

# PAINS THAT MAKE MISERY A Talk With Our Lady Readers.

Have you ever noticed how miserable and unhappy the little pains and aches make one? A stinging cut, a badly chapped hands, a nasty burn, a sore foot, a poisoned finger—none of them wounds or ailments ever likely to cause serious trouble which come to every woman—and man too—and are not sufficient to take the edge off one's temper and give one a grudge."

Zim-Buk is just the thing at such times. As soon as you put it on to a sore cut, a burn, or any skin injury, it stops the pain, and the smarting, and starts up healing. Don't make the mistake that because Zim-Buk is so widely used by medical men by nurses and for serious skin diseases and accidents that it is only for serious cases. Keep it handy and use it immediately you get some trivial injury or have some little sore.

Mrs. Chas. H. Barrett, Harmony Road, Toronto N. S. says: I had an ingrowing toe nail which caused me acute agony. Sometimes the pain was so severe I could not sleep. It became so bad that I feared blood poisoning had set in. I was advised to try Zim-Buk and bound up the sore toe with it. In a few days it was much easier and I continued the treatment. The result is that today the toe is sound and I have no more trouble with it. We always keep Zim-Buk in our house and I would strongly recommend it to my housewife.

Zim-Buk is just the thing too for the little ones. Pure in its composition and herbal in nature it is suitable for the most delicate skin. It also cures piles, eczema, varicose ulcers, abscesses, blood poisoning, ring worm and all similar skin diseases. Sold everywhere at 50¢ a box or post free from Zim-Buk Co. Toronto upon receipt of price.

## Much Of Europe Flooded

And Years of Rain Still to Come, Say Scientists.

(The Sun, New York.)

It is a long time since a year has closed with so much of Europe under water.

England is waterlogged so much so that farmers think that the soaked condition of the soil will seriously affect the next harvest. France is suffering even more. The Seine, Loire and Dordogne have been in a chronic state of flood for weeks, and the streams that come from the hills have inundated large strips of the narrow Riviera plain. Visitors to the Azue Coast complain that it may with more justice be called the gray coast.

In Spain all the rivers from the Ebro in the north to the Guadalquivir in the south have overflowed their banks and the latter river is threatening Seville. In Madrid they have had abnormal rainfall. Newspaper cartoons represent the inhabitants going about in diving dresses. The Manzanares, an insignificant stream is now raging torrent.

Italy is no better off. Washouts and land slides have tied up several railroads, and the swollen Po threatens the exposition building at Turin. The news which comes from Switzerland is that strong fohn (warm wind) is blowing to the alps and causing dozens of avalanches. It has been raining practically without stopping for the last week in all parts of Switzerland.

Lakes and rivers have risen several feet and much damage has been done to roads, quays and railroads. The Bernina route is blocked by three large avalanches, and it will take weeks to cut through them. In certain districts in central Switzerland the weather is so mild that people go about their work in their shirt sleeves.

All central Europe is suffering from excessive moisture and the latest addition to the flood news is that the river Danube at

Kieff Russia has suddenly risen twenty feet and that many river craft have been wrecked and villages have been swept away. Nor is that all. Heavy rains have interfered with the big cricket matches in Sydney Australia, where it ought to be dry summery weather. Advices from Buenos Ayres say that the weather is the same as in London which is nothing to boast about. Colonists in West Africa report that they have had six weeks downpour in the dry season an unusual thing.

What does it all mean?

Sir Norman Lockyer, director of the solar Physics Laboratory says that we needn't look for much improvement until the year 1913 has gone. He lays the blame for the incessant rains upon the changes that are taking place in the sun. These changes he says directly affect the polar and equatorial regions and indirectly the middle latitudes. Dr. Lockyer thinks there will be more and more rain until 1913 and after that less and less perhaps. Camille Flammarion the Paris astronomer is of the opinion that the present bad weather is in a measure due to the deforestation of America.

This year the pressure of the barometer has been exceptionally low and this has caused continuous west winds. These winds from the Atlantic follow a course which differs but slightly from that of the Gulf Stream formed in the Gulf of Mexico. M. Flammarion continues:

On reaching Europe the wind current loaded with vapor encounters cold land regions saturated with water and thus it becomes condensed in continuous rain. These winds from the west frequently touch the earth in America, and it is an admitted fact that they are sometimes delayed or even partially obstructed by the land surface and the forests and plantations through which they can only enforce a passage with difficulty.

This process according to M. Flammarion, that the deforestation of America is one of the causes of the increase of tempest brought to Europe from the United States.

The most melancholy forecast is that of Prof. Bruckner, president of the Geographical Society of Vienna who carries his calculations back about 1,000 years. He has constructed a cycle of some thirty five years during which a slow average change in pressure, temperature, rainfall and winds take place.

## CONCENTRATED FOOD.

For years the commissary department of the United States Army has been experimenting with emergency rations, that is, compressed and concentrated food which may be used by soldiers when distant from the base of supplies. They have now succeeded in putting into a half-pound package enough food to furnish a man three life sustaining and strength giving meals. It is in the form of three slabs encased in a tin box smaller than a pound box of candy. It is almost half chocolate, the rest being milk, eggs, malt and sugar. The whole is deprived of moisture and pressed into a mixture, which, when wrapped in tin-foil and encased in tin, will keep for years. It may be eaten dry or boiled in water. Emergency rations have been used in the regular army for a dozen years, and in the armies of foreign powers, but gradually the packages are made smaller and at the same time more nutritive. A day's emergency ration in the French or German army weighs one and one half pounds, and that in the U. S. army weighed one pound until this new half-pound mixture was prepared. Such compressed food supply is also of special interest to the hunter, the sailor and the explorer.—The Youths Companion.

## BOSTON NEEDS MORE WHARFAGE.

Boston feels the need of more wharfage so badly that at the annual meeting of the Chamber of Commerce on Tuesday the chairman of the committee on maritime affairs said more steamship lines would have been running to the port now if the water front was ready. The future is full of hope, however. This gentlemen declared the ship channel, on which the federal government has expended eight million dollars will be completed by the end of this year, to a depth of 35 feet at mean low water, which means more than forty feet at high tide, more than fifteen hundred feet wide from Chelsea Bridge through President roads, six miles of deep channel, equal to taking the largest ships afloat or in the process of construction. He added that 'New York harbor and water front is already overtaxed and the overflow will come to this port if we are alive to our duty.'—St. John Globe.

## TRYING TO GROW COTTON.

Ever since the planting of opium in Amoy has been prohibited, Chinese agriculturists have been seeking for alternatives, and attempts have been made this year in the Chang Chow plain to grow cotton, and so far with some success. Other places in the neighborhood of Amoy are hoping to try cotton, and requests are being made for new cotton seed direct from the United States. If it can be grown in any quantities it will go far to solve the problem of the loss due to the giving up of opium.

## SOAP BARK.

Where spots are found on dark dresses, sponging with a tea made of soap bark, then sponging with clean water and pressing will restore the freshness. To prepare soap bark pour one quart of boiling water over two ounces of soap bark (to be had of the drug gist), which will cost about five cents. Let this simmer gently for two hours, then strain through a cheese cloth into a clean vessel. Use what is wanted, and put the rest in a bottle; it will keep for several days in a cold place. Its uses are many.

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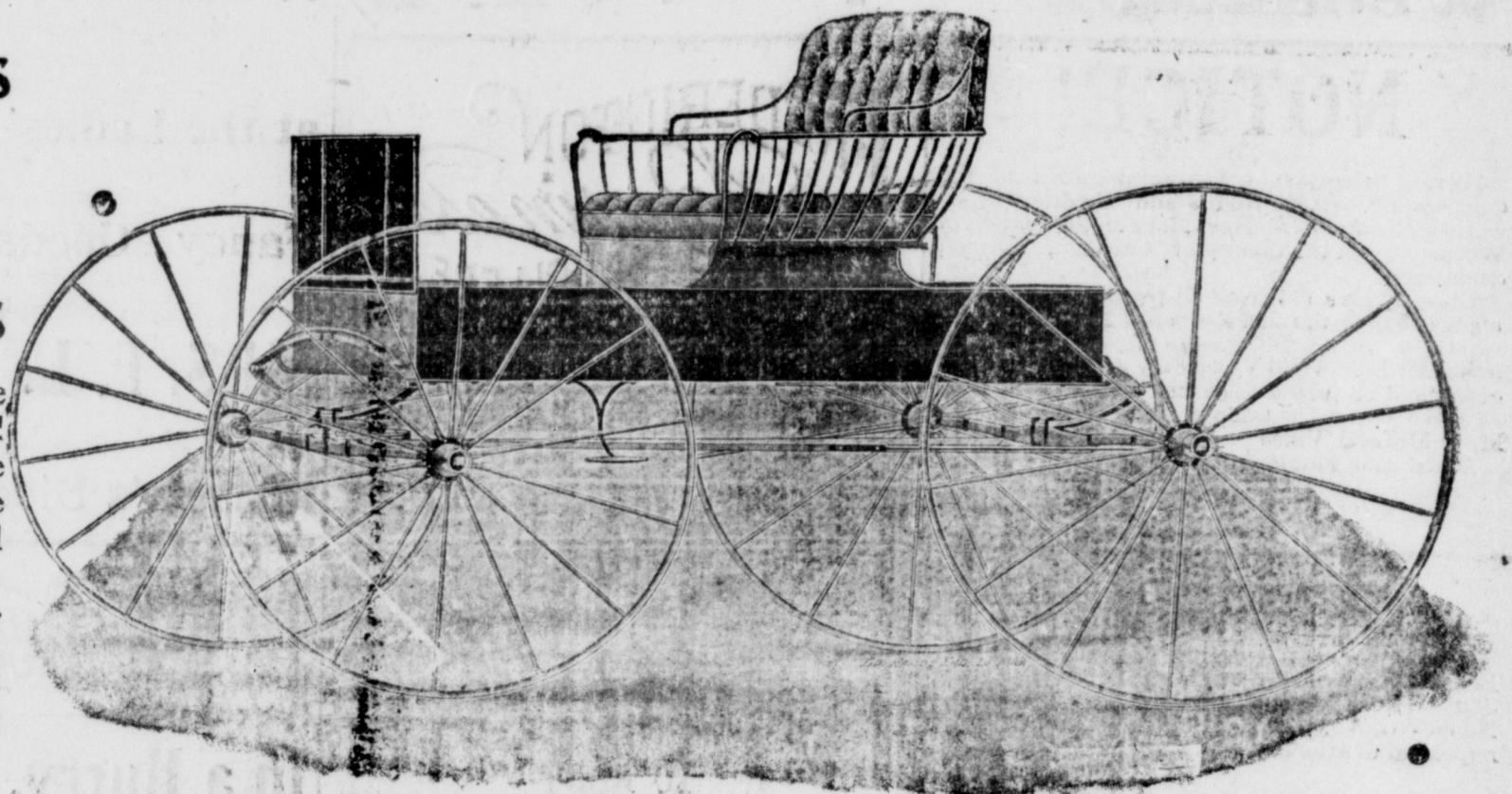
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