MAGIC MEDICINE

There's a heap of consolation In the handclasp of a friend; An' bring heart achos to an end; t can soothe a troubled spirit Like no marie in the land; When a good friend grips your hand!

There's a heap of consolation In a friendly shoulder pat: It's a simple little action-But it mighty one atothat! When firm fingers grip your shoulder, When you work o' nood a brace, Makes you stronger, braver, bolder, An'-more ilt-to run the race!

When you're full of worry pizen.
An' the world is lookin' drear, There's a heap of energizin' In a little pill of cheer! When some little frets distress you, They put nectar in your cup— Little phrases like "God bless you!" An' that other one, "Cheer up!" -James Edward Hungerford:

WHEN IT BEGINS

It is not drunkenness alone that throws the monkey wrench into the machinery of modern society. It in drinking. Take an instance, the automobile. Here is a man with a powerful motor driving along the highway or through the crowded streets, his eye on eyo seen danger, telegraphs its mes- chap," he said to the dog over sage to the brain, a judgment in formthe feet, to use the wheel, the brake, on quickly, toward the oblong of light the clutch. Slow down that process by made by the open door, vas not drunk; I just had a glass of suppose." boer." The Ontario Public School

But besides receiving and storing where there is "a fire." messages, the brain had all day long "A fire most anyplace would seem to be originating and sending out mes- good to-night," the boy said. He set the horse took it daintily. As he ato, sages as well. They travel at the rate his bag on the floor and walked over Mac stood with his arm about the of 98 to 131 feet per second, about the to the range, holding his hands above bay's neck. When he came back to rate of our fastest trains. No "centrat office" of any telephone company air of satisfaction. in the land is so busy as the brain is in receiving, storing and sending out fully. "Haven't got you here under

nervous system is never done from the time we wake in the morning until we go to sleep at night. During this time it is important that the brain should be kept free from anything that would hamper its work .- If alsohol is drunk, it mingles first with brain, so that messages are received the next." and sent out more slowly and less dis-

It is significant that in the City of dor. Toronto_in 1914 there were 160 liquor were 38,250 motor vehicles, 283,000,-000 people carried in the street cars, and no legal solling of liquor. The.accidental deaths reported to the police Early to bed and early to rise, you

If intoxicants wer freely sold in Toronto to-day with the dangerous congestion of traffic and increase in torest, "Yes, sir." the movement of the population with one motor for every 11 people, who element of danger to the situation.

No wonder Honry Ford has stated: repeals prohibition in the interests of public safety, there should be enacted the next day a law prohibiting the use

Indeed in this age of speed and comdanger the factor of the sale of ined drink or pleasant sensation is ludicrous and preposterous. - Ploneer.

CHOOSING-YOUR FOOD

What foods are most nutritious? their relation to bedily health, gives

First, all food contains two chief freezing and nitrogen to keep them from famishing. . Naturally, the porkinds of food. Those who lead an ac- back and spitting. At the same mofor it is the flesh-forming principle Those who are exposed to a great deal of cold, should cat the carbonacoous, barn. Several of the horses were out

been complied in the hope that it will out with his heels, barely missing his be studied by all who hope to obtain and fat are three-quarters carbon berries none. Meats average twentyfive per cent. of nutriment-that is, in-

Of all vegetables, white beans are the most nutritious, hinety-five, per cent.; wheat flour, ninety per cent.; turnip the least, five per cent. Of fruits, plums are the most nutritious, thirty por cent.; apples, seventeen per cont.; melons and cucumbers three per cent, the rest being water and waste

The more waste, the more open the bowels are. The percentage of carbon ries none; currents none; turnips master's nephew, and we're going to three; artichokes nine; potatoes elev- be good friends. My name is Mac, thirty-one; arrowroot thirty-six; green name. Uncle John never calls you peas thirty-six; starch thirty-seven; anything but 'the dog'!' lentils thirty seven; wheat bread The dog crunched a cr forty; sugar forty-two; apples fortyfive; meate, fat, fifty-three; butter His wary eyes on Mac's face. nixty-five; soup seventy-five; lard eighty; and beans eighty-eight.

TRUTH TELLING

Do not think of truth-telling as disagrecable business sure to hurt the locked up within our natures, which if roply. they were put into words, would make I "There's only one horse that you corruptible public official, it would to walk." to measure to the highest standards. | Mac remarked. Truth-telling is an likely to be people happy as to wound tham. If horses are not used to boys." by any chance the only truths you

HASN'T QUITE GOT THE RANGE!

"No sah, he din't yit, but he fre- fensive. quently kicks the place where ah re-Criterion.

The Bree Press' Short Story

The Beginning on the Evans Farm

B the boy approached the house, hand, a dog suddenly emerged from his kennel. With a snarl, he leaped as if to hurl himself on the intruder. His chain foiled him in his

The boy with the mip did not soom perturbed. He stopped short and reegarded the canine protestant with

"What's the matter old fellow?" he inquired, "You act rather suspicious of me, but I'm all right, honeatly The dog's response was another out break of barking, the while he tugged

at his chain. 'And suddenly the door of the farmhouse opened and a volce called, "Come along. There's nothing to be afraid of. The dog's chained." The boy laughed wortly to himself, the road, his faculties alort, ready as as if there were something humoro he must be for any emergency. The in his observation. "Good night, old shoulder. "We'll know each other ed, and an order flashed to the hands better soon." And with that he walked

the fraction of a second and it may . The man awaited him in his shirt mean the difference between safety sleeves, though the night was chilly. and smash. One drink may do it. He held in his hand an oil lamp. He How often the Police Court-story is did not extend his hand as the boy told by the man responsible for some came up the steps, but nedded briefly. motor accident, perhaps a fatality. "I adding as he did to, "You're Mac, I

"Yes. Uncle John." "Hopo your not too high-toned to sit in the kitchen. It's the only place

His uncle fooked him over thoughttalso pretenses, have I? You under-

btand just how things are?" "The work for the year is protty well pect any wages till next spring. And then I'll see what you're worth. . "Yes, I understand that."

gans of the body. The poison begins and extravagant. We'll take turns o effect the delicate mechanism of the doing the cooking-you one day, me "I hope you'll like my cooking," Mac he-had exhibited in addressing the

pelling places and 662 cars and 6,632 I don't expect you to be. This fall and gers were carried on the street cars. yourself useful, and when the spring There were 292 accidental deaths re- comes, I'll know pretty well what you orted to the police. In 1921 there can do. I s'pose you're tired and would like to go to bed." "Any time that suits you, Uncle."

"Well, we'll make an early start know. By the way, before I forget, I'll Mac turned with a new air of in-

"He's flerce, but that's not a' bad Booze and gasoline are a tromend- the worst sort of a time. But I'm the only one he's not afraid of, so don't go too near him." "We'll be friends, after a while," Mac

remarked. of gasoline vehicles, upon the public if you get any fool ideas in your with him, you'll do it at your own

juntify such action on the ground that chair. But his good night was so cheerful that John Evans went to his perplexity. "I'm afraid," he said to himself. "he's got too much of his father in him." Mr. Evans had not really loved his sister, Mac's mother, but at least he had understood her, while his brother-in-law had always

boen in incomprehensible enigma. Mr. Evans had an errand in town the next day, and Mac was left in charge. He had hardly stepped out of the house, when a cat, sunning itself on tion of these elements varies with the the walk, leaped aside, arching its and began to repeat the salute of the night before. Paying no attention to his outburst, Mac walked on to the at pasture, but a large bay was in his So that one might see at a glance stall, and turned his head at Mac's which food is most suitable, a list han approach. Then suddenly he lashed

> drawing back a foot or two, us he addressed the horse, "you give a fellow a nice welcome, don't you." He returned to the house, picked up a plate of scraps which his uncle his own dinner, and went blithely in agdin began his barking, as Mac-apdog suddenly stopped, and cowered, doubtlessly arguing that the possession of an especially formidable weapon explained the fearlessness of the new-

visitor. Mac whiatled. "Say," he said,

n apricots is none; berries none; cher- he went on tossing scraps, "I'm your on; lean meats thirteen; rye broad and apparently you haven't got any The dog crunched a crust of bread

which had been tossed to him, with "I'm going to name you after one the best dogs I ever knew," said Mac. "His name was Roy, and so is yours. Sorry I haven't got anything more for you this morning, but I'll try and scrape up something more for you

asked his uncle if he would be willing ways of adding to the sum of human for him to ride one of the horses for happiness is simply to_toll the truth. doing errands that took him some dis-All of us have love and admiration tance. Mr. Evans took a moment to

a great many people happy. If you could ride, and that's Jerry. But he's bottom. He let down a lighted candle, on the disposition, but the truth is should say what you feel for the in- so slow that it'll take you longer than and when it was within about six

make it easier for other public men | "I'm not afraid of the other horses," Mr. Evans started at the boy, then unpleasant/ It is as likely to make said: "You are welcome to try, but my ever feel like telling are the disagree- met a neighbor in town. "Say," ex-

able sort, then it is not the truth you claimed Mrs. Dunne at the sight love, but the chance to hurt. him, what kind of a boy is the "Why; What's he been doing?" said

"Doesn't that mule ever kick you?" to find himself immediately on the de-"That's what I want to know. Ho quently kicks the place where all red "That's what I want to know. He ing run of him that the gas, which was short-lived. There is little to fear contly was."—Missouri Westeyan rode over to my place Tuesday on that was carbonic acid gas, which was short-lived. There is little to fear contly was."—Missouri Westeyan rode over to my place Tuesday on that was carbonic acid gas, which was from a quarrel that ends at sundown. bay horse of yours."

"You're mintaken. The boy couldn'

"That's what I thought, only Ma did. Ho had, just an ordinary bridle. "It must have been some othe "I asked him if it was your bay

Mr. Evans made no reply, but he cut his errand, short and went directly home. "Have you been riding the bay horsb?" he asked, when he saw his

"I thought you'd have the songo .

"Ho's gentle with me." said Mac. "Gentle!" Mr. - Evans' face blazed up. He thought the boy was making sport of him. "You come out to the barn with me and show me how gentle

"You, bir. I was just going to sug-

bay turned his head and whinled, much to his owner's surprise. Mac entered the stall, and Mr. Evam hold back an exclamation of warning. In a family tree," he explains. "And at the moment he repreached himself for not Humano Society, you will probably by the shoulder. Mr. Evans could every breed." hardly believe his cars, when he heard

the boy laughing.

"All right, you rascal. Here's your

remarked. He longed to ask Mac how he had accomplished the miracle, but pride sealed his lips.

Though Mac was receiving no wages, he had brought a little money with him. As Christmas approached, he began to buy small gifts, and to spend part of each evening wrapping_them for the parcels post. And one night Mr. Evans remarked caustically that a fool and his money is soon parted." Mac smiled. "I don't know of any nicer way to spend money than this." "Keep what you have for yourself The world's a pretty selfish proposition, and the sensible thing is not to bother your head about other people.' "I don't think?" Mac said after moment, "that I'd care to live that

"Listen to me, boy," Mr. Evans exclaimed, "you think that people kind and generous and sympathetic. I neath, every man's for himself." twenty-third of December, he said: "You're going to be away at Christ-

ment his uncle asked sharply, "How many presents have you got for those "I haven't received any." Mr. Evans laughed. "Didn't

"Don't you wish you had taken the money and bought something that you wanted? "Well, have it as you like," said his uncle, and he turned on his heel an

the postmaster greeted him in an affable way. "You ought to have brought a basket, John."

through the window, and Mr. Evans

mas for the boy. Of course, Christ- easiest way to accomplish this. again. The little jewelry store of of ornamentation only. Work is ex-Phineas Knight caught his eye and be- tra fore he knew what was happening, he

"Want to look at watches, Phint." "Ladies' watches?" haked the jewel-

"No, men's; and solid case." A little later he paid his reckoning nt the hotel, explained that he had changed his plans, and started for home. It was about cleven o'clock when he drove into the barn. From Mac's non-appearance he judged he had gone to bed. He was going to surprise the youngster in the morn

chair fast asleep. Roy, the dog, raisehis head when Mr. Evans entered, and at Mao's feet, and beside him purred As John Evans stood looking, thermouningless, passages that promised a new world, when love and trust should take the place of cruelty and fear. And it geomed to him, as he stood looking

through his tears, at the motionless

trio, timt a beginning had been made

A good workman likes good tools, but in an exigency he can get along with very simple and homely contri-

A well was to be cleaned, but the

That gave the man exactly the in-Then he drew it up, carried it a few continually betrayed into the me foot from the well, and upset it. This ridiculous blunders. operation was repeated twenty or

which burned clearly at the bottom

Dr. Beatty's Kennels

Many Stray Dogs Given Happy Home at Mount Vernon Farm The Toronto Star Weekly on Satur

day had an interesting article on the work of the Humane Society of Ontarlo in the effort to care for stray dogs. Last year nearly five thousand logs were cared for: The article eulogized the work being done by Dr. H. A. Beatty, at his kennels at Vernon Park Farm, on the At two o'clock in the morning, after

"One of the directors of the Human Society, who, by his private enter prise, has ably supplemented the work of that organization in the rehabllitation of stray dogs, is Dr. H. A Beatty, who, on his 500 acro farm, near-Acton has provided a home for some' forty of the animals, equipped with every modern accessory to canine comfort. His kennels, which in their appointment, are regarded as among the best in Canada, he' has stocked practically entirely from un claimed dogs received by the Humane

Society. Here, in the bracing country air; and in good environment, the four-footed walfs and strays of the city enjoy, some of them for the first time in their lives, the joys of a genuine canine existence. Here the phrage "a dog's life" loses the stigma which, ordinarily attaches to it, and fittingly and hit willy describes lot at the Vernon Park Kennels. .Dr. Beatty's solection is confined to no one brood or class of dogs,

gest that." Mac rose and led the way. dales, collies, terriers and others, are At the door of the barn, Mr. Evans represented. And, though he enchews the term "mongrel," Dr. Beatty does This last attempt was entirely unsucfinest type of dog-combining the having spoken. The horse seized Mas and some of the very finest types of The next minute he lest all faith in

> Dogs Marit Consideration He does not share the sentiments out again. of the misanthropist, who first coinod the cynicism "the more I see of the poor victim did not know. He only course, comes first," Dr. Beatty com- wind had changed, and was blowing

> in hand with it. The dog is man's knees, and his legd were stone cold, most intelligent, and surely he is do- think that perhaps he would have ap-

> dogs in the world, and nearly all freed, it raised a cheer that incidentvicious dogs have been made so by ally woke the household ill-treatment. Albert Payson Terhune has said that most any dog is a safe

toll you that is a mistake. Under out your watch every fow minutes, not protest again against Mac's spend- you can tell time, and that you can- of the protecting glass globes, and

When being ushered to a seat in "I'm going away to-morrow and I church; to stop after the usher has likes to walk down alone, and he feels The proper way to carry on a whis-

Scraps of paper should be strewn on Never arrive at public gatherings He tried tapping on the pipes, but the your sont during the first number. of them during the most beautiful part were becoming numb. A big two-inch offers his seat to a lady, a stony glance

has simply done his duty.taste and superior ability, because you

Customers should treat salespeople at the hotel. especially women, as inferiors.

He was thinking about Mac as he Ticket agents should give people to ate his dinner, of Mac alone on the understand that they are a nuisance. load on the dyname became too farm. It would be a cheerless Christ- A gruff, supercilious manner is the mas was the same as other-days, only | Clerks should let customers know Mac didn't think so. He finished his that to wait on them is a great kindmeal, put on his coat and went out ness. They are employed for purposes pliers across the two wires. There

> loud splash indicates real enjoyment. table. Glue your elbow to the edge neer was disturbed by the angry bark Fill your mouth as full as possible. Criticize the food unsparingly to

cheerful tone. Rather, start the day with a grouch and grow pleasant Boys should always answer their mother gruffly. In this way they show that they are becoming manly. Do not bother to wear good-looking him to be quiet. Roy was curled up clothes at home because the people there do not count. The outsiders are cause it goes to the root and kills the the ones you want to please. Parents should command their children in a harsh and loud manner Scripture that he had dismissed as Gentleness might scare, them, or make them soft.

ENDING AT SUNDOWN

The saying, "Let-not the sun

tempers are likely to get out of hand formation he wanted. The well was angry. In spite of your effort to confull of polsonous gas. Ho took a small centrate on that which you are doing umbrella, tied a string to the handle, your thoughts are constantly turning Some three weeks later, Mr. Evans and lowered it, open; Into the well, to your grievance, and so you are

> After this he lot down another candle have our temper under such absolute Before going down to his work, he natural outgrowth of a misunderstandexplained to those who had been mak- ing. If we cannot do away with quaring fun of him that the gas in the well role altogether, let us make them

THE THOUGHTPUL GUEST.

Sometimes the best intentions are out trans; the loftlest endoavor ends success. First, find that which you in disaster. This may be flustrated can do best, and then do your best at by the story of a writer of some dis- it. To be a third-rate lawyer is some thetion who was visiting bis friends. One evening after a concert, the guest and that, he would run over to a club to keep an appointment with friend. Would like hoot give him key, so that he might let himself in and not disturb anybody when he got back to Of course the sequest was

long conference, the writer Jumped nto a taxi, and was driven home. Asblood ran cold. Some foolish gervant had left the door on the chalt;" and it pened no more than eight inches. There was not a soul in the street with whom one might confer; not even policemun. Suddenly he remembered the valuable scientific, statement that wherever a man's head could ponctrate, his body would follow. The door noven and three-quarters hat. He ilde. Then, still planning to avole his watch from his pockets, and placed them beside his hat. After that he took off-his shoes and his coat, and hald thom inside also. Smiling at the humor of the situ-

ation, the man then lay down upon Humane Society, I probably have one step, and coolly think the matter over. any-scientific knowledge he had ever possessed: his head would not come

· How time went after that discovery; knew that his head and body were "Consideration for human life, of bathed in perspiration, and that the mented to the Star. "But surely con- from the north. The knowledge that

A CURIOUS EXPERIENCE

cold storage-room. Outside it was 105 degrees; inside freezing cold. The contrast was very agreeable, and he tools, he hurried to the heavy door to allow him to crawl through them. After a tour of inspection, he came back to the door once more, and looked for a bell or signal line. The only

communication with the rest of the and the lighting and power conduit. to act quickly, for his fingers and feet

He knew that the power was on, for dynamo room. The circuit breakers were little magnetic devices when the was a spluttering flash; then total darkness. He withdrew the pliers and waited. The lights glowed again in

Up in the dynamo the engiof the circuit breakers. He pulled out "Say, Wilson," he called to a man passing the door, "give me your keys to the underground room. There's

Wilson reached for his keys. "There's man working on the lights. Ask him-by George," he added, he's been

GOOD GUESS

Old Man (browsing in bookstore): Bookseller-"Oh, I dunno-somo sor



TWO THINGS NECESSARY

There are two items necessary f thing to be ashamed of, and to be a first-rate mechanic is something to be proud of. Do not pick out a whitecollar job unless it is your job. the speaker's address from his own im unification, he will not got fur. Fet prefer, do their best at it, and this ex plains the reason outstanding successon arostow.

PREPARED FOR EMERGENCIES

old litm, magnanimously. "Here, I'l "Aw, you don't hafta," replied Billie

turning away. "I kept a quarter out."

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