

# Oldest of Intermarine Canals

THE canal in southern France which, with the help of the Garonne river, unites the Atlantic and the Mediterranean is the oldest, longest, and least known of the world's inter-marine canals. Built in the seventeenth century, it has always been known as the Canal du Midi or du Languedoc. Starting at Toulouse, it runs about 150 miles in an easterly direction until it finds the Mediterranean at the port of Cette. It is thus about three times as long as the Panama canal, but in its locks, proportions, boats, and general traffic it is very similar to the Erie canal in its palmy days, writes Frank R. Arnold in the Los Angeles Times.

When you come out of the railway station at Toulouse you have to cross the canal before you can get into the city. The boulevards along by it are named for Riquet and Bonrepos; for the father, who planned the canal but died six months before it was finished, and the son who completed the work. And a little way up the canal is a statue to Pierre Paul Riquet, the inscriptions of which give the history of the canal in a nutshell. One side tells how the two seas are joined at the divide of Naurouse and how the water comes down there from the mountains to make the commercial highway. From the other side you learn that the edict for construction went forth from Louis XIV on October 5, 1666, and that navigation began on May 15, 1681, and that the grateful city of Toulouse dedicated this monument to its benefactor in 1853. Riquet quite modestly turns his back to his great work as well as on a set of veterinary school buildings on the other side, and beams on Toulouse. Well may he look at the city with satisfac-

tion, for his canal in his day was almost as great a feat of engineering as the Panama canal is today, and it laid the foundation for the prosperity of Toulouse as a center of inland commerce.

Through a Farming Country. As you leave Toulouse for the Mediterranean, the canal, on mounting toward the divide, passes through a fine corn, wheat and alfalfa farming country. It is a broad, fertile plain shut in on both sides by low hills like the Platte valley in Nebraska. A rare thing in France, where villages abound, it is a country of scattered farms, even the churches with their octagonal brick towers in the Toulouse style having only one or two houses about them. Flocks of geese are in every barnyard, for geese is the mainstay of the local meat supply. White oxen do all the work in the fields, but are too "molasse," the boatmen say, to draw the canal boats. A New Englander would say they are as slow as cold molasses. The canal banks are lined with elm and plane trees, and the views between give a series of moving farm pictures that stand out with a Colorado-like clearness, for this country is what Henri Martin, the Paris mural painter, calls the land of limpid light.

It takes from one to two days to reach Naurouse, where the divide is. Here one has the best chance to see how admirably Riquet planned his work, for it was there he solved the chief difficulty of the canal, the problem of water supply. Up to the north and east, for twenty-five miles at least, extends the Black mountain, the most southerly ramification of the Cevennes. On the Toulouse side is the River Sor, and on the Mediterranean were many small mountain streams running into tributaries of the Aude, the chief river on that side. Riquet, who lived at Revel, not far from Naurouse, had given twenty-two years of study to the problem before he proved to the king's commissioners that he could tap the Sor on one side and bring the Alzau, the Lampy, and three other mountain streams into a reservoir above Naurouse.

Beyond the Divide. The Toulouse side of the canal Riquet pushed through in about two years, having at one time a force of 7,200 workers, including 600 women, while 1,000 others were busy on the mountain reservoirs and ditches. The first stretch on the east side was as far as Trebes, beyond Carcassonne, and, as locks abound, it took more time. The first important town you come to is Castelnaudary, a dead, provincial town with the usual central square surrounded by sleepy cafes. The harbor is finer than that of Toulouse, and the town rises from it to the octagonal church tower with a certain gray dignity for all the buildings are of stone on that side of Naurouse. From Castelnaudary on to Beziers the Black mountain is ever on the left, while to the right are distant glimpses of the Pyrenees. The country becomes more and more southern in appearance until you reach Carcassonne, which rises up from the Aude, the most medieval sight in France. From then on the country is wholly given over to the grape, and you can see the peasants dusting the leaves with Bordeaux mixture. At the Crease river the canal sends an eighteen-kilometer branch down to Narbonne, whose cathedral spires are plainly visible against the southern sky. Then, all the country becomes an ancient lake bed converted into a mammoth plain of vineyards. It is the former marsh country of the old Lake Rubensis, which calls to mind by its geological history the ancient Lake Bonneville of the state of Utah. Out of it you drop into the Mediterranean marshes by the Malpas tunnel, 120 meters long. This is an extraordinary knot of thoroughfares. Above the hill is the old Roman road from Beziers to Narbonne; through the hill is Riquet's tunnel, the first subterranean canal in the world, and below are two other tunnels, one for the railroad and one

## Fundamental Principles of Health

By ALBERT S. GRAY, M.D.  
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### A WORD ABOUT CANCER.

United States government reports show that during the ten years preceding 1911 the population of this country increased 21 per cent. During this period the death rate per 100,000 from cancer increased 30 per cent among males and 23 per cent among females. "The extraordinary increase in the mortality due to cancer in this and other countries has long since raised that malady to the proportions of a great plague," says an authority who wrote on this subject recently. "The power of human resistance to this disease seems to be steadily declining." He then proceeds to predict that at the present rate of increase in another 25 years cancer will cause more deaths than tuberculosis, typhoid fever and malaria combined.

Scientists throughout the world are diligently searching for the cause of this fearful scourge of mankind, in order that a specific preventive and cure may be found. Meanwhile every individual should be informed that cancer is to a large degree preventable if we will but apply the knowledge we already possess to guard against it.

There are many theories as to the cause of cancer, the most logical one being that advanced by a group of microscopists working along biological lines. The basis of this theory is that cancer is a state of anarchy within the body. To be able to grasp the theory and also to understand why the X-ray is at all effective in cases of cancer it is necessary to have a thorough comprehension of the proposition advanced by Virchow in 1858, which I have noted in a previous article; namely, that each one of the cells composing the human body is a distinct individual possessed of all the characteristics of life. That is to say, every reader of this article is composed of many billions of individuals, each having all the powers and faculties that the reader is conscious of possessing and differing in no way save in degree. Every living thing is constructed of these same individual cells, composed of the same protoplasm, and differs only in organization.

According to the above mentioned theory of cancer, for some reason one of these individual cells declares its independence of all the rest of the body, refuses longer to co-operate and goes on strike. We do not know whether the body makes any effort to cast the striker out of the community or not; but however that may be the unruly cell proceeds to proliferate—that is to say, it multiplies by dividing, one cell splitting into two, the two into four, the four into eight and so on, thus multiplying beyond all normal limitations and so growing inordinately, wrecks the entire organism.

It is during the first few years and more particularly during the first year of life that the highest human mortality takes place. The newly proliferated cells are not thoroughly organized and the entire organism is therefore weak and unstable. Ordinarily we do not think of working young children or animals, because we know that their tissues are soft and therefore that they may very easily be broken down and ruined; but at maturity we know there is a more perfect organization, the cells are more fixed, stable and adaptable and are therefore highly resistant. This fact forms the basis for the action of the X-rays on cancer.

There is no remedy known to medicine that has a selective influence, there is nothing that can be put into these bodies of ours that will drive disease out and not touch healthy tissues. But, depending on the state of the individual cell vitality, tissues react differently to the same influence; hence tissues having marked power of proliferation are necessarily composed of masses of these young or "juvenile" cells and are of course vastly more susceptible to any influence than are the more fully formed and stable "adult" cells which may often remain unchanged for years.

An "anarchist cell" finds a favorable location and proceeds to proliferate; that is to say, it multiplies by division, as all the somatic cells do, and these young and weak cells form what is technically known as "juvenile" tissue within the more stable, older, or "adult" tissue of the organ in which the cancerous process is taking place. If now the "hard," very penetrating rays of the X-ray are turned upon this diseased area one of two things takes place—either the short, sharp oscillations, which we have noted approximate more than 800,000,000,000 per second, shake these weak "juvenile" cells into a healthful reaction, or they destroy them as a dog kills a rat by shaking it, and the healthy cells are shaking by the He-

## MAKE SUNSHINE FOR OTHERS

It Does Not Require Much Exertion or Great Deeds to Give Happiness to Those in Gloom.

Often it is a small action on the part of another that makes sunshine to one who is in gloom. It does not require great deeds to give happiness.

Nancy Kerr was a new pupil in the Rogers school when the term opened after the vacation. She was a shy, timid maiden, dreading this, her first taste of school life, with a feeling that was akin to pain. The girls all seemed so old and self-possessed to this one, who thus far had studied only under her mother's tuition. So it was with the greatest effort that she managed through the first day. When school closed in the afternoon, and she passed outdoor on her way home, a group of girls laughing heartily in front of her, brought a wistful look to Nancy's face. Bright Janet May, turning suddenly at that moment, saw it, and with a sweet, winning smile in the direction of the stranger, she said:

"Won't you come and walk with us? We might as well all laugh together, eh, girls?"

"Of course," was the ready reply of the others, who were willing to be come friendly, now that Janet had broken the ice for them.

And to Nancy it seemed as though there came quickly a ray of light that made the morrow less forbidding, and with a happier look in her blue eyes, she joined the group, saying:

"Thank you. It was lonesome by myself back there; but now it is all right."

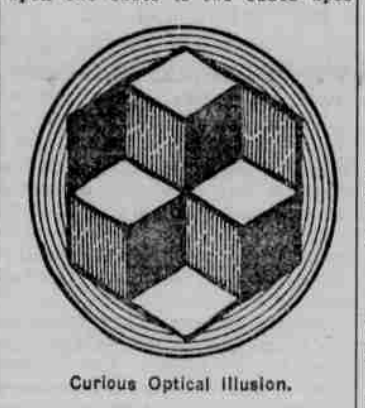
"We ought to have asked you before," said Janet, linking her arm in that of Nancy, with a friendly air that was quite irresistible, and which made the latter feel still more comforted.—Selected.

## AMUSING OPTICAL ILLUSION

Curious Illustration of How One's Eyes May Be Deceived—Arrangement of Cubes is Puzzling.

Here is a curious and amusing optical illusion that you may like to try upon your friends. When you look at the accompanying drawing there appears to be one cube upon two cubes if you close your eyes while you turn the drawing in this reversed position, there still appears to be one cube or two cubes.

If, now, you look at the drawing and keep your eyes open while you slowly turn the drawing upside down, you will see it change from one cube upon two cubes to two cubes upon one cube.



Children of very wealthy parents sometimes have costly toys given them. Not long ago a millionaire gave his little son a miniature railroad, with cars, engines, stations, etc., that cost \$50,000. Another rich man presented his little daughter with a doll that cost \$1,000. The doll was a beauty and had a complete set of clothing for every occasion.

A doll's house built like a really truly house with beautiful furniture, rugs, a real baby piano, real electric lights, stove, bathroom with hot and cold water, cost the father of the little lady to whom it was given, \$1,700.

Mr. Krupp, the man who invented the rapid fire gun, gave the crown prince of Germany a miniature forerunner which was valued at \$100,000. These are indeed very expensive toys, but the children who play with them are no happier than the little maid who loves her rag dolly with all her heart or the little man who delights in tin horses and rubber balls that only cost a trifle. The happiest children are those who have a few well-loved toys.

## SOME VERY EXPENSIVE TOYS

Millionaire Gives Little Son Miniature Railroad With Accessories, Costing \$50,000.

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Even the Squeak Was Missing. "What's the matter there, Alice! Don't your shoes fit?"

"No, papa, they don't fit me at all," replied the little girl. And then she enumerated all the faults of the shoes in set terms, and reached the climax: "Why, they don't even squeak when I go out for a walk."

## TAKE TIME TO SMILE



## DID NOT DISTURB PROFESSOR

Discourse Was Not Interrupted by Attempt of Student to Imitate Crow of Rooster.

One of the professors at a certain university has often been spared much embarrassment by his quickness at repartee.

One afternoon as he was in the midst of a speech somebody attempted to interrupt him by suddenly crowing like a rooster. It was done to perfection; and a number of students laughed, in spite of themselves.

The professor, however, was equal to the occasion. He stopped, listened till the crowing ceased, and then, with a look of surprise, pulled out his watch.

"Morning already!" he said. "My watch is on half-past three. But there can be no mistake about it, the instinct of the lower animal is infallible."

There was a roar of laughter. The "lower animal" collapsed, and the lecturer continued his discourse as if nothing had occurred.

## ON THE ROAD.



The Actor—You may ridicule our last tour, but I tell you I had smothered chicken every day.

The Sourette—Hm! Didn't the farmers catch you smothering them?

Won't Thrash Him. "You continually hear people asking, 'What should be done to the masher?'"

"Yes, but I no longer pay any attention to them."

"And why not?"

"Because I'm convinced that in a majority of instances the people who ask that question know what should be done to the masher, but lack the physical courage to do it."

Not Self-Sacrificing. "Don't you think two can live as cheaply as one?" asked the poor young man.

"I've often heard so," answered the prudent girl, "but I shouldn't care to pursue the study of social economy at the risk of going without a full complement of meals."

Practice Necessary. "Don't you think the current styles of dancing are a little informal?" asked the conservative person.

"No," replied Miss Cayenne. "The variations in dancing are so numerous that two people have to be very well acquainted before they can attempt to dance together."

Defined. "That foolish boy who was so dead in love that nothing would do but he must get married was so confused when he went to get a marriage license that he asked for a dog license."

"Well, that was all right, wasn't it, for a case of puppy love?"

The Proof. "Miss Oldgirl is a very obliging woman."

"In what respect?"

"When Jiggers got tipsy at the party and told her he didn't like her face, she immediately changed countenance."

A Query Misunderstood. Algernon—Do you think two can live as cheaply as one, Miss Simpkins?

Miss Simpkins (eagerly)—Yes, Algernon, yes! I certainly do!

Algernon—How sad! And still women think they are mentally qualified for the ballot.—Judge.

His Preference. "Where do you want this advertisement run?"

"Next to pure football matter, if convenient," said the advertiser, "but, anyhow, as far from the war poetry as possible."—Judge.



## Try this easy way to heal your skin with Resinol

If you are suffering from eczema, ringworm or similar itching, red, unpleasant skin affection, bathe the sore places with Resinol Soap and hot water, then gently apply a little Resinol Ointment. You will be astonished how instantly the itching stops and healing begins. In most cases the skin quickly becomes clear and healthy again, at very little cost.

Resinol Ointment is so nearly flesh-colored that it can be kept on the face, hands or other exposed surface without attracting undue attention.

Resinol Ointment and Resinol Soap also clear away pimples, blackheads, and dandruff.

Sold by all druggists; for trial free, write to Resinol, Dept. 22-P, Baltimore, Md.

## Notice to All From Lewiston to Astoria

Listen to this! \$95 will buy a full lot 60x100 feet inside the City of Astoria with perfect title, city school, street cars, electric light and more than 100 nice houses within two blocks. Think of it, lots in the adjoining blocks to these lots have recently sold for \$100 and more.

You do not have to pay the \$95 all cash if you do not choose, you can pay \$35 cash down and \$250 or more per month until the \$95 is paid, when a warranty deed will be given you with a complete abstract of title free of any charge to you.

Everybody knows that Astoria is going to be one of the chief cities of Oregon; it is the seaport for all of Oregon and this northwest section and with an outlet for more than 500 miles from Lewiston, Idaho, to the sea and Astoria with its 15,000 population today right at the sea where the Pacific ocean and the Columbia river meet no person will dispute the fact that from this moment on Astoria will grow with no limit to its future growth.

Remember that it is in Astoria that the Great Northern and the Northern Pacific R. R. have made its terminus at this point on account of its great commerce. I am simply giving these lots away when I offer them for \$95 each. I am forced to sell, however, and am conscious that today these lots are worth four times the price I ask and there is no limit to the advance they are likely to reach. Communicate with me at once for plans and descriptive matter, M. J. Clohessy, 416 Abington Building, Portland, Oregon.

P. S.—I have a number of friends wishing to purchase good farms at moderate prices, say from \$3,000 to \$5,000 cash or will take higher priced improved farms in exchange for city property. Those having farms to sell communicate with me.

## Unintentional Thrust.

A French singer recently attended a reception at the home of a lady noted for her parsimoniousness. The hostess tried to converse with the Frenchman in his native tongue. He noticed that her lack of fluency was embarrassing her, and with commendable politeness exclaimed: "Pardon, madam, somewhat the French is difficult for you. But I am able to understand your meanness if you will English speak."

## Great Generals All Used Snuff.

Suggestions of a revival of snuff taking may recall the love of some famous commanders for tobacco in that form. Both Napoleon and Wellington were prodigious snuff takers, so was Washington. As for Frederick the Great, he was impatient of the confines of a snuffbox and carried a pocketful of snuff that he might convey it to his nose without stint.

## Have Healthy, Strong, Beautiful Eyes

Oculists and Physicians used Murine Eye Remedy many years before it was offered as a Domestic Eye Medicine. Murine is Still Compounded by Our Physicians and guaranteed by them as a Reliable Relief for Eyes that Need Care. Try it in your Eyes and in Baby's Eyes—No Smearing—Just Eye Comfort. Buy Murine of your Druggist—accept no Substitute, and if interested write for Book of the Eye. FREE. MURINE EYE REMEDY CO., CHICAGO

## Emeralds of the Aztecs.

Among the Aztec treasures of Mexico were found many fine emeralds. They were exquisitely cut, and it is from this source that the magnificent emeralds now forming part of the royal collection of Spain were supposed to have come.

## Records of Aeroplanes.

For an aviator there has been invented in France apparatus which shows the speed at which his aeroplane is traveling, the velocity of the wind and the angle at which he is attacking it and whether he is rising or falling.

## Might Help Some.

Bill—A New Jersey inventor has patented a semaphore railroad signal in which the arm is outlined with a vacuum tube electric light so it may be readily seen at night.

## NEW MODERN DANCING.

E. Fritcher Hallam, the leading Dancing Expert and Instructor in New York City, writes: "I have used ALLEN'S FOOT-EASE, the antiseptic powder to be shaken into the shoes, for ten years, and recommend it to all my pupils." It cures and prevents sore feet. Sold by all Drug and Department Stores, Etc. Sample FREE. Address, ALLEN S. OLIMSTED, Le Roy, N. Y.

## A Common Failing.

"De man dat likes to talk about himself," said Uncle Eben, "generally gets mad when other folks git to discussin' him."