WORK DONE BY A WATCH

The work a watch will do in ten years is urprising. In that time des two leap years, and v a total of 3,652 days, the as made \$7,304 and the minute hand 87,648 revolutions. The end of an average minute hand travels over 10,820 yards-oversix miles The second hand has made 5.258.880 revolutions and its extremity has travers ! a distance of upwards of 123 miles The escape wheel has

made \$2,588,800 revolutions, and, as 11 has fifteen teeth, it has come 788,-\$33,000 times in contact with each | Sount Kumford's Experiment Helped pallet. The balance has made 1,577. \$44,000 vibrations, and any point on the outside of the rim has covered a distance of about 50,000 miles, and that is equal to twice the circumference of the earth.

MIXING OF RACES

It Adds to the Vigor of the Individual

The old idea was there gained In vigor by its purity of strain, says Dr. Woods Hutchinson. This is a delusion, and the purer a race strain is the less vigorou, the members of the race will be. There is no such thing as a pure race. Every race on the face of the earth has been mixing with others for thousands of years. The mixing of races adds to their vigor, provided, of course, the two strains have good plood. There is no such thing as an older race." We in America are as old as any people in the world, only our recent development has been under a different environment. Mixing of races is going on constantly in Europe as it is over here, but not on so large a scale. The regions where there is the most mixing of races are the regions that produce the greatest men.

There is not much difference between the various races. If you went into a gymnasium, for instance, where men from all the civilized white races were dressed alike and nane of them spoke a word, it would be hard to distinguish the men from England and America from those from France, Germany or Italy. The clew we have now to the different races is mostly in the clothes and manners and lan-

A NATIONAL DISH

Eating Pol is an Operation Demanding Skin

Pol is the mational dish of the Hawaiians, and a pol supper is an event long to be remembered by foreigners admitted to participation therein. Pol is made from taro, a big, coarse, dark-skinnen vegetable, grown under water, the size and shape of a large sweet potato. Th taro is pounded until it becomes a coarse, moist mass, and is then left to ffer-

When pol is served each guest meros and dries the right hand, and then proceeds to dip the index finger of that hand into the mass. There is quite a knack in the operation, an! it is always necessary to instruct the novice that there is absolutely no need for one to move his arm, but simply the wrist.

One removes his finger at the same time that his neighbor does. On the finger of the skillful operator there will be a pear-shaped ball of poi, but the clumsy one's fingers will simply the thinly veneered with the substance. Then, if the stranger ask what was the matter with his movement, he will be told that he held his finger too straight. He must crook it a little. and turn his hand, not too fast, with A wrist movement only

LOBSTERS IN NOVA SCOTIA

Coyes at Cango Yield This Delicacy Even to Amateur Fishermen

It is estimated that the sanual eatch of lobsters in the world is 198,000,000, and of this Nova Scotia supplies 40,000,000, valued at \$2,000,000. The lebster pack that comes from anywhere else then this part of Carb ada is almost negligible. The lebeter | cessful journey, or the fossil ivory, Sahing his been well maintained of Into, thanks to the help of the lobthe batchester, which are placing in period freighting journey in the the em millions of small lobaters South, as & to at but few places

the lessess erewithe on persons de chattered coves, and fishing them up. carry them hims for suppen confident that they will have from bolled lobsters. Nova Scotia has a genuine monopoly of the English trade in the supplying of canned lobsters.

Baking Potatoes Quiekty

To bake potatoes quickly boll them in salted water for ten minutes, then put them in the oven. The bolling water will heat them through and they will cook in a short time

HORSE'S WORK MADE WATER BOIL

to Dispreve the Prevailing Theory of Heat

Up to about 100 years ago heat was supposed to exist in various substances in varying quantities-the expression that this or that substance "draws the heat" is still occasionally heard.

Correct knowledge of heat dates back to about 1798 when Count Rumford who was one of the founders of the Royal Institution of Great Britain executed a series of experiments on the generation of heat by friction. While engaged in boring cannon in Munich, he w s so forcibly struck by the large amount of heat developed in the process that he questioned the theory of heat then prevailing, and he thereupon devised a special apparatus for the examination of the generation of heat by friction " He had constructed a hollow sylinder of iron into which was fitted a solid steel plunger, which was made to press against the bottom of the cylinder with great force. A box which surrounded the cylinder contained about 20 pounds of water, in which a thermometer was placed. The original temperature of the water was 60 degrees F. The machinery was turned by power supplied by a horse, and an hour after the friction had commenced the temperature of the water was 107 degrees, having risen 47 degrees; half an hour afterward he found the temperature was 142 degrees. The action was continued, and at the end of 2 hours and 30 minutes from the commencement the water actually boiled. Rumford's description of the effect of this clever experiment on those who witnessed it is quite delightful. "It would be difficult," he raid, "to describe the surprise and astonishment expressed in the countenances of the bystanders on seeing so large a quantity of water heated, and actually made to boll without any fire."

It was, of course, the work performed by the horse that created the heat by friction which caused the water

IVORY IN THE ARCTIC

Mammoths' Tusks Are Valuable But Difficult to Reach

One thousand miles north of Yakutsk, the "metropolis" of Central Asiatic Siberia, on the River Lena. is the Lena delta on the Arctic shore, says the Technical World Magazine. East and west of this delta, 1,500 miles each way, and among the islands scattered hundreds of miles to the north of the delta, there lies embedded in the ice and snow, and also in the frozen sands on the shores beneath,

Ivory that was old ages and ages ago! Mammoths wandered through this territory when Palestine was a jungle. long before the third great glacial period. These man moths were tusks from 10 to 15 feet hit length, weighing from 150 to 200 peaunds each, andhere's the secret of ain annual 1,000mile expedition north--worth from \$5 to \$10 to the natives! To them \$50 is a wonderful sum to earn in a single

A native of the Yake tribe need make no more than three successful tripe to the Lens delts fa' acquire sufficient wealth for his need, during the remainder of his life. On e trip may be made each year. Yet there are hundreds of natives who have made from ten to twenty of tin 88 trips before they reaped as muc' profit as would come from three such

The reasons to this are few, but such sent: It is the lougest and most world Many of the disasters that an amateur to watch to death, of starving to death, and of soriebing to great crevence

The Income Tax

A FULL explanation of the Income-Tax law, which is proving a puzzle to many people, will be found in the January LIPPINCOTT'S. Edward Sherwood Mead, LIPPINCOTT'S financial expert, is the author of the paper.

'The present income-tax law levies a tax of one per cent, upon the annual net income of every citizen of the United States, whether residing at home or abroad, every alien residing within the United States, and in some cases upon the income of non-resident aliens," says Dr. Mead. In addition to the income tax of one per cent, there is a sur-tax or additional tax, ranging from one to six per cent, upon amounts of income in excess of \$20,000. There is also a normal tax of one per cent, levied upon the net income of every corporation. agent, stock company, association, and insurance company organized in the United States. The exemption provided in the law is not based upon the in dividuals, but upon income. From the net income of each person may be deducted a specific exemption of \$3,000, plus \$1,000 additional, if the person making the return be married.

"It is to be observed that the richest man in the United States is entitled to this exemption, equally with the man who receives only \$5,000 a year. \$3,000 or \$4,000 is to be deducted from the income of all persons liable to the tax. The additional tax is in the same manner computed on the excess rather than the total. For example, a married person whose net income for the year amounts to \$100,000 pays one per cent, on \$96,000, and an additional one per cent on \$30,000, the amount exceeding \$20,000 and not exceeding \$50,000; an additional two per cent on \$25,000, the the amount exceeding \$50,000 and not exceeding \$75,000; an additional three per cent on \$21,900, the amount exceedng \$75,000 and less than \$100,000. If the tax-payer has an income of \$250,-000, he will pay five per cent on \$150,-000; with a \$500,000 income he will pay six per cent on \$250,000; and all incomes exceeding \$250,000 will pay the additional six per cent. The total range of the tax is from one to seven per cent.

"The law is very specific as to the method by which the net income is to be calculated. Starting with the gross income, which includes every kind of salaries, wages, business profits, interest, rents, etc., the description being made in very igeneral terms, three classes of deductions and exemptions are given. The first has already been mentioned, the specific exemption of \$3,000 or \$4,000. The second includes those deductions which are made from gross income in computing the net amount subject to the normal tax, and third, incomes exempt from tax."

A great deal of what passes for dignity is nothing but genuine

AFTER THE FISH TRUST IN ONTARIO

Toronto, Jar. 10 .-- Following the suggestion of Hon. W. J Hanna that the government might go into the fishing business in order to break the monopholy of the fish trust, representations have been made by some fishermen that the government mig t regulate the price at which fish should be s. 11. The trust, they say, is taking Canadian fish to supply the Uni ted States demand, and in order to secure a supply is helling up the price. One suggestion is that the provincial government might impose an export duty on

Five hundred or more men employed on coal barges in New York harbor struck Friday for higher wages.

A contract was signed at Baltimore, Thursday, for plans for the Protestant Episcopal Cathedral of the Incarnation there. The final cost of the cathedral is estimated at close \$5,000,000. From time to time same building particularly needed will be erected and 75 years may elapse hefore the whole group of buildings is completed.

LIEATH OF GLADYS DREW A WELL KNOWN ACTRESS.

New York, Jan. 10-Glodys Drew the actre, 38, wife of Sidney Drew, the astr. A b attl possible at Canso, over constant arctic en overs have to be cotor, died bere last night, after a linger commend; there is danger of freezing ing illness, aged 40 years. Mrs. Drew was the daughter of Mr. and Mrs. Mc-Kee Rankine.

ADVANCES IN A CENTURY

A contary age a man could not take a ride ou a steamboat

He had never seen an electric light or dreamed of an electric car. He could not send a telegram.

He couldn't talk through the telephone; and he had never received a Spewritten communication.

He had never heard the gorm theory all the light waves. not werried over bedill or bacterie. He never looked pleasent before a thetographer or had his picture taken.

He never heard a phonograph talk se saw a kinetoccope turn out a prise Babt He never saw through a Webster's

unabridged dictionary with the aid of a Roentgen ray.

He had never taken a ride in an

He had never imagined such a thing as a typesetting machine, or a type-

He had never used anything but a wooden plough.

He had never seen his wife using a sewing machine. He had never struck a match on

his trousers or anything else. He couldn't take an anæsthetic

and have his leg cut off without feeling it He had rever purchased a ten cent

magazine which would have been regarded as a miracle of art. He could not buy a paper for a cent and learn anything that had

happened the day before all over the He had never seen a mechanical

reaper or a self-binding harvester. He had never crossed an iron bridge.



A FUNNY "MOVIE" MAN

Patrons of picture shows have seen this man in action perhaps hundreds of times. He is Max Asher and he turns out comedy for the film operator nearly every day in the year. His friends say he always has been a joker.

* PREPARING CAVIAR

This Was a Russian Industry Many Years Ago

Preparing caviar for commercial purposes appears to have been a wellestablished business centuries ago, for a writer of long ago made this curious announcement: "It is made of roes of two different fishes which are caught in the River Volga, but especially near the city of Astrachan, the sturgeon and the belluga. The sturgeon is well known, but the belluga is a large fish about twelve or fifteen feet long, without scales, not unlike a sturgeon, but larger and incomparably more luxurious, his belly being as tender as marrow and his flesh whiter than veal, whence he is called the white fish by Europeans. This belluga lies in the bottom of the river at certain seasons and swallows many large pebbles of great weight to ballast himself against the force of the stream of the Volga, augmented by the melting of the cnows in the spring. When the waters are assuaged he disgorges himself. Near the Astrachan they catch sometimes such a quantity that they throw away the fiesh, though the daintiest of all fish, reserving only the spawn, of which they sometimes take 150 to 200 pounds' weight out of one fish. These roes they sait and press and put into cakes if it is to be sent abroad, else they keep it impressed, only a little covered with sait."

Light and Milk

Milk spoils quickly when kept in a strong light and investigators have sound that the rays of light near the risist and of the spectrum some to have the most detrimental Strong Het acts to the same men guaranteed by E. W. Mair.

2... milk; offer being especies to pi class bottles to full scialiffs for a day, all three kinds of milk were found to be completely spoiled and unfit for use. On the other hand, says The Scientific American, red rays are bene-Scial, and milk that is not in bottles of red glass or in bottles wrapped with red paper, will resp in good condition much longer than milk bottled in glass that permits the passage at

HOW GEATHTON MITTER The question is often saxed: "When co sestints obtain fresh water so clake their thirst?" As ald chipper says that he has seen these birds at see far from any land that could furnish them water hovering around and under a storm-cloud, elattering like ducks on a hot day at a pond, and drinking in the drops of rain as they fell. They will smell a rain-squalf. a hundred miles or even farther of and scud off for it with almost inconceivable swiftness.

How long sea-birds can exist with out water is only a matter of consecture, but probably their powers of enduring thirst are increased by habit, and possibly they go without water for many days, if not for several

CAUTION AT LEVEL CROSSINGS

High Court Says Responsibility No Entirely With Rallway

"Stop, Look, Listen."-In these three words might be summarized tip handed out to the general public by Their Lordships of the Court of Review, in disposing of a level-crossing case at Montreal. In fact, the whole judgment might be condensed into these three words for the judges. confirmed the finding of the lower court and dismissed the plaintiff's action with costs.

The case arose over an accident which occurred at a Papineauville prossing when Joseph Boyer was run down and killed by the Montreal Ottawa train. The victim was drive ing a team of horses and an empty rig down a steep hill leading to the tracks. There was nothing to obstruct his view, and the train was the regular express, with whose scheduled movements the victim was familiar; He did not notice the train until he was on the track and until the locos motive was only a few feet away? The inevitable happened. He was mangled. The widow sued.

Their Lordships' ruling regarding the duties incumbent upon persons making use of level crossings might be summarized as follows: A person approaching a railway crossing, know ing it to be such, must know, at the same time, that he is confronted by an ever present possibility of a train passing; he must furthermore know that such train has a right to pass such crossing-possibly as good or even a better right than he has to cross; he must know that the crossing of the train may be fraught with danger to himself; in the presence of this possible danger, common prudence, not to say common sense, render it incumbent upon that person totake every precaution; if he fail todo this and if he run into the traininstead of having the train run into him-well, then, so much the worse for the person; he alone is responsible for what com

Indigestion

If you are suffering from indigestion and the attendant distressed stomach, you should give Mi-o-na, the guaranteed remedy a trial. Mr. William Shafer of 230 Queen's St. S., Berlin, Ont., says: "For years I have been a sufferer from acute indigestion, which caused the most distressing pains in my stomach. I decided to try Booth's Mi-o-na Tablets and they have done me more good than anything I have ever used. I am now more free from this trouble than I have been for years. I am pleased to endorse and recommend this remedy to all who suffer with stomach trouble."

Remember Mi-o-na Tablets are guaranteed to cure acute or chronic indigest on and turn the old stemach into a new one in a few weeks. All druggists 50c. . a box or postpaid from The R. T. Bocth Co. Ltd., Fort Erie, Ont. Sold and