## Said To Have Wedded Forty-Nine Women

SUPER-LOVER or hyper-husband a title we expect to see some Am-rican newspaper reporter fasten upon igmund Engel if he is caught and ied for bigamy. The police are now oking for him, and almost daily are lding to the list of his victims. Some lieve that he married at least forty-ine women, all of whom he defrauded sums ranging from $5.000 to $100, for a grand total not far from million dollars. Since he has used any aliases, it is difficult to learn ow many women he has married, whether there were two or three udelers operating at the same time d using similiar methods. If there re, then Engel or John Weidemier, Authur Brooks, or Baron Beaver-rook or Karl von Edward, as he was riously known, may have married ty, ten or twelve women. In the eantime he is dodging the police, hav-g jumped his bail in St. Louis. One the charges brought against him here was of violation of the Mann act, hich is a more serious offence than igamy in the United states. A long rison term seems a certainty for him he is caught, and he is likely to be ught, for surely he cannot travel far ithout colliding with a former wrong-wife.

**Mann Act Offence.**

The escapade which brought about arrest was not quite in his usual ne. Matrimony was not involved. rs. Margaret Hoffmann, the young ife of a Chicago furrier, found Weid-emier as attractive as had many other omen and took a trip with him to St. ouis. But the furrier was not content wash his hand of an unfaithful wife. e discovered where the erring pair d fled, and he hastened after them give information to the St. Louis olice. The husband and the police onfronted the guilty pair and the wife ung herself on her knees before her usband, asking him to save her. "It's oo late," said Hoffmann, turning his ack. "You'll have to talk to the police now." The talk to the police could t have been satisfactory to anybody. an and women were held in custody, and their pictures were published in the newspapers. There they were seen by many people including many former wives. The first to arrive on the scene was Mrs. Esther Wexler Brooks, who came forward to testify that the pris-oner had married her in Minneapolis.

**Had Plenty of Money.**

When arrested the fugitive had more than $25,000 in cash on him, and of this amount $15,000 was held by the police to compensate the Wexler fam-ily. Hardly had he got out of bail be-fore other women bgan to communicate with the St. Louis police. All had practically the same story to tell. All of them had been wooed and won by this stockly built, fifty-year-old man, who was no Valentino in appearance but was a Chesterfield in manners, and who spent so much money so freely and with so much tact upon those he had marked down for his victims. The pol-ice think that he came originally from London, and one of his victims testi-fied that she had learned that he has a wife and children in Scotland, to whom he regularly sends money he has extracted from other women. He has been in the clutch of the law before, and was sentenced in 1917 under the name of Dr. Har' Von Edwards. If the police theory is correct. His victim was Mrs. Minnie K. Stranghan, widow of a Buf-falo brewer. He met her soon after her husband's death and said that he was interested in buying her holdings. She found him a fascinating companion and presently marriage was discussed. But probably Von Edwards thought that he could not quite pull it off, for he chose to snatch her hand bag con-taining cash and jewelry valued at $35,-000 rather than take his chance of get-ting hold of the late bewer's millions.

**Sent To Sing Sing.**

But the widow pursued her recreant lover and ran him down in Detroit. His trial was rather sensational, for the prisoner posed as a man deep in the plots of the German Government, who had been offered $1,000 a week to or-ganize strikes in munition plants that were working for the Allies. At the time of the trial other women whom he had victimized turned up. Mary Ward, a vaudeville actress, was one of them. Von Edwards under the name of Wal-lace, had told her that he was a dis-tinguished author and had promised to make her fortune. He borrowed $1,600 of her savings and disappeared, Miss Cora Milan, also a lady of the theatre, deposed that her acquaintance with him and cost her mother $12,500. Both women were left stranded. Von Ed-wards was found guilty and was sen-tenced to a term of from seven and a half to thirteen years in Sing Sing. He was paroled after having served four years and broke his parole. Since then he has kept out of sight of the police, although he has been extremely active at his old tricks in the mean-time.

**An Educated Crook.**

Engel is said to be a man of educa-tion. One of his wives said he speaks four languages. His victims were gen-erally middle aged women, who prefer-red what they mistook for solid virtues to a flashy, youthful appearance. Mrs. Virginia Martin of Washington, thou-ght she was becomming a Barroness of England when the supposed "Baron Beaverbrook" married her last June. He confided to her that he was in the United States on an important mission for the British Government and that for the meantime he might not use his title. He certainly acted like a mil-lionaire for he gave Mrs. Martin pre-sents worth $35,000 before they were married. As a matter of fact the pre-sents were the property of Mrs Rose M. Burken of New York, another victim whom he had handsomely defrauded. A week after going through the cere-mony in Washington he left Mrs Mart-in and took with him $40,000 of her money. This affair got into the news-papers and led Mrs Burken to hurry down to Washington to claim the prop-erty. Two weeks before the Martin marriage he is said to have married a woman named Mason and evidence shows that when he was on a honey-moon with one woman he was always planning the conquest of her success-or.

# FOR THE WOMAN READER

## BY FLORENCE RIDDICK BOYS

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### THE SECRET OF SUCCESS.

By Howard Hilles.

A straight line is the shortest dist-ance between two points.

How simple is the secret of success!
Just Euclid's axiom—little more, or less—
The goal, the straight line, and the for-ward press!

We learn it from our little friend, the bee:
How notably industrious is he
Making "bee-lines" across the flowery lea!

Choose your own goal, then seek it without pause,
Don't turn aside for any case or cause;
You'll win the game, the glory the applause.

On every side you'll hear the S O S
Of human hearts in shipwreck and dis-tress,—
Don't heed them—you must onward, upward press!

This is the recipe—it's entirely free—
If you don't follow it you can't blame me,
But if you do you'll "get there!"

### A STUDY OF FLOUR

Wheat flour is best for bread mak-ing, since it contains gulten, —a sticky, elastic substance which stretches and holds the air bubbles which makes bread light.

The ancients used "unleavened bread"; but we prefer a bread in which some leaven, or lightening substance, has been used to make it "rise" and become less solid. Leaven is a tem-porary substance injected into a mass of dough. It has a chemical re-action and creates bubbles. If the flour contains plenty of gluten, it is not tough and rubbery enough to hold the air bubbles and therefore falls and is solid and "heavy".

This explains the reason for having the oven hot when the dough is first put into it, that the dough may be baked stiff quickly and no drop as soon as the gas in each bubble es-capes. after its form is "set" the oven need not be so hot, for thorough baking.

Spring wheat flour contains the most gluten, and is therefore best for bread making. Kneeding dough de-velops the gluten so that it can be stretched like rubber and each bubble expand like a baloon.

For cake and pastry, which we do not want to have large bubble holes, we use a flour with less gluten and more starch or, we "shorten" the str-etching power of gluten, by adding "shortening", that is, some kind of fat. Sugar will do the same thing.

Winter wheat flour has more starch and less gluten than spring wheat flour and therefore makes a finer, softer dough and is suitable for cake and pastry. If one adds two table-spoons of corn starch to each cup of flour, it produces the same effect. Commercial cake flours are prepared by removing some of the gluten from flour and sifting the flour through many meshes of fine silk. Such flour does not have the same thickening power as ordinary flour and more flour must be used. One may make a cake more soft and delicate by add-ing two tablespoons of corn starch to each cup of ordinary flour. If one uses prepared cake flour, of course, this rule does not hold, for it has al-ready been treated.

If one uses a flour with much glut en, yeast is a good leavening a-gent. But if one uses a flour which has more starch and less gluten, or if one "shortens" the flour with fat or sugar, some quicker leavening a-gent must be used—such as baking powder or soda—for the stretchin qualities of the dough would not be strong enough to hold the bubbling gas during the long time necessary to develop it with a slow agent.

### BETTER HOMES.

Last year nearly two thousand com-munities in the United States obser-ved Better Home s Week. Almost double that number will do so this year, April 25 to May 1. The plan is for the community to build or bor-row a house for the week, which will represent the most attractive type of inexpensive small home suitable for that community. The house is open to the public for the week and there are hostesses from various or-ganizations to explain the plan of the house, the arrangement of the furniture, the labor-saving devices and other de-tails.

Women.s clubs are having a part in this work, of especial interest to women. They are arranging contests for gardens, improved kitchens or liv-ing rooms, beautification of premises, and best home library lists.

Chambers of Commerce, civic associ-ations, newspapers, and school children are cooperating in this work.

Herbert Hoover is president of the Better Homes movement and the head-quarters address is 1653 Pennsylvania avenue, Washington, D. C. The move-ment was begun several years ago by Mrs. William Meloney Brown, editor of the Delineator.

### TO MAKE CUT FLOWERS LAST LONGER..

To keep your cut flowers fresh, add salt to the water. This helps nour-ish them and will make your roses last longer. Laundry bluing in the water has the same effect. If your bouquet shows signs of wilting, revive it by plunging the stems into boiling water.

### EVERYTHING BUT—

"We women learn to do everything in the house, except enjoy ourselves", said a prominent club women.

All our, business enterprises, all our government, these are conducted for one purpose only: for the sake of the home. If we do not settle down and enjoy the dear home when we have it, then what's the use?

### REPAIRS AT HOME.

"The axe in the house saves many a dollar" says a Swiss proverb. The schools of Cincinnati believe it is true and are teaching the manual training classes to fix up such little things at home as furniture which needs repair, shoes which need mending and electr-ic bells which should be wired. The course is open to girls as well as boys.

### SELF SORTING PIECE- BAG.

I have caught myself darning a large hole which should have been patched, because it was quicker, or less dreaded, to darn even the big hole, than to hunt through my piece bag for a patch that would match. The piece bag problem may, how-ever, be solved by the application of brains to the subject.

Make several piece bags out of two thicknesses of your old transparent window curtains. In each keep assort-ed pieces. In one, pieces like your wash dresses; in another, pieces like your woolen dresses; and in still an-other, odds and ends of woolen goods. This will make the supply in each bag small enough to be more get-at-able and you will know which bag to tackle to find what you want. If memory fails you as to the contenents, you can see through the bag and pick out what you want without turning all the con-tents out; for the desired piece always has an affinity for the bottom of the sack.

### WOMEN HAVE FUR FARM.

A London omnibus that went aroam-ing in the Surrey lanes the other day put me down at one of the strangest farms to be found in the south counties. It is run entirely by women, who farm not cattle sheep, and pigs, but rabbits—big, wooly, cuddlesome Angoras.

There were hundreds of rabbits in hundreds of hutches, all specklessly clean, in long rows one above the other, and one did not need the evidence of silver trophies in the farm house to convince one that the rabbits were prize animals.

In France rabbit farming has long been a profession for women, but only recently has it become established in Britain. With very small initial outlay it can be made a paying proposition. Each rabbit yields upwards of one pound of wool a year, and the wool sells readily at the mills.

There are four wool harvests in the year, and the wool can either be plucked —at moulting time—or clipped. The Angoras yield wool for four or five years, after which the entire pelt, which resembles white fox, can be sold at profit.

### MAKING ANIMALS HAPPY

Miss Helen M.Sidebotham, in her new book, "Behind the Scenes at the Zoo," says that nowhere in the world could animals be better looked after or more petted and admired than in the Zoological Gardens of London.

Most of the animals are brought over when quite young, she says, and it is suprising how quickly they adapt themselves. Some become even tame, although they invaribly get dangerous as they grow older.

Among the lions can be seen Abdulla and Fatima, who were brought to the Zoo three years ago as tiny cubs. They are brother and sister, and grew up so tame and gentle that for a long time they used to follow the keepers round the garden just like dogs.

Now they have grown to big for that but are still tame enough for complete strangers to touch them.

A favorite monkey is Puncho, who is very mischevious and in the words of his keeper "most audacious". Not only is he an accomplished pickpocket, but an impersonator. It did not take him long to learn that when one keeper wanted the other he knocked three times on the hot water pipes, so that the sound carried down to the kitchen, and when he wanted the keeper he simply gave three knocks in the same way, and then had the satisfaction of seeing the keeper arrive for nothing. Koko, a south African monkey, is the children's pet.

Mickie and old Sandy are both dead now, but were famous in their day.

They were apes, and Mickie was known as the Father of the Zoo." These two were bitter enemies, which was unfortunate, as they happened to be next-door neighbors.

Cuticura will help you to have beautiful Hair and a lovely Complexion

Use Cuticura Soap daily to keep your skin clear, Cuticura Ointment to relieve and prevent irritations. Keep the scalp healthy by shampoos with Cuticura Soap, assisted by touches of Cuticura Ointment when needed.

Sample Each Free by Mail. Address Canadian Depot: "Stenhouse, Ltd., Montreal." Price, Soap 25c. Ointment 25 and 50c. Talcum 25c.
Cuticura Shaving Stick 25c.


## Scientific Miscellany

Cotton cultivation is expanding rap-idly in several areas of Belgium Congo.

A new hair curler folds into a pocket case not much more than four inches long.

Jaqanese plant about 750,000 cam-phor trees annually to replace those that are cut.

Sockets for nuts of six different sizes are carried in the handle of a new wrench.

A Frenchman has designed an air-plane that can alight on water but cannot rise from it.

Moving a lever regulates the fineness of the work done by a new meat grin-der.

The British Air Ministry has decided to abandon wooden planes in favor of the all metal type.

For folding water buckets a folding lid one half of which forms a strainer, has been invented.

To gain their delicate flavor the best Italian cheeses must be stored for four years to season.

A double rolling pin operated by single handles is intended to lessen lab-or, and produce lighter pastry.

An electric railway has been built near Madrid up the sides of some of the steepest mountains in Spain.

The cap can be removed from a new beverage bottle with a coin, knife blade or any other thin piece of metal.

As an conomy it has been planned to illuminate much of London at night with flood lights mounted on towers.

An inventor has given a new cooking spoon a square form with which to to scrape the corners of cooking uten-sils.

Old cardboard, paper and sawdust are being made into a cattle food by a chemical process developed in Europe.

When empty a new baggage rack for the rear of automobiles can be folded up over a spare tire to serve as a bumper.

A bath tub for babies that an Eng-lish woman has invented can be low-ered into its stand and used as a cradle or crib.

A new household implement consists of a wheel on a handle to seal, trim and ornament the top crusts before pies are baked.

New diamond fields have been dis-covered in Belgium Congo close to some that have been producing heavily in the past year.

Rubber tips, adjustable as to position, feature the arms of a new garment hanger to prevent the articles of cloth-ing from slipping off.

The Japanese government is studying the sources of electric power supply in that country with a view to their standardization.

The lid of a new ash can is con-trolled by a foot pedal at one side to prevent clouds of dust rising when ashes are placed in it.

The double vehicular tunnel to be bored under the Mersey river at Liver-pool will be 7200 feet long and cost about $13,000,000.

For timing automobile races a device has been invented that causes cars running over water filled hose to op-erate stop watches.

The world's highest aerial trolley line crosses mountains at an elevation of 1600 feet to serve a tin mining company in Bolivia.

A method has been discovered for treating rope with a copper solution to protect it against rotting, mold and animal marne life.

Of the approximately 20,000 patents granted in France annually nearly 10,-000 are abandoned by the inventors after the first year.

A Detroit man is the inventor of a body for inclosed automobiles composed chiefly of wire covered with fabric that can be painted.

The Mexican government has granted its first concession for its instalation of plants that will extract gasoline from natural gas.

Having no source of light of ts own a new automobile tail light reflects rays from headlights of following cars through red glass.

In experiments a French radio station has been using a wave length of only six feet and its singnals have been hear clearly two miles.

For restaraunt use a new percolator makes from three to 21 cups of coffee at a time insuring that the beverage served always is fresh.

Nigeria, the most advanced of West African Colonies, is estimated to have a population of 17,000,000 in an area of 336,000 square miles.

It has been estimated that about one per cent of the bituminous coal and 25 per cent of the anthracite in the United States has been mined.

The front wheel of a light German three wheeled automobile is almost com-pletely closed to prevent mud splashing on the sides of the vehicle.

Tests by a scientist have indicated that a grain of sand has to roll 3000 miles before it becomes round and pol-ished.

An English inventor has developed a boat that can be propelled and guided by a ray of light directed on an in-strument on its conning tower.

A gasoline guage for motor trucks automatically shut- of the supply and singals to the driver when but a gal-lon of fuel is left in the tank.

The Cuban government is planning to build a central highway the length of the island and to build branch roads and pave streets in each province.

As the leading orange growing coun-tries the United States is estimated to produce 34,000,000 boxes a year, Spain 23,000,000 and Italy 8,000,000.

The invention of a carbureter with which benzine, gasoline, kerosene or alcohol can be used with out altera-tion has been announced in Switzer-land.

For safely soldering joints in wires over head there has been invented a long handled solder dipper with a swinging cup that always remained le-vel.

The city of Oslo will construct an under ground railway to carry the trains of the four lines handling the heaviest traffic from the surrounding country.

A new crib for infants can be folded flat and rolled under a bed of the usual height, safety devices preventing it being accidentally closed when in use.

Norwegian tests of houses construct-ed with 27 different kinds of walls showed frame houses with dry sawdust in the wall hollows the most economi-cal heat.

There has been a steady increase in the production of rayon in the United States and last year's manufacture has been estimated by experts at 50,000,000 pounds.

The driver af an American sedan mo-del car won a recent eight day reliab-ility contest conducted by the Royal Automobile Club of Australia against 30 competitors.

A steam generator that can produce 200 horsepower and develop 2000 pou-nds pressure to the square inch that has been built at Cleveland is only five feet in height.

An Englishman has combined a table and a book case for living rooms, the shelves beneath the top being of various sizes to fit books and magazines of differnt forms.

For inspection and emergency ser-vice a southern railroad has mounted a seven passanger automobile on flan-ged wheels that grip the rails effect-ively even at high speed.

At the close of the year Austria had developed water powers with a capac-ity of 489,600 horsepower and was con-structing plants to develop an addition-al 95,900 horsepower.

An inventor has designed a book mark made of wires connected to a piece of flat metal that serves as a handle to withdraw a book from a shelf without injury to it binding.

Although the production of genuine silk is a national industry in Japan that country's demand for rayon is increasing steadily and it will be man-ufactured on a large scale.

Recently invented jars for display-ing candy in stores keep the contents fresh with a moisture filled pad in their covers and are emptied through openings low in the sides.

A British commisson has recommen-ded that power alcohol can be obtained from beets grown n the regions where they cannot be be raised in sufficient quantities to support sugar factories.

The invenedor of an electric chemic-al process for preserving flowers and leaves by plating them with metals is experimenting with the plating of furs without imparing their softness.

A survey of French air lines has shown that France leads all other na-tions in the development of aerial transportation, having developed long international routes in preference to do-mestic ones.

For stopping leaks in dams of where they join solid rock a process has been invented in sweden with which cement is injected into drill holes at high pres-sure to fill the crevices.

Partially crippled by rheumatism, a Cleveland man has invented golf clubs with cup shaped heads with which golf balls are driven over a course by swinging the clubs around his head.

It has been estimated that Rumania which now uses about 50,000 horsepow-er derived from its water courses, cou-ld obtain about 1,000,000 horsepower by building hydroelectric plants.

Carbon dioxide gas, in liquid form, is being provided for motorists in steel bottles from which it can be released to inflate tires, operate jacks and gre-ase guns of extinguished fires.

The bowl of an English inventor's tobacco pipe is mounted mid way on the stem, the outer end of the latter being intended to catch and retain nic-otine and moisture untill it is removed.

The center of the diaphragm of a rec-ently patented telephone receiver is fastened rigidly to a center pole, which is enerized by the incomming current, the edges being free to vibrate.

France will try to expedite its mail service to Argentina by using steam-ships betweent Sengal and Brazil and airplanes between points in Africa and between Pernambuco and Buenos Aires.

A novel radio antenna that can be rolled like a window shade when idle and decorated to add to its appearance is composed of a thin sheet of copper foil between layers of insulating mat-erial.

Noise has been reduced in London underground trains by inserting sound deadening materials in the floors and roofs of cars and placing shields near the wheels to deflect their noise down-ward.

For the safety of aeronauts a balloon basket has been invented which is eq-uipped with air tight chambers to keep it afloat on water and with attach-ments to quickly release it from a fallen balloon.

It is estimated that several hundred thousand tons of magnesium com-pounds in the waste liquors of the potash industry are allowed to run in-to German rivers annually becausce no use is found for them.

In the United States government tests pipes in which lead fillings were used on the screw threads withstood higher pressures than those in which lead paste or paste and fillings together were employed.

Work has been begun on the erection of a group of artificial lakes on a Cal-abrian platau to supply electric power to southern Italy and Sicily and the first central station recently was plac-ed in operation.


To Make Pine Cough Syrup at Home

Has no equal for prompt results. Takes but a moment to make. Saves about $2

You know that pine is used in nearly all prescriptions and remedies for coughs. The reason is that pine contains several peculiar elements that have a remarkable effect in soothing and healing the membranes of the throat and chest.

Pine cough syrups are combinations of pine and syrup. The "syrup" part is usually plain sugar syrup.

To make the best pine cough rem-edy that money can buy, put 2½ ounces of Pinex in a 16-oz. bottle, and fill up with home-made sugar syrup. Or you can use clarified mo-lasses, honey, or corn syrup, instead of sugar syrup. Either way, you make 16 ounces—more than you can buy ready-made for $2.50. It is pure, good and pleasant—children like it.

You can feel this take hold of a cough or cold in a way that means business. The cough may be dry, hoarse and tight, or may be per-sistently loose from the formation of phlegm. The cause is the same—inflamed membranes—and this Pinex and Syrup combination will stop it—usually in 24 hours or less. Splen-did, too, for bronchial asthma, hoarse-ness, or any ordinary throat ailment.

Pinex is a highly concentrated compound of genuine Norway pine ex-tract, and is famous the world over for its prompt effect upon coughs.

Beware of substitutes. Ask your druggist for "2½ ounces of Pinex" with directions, and don't accept anything else. Guaranteed to give absolute satisfaction or money re-funded. The Pinex Co., Toronto, Ont.


## Health Literature

Supplied by the P. E. I. Red Cross Society

### PERIODIC HEALTH EXAMINATIONS.

We used to laugh at the Chinese on account of these strange customs, and now we find that the Chinese are laughing at us. John Chinaman is a fun-ny fellow when he is at home in his native land. He builds the roof of his house first and the walls afterwards. It is said that he pays the doctor when he is in good health and stops paying him when sickness comes. We used to hear about this and think how str-ange, and we just laughed at the Chin-ese and said "What an idea!" and gave the matter no further thought.

But times have changed. We in this country are beginning to find out that the Chinese were highly civilized peo-ple in the days when Anglo-saxons were cave-men. Many of the Chinese customs, moreover, have stood the test of time and this practice of paying the doctor when one is well, is now regard-ed in western countries as a very prac-tical and sensible thing to do.

Why overhaul your motorboat, and neglect overhauling your own body? Why have your motor car examined periodically, and not your your stom-ash, your heart, your liver, your lungs? Did you ever see a railway employee strike the wheels of a train as it stops in the station? Do you know why he does that? It is to see if there is any cracks or flaws in the wheels that might cause a breakdown on the jou-ney. The sound of the wheel when struck, indicates whether or not the wheel is all right and in good repair. Is it not far better to do this than to wait till the crash comes, and then say it was an unnoticed crack in the wheel that caused the accident. Why should the same reasoning not apply to your health, your physical condition? Would it not be better if the so called well-people could be periodcally exam-ined! True, the human wheel, like the railway wheel has to b repaired—the doctor is needed to effect a cure, but if the necessary repairs had been done be-fore and not after sickness came, or had physical defects been corrected in childhood much suffering and ill-health could be avoided.

The day will come when the well person will take his annual or semi an-nual health examination as naturally as he balances his bank book. That is something to look forward to, and the sooner it comes into vogue the bet-ter.—Ontario Health Almanac.

### THE BEST AIR CONDITIONS.

**Temperature is not the Only Condition That Effects Us. Purity, Movement Moistnre, and Variability are also Important. The Air in our Houses in Winter is Generally Too Dry.**

In considering the condition of the air we breathe, we make a mistake when we judge it solely from the stand-point of temperature. The most favor-able condition of the air may be con-sidered with regard to:

1. Temperature.
2. Purity.
3. Movement.
4. Moisture.
5. Variability.

Temperature undoubtedly is impor-tant. The best temperature for hu-man beings, taking the average for day and night together, is about 64' F. It may vary a little for individuals. Age makes some difference. There appear to be, also, slight differences according to race and occupation. The most surprising fact is the slightness of the differences. For babies in Par-is, adults in Scicily, factory workers in New England, Cuban cigar makers in Florida, Negroes in Virginia, or white people in Finland. The best temper-ature never range below 60' or above 68'. Only exceptional conditions may sometimes cause people's health and strength to be greatest at some other temperatures. It is established be-yond question that an average of about 64' is the best degree of heat for peo-ple of European origin. This means that in rooms where they live and work the temperature may range up to 68' or down to 60'. It should never re-main above 68' longer than is absol-utly necessary. Of course, people com-fortable and in winter many are not comfortable unless the thermometer stands at 78' or higher. But that is merely because the air in our rooms is generally too dry. Our great mis-take in regard to temperature is to act as if it were the one essential condi-tion of the air and also as if it were no harm in the high temperature but great harm in low.

Everyone knows that extremely mo-ist air is oppressive in hot weather,. but not so generally appreciated that abundant and exact observation show excessive dryness of the air, particu-larly indoors in winter to be deleter-ious also. 'N THE LONG RUN PEO-PLE ON THIS CONTINENT SUFFER VASTLY MORE FROM DRYNESS OF THE ATMOSPHERE THAN FROM TOO MUCH MOISTURE.

Moisture in the air is important in three respects:

1. Breathing is most efficient and com-fortable when the air is reasonably moist.

2 Under ordinary conditions moist air is less dusty than dry.

3. If the air contains the right amount of water vapor, the evaporation from the skin at temperatures of 64 to 68 degrees is relatively slight, but suf-ficient; and, as a consequence, people feel as warm in a temperature of 65 degrees within doors on a winter day as they do ordinarily at 70 degrees or more when the air contains only about one-forth as much moisture as it sho-uld.

Similarly, if the air of the right tem-perature, contains the right amount of vapour, a gentle movement does not chill people as does a similar move-ment of dry air. Thus the correct a-mount of moisture is not only of di-rect benefit to the skin, the lungs, and to the mucos membranes, but is a help towards achieving purity, temperature and movement. Therefore all heating appliances for houses should have pro-vision for supplying and regulating moisture.

So far as exact sudies in variability go they seem to show that extreme variations in temperature may do harm while mild variations are distinctly stimulating.

Other atmospheric conditions such as electricity and light also play a part in determining the degree of health we enjoy. The most important protec-tion against low temperature as if it were the only harmful condition we have taken one of the means of lower-ing our vitality and power of resist-ance.—Canadian Red Cross Magazine.

"A Daintier Lunch could not be imagined"!

Tasty Cocoa and Delicious Chocolate Cake

BAKER'S Cocoa and Chocolate

Delightful foods and beverages of high quality, pure and healthful.

WALTER BAKER & Co. Limited
ESTABLISHED 1780
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REGISTERED TRADE MARK


### BOTH JUDGE AND PROSECUTOR

Arbitration of labor disputes is no new thing in this day and generation, but it is doubtful if Canadian indus-trial history can match the curious incident which saw a high official of the C. P. R. carry through to a suc-cessful conclusion arbitration proceed-ings in which he was not only one of the parties to action, but judge as well. The story is told by Sir George Bury, former vice-president of the C. P. R., in the Jan. 15 issue, in his auto biography, which is now appearing in MacLean's Magazine.

Shortly after Sir George became gen-eral manager of the western lines of the great transcontinental, he de-cided that passenger trains through the Rocky Moutains should run as double-headers. This was something of an innovation, as, up until that time, the second engine had always been used as a pusher. The men ob-jected on the ground of safety. The extra engines, they said, were driven by engines with less experience than those who handled the through en-gines. Being at the head of the train, the extra man would handle the air brake. This would be bad practice, and, besides, when the trains were running down the steep mountain grades without power, cinders from the first engine almost blinded the engin-eer of the second. So they argued.

After other protests had failed, the men sent a committee of three to re-monstrate with the chief.

"When they arrived," writes Sir George "I suggested that I would be content to let the three men on the committee be arbitrators between them and me. I said:

"'You, Bill, will represent me; you Tom, will represent the engineers, and I recommend that you, Jack, be the chairman. Remember, I require your findings to be in writing to be kept on file, so that if your decision is to re-vert to the old practice of pushing in-stead of double-heading and an accident results with attendant loss of life, the responsibility will rest with you boys.'

"I hesitated for a while to let this sink in, and they retired for a few minutes. Finally, they returned and said:

"'We have come to the conclusion that, as you are a good sport, we have faith in your fairness, so we are agree-able that you be the sole arbitrator be-tween us and yourself.'"

Sir George accepted the offer and held a sitting at Revelstoke. When the time came for a decision, "all were on hand, and I stated to them that, after fully considering the matter, in all fairness, I had decided that Bury had won and that double-heading would continue. I paused for a mo-ment, while the listeners stood around flabbergasted and then I explained that the only valid objections were that the younger men would handle the brake and that the cinders blew back. Therefore, hereafter, the helper engine would be placed behind the regular engine and both these objec-tions would be over come........

"They got weary in time of the ex-tra work of cutting in the helper and simply placed it ahead. The trains have been run in this way ever since."

### A Lifelong Feud.

Both were very popular and had many visitors, but neither would take any notice of the other's friends. The feud was lifelong, and yet a strange sort of attachment must have existed between them, for when Sandy died Mickie was miserable and completely lost without him! He never ceased to fret for his rival, and died a few months later.

The bears probably rank as next fav-orites. They are delighted to have visitors, and always ready to sit up and beg for food, or hug their toes or do anything to make themselves agreeable. In spite of their friendly manners, however they are not to be trusted and there is only one tame bear at the Zoo.

The lions and tigers seem more or less indifferent to all thier visitors, except the ones they know well. Ranjis the lion -tiger hybrid; his father was a tiger and his mother a lioness. The two lived together for many years in peace, but one day they had a fight which cost them their lives. A dispute arose over a piece of meat, and they fought to a finish. The tiger was act-ually the conqueror, for he saw the lioness beaten and after a long struggle he succeeded in killing her, but then lay down himself and died.

### CLIMATE AND CIVILIZATION

Virtually all of the best of the civili-zations of the Northern Hemisphere, together with the rapidly developing cultures of the Southern Hemisphere, are confined in a belt whose tempera-ture lies between 40 and 70 degrees Fahrenheit. This zone embraces the major portion of the United States and virtually all of Europe. The Southern Hemosphere zone of civilization is large-ly a zone of secondary cultural devel-opment or transplanted culture. In the northen zone are included not only our modern areas of highest development but also those regions wherein the great cultures of the past arose and flourished: the cultures of Mycenae, Phoenicia Babylonia Assyria, Greece, Rome and of Kublai Khan.

The 45 to 65 degrees zone markes out a belt which includes a zone wherein the products of civilization have reached the very apex of their development, the width of this belt averages not much more than six hundred miles.

Within the zones mentioned, it ap-pearse that the conditions of climate most favourable for the development of what we call the highest civilizations are (1) a range of temperatres em-bracing the most invigorating extremes and (2) a climate affording the great-est seasonal varieties for the develop-ment of agriculture and the arts de-pendent upon settled abode—The Men-tor Magazine.


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