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### Feed Child Mind As Well As Body

Child's Mental Future Made  
During First Five  
Years

This is the twenty-third of a series of weekly health-articles sponsored by the Canadian Social Hygiene Council. Parents of to-day are exceptionally lucky in the fund of scientific knowledge they have at their command as to the feeding and care of their children. In these days of broadcasting health advice, disseminating of health literature, and forming of health centres, there is little or no excuse for sickly children, who are the prey of disease. Vaccination and inspection remove many of the dangers of infectious diseases and the discovery of the value of sunlight and proper food in preventing others, tend to remove the menace to the bodily health of our children.

The one subject in which all psychological investigations agree, is that the training of their children in the home by the parent, during the first years of their lives, is the most important factor in developing well-balanced adults, free from mental and moral abnormalities. Although the adult human had by birth greater powers than any other creature in the animal kingdom, the human infant is the most helpless and dependent for a longer period than any other creature. This child can do nothing for himself and the young fish can swim alone for its life, but the baby must be cared for throughout the first years of its life. The care for this type is broadening his life, his outlook and setting him interested in some concrete thing so that he can really accomplish things, instead of being of things he would like to accomplish in the form of lies.

Normal lies told by children of eight or so, when they have some idea of the difference between truth and falsehood are usually from some self-seeking motive—a obtain something they want or to avoid punishment. Truth telling is product of conviction and the young child is not quite ready to take its place in this civilization. The best method of preventing the habit is to place before the child a constant example of truth-telling in all matters. Don't be too hard on your child when he tells a lie, but be sure he knows that truth is only for certain occasions and has uses to its advantage.

Aside from these natural fears which come from the instinct of self-protection, there is a normal fear, that is the fear of situations and people which are not harmful. When a child shows fear of strangers it is due to the fact that the child is used to being with one person and he fears every one else until he is able to best himself to being with other people. Fear of the darkness is another common fear of children and this is due also to the absence of his mother and a vivid imagination. These fears may be lessened. The parent must understand and help the child to realize that strangers will not harm him and that the dark is the time for sleep. "Children who close their eyes do not see the dark and mother is not far away." And the child sees that while it was a baby his mother's constant care was a necessity, whereas now it should be proud of becoming self-reliant.

Fear of self is a common ailment of childhood and if not coped with can cause untold unhappiness in later life. A child's bashfulness and self-consciousness and the inferiority complex which we hear so much about—or, on the other hand, it may cause bullying and the desire to show off as compensations for this feeling inferiority. If a child can be prevented from thinking too much about himself by having outside interests and interesting playmates, this fear may be overcome in childhood.

Fear of punishment or ridicule is often the basis of a habit of lying. Proud claims that the cause of all these fears is to be found in the child's emotional-life. He must have proper outlets for his emotions or they become well-up within him and add cause the child to be at a loss for some way of expending them and they may later break out as abnormalities. A child's emotional life often is disturbed because the parents often misunderstand him.

There are two recognized emotional classes—the Extraverts and the Introverts—as one psychologist calls them. The Extraverts find it more difficult to adapt themselves to their surroundings. They are constantly turning their thoughts within rather than without to people and affairs happening around them. They are always wondering what others think of them and are usually sensitive and self-conscious. The Introverts are the opposite type—interested in other people and things and are usually self-reliant. Everybody has qualities of both these types but if parents try to decide to which type their children belong, they will not cause unhappiness and nervous instability in a child of the extravert type by blaming him for not taking an active part in things and not mixing well with his play-fellows. There is a happy medium between giving a child too much adult companionship and not giving him enough. Too much tends to spoil the child and make him too demanding when with children his own age. But too little deprives him of sympathetic understanding and the sense of self-respect which adult attention engenders in him.

Another common form is a habit of not for a child's emotions. Give him something special to look forward to which will break the monotony of his life and he will have pleasure in anticipating, and thinking about it. As well as this, every child needs some sort of hobby into which he can put some of his own personality. A child's emotional stability often depends on his parents' attitude to his natural questions dealing with sex. A

child's question should be answered frankly to prevent him from brooding over these things that harmful results follow. Parents should be the natural source of information in all subjects. Some sort of religion whose basis is love and which he sees practiced in the daily lives of those about him, is an invaluable aid to a child struggling with the little problems which make up his life. Often a child who has no companionship in his own age creates an imaginary playmate. This used to be considered abnormal and queer, but it is now recognized as a normal child's method of making up for his lack of companionship. In fact it is only bright children who are capable of creating their playmates, and they are very real to them and should be treated with respect by parents.

Lying is often a great cause of strife between parents and children. Professor Earl Baring says that at the age of three it is negligible, unimportant at six, serious at nine and tragic at twelve.

This is because young children do not understand the difference between "truth-telling and falsehood." During the first five years children are apt to talk carelessly for the sake of hearing themselves and do not distinguish between the products of their imagination and actual facts. Lies are of two kinds—moral and normal. Moral lies are those which are acted out and embellished. These are usually told over a long period of time. We have all met this type of person, who tells things about their families or themselves—money or travel—which are obviously untrue. The care for this type is broadening his life, his outlook and setting him interested in some concrete thing so that he can really accomplish things, instead of being of things he would like to accomplish in the form of lies.

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First Flat Dweller: The people in the next flat to ours are deaf and dumb.  
Special Flat Dweller: How do you know?  
First Flat Dweller: The walls are so thin that I can hear their joint crack when they're talking.

### CULTURE

"Culture," or what we ordinary people call liberal education is an acquaintance with the best that has been thought and said, by men and by the best of general human interest—say nothing of technical subjects—is impossible in these days. An acquaintance with the best that has been thought and said, even on a few subjects, is difficult, and implies a very high degree of education. But a man may fall very far short of that, and still have had a liberal training. What is essential is that in some subjects he should have been made familiar with the best methods, that he should have come into close contact—as a man does in tackling some great book with a mind of the highest order. Somehow or other he should have been made to realize what is meant by the term "first-rate."

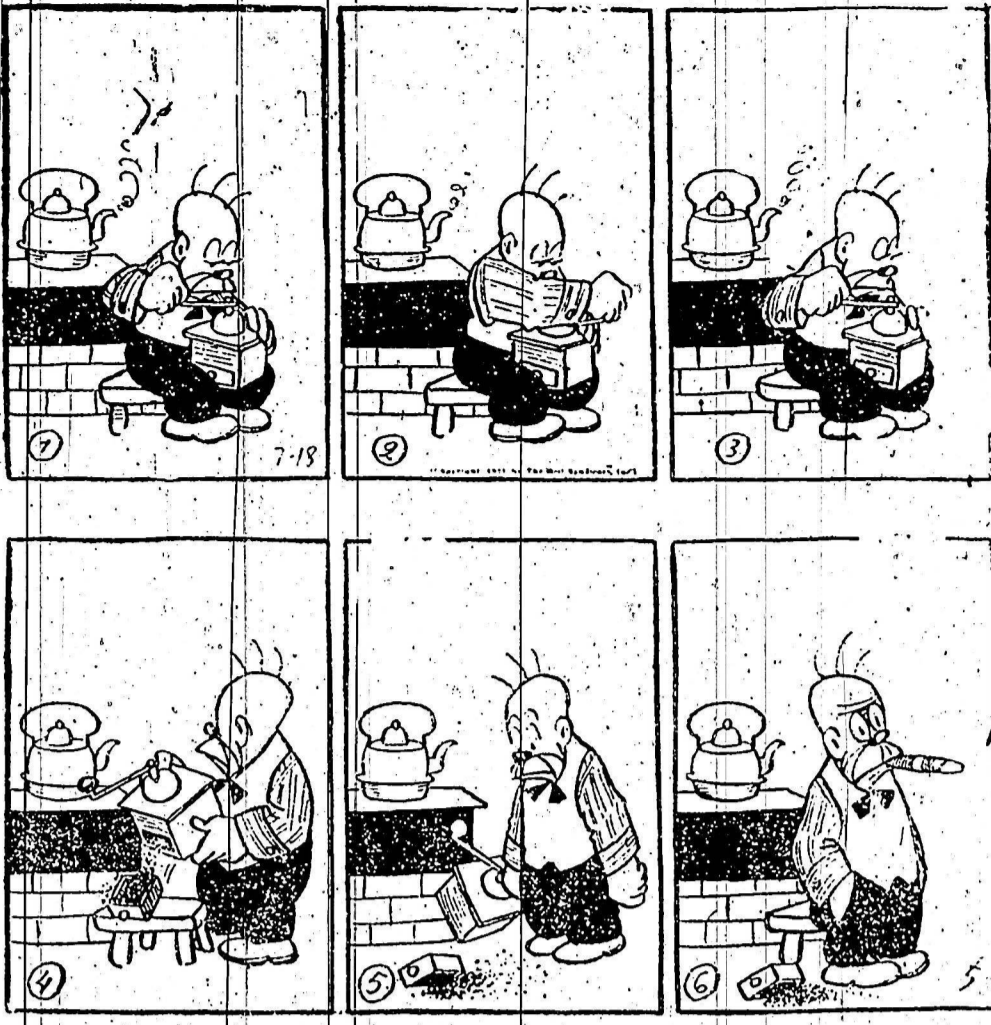
### GRUMBLER

It is no use to grumble and complain. It's just as cheap and easy to rejoice.  
When God sorts out the weather and sends rain,  
Why, rain's my choice.  
—James Whitcomb Riley.

### MISTAKES

When I was young I was sure of everything; in a few years, having been mistaken a thousand times, I was not half as sure of most things as I was before. At present I am hardly sure of anything but what God has revealed to man.—J. Wesley.

### ADAMSON'S ADVENTURES—By O. Jacobsson



### What Will Happen Russian Economics?

A Striking and Exhaustive  
Survey of Economic  
Trend in Soviet  
Russia

The new economic policy in Russia is a striking and exhaustive survey of economic trend in Soviet Russia. It is a study of the economic life of the country, and a study of the economic life of the country, and a study of the economic life of the country.

The Soviet Government has been busy for several years to ensure that the process of economic reconstruction shall be actively supported by scientists, technicians, and skill operators. But how can production be expected to develop, how can the initiative and activity essential to technical advance be maintained in a country where the population in general has no political rights; in one where the engineer or the man of science who, for political reasons, is liable to be prosecuted without regard for the merits of his work, and where the opinion of those in authority will lead to dismissal from the service?

### To-Day Permitted—To-Morrow Prohibited

The arbitrary use of power on the part of the rulers, and the lack of initiative of private men of business. To-day an entrepreneur, or a private trader will be allowed to carry on business, and to-morrow, owing to a new turn in policy, their enterprises will be suppressed and they will be banished to some place adjoining the Arctic circle. To-day, private credit institutions will be permitted; to-morrow, upon the ground that a formally has been infringed, they will be told to close their doors. A decree will be issued, demanding, mining dwellings which cannot be made to pay, and then, a few years later, when private owners have got

them into working order and have made them permanently profitable, they will be taken over once more by the municipality. The meaning that has been plain since that a foreign capitalist can carry on in a country in which there exist neither elementary legal guarantees nor independent law courts, nor political liberties.

The Problem of the Peasant. The independence of politics, and economics is, naturally, desirable in the Russian peasant. He is a worthy member of the nation and a loyal citizen of the land in which he may be deprived of his land, but he does not know what taxes he will have to pay, since they are changed from time to time in the most arbitrary way; nor does he know the price at which his wheat will be compelled to sell, because to the State, the moment at which it may please the local authorities to stimulate him as a "wielder," and thus transfer him from the position of a peasant to that of a worker under one condition.

Finally, the Russian worker, though the class which is essential to the economic life of the country, is not permitted to possess the minimum of political rights. He is not allowed to join any political party, nor is he permitted to speak at a public meeting, or to organize a union of his own. The Russian worker, who is the backbone of the nation, is not permitted to possess the minimum of political rights. He is not allowed to join any political party, nor is he permitted to speak at a public meeting, or to organize a union of his own.

The Soviet Government, by justifying the regime of a terrorist dictatorship on the plea that in Russia a working-class party holds power, and by justifying the nationalization of the means of production on the plea that there are no capitalist employers in Russia, condemns the Russian proletariat to a truly tragic fate; for the workers, now face the inevitable re-establishment of private capitalism. Have the workers and the enemies of the class disarmed and disorganized.

Year by year, the Soviet Government loses touch more and more with the working class. More and more extensive become the conditions which the State, despite all its efforts to the left, has to make to the private capitalist classes—has to make in order to maintain the dominance of the Communist Party. More and more inevitable economic collapse of the present policy. Meanwhile, the working class, when the re-establishment of its class enemies in power seems at hand, has forgotten the methods of the class struggle, and has lost its class consciousness, and has ceased to possess political and trade-union organizations.

An exit from the economic blind alley can only be found, if under pressure of the steadily increasing disast-

erousness of the economic life of the country, the political system be demoralized, and the economic life be demoralized, and the economic life be demoralized.

Famous Flags for Sale. The famous flags for sale are the flags of the British Empire, the flags of the British Empire, the flags of the British Empire.

The Liquor Clearance Bill. The Liquor Clearance Bill is a bill to clear the liquor trade, and to clear the liquor trade, and to clear the liquor trade.

Discord in Canada. The discord in Canada is a discord in Canada, and a discord in Canada, and a discord in Canada.

CHARACTER BUILDING. Character building is a character building, and a character building, and a character building.

LAUGHTER. Laughter is a laughter, and a laughter, and a laughter.

WEALTH. Wealth is a wealth, and a wealth, and a wealth.

### Gib is Original \$75.00 Racehorse

is Worshipped as a Four-  
Legged Gold Mine

The London, Eng. "Sunday Express" in a dispatch from Cheltenham says: That is the story of the "Gib" who lives on a racehorse. The horse is Gib, the trainer is Mr. Alfred Booth, the owner is Mr. Alfred Booth, the jockey is Mr. Alfred Booth, the groom is Mr. Alfred Booth, the stable boy is Mr. Alfred Booth, the farrier is Mr. Alfred Booth, the veterinarian is Mr. Alfred Booth, the blacksmith is Mr. Alfred Booth, the cooper is Mr. Alfred Booth, the wheelwright is Mr. Alfred Booth, the cooper is Mr. Alfred Booth, the wheelwright is Mr. Alfred Booth, the cooper is Mr. Alfred Booth, the wheelwright is Mr. Alfred Booth.

A Sweet Omen. A sweet omen is a sweet omen, and a sweet omen, and a sweet omen.

The Liquor Clearance Bill. The Liquor Clearance Bill is a bill to clear the liquor trade, and to clear the liquor trade, and to clear the liquor trade.

Discord in Canada. The discord in Canada is a discord in Canada, and a discord in Canada, and a discord in Canada.

CHARACTER BUILDING. Character building is a character building, and a character building, and a character building.

LAUGHTER. Laughter is a laughter, and a laughter, and a laughter.

WEALTH. Wealth is a wealth, and a wealth, and a wealth.

Attraction between the sexes is not a matter of youth.—George Bernard Shaw.

### The Flower Of the Flock'

Clarie Stenon Murray  
is a beautiful child'

Clarie Stenon Murray is a beautiful child, and a beautiful child, and a beautiful child.

The Flower of the Flock. The Flower of the Flock is a flower of the flock, and a flower of the flock, and a flower of the flock.

Cooperation with the U.S.A. Cooperation with the U.S.A. is a cooperation with the U.S.A., and a cooperation with the U.S.A., and a cooperation with the U.S.A.

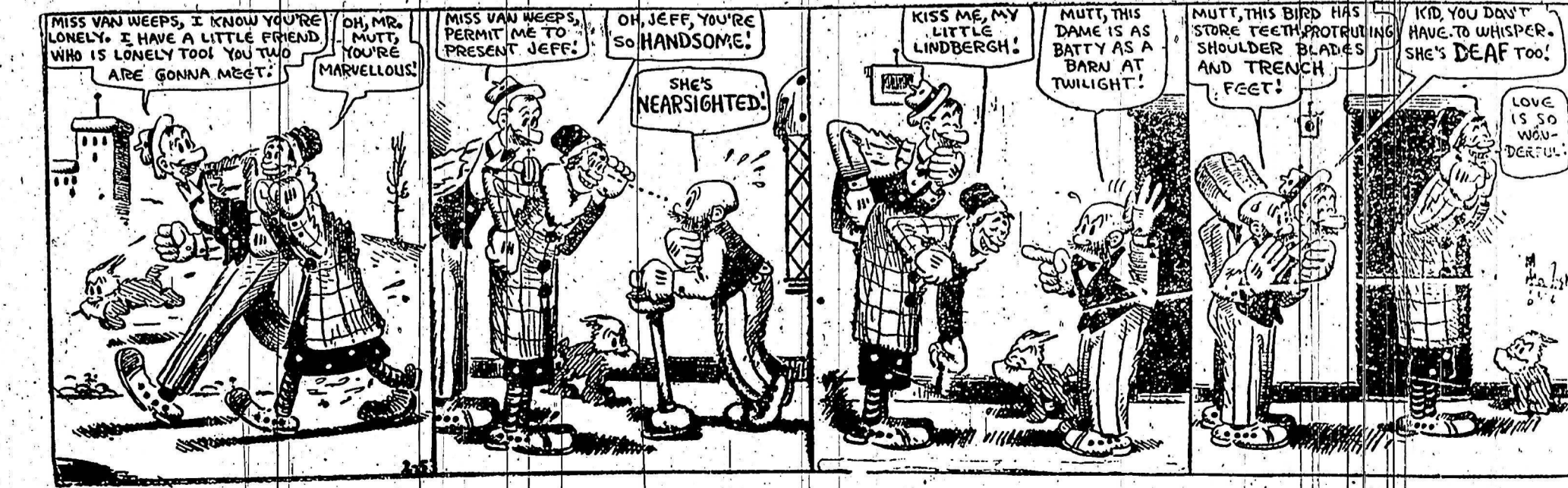


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LAUGHTER. Laughter is a laughter, and a laughter, and a laughter.

WEALTH. Wealth is a wealth, and a wealth, and a wealth.

### MUTT AND JEFF—By BUD FISHER



### Cupid Goes into the Junk Business.

