NATATORIAL STARS, conquerors of the Catalina and English Channels, world champions, record-holders, in open Titanic struggle at the 4th Wrigley Marathon Swim for the $50,000 cash prizes and championship crown. For sustained interest and tumultuous excitement, no spectacle, no contest compares with a Wrigley Marathon. See this feature event—*Women's Section, Friday, August 23rd; Open Race, Wednesday, August 28th.*

OTHER EMPIRE YEAR "HIGH LIGHTS"

Opening of the new $1,000,000 Automotive Building; $125,000 Agricultural Prize List; Trotting and Pacing Races and $5,000 Futurities; Exhibits from every Province; International Regatta and outboard motorboat races; Four concerts by 2,000-voice Exhibition Chorus (*Aug. 24th and 29th, Sept. 3rd and 7th*); Goldman and other noted bands; "Britannia's Muster," an inspiring military and naval presentation by 1,500 performers on the world's largest stage; International Aircraft Show and Carnival of the Clouds; feature after feature during the entire fourteen days of the Canadian National Exhibition.

Perfect highways. Reduced steamship railroad, and airways rates. Ample accommodation. Make reservations now for Exhibition Chorus Concerts and Grand Stand performances.

THOMAS BRADSHAW, *President*
H. W. WATERS, *General Manager*

The Loyal Consumer

Ottawa Droit (Ind.): Faced with the tariff situation as it is reported from the United States, our duty is clear—only to consume, as far as possible, Canadian products; if we must buy imported products, to choose in preference the British countries, always bearing in mind that Canada comes first in every case; and, lastly, to direct our surplus production to those countries which are eager to come to commercial terms with us.

Knowledge

Life is the goal of knowledge. All learning has as its ultimate aim, better living. Losing sight of this truth, students sometimes become "fossils." They are deficient in all-round life, and this deficiency in turn limits their knowledge. When what one knows is assiduously applied to what one does, the knowledge itself becomes enriched and expanded. To live, know; to know, live.

Patriotism

Patriotism is a poor thing till its eyes are washed by the touch of Christ, and it learns to look beyond the barrier of local customs, castes, social and national severances, and to reckon all mankind as brethren in Christ. Robert J. Drummond.

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Eskimos and Whites

Seattle, Wash. — "Oomiak puk! Oomiak puk!" meaning "Big boat! Big boat!" is the cry that goes up when the Eskimos sight the schooner Boxer, Alaska supply ship for the United States Board of Education, now on its second cruise for this season. In May it left on its first trip, going nearly to the mouth of the Yukon. In early July it left Seattle again for Pt. Barrow and all remote points north. The Boxer, like all prudent boats, leaves Pt. Barrow each fall not later than Sept. 10.

As boats go, the Boxer is only a little two-masted power schooner, but compared to the skin "oomiaks" of the natives she is "puk," big, and "puk" in importance, for no ship carries more precious freight. From requisitions made out by teachers in the long winters, Dr. Jonathan T. Wagner, superintendent of the Alaska division of the United States Board of Education, fills the Boxer with supplies that must last a whole year until she comes again.

Such formal things as requisition sheets and such a conventional institution as the Government become mobile before the needs of points farthest north, and a supply of tooth paste and a few tubs for the people of St. Lawrence Island, must be included with pen and ink. In Mr. Wagner's office a cheese box was seen, packed with phonograph records going to Barrow.

Besides all the et cetera of schools, such as songbooks, world-building games, raffia and water colors, which the natives delight in, and stencils of George Washington and Abraham Lincoln to be drawn on the blackboard, there are such practical things as alarm clocks and building material. On her last trip the Boxer carried lumber for a school on isolated King Island in the waters north of Nome. This island is so steep that houses are built on stilts fastened into the steep bank and is only inhabited because of its choice seal and walrus fishing. In the summer the natives take their pelts and ivory and carved ivory to Nome where they barter them for their winter's supplies and then when the Boxer returns from Barrow in the early fall and the seas are heavy for their frail boats, they return by the "oomiak puk."

The Boxer does many such friendly errands and in cases where she is the only boat visiting, carries general freight for the comfort of the community, supplying its needs. Where there are co-operative stores established by the government teachers, while the native storekeepers do their own wholesale buying, the Boxer, if there is no other boat, carries their supplies at the cost of operating the boat. In the case of the personal supplies of the teachers they are carried free.

Government's Merchant Marine

Victoria Colonist Cons.): Evidences continue to multiply of how money is lost in State-managed enterprises, and a striking example is furnished in connection with the Canadian Merchant Marine. Canada is experiencing heavy losses on a small fleet of vessels because there are only forty-five ships of 306,909 tons deadweight in the Government Merchant Marine, and these are chiefly cargo vessels. What has happened to the Australian Merchant Marine and what is happening to Canada's similar venture, and how the taxpayers are suffering, should prove a warning to Britain's Labor Government not to attempt the taxburdening task of State-owned industry.

SUMMER HEAT HARD ON BABY

No season of the year is so dangerous to the life of little ones as is the summer. The excessive heat throws the little stomach out of order so quickly that unless prompt aid is at hand, the baby may be beyond all human help before the mother realizes he is ill. Summer is the season when diarrhoea, cholera infantum, dysentery and colic are most prevalent. Any of these troubles may prove deadly if not promptly treated. During the summer the mothers' best friend is Baby's Own Tablets. They regulate the bowels, sweeten the stomach and keep baby healthy. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Sonny had just returned from his first attendance at Sunday school. He beamed proudly as he announced that the minister had spoken to him.

"Oh," said his father, "and what did he say to you?" "He told me to keep quiet," replied Sonny.

Minard's Liniment for Summer Colds

Traveling West in 1859

In the course of the year I twice accompanied my husband on lecturing journeys, which gave me an opportunity to become acquainted with wide regions of the country. In the spring he took me with him into the middle West, and in August we took new and interesting sights; the impressions which I received are faithfully reflected in the notes of my travels which I wrote down for my parents.....

"May, 1859—The sun rose gloriously as the train earred us into the beautiful wild forest regions of Ohio. For many, many miles forest and nothing but forest, which the railway traverses almost in a straight line. Since the road was built people have begun to clear the virgin growth here and there; settlers who could find no home anywhere else came, and with their axes and the help of fire won the ground on which to build their log cabins and to plow their first plot of land. Some pioneers had achieved a green field, while others still had the gigantic task before them, having accomplished only the building of a miserable hut surrounded by the smoldering trunks of trees. At other places better results had been obtained. Little villages had sprung up, and comfort seemed to walk hand in hand with labor. But between them stretched the most luxuriant, the greenest forest, untouched by the hand of man, where nature had held undisputed sway for thousands of years, and had destroyed or built up as primeval laws had dictated. Through the whole of Ohio and Indiana we had this magnificent, mysterious woodland almost constantly on either hand. Toward evening the trees began to grow more sparse, and finally merged into an extensive meadow land, whose green sprang from a marshy soil. Then followed more woods, and once in a while a still, motionless lake, until gloomy waters came into view on both sides of the track, while the sun was sinking in glowing tones of red and orange. Along the northern horizon lay a bluish streak, which showed us that we were not far distant from Lake Michigan."

"(Two days later.) Our road to-day lay through the 'rolling' prairie. A peculiar feeling of freedom and of peacefulness lays hold of the spectator. Toward every pint of the compass the prairie seems limitless. Nowhere does the eye meet with a check; no fence, no hedge marks a boundary, the horses and cattle graze unrestricted, or the herd, pasturing beside a small brook, seeks the shade of some near-by oaks, lies in the grass, or stands in the water cooling its flanks in the clear stream. The eye of the traveler wanders from his idyllic picture of the long, swelling lines of the prairie fading away into the dim horizon, and it will seldom meet with a sight more lovely."

"On the evening of the second day we went aboard the small steamer which was to carry us up the Mississippi to St. Paul. The trip, which occupied several days — the boat steamed between the low and sparsely settled banks of the river and past numerous small green islands—was not without its charm. Saturday evening we finally arrived in St. Paul. The ten-year-old city, rises in a series of terraces on both sides of the broad river. As in all these new towns of the West, the dwelling houses are built separately, scattered over a disproportionately large area..... St. Anthony, not far distant, with its falls of the Mississippi reminding me of the Rhine falls at Schaffhausen, and the four-year-old town of, Minneapolis across the river, are situated at th eend of civilization. North of these two points the only inhabitants are Indians, bears and wolves."—From "On Two Continents, Memories of a half a Century," by Hansen Taylor.

"The more a woman is pressed for information, the less she can say."

Waning Joys

The future is always fairyland to the young. Life is like a beautiful and winding lane, on either side bright flowers, and beautiful butterflies, and tempting fruits, which we scarcely pause to admire and to taste, so eager are we to hasten to an opening which we imagine will be more beautiful still. But by degrees, as we advance, the trees grow bleak, the flowers and butterflies fall, the fruits disappear, and we find we have arrived—to reach a desert waste.—G. A. Sala.

Order

Order is a lovely nymph, the child of Beauty and Wisdom; her attendants are Comfort, Neatness, and Activity; her abode is the valley of happiness; she is always to be found when sought for, and never appears so lovely as when contrasted with her opponent, Disorder.—Johnson.

Are you miserable and run-down?

WOMEN of all ages, all over the world, are finding new health in Dr. Williams' Pink Pills.

Actual microscopic tests have shown that the medicinal elements contained in them *increase the blood count* and build up and revitalize the entire system. Miss Juliette Seguin, of Dalkeith, Ont., testifies as follows:—

"Two years ago I became weak, nervous and run-down. Various prescribed treatments did not help me. I began taking Dr. Williams' Pink Pills and it was not long before I noticed a big improvement; and soon I was in the best of health. A year ago also my mother was badly run-down; her nerves were shattered and life became a burden. She began taking the pills and as a result she is in perfect health."

Buy Dr. Williams' Pink Pills now at your druggist's or any dealer in medicine or by mail, 50 cents, postpaid, from The Dr. Williams Medicine Co., Brockville, Ont. c-37

Dr. Williams' PINK PILLS

"A HOUSEHOLD NAME IN 24 COUNTRIES"

Speed Limits In Britain

London—Abolition of the speed limit for private motorcars and motorcycles, and a maximum limit of 35 miles an hour for public chars-a-bancs and omnibuses fitted with pneumatic tires, are among the main alterations in existing motoring laws recommended by the Royal Commission on Transport dealing with "control traffic on roads" in its first report, recently issued.

Penalties for dangerous driving, the Commission says, should be considerably increased; fines should be raised to the maximum of $250 in the case of the first offense, and $500 for with imprisonment as an alternative in either case.

Upon a second or subsequent conviction, the license should be automatically suspended for not less than six months, the Commission maintains. The qualifying age for an applicant for a license to drive a motorcycle should be raised from 14 to 16 years. In the case of commercial vehicles which exceeds 2½ tons unladen or of a public service vehicle, a license to drive should not be effective, continues the Commission unless the holder of such a license is 23 years old.

Other recommendations are that the Minister of Transport should compile comprehensive statistics on the causes of all road accidents; furthermore, that he should also be empowered to order an injury into the cause of any accident in which motor vehicles are involved; but such an inquiry should be obligatory in case any accident to a public service vehicle involves a fatality.

"Any person found driving or attempting to drive a mechanically propelled vehicle when he is found to be under the influence of drink or drugs as to be incapable of having a proper control of such vehicle," says the report, "shall be liable to a fine not exceeding $250, or imprisonment not exceeding four months, or both, with a suspension of the license for at least 12 months."

The report continues: "Any person taking part in or conniving at motor racing or speed trials on a public road should be declared guilty of an indictable offense punishable by imprisonment, without option of fine and by disqualification for holding or obtaining a driver's license."

Then comes this reminder: "Six thousand deaths in one year with a prospect of a still greater death roll each succeeding year until we reach what has been called 'the saturation point' as regard the number of motor vehicles, is a very heavy price to pay for modern transport." In conclusion the commission declares: "Legislation on the subject of general control of traffic on roads is long overdue and should be enacted without delay."

The commission is headed by Sir Arthur Griffith-Boscawen, who was appointed last August by Sir William Joynson-Hicks, then Home Secretary. It examined many witnesses, including representatives of the Ministry of Transport, railwaymen, motoring associations, motorbus and commercial car experts, police cyclists, engineers and municipal authorities.

Going Ahead

If a man wants to do a thing, there is only one course to pursue—Proceed. Go ahead and do it. And the sooner done the better. If he wanted to swim, he would venture in, wade around a bit, venture a little farther, splash around with his hands, gradually gain confidence and experience, and at last he would be swimming with the best of them.

Minard's Liniment for Neuralgia.

Noah's Story Told Long Ago

Ancient Splendor of Great Syrian City Laid Bare by Anglo-American Expedition

Jerusalem—Part of the former glory of ancient Gerasa, scene of notable events in ancient history and founded—as legend has it—by Alexander the Great, has been revealed, perhaps for the first time in 1000 years, through the excavation work of the British School of Archaeology in Jerusalem and Yale University under the leadership of J. W. Crowfoot, director of the loral school.

A magnificent stairway of fine red stone was completely excavated. It ascends almost to the Church of St. Theodore, the excavation of which was begun last season, a notable edifice standing on the third and highest of three levels rising from the famous Street of the Columns.

The present village (Jerash) is located on the eastern bank of a stream, the ancient site being on the western, so that the latter is unspoiled by unsightly buildings erected over it, as is the case with so many other historical sites.

This season's excavations were confined to a number of Byzantine churches, most of which date about the sixth century A.D. They were found to be in groups of two or three, and all quite close together.

A notable feature of one of these is the discovery of the floor of a synagogue, only a few inches below the level of the church, located immodiately to the rear of the Temple of Artemis, commanding an excellent view of the city. The mosaics of the synagogue floor, some of which were partly destroyed by the erection of the church above it, reveal an elaborate scene from Noah's Ark and two heads of figures with the names of Shem and Japheth written in Greek. There is also a Greek inscription, broken in part, which reads as far as preserved, "Amen, Sela. Peace to the Synagogue."

Representations of the seven branched candlestick, the palm branch, citron, and Scroll of the Law were found, and also another inscription reading, "Peace unto all Israel," followed by the names of the benefactors.

In St. George's Church there is an excellent representation of a peacock, while all the other mosaics there are geometric in design.

From all evidence obtainable, St. Theodore's is apparently the oldest of all the churches thus far excavated. The mosaics reveal remnants of a design giving the 12 months of the year. The figures in the middle section have been destroyed, and coarser mosaics substituted. This is believed to have been done as an act of protest against images, but enough remains of the names of the months to enable identification of the general scheme.

On the stairway were found a pair of gold earrings and several seal rings, and also parts of boxes in which the jewels had been kept.

Gerasa was rebuilt during the period of the Syrian kings of Antioch, when its name was changed to "Antioch of the Golden River." The original term, however, proved the more popular one, and it has survived and is still to be recognized in the present Arab name Jerash. The city was later captured by Alexander Jannaeus, the Maccabean king, and was subsequently liberated by Pompey. As is evidenced by the public buildings recently excavated, Gerasa was at the height of its splendor and glory during the period of Roman rule.

The city continued to prospar during the Christian period, as shown by the churches of that epoch. After the advent of the Moslems, Gerasa went through many vicissitudes, which resulted ultimately in its downfall. It was not until 1878 that it was again rebuilt by the Circassians, under the Turkish Government.

These discoveries bring to a conclusion two successful years of excavation work.—Christian Science Monitor.

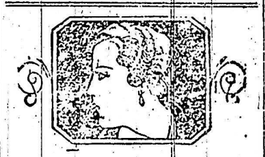
A Word in Season

Listen to the inner voices—ask what you ought to do—as well as what you would like to do—face dangers and pain rather than do base and shameful things—love the wise and noble sayings of the men of old—and stand by the wise and noble women of your own day, in all their efforts to set wrong things right, and to make right things loved by all.

— M. E. D.

Keep Minard's Liniment always handy

The teacher has been talking about famous proverbs. "Now," she said, "can any child tell me what this one means: 'Ont of sight, out of mind'?" "Yes," Johnny promptly volunteered, "Invisible and insane."



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Canadian Aviation Growing Steadily

Major-Gen. MacBrien Foresees Bright Future—Flies to Winnipeg

Winnipeg—Unprecedented development of aviation in Canada, possibility of the Dominion leading in Trans-continental air-mail linking Vancouver and Halifax by 1931, were detailed here recently by Major-Gen. J. H. MacBrien, Ottawa, President of the Aviation League of Canada. Completing 1,500 miles of a solo flight from Ottawa, Gen. MacBrien piloted his little Gypsy Moth to a perfect landing at Stevenson airdrome. He is en route to the Pacific Coast and will continue his flight from here.

"Progress in Canadian aviation has been satisfactory," said Gen. MacBrien, "and a rapid development is taking place. Commercial aviation is growing steadily in Canada. New air routes are being opened all the time, new flying clubs are being formed, and, generally, the situation is very promising."

Referring to the establishment of a trans-continental line, Gen. MacBrien stressed the importance of perfect organization, and pointed out that links were already established in the east and the west.

"Completion of the service will mean feeders being supplied from northern provincial districts, such as Hudson Bay, Peace River, Northern Ontario and Quebec," he said, "and eventually the Dominion will have one of the most extensive and most prosperous services in the world."

Late Father—I can see right through that chorus girl's influence, young man.

Late-sick son—I know, dad, but all dress that way nowadays.

A man who was given up by doctors when he was fifty has just died at the age of ninety-six. Doctors are usually right in the end.—"London Passing Show."

Mrs. Nouveau had just arrived from a tour of Europe, and her long-suffering acquaintances had no opportunity to forget the fact.

"And Paris!" she gushed. "Paris is just wonderful! The people are so well-educated—not at all like they are in this crude country, my dear! Why, even the street cleaners can talk French!"

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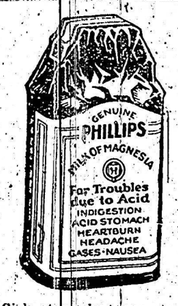

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Sick stomachs, sour stomachs and indigestion usually mean excess acid. The stomach nerves are over-stimulated. Too much acid makes the stomach and intestines sour.

Alkali kills acid instantly. The best form is Phillips' Milk of Magnesia, because one harmless, tasteless dose neutralizes many times its volume in acid. Since its invention, 50 years ago, it has remained the standard with physicians everywhere.

Take a spoonful in water and your unhappy condition will probably end in five minutes. Then you will always know what to do. Crude and harmful methods will never appeal to you. Go prove this for your own sake. It may save a great many disagreeable hours.

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