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You may be able to defend yourself from a frontal attack, but how about it if you are held up from the rear?

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You may be held fast for months in the grip of constipation, trying vainly to free yourself by taking castor oil, pills, salts, mineral waters, etc., in order to force the bowels to move. Not only will the constipation grow worse with the continuance of such remedies but you will be less able to defend yourself against the attack when it comes.

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Nujol Laboratories, Standard Oil Co. (New Jersey) 50 Broadway, New York. Please send me free booklet "Thirty Feet of Danger"—constipation and auto-intoxication in adults.

Name _____ Address _____

Bavaria Not Included? In Peace Conference

(Special to The Guardian)
BERLIN, April 12.—A special despatch from Hamburg to the Vossische Zeitung says that the German Government has announced that the Entente powers have informed it that Bavaria is not to be included in the conclusions of peace and that measures will be taken to prevent any Entente foodstuffs from reaching Bavaria. The German National Assembly has established a committee of twenty-eight members which will be charged with the duty of carrying on peace negotiations.

GERMANY'S VOLUNTEER ARMY FROM CYRIL BROWN.

Special Cable to The Mail and Empire
BERLIN, April 11.—News reaching here from all parts of Germany show that the struggle is on for the body and bayonets of the new German volunteer army. I have private information that the German General Staff expects this movement to reach a crisis during the coming fortnight. By the hardest and most tireless work, the General Staff and the War Ministry, under Minister Gustav Noske and his commanders, have succeeded in whipping the volunteer army into a fine fighting organization compared with the old German army at its best.

This evolution of the new German army was thus explained to me by one of General Ludendorff's able staff officers: "Von Hindenburg saved Germany when he won his greatest victory—over himself—and remained at the head of the army. He is monarchistic at heart, but nevertheless, from that moment von Hindenburg and the entire corps of officers have fully supported the Socialistic Government, and they will continue to do so."

I gathered from this staff officer that the driving power behind the paradoxical loyalty of these military monarchists to the Socialistic Government is their realization of the deadly peril of Bolshevism and their determination to save the Fatherland. Having lost the war, Kaiserless militarism sees its sole enemy in Bolshevism.

New Army Well Disciplined.

"Von Hindenburg got the army home in perfect order," my informant continued, "but after reaching home, being exposed to democratizing influences, the old army went to pieces. We have succeeded in organizing an efficient new volunteer army which now embraces the best elements of the old army and the flower of the surviving old officers' corps and the non-commissioned officers' corps. Its discipline is of the very highest order. If we can keep command over this army Germany will be saved from Bolshevism, unless an unbearable dictated peace causes irresistible reaction."

It will be the decisive struggle between the Soldiers' Soviets and the Hindenburgian highest leadership for the power of command. This is the key to the German situation.

If the Soldiers' Councils succeed in wresting the power of command from the hands of the present authorities it means inevitable Bolshevism; if they fail, it means that the Ebert Government will continue to be supported by a loyal army and possesses sufficient power ruthlessly to suppress Bolshevism.

Soviets Want to Control Troops.

In other words, the German volunteer army has become a Praetorian Guard. Its partisanship will be decisive. It can maintain or compass the fall of any Government which it chooses to support or oppose. It is the dictator of Germany.

The struggle for the command of the army, which has been long going on clandestinely, will begin openly and formally to-day when the Second National Congress of the Workers and Soldiers' Council meets in Berlin. The Congress, it is expected, will decide in favor of taking the power of command out of the hands of the army's present officers. At the moment the volunteer army is standing loyally by its old officers, and if the officers lose control, the army will form a dangerous fighting nucleus of a German Red Guard.

Some men act like hogs and there are others who do not need to act.

Time works wonders. So would man if he put in twenty-four hours a day, like times does.

"I see that somebody says many a man is a poet without knowing it." "Well, that's something we've got to be thankful for."

Visitor (to facetious farmer)—"I'd like to know why on earth you call that white pig 'Ink'?" Facetious Farmer—"Because he's always running from the pen!"

Ontario Loan Successfully Floated

(Special to The Guardian)
TORONTO, April 12.—Provincial Treasurer McGarry may take justifiable pride in the terms he has secured for the flotation of a \$3,000,000 provincial loan. The successful tenderers are C. R. Clapp and Co., 13 Adelaide St. East who bid 101.134. The loan is for 5 1/2 percent, gold bonds for a term of three years and the cost to the province is only 6.10 percent. The term is short because the treasurer hopes to secure even better terms than in the present state of the world's money markets. The terms he has secured are regarded as very good.

100 DEAD IN TEXAS KILLED SLEEPING

DALLAS, Texas, April 12.—One hundred known dead had been listed as victims of the tornado which yesterday struck northern Texas southern Oklahoma and parts of Arkansas, when order began to form today from the chaos caused by the storm.

The injured, some of them so badly hurt that they cannot recover, are expected to number several hundred. The property damage, while it will run into many thousands of dollars, will be smaller than at first expected, as the path of the storm avoided all principal towns, striking only farm houses and smaller villages.

Last night the homeless were cared for by their neighbors. The storm in its erratic course did not devastate any entire regions, often leaving several houses untouched and then dipping in and demolishing the next few homes.

The hour at which the storm struck probably cause the high death rate. Nearly all of the houses destroyed contained sleeping people. In most cases the first reports heard of the storm by the sleepers was when the wall crashed down upon their beds.

THE REAL TRUTH ABOUT RUSSIA

LONDON, April 13.—What is the truth about Russia?

That is the question which the bewildered British public is now asking, having been informed last week that Archangel was in danger of becoming another Kut, and that two cruisers, loaded with American troops were hurrying to the relief of the hard-pressed Allied expedition. Today comes the word that the American authorities are surprised at the news that soldiers were despatched to Archangel, the engineers being intended to help in the withdrawal. The British War Office described the situation in Murmansk as improved. It says:

"Announcements that reinforcements are en route has overawed the leaders; those Finns, Karelians and Bolsheviks who had planned the uprising on a large scale."

Two interesting points immediately arise. First, how did these "leaders" learn about reinforcements so quickly? The first public announcement was made last Thursday and today's War Office communique was dated the following day from Murmansk. Second, what will be the effect on these "leaders" when they learn that the American reinforcements consist of only a few hundred engineers.

The British are not at all satisfied

Salt sif Backachy And Kidneys Hurt

Stop eating meat for a while if your Bladder is troubling you.

When you wake up with backache and dull misery in the kidney regions it is generally means you have been eating too much meat, says a well-known authority. Meat forms uric acid which overworks the kidneys in their effort to filter it from the blood and they become sort of paralyzed and laggard. When your kidneys get sluggish and clog you must relieve them, like you relieve your bowels; removing all the body's urinous waste, else you have backache, sick headache, dizzy spells; your stomach sour, tongue is coated, and when the weather is bad you have rheumatic twinges. The urine is cloudy, full of sediment, channels often get sore, water scalds and you are obliged to seek relief two or three times during the night.

Either consult a good, reliable physician at once or get from your pharmacist about four ounces of Jad Salts; take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then act fine. This famous salt is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to clean and stimulate sluggish kidneys, also to neutralize acids in the urine so it no longer irritates, thus ending bladder weakness.

Jad Salts is a life saver for regular meat eaters. It is inexpensive, cannot injure and makes a delightful effervescent lithia-water drink.

THE PROBLEMS OF PEACE

call for intelligent patriotism of the highest order—"reconstruction" in the home as well as in business—better food for growing children and for men and women who do the work of the world.

Shredded Wheat

comes back to the breakfast table with all its crisp and tasty goodness, its body-building nutritive value unimpaired, unadulterated. Start the day right by eating it with milk or cream. Your grocer can now supply the normal demand for your favorite breakfast cereal

MADE IN CANADA

with the original announcement, and the subsequent statements. Questions will be asked in Parliament. The British are beginning to believe that there are divergencies of opinion in the Government itself, especially as the despatches from Paris attribute entirely different views to the British delegates. The British want to know whether the effort was made to stampede the public into a new policy.

At this moment the whole Russian situation is perplexing. The best information is to the effect that the Bolsheviks are growing in strength, both politically and militarily, that Lenin has made a definite offer to the Allies, that the Paris delegates are far from agreed on the policy to follow, that all believe that a peace without something approximating a settlement in Russia will be no peace in fact.

WILSON LONE HAND BLAMED FOR STIR AGAINST LEAGUE.

The "Morning Post" of London, has received from an independent journalist in America what it describes as a frank statement of public feeling in the United States concerning President Wilson and his ways. It publishes the statement as follows:

"The trouble with the President is not that he is an idealist, but that he is a dogmatist. With all his talk about moral forces, he remains a very practical politician. He is the most partisan President we have had since Andrew Jackson. He has constantly discriminated against New England, New York and Pennsylvania in favor of the South and the Democratic sections of the West.

"Nor has he been willing to take the advice even of the leaders of his own party, but has depended upon a few subservient adherents in both houses of Congress to carry his measures through, much as George III depended upon those who were called 'the King's friends.' He has treated the members of his cabinet like clerks, giving them complete charge of the routine of the departments, but seldom taking their advice. His attitude, in short, has been that of the schoolmaster.

"During his first administration he was able by this use of his personal influence, to secure some desirable legislation. His popularity in Washington was not great, but his skill in public speech won for him a large following among the people. Americans, despite their democratic ideas have always admired the 'strong' man been willing to trust him. But in time of war the personal and partisan element may be a danger."

"In spite of the apparent potency of the phrase, 'He has kept us out of war,' so constantly reiterated during the election, it is fair to say that the country as a whole was far more ready than the President, though its military unreadiness was undeniable, to join the Allies. He prevented due preparation for an event clearly foreseen, on the ground that Germany would have legitimate cause of complaint if we appeared to threaten her. Voices were raised in warning, Roosevelt, Lodge, Leonard, Wood, all spoke out bravely, and thereby earned the President's undying enmity.

"The pettiness which kept our most distinguished army officer at home all through the war because he had advocated preparedness at a time when the President opposed it reveals the weak side of Mr. Wilson's character. His refusal to allow Mr. Roosevelt to go to France was another example of the same unamiable quality.

"The truth is that the President has an exaggerated belief in the power of mere words. As a friend of mine once said, his attitude is that of the man of

SPRING FROCKS SHOW TUNICS AND LONG LINES

Although the majority of the skirts in the new suits are straight and narrow many of the new frocks show a tunic dropped over the garter skirt to give the appearance of greater fullness. This tunic is usually rather long. The waist line is long rather than short, and in some of the first models to come over, notably those of Bulloz, in dresses of satin and serge, long-waisted effect, the oval neck, the rising tide of anger grew slowly but relentlessly.

"The President was pushed into war; he did not set the pace. Up to the last minute he employed every possible expedient to stave it off. Nor was this all. After war was actually declared time was wasted in futile delays. It was not until England and France had urged the sending of troops that troops began to be sent. Fortunately, our navy was ready—no thanks to the Secretary. But the War Department was in the hands of a pacifist. At a critical period it had, as Senator Chamberlain said, 'ceased to function.' No one can say what the cost in blood and treasure was.

It is the people who come early to avoid the crowd that make the crowd.

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