Peterborough Canoe Co., 268 Water St., Peterborough, Ont.

Health In Secondary Schools

How Are Canadian Teen Age Boys And Girls To Keep Fit?

National Fitness Campaign Sponsored by the Ontario Secondary Schools Teachers' Federation.

I. INTRODUCTORY

One of the most evident facts today is that any nation which wishes to survive and to take its proper place in world affairs must seriously and systematically plan to make its citizens as fit as possible, physically, mentally, morally and spiritually. These are complementary fitnesses, interdependent, and any nation falling short in one of these must sooner or later meet disaster.

Now in the adolescent years spent in Canada's Secondary Schools nothing is being done systematically and persistently to ensure that these the citizens of tomorrow shall enter manhood and womanhood as perfectly fit as possible. After making a lukewarm attempt to supervise and check the health in elementary schools, this is dropped at the very age when some of the most serious and fatal diseases develop.

Ready to Enjoy Life

Teachers in Secondary Schools know that untold time and money is wasted because pupils are under par and not fit to take full advantage of their opportunities. It is useless to change and enrich curricula, and to add cultural subjects to be presented to those who are not in condition to enjoy them. Many pupils have decayed teeth, defective eyesight, are undernourished, and are quite noticeably not well, but there is no school nurse to look after them, and no medical or dental man to inspect.

This does not mean that Canadians are all weaklings, but it does mean that a large percentage in this formative age in Secondary Schools are under par, not nearly at their best. Statistics to be quoted in later articles prove it.

There are over one hundred and twenty thousand of these boys and girls in the Secondary Schools of Ontario alone. They are the ones counted upon to be the leaders of the next three decades, Canada's future is in their hands. Are they or their parents or the state going to remain satisfied that anything short of their maximum fitness is sufficient for them to play their part to enable their country to fulfil its destiny?

More Demand Is Made On Eyes

Today Than Ever Before In the World's History; Widespread Eye-Strain Results.

In the past quarter of a century man has changed his ways of doing things and his eyes have been taking much of the ensuing punishment.

This was part of the message of Dr. Harold Judd, of Detroit, who appealed to the members of the Ontario Optometrical Association meeting in Toronto recently to help solve the problem of adjusting nature to new conditions.

"Present accentuated circumstances have evolved with a speed that formerly took centuries," said the Detroit specialist. "As a result there is a need for more help today than at any other time in human history. This is manifested by a greater demand for ocular attention.

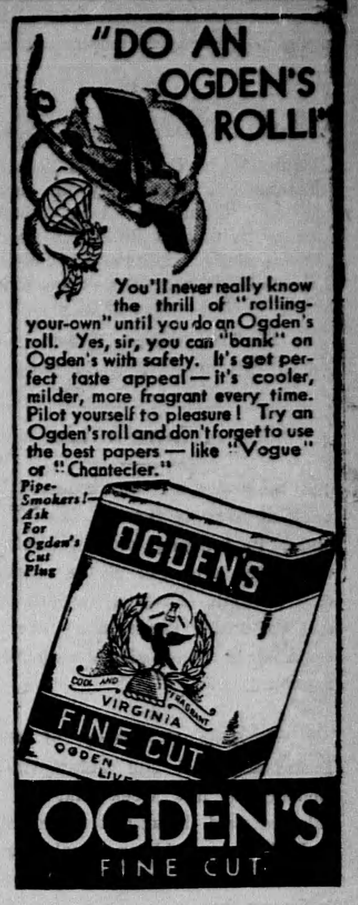
In his opening remarks, Dr. Judd traced the evolution of the human eye from the lowest animal life and its reaction to light. He suggested the possibility of the insect eye evolving from lower forms of life.

Must Constantly Be Adapted

"Much of the eye discomfort of today can be traced to nature's efforts to adapt man to new conditions. In preceding generations man was so much more agrarian than he is today. Today he has largely moved from the fields where his visual functions swept across the wide open spaces.

"Today, 75 per cent. of man's time is spent looking at objects and concentrating on them within an eye radius of 20 inches," said Dr. Judd. Much of our lives are spent in offices, factories or schools.

"As a result, man and his kind is experiencing a discomfort due to his forced adaptation to a new environment and to new occupations," he said.



Classified Advertising

AGENTS WANTED

MAN OR WOMAN FOR CUPID concentrated Flavors. Fifty varieties. Long profits. Grand route salesman extra. Acme Direct Sales, 615 Yonge, Toronto.

LIGHTNING ROD AGENT WANTED To sell Phillips Lightning Protective System. B. Phillips Company Limited, Osborne Avenue, Toronto.

BABY CHICKS POULTRY AND POULTRY EQUIPMENT

JOHNSON'S SUPERIOR CHICKS HAVE BEEN REDUCED IN PRICE. We specialize in two breeds bred to lay Barred Rocks and Barron strain S.C.W. Leghorns. All breeders are blood tested and from R. O.P. males. Only the very best type of breeders are used and eggs set weigh between 25 and 30 oz. per doz. Price Barred Rocks, 9 cents; Leghorns, 8 cents each. 100% safe arrival guaranteed. J. D. Johnson, Fergus, Ontario.

BUY TWEDDLE EXTRA PROFIT Chicks for June. These chicks are over size, all hatched from 25 to 30 ounce eggs. Get our low prices for June. Tweddle Chick Hatcheries Ltd., Box 10, Fergus, Ont.

BADEN STANDARD CHICKS, LEGhorns $6.95, Barred Rocks, New Hampshire Reds $7.95, Large Egg Quality 1½c more. Older Leghorn pullets, 3 weeks $24.90, 4 weeks $29.90. Baden Electric Hatchery Limited, Box 59, Baden, Ontario.

QUALITY CHICKS FROM BLOODtested Breeders—Leghorns 6½c, pullets $13.95, Cockerels 95c; Barred Rocks, New Hampshire Reds 7½c, pullets $9.95, cockerels 7½c. Large Egg quality hatched from 25 ounce eggs add 1c, Leghorn pullets 2c. Started Chicks 10 day old add 3c, 2 week old 4c, 3 week old 9c. Top Notch Chickeries, 16 Wilson St., Guelph, Ontario.

ADD TO BABY CHICKS . . . . . D D. C. LOST ONLY 8 OUT OF 1540 Bray New Hampshire chicks. Weighed up to 2¾ pounds at 8 weeks. For real production this Fall and Winter, buy hardy, fast-growing Bray chicks. Write for prices. Bray Hatchery, 130 John St. North, Hamilton, Ontario.

A FEW EXTRA EGGS PER BIRD makes the difference between a real profit and a loss. Buy Bray chicks today and get those extra eggs next Fall when prices are highest. Write for details. Bray Hatchery, 130 John St. North, Hamilton, Ontario.

RAISE MORE LAYERS WITH SEXed pullet chicks and take advantage of the firm prices predicted for eggs next Fall and Winter. Bray pullet chicks are available in almost every breed. Write for prices. Bray Hatchery, 130 John St. North, Hamilton, Ontario.

BAILIFFS AND COLLECTIONS

WE HAVE THE FACILITIES TO act for you in any seizure or collection problem anywhere in the world. Our results are immediate and satisfactory. Ross and Company, 102 Richmond St. W., Toronto.

BOATS

PETERBOROUGH BOATS, STURDY, reliable and seaworthy. Write for catalogue, also list of used inboard boats and outboard motors. Peterborough Canoe Co. Limited, 268 Water St., Peterborough, Ont.

CLOTHING FOR SALE

FREE HATS, SHOES, SHIRTS, TIES, etc., with clothing purchase. Write for free illustrated catalogue of clothing bargains, Dept. N, Yonge Street Clothing Exchange, 502 Yonge Street, Toronto.

FILMS AND PRINTS

ROLLS DEVELOPED, PRINTED, 1 free enlargement, 25c. Re-prints, 10 for 25c. Photo-Craft, 183 King East, Toronto.

FOR SALE

YORKSHIRES—AT THE HEAD OF Shadeland Farms herd the Grand Champion, sire of "Sainsbury Trophy" and "Best Market Pen" at Royal Winter Fair. Sows include First and Second winners Toronto and First Guelph. Young males with "Advanced Registry" backing. For sale. Shadeland Farms, Box 7, Eden, Elgin Co.

HAIR GOODS

WIGS, TOUPES, TRANSFORMations, Braids, Curls, and all types of finest quality Hair Goods. Write for illustrated catalogue. Special attention to repair work. Toronto Human Hair Supply Co., 528 Bathurst, Toronto.

HELP WANTED—FEMALE

WANTED—WOMEN WHO WISH TO earn extra money at Home, refined work—free training. Write Box 8, Listowel, Ontario.

LEARN TO FLY

DUFFERIN FLYING SERVICE gets your license on easy terms. Class "A" Instructors. New Cubs. Address Barker Field, Toronto, Ont.

FURNITURE

LYONS TRADE-IN STORE
478 YONGE ST., TORONTO
BARGAINS GALORE

Every article thoroughly cleaned, reconditioned and sold under a definite money back guarantee of satisfaction.

4.95 Large chesterfield, tapestry cover, reversible spring cushions.
13.95 3 piece chesterfield suite, velour cover, reversible Marshall spring cushions.
24.95 Beautiful 3 piece chesterfield suite, velour cover figured, reversible Marshall cushions
49.00 Modern 3 piece chesterfield suite, new hard wearing repp cover, Marshall reversible cushions.
45.00 Chesterfield bed suite, three pieces (Kroehler) velour cover, reversible Marshall cushions.
24.95 Solid oak dining room suite, buffet, extension table and 6 leather slip seat chairs.
49.00 Eight piece dinette suite in rich walnut finish, buffet, refectory table and 6 leather seat chairs.
55.00 Beautiful 9 piece dining room suite, buffet, china cabinet, extension table and 6 leather seat chairs.
79.00 Large English oak dining room suite, buffet, cabinet, extension table and 6 slip seat chairs with cane panels.
89.00 Beautiful solid walnut dining room suite, buffet, china cabinet, extension table and 6 blue leather seat chairs.
45.00 4 piece bed room suite, dresser, chiffonier, full size bed and sagless spring in walnut finish.
59.00 Beautiful walnut bed room suite, chiffonier, vanity with Venetian mirror, full size bed and sagless spring.
39.00 4 piece bed room suite, dresser, chiffonier, full size bed and sagless spring.
14.95 Smart kitchen cabinets with sliding porcelain tops.

Radios, **$10.00**; Dressers, **$4.95**; Chiffoniers, **$7.95**; Gas Stoves, **$4.95**; Sewing Machines, **$12.50**; Beds, **$2.50**; Springs, **$2.00**; New Mattresses, **$3.95**; China Cabinets, **$10.00**.

Write for free illustrated catalogue showing hundreds of other outstanding values in new and reconditioned furniture and free gifts with purchases.

LYONS TRADE-IN DEPT.
478 Yonge St., Toronto

MEDICAL

(R. & S.) RHEUMATISM AND stomach Powder, "The Great Eliminator," contains ten of Nature's ingredients. Removing the cause and eliminating Rheumatism, Stomach troubles, Arthritis, Neuritis, Constipation, etc. $1.50, $3.00, $5.00. All Druggists. Agents Lymans Limited, Montreal.

ECZEMA, SKIN AILMENTS, SORES, quickly healed by Dermisoothe, the clean, white, antiseptic ointment. Sample mailed free direct. 35 cents at all druggists. Twentieth Century Remedies, 87 Ingham Ave., Toronto.

PERSONAL

ARE YOU RUPTURED? RELIEF, comfort, positive support with our advanced method. No elastic or under-straps or steel. Write Smith Manufacturing Co., Dept. 219 Preston, Ont.

QUIT TOBACCO, SNUFF, EASILY, Inexpensively. Home remedy. Testimonials. Guaranteed. Advice free. Write Box 1, Winnipeg.

EVERY MARRIED COUPLE AND those contemplating marriage should read—"Sex and Youth," 104 pages, postpaid 25c. Our 12 page illustrated catalogue of sex books, drug sundries, etc., free upon request. Supreme Specialty, 169 Yonge, Toronto.

PHOTOGRAPHY

ENLARGEMENT FREE WITH EVery 25c order. Roll film developed and eight prints 25c. Reprints 3c. Established over 26 years. Brightling Studio, 29 Richmond Street East, Toronto.

USED BOOKS WANTED

GOOD PRICES PAID FOR LARGE private library of fine books. Pictures also wanted. State approximate quantity and kind—subjects, artists, etc. Write—B.L., Box 501, Postal Station "F", Toronto, Ont.

MISCELLANEOUS

GEM ELECTRIC FENCER, CANada's own. The unit that makes ordinary fences too expensive to build. A single strand of wire and a simple portable Gem Fencer keeps all stock where they belong. Ask for circular and name of the GEM agent nearest you. Groh's Cooler, Limited, Preston, Ont.

THEY'RE OFF ! ! —A NEW RACing game with 6 entries on each card. We feel sure that next to being at the track you will derive most enjoyment from this little game. Send 25c in coin for 8 complete exciting races. Dealers write for full particulars. National Sales Agency, Bloor Bldg., Toronto.

HAVE YOU HEARD

You folks who make speeches now and then might use this yarn told by a chap we recently heard. He was to address a meeting in a small town one night, and arriving a little late, found a man pacing up and down in front of the hall.

Man (stopping pacing) — "Are you the guy that's going to speak tonight?"

Man—"Well, I'm the gentleman that's going to introduce you."

We don't believe that the writers of these three classified advertisements said just what they meant:

"WANTED—A young man to look after a horse of the Methodist persuasion."

"LOST—A cameo brooch representing Venus and Adonis whilst walking in Hyde Park on Sunday morning last."

"WANTED—A woman in the far west to wash, iron and milk two cows."

We are beginning to have more respect for age now that we realize how many summers comparable to this one older persons must have experienced.

Apparently it makes a difference whether one stands or sits:

Customer.—"I've brought that last pair of trousers to be re-seated. You know I sit a lot."

Tailor—"Yes, and I hope you've brought the bill to be receipted. You know I've stood a lot."

Better Look Over Your Bookcase

"I give humble and hearty thanks for the safe return of this book, which having endured the perils of my friend's bookcase and the bookcases of my friend's friends, now returns to me in reasonably good condition.

"I give humble and hearty thanks that my friend did not see fit to give this book to his infant as a plaything, nor use it as an ashtray for his burning cigar, nor as a teething-ring for his puppy.

"When I lent this book I deemed it lost. I was resigned to the bitterness of the long parting, I never thought to look upon its pages again.

"But now that my book is come back to me, I rejoice and am exceedingly glad. Bring hither the fatted morocco and let us rebind the volume and set it on the shelf of honor: For this my book was lent, and is returned again.

"Presently, therefore, I may return some of the books that I myself have borrowed."

Native—"Yeah, we're pretty tough in these parts, stranger. Hanging on that tree outside is Leatherneck Joe. We got sore at him last week and hung him.

Stranger—"Why don't you cut him down and bury him?"

Native—"Bury him? Gosh, no! Do you think we want to bury him alive?"

A censor is a man who knows more than he thinks other people ought to know.

THEY'RE OFF ! ! The most thrilling game ever to reach Canada. Each game an actual exciting race. Send 25c in coin for sample order or write for full particulars. Agents wanted in all communities. National Sales Agency, 57 Bloor St. W., Toronto.

Issue No. 24—'38

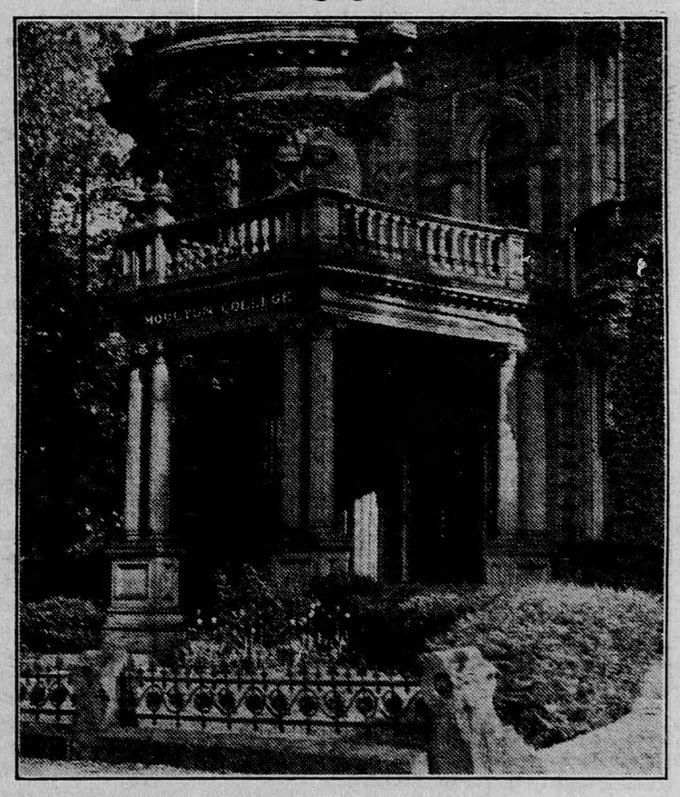
A—C

Assemble Prehistoric Monster's Skeleton

As a new feature of its display in the Educational Pavilion at the Canadian National Exhibition this year the University of Toronto will assemble the skeleton of a dinosaur. The prehistoric monster is now at the Royal Ontario Museum. Dr. L. S. Russell of the Museum will co-operate with university authorities.

W. J. Dunlop, Director of the Department of University extension, who has charge of the U. of T. display at the Exhibition, also plans a display of small live animals from the Department of Biology.

Celebrates Golden Jubilee



Moulton College, one of the oldest private colleges for girls in the Dominion will celebrate its 50th anniversary from June 11th to June 14th. Extensive plans have been made in order that this anniversary will be fittingly celebrated. It is expected that this anniversary will bring together former pupils from all over the Dominion.

Bird Messengers Aid Missionaries

Verse of Scripture Is Attached To each Bird that Leaves Jack Miner's Sanctuary On Its Way North

(By LANCE CONNERY)

Year after year feathered missionaries leave the Jack Miner Bird Sanctuary to spread the word of God throughout the North American Continent. Their medium is the verse of Scripture which each metal tag carried by a banded bird bears.

"Who is this man Miner—a religious fanatic?" might be the layman's reaction to this information. But he would be wrong. The Kingsville naturalist is simply doing his best to ease the none too rosy path which human missionaries have to tread. To the Indians and Eskimos resident in the far north, the simple bit of Scripture brought them from the sky is nothing less than the direct word of God.

This ingenious method of spreading the Gospels has had far-reaching results. Missionaries in the Hudson Bay district have written the naturalist that his aerial messengers have transformed the natives' attitude toward Christianity and lightened their task. Biblical pictures are now sent to the missionary workers by Jack Miner, to trade to the Indians in exchange for the metal bands from slain birds. The tags are mailed to Kingsville, to assist in tracing migration routes.

Assists Migration Studies

Thus the novel method of propagating Christianity has not only led to missionary progress, but has also speeded up the study of bird migration through contacts formed in the northlands.

It is his greatest missionary endeavor, the naturalist is convinced. The natives are wont to rush to the missionary when a banded bird is brought down and ask him to interpret "what God said this time." And more often than not, that verse of Scripture is used as the text in the coming Sabbath worship.

Key To Future Held by Czechs

President Benes of Czechoslovakia is Rated Among World's Best Diplomats

The name of Czechoslovakia goes flashing across the war-clouds of an angry sky a dozen times a day.

This little republic—the last stand of democracy in Central and Eastern Europe—is a grave danger spot. A potential though unwilling cause of war.

Allies Are Doubtful

We also hear much of Nazi Chieftain Hitler and his reported designs on his small neighbor; we learn that his brother dictator and ally, Signor Mussolini, has bestowed blessings on the German program of expansion; Britain, champion of small nations and democracy, makes it clear she cannot help Czechoslovakia unless British interests are involved; even France, godmother of Czechoslovakia, is unable to protect the young nation excepting in case of direct attack against it.

All these things are beating in our ears, but of the one man who bears upon his shoulders in this crisis perhaps a greater responsibility than all the rest we hear scarce a word; Eduard Benes, co-founder and president of Czechoslovakia.

He Must Make Decision

He is the Solomon who must decide whether his country shall surrender its independence without a fight, or whether it shall send that crack army into the field. He is the David who is facing Goliath all but alone—for the days of collective security are done and he can get no help, from Geneva.

As Benes goes, so may go the fate of Europe.

And of his equipment for this task? He has a brilliant, well-trained mind. He is a fighting-man of peace. He is so clever as a diplomatist that he is credited with being one of the most skilled negotiators of his day.

Banana Champion

Ernest Renault, of Launceston, is Tasmania's champion at the sport of—banana eating. With a large crowd, including two police officers, as witnesses, he disposed of 12 eight-inch bananas in 65 seconds, and—was still hungry.

for PIMPLES
Add an equal amount of cream, or sweet oil, to Minard's, and apply the mixture once daily. A simple treatment which will
28 Clear up your skin!

MINARD'S "KING OF PAIN" LINIMENT

The Salvation Army Fresh Air Camp
Jackson's Point, Lake Simcoe
Where annually hundreds of under-privileged children are given a beneficial holiday-period under trained supervision.
Recreation and Instruction Amid Pleasant Surroundings
Please send your cheque to:
COMMISSIONER GEO. L. CARPENTER, 20 ALBERT ST. TORONTO
REMEMBER THE SALVATION ARMY IN YOUR WILL