

Vegetarianism is Old

Vegetarianism is not new. It was popular centuries ago as now. The olive is regarded as a modern food fat, but its fatty properties made it a valuable meat substitute for the ancients. Its use in North America has become general during the present generation because increased resources have placed it within reach. It was almost unknown here a century ago. Nuts are another meat substitute which have lately come into greater demand even among meat eaters, who contradict the old theory of their unwholesomeness. Many people still find them unwholesome, and they should not be eaten heavily unless the old custom of eating a little salt to overcome their cohesive properties, be followed. Vegetables depend largely upon the oil in nuts to supply both the proteid and caloric qualities essential to wholesome diet.

A MERRY OLD SOUL WITH A DIM PAST

Formation of Coal Seams Explained For Young Readers by the Monarch Himself

In very early days "coal" was spelt "cole" and was applied to any substance used as fuel. Wood was known as "cole" and charred wood, as charred cole, now called charcoal. Later the people stopped calling wood "cole" and changing the spelling to "coal," applied it to coal alone.

Going back to the time when animal life had not yet arrived, long before old Father Adam appeared, the earth had what the scientific people call the carboniferous era, or the age of coal plants, as big as our tallest trees, mosses fifty feet long and other plants, grew in a warm moist climate, leaves and seed, branches and trunks



Old King Cole Tells the Story of His Life

lived and died, falling to the ground, where they lay in a tangled mass of vegetation, many feet deep. Then some awful disturbance came and those monster forests were covered with water.

For other centuries the water remained there. Clay and sand, carried by numerous streams were deposited upon the bottom, gradually filling in over the forests until even the biggest trees were covered. Then another upheaval of the earth's surface left the spot high and dry.

They passed long centuries, of which man to-day knows nothing. Tiny weeds were carried by water and wind to this barren waste of mud and sand, and a new vegetation sprang up, and in time gigantic trees reared aloft their green heads. Again began the falling of leaves, mosses, seeds, branches and trees, continuing for years and years, and followed by another deluge of water. Thus it went on for thousands and thousands of years, alternating forests and lakes, until layer after layer of buried vegetation was stored away for man to burn when God put him on the earth's surface.

As each layer of vegetation was covered with clay and sand it underwent strange changes. Some of the constituents of the vegetation was oxidized or burnt away, leaving in the end nothing but carbon or mostly carbon, which could not escape through the cover of sand, which had become sandstone and clay. It remained and became coal.

KEEPING HIRED MEN

Intensive Farming is Solution of the Knotty Problem.

The development of a more intensive cultivation must carry with it a much more careful consideration of the labor problem, writes Sir Horace Plunkett. The difficulty of getting and keeping labor on the farm is a commonplace. I think farmers have not faced the fact that this difficulty is due in the main to their own way of doing their business. Competent men will not stay at farm labor unless it offers them continuous employment as part of a well-ordered business concern; and this is not possible unless with a greatly improved husbandry.

To-day agriculture has to compete in the labor market against other, and to many men, more attractive, industries, and a marked elevation in the whole standard of life in the rural world is the best insurance of a better supply of good farm labor. Only an intensive system of farming can afford any large amount of permanent employment at decent wages to the rural laborer, and only a good supply of competent labor can render intensive farming on any large scale practicable. But the intensive system of farming not only gives regular employment and good wages; it also fits the laborer of to-day—in a country where a man can strike out for himself—to be the successful farmer of to-morrow. Nor, in these days of impersonal industrial relations, should the fact be overlooked that under an intensive system of agriculture, we find still preserved the kindly personal relation between employer and employed which contributes both to the pleasantness of life and to economic progress and security.

FOR PUBLIC UTILITIES

State Should Use Former Employes of Private Corporations

Experience in connection with public utilities should be made necessary qualification for public service commissioners, according to a committee of engineers representing North American engineering societies, which has addressed a strong plea on the subject. Men familiar with the technical, financial, commercial and legal matters which come before a public service commission are best fitted, the appeal says, to render valuable service to the public. The committee feels that there are to be found among those connected with public utility companies men with as broad conceptions of public rights and of the duties to be fulfilled to the public as can be found in other walks of life. The engineers also urge on the committee on public utilities that the point of greatest importance in any plan for an organization of the public utility commissions of the State is the preservation of the principle of continuity, whereby the terms of office of the members of the commission expire at different times, so that only one member of the commission at a time goes out of office.



Skis that answer the purpose for which they are meant are easy to make. The good old barrel stave is used for the purpose. Take two straight grained staves. Sharpen one end to a point. Bend these ends upward by smearing a little oil or grease on them, after first having scored them well with a sharp knife. Then hold them near a hot fire. It will be found they bend easily, but they should be tied until they are "set." A little block is set to fit the heel of the shoe, and a strap is made for the toe.

Moscow cab drivers are prohibited by law from carrying whips.

WOODSTOCK SCHOOL OF MUSIC

The most successful Music School in Canada

THE WOODSTOCK SCHOOL OF MUSIC was started by Mrs. Adney simply as a Name under which the scope of work of the most successful teacher of music in this Province might be extended. We shall not here refer to the course of study offered, except in a passing way, but to those more personal matters which so far out-weigh all other considerations as to make the list of truly successful schools of any kind very few in number. It is altogether a matter of the TEACHER.

The secret of Mrs. Adney's widely known success is that resolved upon having the best instruction at any cost she had the wisdom to select or the good fortune to be directed to the BEST TEACHERS IN AMERICA, and has the faculty of imparting what they taught her. William Mason was our greatest teacher of Piano admitted to the equal of the best of Europe. He was a pupil of the immortal Liszt. Her lessons, over an extended period, were cheap at six dollars apiece. Previously, she had instruction from Gonzalo Nunez, a distinguished graduate of the Paris Conservatory, where Prof. Le Coupey was Instructor on Piano. This world's greatest music school also perpetuates the musical theories of Liszt. These ideas lead to a technique in contrast with that of the dry, mechanical German technique. We criticize German execution, not German music. The influence, however, of this nation of musicians is such that their "method" is the one nearly everywhere met with. Combining Mason's "Touch & Technique" with the thus rarely taught "Conservatoire method," it is worthy of note that Mrs. Adney's steady use of "Le Coupey" has exhausted the American edition, and a new one is being printed for her use.

In Voice, Mrs. Adney was in a sense almost equally fortunate. After some instruction from a famous (that is to say, well advertised) teacher, whose method was of as great as his celebrity, nor his charges, she took lessons under Mr. A. A. Patton, a distinguished French singer and teacher, who with the finest credentials that France had to offer, came to New York to make his debut where German influence controlled everything from orchestra members to press critics, and it being shortly after the Franco-Prussian war his reception was so hostile that he abandoned his intended career in Grand Opera, and retired to the routine work of a teacher. Later she studied at the N. Y. Vocal Institute, under the talented Mr. Tubbs, editor of The Vocalist, and received many ideas that have proven of great value here. So it happened that, by accident or otherwise, Mrs. Adney acquired the method in singing of the great Garcia, and the almost equally famous Shakespeare—the only true method of voice production and that which has produced the great singers of Italian and French Opera.

When deciding to carry on her well known private work in Piano, Singing, Musical Theory, etc., under the name of the Woodstock School of Music, it was with the idea of extending its scope as opportunity might. It perhaps did not occur that Woodstock could not maintain a Victoria Conservatory of Music, which during the three years after its establishment became an institution of such recognized importance in the music world of Canada. At a special publication entitled "Musical Toronto" gave her and her work extended space. Perhaps it was because of her pupils, solely instructed by her, went to the Toronto College of Music and in the same year took the Certificate in Piano. Two other pupils, sisters, one fifteen and one thirteen years of age, after studying with Mrs. Adney, had one of the foremost Conservatories in Europe and began immediately to play in public recitals. The headmaster writing to their parents said "they have had the perfection of piano forte training and are artists already." Today her work has become so well recognized in the United States, that she has been invited to become a member of the National Musical Society, formed thirteen years ago by the very leading musical professors and patrons of the world, only seeking membership of those identified with "advanced musical research and its results."

There is a point relating to "Diplomas," "Graduation," etc., upon which Mrs. Adney needs again remind the public. Except for theoretical studies such as harmony, this School gives no "Diplomas," has no graduates. In all practical, artistic work, the only test of proficiency recognized among artists is that of the actual work itself, except for the degree of Doctor of music, for which only the masters ever qualify, and which is recognition of exceptional proficiency and musical learning. For all others the only recognized test is ability to perform, from memory, to say, two recitals, a proportion of pieces of certain grades of difficulty, one of ordinary music, and one from the representative works of the great masters. The program itself is the "certificate" and no teacher of high standing offers anything else; and whatever institutions hold forth as an inducement the prospect of a "Diploma" for a certain amount of time in study, it may be taken as certain that the actual teacher is indifferent—any person whom the institution is convenient from time to time to employ. Even a school or institution becomes famous only through some national TEACHER in it. An artist of real distinction offers only his program: no one asks or cares WHAT he studied at, but who was his TEACHER. The aim of this school is not to grind out graduates with diplomas; offer the best musical instruction, in our lines, that can be obtained in the Maritime Provinces, if not in Canada, and better than will be obtained by going to any but the few greater masters in the large cities of the United States.

Thus Woodstock offers advantages for musical study that one may go to any city in Canada, or to New York or London, and perchance not get. Mrs. Adney did not in the first instance select Woodstock as furnishing the full scope for her exceptional talents as a teacher, but she has made it and the work done here by pupils who are now successful teachers in various parts of United States and Canada, a credit to Town and Province.

Harmony, History and Theory of Music taught in classes which are free to pupils of the school. Ensemble classes taught by Mrs. Adney are also free.

Prospectus on application.

The Peacock at Home.

The real home of peacocks or peafowls is in India. There they were and are hunted, and their flesh is used for food. As the birds live in the same region as the tiger, peacock hunting is a very dangerous sport. The long train of the peacock is not its tail, as many suppose, but is composed of feathers which grow out just above the tail and are called the tail coverts. Peacocks have been known for many hundred years. They are mentioned in the Bible. Job mentions them, and they are mentioned, too, in 1 Kings x. Hundreds of years ago in Rome many thousand peacocks were killed for the great feasts which the emperors made. The brains of the peacock were considered a great treat, and many had to be killed for a single feast.

SAFETY FOR WORKERS.

Locking Device to Protect Men Working in Boilers.

The Industrial Safety association suggests the device here illustrated as a safeguard for men working in boilers. Live steam has more than once been turned by mistake into a dead boiler where men were working, and with fatal results. When a number of boilers deliver steam to a common main there is always a shutoff or throttle valve to cut each boiler out of service and



isolate it from the steam line, and it is for such a valve as this that the safeguarding device is designed. It consists of a split and hardened steel

Seasoning Wood by Electricity. The following item from a British technical paper concerns a new process of seasoning wood by electricity in France: A large tank is filled with a solution containing 10 per cent of borax and 5 per cent of resin, with just a trace of carbonate of soda. In the bottom of the tank is a lead plate which is electrically connected to the positive pole of the dynamo. The timber to be treated is stacked on this plate, and when the tank has been filled another plate is superimposed and connected to the negative pole of the dynamo. When the current is switched on it passes through the stack of wood between the two plates, and in its passage it is said to drive out the sap in the timber and deposit borax and resin in its place, completely filling up all pores and interstices. When the process is completed the timber is removed and dried, after which it is ready for use. It is claimed that the timber submitted to this treatment, no matter how green it may be, becomes completely seasoned.

Doncaster Races.

Doncaster is one of the four places—the other three being Chester, Epsom and Lincoln—that claim to be the cradle of the British turf. In May, 1600, the minutes of the corporation record that "Hugh Wyrall hath caused a stoupe, or post, to be sett on Doncaster More at the west end of the horse-race," which was ordered to be "cutt down." A few years later "for the preventing of sutes, quarrells, murders and bloodsheds" it was agreed "that the race on Doncaster More be discontinued." Eventually the corporation, with the true Yorkshire combined love of "brass" and sport, too, the horse racing under its patriarchal care and turned the meeting into a source of profit.—London Standard.

The French.

The French were first mentioned as the Franks, a tribe of warlike Germans in the northwestern part of the region now known as Prussia. They came into notice about 240 A. D. and with other German tribes invaded the Roman empire in the fifth century and settled in the country now known as France. The word Frank, or Frankman, means freeman. After their conquest of Gaul they named the country Frankerick, or Frank's kingdom.

The South Sea Swells.

We all remember with what frequency in the old narratives of experiences in the south seas reference is made to the heavy swells of the ocean, which impressed the navigators with the idea of their remoteness from land, says Scientific American. The great size of the sea waves in high southern latitudes has been explained by the fact that south of the Cape of Good Hope and Cape Horn there is neither windward nor leeward shore and the prevailing wind in all longitudes is westerly. Thus when a west wind springs up it finds a long westerly swell, the effect of a previous wind, still running. The new born wind increases the steepness of this swell and so forms majestic storm waves, which sometimes attain a length of 1,200 feet from crest to crest. The average height attained by sea waves in feet is about half the velocity of the wind in miles per hour.

Peruvian Petroleum.

Efforts are being made to develop more extensively the petroleum resources of Peru. The known deposits of oil occur in a very narrow strip of land between the foothills of the Andes and the shore of the Pacific, and much of this is flooded at high tide. Piles of railroad iron driven in the pure ocean sand, which varies in depth from five to fifty feet, are used as foundations for the derricks. The shallowest of the driven wells is 1,700 feet in depth. There is very little gas, and the oil is very heavy, so that it can be put into buckets with shovels, and it is carried direct to the furnaces to serve as fuel.