soldiers in the trenches and to German women in the homes, and in that no criticism or objection to its radical proposals have been permitted by the all-powerful muzzlers of the press.

Frankly and directly Herr Torge advises the abandonment of modern morals on the ground of expediency.

Aside from unquestioned seriousness with which the pamphlet's proposal is received in Germany, it is remarkable in its confession of official German concern over the lives of its soldiers. The writer admits terrific war wastage which must be made good, and he dwells upon the lamentable decline of the birth rate in the years of peace immediately preceding the war. The army must be maintained, and its welfare is his only argument and justification for his proposal of polygamy.

He denies that the expense of married life is the main reason why men remain unmarried, and he deals at some length with the economic training of women for marriage. He then leads up to his main proposals with a chapter which declares that "the conception of immorality is relative," and that "good morals are only what the upper classes of society approve."

The "facts" are said to give Germany "the justification, in case of necessity, to put the stamp of morality upon what to-day seems immoral." The main proposals are stated as follows: "Women of all classes of society who have reached a certain age are, in the interests of the fatherland, not only authorized but called upon to enter into a secondary marriage, which is supported by personal inclination. Only a married man may be the object of this inclination, and he must have the consent of his married wife. This condition is necessary in order to prevent the mischief which otherwise might surely be expected."

"The offspring of these lawful secondary marriages bear the name of their mother, and are handed over to the care of the state, unless the mother assumes responsibility for them. They are to be regarded in every respect as fully equal members of society. The mothers wear a narrow wedding ring as a sign of their patriotism. The secondary marriage can be dissolved as soon as its object has been attained."

Elsewhere Herr Torge says that he thinks that the objects of his new institution can be fulfilled in twenty years and that secondary marriages might then be abolished. He ends his pamphlet as follows:

"The difficulties consist solely in ethical supplies, which, notwithstanding the issue of the proper regulations by the state, will continue to operate until conscience has dispersed of them. Thus this question becomes a religious question, which can be solved only with the help of the church. It rests, therefore, with the women and the clergy, assisted by the state, to determine whether Germany shall be able not only to maintain herself on her present plane of morality but by her own strength to stand up in the future as in the present to the pressure of enemies who are increasing numerically."

A Terrible Ride.

To ride fifteen hundred feet at break-neck speed on the tail-end of a snowslide over the mountains of the rugged Selkirk and to be plunged into a chasm 250 feet deep, and then come out alive, is the experience of four miners employed at the Sitting Bull property near Invermere, B.C. After the plunge they were buried in the snow, but managed to gain the surface after several hours of unceasing toil. They were hounded in on all sides, and the walls of the crevasse rose sheer over them for hundreds of feet. In this condition they remained for nearly fifty hours. When they were ready to give up, a rope from the heights overhead came dangling down from a rescue party. The men had had nothing to eat, and were suffering from the cold. Three of the miners were also seriously injured in their slide down the mountain and fall into the chasm, and were removed on stretchers after having been raised to the top of the mountain brink.

Much Alcohol Used in Russia.

Over one hundred and fifty licensed chemists in Petrograd have, it is reported, sold the equivalent of two hundred and sixteen thousand gallons of pure alcohol since the anti-liquor edict took effect. Some of this is legitimate business, but it is asserted that the trade mainly consists of sales to persons who use these alcoholic preparations as beverages.

Agrees With Hoover.

From a schoolboy's composition: "Some boys are rude over their meals. You should not keep on eating after you are tightening."

EVILS OF ADENOIDS.

These Growths Are a Real Menace to the Health of a Child.

Not every child that is backward at school, that breathes through his mouth, has dull eyes, a short upper lip, prominent upper teeth or has a drawn, tired expression about the face has adenoids, says a state board of health bulletin. But this condition should lead a parent to suspect adenoid growth, and it should not be dismissed till a thorough examination has proved that such is not the case.

Adenoids are a small, soft, reddish growth which comes in the back part of the throat where the nose and throat join. A child who has adenoids breathes with his mouth open, has frequent colds and may have earache of ten or become deaf. It is not infrequently that adenoids dull the expression of the eye, destroy the resonance of the voice and distort the facial expression so as to produce a blank, idiotic stare. They hinder mental development by interfering with proper physical development. For that reason "repeaters" at school are frequently said to be afflicted with adenoids.

The best time to remove adenoids is when they are first recognizable to a physician. If they remain longer they do harm. They cause a child to have "colds" often and make him more susceptible to diphtheria, scarlet fever, measles and whooping cough. Furthermore, if he gets any of these diseases they are likely to be severe with him and leave him even worse afflicted.

Cold, fresh air breathed through the nose is needed to prevent adenoid growth. It is needed also to prevent adenoids returning after an operation. Fresh air taken in through the nose prevents as well as cures adenoids.

Civil Servants Get a Shock.

Civil service circles at the capital have been perturbed by a report that it is the intention of the Government to increase the working hours of the service. While the hours of labor vary in the departments, the majority of civil servants are on duty from 9.15 a.m. to 5 p.m., with an hour and a half for lunch. It is stated that the new hours will be from 8.30 a.m. to 6 p.m., with an hour only for lunch. The longer hours would probably make it possible for the Government to dispense with a number of temporary employees.

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No. 568, for Ottawa, 2.30 p. m.—change at Smith's Falls.
No. 564, for Smith's Falls, 6.20 p. m.

Arrivals
No. 561, from Smith's Falls, 11.20 a. m.
No. 567, from Ottawa, 1.10 p. m., change at Smith's Falls.
No. 565, from Ottawa, 10.15 p. m.

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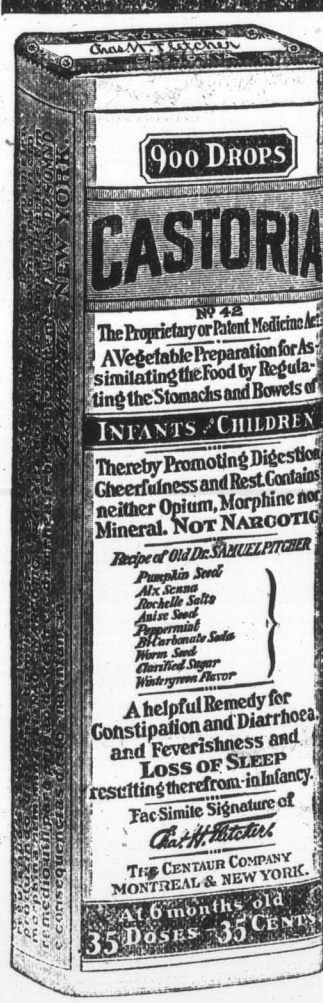
PIKEMEN IN BATTLE.

The Old Greek Phalanx Was Like a Mass of Live Barbed Wire.

It is a long reach back from modern war methods and big guns to the days of the pike and the battle-axe. But in its time the pike did deadly work and used in the phalanx was a terrible weapon.

A phalanx in the military affairs of Greece was a square battalion or body of soldiers formed in ranks and files compact and deep, with their shields joined and pikes crossing each other so as to render it almost impossible to break it. At first the phalanx consisted of 4,000 men, but this number was afterwards doubled by Philip of Macedon, and the double phalanx is hence often called the Macedonian phalanx. Polybius describes it thus:

"It was a square of pikemen, consisting of sixteen in flank and 500 in front. The soldiers stood so close together that the pikes of the fifth rank extended three feet beyond the front. The rest, whose pikes were not serviceable owing to their distance from the front, crouched them upon the shoulders of those who stood before them, and so locking them together in file, pressed forward to support and push on the former rank, by which means the assault was rendered more violent and irresistible." The spears of those behind also stopped the missiles of the enemy. Each man's pike was twenty-three feet long. A grand phalanx consisted of 16,384 men.



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