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Chapter XVIII

WILSON HALL RETURNS

nine weeks since I left Pathapore?" finitely increasing his Army," young ground of the crooning or doves it Wilson Hall raised incredulous eye- Jones persisted doggedly. "I hear a seemed only to add to the sense of brows. "I feel exactly as Rip Van Win- good deal about affairs at Khotalghar peace, of almost monotonous sameness. kle must en revent-back in a changed from my pal, Bob Vyner, you know; he world."

"And yourself unchanged?" Chrissie | Maharajah; or did--" glanced up from her low chair beside

"Myself unchanged, I'm sorry to say."

can you wonder that I'd like to be Maharajah is ordering.' transformed with the rest, when the | "What's that?" This time there was better? Are you, for instance, going to and quick, anxious glance. deny that you are much happier than | "Why, he's placed an order with a big you were? Of course not-and if you French firm for six aeroplanes of the did, your face would give you away.'

Struan; one can see that at once."

makes mine. I mean I couldn't be Force. Hence this desire for his rehappy if he wasn't. But he does look moval. quite different, doesn't he?" Chrissie's eyes turned towards the tall figure, superintending the operations of some natives in the compound.

"A new man, as I said before," Hail answered emphastically, and added with the Nizam or the Gaekwar." a carefully controlled evenness of tone: "And how is Miss Valence?"

answered quietly.

"We've seen very little of her." "But we've heard enough!" Young shoulders doubtfully. Jones, from his long chair ejaculated. "Seems to me, she's one of those people who make trouble wherever they go. American, a Republican," Chrissie said Anyway, it is said that she's helping his rather perplexedly, and added hastily: Highness to stir it up. If he was a thorn in the Government's side before, could be less inclined to stir up trouble." 'he's a whole nest of scorpions now.

"Your metaphors are nearly as mixed | "Eut then I'm a peace-loving sort of inas your grammar, Tim, and that's say- dividual-perhaps too cosmopolitan to ing a lot ," Struan's voice joined in ra- have very definite political views. If ther unexpectedly. He had approached one lives half one's time extremely the group on the veranda unheard in his rubber-soled shees, and now leant on the back of Chrissie's chair, his manner so unruffled that Hall wondered I'm afraid. Still-if you think a warnwhether he had realized who was the ing from a compatriot, in a manner of topic of their conversation.

His whole look was serene as he smiled a welcome at Hall and nodded towards Jones.

"Have you heard the news about Merryn's, who arrived out here at quite a lot-to tell us about her."

"Congratulations!" boyishly, glancing shyly at Chrissie. "Thanks. Yes, I've been jolly lucky,"

he said. "Mrs. Struan thinks so too." "I do indeed. I daresay Jean will be able to make something of you." "Anyhow, she's willing to try," young like; I hope you feel at home enough

Jones grinned back. "Being a bold for that," Chrissie returned his smile. young people. I'll bring her along this evening to be introduced, Mr. Hall." Scenting the danger of setting Jones chair, hands behind his head, and gaze talking about his beloved, Struan skil- away beyond the apricot tree which

sation back to the maharajah. "Personally, I don't think Zindia re- scanty tamarisk fringes towards the quires much incitement to remain a horizan above which the sun hung susfine-brand," he said. "He's the super- pended in mid air like a great reddishcivilized type of ruler. They always crange air balloon. spell possible trouble; see themselves

is potential great Moguls."

Struan looked up rather sharply.

"By why? Do you want to be diff- rid of him at Khotalgher, they've ap- man, stretched out, languid, in the erent, then? Because I'm sure that all plied to the Government for his reof us would much rather you stayed the moval-and he's convinced that Her same old self." Chrissie spoke with half- Ladyship, the governess, is at the back ! of it. He questioned one or two things, the year. "That is very charming of you. But you see, especially these aeroplanes the Tired British soldiers sitting on their

changes are all so obviously for the ino doubt regarding Struan's frown, metallic unceasing reiteration of the

latest design," Tim Jones told them. "I feel so." Chrissie answered him There isn't the slightest question her eyes like sun-flecked water. I'm noticed that the whole correspondence happier than I've ever been in my life howed a pretty thorough acquaintance an added degree of heat. with aeroplane construction, too. And, "Yes, I believe he is, and that's what why Khotalghar should need an Air routine of centuries.

"Yes, he was quite right to object," Struan frowned, biting his lips. "It's wholly unnecessary, although probably more a matter of swank than anything -trying to make a bigger show than

"P'raps-but I still think it's Mademoiselle who's at the bottom of it, There was a pause before Chrissie young Jones maintained, and this time Struan did not dispute the point, only shook his head and shrugged his

> END OF THE OLD LIFE "I suppose it's because she's an

"But so are you, Mr. Hall, and no one "Well, I hope so," Hall laugned. comfortably and profitably under a constitutional menarchy, it is apt to blun the fine edge of one's Republicanism,

speaking, would do any good where Miss Valence is concerned, I'm willing to try -though I'm honestly rather doubtful of its value, or even of its wisdom."

"So am I." Struan shook his head "But haven't we booked a court for a game with you and your girl at five Christmastime. But he still comes here o'clock, Tim? If so, we shall have to be making a move."

"Yes; I'll change at once," Chrissie Tim Jones grinned and coloured said. "What about you, Mr. Hall-are you coming down to the Club?"

"Too lazy," Hall smiled up at her. "I think I'll stay here if you don't mind. was travelling all last night."

"Of course. Do exactly what you Struan and young Jones strolled off; Hall was left alone to lie back in his fully and quickly switched the conver- shaded the well, beyond the compound paling and across the plain, with its

A plaintive droning little tune come

from a distance, the song of some native "Well, anyhow, it's only during the herd-boy, driving his flock of sheep or "Do you mean to say that it is only last six months that he's set about de- goats homeward. Against the back-

This was India, as India had been for acts as sert of military expert to the centuries, under her succession of con- increased by the exercise but this inquerors, as she might surely be for "What do you mean by that?" centuries more; closing his eyes, Hall could almost see the land personified, a "Why, he tells me they want to get | voluptuous-limed, ducky-skinned woblaze which beat down from the whiteheated sky in this last week of July. hottest days of the hottest season of

> iron bedsteads in stove-like bungalows gasped and persired and cursed the brain-fever bird.

No escape except along the bare dusty roads which led to another cantonment. Lahore — Umballa — Jullundar —Meerut — Bareilly — Dehra Don . . honestly, the dancing golden light in about it. Vyner saw the order, and every Indian military station in the plains was alike, except, perhaps, for

Away in the mountain ranges, which "That is what I mean. And so is as I said, he entered a mild protest, let form the foothills of Himalaya, more 'em know he couldn't quite understand British troops followed the yearly

Hall could visualize it all from experience, the balls, the picnics, the theatricals, club-gossip, coteries and

The unchanging East - surely there was age-old reason for the phrase? There might be unrest on the Frontier trouble among officials in high places. There might be rumours, scares-external or internal-that Agadir business, for instance. But nothing to interfere with plans for leave in Kashmir or at home, or with scheduled sailings from Tilbury or Bombay.

And yet, jsut a month before that day when Wilson Hall dreamed his dream of an unchanging India, on a certain sultry 28th of June, two shots rang cut in that insignificant Balkan town and changed a world.

Not once only, to a watching prophet has the appearance of a cloud no bigger than a man's hand foretold a mighty tempest.

always take the shape of a fluffy powder-puff, have a faint violet scent of bath-salts. She had been dressing for dinner in the luxurously leisurely fashion appropriate to a new frock just out from England. She had decided that it was

that Ranny would find it so, and was just collecting books, writing-pad and for her men-folk on the veranda, when and one of its dangers. sudden klud voices outside made her pause, listening.

Struan and behind him young Jones, both their faces oddly flushed, oddly

excited. "Whatever is the matter? What's happened?" she asked, and Struan answered with one word:

"War!" (To be Continued)



Dours (by James W. Barton, M.D.)

That

Body

Light Exercise Helpiul for the Middle-Aged

There is so much being said these days about heart disease and high blood pressure that many middle-aged | Wan day dat stork 'e sit alone individuals are afraid to take even light or mild exercise thinking it will increase both heart rate and the blood pressure

As a matter of fact the heart rate and the blood pressure can be considerably crease can really be helpful, not harmful, if the exercise is taken at a slow instead of a fast rate.

In Hygeia, the health magazine, Dudley B. Reed records experiments showing how the speed with which exercise is taken affects the heart rate. Thus an individual sitting on a stationary bicycle had a heart rate of 80 a minute and this rate increased to 108 at the end of the first 20 seconds of operating or pedaling of the machine, to 137 at the end of the first minute and 150 at end of second minute. This person pedalled at a rapid rate and against moderate resistance.

Dr. J. F. McCurdy (formerly Dean of the Springfield Training School for Y M. C. A. physical directors) testing eighteen young men, found an average increase of 37 per cent in the heart rate after a fast 100 yard run, 44 per cent of a fast 220, and 86 per cent after a fast quarter-mile run. A pulse rate was still 16 beats above normal after eighty minutes rest following a quarter-mile run.

It is the great speed of the exercise especially if maintained in such hard games as tennis, badminton, basketball and volleyball that not only increases the rate during the exercise but keeps up the increase for minutes afterwards It is the persistent increase after fast evercise that uses up the heart reserve in those who are middle-aged.

What about blood pressure and exer-

"Exercises of moderate speed cause a rapid rise of blood pressure during the first five or ten minutes, a gradual fall beginning as the work continues and a rapid return to normal when exercise is stopped. Vigorous exercises of speed strength, and endurance all cause a considerable increase of blood pressure whereas mild exercises do not."

The thought then is that by taking light or mild exercise the middle aged individual speeds up the circulation of To Chrissie Struan that cloud will his blood and also increases his blood pressure. In a man at rest a gallon of blood is circulated throughout the body every minute, whereas with vigorous exercise, the same amount of blood, one De paper tell wat mamma say, gallon, may circulate as many as nine times. This means that exercise not only nourishes the tissues better but becoming, with a comfortable certainty the waste from the tissues is removed much more rapidly.

The middle-aged, by taking mild ex-

How Is Your Blood Pressure? Is it high? Is it Low? Do you know Chrissie opened the door to find what precautions to take in either case?

ACROSS 1-The central 24-Brighter

27-Kind of shade tree 28-Italy (abbr.) terminal of 29-Exclama-

10-One's rela- 30-A suffix used tives jectives 12-Dart 13-Pronoun before -c 14—Exist and -q 15-Tavern 32-Structures

into water 18-Girl's name 34-Solely 19-To place in 35-Winged convent for 21-Greek letter 22-Ponders nuns 23-Man's nick- 37-An emblem

of dawn DOWN trading 1-Possesses vessel 2-Rudely 6-Perch 7—Inside

white linen disorder vestment 17—Third note (eccles.) of the scale 32-Right of tion express- 18-Outdoes ing triumph 19-The external precedence 33-Fasten with

14-Emperor of 25-Letter M

(1804-'15)

16-A physical

26-In advance

29-To be ill 31-Full-length

to form ad- 20-Symbol for 34-Jewish 31-Form of -ad 22-Child's term month for mother

Answer to previous puzzle

HOLIETTBRIT

If You Like Books

(By A. H.)

"Calendar Quintrains." is another of the many poems in the scrap-book which Mr. R. B. Holmes has left at The Advance office. This poem is one by Wilson MacDonald, and is written in what is popularly called 'French-Canadian English."

Calendar Quintrains. Mebbee you 'ear of Calendar-Not on de wall-no, no; mean de town of Calendar An' Monsieur Doc. Dafoe.

Mos' heverybody 'ear of Rome

An' Lunnon an' New York; But no one 'ear of Calendar Excep' wan burd-de stork.

Jus' houtside Calendar; An' den 'e swear: "I'll mak' you known Aroun' de worl', by gar." Dat burd was right-dis leetle town

She's known where'er you go; An' heverybody in de worl' Knows Monsieur Doc Dafoe. De papers now get hextra hout

An' heverybody send night-gown To keep dose keeds from freeze. An' heverybody in de worl' From Nord Bay to Cape 'Orn

Are tellin' what de mamma say

Eef wan quintuplet sneeze,

Wen all de chile was born. An' wat was said by Doc Dafoe Ees published heverywhere, But what de poo ole man 'e say

Nobuddy seems to care.

E smile at nombre two.

Ay tink 'e 'as been long neglec' And so I tell eet you; E laugh een joy wen firs' was born

"Eet's more dan I hexpec," he say, "But twins dey may be nice, I'll be good sport, perhaps eet's bes' Dat I am pappa twice."

Den Doc Dafoe come tru de door An' says: "Oxcoose to me; You are a fadder once again; Dat makes you pappa three."

An' soon dat doctor whisper low: "Oxcoose to me-eet's four." Sapre, dat man from Callendar 'E smile heem now no more. An' den de poo ole fellow wipe

Hees forehead on hees cuff, An' says: "De joke ees good, but please Heenough ees quite heenough." 'E feel jus' lok 'e order 'im

De whole banana bunch. Sapre, dat door she move again; She can't keep still somehow; "Oxcoose to me," said Doc Dafoe,

"You're five times pappa now."

Wan nice banan' for lunch;

An' wat say Doc Dafoe: But wat de ole man say heemsel Eet's bes' you shouldn't know.

Eet's Christmas time; de folk will send Dose babies toys an' frocks; fountain-pen, preparatory to waiting ercise get all the benefits of exercise But please oxcoose, won't someone send De ole man pair of socks.

Send to-day for this interesting booklet by Dr. Barton entitled 'How is Your Blood Pressure?'. Send your request to The Bell Library, 247 West 43rd St New York, N.Y., enclosing Ten Cents to cover cost of service and handling, and mention The Advance, Timmins. (Registered in accordance with the Copyright Act.)

St. Louis Star-Times-It isn't hard to live on a small salary if you don't spend too much trying to keep it a

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TELEPHONE

Something Wrong in **Education To-day**

the Factual.

(From Globe and Mail) Those whose school days are long past may be pardoned if they are rather mystified by methods of teaching in effect now. The aim always is progress, improvement, but one result is that Dad isn't much use any more in helping Junior with his homework. And Dad had a pretty fair grounding | Sold Milk Though Under in subjects that crop up in everyday

A pointed and oft-heard question nowadays is: Are the lower schools teaching a lot of stuff that will not be among the essentials in a pupil's elforts later on to make a living? This is a subject disturbing not only to the general public but to educationists themselves. Writing in the Queen's Quarterly, Prof. R. B. Liddy of the University of Western Ontario discusses

this question of lower school education. to New Liskeard. A New Liskeard docbe called the nation's biggest business, the homes under quarantine to prevent and that "no other enterprise has such | the spread of the disease. Despite the possibilities," he says: "The sobering quarantine, however, milk was reported fact, however, is that, in spite of all as being sold from the quarantined the progress made, and the time, energy places, and this was considered as a and money invested, we find curselves dangerous proceeding and very much educationally bewildered, faced by per- against the purpose and meaning of plexing problems for which no adequate the quarantine. The provincial police answers are as yet forthcoming.'

whose period of education ends with quarantine in this way would be folthe public or high school course should lowed by prompt prosecution. be equipped with knowledge which, because it will be needed daily, will not be forgotten.

course and on the threshold of the university that Professor Liddy's criticism has its sharpest point. Some months ago, he says, a test consisting of 25 questions was prepared and given to 319 of the students who were entering for the first time one or other of two Ontario universities, the purpose being to discover "how much of the factual material learned in public An' den de waitress bring heem quick schools is forgotten by students when they are ready to enter university. He regards the results as interesting and instructive-and he might have added amazing:

One hundred and twenty-one of the students did not know the plural of the word casis. Some thought it to be "basises." several said "basi." and many believed the word to be the same in the plural as in the singular. Eighty-nine of the students thought that the sentence "I think it best for you and I to seek divorce" is grammatically sound. Approximately one out of every five was able to find to three places of decimals the average mark made by seven students whose total score was 356. Seventy-four per cent. failed to find the number of square yards in eight square rods. The answers ranged from 22 to 819,200. Twenty-one per cent. of the students were unable to find what percentage 21 is of 84; some said 400, some 14. Forty-three per cent. were unable to express the Roman numeral MCMXXVII in in the usual way. Attempts varied from 1,127 to 1,000,027.

Other "howlers" declared that the leading shipbuilding centre in Scotland

was either Liverpool, Manchester, Londonderry, Leeds, Sheffield or Aberdeen, and 69 did not know that the First of July was Canada's national birthday; and so on. Yet these young persons Does Not Teach Enough of were entering upon their university courses. They had passed through the public and high schools, and, on the average, rated high in intelligence. Mr. Liddy asks: "Were they poorly taught? Or were they taught things for which later they had no practical use, and which, therefore, they have forgotten?" In other words, What are the teachers teaching-and how?

Quarantine for Fever

A startling situation was reported last week from Haileybury, when the provincial police were said to have ordered four farmers in Henwood and Beauchamp townships to discontinue the sale of milk while their places were under quarantine following an outbreak of scarlet fever. Three of the four farmers concerned sold their milk to dairies in Earlton and the other one Declaring that our school system may | tor had treated the patients and placed visited the farms concerned and made It is a fair assumption that pupils it very plain that any further breach of

Globe and Mail: Europe should now It is at the end of the high school try to be worthy of the sacrifices Czechoslovakia has made for peace.

Does YOUR System Make Excess Acid?

Acid Indigestion, Colds, Headaches, Bilious Attacks, Constipation OFTEN START THIS WAY

Some people are what are known as acid-makers. They can't help it-and often they don't know it. The results of an excess of acid may seem just like ordinary stomach trouble - but they can't be put right by ordinary stomach remedies! Excess acid may be the reason why you wake up flat, sour, bleary-eyed, bilious - and the reason why fierce purgatives only leave you in the grip of a weakening habit and the same old symptoms.

But there's one thing that acid can't face. That's the neutralizing power of Vange Salts, the alkaline remedy with the natural mineral spa-action. A teaspoonful in warm water surges through your system just like the medicinal spring water far away in England where Vange Salts come from. Excess acid is neutralized quickly, painlessly. Your blood is purified of poisons. Your sore stomach walls are soothed. And that mass of hard, poisonous waste matter lying in your intestines is softened gently, naturally, and passed out of your body. Then do you feel good! It's marvellous! But the most marvellous thing is that Vange Salts are only 60 cents a tin! At your druggist now-but if you're wise, on your bathroom shelf tonight!

NEW TELEPHONE DIRECTORY

Timmins, Schumacher and South Porcupine sections of the new directory will go to press in the near future. Please arrange for any additions or changes at once.

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WILL OPERATE

BARGAIN COACH EXCURSION

FRIDAY, OCTOBER 21st

Pembroke Jct., Ottawa, Montreal and Quebec

via North Bay and Canadian National Railways

Excursion travel will be handled on Train No. 46, connecting at North

Bay with C. N. Train No. 2

On the RETURN journey, tickets will be valid for travel on C. N. R. Train

No. 1 from Montreal 8.00 p.m. Sunday, October 23rd, and Monday, October

24th, 1938

BARGAIN COACH EXCURSION

THURSDAY, OCTOBER 20th

Points in the Maritimes via North Bay and

Tickets will be valid to leave destination points WEDNESDAY, OCT. 26th.

Canadian National Railways.

13-08

3-Kentucky • pioneer 4—Soak flax 5-Master of a 11-A pot

16-Aloft

17-Witty

9-Put on

built out