

### For The Quiet Hour

#### NEW YEAR'S DAY—AND EVERY DAY

Each man is Captain of his Soul,  
And each man his own crew,  
But the Pilot knows the Unknown Seas,  
And He will bring us through.

We break new seas today—  
Our eager keels quest unaccustomed waters,  
And from the vast uncharted waste in front,  
The mystic circles leap  
To greet our prow with mightiest possibilities;  
Bring us—what?

—Dread shoals and shifting banks?  
—And Calms and storms?  
—And clouds and biting gales?  
—And wreck and loss?  
—And valiant fighting times?  
And, maybe, Death!—and so, the Larger Life!

For should the Pilot deem it best  
To cut the voyage short,  
He sees beyond the sky-line, and  
He'll bring us into Port.

And, maybe, Life,—Life on a bounding tide,  
And chance of glorious deeds;—  
Of help swift-borne to drowning mariners;  
Of cheer to ships dismasted in the gale;  
Of succours given unasked and joyfully;  
Of mighty service to all needy souls.

So—Ho for the Pilot's orders,  
Whatever course He makes!  
For He sees beyond the sky-line,  
And He never makes mistakes.

And, maybe, Golden Days,  
—Full freighted with delight!  
—And wide, free seas of unimagined bliss,  
—And Treasure Isles, and Kingdoms to be won,  
—And Undiscovered Countries, and New Kin.

For each man captains his own Soul,  
And chooses his own Crew,  
But the Pilot knows the Unknown Seas,  
And He will bring us through.  
—John Oxenham.

HERE IS A THOUGHT FOR THE NEW YEAR. IN THE LOUVRE at Paris, there is a great painting by Murillo. The scene is a kitchen in which the toilers move to and fro. One is putting the kettle on the fire; another is lifting a pail of water, a third is at the dresser taking down the plates; another is moving here and there. Their faces are radiant, their forms are beautiful, they are not clad in ordinary garb; they are beautiful, white-winged angels, and, as one writer puts it, the charm of the picture lies in the fact that no incongruity strikes the beholder. "The Angels in the Kitchen"—that is the spirit of our Christian faith.

The trivial round, the common task,  
Will furnish all we ought to ask.  
Room to deny ourselves, a road  
To bring us daily nearer God.

A SCHOOLMASTER IN AN ENGLISH PRIVATE SCHOOL TELLS the following personal experience:

My school was one that owes its very existence to the Church, that is impregnated with the clerical tradition, and yet I cannot remember a single sermon in which the idea of the Church working out the spiritual and social salvation of the world was ever insisted upon. Always we were reminded of our duty at school to play hard and to work hard. We were told of the inestimable advantages we possessed over others of our own age less fortunate than ourselves, and at the end, we were invariably urged not to forget in our after-life, whatever our profession or business might be, the lesson we learned within four walls of our beautiful chapel. It was all pitifully inadequate.

This criticism applies to not a few sermons of today, which do not really help the hearers, whether young people or adults. An able writer has just said to a company of ministers: "All my life I have never thanked a man simply for pointing out my duties. I have, myself, been able always to find more duties than I could perform. What I have needed has been help and inspiration." And this is possible only through the grace of God. The true preaching, therefore, will always emphasize God's provision for man, and then man will readily respond and do his duty.

He that taketh up the burden of the fainting,  
Lightheath his own load,  
The Almighty will put His arms underneath him;  
He shall lean upon the Lord,  
Blessed is the way of the helpers,  
The companions of the Christ.  
—Henry van Dyke.

HERE IS A BRIEF WORD THAT CARRIES WITH IT A PROFOUND TRUTH. On a wayside pulpit in Salisbury, England, is this sentence: "No man is so empty as the man who is full of himself."

WE HAVE BEEN ASKED TO CALL ATTENTION TO THE FACT that the American Presbyterian and Methodist missionary boards are to occupy jointly the island of Santo Domingo, dropping denominational names and using the title "Evangelical" only. No simpler or more effective way of realizing church unity could be devised.

"WHERE SHALL I GO AFTER 4 DIE?" ASKED A DYING HINDU of the Brahmin priest to whom he had given money to pray for his salvation.

The Brahmin priest replied: "You will first of all go into a holy quadruped."

"But," said the Hindu, "where shall I go then?"  
"Then you will go into a singing bird."  
"But," said the poor man, "where then shall I go?"  
"Then," said the priest, "you will go into a beautiful flower."

The man flung up his hands in agony and cried: "But where shall I go last of all?"

The story of the resurrection would have lowered that man's hand in supplication. We say, "God have pity upon the poor heathen," but who is to blame for their ignorance? Everyone who believes in the resurrection of Christ should shoulder some of this blame.

IT IS NOT THE LEAP AT THE START BUT THE STEADY going on that gets there.  
—John Wanamaker.

AT ONE TIME WHEN LUTHER WAS IN GREAT PERPLEXITY and fear, he traced with his finger upon the table: "He lives! He lives!"

This though so thrilled him that his perplexities vanished; courage took the place of fear.

Without this consciousness of a living Christ, Christianity would seem like a sun without heat, like a bridge ending in the murky waters of a turbid and swollen stream. Then take heart ye fearful ones! Take courage for the great sorrows of life; patience, which bringeth peace, for the small perplexities; and after having accomplished your daily task, go to sleep in peace. Jesus Christ lives! What need is there of a more blessed

MEN MAY RISE ON STEPPING STONES OF THEIR DEAD selves to higher things.  
—Tennyson.

#### SCHOOL CHILDREN AND THEIR HEALTH

Hurrah! school has opened again! And what of the health of the boys and girls? "Keep a child robust and sound in body until he is eighteen" say medical experts, "and the chances are he will remain so throughout life". How important then that its health should be maintained. A word to parents. Are your children free from frequent colds, enlarged tonsils, adenoids, decaying teeth? These are serious hindrances to their health. Are they free from eyestrain? Do they hear well? Are they sound in body and limb? If not, then in school they lose a golden opportunity.

"Canada a Land of Opportunities!" we say, and yet in this land are we breeding a race that shows appalling signs of deterioration? Statistics show an average of one physical defect for each school child in the United States. Fully twenty-five per cent of the nation's children are below par. How is it with Canada? Are your children under-weight? Being underweight does not necessarily mean being undernourished. Our schools aim at wholesome citizenship, and whether your boy goes into professional life or into industrial life, sound health is essential to his success. What then can we do to make our boys and girls fit for the work of life?

Medical examinations in the school is not a fad. It is based on medical research and confirmed by experience. When the war broke out, over twenty-five per cent of our boys were physically unfit. We must not repeat that neglect to the rising generation. Systematic medical supervision must be given to our children during the years they are at school. Careful medical examination should be given every child entering the school. And the mother should be present to hear what the doctor has to say, and in turn to ask questions for the benefit of the child. Especially so, in the case of non-Anglo-Saxon mothers. Thus they will come to understand that the school-doctor is trying to help their child. And the mothers' intelligent co-operation is needed to attain the best results.

During school age there are adenoids and diseased tonsils to be watched. There are ear-aches and eye-strains to be relieved, and teeth to be treated. There are skin and scalp diseases, spinal curve and weak feet, all of which can be helped and corrected if treated in time. A delicate child is no longer

looked upon with pride. In-so-far as we are eager to be healthy, ashamed to be unhealthy, we are awake to the ideal of our generation.

What of the child's teeth? If teeth are lost, food cannot be chewed, if they are defective, disease germs lodge in them, if teeth and gums are diseased, poison invades the system and undermines the health. The child suffers pain, and no one can be at his best mentally or physically while suffering.

What of the Child's sight and hearing? Eye-strain or defective vision may cause irritability, headaches, nausea, loss of appetite, not infrequently blindness. And deafness, starting with adenoids, hardening wax or a cold, may become impossible to remedy, unless taken at the beginning. Is your child to be under a handicap? Eye and ear defects are in a large measure responsible for inattentiveness, bad discipline and failure to be promoted.

It all comes to this. We consider our reputation lost if our young people come from our schools illiterate. Is our reputation secure if they come from our schools with needless physical defects and handicaps. Let every boy and girl in Canada be given a chance to be physically strong.

#### ADVERTISING LAUGHS

Amusing specimens of natural humor in advertisements have been collected by the "Canadian Digest," which says of them that "some are conscious, and some are merely unconscious, and some merely stunned."

Some of the examples are: Irish.—"Hay, straw, bran, oats and dripping sold here, and the fiddle taught after six o'clock."

French.—Inscription (or epitaph) on a tin of imported sardines: "The oil is guarantee. The fish she is very small."

South America.—Alongside a huge restaurant was a little Chinese chop-suey restaurant. The big place put out a gigantic electric sign, "We never close." The Chinaman hung out a card, "Me wake, too."

Aberdeen.—"To let, a shop in the Jewish quarter."

Boston. (Mass.)—Keep of the grass, If you want to roam join the navy."

Japan.—"My marvelous paper is as solid as the hide of an elephant. My goods are forwarded with the speed of a bullet."

#### HOOK, THE PUNSTER

A century ago punning was more in fashion as an exercise of wit than it is nowadays. One of the well-known humorous writers of the time was Theodore Hook, many of whose bright sayings have been recorded in Mr. Walter Jerrold's A Book of Famous Wits. Tom Hill, the reputed original of Paul Pry in the play of that name, was an old man of whom the wits made frequent fun. All his friends pretended to regard him as a Methuselah, for no one knew his age. James Smith averred that it could never be ascertained, for the parish register where it was entered had been destroyed in the Great Fire of London.

"Pooh! Pooh!" broke in Hook. "He is one of the little Hills that are spoken of as skipping in the Psalms."

Tom Hill also provoked another of Hook's puns. An ingenious gentleman had been showed at a dinner table how he could cut a pig out of orange peel. Hill tried again and again to accomplish the feat, but after stewing the table about him with the peel of a dozen oranges he exclaimed, "Hang the pig! I can't make him."

"Why, Hill," said Hook, "you have done more; instead of one pig you've made a litter!"

When Richard Bentley started his Miscellany Hook said, "An omniscient title—Miss—sell—any."

Far wittier was the reply of some one else to Bentley when he said that he had at first thought of naming it the Wit's Miscellany and afterward changed it to Bentley's Miscellany. "You needn't have gone to the other extreme," observed the other.

One of the best known and happiest of Hook's puns was uttered to a visitor to his house at Fulham. Looking at Putney Bridge, the visitor said he had heard that it was a good investment and, turning to his host, asked if that was really so.

"I really don't know," was the answer, "but you have only to cross it and you are sure to be told."

#### CONSISTENCY

Mr. Smith, ordering lunch: "What's the matter, dear, aren't you feeling well?"

Mrs. Smith, tearfully: "A hungry stray cat came in this morning and ate the canary. I am all upset over it. I had the cat killed, of course. However, I think I can eat a nice tender squab on toast."

#### THE HAWK PICKS A TARTAR

This story of a duel to the death between a hawk and a weasel comes to us from a contributor whose uncle witnessed it.

He was working on a fence one July morning when a big marsh hawk that had been flying in the vicinity began to circle over a spot in the deep grass and suddenly swooped down on his victim. It was several minutes before he rose out of the grass, heavily burdened and apparently still struggling with whatever he was carrying. The hawk flew painfully up for a hundred feet or so; then all at once he collapsed and with his prey tumbled to the ground.

My uncle went where the two had fallen. The animal held in the hawk's talons was a large brown weasel; it was stunned, but was still struggling weakly at a vein that it had severed under the hawk's wing. The hawk was dead, but its sharp claws remained gripped round the weasel's spine in two places. The weasel's struggles to tear loose became fainter and fainter; it had killed its adversary, but within a few minutes it also lay dead.

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Note: Dr. Sch... column as a public print... accompanied Dr. W. J. Sch...

There are two... plague. One for lymphatic glands... bubonic plague... causes an acute... mation of the lung... as pneumonic plague... The plague is a... rodents, particular... bionic form of the... transmitted to man... fleas. The fleas fe... rats then bite hu... tating them with... tus. Besides the... of ground squirrel... munks, the prairie... of gopher are som... that are suscepti... The pneumonic... spread directly fr... without the interve... fleas. Like other... tions, the germs... spread by coughi... the infectious spu... Unclen Condition... A certain amou... (Copyright, 191... HEA... Has Irregu... K. L. W. asks: "W... the pulse be irru... while? I am twe... Rep... Some disease in... disease or disturba... gans having an in... on the heart; inf... tonsils or teeth; o... eo; too much cof... feine-containing d... exercise.

Early Symptoms... K. A. H. asks: "S... symptoms of th... lungs?"... Cough. This in... backing, or accou... expectoration... There may be p... Spitting of bloo... Fever, rising to... during the late aft... THE PASSPORT... By Last... There are two... animals—kindnes... stances of the fir... relation between t... pet, like a horse... never known cru... us furnishes the... government by fo... an animal to lov... obey, you must t... a way to attract... it, just as you w... a person... But while kin... road to the hear... stance, there rem... questions of wate... be accepted by... acquaintances... others arou... at the first app... Numerous theo... vanced to explain... lar resting open... our dumb anim... special sense, a... that applies par... beings... Undoubtedly i... the lower animal... that seemed to r... ter with astonis... I believe the se... animal's first m... when approache... When two men... arms' length of... is being made af...