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Head sizes ranging from close fitting types to larger styles for mat-rons in all the new fall shades.

From \$2.00 up

MISSES CLARIDGE

Scraid Block

A RUGGESTION

In swift insistence on the memory Unless there be a need that I should

Of pain or pleasure, triumph or defeat Or special reasons why 'tis time to at wise decisions. Our work suffers,

We are too busy even to spare thought reacts against ourselves. For days together of some friends

Perhaps just then my friend has flere-

Unasked, unon tou. Olive me a moment's prayer

ACROSS THE PACIFIC

remember the mutiny in the Bounty. Briefly the facts are that two days before Christmas, 1278, H.M.S. Lieutenant Bligh, was dispatched from Spithead to the South Beas. Bhe reached Tahitti in the following October, and

and not of the men.

In less than a month after leaving Tahitti the Bounty's crew, under fletcher Christian, did mutiny. The result was that Bligh and the eighteen who remained loyal to their captain were put into an open boat and cast adrift. The provisions for these nine-teen men consisted of bread, pork, rum, six bottles of wine and twenty-eight gallons of water. Bligh called first at one of the Friendly Islands for water and provisions, having decided to make for the East Indies.

Owing to the hostility of the natives the party had to leave, with the loss of one man killed.

The less than a month after leaving tension to grip you, then you will want to do everything at once. Relax. Let the less important things wait. Eye strain, nerve strain, temper atrain, they are all derived from the one source; your giving way, to worry, anxiety, haste. The Old Book says "He that believeth shall not believeth in doing a good day's work properly shall not get tense.

Health Service

Canadian National Assoc, of one man killed.

of one man killed. There now began a voyage of thirty-aix hundred miles; all solemnly agree Protection by Home Isolation

There now began a voyage of thirtysix hundred miles; all solemnly agree to
live upon a daily ration of one
ounce of bread and a quarter of a
postice that the heavyse of the thirtysix hundred miles; all solemnly agree to
it live upon a daily ration of one
ounce of bread and a quarter of a
postice that the heavyse of the heavyse of the contract of the communicable disease. To a considerable extent, the
selfaht weeks. On the second day after
eight weeks. On the second day after
the became so bad that everything
possible had to be thrown overboard to
lighten the boat. After days of rain
the men, with their clothes continually
west through, became gloomy and dewest the men, with their clothes continually
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the men, with their clothes continually
west through, became gloomy and dewest the men, with their clothes continually
west through, became gloomy and dewest the boat was mality and the house of the continual part they
were able to make allows and divided
the good weather portions, but when
the good weather day most of the crew were in a state of extreme weakness, with hollow counterances and swollen legs, but the sight of birds and rockweed kept alive the hope that land was not far away. And then, on the forty-second day, to their joy, they sighted the island of Timor. Then, at the last, they were becalmed and had to use their oars to get in. But they had achieved an amaxing feat. They had crossed the Pacific and reached the East Indies, a distance of 3618 miles from the Priendity Islands, without the loss of one man from sickness or starvation. It was a triumph of good leadership, discipline and courage and shows what can be done with an open boat under such conditions.

Child is unwell, because this may be the signal of the onset of a communicable disease.

Questions concerning health, addressed to the Canadian Medical Association, 184 College Street. Toronto, will be answered by letter. Questions as to diagnosis and treatment will not be answered.

Accidents in Reptember.

Last month there were 7,032 accidents, including 58 fatalities, reported by industry in Ontario to the Workmen's Compensation Board. In the same month the Compensation Board awarded in benefits a total of \$532,—921.30, including \$84,965.05 for Medical aid. In September, 1927, there were

Thomas O'Brien, a farmer of Pilkington township, was almost instantly kiled when a load of hay he was \$80,978.29 for medical aid.

-The Border Cities Star man says there are 194 shades of silk home on the market, and the Dunnville Chron-icle suggests that he ought to get down to business and quit loafing on the street corner.

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Balesman in Halton County during
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F. KERSEY

ARE YOU TENSE ?

This is an age of rush. Most of us ive rapidly and in a state of tension. The age weems to call for it. But it is well to stop and ask ourselves, is i worth while? It does not pay to lose our poise. We become irritable and, consequently, inefficient when nerves are steriched taut, and whole beings are strung up to the highest pitch. In this tense condition we become quite unable to give nature consideration to problems or to arrive

our health suffers, and if we are employers our help suffers, which in turn

Learn to relax. Five minutes rest quietly sitting with closed eyes, with the body resting loosely in the chair will work wonders. Better still, if it be possible, five minutes stretched out on one's back will put us back ugain into harmony with life and remove the atrain we auffer from. There was great A more appalling weakness, a decay virtue in the 'forty winks' that father Of courage, darkness, some last sense and mother used to take after the ters and we had to keep quiet for fear of waking them up. They relaxed. Indeed, they could not have done the hard day's work they did in those days, when labor-saving appliances were unknown, had they not had that little time of relaxing.

Are you tense? Well, atop being that way. ' You make yourself a nulaance to all around you. You slow up the procession. You cause more people to swear at you than will ever awear by you. You get to hate yourself, which is not a nice thing to do. IN AN OPEN BOAT What is worse, you defeat the very object you have in mind in becoming The finest open-boat voyage in all tense. The job you have in hand, the history of the sea, writes Mr. E. Keble Chatterton in Beamen All, was that by Lieut. William Bligh, R.N., and his shipmates. The reader will you must have harmony in mind and

Tahitti in the following October, and left there on April 4, 1789, with a crew of forty-five hands. Bligh was probably a tyrannical and unjust commanders as good days. Whatever happens to you cannot hurt you unless that whenever a mutiny broke out in a ship it was the fault of the officers and not of the men.

Relax. We say it again. Do it often, especially on your bad days, an you may call them. Look on all days as good days. Whatever happens to you cannot hurt you unless you allow it to hurt you. If you are overcrowded with things to do, take them one at a time. If you allow tension to grip you, then you will went to do everything at once. Re-

aid. In September, 1927, there were 6,552 accidents reported to the Board, including 31 fatalities; and compensa-

driving into Guelph, topped over while making a turn. Mr. O'Brien was thrown to the sidewalk, alighting on his head and the hay covered him up until the police arrived. His skull was fractured and he suffered other injuries.

Mr. Archie McEnery of lot ..., 9th line, Erin, lost one of his valuable grey horses, one day last week, at Mr. J. P. Binclair's farm, lot 32, 9th line, Esquesing. While engaged at work there, it became entangled in some way in the stall and died.

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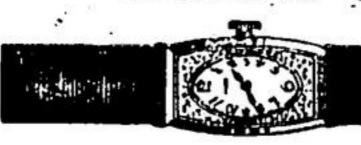
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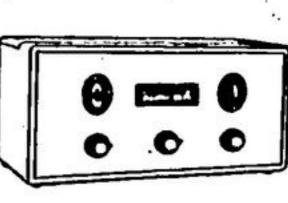
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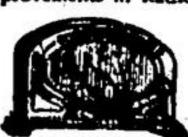


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