

**SLATS' DIARY**  
(By Oliver N. Warren)

Sunday: Are Skotch nabor bot nley 1 spur to go a horse back riding this a. m. & when Pa ast him why he diddent get 2 sed if one side of the horse goes so will the other wont it. & I xpect hese right. Sound resenebel to me.

Monday: Ma ast Lizy are colered woman witch helps with the work is her husband a good previder & Lizy sed yes but Rastus keeps her nervis becos shase afrade hese agoin to get ketchad at it.

Tuesday: Jakes Pa sed to Jake if he dont give away, trade or lose that dog some how he is sich a moents that he will shoot him. So Jake traded him for 3 pups.

Wednesday: They was a xplosion acrost the street & Pa ast the man what was it. He replide & sed he was a feeding his hens that Lay or Bust feed for aigs & a rooster et sum of it. Pa sed he diddent beleve the story.

Thursday: Blisters was turrebly worked up today. He sed he perpod to Elsey last night & has fergot whether she xcepted him or not. I wood call that purty dum. For ennyboddi xcept Blisters. For him its just natcherely natcherel.

Friday: We went out for a drive in the ford after supper. & Ma was a driving & sed to Pa the littel mirror aint set rite. She cuddent see no thing in it xcept the car behind. & she got mad when Pa sed thats what its fer. I diddent say no thing so kepped still.

Saturday: Well, this is just another day now, but it wont be in a week or 2. Skool is coming on a pace as the preecher says about death and etc. The sitcheachen is a growen critticle.

**Ottawa Spotlight**

By Wilfrid Eggleston

Ottawa, Sept. 1—The announcement that the Canadian Wheat Board would pay 87½ cents a bushel for the 1936 crop, as a minimum price, and that only in the event that the market price dropped below 90 cents, proved disappointing to many farmers in the west, who had been advocating a minimum price of a dollar or even higher. The Pools circulated widely last week a reprint from a western publication tending to show that the average cost of raising a bushel of wheat on the prairie was \$1.03; and it was argued that in view of this year's light harvest the wheat producer should be guaranteed something better than 87½ cents. For years the west has been agitating to be delivered from fluctuating wheat prices, and from private speculation on the Grain Exchange. But the announcement last week indicated that the government sticks to its original idea, to support the market against undue collapse, but not to get involved in the wheat business one whit more than is absolutely necessary.

(Responsible to All Canada)

The Ottawa government, after all, is responsible to citizens from Charlottetown and Halifax to Victoria and Prince Rupert; and while the wheat growers are a mighty force in the country, their demands must always be weighed with those of the fisherman, the textile worker, the mixed farmer of the east, the fruit grower and miner of B. C. and so on. If the federal government is going to guarantee cost of production, or even a bit of profit as well, to the wheat producer, all these other people are entitled to come along for some too. The budget of 1936 wrote off 21 million dollars loss incurred through the stabilization of wheat, and the federal government could not have done much more than it has done now, without widespread criticism. For years there have been mumbblings and grumbblings in Ontario and Quebec, in regard to wheat. So that as against the dissatisfaction and loss of votes which the government faces for not having taken a more sturdy stand in support of the present wheat price, it must weigh the rebellion which would have developed in other parts of the country if it had gone once more wholeheartedly into the wheat business, and had incurred losses again.

It is quite possible that wheat will sell well above the minimum price, support or no support; and on the whole the action of the government is a courageous and correct one in the light of its philosophy and promises. The present wheat act was really the child of the Liberal party, even if introduced by a Conservative government; and their theory of a minimum price was exactly the role which the current price will probably play: support without the need of the government buying and handling the whole crop. (Cattle for Eastern Feeding)

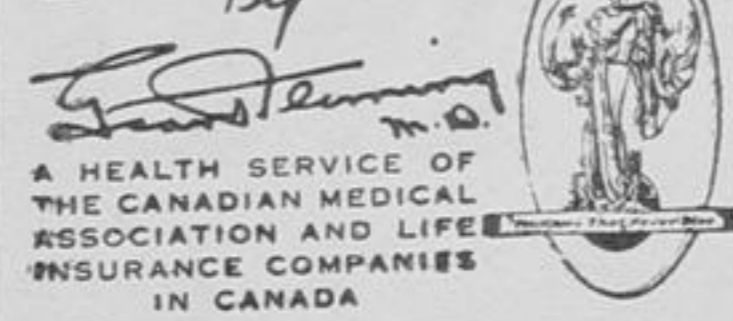
The eastern farmer is being encouraged to buy western cattle for feeding. At the last minute it was decided to refund half the freight if cattle were retained three months; instead of paying a cash bonus as forecast in my last letter. Also the Red Cross, financed, no doubt to some extent by the government, is to see to it that the worn-out kitchen equipment of the farmers in the area afflicted year after year by drought is to be replaced. The usual relief measures do not include such things, but after years of crop-failure, everything in the house needs mending or replacing; pots and pans, kettles, stove grates, and the like.

(New Trade Agreements)

Hon. W. D. Euler, Minister of Trade and Commerce, is back from Europe, where he negotiated several trade agreements. The nature of them may be made public this week. With European conditions so difficult, it is doubtful whether any sweeping arrangements were possible, but the Liberal theory is that there is trade to be secured if it is gone after aggressively enough. After the European agreements are completed, there are new treaties to negotiate with Australia and New Zealand. It will be interesting to see if Mr. Euler succeeded where Messrs. Stevens and Hanson failed, relatively. The Liberals, of course, argue that you can't expect others to buy from you unless you buy from them, and any European agreements inevitably involve some further reduction of the Canadian tariff.

Chartered accountants from all parts of Canada will hold their annual convention in Toronto this year during the Canadian National Exhibition. They will be honored guests at the National Business Show where time-saving and labor saving devices of the modern offices will be seen in operation.

**HEALTH**



**A SOUND MIND IN A SOUND BODY**

A Sound Mind In A Sound Body. What's the use of a good mind in a weak, flabby, or diseased body? A man was nominated President of a University because he had a good mind, but turned down, very wisely, because he had a poor stomach. As Sir William Temple has it, "Without health, strength grows decrepit; youth loses all vigor, and beauty all charms; music grows harsh and conversation disagreeable; palaces are prisons... riches are useless; honour and attendance are cumbersome, and crowns themselves are a burden.... Nay, to find any felicity, or to take any pleasure in the greatest advantages of honour and fortune, a man must be in health."

A Sound Mind In A Sound Body. Can there be a really well-balanced mind without a sound body? The Greeks would have doubted it. Carlyle's philosophy was rank with pessimism because he had indigestion, "A rat gnawing at the pit of his stomach." Insanity means unsoundness, and insanity of mind is very often just a phase or result of insanity of body. Even the crimes of men and women, or the delinquencies of boys and girls, crooked and unclean minds, perverted instincts, twisted purposes, anti-social bent, destructive impulses, have their causes very often in perversions or twists or lacks or unbalances of body. And the new medical science is proving this more true every day. What wrecks and derelicts are scattered abroad on the seven seas of history and of life because men have thought, and still think, that science or navigation or philosophy, or even religion can bring neglected and unseaworthy hulks all sure and safe to the desired haven?

A Sound Mind In A Sound Body. For every single discussion about the bodies of children we hear a hundred about their minds. Great educators are beginning to believe that we should think at least twice as often about the bodies of children as about their minds. Some would almost say that if the little bodies have ALL the care and education they need, sound minds can pretty well be taken for granted.

That is what the Greeks thought. Beyond all other peoples, ancient or modern, they had the idea of making the most of the human body, educating it for strength, for fleetness, for grace, for music, as a fit pedestal for a graceful and cultivated mind. To them a sound mind in a sound body was a sane mind in a sane body, a wholesome mind in a wholesome body, an alert mind in an alert body, a graceful mind in a graceful body. No tubby corporations, no bad postures, no awkward gaits, no C. 2 Standard people for them. They stood straight, walked straight, and thought straight.

Early Christian thinking threw Greek paganism overboard, and unfortunately threw Greek Idealism overboard with it. To despise the body, to think of its strengths and graces as merely snares, to self-torture and self-crucify the body, became a too-common idea of religion. The dirtier and more verminous a hermit, the holier he was. World thinking kept this wrong track for twenty centuries, and we haven't yet got back to the planned harmony of a sound mind in a sound body.

Just to show how far behind we still are, I am going to quote the opinion of a great Educator who has a prophetic vision, Sir Michael Sadler, "The training of the body to grace, power and self-control will become the fundamental purpose of education from the Kindergarten to the University." Note that this training of the body is to be the fundamental purpose of education. Very well, what is this training to consist of or to aim at? Let Sir Michael tell us. "It will not be a Spartan training for military endurance, but an Athenian training for beauty, health, rhythm, and keen discussion—and Athenian training with

some bridle on last.... The body quickened to its highest excellence in physical fitness is alert in intellectual perception and impatient of puffy generalizations. It is pricked into awareness of the mysteries of beauty and worship. This change of focus in liberal education will affect the routine of all schools and universities in the land.

This idea is no more revolutionary than the well-known definition of a liberal education by Professor Huxley which begins, "That man has had a liberal education who has been so trained in youth that his body is the ready servant of his will and does with ease and pleasure all the work that as a mechanism it is capable of... who is full of life and free, but whose passions are trained to come to heel by a vigorous will, the servant of a tender conscience, who has learned to love all beauty, whether of Nature or Art, to hate all villainess and to respect others as himself." Now Mr. Trustee, Mr. Principal, Miss Teacher, and Mr. and Mrs. Parent, what can we do to insure sound bodies and sound minds growing harmoniously? Or again, as Sir William Temple would say, "If Health be such a blessing, and the very source of all pleasure, it may be worth the pains to discover the regions where it grows, and the springs that feed it."

Questions concerning health, addressed to the Canadian Medical Association, 184 College St., Toronto, will be answered personally by letter.

Unlike many wives, one Hanover lady has not been in the habit of going through her husband's pockets, but it is a safe bet that she will do so in the future. On wash day of this week she put her husband's pants in the machine, and later discovered that there was a \$10 bill in one of the pockets. The bill was all there, but torn into very small pieces. Her husband took these to one of the local banks, thinking he might exchange them for a brand new bill, but was unable to do so.

The magnificent new bandshell at the Canadian National Exhibition is beyond question the finest in the world. The best features of band shells at the Century of Progress, San Diego, Hollywood, Cleveland, Radio City, Amsterdam and Karlsruhe have been embodied in this unique structure and numerous new ones introduced. Lighting effects have been achieved which prompted illuminating engineers to opine that a half hour concert in color, entirely without music, could be given. This entirely new feature of the "Ex" will be one of the most popular in many years.

When the old-time fiddlers and square dancers were introduced at the Canadian National Exhibition it was done as a novelty and intended as a temporary attraction. The innovation was an instantaneous hit and will be continued this year.

An unusually short crop of peas and anticipated scarcity of corn and tomatoes for canning purposes have struck a hard blow to the canning industries of Western Ontario. The canning companies have contracted ahead to a large extent, and are packing some vegetables at a loss this year, officials say. At the present time they are only able to fill about 70 per cent. of orders for peas, corn and tomatoes.

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