DO YOU STAMMER?
Don't suffer under this handicap any longer. Successful pupils everywhere recommend our methods of treatment. Write for free advice and literature.
THE ARNOTT INSTITUTE
KITCHENER, ONT., CANADA

Science and Health

"The old cry used to be: 'The greatest happiness of the greatest number,' to-day the cry has been changed to the greatest health of the greatest number; take care of the health and the happiness will take care of itself," writes Professor D. Fraser Harris in the Clarion.

"The young people should not be brought up to believe that science does not concern itself with the practical details of our personal daily lives. She teaches us a great deal about ourselves, our food, our clothes, our sleep and so forth. The science of personal hygiene is intensely practical. It tells us, for instance, why we must use hot water and soap to wash our skins, why even hot water alone is not enough.

"A scientific training is one of the most powerful character-builders there is. For science is not antagonistic to the cultivation of artistic taste or to the highest conceptions of ethics. The notion that 'science' and 'materialism' are synonymous is quite out of date.

"Science teaches us reverence and humility—reverence for the beauty in the Universe and humility in presence of its mystery. For although we know so much about the Universe there is plenty of mystery in it still—mystery, for instance, of the origin and maintenance of life and the beauty of numberless living mechanisms so perfectly adapted for their purposes or functions.

"Science—reverent science—fosters a love of beauty. Keats said that Newton by explaining the colors of the rainbow, had destroyed its beauty. But Keats was very young when he said that. For the mere matter of that, the man of science had, of course, as much as anyone else, the power to appreciate beauty. Science teaches us that, as in Peter's vision, there is nothing common or unclean. Science teaches us that the disease-bringing microbes and the stinking, slimy fungus, the parasitic worms and the destroyers must be studied with as much care, patience and detachment as the lily, the rose, the bird of paradise or the human body."

The Mexican Revolution

Ottawa Droit (Ind.): President Portes Gil in a public address has said that he does not believe that the Catholic Church, as an institution, is responsible for the recent military revolution. He denounced certain Catholics, who, according to his statement, have committed reprehensible actions in certain States. But he praised the conduct of other Catholics who kept apart from the revolution. This is a praiseworthy appreciation. Portes Gil admits that the Catholic Church did not provoke the present revolution. If some of its members took part in it, even for religious motives, that would be no reason to throw the responsibility on the official authority of the Catholic Church. The position of the official authority in the present conflict has been one of absolute neutrality.

HOW BABY SPECIALISTS TREAT CONSTIPATION

Constipation in babies and children is the cause of colic, bloating, skin disorders, etc. It weakens them, just as it does grown folks; makes them cross, feverish and fretful. But don't use grown folks' medicine with them, baby specialists advise. Ninety per cent. of them recommend just one preparation for constipation, colds and other ills of babies and children. They say Fletcher's Castoria. Millions of mothers have proved its merit during thirty years of use. Castoria is purely vegetable, harmless and pleasant-tasting. Genuine Castoria always bears the Fletcher signature. Avoid imitations.

Owl-Laffs

WHAT THIS COUNTRY NEEDS

—More chicken houses and fewer road houses.
—More cool heads and warm hearts.
—More babies and fewer poodles.
—Less lawmakers, less law breakers.
—Fewer people who want their country to do something for them.

There is one verse in the Bible the school boy knows to be true. "Much study is a weariness to the flesh."

FIRE WHEN READY

Chief Petty Officer: "The enemy are as thick as peas. What shall we do?"
Officer of the Deck: "Shell them, you idiot, shell them!"

Of course it is agreed that only a few, more years and airplanes for everybody will be as common as motor cars are now, and we often wonder if there will be as much uncertainty about the ownership of parachutes as there is about umbrellas now.

A flapper refers to her skirt as her "charm string."

Housewife—Don't bring me any more of that horrid milk. It's positively blue!
Milkman—It ain't my fault, lady. It's these long, dull evenings as makes the cows depressed.

Only your doctor is interested in how you feel; others who ask do so from custom.

If you're determined to be good-natured you must expect to be imposed upon.

New times call for new methods. What once got by may not now get buyers.

How to get rich quick: Go to Mexico and be an undertaker.

Visitor: "And how are you, Bobbie?"
Bobbie: "I'm just at the awkward age."
Visitor: "Really? And what do you call the awkward age?"
Bobbie (bitterly): "I'm too old to kiss and too young to swear."

The farmer's demand, in brief: Manufacturers, rob the consumers; we want a law that will enable us to do too.

WHAT'S WRONG WITH THIS PICTURE?

"Waiter, Why is it that there is a mouse butted in my soup?"
"I do not know, sir. We employ only female help."

Most men find it the hardest thing in the world to come up to an enemy and say "Let's let bygones be bygones." But when he does it shows a big heart and a fine spirit.

A little girl attending an Episcopal Church for the first time, was amazed to see all kneel suddenly. She asked her mother what they were going to do. Her mother replied "hush, they're going to say their prayers."
"What, with their clothes on?"

Another good way to save money is to make more than you have time to spend.

We could tell you some more jokes, but what's the use? You would only laugh at them.

A man inherits his religious beliefs; his religious prejudices are acquired.

We may not know it, but we're being checked up all the time—the neighbors are busy when we least suspect it.

Most everybody thinks there is a social law made just to embarass them.

The difference between a fool and an idiot is the fool can help it but won't.

We should be careful of the books we read as of the company we keep. The dead very often have more power than the living.—Dr. Tryon Edwards.

Minard's Liniment—good for tired feet

Rhodes Memorial Opened at Oxford

Designed in Honor of the Founder of University Fund.

Oxford, Eng.—The Rhodes House, designed as a memorial to Cecil John Rhodes, founder of the Rhodes scholarships, was opened recently by Sir Otto Beit, a trustee of the Rhodes fund, in the presence of 300 invited guests and Oxford University authorities.

At the same time Sir Otto formally presented the library to the university as a branch of Rhodelian Library.

Viscount Grey, chancellor of the university, accepted the gift in a brief speech.

The building is an imposing structure on South Parks Road, close to Keble College, the University Museum and the School of Forestry. It will not only furnish living quarters for F. A. Wylie, Oxford secretary to the Rhodes trust, but will also serve as a centre for the activities centring around the trust and the Rhodes scholarships, which celebrate their twenty-fifth anniversary this summer.

In the small dome in the roof are symbols representing the dominions which compose the British empire. Upon the walls will be carved the names of Rhodes scholars who have deserved well of their country, whether that country be a Dominion of the British empire, Germany or the United States. Rhodes, the Empire builder, desired above all that those who benefitted by his scholarships should devote themselves to public service.

At the entrance of the building, the names and countries of all Rhodes scholars who lost their lives in the World War have been carved.

BABY'S OWN TABLETS WIN GREAT PRAISE

Many Mothers Always Keep Them in the House.

Thousands of mothers state that they know of no other medicine for little ones to equal Baby's Own Tablets—that they always keep the Tablets in the home as a preventive of childhood ailments, or if sickness does suddenly grip their little ones they feel safe with such a remedy at hand.

Recommending the use of the Tablets Mrs. Dexter Plourde, Tingwick, Que., writes:—"I have nothing but praise for Baby's Own Tablets. They are the best medicine I have ever given my two little ones, and I am glad to state that the Tablets have always kept them in perfect health. I feel so safe with the Tablets that I always keep a box in the house."

Baby's Own Tablets are a mild but thorough laxative. They regulate the bowels, sweeten the stomach and thus banish constipation and indigestion; break up colds and simple fever and make the cutting of teeth painless. The Tablets are absolutely safe, being guaranteed free from all injurious drugs. They are sold by all medicine dealers or by mail at 25c a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Rolling Stones Gather No Moss

Quebec Evenement (Cons.): If any of our French-Canadian brothers are thinking at the present time of going to seek their living in the United States, we would like to give them a word of counsel: this is no time to emigrate, not only because too many of our compatriots in New England are suffering from hardship and lack of work, but also because the Province of Quebec can count on a continual improvement in conditions which are already satisfactory. There are four times as much happiness and good fortune waiting for our people who go on cultivating their lands with perseverance as there would be for those who are going to embark elsewhere on the adventure of being happy.

Children and the Movies

Le Monde Ouvrier (Ind.): The law prohibiting children under sixteen to attend the movies, whether they are accompanied or not, is a ridiculous law, as it is broken thousands of times every day in the year, for want of being able to apply it. How are you going to expect a ticket-seller at the door of a picture-house, especially when there is a crowd, to notice whether a young girl is under sixteen or not? If he stops her he holds up the entrance of others and hurts his employer's business and, even then—will the young lady have her birth certificate in her pocket? What is he to do? Let her in or stop her? Whatever he does, his livelihood—generally a very poor one at that—will be at stake. What would you do?

Hands

Under the still, sequestering snow
The finger-roots begin to grow,
And in the darkness there is mirth.
They will be reaching, soon,
The green hands out of earth.

And we who seem so fixed and deep,
As though no change had now begun,
Shall we not reach with quickened hands
To claim our yellow share of sun?

Splitting Headache

Minard's will drive it away. Bathe the forehead. Also inhale.

MINARD'S "KING OF PAIN" LINIMENT

BAKE YOUR OWN BREAD
ROYAL YEAST CAKES
STANDARD OF QUALITY FOR OVER 50 YEARS.
HOME-BAKED BREAD IS BEST OF ALL

Sour Stomach

GENUINE PHILLIPS MILK OF MAGNESIA
For Troubles due to Acid
INDIGESTION
ACID STOMACH
HEARTBURN
HEADACHE
GASES · NAUSEA

Just a tasteless dose of Phillips' Milk of Magnesia in water. That is an alkali, effective, yet harmless. It has been the standard antacid for 50 years among physicians everywhere. One spoonful will naturalize at once many times its volume in acid. It is the right way, the quick, pleasant and efficient way to kill the excess acid. The stomach becomes sweet, the pain departs. You are happy again in five minutes.

Don't depend on crude methods. Employ the best way yet evolved in all the years of searching. That is Phillips' Milk of Magnesia.

Be sure to get the genuine Phillips' Milk of Magnesia prescribed by physicians for 50 years in correcting excess acids. Each bottle contains full directions—any drugstore.

Is your daughter enjoying life?

IT is just in her "teen age" that a girl should be getting the most fun out of life!—Yet so often it happens that girls of sixteen to twenty have outgrown their strength—are quickly tired, pale, nervous, generally run-down and unhappy!

These are sure signs of anaemia, a condition that results from thin, worn-out, under-nourished blood. Dr. Williams' Pink Pills have corrected this in thousands of girls. Here is the actual experience of Mrs. Ben Nicholas of Brieau, Ont.

"My daughter was in a run-down state. She was easily tired and did not wish to associate with others. As this was unnatural, I began giving her Dr. Williams' Pink Pills, and they soon made a strong healthy girl of her. Now she is as happy a girl as one would wish to see."

Start your daughter on this proven treatment now by buying Dr. Williams' Pink Pills at your druggist's or any dealer in medicine or by mail, 50 cents; postpaid, from The Dr. Williams Medicine Co., Brockville, Ont.

Dr. Williams' PINK PILLS
"A HOUSEHOLD NAME IN 84 COUNTRIES"

Government Ships

La Patrie (Cons.): (Sir Henry Thornton, being asked, what would happen if the Canadian Government Merchant Marine belonged to a private company, said: "It would immediately be put into liquidation.") Hon. H. H. Stevens has made the suggestion that some of the C. G. M. M. ships should be allotted the task of trying out the navigation conditions of Hudson Strait. If they succeed in bringing out some cargoes from Churchill, it will encourage other ships to go on this presumably dangerous route; if they perish, the destruction of the cargo will be a lott; but that of the ship will in reality be a gain. However, Mr. Dunning has no desire for such an experiment. He wants to give the Hudson Bay route a real chance of proving its utility. He is even entertaining the notion of having special ships built for the route, which makes us quail at the prospect of still more unprofitable expenditure, in keeping with this whole enterprise of the Hudson Bay route.

BOOKS WANTED

Old Canadian books, documents, etc. Highest prices offered. Advise what you have.

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This valuable book was compiled to advertise CARHARTT OVERALLS—the best farmer's overalls in the world. One farmer wrote that he would not take ten dollars for his book. Write for yours to-day.

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LADIES' OR GENTLEMEN'S WRIST WATCH IS GIVEN FREE AS A PREMIUM FOR THE SALE OF 18 BOTTLES OF PERFUME AT 25 CENTS EACH.

UNBREAKABLE PEARL NECKLACE GIVEN FREE AS A SPECIAL PREMIUM FOR THE SALE OF THE FIRST FOUR BOTTLES WITHIN TEN DAYS.

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Those Languid Eyes

They quickly reflect your health and physical condition—restless eyes indicate the temperament of the stomach.

Watch the eyes . . . see that the whites are clear with a healthy bluish tinge. The minute a yellow tinge appears it betrays constipation, sluggish liver or biliousness, you need a laxative. Bring back your

Vigour, Vim, Vitality

with Beecham's Pills—the sure way to constant, joyous, bounding health.

Beecham's Pills

Try a regular daily course for a short period. Your eyes will tell the story.

A Vegetable Product

Read about Character from the Eyes in future Beecham Advertisements.

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ISSUE No. 21—'29

India and the Dominions

Bombay Daily Mail: The recent history of the Empire clearly reveals the descreasing supremacy of the British Parliament and the increasing sovereignty of the Dominions. Political wisdom and statesmanship would point to the evolution of India, too, on the same lines of "freedom broadening from precedent to precedent." The difference in the attitude, however, of Britain to the Dominions on the one hand and India on the other is to large to be satisfactorily explained. The Dominions taken separately or together are no match to the might of Britain, and yet she pays greater heed to the threats of the Dominions than those of India. A cynic would say that she dreads the loss of the Dominions more than that of India. The difference cannot be due to racial feeling, for half the population of Canada is French and the ruling race in South Africa is Dutch.

The Two Indias

Truth (London): The report of the Committee on the Indian States makes one thing above all others quite clear—that any possibility of India being given Home Rule as we know it is outside practical politics. Sir Sydney Low, who speaks with special authority as the author of one of the best books ever written on India, picks out for particular approval a phrase in the report, "There are two Indias." In other words, the aims and aspirations of the Nationalists and Swarajists are in opposition to those of the native States. It is this which makes so many Indian political programs the emptiest claptrap. For whom do the anti-British orators speak? Certainly not for India, since the Princes, ruling two-fifths of its area and one-fifth of its population, have expressed their desire not to be withdrawn from the protection of the Crown. It is perfectly obvious that no native ruler could wish to exchange the British Raj, whatever its shortcomings for government by the Nehrus and the Gandhis.

Let us have faith that right makes might, and in that faith let us go to the end, dare to do our duty as we understand it. Abraham Lincoln.

Use Minard's for the rub down.

The human brain is a wonderful organ. It starts working the minute we get up in the morning and does not stop until we get to the office.

SMART'S
The Mower that's Guaranteed
The materials from which Smart's Mowers are made & the way they are made guarantee durable and satisfactory service.
The keenest cutter your money can buy. Ask for a Smart's Mower by name.
JAMES SMART PLANT
BROCKVILLE ONT.
MOWERS

The Red Rose Tea guarantee means what it says. If not satisfied return the unused part in the package and the grocer will refund your money.

RED ROSE TEA "It's good tea"
RED ROSE ORANGE PEKOE is extra good

Leaven

A noted g[illegible] that "had a man been [illegible] the change that hoped could he would not have [illegible] this process, he'd show mighty little [illegible] of progress of many [illegible] movement in the world which in the centuries to be seen to have been of [illegible] importance. The leaven of the [illegible] does its work slowly and silently [illegible] weeks.

Minard's Liniment relieves

Walter N[illegible] imprisonment, [illegible] Law enforcement in Chicago strict you can't get away with anything except murder.—Chicago [illegible]

WHEN IN TORONTO
EAT AND SLEEP AT
SCHOLES HOTEL
YONGE ST., Opposite Eaton
Hotel Rates $1 Per Day and [illegible]

DOCTORS quite approve quick comfort of Aspirin; these perfectly harmless tablets will ease an aching head without penalty. Their increasing use year after year is proof that they do and can't harm. Take them for headache; to avoid the pain peculiar to women; many have found them marvelous at such times. The proven directions found in every package of Aspirin tell how to treat colds, sore throat, neuralgia, neuritis, etc. All druggists.

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INGLE COMB WHITE Baby Chicks [illegible]
A-1 BABY CHICKS four weeks old [illegible]
BABY CHICKS [illegible]
The new public hero of Hungary, wearing his rock coat, and spade in [illegible] of his duty. He is d[illegible]
Schweppes THE PARENT SPRING
BRIDGEBURN [illegible]
DOMINION CHINA HOUSE FOR THE [illegible]
SAW it with a SIMONDS SAW
Stays sharp longer
Cuts easier. Saws faster
SIMONDS CANADA SAW [illegible]
VANCOUVER TORONTO
WHAT WILL IT DO?
Women are saying: "[illegible] Compound keeps me [illegible] work." "I feel [illegible] down. Now I eat [illegible] better." "It helped [illegible] year-old daughter [illegible] form and after using [illegible]—I am gaining [illegible]
Lydia E. Pinkham's Vegetable Compound

Why go to Peru?

[illegible] oil is so plentiful [illegible] here in North America, [illegible] Imperial Oil Limited go [illegible] to Peru for the crude [illegible] Marvelube is made? [illegible] Peruvian crude has [illegible] properties which make it [illegible] desirable as a base [illegible] motor oil.

That [illegible] Marvelube is giving [illegible] operators longer periods [illegible] engine overhauls and [illegible] margin of safety.

Marvelube meets the needs of the [illegible] high-speed motor, in the air, on the road, because its [illegible] and heat-resisting properties are created by Nature [illegible]

[illegible] give you the benefits of [illegible] purification. There is a grade of Marvelube refined to meet [illegible] specifications of your car, truck or tractor. See the Marvelube Chart at Imperial Oil dealers' and service stations.

Marvelube
From far Peru comes a better crude to make a better motor oil.
IMPERIAL OIL LIMITED
EVERYWHERE IN CANADA