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Relieve The Kidneys and Bladder
Like Ordinary Medicines
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When the kidneys get out of order the back is sure to become affected, and dull pains, sharp pains, quick twinges all point to the fact that the kidneys need attention.

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Mrs. Lizzie Melanson, Plympton, N.S., writes: "I am sending this testimonial telling you what a wonderful cure Doan's Kidney Pills made for me. For years I had suffered so with my kidneys I could hardly do my housework. I used several kinds of pills, but none of them seemed to be doing me any good. At last I was advised to try a box of Doan's Kidney Pills. When I had taken the first box I found relief. I have used five boxes, and to-day I feel like a new woman. I cannot recommend them too highly."

Doan's Kidney Pills are 50c. per box, 3 boxes for \$1.25, at all dealers or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.

When ordering direct specify "Doan's."

The Home Doctor

By Dr. Leonard Keene Hirshberg, A.B., M.A., M.D., (John Hopkins University.)

The Preyers and the Preyed Upon

MOST living creatures, certainly all animals, may be considered as the quarry or the hunter, and many of them are both the prey and the preyer. Some run away in order to live and fight another day, while others are eternally aggressive and never act as protectors. Should they be possessed of armor as an oyster or a turtle or piercing, offensive darts such as the spiny puffer fish or porcupine, they play the appropriate roles, which such an equipment offers them.

The hermit crab, unendowed by a careless development with either an offensive or defensive equipment, hies itself to the empty, cast off shells of snails, and thus obtains a fine lot of second hand armor at no expense to itself.

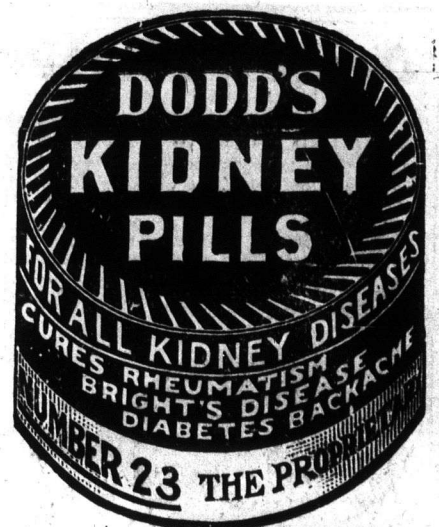
The cuttle fish and the octopus—also called the "devil fish"—has adopted itself to its dingy surroundings in this way. That is to say it escapes its enemies and protects itself from danger by discharging, not a poisonous bromine gas such as the Teutons do, but an inky fluid which

ly with their environments and whose colors ward off by concealing them, the very enemies that seek their destruction.

At times, but less commonly, the animal will be marked, colored, and patterned to match one particular object, such as a twig, a leaf, or a branch of a tree. The wings of the katy-did are veined like a green leaf. The larva of moths resemble the shape and color of a dry twig; the hibernation state of many butterfly cocoons mimic the dried and crumpled leaves of autumn.

True enough, not all animals are colored merely for defense. Many others such as the bumble bees and wasps, beetles and other bugs, like Cyclops himself, are strikingly colored apparently to strut around and bully other creatures into terror of their flaming tints.

This aggressive kind of advertisement, which bumble bees and other creatures use to herald with noiseless trumpetings, their impressive assaults, is used to advantage by many others that lack the lance of the bee creatures without means of defense. On the wing, many weak



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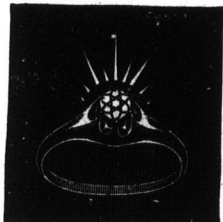


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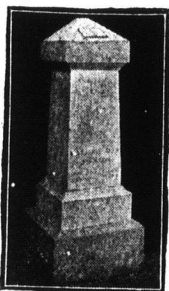
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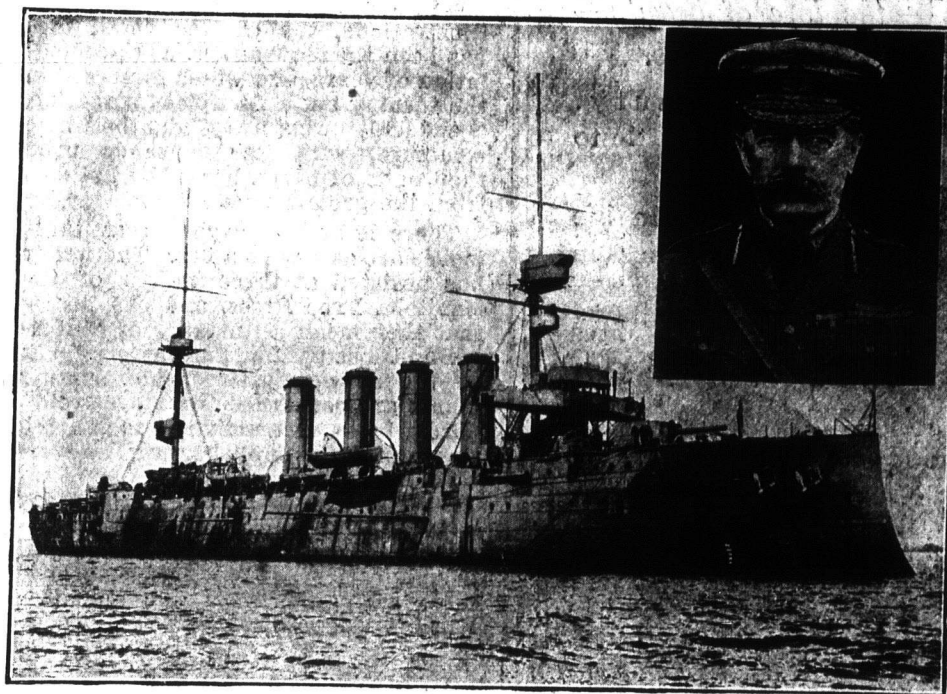
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Earl Kitchener, British Minister of War, and his staff were lost when the British cruiser "Hampshire" was sunk to the west of the Orkneys by a mine. The cruiser was on her way to Russia

blackens the surrounding water so that it can make good to escape.

When a sparrow darts into the shadows of a large tree, you lose sight of it. Why? Because all white and yellow birds have been destroyed, captured, killed, and otherwise eliminated. Those that are protected by their colors, escape the strained eyes of the hunter and trapper. An insect such as a butterfly flies out of the bushes and you are startled by its iridescent beauty. You chose it, and lo! it ceases to be distinguished from its surroundings. The glorious array of colors, while on the wing, makes it abrupt fusion with the foliage into which it flits, all the more amazing. When at rest it harmonizes so completely with the background that it cannot be recognized by sharp search.

This is called by naturalists "protective coloration." The gulls of the white sea shore are white, the living things of rock are slate colored or striped; those of the deserts are sandy, inconspicuous tints. In the leafy depths of the forest, insect, reptile, and bird-life have greenish tints. Robin Hood and his men recognized unconsciously the value of green garments in the greenwood. The tree-fog, the katy-did, and other creatures of the woods and fields are green to conform best with their surroundings.

The very animals which look most gorgeous to the eye, when brought to the circus, the zoo, the museum, or stage, such as parrots, gold fish, butterflies, and caterpillars are often the very ones that merge most complete-

and unprotected flies, therefore, escape their enemies of man, too, because they are mistaken on the wing for stinging insects.

The monarch or milk-weed butterfly, "Anosia" is often confused with the viceroy butterfly, "Siminitis." The larva of the monarch feeds upon the milkweeds and thus as prey, itself, it must have a nasty, repulsive taste to birds. The viceroy butterfly, on the other hand, is such a delectable morsel, that birds hanker for it as a lover for his loss, or a glutton for his supper. The latter looks so much like the monarchs that even naturalists are deceived by the masquerade. It, therefore survives and escapes the hungry beaks of the air creatures.

So it goes throughout living types. Men imitate the dress and style of other men with the same unconscious aim of escape from their own shortcomings or to achieve the conquests which others have made.

The Tide

Psalm 93: 4.

The tide rolls in and the tide rolls out; For strong is the heart of the ocean: And there is no place for depression and doubt:

Peace reigneth beneath the commotion.

The tide rolls out and the tide rolls in; And men in their weakness are pleading:

But Goodness unfailing the battle shall win:

The work is most surely succeeding.

The tide rolls east and the tide rolls west; And men like the waters are moving: And God is directing in ways that are best; For He is most patient and loving.

The tide rolls west and the tide rolls east; And hearts like the tempests need stilling: But He who forgets not the frailest and least Is always His purpose fulfilling.

The tide rolls on so boundless and wide, And men are its wonders beholding; And grand is the roll of the temperance tide Which now is all nations enfolding.

Deep is the voice which speaks in the tide; And grand is its music which rolleth: And plain is the message which bids us confide

In Him who all nature controlleth.

T. Watson.

Iona Station, Ont., 1913.