## THE SECRET OF THE SAHARA DESERT

THRILLING JOURNEY IN-TO THE UNKNOWN.

Mrs. Rosita Forbes Tells an **Amazing Story of Courage** and Adventure.

Deep in the desert of Sahara, in Africa, lies Kufara, the secret strong hold of the Senussi, an Arab brother who live an ascetic life in remote

Until lately only one expedition had succeeded in penetrating to this hidden spot, but now a new route has been marked on the map by a brave explorer, Mrs. Rosita Forbes, an Eng-lish woman, who, in her book, "The Secret of the Sahara: Kufara," tells stories of courage, adventure

It was towards the end of 1920 that Mrs. Forbes started from Benghazi, the Mediterranean end of an old caravan route across the African desert, n her journey into the unknown. She med Bey Hassanein, of whom Mrs. Forbes says: "When he first consent to accompany me into the Lybian desert he assured me that he came for a rest cure. Later on he assumed so many qualities that it was difficult to marriage, a fanatic of the most bitter type when it was necessary to impress the local mind, my Imam when we prayed in public, and a child when he lost his only pair of primrose vellow

### A Murder Pot.

Starting from Benghazi was sim plicity itself when compared to the getting away from the first stopping-A plot to murder Mrs Forbes by fanatics, who objected to her expedition on religious grounds, was discovered just in time. At last, however, the expedition was fairly "Mrs. Forbes had disappeared into space, and in her place was a Mohammedan woman called Khadija travelling with a kinsman, an Egyp-

scooping up sand, and then a silent little group crouching pitifully on the edge of the freshly-dug pit that meant life or death. The water came very slowly, but it came."

commendation from His Beatitude Sayed Mohammed Idris, Mrs. Forbes was received more or less politely by the Bedouin tribes on the way, and very graciously by the Emir's representatives at Kufara.

The "towns" of Kufara are strange, ecret places: "The whole life of an Arab town goes on within the high, impenetrable walls. Otherwise they are cities of the dead. I doubt if we saw a dozen figures in the streets of Jef, yet it has a population of seven hundred. The women never set foot outside their houses. It must be an extraordinary life within a few square walls. I have never been in any Eastern town where life was so reserved and aloof. Presumably the men gos-sip, but if they do so they do it in each other's houses, for one neve sees a group in the streets."

Mrs. Forbes tells how some of the happiest weeks of her life were spent in Syria as the guest of an Arab Prince, whose kindness was wonderful and only equalled by that of a Sherif of Islam, in Jedabia. "We asked Sayed Rida if we could send him anything from Cairo, our thoughts running to fewel or a gold inlaid rifle. He asked for a green parrot and some gramo

'You see," he said, "my life is rather lonely: It is not wise that I go out and show myself very much to our people. Our family is holy and we must live a secluded life. We may not see dancing or hear singing. Our people would not understand, but sometimes when I am alone late at night I play the gramophone, for I

love music very much."

In Lybia, smoking, drinking, and dancing are forbidden by Senussi law. At a banquet given to Mrs. Forbes At a banquet given to Mrs. Forbes by the Governor of the Senussi, there were scores of poached eggs on silver plates and fifteen vegetables among the edibles provided, to say nothing of twelve dishes of lamb cooked in dif-ferent ways, and bowis of curdled

## HEALTH EDUCATION

BY DR. J. J. MIDDLETON

Provincial Board of Health, Ontario

Dr. Middleton will be glad to answer questions on Fublic Health : wilters through this column. Address him at the Parliament Bldgs.

suppressed, that no refuse is left exposed, and that no persons who might be "carriers' come in any way into contact with the preparation of foot.

General cleanliness in the home and strength of propagation of courts there are many ways that

But remember to get vaccipated at the doubly sure.

One of the commonest causes of many ways. Sometimes a disease is death among young adults twenty-five communicable from one human being years ago was typhoid fever. Twenty-to another, sometimes they are even

or at a lake resort where no proper similary precautions are taken. The water and milk supply are the chief person acting as nurse may get consucres of infection at summer resorts, but foods contuminated by flies or by but foods contuminated by flies or by lies or the bedclothes, and then combut foods contuminated by flies or by lies or the bedclothes, and then combut foods contuminated by flies or by lies or the bedclothes, and then combut foods. No one who ling in contact with food. No one who ling is contact with food with ling in contact with food. No one who ling is contact with food with ling is contact with food. No one who ling is contact with food with ling is contact with food. No one who ling is contact with food with line is contact with food with ling is contact with food with ling is contact with food with ling is contact with food with line is contact with lin handling, raw vegetables washed in ing in contact with food. No one who any species of fish every bit of infor-infected water or taken from fields has any symptoms of communicable mation that can be gained regarding fertilized with night-soil, systems and disease or who is nursing a patient its life history is of value. Whence

I did not teel very thirsty myself, yet the splendid realty object to having the house placarded, this simple procedure are in evidence although by this means others who may one of a thoughned persons only one tour skins had become extraor, wherever it has been tried and particulately the disease are delerred from reaches the age of one hundred years, similarly dry and particulated to the splendid of the Bey Scouts Association.

General cleanliness in the home and attention to personal hygiene also prevent the spread of typhoid.

Of course there are many ways that germs are transmitted, which cannot be prevented by individuals. Two of prevented by individuals. But remember to get vaccinated at those ways are by infected water and the earliest possible moment and make infected food. In Onterio the Propassurance of not catching the disease, vincial Board of Health has officials

Minard's Liniment Lumberman's Friend Out of Toronto alone there were forty-six camps attended by seventeen hundred systems. Although those camps continually on the lockout for infec-tion in food and water, and it is by

Do you know what constitutes

To have sound, healthy nerves, completely under

control, digestive organs that are capable of absorbing a hearty meal, means you have a strong constitution!

Your general attitude is one of optimism and energy.

But an irritable disposition, frequent attacks of indigestion, and a languid depression, indicate your

Probably you are not eating the proper food.

Grape-Nuts is the wholesome, delicious cereal

that promotes normal digestion, absorption and elimination, whereby nourishment is accomplished with-

out auto-intoxication. A mixture of energy-giving

wheat and malted barley comprise the chief elements

of Grape-Nuts. A dish at breakfast or lunch is an

You can order Grape-Nuts at any and every hotel, restaurant, and lunch room; on dining cars, on lake boats and steamers; in every good grocery, large and

Grape-Nuts-the Body Builder "There's a Reason"

small, in every city, town or village in Canada.

Probably the nutritious elements are not being

supplied to your system in the proper way.

a strong constitution?

system is not in correct working order.

excellent, wholesome rule to follow.

the Board that the province will be kept as free as possible from all pre-ventable outbreaks of disease. Labcratory workers in every civilized country are carrying on retearches in this great buttle against disease and Strengthens the Nerves. So many avenues are open for the distribution and spread of diseases

How Codfish Are Tagged.

customs, prayed to their God, lived their life."

It is impossible to give any idea of the hardships endured by the course agreed and infection may get into the warry on the way to Kufara: The description of New Year's Day in the description of New Year's Day in the description of New Year's Day in the description of New Year's Day dawned glorolity. When had two indifferent for two days and less than a pint a day per person.

"We had two indifferent for the came and the hardships endured of the sight hundred and bursty county water for two days and less than a pint a day per person." "It was a terrible walk. Evaryone knew that, I thanny is partially and any experience of typhus is transmitted. Personal unclearing the medium with typhola water for two days and less than a pint a day per person." "It was a terrible walk. Evaryone knew that, I thanny is partially and all the description of the protecting the individual against avaidable infection with typhola vector in the measures should be taken. The zarest of typhus is transmitted. Personal unclearing the medium through which the grant and the control of the protecting the individual and the protection from these description of the protecting the individual and the protection of the protecting the individual and the protection from these irritating petation. The dangers of the protecting the individual and the protection from these irritating petations and the protection of the protecting the individual and the protection from these irritating petations and the protection of the protecting the individual and the protecting the individual and the protection from these irritating petation of the protecting the individual and the protection of the protection from these irritating petations and the protection from these irritating petations and the protection of the protecting the individual and the protection of the protec

Perfect Confidence.

Jones-"Heaven bless him! He Rebinson-"In what way?" Jones-"He lent me an umbrella."

were early inhabitants of this country besides all the games, and fun, and en-and that Stonehenge was a temple tortainment, the boys found time to The fact that it was a temple has enqualify themselves for hundreds of abled us to find the date when it was Boy Scout badges and awards.

These early men were sun worship-pers, and they laid cut their temple Agriculture, and Hon. Dr. A. S. Grant,

between the present line of the sun's the boy and which help his parents rays and the old one. This enables to help him, but the best is the Boy us to calculate that Stoneheage must Scouts. I are very glad to see you have been built about the year 1900 have the Boy Scouts in the port and

## A POPULAR TONIC

and Strengthens the Nerves.

Proper food, frech air and a good

that it is difficult even with our pro-gressive legislation to prevent out-breaks, although we take energetic finement in badly ventilated r aks, attnough we that stamp out and lick of exercise causes anaemia.

In this condition Dr. Williams' Piuk

In this condition Dr. Williams' Piuk in badly ventflated rooms Own—Tanke Restored—that you would rather be in calculation of the rest and you may adult away. So would return the part of the years ago was typhoid fever. Twenty five years ago was typhoid fever. Twenty five years ago was typhoid fever. Twenty five years ago was typhoid fever. The same and the same are the result by water. It is easy they can be so so of years are the result by water. It is the same and the same are the result by water. It is the same and they are doing. A family in the same and they are doing to the same and they water and they are doing to the same and the Fills are a popular tonic. They con

this year's Previncial Scout Rally at . In the excitement of the occasion, sootiest place in England, Hull and Teronta Exhibition. A vertiable cloud John turned in the direction of his Newcastle-on-Tyne being second and burst broke over the Exhibition newly-acquired partner and stammer—third. fertilized with night-soil, dysters and disease or who is nursing a patient various forms of shell-fish from sew- age polluted waters, and bathing in infection. The drinking water supply tion or cooking of food. Again, a fifteen contaminated by the privation of cooking of food. Again, a so clue typhoid tion of cooking of food. Again, a so clue typhoid tion of cooking of food. Again, a so clue typhoid tion of cooking of food. Again, a so clue typhoid tion of cooking of food. Again, a so clue typhoid tion of cooking of food. Again, a so cooking of food. Again, a so cooking of food again, a so cooking of food again, a so contaminated by the privation hospital, after having had contents leaking through porous soil scarlet fever. Its nose and throat may or through cracks and fissures. For be clean at the time of leaving the season the greatest care should hospital, but, a day or two later, note the man and again to amount of attenthis reason the greatest care should have anything to do with the preparation of the usefulness of tagging the codish.

WHEN BABY IS II.

When the baby is ill; when he cries a great deal and no amount of attenthis reason the greatest care should have anything to do with the preparation of cooking of food. Again, a supplied that the usefulness of tagging the codish.

WHEN BABY IS II.

When the baby is ill; when he cries a great deal and no amount of attenthis reason the greatest care should hospital, but, a day or two later, note that the usefulness of tagging the codish.

WHEN BABY IS II. grounds at the very hour the assembled cd. "I'm pleased to meet you." Scouts were to march past Provincial Commissioner W. K. George, but that did not deter the boys from carrying

that our skins had become extraors wherever it has been tried and particularly dry and parched. Our lips and gums were cracked and sore."

Cities of the Dead.

And then at last they came to water. "I remember tottering down a hollow and seeing some nude black figures scooping up sand, and then a silent little group crouching pitifully on the little group crouching pitifully on the little group crouching pitifully on the last our skins had become extraors wherever it has been tried and particularly there are many people who object to be quarantined. Similarly there are many people who object to be quarantined, on account of personal inconvenience, although by having been in contact with a person suffering from infectious disease they are liable to spread it over the whole community.

It is not through ill motives that.

Council of the Boy Scouts Association, reaches the age of one hundred years, while only one couple in eleven thous. He also wears the "Silver Wolf"—wedding. Canadian Scout official the other day, in reference to it. By this he meant it was not an honorary decoration, but to see that the water supply is pure, that the milk is clean, that flies are "And I earned it too," he said to a of Canadian Scout official the other day, an When ordering goods by mail send it was not an honorary decoration, but one which he carned just the way an one which he earned just the way an an

Reports of over one hundred Boy owed confidence in me when the Sccut camps held in different parts of the province during the past sum.

Scholaron "In what reas"

Of the province during the past sum results. mer have already been received at Provincial Headquarters, these camp Minerd's Liniment Lumberman's Friend Out of Toronto alone there were fortycontinually on the lockout for infection in food and water, and it is by Disease germs can be distributed in co-operation between the people and stones which we call Stonehenge. No one can say how they were placed in accident marred the happiness of any position, or by whom the work was done. All we know is that the builders scheme of directed recreation.

that at sunrise on Mid-summer Day Minister of Education, participated in so that at sunrise on Mid-summer Day the rays of the sun shone directly upon the great altar in the midst of the circle. As the earth does not spin quite truly on its axis, but wobbles slightly, like a top that is nearly run down, the position of the sun at Midsummer is always changing slightly. The rising sun does not now shine straight on the high altar on June 21st. We know the rate of the earth's wobble, and we can measure the difference between the present line of the sun's time greatest asset of all countries, of all districts and of all industries. That is the boy—the rising generation. B.C., or three thousand eight hundred I am particularly proud to be in a position to ask the Hon. Dr. Grant, Minister of Education, to present the colors

## BITS OF HUMOR FROM HERE & THERE

Got His Wish.

Magun-"I came across one of you said that you would rather be in endiess forment with me than in bliss by yourself."

Little Douglas had been told that h must always wait patiently until he was served at meals, and not cry



COARSE SALT

LAND SALT Bulk Carlots TORONTO BALT WORKS 6. J. OLIFF - TORONTO

## ASPIRIN

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Men are known by the company they coep away from.

A promise should be given with can be provided by any lost time and lost with care.

The discontant the particular the particular to the standard then ew colors over age for Colds, Headache, Neuralgia, to the Troop, after which the whole party left the platform.

The marking Earnel, Toothache, but by any lost time to following the directions and decage by following the directions and decage by the platform the platform to the platform the platform to the platform the platform to the p tion and kept with care.
You cannot build a reputation on the things you are going to do.
If you have a minute to spare, don't worry a man who hasn't.
Truth is clastic but don't stretch it unless you want it to filly back and sting you.

Prudent persons are like pins—the'r heads prevent them from going too far.

Test the early Fall is the very best time of the year for the formation of new Boy Scout troops. Full information regarding Secuting, and with particular reference to organization work, may be had upon application to the Feld Department, Boy Scouts Araccalical Department, Boy Scouts Araccalican. Bloor and Sherbourde Streets.

Torento,

## FOREMAN WHITE IS BACK ON JOB

FEELS LIKE ENTIRELY DIFFERENT PERSON.

your old letters to-day, George, where Had Suffered Complete Breakdown-Tanlac Restored

"According to my custom," said the minister, "i turned to the bridegroom which make it useful as an internal

"In the excitement of the occasion, sootiest place in England, Hull and

Ask for Minard's and take no other.

Experience is always teaching, and those who are no better are those who think they know better.

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WANTED -YOUNG LADIES OF good education to train as nurses.



## CUTICURA PREVENTS FALLING HAIR

If your scalp is irritated, and you hair dry and falling out in handfuls hair dry and failing out in Bandula, try this treatment: Touch spots of dandruff and itching with Cuticura Ointment and follow with hot shampoo of Cuticura Soap. Abso-lutely nothing better.

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After Long Suffering Mrs. Peasey Restored to Health by Lydia E. Pinkham's Vegetable Compound



worst symptoms were dragging down pains, so bad down pains, so be I so met ime a thought I would crazy and I

some poor woman use them as you please."—Mrs. J. F. Peasey, 387 King St., Toronto, Ontario.

If you are one of these women do not suffer for four or five years a Mrs. Peasey did, but profit by he experience and be restored to health

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